



PRESIDENT'S LETTER

Welcome to another U3A year of lectures and special interest group activities for all those who are fully vaccinated.

Under the Government's Covid-19 Protection Framework *Red* Traffic Light System many of our special interest groups can continue meeting, observing the guidelines for that system. If we continue under the *Red* setting, we will Zoom our lectures, just as we did in previous years. The limit of 100 at any gathering prevents us from attending the Embassy. We will keep you informed of the mode of lecture delivery as we near our first lecture on Tuesday 22 February.

In this newsletter you can see the exciting and varied lectures planned by our team of four Programme Coordinators – Robin Halliday, Gill Sutherland, Doug Helps and Philip Harrison. They have worked exceptionally hard to contact and arrange presenters for the coming months.

The Special Interest Groups (SIGs) Coordinator, Linda Beckett, has also been busy over the break, as her report shows, and planning for holiday activities is underway by Sue Dale, Events Coordinator. To all the other Committee members who provide such great service to ensuring the smooth running of U3A Wellington, thank you.

We look forward to meeting you for lectures either on Zoom or at the Embassy where your vaccine pass will be checked and mask-wearing required.

Best wishes and keep safe,

Barbara Crump

MEMBERSHIP NEWS

Sixty new members have joined since the August 2021 newsletter was published, with 15 of those joining over the holiday period, bringing the total membership to 1114. A warm welcome to the following new members: Carol Anderson, Brian Alderson, Julie Maher, Doreen Launder, Miriam Pennington, Stephanie Santaana, Phillippa Hefford, Anne Donnell, Jan Morgan, Verina-Mary Busby, Tony Crutchley, Julia Walls, Terry Kelly, David Barnes, Chris Sissons, John Sullivan, Anne Marie Ngan, Peter Cullen, Joyce Troughton, Brenda Lazelle, Linda Strand, Sarah Dennis, John O'Malley, Lois Absolum, Glenda Lewis, Charlie Cahn, Marie Russell, Jennifer Garlick, Jan Stewart, Graeme Lyon, Jane-Pyar Mautner, Anne Manchester, Jennifer King, John Nimmo, Jenny Simpson, Cecil Duff, Heather Mackintosh, Kenneth Waller, Graeme and Mary Fogelberg, Hilary McLeavey, Nigel Dunlop, Dennis Rowe, Maggie Pascoe, Diana Burns, Anne Barr, Susan Gordon, Caroline Hughes, Christine Ridding, Josephine Penman, Lavinia Bickerton, Linda and Robert Burgess, Bob Buckle, Ann-Maree Bennett, Carol Stevenson, Faith Atkins, Alec Rogers, Jill Chapman and Viv Stanley.

It was interesting to note from the survey conducted last year that about a third of the members do not belong to any of our Special Interest Groups. Joining a group provides opportunities to make new friends in a way that our weekly meetings do not foster because of the numbers involved and the logistics. If you haven't joined a group, you may like to consider doing so this year. Information about the groups can be found later in this newsletter and on our website. **Gwen Levick**

VOLUNTEERS

Thank you to those volunteers who replied promptly to my recent email. As our front of house volunteers will now need to check members have valid covid passes and that they scan their presence at the Embassy, we will need more volunteers to assist prior to lectures. While it is good if you have some computer skills, you will always work alongside an experienced person, so these are not essential. It is not an onerous duty as you are normally only rostered twice every six months. I would be delighted to receive indications of interest. Please either contact me by email (pebuxton@xtra.co.nz) or by mobile (022 472 3455).

Jeannie Buxton

U3A LECTURE PROGRAMME

**Lectures are usually held at the Embassy Theatre, 10 Kent Terrace
from 10.30 am until 11.45 am**

TERM 1 Tuesday 22 February to Tuesday 12 April

TERM 2 Tuesday 3 May to Tuesday 26 July

TERM 3 Tuesday 16 August to Friday 30 September

TERM 4 Tuesday 18 October to Friday 4 November

Please note that in order to attend lectures in person, you must be double-vaccinated and show a vaccine pass. Sometimes the advertised lectures may change. If so, an update will be made under **Lecture Programmes** on the U3A Wellington City website. Owing to potential Covid 19 restrictions, the lecture may need to be presented by Zoom. Members will be notified if this change becomes necessary.

Tuesday 22 February
The future of our past

Dame Claudia Orange

Dame Claudia Orange is an Honorary Research Fellow of the Museum of New Zealand Te Papa Tongarewa Wellington. She has published widely on race relations and on the Treaty of Waitangi, her most recent publications being new editions of her award-winning *The Treaty of Waitangi* (2011)

In February 2021 the Ministry of Education released a first draft of their compulsory New Zealand history curriculum for public feedback. This new curriculum acts as a turning point in our history. The lack of emphasis on Māori history has tended to reduce Māori narratives and experience down to one or two footnotes within larger imperial and related stories. The change will affect us all.

