



PRESIDENT'S LETTER

Greetings to you all. I'm pleased to hear that you are enjoying our varied and stimulating lecture programme, activities in the Special Interest Groups and the interesting events over the holiday periods.

Membership: Our annual subscription renewal period begins very soon and our Treasurer is pleased to confirm that the sub of \$40 per year remains unchanged. The cost of your membership enables you to attend as many interest groups, lectures and holiday events as you wish, a great bargain! In this Newsletter our Membership Secretary explains the process of renewing your membership. We also welcome new members.

Mid-winter Lunch: Planning is under way for another mid-winter, Matariki, lunch on Friday, 7 July. Details follow below.

Special Interest Groups: Check our website <https://u3awellingtoncity.org.nz/> to see the variety of over 20 interest groups., especially the two new groups that have started recently, as set out below. Watch the website and contact the group leaders if you are interested.

Lecture Technology Team: You may have noticed some new faces around the Embassy lectern. A big thank you to Saskia van Stockum, Malcolm Wheeler, Anita Williams and Glenda Lewis who have joined Ian Goodwin in ensuring all goes well with the lectures.

Tony Thomson: We are deeply saddened that Tony Thomson died on 4 May 2023. Tony made a significant contribution to U3A Wellington, serving as Treasurer for five years. He was meticulous with his accounting work and his common sense, sometimes humorous, approach to committee decisions was greatly appreciated. Our thoughts are with his wife, Helen, children and wider family.

Upcoming Committee Vacancies

Each year one or more Committee members 'retire'. This year we have four vacancies – Website Administrator, Lecture Programme Coordinator, Newsletter Coordinator and President. Tasks involved with all these positions require a basic competency with computer programmes, typically word processing and email. The Website Administrator uploads presenters' slides and keeps the News and Events pages current. The new Lecture Programme Coordinator will work in a team with three others and identify, invite and acquaint our guest speakers with the lecture format. The Newsletter Coordinator is responsible for compiling and publishing our three newsletters each year. The President chairs a committee of 12 (four meetings per year), acts as an 'MC' at lectures (when available) and aims to provide community education with opportunities for older adults to connect and expand their horizons. Please contact me if you want to know more about any or all of these roles. We have detailed role descriptions and you are supported by the outgoing member who is happy to help in the initial months. Nominations close with the Secretary one week prior to the 12 September AGM where they will be presented for approval. The committee is active and vibrant with each person responsible for a specific role. I strongly recommend the job. Get in touch!

Barbara Crump

HANDLING MEDICAL INCIDENTS AT U3A LECTURES

At its meeting on 17 May, your U3A Committee considered the situation that arose a few weeks ago when a member of U3A became seriously ill during one of our lectures at the Embassy. We decided that it was timely to put in place a few simple steps, should such a situation arise again in the future, so that the situation could be managed with maximum consideration to the person concerned, and with minimum disruption to the lecture proceedings. To this end, it would be very helpful if the Committee could hold a list of those members who have a medical background and would be happy to assist if such a medical incident arose in the future. If you are willing to volunteer in this capacity, please would you contact Barbara Crump bjcrump@gmail.com in confidence, with a brief statement of your medical background.

Tricia Walbridge, Secretary

MEMBERSHIP NEWS

We are reaching the end of the financial year when your membership will need to be renewed. In early June, personalised renewal links will be sent to all members with email addresses and reminders will be mailed to all those without email addresses. The membership fee remains at \$40 for the year to 30 June 2024. The renewal information will contain all the details you require but, as always, if you have any concerns, please contact me on membership@u3awellingtoncity.org.nz

