

Kapiti Coast U3A

Newsletter September 2020

From your President

This is the third issue of our Newsletter and I thank those members who have given your committee some feedback on it – but it's not very many! We are sending out around 330 by email and 40 by post. In this Newsletter we are letting you know what our thinking is about subs for next year. We would love to get some comments for or against your committee's ideas.

We once again make the request for ideas for courses. Your committee's job is to enable members to help other members. I wonder if many of our members think that the committee's task is to dream up Interest Groups, find an expert in that field, organise a venue and promote that topic. That sounds much more like a branch of WEA than U3A. So, the challenge is there! From our nearly 400 members there must be more than 20 who have skills or knowledge they can share with fellow members.

The year has 3 months to run and even now your committee is thinking about 2021. As happens every year the call goes out for people to put their hand up to join the Committee. We meet monthly and it would be great to have a couple more people. Your workload would be as much as you are willing to take on but one area, we could use more people is to maintain an ongoing liaison with all of our Interest Groups. If you have specific skills, I am sure we could use them – just let us know! If you have design skills, communication skills, website skills, financial skills, but most importantly the willingness to give up a few hours each month to help your organisation thrive then please speak to one of the present committee members.



From the Committee

New Interest Groups

The difference between U3A and many other organisations in our community is that U3A's primary objective is to provide an opportunity for members to learn from and socialise with other members. Whether this be by learning a new skill or improving on an existing skill doesn't matter. To keep our U3A alive and vital we need to encourage our members to offer topics they can share with others or topics they might like to learn from others. Please give this some thought and if you have an area of interest you can share with others please let us know. Interest Groups meet as and when it suits the members.

Some Interest Groups that are run in other U3A's around NZ which might ignite an idea for a Kapiti Coast U3A course are: Home Brewing, Ukulele Playing, Cinema Visits, Knitting, Cryptic Crosswords, TED Talks, Creative Writing, Computing, Chess, Quizzes, Scrap Booking, Local History, Geology, etc.

Please let your committee know if you are interested in such a group. The best way to contact people on the committee is to go to our website: <http://www.kapitiu3a.com/> and chose the Menu item: **Contact Us** or see next page.

Annual Subs

The committee has had discussions about the future annual subs and will make a final decision at its September meeting. The difficulty the committee addressed is that we have a small number of loyal members (currently 10%) who do not have email and need a hardcopy of material we produce. The Committee is proposing that for 2021:

- No change to the subscription for those members who are happy to accept email communication
- No change to the principle of a discounted sub for couples.
- Any NEW members who want hardcopies of material will pay a higher sub to reflect



the costs of providing this service. This higher sub would also apply to existing members who currently receive communication by email and decide they want hardcopy material in 2021.

- Out of respect for the loyalty of our existing members **who do not have an email address** we will continue to provide hardcopies at the same subscription rate as in 2020 to these existing members.
- For current members subs for 2021 will be individually invoiced and any current member will have the option of switching to email communications for 2021. They may also switch from email to hardcopy communication if they are prepared to pay the higher sub.

If you have any thoughts on this issue the committee would like to hear from you before **13th September.**

Committee	Preferred Contact by
Lyndell Fitzgibbon	04 905 006
Phil Glasson	president@kapitiu3a.com
Maureen Knox <i>Membership matters</i>	admin@kapitiu3a.com
Alison Maysmor	04 297 1058
Belinda Nixon	treasurer@kapitiu3a.com
Julie Pratt	04 293 4634
Maureen Robb	04 934 2048



Donald Carter and Kathryn Ennis
 Mrs Eleanor Hopping
 Ms Christine Karl
 Mr Stuart and Mrs Robin McIntyre
 Graeme McLeod
 Jilly Martin
 Mrs Glenys Morgan
 Sue Russ
 Dr Jane Strachan

Member Profile

Maureen Knox - U3A Administrator

We moved to the coast 7 years ago and “lucked in” on some lovely neighbours. One of whom, is an extremely talented networker, and before I realised it, I was leading a U3A garden group... then I was the U3A web manager... then I was on the U3A

committee – how did she do that? Now I am the Kapiti U3A Administrator having taken over from Carole Ralph. I have passed my previous positions onto other competent people.