Friday 25 February

Dr Andrew Horrigan

What's going on in mental health in Aotearoa New Zealand? - An inside-outsider's point of view

Dr Andrew Horrigan is a diplomate of the American Board of Psychiatry and Neurology (ABPN), an affiliate member of the Royal College of Australian and New Zealand Psychiatrists (RANZCP), and a senior lecturer currently at the University of Otago, supervising medical students and psychiatric trainees. As Clinical Leader for the Intensive Recovery Sector he provides clinical leadership for the Crisis Resolution Service, both adult acute inpatient services, consultation-liaison service, and the team for assertive community treatment.

Dr Horrigan will discuss the Wellington region's mental health services. Does the public system fail just as it did in a more commercially-orientated market like the US? Is our own mental health deteriorating and, if so, why? Are our treatment systems deficient or are we simply under resourced? What illnesses are we talking about? What is the role of the psychiatrist in mental health today and who are the other important players? Are we losing personnel to other countries and why? How are these services accessed and what proportion of patients require secondary or tertiary health care, and for what? What we can do to make our system adequate and how could we move this to the forefront of OECD countries?

Tuesday 1 March

Dr Anna Powles

Identity influence and geopolitics: The shaping of Aotearoa New Zealand relations with the Pacific Islands.

Anna Powles specialises in Geopolitics and Security in the Pacific Islands region. She is a senior lecturer with the Centre of Defence and Security Studies at Massey University Wellington. She has published and spoken widely on Pacific security issues, often commissioned by leading global think tanks including the Royal Institute for International Affairs (Chatham House). She received her PhD from the Australian National University and is an alumnus of the Asia Pacific centre for Security Studies, Honolulu. Anna will discuss the Pacific reset, the AUKUS (Australia, UK and US) Treaty and the China/USA/Pacific relationship.

Friday 4 March

Dr Andrew Chen

The New Zealand COVID tracer: did it work?

Dr Andrew Chen is a Research Fellow with Koi Tu: The Centre for Informed Futures at the University of Auckland. His research is now focused on digital technology and its impacts on society. His work primarily looks at public sector use of technology and privacy.

Andrew's talk will consider the Covid tracer app. Before 2020, the idea of using smartphone apps to help with contact tracing was barely considered. But with the onset of COVID-19, various apps were introduced around the world and have become part of our way of life. How does an app like NZ COVID Tracer work, and have these apps been effective in our response to COVID-19?

Tuesday 8 March

Associate Professor Carolyn Lundquist

What is the future we want for nature?

Carolyn Lundquist moved to New Zealand in 2000, after obtaining a PhD in Ecology at the University of California, Davis. She holds a joint position as Principal Scientist in Marine Ecology at the National Institute of Water and Atmosphere Research (NIWA) in Hamilton and as Associate Professor at the School of Environment at the University of Auckland.

What is the future we want for nature? Globally, new global biodiversity targets have been proposed but what does this mean for Aotearoa New Zealand? One of the innovations of the International Science Policy Platform on Biodiversity and Ecosystem Services, which Carolyn co-chairs, is the development of a new "scenarios" framework.

Friday 11 March

Antony Gomez

Our place in the universe

Antony is the former President of the Wellington Astronomical Society. He studied mathematics as well as pursuing astronomical research at Victoria University of Wellington/Te Herenga Waka. He has worked for Statistics NZ and NIWA and is now at the Ministry of Environment. He is passionate about promoting Astronomy through public outreach and education, showing others the wonders of the night sky.

Our universe is a big, big place, in fact so big that it is almost impossible for anyone to grasp how immense it really is and yet it continues to get even bigger with time. So where is our tiny blue planet located in this universe of ours? Let's take a picturesque journey out into Space and explore our local area of the universe. Hopefully, we can get a sense of just how big and remarkable our Universe really is.

Tuesday 15 March

Dr John Robinson

He Puapua – and why it concerns me

John Robinson has a PhD in applied mathematics from the Massachusetts Institute of Technology (MIT). After teaching and research in England and the USA he eventually returned to NZ in 1971 for a role in the Department of Science & Industrial Research (DSIR), and later worked as a consultant to the NZ Commission for the Future and a number of international organisations. He then worked as consultant to Massey University and later Te Puni Kokiri studying social indicators of Māori well-being. He has written a series of books – including more recently "*He Puapua, Blueprint for breaking up New Zealand*" (available by email trosspub@gmail.com).

He Puapua was commissioned by Te Puni Kokiri (the Ministry of Māori Development) to guide the Government application of the United Nations Declaration on the Rights of Indigenous Peoples. This, he believes, insists that we divide our nation into two nations, the minority indigenous people and the remaining majority. John Robinson says he truly believes that its prescription is now being acted upon forcefully through Government edict, rather than by way of open public consultation.