We give a big welcome to the following new members who have joined since mid-January 2023: Pam Alderton, Judy Alley, Zeke Alley, Fred Bemak, Diana Benson, Susan Brown, Cath Burbery, Ron Burbery, Helen Burnet, John Burnet, Rita Chi-Ying Chung, Bernadette Clarke, Kevin Cook, Deborah Cutfield, Peter Cutfield, Beth Darroch, Beverley Dixon, John Downie, William Drewitt, Sue Driver, Stephen Edlin, Angie Farrow, Harry Friedlander, Joanne Gapes, Simon Garrett, Shirley Gay, Murray Hahn, Jenny Holmes, Gaylene Hughes, Terry Hughes, Denise Hutana, Robyn Irwin, Caroline Jarosch, Max Kennedy, Nicola Kirkup, Christine Kuper, Susan Locke, Mary Lynskey, Ian Masters, Frances McCaffery, Patricia McGiven, Grant McNamara, Jacqui Needham, Richard Norman, Patricia Norton, Anthony Patterson, Rosemarie Patterson, Josephine (Jo) Penman, Jacqueline Pope, Margaret Powell, Peter Richardson, Vivien Rickard, Anne Rixon, Rosanne Robertson, John Samuels, Pamela Snow, Carol Stevens, Tony Stevens, Peter Stewart, Susan Stokes, Judith Taylor, Sarah Thomson, Karen Threadwell, Marilyn Tucker, Robyn Turner, Jeanne Urquhart, Angela Varelas, Cherie Walker, Bruce Wall, Deborah Wall, Beverley White, Susan White, Simon Whiteley, Patricia Wiffin, Anita Williams, Rory Wilsher, Belinda Wong, Kirsty Wood.

Our total membership is currently 1140. Please spread the word 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 2023/24 member – membership starts on 1 July 2023 but new members can join and start attending in June. We have an exciting programme of lectures, events and interest groups throughout the year and new members are always welcome.

Faith Atkins

LECTURE PROGRAMME

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

- TERM 2** Tuesday 25 April to Friday 9 June
TERM 3 Tuesday 27 June to Tuesday 25 July
TERM 4 Friday 18 August to Friday 29 September
TERM 5 Tuesday 17 October to Friday 17 November

Sometimes the advertised lectures may change. If so, an update will be made under **Lecture Programme** on the U3A Wellington City website.

Tuesday 27 June

Dr Sekhar Bandyopadhyay

The Afterlife of Indian Partition: Living with its Legacies for Seventy-five Years

Sekhar Bandyopadhyay is Emeritus Professor of History at Victoria University of Wellington, where he has been the founding Director of the New Zealand India Research Institute. His primary research interest is in the history of nationalism and caste in colonial and postcolonial India. His most recent co-authored book is *Caste and Partition in Bengal: The Story of Dalit Refugees, 1946-1961*.

The partition of India in 1947 does not have many parallels in world history, as it affected so many people when it occurred and has continued to affect innumerable lives ever since. When the Radcliffe Line was announced on 17 August demarcating the boundaries between the two new states of India and Pakistan, this dividing line based on religious demography created new minorities, as many non-Muslims were left in Pakistan and many Muslims chose to live in India. This led to the outbreak of unspeakable violence and forced displacement of minority populations. This presentation will discuss some of these long-term social and political legacies of partition in the Indian sub-continent.

Friday 30 June

Professor J. Haxby Abbott

Osteoarthritis – what can we do about it?

Professor Haxby Abbott is a clinical epidemiologist based in the Orthopaedic Surgery section of the Dunedin School of Medicine Department of Surgical Sciences, at the University of Otago. He is the Director of the Centre for Musculoskeletal Outcomes Research /Te Pokapū Rangahau Hauora Whenua, a multi-campus University of Otago research network. Haxby's Management of Osteoarthritis/

Maimoatanga Kaikōiwi programme has produced world-class research including clinical trials, outcomes research and cost-effectiveness modelling, and has implemented new health delivery models for people with hip and knee osteoarthritis.

The talk will cover the questions of what is osteoarthritis, what causes it, how big an issue is it, what are the available treatments, what are some common myths and misconceptions about osteoarthritis and what are we doing about it?

Tuesday 4 July

Professor James Renwick

What's the latest on climate change?

