

Manawatū



Transactions made: 655,952
 Kg of food distributed: 4,059,945
 Meals provided (450 g/meal): 9,022,105
 Kg of carbon emissions prevented: 10,758,870



Rebecca Culver, Founder and Managing Director of Just Zilch, engaged us all with her presentation at our Autumn Seminar Series: "Food and Society"

For more about this event see pages 3-4

WELCOME TO NEW MEMBERS (as at late July 2026)

Jenny Bean
 Russell Dixon
 Janet Bolton
 Suzanne Carpenter
 Jenny Dustin
 Judith Edwards
 Elmarie Faurie
 Johan Faurie
 Geralyn Florentine
 Riki Robinson
 Gina Salapata
 Heather Tootell
 Robert Wydler

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Changes to your contact details

If you have any changes to your contact details please advise Anne Spring, the Membership Secretary, anne.spring35@gmail.com or 021 190 6322. This will ensure you continue to receive these newsletters and any other information from us.

New email and postal address

Please note our new email and postal address (we no longer have a PO Box). Email: u3amanawatu@gmail.com
 Post: 4 Bryant Street, Palmerston North 4412

Contributions to our newsletter

We would love you to contribute to our newsletter! Please contact the Editor, Rosemary Krsinich, rkrsinich@gmail.com or 326 9598

FROM THE CHAIR



Chris van der Krogt
Chair
U3A Manawatū

Our autumn seminar series on Food and Society held in May in the City Library was particularly well attended and highly appreciated. If you missed it or you would like to take another look at any of the contributions, go to <https://www.u3amanawatu.org.nz/seminars/presentations/>.

By the way, we would love to hear from any prospective committee member interested in helping to organise the seminars next year (full training available!). Contact Stuart Birks (kstuartbirks@gmail.com) if you would like to know more about the role.

The proposed topic for the forthcoming spring series later this year is The Changing Nature of Cities. We are currently contacting potential speakers.

We have enrolled a few new members since the last Newsletter, raising the total to 260, with 39 learning groups (for a current list go to <https://www.u3amanawatu.org.nz/learninggroups/>). Many of these still have vacancies, so contact the appropriate group co-ordinator if you want to know more about any of them.

This year's AGM is scheduled for 16 September at the Friends' Meeting House (227 College St). A notice will be sent out in due course, but if you want any issues

placed on the agenda, contact me (delftnz@gmail.com) or Rosemary (rkrsinich@gmail.com) asap.

Over the next year or so we need to recruit a few more committee members. Our constitution requires current members to stand down after five years, so if you would like to help, we can arrange a nominator and post you a form. See you at the AGM!

Chris van der Krogt

U3A Manawatū Annual General Meeting 2026

**To be held at the Quaker Meeting House,
227 College Street, Palmerston North
Wednesday September 16th
at 2.00 pm**

AGENDA (DRAFT)

- 1. Welcome**
- 2. Apologies**
- 3. Any Disclosures of Interest**
- 4. Confirmation of Minutes of 2025 AGM**
- 5. Matters Arising**
- 6. Chairperson's report**
- 7. Performance Report for the year ending June 2026**
- 8. Election of Committee**
- 9. Appointment of Reviewer for 2027**
- 10. General Business**

**Note: The meeting will be preceded by
afternoon tea at 2.00 pm**

U3A Seminar Series Autumn 2026 FOOD and SOCIETY

by Anne Spring

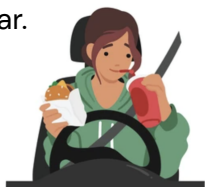
The subject of the Autumn 2026 U3A seminar series was food, but from a wider than nutritional point of view. 'Food and Society' was the title and as a few of the speakers mentioned, food is a fundamental human need, like air and shelter. We all spend a lot of time sourcing, preparing, sharing and even thinking about food. While this might be a source of pleasure and entertainment for some, for others it is fraught with difficulty and distress.



More than a meal: the social power of food

The first speaker was a good person to convey the theme of the seminar. Franco Vaccarino is the City Missioner and in his role he encounters many people who daily face 'food insecurity' in their quest for adequate and nutritious food. Franco described the long traditions associated with food. To illustrate this he drew on his own familiarity with the cuisine of Italy. In December 2025, UNESCO declared the whole cuisine of the country 'An Intangible Cultural Heritage'. That is to say food and its preparation is ingrained in the way Italians see themselves and engage with one another. Food is more than the sum total of nutrient intake. Social eating contributes to good health through endorphin release and stabilises mental health.

Franco brought this discussion up to date with a run down of new societal food trends. Even the use of digital devices has impacted food customs with phone apps and social media sharing. As with many new trends there are some worrying aspects. Franco gave us the startling statistic that the average American eats 1 out of every 5 meals in their car.



