



### PRESIDENT'S LETTER

Welcome to a new year of U3A lectures and special interest group activities. Our Programme Coordinators – Gill Sutherland, Philip Harrison Sue Driver and Brian Pauling – have arranged an exciting and varied programme of 59 lectures beginning Tuesday 14 February and finishing 17 November. These dates mean we begin a week earlier than last year and end later in November than usual. To balance the number of lectures between holiday breaks we now have a five-term year. Check our website for the programme and for any changes in lecture presenters and topics. Many of the Special Interest Groups have continued meeting over the past months and the leaders enjoy receiving updates from their Coordinator, Linda Beckett. Sue Dale, Events Coordinator, has already been busy planning for holiday activities and again is presenting a varied programme.

This year the format of lectures will change. At the November Committee meeting it was decided to no longer invite people to leave at the end of a presenter's talk and before question time. We believe it disrespectful to the speaker to have people walk out for the last five to ten minutes of the lecture session and therefore questions will immediately begin when the talk finishes. Another change is that the speaker will be thanked by the Chair of the meeting.

The Committee recently reconsidered our position regarding Covid protocols while attending lectures. We confirm that, in line with other in-door events, masks and social distancing, while recommended, are an individual choice. If you are unwell, please don't attend U3A events and isolate if you have a positive Covid test result.

We look forward to seeing you and hope you enjoy another stimulating year.

**Barbara Crump**

### MEMBERSHIP NEWS

We welcome the following new members who have joined since 1 August 2022:

Avon Adams, Gordon Anderson, Vera Andrews, Jacqueline Archibald, Zoe Atkinson, Lois Baillie, Lee Baker, Kathleen Beeler, Joanne Bond, Patricia Booth, Jo-ann Branthwaite, David Buckell, Len Cook, Donald Couling, Diane Davie, Virginia de Joux, Todd Foster, Elizabeth Gardiner, Richard Goldsbrough, Barbara Guyomar, Lois Henderson, Barbara Hunter, Jude Huygens, Karen Johnston, Mike Johnston, Claude Kahn, Demetra Kennedy, Peter Kennedy, Penelope Klap, Lancy Knott, Ingrid Kölle, Sheila Linton, Elizabeth Lodge, Zoe Maniar, Heath McDonald, Ian McKinnon, Mary McTavish, David Middleton, Margaret Morrell, Gilda Mortimer, Pip Murdoch, Robyn Nicholas, Kath O'Shaughnessy, Andrew Peacocke, Kate Peacocke, Gail Plamus, Sally Reid, Christopher Rickett, Angela Schumacher, Gary Sims, Yon Yi Sohn, Clare Somerville, Celia Spencer, Doug Stirrat, Dianne Theobald, David Thorp, Joy Thorp, Mary Tinsley, Dan Twigg, Vivienne Ullrich, Douceline Van Arts, Saskia Van Stockum, Sally Varnham, Jo Walton, Kathryn Ward, Rosie White, David White, Anita Williams, Rosemary Wilson, Noel Young.

The total membership is currently 1066. Please continue to talk to your friends and contacts about the benefits of belonging to U3A Wellington City and direct them to our website if they are interested in becoming a member. We have an exciting programme of lectures starting in February and new members are always welcome.

**Faith Atkins**

### VOLUNTEERS

We would like to have new volunteers to assist with greeting and recording members at our Tuesday and Friday lectures. Being a Reception Desk Volunteer is not a demanding task as you are only normally required twice in a six-month period from 9.30 to 10.30am before lectures commence. Full training

is given and new volunteers are always initially rostered with experienced volunteers.

At least two volunteers are required for each lecture. Duties are:

- ☐ Record members' attendance using the scanner
- ☐ Keep a record of visitors and members who have lost their membership cards
- ☐ Greet speakers and escort them to the Speaker Co-ordinator.
- ☐ Answer any queries about U3A

As mentioned, it is important that you are welcoming as you are usually the first person to greet members on behalf of U3A.

If you are willing to assist, please contact Jeannie Buxton [pebuxton@xtra.co.nz](mailto:pebuxton@xtra.co.nz) OR phone Jeannie Buxton 022 472 3455 with your name, address, phone number and email address. Also let Jeannie know if you are happy using computer equipment. On behalf of U3A we look forward to hearing from you.

**Jeannie Buxton**

## **LECTURE PROGRAMME**

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

**TERM 1** Tuesday 14 February to Tuesday 4 April

**TERM 2** Tuesday 25 April to Friday 9 June

Sometimes the advertised lectures may change. If so, an update will be made under **Lecture Programme** 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.