Friday 18 March

Dr Judy Melinek & Mr T.J. Mitchell

Working stiffs: Forensic science from the US comes to Aotearoa New Zealand

Judy Melinek and T.J. Mitchell are the New York Times bestselling co-authors of the memoir *Working Stiff: Two Years, 262 Bodies, and the Making of a Medical Examiner*, and the Jessie Teska mystery series. Dr Melinek, a forensic pathologist, conducted death investigations in the United States for 20 years before relocating with her family to New Zealand in July, 2020, to perform coronial autopsies. T.J. Mitchell, her husband, earned a degree in English literature at Harvard University and worked in Hollywood and as a stay-at-home dad before becoming a novelist.

The memoir chronicles Dr Melinek's experiences in New York City during and after the September 11, 2001 terrorist attacks, and then into fiction with *First Cut* and *Aftershock*, noir detective novels set in contemporary San Francisco. Follow their story from New York to California to New Zealand as they highlight the successful Kiwi response to COVID-19, and how and why it brought them to these shores.

Tuesday 22 March

Rhonda Pritchard

Love in the real world

Rhonda was in practice as a Counsellor, Psychotherapist, Supervisor, Trainer and Mediator for 40 years. She is the author of four books on couple and family relationships, a researcher on separation, violence and homicide in families, advisor and writer on counselling ethics and a former member of the New Zealand Parole Board. Rhonda's talk will focus on intimate family relationships covering theories, the changing focus and findings of academic research and observations from her own personal and professional experience, including issues for the elder generation.

Friday 25 March

Professor Tony Dowell

Going to see the doctor: general practice, past, present and future

Tony Dowell is Professor of Primary Health Care at the University of Otago, Wellington, and a general practitioner at the Island Bay Medical Centre. He qualified in Medicine at Leeds University and has also worked in Malawi. His current academic interests include research in mental health care, health services research and communication in health care settings. Going to see the doctor is an important part of all our lives. Over recent years there has been a revolution in the way general practitioners work, the discipline becoming a specialist accreditation with highly trained and motivated individuals, and sophisticated practice management systems that share important information across providers. This has been paralleled by huge advances in medicine and increasing complexity of care. Patients now expect to see doctors when they want them and on time. Other challenges are the global shortage of trained practitioners, reliance on foreign medical graduates and the always inadequate funding of primary care. The predominant stereotype of the GP has also changed - more women than men undertake this work and consultations now require greater gender appropriateness with women taking on the greater share of woman's physical and mental health.

Tuesday 29 March

Sue Kedgley

Fifty years of feminism

Sue Kedgley helped to bring women's liberation to New Zealand in the 1970s and has been involved in the women's movement since that time. Her recent memoir "Fifty years a Feminist" was published last year. She is a former Member of Parliament and Wellington Regional Councillor and previously worked at the United Nations in New York and as a TVNZ reporter/director/producer. She is a Board member of Consumer New Zealand and Capital and Coast District Health Board and is the author of seven books. She was awarded a 2016 Women of Influence award, a 2019 Women in Governance award and an ONZM in 2019. Her presentation will tell the story of the past 50 years of feminism. It will reflect upon the changes the women's movement has brought to men's and women's lives, both in Aotearoa New Zealand and abroad, and the unfinished business of feminism.

Friday 1 April

Dr Brent Clothier

Soil and water: nature's prime natural capital stock

Brent Clothier is a Principal Scientist with Plant & Food Research based in Palmerston North and is the current President of the Royal Society-Te Apārangi. Brent studies the movement and fate of water, carbon and chemicals in the root-zones of primary production systems, irrigation allocation and water management, plus sustainable vineyard and orchard practices, including adaptation strategies in the face of climate change. He has also published on life-cycle assessment, carbon and water footprinting, environmental policy, investment into ecological infrastructure, plus natural capital quantification and the valuation of ecosystem services.

We rely on the ecosystem services delivered by nature's prime natural capital stocks of our soils and water. Brent will discuss work in New Zealand, Africa and the Middle East on enhancing soil health, protecting water resources, and maximising the many values derived from agriculture and horticulture.

Tuesday 5 April

Dr Judy Lawrence

Adapting to climate change gap

Dr Judy Lawrence is a Senior Research Fellow at the New Zealand Climate Change Research Institute, Victoria University of Wellington and Director of PS Consulting Ltd. Judy's career traverses land use management, natural hazards, climate change adaptation and mitigation policy at central and local government. Judy is a coordinating lead author for the Intergovernmental Panel on Climate Change Sixth Assessment Report currently underway, and is also a Climate Change Commissioner.

Her academic work focuses on tools for decision making uncertainty and changing risks and for facilitating robust decision-making for climate change, for example for sea level rise and flooding. Judy works with research teams and practitioners across Aotearoa New Zealand and internationally.

Friday 8 April

Steph Dyhrberg

We have one world to leave our grandkids: why tackling inequity matters

Steph Dyhrberg is a partner at Dyhrberg Drayton Employment Law in Wellington. In 2018 Steph was a finalist in the Women of Influence Awards and was awarded 2018 Wellingtonian of the Year for her work in tackling sexual harassment in the legal profession. She is of Ngai Tahu descent.