I have a husband, a daughter, and a dog, or should I say, “I have a dog, a husband, and a daughter”? I walk lots and am continually battling the weeds in my lawn, and I am a hobbyist-artist. I like having projects and right now I am attempting to build a low stone wall.



Welcome Tours trip to Palmerston North by Phil Glasson

Welcome Tours, run by Sue Russ, is a new addition to Kapiti U3A Interest Groups. Their programme included a trip to Palmerston North to visit a Medical Museum and a Wildlife Recovery Centre. Both these appealed to Joy and I and so we booked ourselves with Sue to go on her tour. We were picked up almost at our door on time and joined 4 others for the drive north.

First stop was Shannon for a quick stretch and Sue provided light snacks and then it was on to the Medical Museum. This museum is in PN Hospital grounds and is run by a Charitable Trust. Visits are only by appointment and we were greeted by a Trust member who gave us the background to the Museum. It is a fascinating museum with a collection that covers over one hundred years of medical history in NZ. Looking at the old equipment used in surgery and anaesthesia one was relieved that this is an area that has seen a lot of progress. The old treadle wheel dental drill was there to remind us of our childhood visits to the "murder house".

From there it was lunch at the Esplanade. Too early for the cherry trees and roses but always a peaceful place – at least midweek. Then it was on to the nearby Wildlife Recovery Centre. This is an adjunct to the Massey Vet Centre. It manages the recovery of native birds that have been treated by the Vet Centre as well as a breeding program for Pateke and Who. It also has a walk in the aviary with Korimako, Tui's, Kaka and at ground level, Tuatara. The birds were not very cooperative in showing themselves, but this was made up for by the information supplied by the guide and one of the vet technicians. We spent an hour and a half there and then it was time to head back to the Kapiti Coast.

A relaxing and enjoyable trip enhanced by the company and Sue Russ our host and driver. If you are thinking about a trip somewhere and don't want the hassle of driving, parking and booking then I would commend Welcome Tours to you. You can find more details on their website <https://www.welcometours.co.nz/>

Palmerston North Cherry Blossom Tour Wednesday 23rd September and Friday 25th September



Cost: \$85 per person

Morning tea at Shannon Railway Station Museum. In Palmerston North visit Thermostat Gallery hosting exhibition by renowned sculptor Anton Parsons. Shopping in the Square or a visit to Te Manawa Museum. Lunch at Manawatu's Hokowhitu Café on the Manawatu Golf Course alongside Centennial Lagoon. After lunch wander along Victoria Esplanade and admire the blossoms, followed by exploring the pedestrian bridge over the Manawatu River that forms part of He Ara Kotahi. **Pick up:** 9am – 4pm

Tickle My Fancy Tour - Friday 9th October Feilding Farmers and Craft Market

Cost: \$89.00 per person

The price includes transport, morning tea and entry fees. Lunch is not included.

Pick up: From 9.00 am - 4.30 p.m.

There are pick up points around Kapiti.



Email: info@welcometours.co.nz

Phone: 04 478 6033/021 163 8471

or view their website for tours

<https://www.welcometours.co.nz/>

Around the Groups

Poetry Group contribution by Gill Ward

Poem by Julie Leibrich

SUSPENSE

The recent storm threw up logs
as large as dogs pretending
to be elephants

Today is a salt-lick soup
Debris. Dying leaves
Dead trees

Further out, selkies and seals
till I'm head over heels
in love with the barbarous waves

The tide is timesing its tables
Up and down, in and out
I'm hooked on the white cap crests

by the thrill of not knowing
if the outgoing surge
will kill me or fulfil me.

Julie Leibrich is a poet, children's writer, and author of non-fiction works on spirituality, mental health and justice. Her poetry has appeared in numerous journals and anthologies and her first book of poems, *The Paper Road* (Steele Roberts), was published in 1998. **Julie has lived in Raumati for 30 years.** Born in Lancashire, UK, Julie studied medieval English at Edinburgh University and achieved a PhD in psychology at Victoria University. She has lived in Bermuda and in the far north of Canada, before settling in NZ in 1974. She was appointed one of New Zealand's first Mental Health Commissioners. **Julie has published 12 books and a fifth collection of poetry.**



New Interest Groups and Updates

The Queen - God Bless Her!