The Committee has decided that it is disappointing that so many members leave a lecture meeting before it has been fully concluded. If any member has an unavoidable reason to leave early, please would they sit on, and leave from, the far side of the auditorium away from the lectern and speaker. Thank you for your cooperation.

**Tuesday 14 February**

**Dr Dexter Bambery**

***The changing face of dentistry: a brief history of the smile***

Dexter qualified as a dentist in 1968 from the University of Otago and spent more than 35 years in general practice in Wellington City. He was also the Professional Advisor to the Dental Council of New Zealand in the area of professional standards. He retired in July last year.

Since Dexter graduated in dentistry over 50 years ago, there have been some huge changes in the dental profession – the make-up of the workforce, techniques and filling materials, and especially in cosmetic dentistry. Also changing over time is the social acceptance of showing teeth when we smile. In this presentation Dexter will not just go back 50 years but look back over 500 years and discuss the history of the smile and the changing attitude in society with respect to showing teeth when we communicate. He will also offer a prediction of the future of dentistry in New Zealand over the next 50 years.

**Friday 17 February**

**Joanna Grochowicz**

***Unboxing Shackleton***

Joanna Grochowicz is a UK-based New Zealand author and polar historian. Drawing on diaries, letters and expedition narratives from archives and personal collections around the world, Grochowicz brings to light new and often overlooked elements of heroic age exploration. She regularly speaks at history and literary festivals, schools and institutions around the world about heroic era polar exploration. Following the centenary year of Shackleton's death and the incredible discovery of the Endurance, a more clear-eyed appreciation of his life, achievements and many failures is perhaps timely. Drawing from material from archival and private collections in the UK, Joanna presents a far more compelling and complex character, a thoroughly modern romantic whose challenges were often greatest off the ice.

**Tuesday 21 February**

**Rachel Haggerty**

***Pae Ora / Healthy futures – commissioning for people***

Rachel is currently the Interim Director, Transformation & Enablers in Commissioning at Te Whatu Ora. She co-led the development of Te Pae Tata, the interim NZ Health Plan with Te Aka Whai Ora. She has held senior executive positions across the health system. She has chaired, and co-chaired, private providers, National Forums and Advisory Groups for Manatū Hauora and National District Health Boards.

She has worked for Iwi Māori, community, and primary care providers; whānau ora service development, housing regeneration and long-term system planning.

Rachel will talk about the commissioning of health services and systems that support equitable health outcomes for people and their whānau. This is a critical success factor in Pae Ora/Healthy Futures. It requires planners, funders and commissioners to work to give effect to Te Tiriti o Waitangi; it requires skill in being the guardian of outcomes for populations whilst ensuring providers and workforces are able to make their best contribution. It requires transparency, trust and knowledge.

**Friday 24 February**

**Rev John Howell**

***Climate Change, a theological perspective***

John Howell is a retired /rewired Presbyterian Minister. While on the Environmental Council in the 1970s and 80s, he edited *Environment and Ethics*. In 2020 he contributed a chapter to the Pacific Climate Change conference: *Faith and Spirituality – The earth is shaping us to live with less*. In 2017 he wrote a book of poems, *Homeless*. Besides ministering in four parishes, he has managed social service agencies. This presentation will offer a theological perspective on climate change - What does the Bible say about creation? Do the Biblical narratives offer an environmental ethic that can address the climate challenge? The talk will survey the different pictures of the world and of 'creation' in the bible, and suggest 'creation,' in scripture, is ongoing, a continuing process concerned with seeking order out of chaos to sustain life.

**Tuesday 28 February**

**Sasha Borissenko**

***The wonderful world of access media - democracy and representation at its finest***

Sasha Borissenko is a freelance journalist and the national representative of the Community Access Media Alliance - the representative body for the 12 access media stations throughout Aotearoa. She spent her early career as a justice reporter and her work has appeared in Al Jazeera, VICE, the New York Times, Broadsheet, WOMAN magazine, Capital, Sauce, Newsroom, and more. She has degrees in law, performing arts, music, and a master of journalism. Hailing from Tauranga, Sasha has spent her years living in Dunedin, Nelson, Auckland, Denmark, and Hungary and now back in Wellington.

Since its inception in 1981, access media has provided the tools, support, and agency to deliver content made by, for, and about Aotearoa New Zealand's diverse communities. Funded by NZ On Air, access media is the only state-funded form of community broadcasting in New Zealand. As Community Access Media Alliance national representative Sasha will discuss access media's uniqueness, its history, and how it has moved into the digital age.