Steph has spent years at the frontlines of many battles for equality and equity: pay equity, eliminating misogyny, discrimination and harassment in the workplace and abortion law reform. She has spent years developing new approaches to addressing complaints, all of which seek to centre people, make sure they are heard and achieve respectful solutions. Steph has a strong view that personal advocacy and action can make a difference.

Tuesday 12 April

Liam Fury

The life of a music performance student

Liam is a pianist and composer completing a BMus (Hons) in Classical Piano and Composition at Victoria. He learnt piano from Jian Liu and composition from Michael Norris. Liam has developed an interest in the power and influence of programming recitals and enjoys exploring alternative ways to share classical music with audiences. His focus is on Aotearoa New Zealand experimental and obscure works.

Liam will talk about the life of studying a music performance degree including an insight into the process of music composition. Liam will also perform one or two pieces on his electric piano keyboard.

Tuesday 3 May

Dr Will Blackburne and Dr James Anderson

The life of a junior doctor

Will and James are junior doctors working as registrars at Wellington Hospital. Will is training to become an Intensive Care Specialist and James to become a Paediatrician. They have both been involved in campaigning to improve working conditions for other junior doctors.

Will and James will discuss the life of a junior doctor in Aotearoa New Zealand and how it has changed over the past 30 years. Working conditions have improved but the work and the journey to become a specialist have increased in complexity. They will talk about what happens to junior doctors once they leave medical school, the changes that have occurred over time and how they transition to become highly trusted senior doctors.

Friday 6 May

Dr Richard Beasley

COVID-19: What we have learnt from local research

Richard Beasley is a physician at Wellington Regional Hospital, Director of the Medical Research Institute of New Zealand, and Professor of Medicine at Victoria University of Wellington. He is an Adjunct Professor at the University of Otago and Visiting Professor, University of Southampton, United Kingdom. He has been involved in a wide range of research into COVID-19.

International research in COVID-19 has led to strong scientific evidence on which to base clinical practice and public health interventions. Richard will review the significant contribution of the Medical Research Institute of New Zealand in this collaborative research effort.

Tuesday 10 May

Dr Vonda Cummings

Ocean acidification: a challenge for marine ecosystems and Antarctica today.

Vonda is a Principal Scientist, Marine Ecology with an interest in the functioning of coastal communities and the environmental factors that influence them. She is a member of SCAR (Scientific Steering on Antarctic Research) and T-ERA (Antarctic Thresholds - Ecosystem Resilience and Adaption) Her research is focused on the implications of acidification, climate change and other anthropogenically-derived changes to our oceans, and their implications for key components of Aotearoa NZ and Antarctic ecosystems.

This talk will provide a brief overview of one of the challenges facing our marine ecosystems, ocean acidification – known as the “evil twin” of global warming. With the chemistry of the world’s oceans rapidly moving towards conditions not seen for millions of years, researchers are trying to understand the potential consequences for marine habitats, organisms, ecosystems and ecosystem services. Using examples from New Zealand and Antarctica, this talk will discuss how ocean acidification might impact key species, and the consequences to ecosystem functioning in a changing environment.

Friday 13 May

Wayne Mulligan

Bio-economy: converting forestry into high value bio materials and biochemicals to replace plastics and petroleum-derived materials

Wayne is a founding partner at NZ Bio Forestry Limited. He holds a Master of Management from the University of Auckland, specialising in business modelling and systems thinking and has managed entrepreneurial start-ups, as well as public and private enterprises. Wayne is a shareholder and director on a number of bio-pharmacy, bio-chemistry and nutritional companies and is also involved in several Māori businesses.

NZ Bio Forestry is a new bio-technology company that has developed partnerships with Taiwan and Singapore businesses and entrepreneurs. Their business model is based on systems thinking and a circular economy. They are building a technical platform to enable the design of solutions for global investors seeking non-fossil and petroleum free investments. Furthermore, they focus on the needs of global businesses and governments that have made pledges (Paris, COP26 etc.) to lower emissions, remove plastics, reduce use of fossil-based chemicals and materials and to strategically mitigate the risk of future greenhouse gasses and CO₂ liabilities on their balance-sheets and public reports. Wayne will talk about some of the initiatives being undertaken by NZ Bio Forestry.

Friday 20 May

Professor Nigel French

Emerging Infectious Diseases: a collaborative, science-based approach to prevention and control

Nigel French is Massey University's Distinguished Professor of Food Safety and Veterinary Public Health, Chief Scientist of the NZ Food Safety Science and Research Centre and Executive Director Infectious Disease Research Centre. He has been working on the epidemiology, prevention and control of infectious diseases for nearly 30 years. He is a member of the Ministry of Health COVID-19 Technical Advisory Group.