A toast to Her Majesty via a selection of royal DVDs.

Time: Friday 11th September, Friday 18th and Friday 25th September. 2pm. to 4.30pm.

Venue: Waikanae

Maximum Number: Seven.

Phone: Anne Wall 293 5000

Email: anne.belvedere@gmail.com

Music & Musings

Three afternoons relaxing with a mix of light classical music and poetry.

Nothing too highbrow!!

Time: Friday 13th November, 20th November and Friday 27th November. 2pm to 4pm approx.

Venue: Waikanae.

Maximum Number: Ten

Phone: Anne Wall 293 5000

Email: anne.belvedere@gmail.com



Fit for Life

For many years Alan Hynson has run a "Fit for Life" programme for U3A members. Being a qualified professional trainer and a member of Kapiti U3A Alan is well placed to help you if you have any concerns about your general mobility. You can join a group that meets at a Gym in Paraparaumu. For more details go to our website at <http://www.kapitiu3a.com/whatwedo/courses/wellbeing/>

Book Group

The present Book Group is full. We are keen to hear from members who would like to belong to a book group. A new group would establish their own routines and policy. If you are interested in joining a book group please get in touch.

Travel Group contribution by Alison Maysmor

THE CHATHAM ISLANDS

Located in the Southern Pacific Islands, the **Chatham Islands archipelago** covers an area of 966 square kilometres and consists of 11 major islands, the largest of which are Chatham Island and Pitt Island, the only two inhabited.

Although there are some areas of forest on the Chatham Islands, most of the land is hilly and fern or pasture-covered. Many of the islands in the group have been earmarked as conservation reserves and are home to a number of endemic plants and birds, including the Magenta Petrel and the Black Robin.

The facilities on Chatham Islands include a hospital, bank, a general store, fuel stations, hardware store, gift shop, art and craft shop, gallery, lodge, hotel and cafes, shipping wharf and engineering and marine services. Most shops and cafes accept credit cards and eftpos, but carrying cash is also advisable. High-speed wi-fi Internet is available. Cell phone coverage is not available.

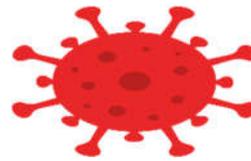
Accommodation options: Homestay, farm stay, self catering guest house, backpackers, hotel, lodge, motel and two maraes (by invitation).

Highlights of the Chatham Islands include its ancient Moriori tree carvings, Te Whanga Lagoon, basalt columns, Admiral Gardens, Waitangi Bay Beach, stone cottages, plentiful seafood, fishing, bushwalking, hiking tracks, unique flora, fauna, and wildlife.

The islands are serviced by www.airchathams.co.nz currently flying out of Wellington on Monday, Wednesday and Friday each week.



Discussion Group Contribution by Helen McClurg



COVID NINETEEN

With the times of twenty twenty
And Covid one nine
A clever man, for health invented
Levels, to keep us fine
Freedom at one, dire restrictions at five
The levels all clearly marked
A vicious infection, a rampant bug
Must strictly now be parked
The papers post pictures so we know
In colours of every hue,
In red and purple, yellow and pink
All shades of green and blue
A sphere like object with a nasty sneer
And spikes around galore
And suckers on spikes at every end
Now do you want some more?
Covid Nineteen wants to live
and you an unwilling host could be
So, we'll wash and clean and see the Doc
To keep us all 'Covid' free
Our borders are shut, returnees kept in
Quarantine, the word for all
Fourteen days is the hatching time
If to the bug we fall
Thank goodness for friends and folk we love
These are things we treasure
Our ability to care, to share to help
The stamp of mankind's measure
Leave the ugly smear, the tenacious fear
The truth we cannot flout
Let science, sense, good will and wit
Have five million hugs about