**Friday 3 March**

**Professor Michael Witbrock**

***The future of thinking***

Michael Witbrock is Professor of Computer Science at Waipapa Taumata Rau, The University of Auckland. His PhD is in Computer Science from Carnegie Mellon, USA. Before returning to NZ, he was a Distinguished Research Staff Member at IBM T J Watson Research Centre in Yorktown Heights, New York. Michael's research group at Auckland University, the Strong Artificial Intelligence Laboratory, integrates machine learning, reasoning and natural language understanding.

Michael's talk will traverse the development of language and writing, to the invention of computers and the rise of artificial intelligence. He will explore the fascinating history of these upgrades and how they have paved the way for the development of AI. He will also discuss the potential for brain-computer interfaces to revolutionise the way we interact with this technology.

**Tuesday 7 March**

**Phil Smith**

***Pictures of Parliament: Stories and views from inside The House***

Phil Smith is a journalist and documentary maker who has reported for RNZ from China, India and Australia. He produced live current affairs on RNZ before focusing on documentary work across a wide range of topics and styles, winning five Qantas Awards, two Media Peace Awards and Fellowships at Oxford and Atlanta. Since 2016 he has edited The House on RNZ, which tries to ignore the politics and explain the business and workings of Parliament. Refer <https://www.rnz.co.nz/national/programmes/the-house> for more details.

This lecture offers an inside view of New Zealand's largest war memorial - the strange grey edifice that is Parliament House. Phil Smith's job is attempting to explain the workings, and the work of Parliament. He will bring stories, history, pictures and observations on our politics.

**Friday 10 March**

**Stuart Niven**

***What is urban design and what does it have to offer Wellington and its current urban development?***

Stuart Niven is an urban designer/architect with more than 35 years' experience spanning New Zealand, Britain, the US, Australia and South East Asia. After a brief architectural career working for Ian Athfield in the 1980s, he was the 1<sup>st</sup> urban designer appointed to Wellington City Council in the early 1990s. His work there included the development of The Cuba Precinct Plan, the city's 1st Urban Design Strategy and the Wellington Waterfront Concept Plan. As a contractor, he has worked on urban design projects throughout Australasia. He is currently Principal Urban Designer with Stellar Projects Ltd in Wellington.

Stuart's talk will take advantage of his familiarity and commitment to Wellington. With a new Mayor and Council and the potential for a reappraisal of the city's future development, the talk will be a personal take on the nature of urban design and what it could offer contemporary issues the city faces - both declared and hidden.

**Tuesday 14 March**

**Mr Russell Tregonning**

***Advances in Orthopaedics: A personal journey over 50 years***

Russell trained as a medical student from 1963 to 1968, before doing his orthopaedic surgery training in Auckland, London UK and Toronto. He was an Orthopaedic surgeon in Wellington from 1978 to 2022, sub-specialising in knee surgery. He served as Clinical Senior Lecturer, at the Wellington School of Medicine from 1984 to 2015, became Inaugural President of NZ Knee Society ( now NZ Knee and Sports Society) in 1992, and served as President of NZ Orthopaedic Association in 2006.

Mr Tregonning will provide an overview of advances made in the diagnosis and treatment of common bone and joint conditions in Aotearoa New Zealand over the last 50 years. In particular he will discuss fractures, arthritis, joint injuries and the entry of women as orthopaedic surgeons.

**Friday 17 March**

**Dr Mary Redmayne**

***From inflammation to brain tumours - is your phone affecting your health?***

Mary Redmayne is an independent researcher, educator, and consultant. She is Adjunct Research Associate/Fellow at Victoria University of Wellington/Monash University, Melbourne. Mary's PhD thesis and primary research interests revolve around the effects on health and well-being of permitted exposures to microwaves/radio-frequencies transmitted by electronic devices such as mobile phones and laptops.

Mary's papers can be found at <https://www.researchgate.net/profile/Mary-Redmayne/publications> Mary will provide a brief introduction to the electromagnetic spectrum, including a short demonstration making phone microwave emissions audible, and then describe New Zealand's exposure standard and its purpose. You'll find out about the many sources of microwave exposure. Based on research, she will then outline a few key physical health concerns resulting from everyday exposures including brain tumours, oxidative stress (what you take fish oil to fight), and neurological concerns. Some impacts and symptoms of screen addiction from extended screen use will follow, along with suggestions to help avoid this. To conclude, she'll present basics of what increases device energy output; ways to decrease your exposure from transmitting devices without foregoing use of technology; and manufacturer advice on use and storage distances.