Emerging infectious diseases (EIDs) are defined as those whose incidence in humans has increased in the past two decades or threaten to increase in the near future. In this talk Nigel will discuss his experiences working in collaboration with many colleagues on the epidemiology, prevention and control of EIDs; from the global COVID-19 pandemic to the emergence and persistence of new strains of *Campylobacter* and *Salmonella* in New Zealand. He will describe how the accelerated development of new tools, including whole genome sequencing and modelling, are helping us to understand the epidemiology and evolution of these pathogens, and inform prevention and control in real time.

Tuesday 24 May

David Howman

Drugs in sport

David Howman was Director General of the World Anti-Doping Agency (WADA) from 2003 to 2018 and was instrumental in the shaping of WADA into a highly respected and united global organisation responsible for regulating and working with world governments to monitor drug use in world sports.

Before this appointment David practised as a Barrister specialising in sport law. He will talk on the subject of drugs in sport and related issues.

Friday 27 May

Reverend Lance Lukin

How feeding your cat could be killing people: How much is a life really worth?

Lance is currently the Regional Director of the Mission to Seafarers, Oceania/Te Mīhana O Nga Waka O Te Moananui, and is responsible for the work of the Mission in New Zealand, Fiji, Vanuatu, the Solomon Islands and Tahiti, and the Port Chaplain for Wellington where he is based. Until 2016 he served as a Defence Chaplain, with deployments to East Timor and Afghanistan.

The Mission to Seafarers was set up to provide vital help and support to international seafarers as they undertake their essential work. Many are unskilled and struggle to support families in their home countries.

Lance will discuss the lives of these people, both on board ship and ashore. They face many challenges, especially during the current pandemic. The talk will include an outline of the Mission's activities and value will be provided including its quarterly monitoring of the Seafarers Happy Index (SHI).

Tuesday 31 May

Dr J Wiremu Kane

A story only you can tell

J Wiremu Kane, (Ngapuhi) is the 2022 Emerging Māori Writer in Residence at the International Institute of Modern Letters at Te Herenga Waka, Victoria University of Wellington. He trained in medicine at the University of Otago and after several years working as a junior doctor, made the difficult decision to retire from clinical medicine due to ill health, returning to his first love of writing, and was one of the first graduates of the Master of Professional Writing degree at the University of Waikato. Through his work he aims to bring attention to the ongoing impacts of colonisation of the indigenous people of the world, especially in Aotearoa New Zealand and across the Pacific, drawing on his experience as a queer, Māori, and disabled man.

Everyone has a story inside of them. A story that is the sum of all their improbable, beautiful, and tragic experiences that have led to you being who you are. A story known only by you and that no one but you could ever tell. The act translating that story from your mind to the page is a daunting one. His presentation aims to guide and challenge you gently to pick up your pen or keyboard, push aside pride and embarrassment and surprise yourself with what you are capable of.

Friday 3 June

Dr Nick Smith

Feeding the world: nutrition comes first

Dr Nick Smith is a Research Officer at the Riddet Institute, a New Zealand Centre of Research Excellence hosted by Massey University. Nick's current research is part of the Sustainable Nutrition Initiative at the Riddet Institute, developing the DELTA Model: a world-leading model to investigate sustainable nutrient production and what is possible, practical and optimal from the global food system.

Our ability to effectively nourish an increasing global population is one of the key challenges facing humanity. Before we know what to think about changes to make to our diets or food supply, we need to first determine how to think about the food system. Under what scenarios is it POSSIBLE for the global food system to provide the bioavailable nutrients to feed the global population? What scenarios are PRACTICAL to deliver, for example in terms of level of change required, cost of that change or affordability of food? What is the most OPTIMAL scenario to deliver a sustainable food system? This talk will focus on several aspects of the work of the Riddet Institute and the Sustainable Nutrition Initiative that aim to inform the future of food systems and nutrition.

Tuesday 7 June

Dr Sara Mikaloff-Fletcher

The MethaneSAT science programme: using satellite measurements for methane remissions reduction.

Sara Mikaloff-Fletcher is a principal scientist at NIWA and she leads the CarbonWatch – NZ Research Programme and the MethaneSAT Science project. In addition to her research Dr Mikaloff-Fletcher serves as editor for the peer review journal *Global Biogeochemical Cycles* and on the Scientific Steering Committee for the PolarRES, a European Union funded programme studying the impact of Climate Change on our polar environments.

Methane is a much more potent greenhouse gas in the atmosphere than carbon dioxide, so there are significant and immediate climate benefits to reducing methane emissions. The Aotearoa New Zealand government has partnered with the Environmental Defence Fund, its subsidiary MethaneSAT LLC, and Harvard University to support the MethaneSAT project.

Friday 10 June

Professor Justin Hodgkiss

Materialising a sustainable future

Justin Hodgkiss is co-director of the MacDiarmid Institute and a Professor in Physical Chemistry at Victoria University of Wellington. Justin is a founding inventor for the start-up Advemto, which is commercialising laser instrumentation, which his group invented, and he is passionate about helping other scientists to commercialise their research discoveries.