Think globally, act locally: a grassroots approach to food security

The second week the speaker was Chris Love representing RECAP: Resilience and Engagement of the Community of Ashhurst and Pohangina. Chris is motivated by the food needs she sees in the community together with her love of teaching especially children. Chris described a range of initiatives in the community designed to equitably share food and disseminate the knowledge around growing and preparing nutritious meals. Such initiatives include the Seed Library, Pataka Kai and promoting fruit trees in public spaces. There are various workshops such as pruning, composting and solar power. RECAP operates with a board of seven people and with the help of about twenty volunteers. It goes without saying that more volunteer help would be most welcome.



Preparing mulch



Seed library



Food rescue

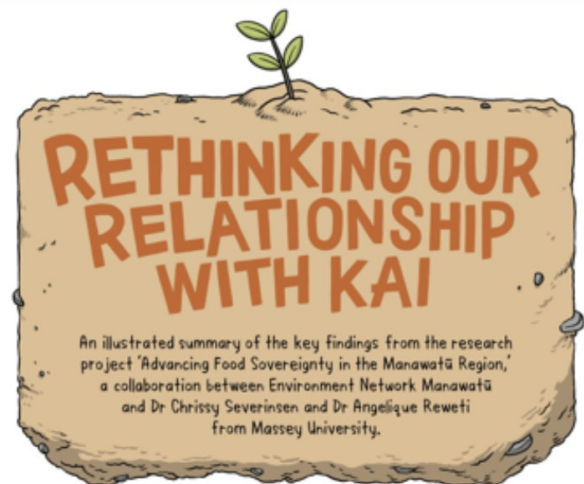
The following Wednesday Rebecca Culver from the food charity service 'Just Zilch' came to speak to us. Rebecca's activities have been well publicised in PN and she gave a very engaging talk about Just Zilch and the history of her involvement in the food rescue service. She was initially motivated by the amount of food she saw going to waste from bakeries' kitchens and supermarkets and felt there had to be a more rational and just system of its disposal and distribution. Since Just Zilch started, in 2011, Rebecca has calculated that more than ten million kgs of carbon emissions have been saved from the environment.

Just Zilch is an extremely valuable service for those struggling with bills and grocery requirements. It operates on the basis of 'no questions asked and no charging for groceries'. In its first year of operation, Just Zilch averaged 80 people/day through their store. Now its more like 500/day. Rebecca has noticed a change in the clientele with more people coming in wearing a uniform, meaning hardship is also affecting people in paid employment.

Rebecca did mention some of the issues which make running the service an ongoing struggle. Finance of course is one but also pressing is the need for bigger premises.

Advancing food sovereignty in the Manawatu

Morri Morrimire of Environment Network Manawatu expanded on the ideas of Food Insecurity and Resilience. He described the concept of Food Sovereignty as people having the power to decide how their food is grown and shared. It is an undeniable fact that FOOD MATTERS. In collaboration with a team of social researchers from Massey University they have produced a study which outlines how and why food is fundamental with concepts such as 'Kai is Whakapapa, Kai is Healing, Kai is Knowledge and Kai is growing a Sovereign Future together. Clearly this is relating the fundamental nature of food to political processes. Morri referred to the Human Rights Commission and their statement that 'everyone has a right to food'. To go further, it is election year and Morri invited the audience to 'Vote for Kai' and 'For political courage on Food' this election.



In summary this seminar series presented the audience with many ideas for expanding food choices.

For fresh seasonal produce it may be worthwhile looking into the Crop Swap at the Ashhurst Public Library, held on the first Saturday of the Month or on Wednesdays 1-2pm at Just Zilch, which is a time allocated specifically for seniors.

Many thanks to Stuart Birks for researching this topic and arranging the speakers. Thanks also to Genny Vella and the Palmerston North Public Library for generously providing the venue and refreshments.

GROUP COORDINATORS' & COMMITTEE MEMBERS' AFTERNOON TEA

These are held twice a year as a thank you to the Group Coordinators and as an opportunity to raise and discuss any issues.



Left to right: Chris, Kevin and Graham thoughtfully preparing for the forthcoming discussion over a cup of tea.



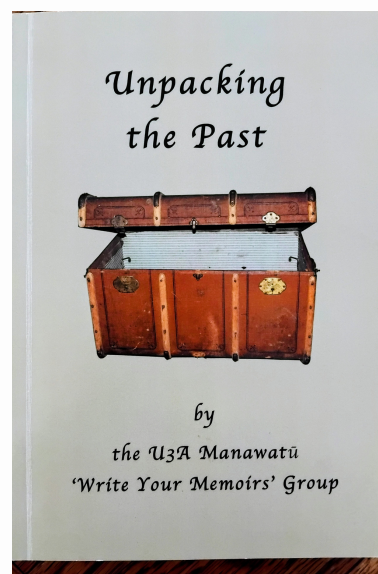
Spied in a display of books by local authors in the Heritage Section of the Public Library (top shelf facing forward): 'Unpacking the Past' by members of the U3A Manawatu Write Your Memoirs group, published in 2019. You will need to borrow it from the Library to read it (there are no copies left for sale).