**Tuesday 21 March**

**Sir Ron Young**

***Crime, punishment and parole***

Sir Ron Young was appointed chairperson of the New Zealand Parole Board in August 2018. He has spent more than 27 years in the judiciary, 14 of those as a High Court Judge until he stepped down in 2015. He was Chief District Court Judge from 1993 until 2001, responsible for overseeing 112 judges from the criminal, civil, family and youth court jurisdictions nationwide and previously a member of the Chief Justice's panel reviewing media televising, photographing and use of sound recording in court. Besides his role as Chairperson of the Parole Board, Sir Ron currently presides on the Courts of Appeal in Vanuatu, Solomon Islands and Pitcairn Islands.

In his talk Sir Ron will talk about the current statistics in crime and who are and for what are offenders punished for in New Zealand. Finally, he will discuss how parole works and why we should be bothered trying to rehabilitate offenders.

**Friday 24 March**

**Brad Olsen**

***Economic Turbulence in the World: How it affects NZ***

Brad Olsen is a principal economist and Director at Infometrics and is one of New Zealand's leading economic commentators. With extensive networks across New Zealand's business, media, community, and social sectors, Brad often brings together a variety of views, data, and emerging trends to inform advice and analysis to key decision makers across New Zealand.



Parts of the globe are expected to enter recession in 2023 as the world works to contain inflation not seen in a generation. Geopolitical challenges remain key for 2023 too, with the Russian invasion of Ukraine continuing, and the re-emergence of China into the world after lifting pandemic restrictions coming at a time when supply chains are still vulnerable. For New Zealand and other parts of the world, rapid monetary policy tightening is seeking to put the inflation genie back in the bottle, by throttling back economic activity and demand outstrips supply. Brad will break down how all these factors interact, and what the global economic outlook means for New Zealand in the year ahead.

**Tuesday 28 March**

**Dr Nicole Miller**

***A look under the waves of Wellington***

Nicole is Chairperson of the Friends of Taputeranga Marine Reserve Charitable Trust and President of the Wellington Underwater Club. She designs and leads marine citizen science projects and uses a range of visual techniques to connect people to the marine environment.

Nicole will take us on an underwater journey through Taputeranga Marine Reserve and Wellington Harbour - a photographic tour of Wellington's marine environment exploring the success and challenges of marine conservation. You will learn about the history of the marine reserve, marine conservation successes and the current pressures on Wellington's marine environment. Nicole will also talk about how iwi and the community are working together to save our local underwater forests.

**Friday 31 March**

**Dr Fiona Hutton**

***Psychedelics as therapy - what does the evidence say?***

Fiona Hutton is an Associate Professor at the Institute of Criminology, Victoria University of Wellington. She has taught and researched in the areas of Criminology, specifically criminological theory, youth crime and cultures, drug policy, harm reduction, alcohol and other drugs, for the past twenty years. She recently completed a report on drug checking at New Zealand festivals for the Ministry of Health and is a keen advocate for evidence-based drug law reform and harm reduction. For more information about her publications and other activities please see <https://people.wgtn.ac.nz/fiona.hutton>

This presentation will focus on the 'psychedelic renaissance', and will explore some of the issues related to the use of psychedelics, such as LSD, MDMA and psilocybin as therapeutic tools. Research has demonstrated the effectiveness of psychedelics in a number of areas such as PTSD, trauma related conditions and treatment resistant depression with research dating back to the 1940s. Indigenous groups have also used psychedelics for healing for millennia. The presentation will also examine some of the barriers to the development of psychedelics for therapy such as stigma and the current prohibition framework.

**Tuesday 4 April**

**Professor Franca Ronchese**

***Why allergies start in the skin***

Franca trained at the University of Padova, Italy, and then as a Postdoctoral fellow at the National Institutes of Health, USA. She then joined the Basel Institute for Immunology in Basel, Switzerland, where she became interested in antigen presentation by dendritic cells in vivo. Since 1994 Franca has been leading the Immune Cell Biology Programme at the Malaghan Institute of Medical Research in Wellington, New Zealand.

Allergies are increasing in incidence yet we have almost no understanding of how allergens interact with our immune system upon first encounter, and how the allergic process is initiated. In her talk Franca will describe how we use new technologies including transcriptomic and bioinformatics to study dendritic cells, which are the cells in our body that first interact with allergens, and what we are learning about the allergic process.

**Friday 28 April**

**Georgie Ferrari**

***Can we as individuals really have an impact on lowering emissions?***

Georgie is the CEO of the Sustainability Trust, an environmental social enterprise in Te Whanganui-a-Tara, Wellington. Georgie has an extensive background in not-for-profit management spanning adolescent health, housing, youth advocacy, philanthropy and the environment. New Zealand born and raised, Georgie lived in Australia for 17 years, returning home after she saw some climate change modelling that indicated how many days over 40 degrees Melbourne would experience in a typical summer from 2030 onwards. There's a lot been written about whether individuals can have any impact on carbon emissions reduction or whether the focus has to be on the large emitters (be they commercial or nations). In this talk Georgie will discuss what actions we can take as individuals and why recycling, electrification and composting are more than just actions that make us feel good in the face of climate collapse.