New Zealand has committed to building a carbon neutral economy by 2050, but we cannot get close with today's technology – we must innovate. When it comes to carbon and environmental sustainability, some of the stuff that matters most is that which we make things from: materials. solar photovoltaics, wind turbines, batteries, electric vehicles, passive cooling, carbon capture, renewable fuels, fertilisers, waste, even computers and data centres are areas where substantial innovation may get us a long way to a sustainable future. In this talk, Justin will introduce some of these disruptive innovation opportunities, highlighting emerging materials science research in New Zealand.

Special Interest Groups

Recent Initiatives

Wellington City U3A now offers its membership 20 Special Interest Groups (SIGs), having welcomed a medium-range, nature-focused walking group at the end of 2021. Two other groups are in the formative stages: an Audiobook group and a beginners' Te Reo group.

1. '5 Senses' Walking Group for medium pacers

Over three months the group has built up to some 30 members, of whom most have walked on either of the two walks a week. Mondays have averaged at 10 participants, while Wednesdays have averaged four. A good half are somewhat new to walking and all are attracted by the relaxed pace, lesser distances and the opportunity to listen to the birds and smell the flowers - but hopefully, still getting enough exercise to make

it worthwhile! We call ourselves the "Five Senses Group" to remind ourselves to use more than just our legs, but we could easily be called the Ramblers, the Strollers or the Happy Wanderers!

Only one walk is planned for each week with the smaller Wednesday group developing as the recce for the following Monday. Besides the Christmas Butterfly Creek walk with the No 2 Group, we've visited the Botanical Gardens, Kaiwharawhara, Otari -Wilton, Highbury-Holloway, Central and Prince of Wales Parks, Days Bay, Korokoro, Maupuia, Lyall Bay, Mt Victoria and Matiu Somes. Members are invited to take the opportunity of sending out the emails and leading the walks.

Contact Aidan Kay Aidankaynz@gmail.com

1. Offer of an Audiobook Special Interest Group

Philip Harrison offers an audiobook group for those U3A members whose preference for 'reading' books of various types/genres is by listening. In addition to accommodating an alternative reading style, this group would also suit those with ongoing time-based pressures by providing the opportunity to multitask – e.g. listening while gardening, walking or other health-enhancing activities. Familiar busy workplace patterns of only reading work-related or technical books can also be replaced by easing into other genres, such as the classics, which may be less accessible on the page. It is the narrator's style – intonation and meaningful pauses, which can give another layer of meaning and bring these books alive. This group will be quite similar in nature to U3A's other book groups, covering discussion about author's style, and content, but also take into account the importance of the narrator's contribution.

Philip's email address is philipjamesharrison@me.com

3. Te Reo Māori for Beginners

I am offering to pilot an introduction to Te Reo Māori. I am Ngāti Pākehā, and have had the privilege of living and working in Māori communities, adding to my knowledge of the language gradually over time.

Although far from fluent, I can understand and communicate Te Reo at a basic level, and I know that many people are on this learning journey or want to embark on it in a comfortable environment. What I propose to offer is a short series of sessions in which you will:

- Learn how to pronounce Māori words
- Practise basic useful phrases
- Gain confidence in 'giving it a go'

It will all be with an informal, collegial approach, evolving according to the needs and wishes of the group. The first group will meet weekly on Tuesday afternoons for 1 to 1 ½ hours, for 5 weeks. At the end of this pilot, the group will decide on possible next steps.

If you are interested, or would like to know more, please email me:

Libbyclark3@gmail.com or see detail about dates, times and venue under News/What's new on the website.

B. Recent venue changes

- U3A has been offered premises in Kent Terrace for SIGs' activities. A few groups have explored this option, with Art History and Philosophy having taken it up and arranged to meet at Hearwell and at their usual times in 2022.
- The Antiques group have elected to move to the Karori Community Centre.

C. WCC Library Digital Inclusion Programme

Those of you who had enrolled in all or some of this programme have been informed that it was cancelled by Library Managers in 2021 due to Covid. Late last year I was contacted with the information that the programme could go ahead in 2022 and March was proposed as a start date. With the arrival of Omicron, the Managers have again postponed the programme, but remain hopeful of a 2022 start date. When the dates are confirmed by the Library, I will contact those who enrolled last year in order to ascertain their continued interest and availability in 2022. If there is attrition from the prior enrolments, those on the waiting list will be contacted, and thereafter spaces will be re-advertised to the U3A community.

D. Convener Meetings:

These will continue in 2022 on the following dates:

- Friday 11th March 12.30
- Tuesday 6th September 12.30

New Interest Groups

Anyone interested in leading/forming a new group please contact

Linda Beckett lbecketto106@gmail.com

All Interest Group members must be current financial members of Wellington City U3A

Click here to see the Special Interest Groups [Timetable at a glance](#)

Current Groups

Antiques

This group meets on the third Thursday of each month at 10am mainly at KARORI ARTS & CRAFT CENTRE at 7 Beauchamp Street behind the Karori Library on Main Road Karori. We share an interest in “Old Things”, often family heirlooms and each of us does this on a semi rotational basis. We often visit places such as Te Papa back of house collections and other places of interest. You are welcome to join our group even if you wish to come along on a “one off” basis to check us out. You would be made very welcome.