Professor James Renwick is a climate researcher who studies Southern Hemisphere climate variability, and the impacts of climate change on the Pacific, New Zealand and the Antarctic. He has been a lead author for the Intergovernmental Panel on Climate Change (IPCC) for the last 20 years, contributing to three Assessment Reports. James was awarded the Prime Minister's 2018 prize for Science Communication and was part of the team that won the Prime Minister's Science Prize in 2019. He was appointed to the New Zealand Climate Change Commission in 2019.

The climate change situation has recently been described as "Code red for humanity", after the publication of the latest report of the Intergovernmental Panel on Climate Change. Not a bad summary, James says. In this presentation, James will review the climate change situation, and the findings of the latest IPCC report. He will also describe futures we could experience and what we can collectively do to avoid the worst ones.

Friday 7 July

Matariki/Midwinter lunch (see details below in Events)

Tuesday 11 July

Dan Coup

Aotearoa's quiet conservationists – 5,000 protected places you won't find on a map

Dan is Chief Executive of the QEII Trust. He is also heavily involved in predator trapping with Predator Free Miramar. The QEII's mission is to inspire private landowners to protect and enhance open spaces of ecological and cultural significance. Almost 70% of Aotearoa New Zealand is in private land ownership so protecting biodiversity and heritage on private land is critical to reversing the decline of indigenous biodiversity and preserving our history.

Hear how QEII partners with private landowners to protect sites on their land with covenants, allowing the current and future landowners to continue to own and manage the protected land, while the covenant ensures New Zealand's rarest and most endangered biodiversity and ecosystems are protected in perpetuity.

Friday 14 July

Matariki holiday – no lecture

Tuesday 18 July

Professor Anna Ranta

Strokes: Our quest to prevent and treat them

Professor Anna Ranta is a Wellington based academic stroke neurologist whose research focuses on translational stroke research to optimise stroke care quality and access with a strong emphasis on addressing health inequities. She is the Head of Department of Medicine at University of Otago, Wellington; leads the New Zealand National Stroke Registry; and co-directs the New Zealand National Hyper-Acute Service Improvement Programme.

This talk will start with a brief introduction describing what a stroke is, what causes it, and how it can be prevented and treated. The current state of stroke care in Aotearoa New Zealand will be covered next including current challenges and also recent achievements highlighting innovative solutions that have been implemented or are still under development. The latter section will focus on New Zealand based innovations some of which are 'world firsts.'

Friday 21 July

Professor Charlotte Macdonald

Our new New Zealand History Curriculum - taking the past to the future

Charlotte Macdonald is Professor of History at Te Herenga Waka Victoria University of Wellington. She was co-convenor of the independent panel organised by the Royal Society Te Aparangi providing feedback on the History Curriculum in 2020-21. Charlotte Macdonald has twice served as President of the New Zealand Historical Association and is a Fellow of the Royal Society.

New Zealand History is to become a core part of the curriculum taught to students in schools and kura from years 1-9. Aspects taught in schools to date have been speckly and uneven at best. What history, or histories, might we present to young New Zealanders in the 2020s, and how do we devise a curriculum in the devolved context of our schooling system? There is much to discover in the histories around us, and extraordinary resources that exist in our national research collections and local communities and places.

Most importantly, why do these histories, and so many more, give us a future?

Tuesday 25 July

Mark Pascall

Cryptocurrencies: Giant nerdy ponzi scheme or force for good

Mark has been involved in the cryptocurrency / blockchain / Web 3 space for over 8 years. He has co-authored *New Zealand: Unlocking Blockchain's Potential* as well as featuring in an upcoming TVNZ documentary on the history of crypto in New Zealand. He founded The Wellbeing Protocol: a project to explore how web 3 can empower local communities and enable liquid democracy. He ran the first university courses in the world on Decentralised Autonomous Organisations (DAOs). He was one of the founding partners of Metacartel Ventures: one of the first decentralised blockchain based Venture Capital organisations.