**Tuesday 2 May**

**Anne Ross**

***Structured Literacy: The What, The Why and the How***

Anne is a NZ trained teacher. It was while teaching in an English International School in Hong Kong that she met a fellow educator who suggested Anne read a book, 'Why Our Children Can't Read and What We Can Do About it'. After a move to Shanghai, she embarked on study related to the book and a qualification as a reading therapist. Subsequently, she worked as a consultant to a Phonics company and for 7 years trained teachers throughout Asia on how children learn to read and spell. During this time Anne also worked with students referred to her due to their difficulties with reading and spelling. Since her return to New Zealand Anne has observed an increasing shift towards Structured Literacy in New Zealand.

This talk will focus on the history of Structured Literacy, what it is and how it has developed throughout the English-speaking world. It will explain why Structured Literacy is an effective method of teaching and why there is a groundswell of New Zealand schools adopting this approach. The talk will illustrate how Structured Literacy is taught and how it impacts student achievement. It will demonstrate that this science-based approach to teaching and learning is extremely effective when taught well.

**Friday 5 May**

**Professor Phil Lester**

***Bees: playful, diverse, intelligent and smarter than you think***

Phil Lester is a professor in ecology and entomology at Victoria University of Wellington. He works on invasive species and their management, specialising in the management of invasive ants and wasps, and the parasites and diseases affecting bees. A key focus for his research group is to help develop new and safe control methods for the varroa parasite of honey bees.

There are more than 20,000 bee species that are wildly diverse. They range from solitary species only a few millimetres long to meat-eating vulture bees. Although they are typically very small with tiny brains, bees are incredibly smart. They use tools to get rewards, learn from each other and have complex languages, and are even known to play. It is Phil's hope that you'll come away from this talk with a new appreciation of these insects and how much they have to teach us.

**Tuesday 9 May**

**Dr Justin Richards**

***Physical activity and wellbeing: Taking a peek underneath the blanket***

Dr Justin Richards is the Academic Lead at Sport New Zealand and Associate Professor in Physical Activity and Wellbeing at Te Herenga Waka—Victoria University of Wellington.

The rapidly emerging evidence base linking physical activity and wellbeing has been accompanied by "blanket" statements of efficacy from advocates. Various policy agencies and funding bodies internationally have subsequently invested resources into physical activity interventions with the intention of positively influencing wellbeing. Although there are numerous examples of successful intervention, these "blanket" statements fail to recognise the unique mechanistic pathways linking physical activity and wellbeing. This presentation explores the nuance behind effective physical activity promotion for wellbeing and provides a framework for future investigation in Aotearoa New Zealand.

**Friday 12 May**

**Emeritus Professor Barbara Brookes**

***New Zealand women: generations of change***

Barbara Brookes is Professor Emeritus, University of Otago. She is the author of the prize winning *A History of New Zealand Women* (Bridget Williams Books, 2016) and, most recently, co-editor with Jane McCabe and Angela Wanhalla, of *Past Caring? Women, Work and Emotion* (University of Otago Press, 2019).

Women's lives have undergone enormous change over two centuries. This talk will explore some of the social, legal and political changes in women's lives.

**Friday 16 May**

**Dr Samantha Murton**

***The unacknowledged risks to public health from underfunding primary care***

Dr Samantha Murton is President of the Royal College of General Practitioners and a Wellington GP. She was the College's first Medical Director. She became a Member of the New Zealand Order of Merit (MNZM) in 2021.

Access to quality primary care is fundamental to the health and wellbeing of our nation. As the cost of medical treatments increase, investment in primary care is in danger of being an afterthought. Out of hours care, hospitalisation, and mortality are all significantly improved with a strong primary care system. At the moment the service and a healthier future are in jeopardy.

**Friday 19 May**

**Dr Rosie Gibson**

***Sleep is a bit of a luxury. Prevalence and perceptions of sleep disruptions with ageing***

Rosie Gibson is a Senior Lecturer in the School of Psychology at Massey University and is affiliated with the Health and Ageing Research Team and Sleep/Wake Research Centre. Her work explores the prevalence, risk factors and outcomes for sleep disruptions with ageing, dementia, and caregiving. Rosie's presentation will involve discussions around sleep changes with ageing. She will summarise her research on the prevalence, experiences and impacts of sleep disturbances among older New Zealanders, as well as highlight the unique sleep issues reported by people with dementia and family carers.