Some of the wonderful food, prepared by our Caterer Extraordinaire, Merle (on the right). On the left, Rosemary, trying to take the credit...

HINT:

Merle will be doing the catering at the AGM see Page 2!



AROUND THE GROUPS

University of the Third Age

CRYPTIC CROSSWORDS

by Helen Chong: Group Coordinator

For several years Mike Carter coordinated four cryptic crossword groups. When he chose to stop at the end of last year, several of us decided that we wanted to continue. We are fortunate to have several of Mike's books to work from. The 2026 group has eight members and a waiting list has been started.

What is a cryptic crossword? It could be described as a word salad. According to Wikipedia a cryptic crossword is a crossword puzzle in which each clue is a word puzzle.

A good cryptic clue contains three elements:

- a precise definition
- a fair subsidiary indication
- nothing else

Rather than trying to solve the puzzle on our own, we work in a collaborative way with all members making suggestions. Each month we solve two puzzles. One is relatively simple, the other is quite challenging.

Group members have made up some cryptic clues for you to solve. The numbers in parentheses are the number of letters in each word. The solutions are underlined in the text above.

1. Puzzle. Hidden angry noun or verb. (7, 9)
2. High pass with a dog and a square I have shared. (13)
3. Where dons work in an endless cosmos. It has young beginners (10)
4. Short weapon with summer food makes a confusing speech. (4, 5)
5. "the lover sighing like furnace, with a woeful ballad made to his mistress' eyebrow" W Shakespeare. (5, 3)

Contact Helen Chong at:
bobhelenchong@gmail.com or 3576571

GILBERT & SULLIVAN OPERETTAS

by Mike Lawrence: Group Coordinator



Gilbert & Sullivan created 14 comic operas in the late 1800s. Many of them have retained their popularity over the years. U3A Manawatu has established an interest group screening one G&S operetta each month. The venue is a home theatre in Feilding equipped with a large projector screen and stereo sound.

Members who attended the first G&S screening in January expressed an interest in also watching musical movies so a separate session was started each month at the same venue. So far the musical movies programme has included Oklahoma, Carousel, Damn Yankees, Paint Your Wagon, Joseph and the Amazing Technicolor Dreamcoat and Seven Brides for Seven Brothers.

With up to ten members attending Gilbert & Sullivan Operettas and Musical Movies both are fully subscribed but if you are interested, a vacancy may become available.

Contact Mike Lawrence at
michael.lawrence97@gmail.com or phone 3232456

Setting up new groups

Any U3A member can set up a group so if you have an idea for one, contact Chris van der Krogt to discuss it (see contact information on back page). There are also some general guidelines on our website on how to set up and run a group.

NEW ZEALAND HISTORY

by Graham Slater: Group Coordinator

This group meets monthly and has the objective of sharing interesting topics of New Zealand history.

The programme is made up of a mix of invited speakers and members from within the group who undertake to research and present short talks.

We meet for tea/coffee and a social catchup before each meeting. In the past 12 months we have covered a wide variety of topics such as : a look at the Tangiwai disaster; an exploration of some of the shipwrecks New Zealand has experienced; an interesting talk about the Hoffman Kiln; a visit from Stephen Berg talking about the history of the Rugby museum; the history of the Whirokino trestle and floodway, and we are looking forward to several more speakers before the end of the year.

We also have a slot in our sessions in which we encourage members to bring along and discuss items of historical interest from their lives. Some interesting stories and discussion have emanated from this activity.

New members are welcome. We meet on the first Thursday of each month at 10.00am.

We have a few spaces at present so contact me if you would like to join the group. Also, feel free to contact me if you would like to know more, or have an interesting historical topic you might be able to present.

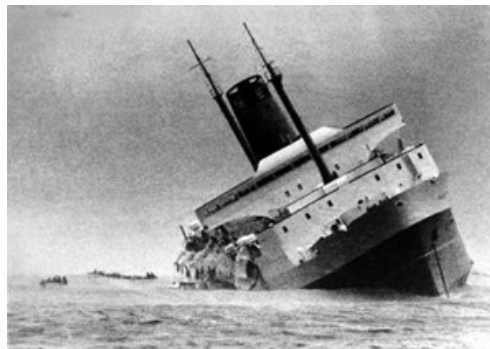
Contact Graham Slater at email gandg@inspire.net.nz

Joining a group

If there is no space available ask the Group Coordinator to be put on a waiting list.