In this presentation he will demystify the worlds of crypto, blockchain, Web 3, smart contracts and DAOs.

Friday 18 August

Dr Hamish Campbell

The Shape of the Chatham Islands

Dr Hamish Campbell is a Wellington-based palaeontologist and geologist, and is an Emeritus Scientist with GNS Science. His association with the Chatham Islands has been a 'constant' since he first went there with an Otago University archaeological project in 1975, spanning his entire career as a research scientist with the New Zealand Geological Survey and GNS Science (1978-2019). He has led tourist excursions to the Chathams on an annual basis since 2002.

Hamish's talk will present an up-to-date understanding of the geological history of the Chathams as part of Eastern Zealandia and in so doing will explain the unusual shape of Chatham Island in particular. He will also touch on key aspects of the human history that have 'shaped' life in the Chathams as they are today.

Tuesday 22 August

To be advised

Friday 25 August

To be advised

Tuesday 29 August

Nicola Pauling

Whose line is this anyway? Improvisational theatre applied to the development, psychoeducation and wellbeing of people in their third age.

Improviser, actor, and playwright Nicola Pauling marries the work of Kiwi-born play theorist Brian Sutton Smith, Soviet-era Psychologist Lev Vygotsky, American Developmentalist Dr Lois Holzman and the originator of theatre games Viola Spolin, into a unique programme of personal and community development. Nicola is the Creative Director of Voice Arts, a charitable trust that today works with over 250 seniors a week in the Wellington region. Participants in Voice Art's programme of weekly classes are rediscovering their capacity to performatively play and reap the benefits of this embodied practice. Her presentation will showcase international research evidencing the use of applied improvisation as an experiential learning tool across a wide range of sectors, from people living with dementia, to neurodivergent children, to medical professionals, and to climate change awareness.

Friday 1 September

To be advised

Tuesday 5 September

Professor Marc Wilson

Who'd be a young person? Perfectionism, body image, and self-harm

Marc Wilson is a professor of psychology at Te Herenga Waka Victoria University of Wellington. Marc teaches and researches in the areas of social and political psychology, and adolescent mental health, particularly adolescent self-harm and suicide. He is a National Teaching Excellence Award winner, and Principal Fellow of the UK Higher Education Academy. He has written a weekly psychology-themed column in the New Zealand Listener since 2012.

Self-harm is much more common than many people think. Marc's research showed that, in 2009, around half of our young people had hurt themselves without any suicidal intent, by the time they left school. Marc will talk about what we now know about why young people harm themselves, focusing particularly on the role of emotions, perfectionism, and how young people think about their bodies. He will make some suggestions that he hopes will be helpful to both young people, and the people who care for them.

SPECIAL INTEREST GROUPS

Overview

Our biannual meetings continue, with the Conveners catching up again in March. I am glad to have this opportunity to thank them for attending these meetings in addition to their convening work which enables their members to develop their 'special interests'. Just as important is the provision of the social opportunities in these get togethers. Four months down the track, Te Reo, Art History, Philosophy and Contemporary Mysteries are comfortably and happily settled in the Quakers' Friends Room in Moncrieff Street - the venue providing a central and well-appointed space for our meetings. Of the potential new groups mentioned in the January newsletter, two (the Te Reo Conversation group and the Contemporary Mysteries group) are now well-established. Please note that the Contemporary Mystery and Suspense Book Group is open for two more people.

Walking Groups

In the interest of avoiding confusion, Walking Groups 2 and 3 are swapping their identifying numbers. Instead of number allocation being based on when the groups were established, they will now be based on the length, pace and terrain covered. Walking Group 1 (David Cropp Convener) will be the group that provides the gentlest walk, Walking Group 2 (Aidan Kay Convener) will be the medium-paced group and Walking Group 3 will be the group providing the most challenging walks. Thanks to Alistair, Aidan and David for the accompanying chart which gives more information.