**Tuesday 23 May**

**Leigh Catley**

***New Zealand's Climate Change Dilemma – Food, Farts and Farmers***

Leigh Catley is a Wellington-based communications and advocacy specialist. She started her career working for 10 years in broadcasting, magazine and newspaper journalism roles before moving into editorial marketing and management, and eventually public relations. For the last 6 1/2 years she has been head of communications for Federated Farmers of New Zealand. Her work involved developing strategy and planning to manage the organisation's reputation, effectiveness and national profile. In 2023 Leigh has changed direction to study book editing and publishing with a view to using her skills to document New Zealand's people, places and passions for future generations.

We all know New Zealand has a unique problem – unlike any other first world country -a large proportion of our greenhouse gas emissions come from animals. And we must reduce GHGs wherever we can. What does this mean for our national herds, our economy and even what we might find in the fridge in 20 years' time? Leigh will talk about the pressures weighing on all of us to reduce the pressure we place on the environment.

**Friday 26 May**

**Paul Callister**

***The Future is Rail: Reconnecting Aotearoa New Zealand***

As a New Zealand based economist, Paul has undertaken research on local, national, and cross-national issues for a wide range of public, private sector and voluntary organisations. Paul's current research centres on climate change policy. His main focus is on sustainable transport, including long distance bus and rail networks and options for decarbonising aviation.

Throughout the world long-distance passenger train services are being revived and expanded. In contrast, over recent decades New Zealand has destroyed its once significant network of services that linked most towns and cities. As part of *Save our Trains* campaign, Paul helped to argue for the return of the Northern Explorer and Coastal Pacific services. as the start of a bigger campaign to bring back fast, efficient, low cost and low emission long distance passenger trains to reconnect our towns and cities.

**Tuesday 30 May**

**Dr Grace Gassin**

***Being 'Chinese' – re-negotiating its meanings and possibilities in Aotearoa New Zealand***

Dr Grace Gassin (Lîm Sò-chin 林素真) is Curator Asian New Zealand Histories at the Museum of New Zealand Te Papa Tongarewa. Since completing her doctoral studies in History at the University of Melbourne in 2016, Grace's wide-ranging research interests have grown to encompass both the historical and contemporary experiences of Asian diaspora communities in Aotearoa New Zealand and Australia. In her talk Grace explores the complex ways in which people of diverse Chinese heritage are negotiating the varied meanings of being Chinese in Aotearoa. For this discussion, she draws on her work with Chinese communities as Te Papa's inaugural Curator Asian New Zealand Histories, particularly the museum's Chinese Languages in Aotearoa and Making Histories projects.

**Friday 2 June**

***To be advised***

**Tuesday 6 June**

**Barry Coates**

***Align your investments with your values – do good, do well***

Barry has a Masters in Management from Yale University, and his career includes strategy consulting, CEO of Oxfam New Zealand 2003-2014, leadership on fair trade and ethical business, and Green Party list MP in 2016-17. Barry is the founder and CEO of Mindful Money, a charitable social enterprise that aims to make investment a force for good.

For most of the financial sector, investment has traditionally been about financial returns and risks, ignoring the impact of investment choices on the climate, the environment and society. Now, a fundamental change is underway with a growing movement of investors who understand the connection between investment and real-world impact.

Barry will address questions such as:

- ☐ How do I know where my KiwiSaver is being invested?
- ☐ If I invest ethically, does that mean I will earn lower financial returns?
- ☐ How can I distinguish between the marketing “greenwash” and choose a fund that is really ethical?
- ☐ How do I find a fund that is ethical and fits my investment strategy?

**Friday 9 June**

**Dr Peter Thompson**

***What is it about Public Broadcasting.....?***

Peter joined the Media Studies Programme at Victoria University of Wellington in 2011. He came to New Zealand in 1997, and lectured at Unitec Institute of Technology in Auckland, where he helped establish the postgraduate programmes in international communication. Prior to that he lectured in communication at Bangkok University in Thailand, and also tutored in Thailand and Singapore for the Centre for Mass Communication Research at Leicester University. Peter’s broad area of interest concerns the political economy of media. Much of his published work concerns media policy, particularly in regard to public service media. He has closely followed recent developments in New Zealand and has published widely on the public broadcasting reforms.

What is it about public broadcasting that causes politicians so many problems? The history of broadcasting here is littered with legislative changes. Virtually every government of every shade has attempted to change the broadcasting ecology of Aotearoa/New Zealand. At the time of writing there is a further attempt to ‘restructure’ public broadcasting and, yet again, it is proving controversial. Given that New Zealand is one of a very few OECD countries without a genuine public television network, what would a genuine public broadcasting service for this country look like? Or has technology made the concept redundant?