Contact: Doug Helps, Group Convenor, 232 4881 or dougyvonne1@gmail.com

Art History

In 2022, we will meet on alternate Thursdays from 10.00am to 12 noon at the **Hearing Association Premises, 16 Kent Terrace**. Tea/coffee/conversation available from 10.00am prior to presentation which starts at 10.30am. This group is currently full, but you are very welcome to contact Peter to make an enquiry or to go onto our waiting list.

Contact: Peter Stupples 021 059 4164 or pams@actrix.co.nz

Book Group 1

Meets on the first Wednesday of each month on the Terrace at 10.30am. Membership of the group is limited to 10 and the group is currently full. If you would like to join a waiting list, please

Contact: jane.ireland06@gmail.com 0212617080.

Book Group 2 – Northern and Western Suburbs

Meets on the first Thursday of each month at 10 am – 12 noon at members’ homes. The members are mainly from the Northern and Western suburbs. This group is currently full.

Contact: Jenny Mainwaring 02102341636 jemain@xtra.co.nz

Book Group 3 – Eastern Suburbs

Meets on the third Wednesday of each month at 2.00 pm in Oriental Bay. This group is currently full but please contact Diana Duff-Staniland if you wish to go on the waiting list or to start another group in the Eastern suburbs.

Contact: Diana Duff-Staniland: 385 8590 or email: dduff.staniland@xtra.co.nz

Book Group 4 – Northern Suburbs

Meets on the first Wednesday of each month from 10.30am – 12 noon at members’ homes. Members are mainly from the Northern Suburbs. Format: The host for the next meeting chooses a topic for that meeting. Each member reads any book they like in that topic, and reviews their book at the meeting for the other members. **There are vacancies in this group** so if you’re interested in joining, please get in touch with Sue Fish.

Contact: Sue Fish. Mobile: 027 327 3633 or email: suef365@gmail.com

Cryptic Crosswords

The Cryptic Crosswords Special Interest Group has made a solid start. We are meeting monthly, on the last Friday at 12pm following the U3A lecture, learning to unravel the styles of various cryptics by discussion. U3A members are very welcome to join in, please be in touch to learn more about our group.

Contact: Lynda Young email: rby@actrix.co.nz; 027 4428 394

Current Issues

Meetings are held on the second Wednesday of the month at 10.00 am in the Burma Lounge, Malvina Major Village, 134 Burma Road, Johnsonville.

Contact: Michael Hodgen 478 6303 or michael.hodgen@xtra.co.nz

Film Group - Weekend

Meets on the third Saturday of the month (daytime) at the Penthouse cinema with the film followed by a discussion at the café. **New members welcome.**

Contacts: Colleen McClymont 027 527 7202 or
Bob McClymont 027 527 7203 or mcclymont1@xtra.co.nz

Film Group – Mid-Week

Catches a film on the 1st and 3rd Tuesday of the month, usually at Lighthouse Cuba, but will go further afield to Penthouse or Roxy to catch a better film. Times vary but aim at early afternoon after the Tuesday lecture and with opportunity for discussion after each film. Members are notified before each, and are free to attend as many or few films as they wish. This group is currently full, but if you wish to go on our waiting list, please email either Suzanne or Aidan whose contact details are below.

Contacts:

Suzanne Blumhardt: hatblum@xtra.co.nz or 384 7046

Aidan Kay: aidankaynz@gmail.com or 021 0282 2082

German Conversation

This friendly group meets at 10.30 am on the second and fourth Mondays of the month in members' homes. **New members welcome.**

Contact: Diana Barnes 479-2947 or dgbarnes@xtra.co.nz

Music Appreciation Group

We meet on alternate Thursdays from 10 am until 12 noon at St Ninians Church, Karori. **All welcome** and morning tea/coffee/biscuits provided. Each meeting a member presents music on a topic chosen by them. The music is mostly classical, but does not have to be. Doing a presentation is entirely voluntary, and it is not necessary to know lots about music, just to enjoy it.

Meeting dates for the first half of 2022: February 10 & 24, March 10 & 24, April 7, May 5 & 19, June 2, 16 & 30.

Please note that we are intending to meet at Red level unless the gathering limit is reduced; a vaccine pass must be shown at your first attendance. You can access some recent Music Appreciation programmes here.

Contact: David Barker, 021 376 660 or u3a.wlg.musicapp@gmail.com

Philosophy Group

From 2022, we will meet at the **Hearing Association Premises, Ground Floor, 16 Kent Terrace** on the first, third and fifth Mondays (where applicable) each month at 2.00 pm. This group is currently full, but we welcome enquiries either about our group or to go onto a waiting list.