Wellington U3A Walking Groups

Factors	Walking Group 1	Walking Group 2	Walking Group 3
When	Mondays	Mondays	Mondays
Purpose of Walks	Keeping active but not strenuous	Relaxed exploring of local nature and finding hidden gems	Adventurous exploration of scenic and interesting places
Nature of Walks	Easy Leisurely pace to enjoy conversation	Intermediate Recreation and socialising	Advanced Fitness and socialising
Walk Types	Walks of 1-2 hours suitable for those who are 'slow fit'	'Nature' walks of 2-3 hours undertaken in urban and bush reserves at a leisurely pace around Wellington and the Hutt Valley	Walks of 2.5 - 4 hour excursions for above-average fitness walkers who enjoy Wellington's hills, bush and coastlines as well as some walks within the wider region
Walking Grades	Easy - city walks and well-defined walking tracks in Council reserves	Easy Medium – walks in urban bush reserves with some rough and/or steep sections, possibly some natural obstacles and some steps	Medium - Bush reserves/areas that offer more challenging experiences - including rough/steep sections, multiple steps, and (rarely) some off track walking
Coordinator	David Cropp	Aidan Kay	Alistair Beckett

Taking a walk on the social side: David Cropp profiles Walking Group 1

The happy group in the photo below has just enjoyed the view from the summit of Mt. Victoria, having, sensibly, taken the bus up and will walk down to a cafe where they will enjoy a convivial coffee, tea or even hot chocolate. They are some of the U3A Social Walking group who like to spend Monday morning enjoying a gentle, interesting walk followed by a refreshing drink and even more stimulating conversation.

The group has been to some beautiful and interesting places such as Easter Island (well, okay, looking at a genuine Easter Island statue set up on the coast between Houghton Bay and Lyall Bay), Eastbourne, the Kapiti Coast and lots of places in the Botanical Gardens and, as shown, the summit of Mt. Victoria (and also some pleasant walks around the base.) If you feel in the mood for some moderate exercise, convivial company (oh, and some coffee), perhaps you could give us a try some time. Call or text David Cropp on 022 494 8021 or email him at cropp.david@gmail.com and he'll be happy to tell you all about it. ***Note change of meeting place: Walking Group 1 now meets at the Wellington Central Railway Station on Mondays***



U3A Social Walking Group members eagerly anticipating their walk down to Oriental Bay.

Book Club 4

Sue Fish writes that 'Book Club 4 continues with six members after one of our members relocated to Auckland. We have been making use of the Book Club Ketes offered by the Wellington City Libraries at some of our recent meetings. These are bags of 10 copies of the same title which can be taken out at no extra charge for a period of six weeks, perfect for book clubs. There are 60 titles in the kete system, but as a kete cannot be reserved in advance, we have to choose from the ketes available on the day.

We alternate between all reading the same kete book some months, and our usual system of setting a topic and each reading a different book on that topic. When none of the available Book Club Kete titles appeals, we revert to our usual system: the host for the forthcoming month sets a topic and everyone chooses any book they like on that topic. We welcome new members. Topics we have covered in the past few months include: travel; the Sixties; Book Club Kete: Orwell's *Roses* by Rebecca Solnit; true crime; Scotland; Book Club Kete: *The Baba Yaga Mask* by Kris Spisak; Japan; Ukraine; Book Club Kete: *The Seven Moons of Maali Almeida* by Shehan Karunatilaka.

Philosophy Group

Mark McCallum and Bob Stephens profile the longstanding Philosophy Group which was initiated by Diana Winn in 2014 after an inspiring U3A presentation by Christopher Longhurst when our venue was still the Paramount theatre. The Philosophy Group has been philosophising over a wide range of both philosophers and topics that concern them. Philosophers have ranged from current people like Martha Nussbaum and Michael Sandel to the ancients of Plato etc. Topics have ranged from the nature of rationality to virtue ethics. Usually one person leads the topic, with general discussion about the subject.