## **SPECIAL INTEREST GROUPS**

### **Overview of the period**

**August 2022 – January 2023**

Notwithstanding the residual impacts of the pandemic, the activities of the Special Interest Groups continue, for the most part unabated thanks to the resilience and resourcefulness of Conveners and members alike. Moreover, we have the prospect of 4 new groups in 2023, so please watch this Newsletter space, the SIGs Website and ‘What’s New’ for updates. I look forward to beginning the May 2023 Newsletter with the pandemic hopefully in our rear vision mirrors and without any need for further mention.

### **Smartphone Photography**

For this Newsletter, in pictures which speak for themselves, we profile the SmartPhone Photography Special Interest Group (SIG) which was formed by Roger Urlwin. The following stunning photos were generously supplied by this SIG and demonstrate success in the group’s aims to discover what your phone can do, expand your skills and (re)discover your local indoor and outdoor environment’ In addition, they are evidence of the versatility of smartphones as very good cameras. For those who are interested in developing their photographic skills and seek more information about the group and its activities, Roger is happy to be contacted through the email address on the SIGs website.

Please note that in fitting these photos into the Newsletter, distortions which may have occurred are the fault of the Newsletter editor, not the photographers.



Hunting in the Long Grass - Jo Walton



Hellebore – Flash Gordon

Jenny Sims







The Carpetman – Margaret Dick







Waikeke Cave      Richard Scales



### **Other SIG news**

#### Venue Changes

The lecture break has been a busy one, with venue changes for four SIG groups as well as for the Conveners' meeting. Philosophy, Te Reo and Art History meetings will take place in 2023 at the Quakers' meeting

house at 7 Moncrieff St, Mt Victoria, as will the Conveners' biannual meeting. We are grateful to Hearwell for the warmth of their welcome in 2022 and look forward now to our association with the Quakers in 2023. Current Issues has also moved - from Malvina Major to the Rimu Room at the Collective Community Hub, 1/33 Johnsonville Road and meets from 1030.

#### Te Reo Māori Beginners' Group

Te Reo continues in 2023 – with the fourth group starting on the 28<sup>th</sup> February at 7 Moncrieff Street (see above paragraph) and with one remaining vacancy for this next group. The venue is within easy walking distance from the Embassy Theatre. This introductory course focuses on pronunciation, practice, and building confidence to 'give it a go'. It lasts 5-6 weeks, each session lasting about 1½ hours, beginning at 12.30. The timing enables group members to have lunch after the Tuesday lectures. If you are interested, or would like to know more, please contact Libby: [Libbyclark3@gmail.com](mailto:Libbyclark3@gmail.com)

#### New Group: Mystery Book Group

Jan Schmidt is starting a Mystery Book Group which will be convened at the Quakers' Friends' house, 7 Moncrieff St, Mt Victoria. Commencing on Monday the 13th February, the group will continue with monthly meetings on the second Monday of each month from 2.15 until 4.15. The inaugural session will be an opportunity for members to meet and discuss how they would like the group to work. Interested U3A members are very welcome to contact Jan Schmidt for further information at: [hugkids5@gmail.com](mailto:hugkids5@gmail.com) or phone 021 544 624

#### Proposed New Group: Good health, good wellbeing and good food - discussion group.

This is to find out if there are enough people to meet - at this stage monthly - to share, discuss and learn about health issues:

- people who wish to share their experience with the NZ health system and how best to navigate it.
- benefits of certain foods and vitamins.
- healthy food recipes and preparations.
- we could ask certain health experts to come and talk to our group.

If we find there are enough people interested then that group can decide on a meeting day and dates each month and a venue. All those interested please contact Doug Helps [dougyvonne1@gmail.com](mailto:dougyvonne1@gmail.com) or phone 04 2324881 or 0274061233.

#### Convener meetings

This forum continues biannually Our last meeting was in November 2022 and the next is scheduled for Friday 24th March.

***Linda Beckett, SIGs Coordinator***

### **VISITS AND EVENTS**

Events already planned for **January/February** include:

- \* Participation in the annual Big Wellington Waterfront Clean-up on the afternoon of Friday 27th January.
- \*Presentation on Building an art collection by curator Mark Hutchins-Pond at Webbs Auction House
- \*Curator tour of the collections currently on show at the City Gallery, including the major exhibition, the Joanna Margaret Paul Retrospective. Date TBC.
- \*In bed with Schoenberg by David Armstrong. Drama/comedy with orchestral accompaniment. Circa Theatre: Tuesday 28th February 6.30pm. 20 seats provisionally booked.
- \*Curated tour of Parliament Buildings: major art works and artifacts. Date TBC.