Contact: Mark MacCallum, 022 582 3916 or markmaccalm@gmail.com

Sewing Group

This group is about enjoying companionship, sharing of knowledge and inspiration of others in accomplishing sewing or other handicraft projects. The group meets 0900-1300 on the 3rd Monday of each month at the Bowling Club rooms of the Hataitai Community Centre (accessed by a few steps down from 157 Hataitai Rd). Equipment required: Sewing machine, an extension cord and your current project – an ironing board and iron will be available on site. All are welcome to join us, and for all or some of the time during the morning. If you are interested or would like to make further enquiries please contact:

Diane Morgan 027 672 9060 or email: diane.morgan@xtra.co.nz

Shakespeare Studies

Meets on alternate Wednesdays at St Andrew's Centre, 30 The Terrace from 10.30 am until 12 noon. Numbers are limited to 12, and there is a short waiting list, but please contact Roger if you are interested in joining this group.

Contact: Roger Chapman 021 037 5622 or chaplaw42@gmail.com

Smart Phone Photography

Would you be interested in taking better pictures with your Smart Phone?

As a photographic enthusiast, Roger Urlwin has established a Smart Phone Photography Special Interest Group of 11 U3A members who meet weekly and also connect online. This is a great way to discover what else your phone can do, expand your skills and (re)discover your local indoor and outdoor environment. New members are welcome.

Contact: Roger Urlwin: roger.urlwin@gmail.com

Walking Group One

Meets at the Wharewaka (beside the lagoon on the waterfront) at 9.45 am every Monday morning. **All U3A members welcome**, no need to call – we'd welcome you for a social walk and talk and, of course, coffee at the end. We explore historic, nature and cultural places around the city.

Contact: David Cropp 027 657 0666 or cropp.david@gmail.com

Walking Group Two

Longer walks (Monday mornings 9.30 am to 12 noon approx.), around and about Wellington during the year. Walks usually end at a café for an optional coffee. On the second Monday of each month a longer walk of up to four hours is scheduled. As our members are all reasonably fit, a good degree of fitness is expected. Transport is usually based around Gold Card times with carpooling when necessary. This group is currently full.

Contact: Paul Armstrong paul.armstrong9@gmail.com

Walking Group Three

A medium pace walking group, somewhere between Walking Groups One and Two. It will focus on Wellington's great bush tracks, and even stop somewhere in silence to let the birds come and investigate. Listening to the birds, smelling the flowers but still getting enough exercise to make it worthwhile. This group meets on Mondays and Wednesday mornings, with the latter (a smaller group) functioning as a recce for the following Monday.

Contact: Aidan Kay aidankaynz@gmail.com

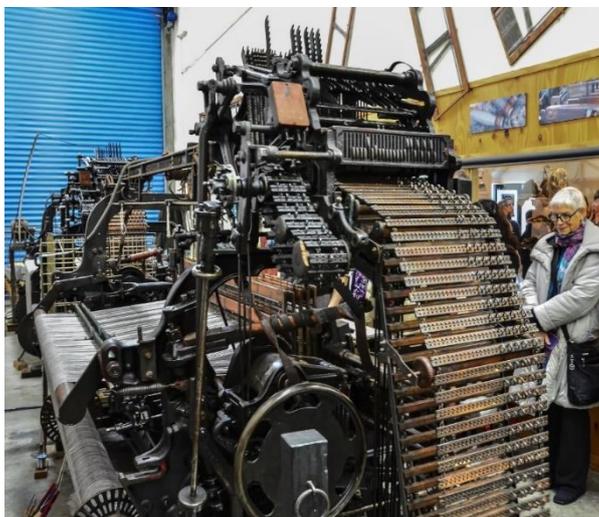
VISITS AND EVENTS

The next major event, the Matariki mid-winter luncheon, is scheduled to take place at the James Cook hotel in June. Since in the present uncertain climate the management are not able to confirm that they will be able to continue hosting events such as this I will liaise with them at the end of February to assess the situation and advise further.

The Omicron outbreak has cast a shadow over the planning of events, but many members seem to feel that if they are fully vaccinated, wearing a mask and scanning routinely, they are prepared to undertake trips and events within the current guidelines. With this in mind I am planning trips close to home, such as visits to Frangifert Victorian perfumery in Kelburn, a tour and tasting at the Brewton brewery in Upper Hutt, and a guided tour of the lagoons of Waikanae with a local bird expert. If the pandemic allows, we can venture further afield using our Gold Cards. I am also investigating an excursion to Masterton to visit Aratoi art gallery and the Hood aerodrome - which is noted for its collection of vintage aircraft - and a tour of historic homesteads in Wanganui or Rangitikei with local historian John Vickers.

I intend to incorporate more ad hoc events this year, such as visits to notable exhibitions at local galleries, theatre outings to Circa, including the Christmas pantomime, and City Council events such as The Magic Garden Trail. I also plan to return to popular venues like the Malaghan Institute.

Sue Dale



Photos from visit to Stansborough Woollen Mill and Gallery July 2021