Tangiwhai railway disaster



Sinking of the Wahine in Wellington



Hoffman kiln

MEMOIRS GROUP RUA

by Graeme Siddle: Group Coordinator

New members needed. We have struggled to get a quorum due in part to ill-health and school holidays. We meet on the first Monday of the month at 10.00 am. Topics for writing/reading are proposed by the members. August 3rd topic: An embarrassing incident from my high school years.

Contact Graeme Siddle at
021 257 5356 or
email g.l.siddle@gmail.com

MAKING BOOKS

by Marja Steur: Group Coordinator

We are enthusiasts of handmade books who come together to show off what we made, share resources, and craft together, learning to make various book forms. Since the beginning of this year we have made meander books, worked on our junk journals and collage journals, made paper bag books – each one completely different, and made dos-à-dos books with a signature on each side sewn in with pamphlet stitch.

We explored collage to decorate or fill our books. Collage is such an accessible art form, you don't need much. To give you a taste, this newsletter includes a zine: a mini book, containing small collages that I made on business cards, playing cards, other cards from discarded games, and price tags. To make the zine, print page 11 of this newsletter on regular A4 paper. (If you don't have a printer, you can do it at the library.) I will describe how to make it into a zine, but it will be easier to watch the Youtube clip I made: <https://linktr.ee/remnantsremade>

Fold the paper in half lengthwise (with the pictures on the outside), unfold. Fold it in half the other way, then fold the edges of the paper back to that fold. You have now created creases to form each page. Unfold the edges and cut on the crease between two pages in the middle of the sheet. Don't cut to the edge of the paper! You only want a "hole" in the middle. Push the ends of the hole together and flatten the pages on the folds, making sure you have the front and back pages in the right position.

There is room for a couple more enthusiasts, all skill levels welcome, email me for details, marja.steur@icloud.com



Book made from cut paper bags, sewn together

Book full of pockets made from several paper bags glued together



The cover of this book is made from an entire paper bag

Dos-à-dos book



Page from collage journal

"Mind Games"

Solutions to May 2026 games:

Find the Intruder:

The snake (2) is not a sign of the zodiac



A double acrostic by Hubert Phillips (1891-1964)

UPRIGHTS

*This kept – well, schoolboys oft declaim
His feat, in stanzas pat;
But what he kept is not the same
As is the same as that.*

LIGHTS

1. *This cheerily suggests the horse.*
2. *A bishop's to and fro.*
3. *So near wrapped up, yet great in force.*
4. *Sum up? or – in you go!*
5. *I part, you see, from this strange beast.*
6. *Go, go (a wretch sublime).*
7. *In such discover this at least.*
8. *The climax of the climb.*

Solution

H I P P I C
O D O
R E A S O N
A D I T
T A P I R
I A so
S U C E
S U M M I T

Notes: (Uprights) Horatius: *Laws of Ancient Rome*.
Coetract (Bridge).

(Lights) 3. Anagram of SO NEAR.
4. Add it!
5. Anagram of I PART.

'A Crossword in Code'

1	2	3	4	5	6	4	7	4
2	6	2		2		8	4	5
9		7	2	8	4	2		4
7	2	4		4		3	7	1
	5		5	6	2		9	
3	4	0		2		3	4	0
2		6	2	9	1	4		7
0	6	2		1		1	6	4
6	2	7	1	4	1	6	2	4

The ten letters which have been used in this crossword are represented by the digits 0 to 9. Twenty of the twenty-eight words formed by these ten letters appear actually in the following story, while the remaining eight are indicated by clues in bold italics. The positions of the words are to be discovered by the reader:

A **popular novelist** is **part author** of a story the scene of which is laid somewhere in the East, in a **land which is the reverse of the mode** to-day. Here the hero arrived in a Moth 'plane – to which a lucky horseshoe had been attached – and soon he met the inevitable 'she', who was feeding her ewes in the pastoral manner of that land. His first gasp of 'Oh' was unoriginal, tho' his second 'Ho, Ho', and his further 'Oho' and **confused 'Hems'** were even more so. Later at the house of a rather **sour** widow, Mrs. Roe – **concerning** whom the authors tell us little except that her horsemanship was reminiscent of a **cowboy exhibition**, and that her family tree was impressive – affection ripened. We owe the authors a grudge for a cynical ending, for after our hero and heroine were **wed**, **contrarily** enough, both were inclined to **regret** their bargain.

**Solution in next issue
(November)**

Remember to make use of our website, source of the latest information and an easy way to subscribe: u3amanawatu.org.nz

U3A Manawatu

Life-long learning in retirement



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