#### Planned for First Term break

\*Back to The Briscoe House. The Briscoes have kindly agreed to accept more tours of their tastefully renovated Mount Victoria villa and their extensive collection of New Zealand art. Refer <https://stuff.co.nz/life-style/homednz-house-garden/300595856/see-inside-the-tiny-wellington-villa-with-walls-awash-with-art>



\* Trip to the Wairarapa, Brancepeth and Te Parae stations. Refer to <https://wairarapanz.com/see-and-do/brancepeth> and <https://teparae.com/> for more details.

\*Day trips to Booktown Festival, Featherston 12th - 14th May with lunch at The Royal Featherston Hotel.

More events and tours are in the planning stages.

**Sue Dale, Events Coordinator**

## OTHER NEWS

### Scamming and phishing

Linda Beckett attended a Crime Stoppers meeting at Parliament in late 2022, and has provided a condensed version of the discussion. The experts were netsafe (netsafe.org.nz ), police and certnz (cert.govt.nz 0800 237 869). There is an online reporting form available through Netsafe.

#### Identifying phishing tactics in emails:

- ☐ have an illegitimate address
- ☐ are worded generically 'Hey there' Instead of 'hey Fred'
- ☐ offer something too good to be true

#### Advice on receipt of Phishing emails:

- ☐ take time to process the email and check the sender details without responding
- ☐ ignore the messages
- ☐ delete the message
- ☐ don't click on any links

☐ know that if it's too good to be true then it probably is

#### Recognising current forms which some emails take:

- ☐ Waka Kotahi – license needs renewal or request for sender details
- ☐ Attempts to remove money from your account have come from +61 which is the prefix to an Australian address is a giveaway
- ☐ Recent emails have ostensibly come from an internet provider or bank and claim to have discovered issues with your bank account or computer. They ask you to log into your internet banking so that they can 'make sure nobody has access to your account' (except for them while you're doing it)
- ☐ Requests for investment
- ☐ Attempts to blackmail
- ☐ Requests to buy vouchers
- ☐ Petitions which harvest names – legitimate petitions don't require any personal information so if they ask don't give. You also don't need to provide your email address on a petition.

Passwords: If you have a strong password, you can leave it in place and don't need to change it regularly. However different passwords for different systems on your computer were advised.

#### Useful information from other sites:

Lonely Planet has sections on scamming in your chosen country.

Netsafe website has a section on scamming possibilities.

Banks have a scammer information page.

### **The History of U3A** (provided by Sue Dale)

Professor Pierre Vellas and colleagues of Toulouse University recognised the pool of experience, knowledge and intelligence of retired people. They launched U3A in 1973. Eight years later there were 60 of them in France. In the "French Model", each U3A maintains strong links with a university and is based on attending lectures. In the spring of 1981, Peter Laslett and Nick Coni discussed this development and wondered whether a similar venture would work in Cambridge, UK. To find out, a public meeting was held in the Guildhall in July, resulting in the advent of U3A in the UK. The English model stresses that *those who teach shall also learn and those who learn shall also teach*.

Since that time U3A has spread world-wide. Some indication of the of the location of branches can be found **here** >. U3A started in Aotearoa New Zealand in Remuera in 1989. There are now around 90

branches throughout the country, mainly following the English model. It is believed that this model promotes increased personal learning, confidence and enjoyment through reading, research, discussion and field trips. Refer <https://www.u3a.nz/history.htm> for more details.

### **Exercise class**

The exercise class for seniors at the Loaves & Fishes, Wellington Cathedral of St Paul, 2 Hill St, Thorndon will resume for 2023 on Friday the 10 February at 1 pm, followed by a cup of tea at 2 pm. This is sponsored by Age Concern Wellington and focuses on balance, stretching and falls prevention. For more details call 04 499 6648. The cost has been \$2 per session but this may increase slightly to cover additional costs.

### **Social Drama Classes for Seniors**

Are you interested in trying a bit of creative self-expression or theatre improvisation? Free weekly social drama classes are available in many suburbs around Wellington. They are run by *Voice Arts*, a Wellington group of theatre practitioners, with the support of Wellington and Hutt City Councils. Click on the [poster here](#) for further information and to find a class near you. *Voice Arts* also runs a more in-depth weekly class called *Third Act: Live Creatively in Your Third Age*. This is held at the Toi Poneke Arts Centre in Abel Smith Street and there is a weekly charge for this class. Further details [here](#).

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***Rae Julian, Newsletter Editor***