Beginners' Te Reo Māori (A note from Libby Clark)

'The next group will begin on 6 June, running for 5 weeks. The focus of this group is on pronunciation and practice. There are three vacancies. If you'd like to join this group, or have any questions, please contact libbyclark3@gmail.com The group meets in the Quaker Friends Room, Moncrieff St, at 12.30 on Tuesdays.

Linda Beckett, SIGs Coordinator

VISITS AND EVENTS

Registering for Events, and Payments for the Event

To better manage the process of organising and paying for events where U3A members make payments to U3A's bank account for these and U3A then pays the organisation hosting the event, your committee has adopted the following procedure. Please note that this will not apply to this year's mid-winter lunch on 7 July. As in previous years, members register for the luncheon and at the same time pay the cost into the U3A bank account.

When an event is arranged by Sue Dale, Events Coordinator, she will set a deadline for U3A members to register their interest with her. At this stage no money is to be paid, unless Sue specifically asks people to do so. Where money needs to be paid, registration implies a commitment to pay for this event.

1. Register via email/phone with Sue by the set deadline. This may usually be 10 days prior to the event, or a date related to when confirmation is needed by the organisation.
2. Once the event has been confirmed, Sue will advise those who have registered to pay by Internet banking within three calendar days. If payment is not made, they forfeit their registration.

3. A waiting list will be drawn up if requests to register exceed the number of places available. Should places subsequently become available those on the waiting list will be invited to register and pay, in the order in which they are listed.

4. Cancellations – if the minimum number of registrations is not met, the event will be cancelled within the timeframe required by the organisation. Any money paid for participation will be refunded.

Note I refer in item 2) to a 3-day (calendar days not business days) window for payments to be made once Sue has given the go-ahead. This relates to the new system where banks and internet banking now operate online on a seven-day week.

John Rutherford, Treasurer

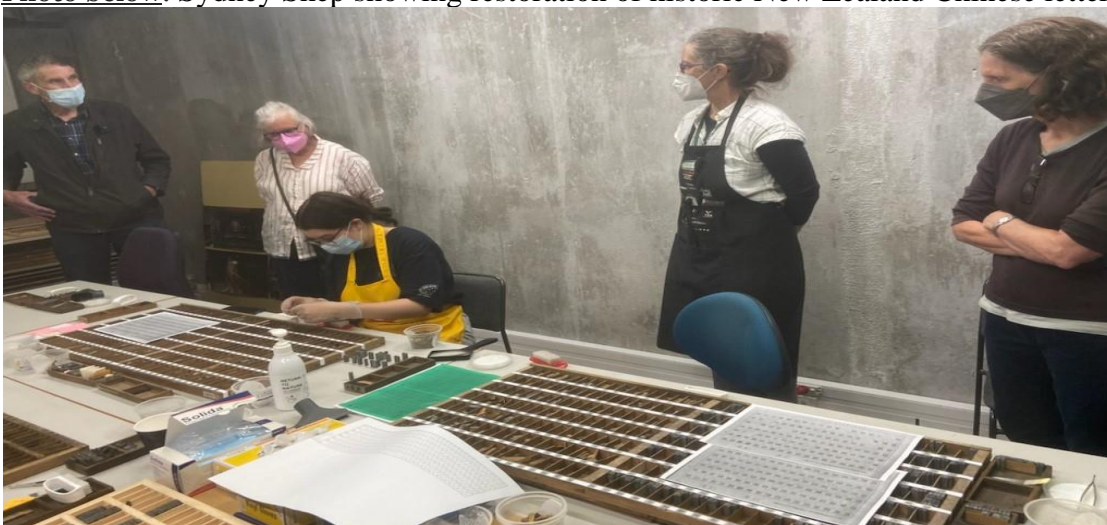
Events continue apace and are well - attended. The April holidays comprised the following events: Another trip to the Briscoe House art collection; two tours of the Parliamentary art collection with curator Tasha Fernandez; a tour of the Old Government Buildings; and a tour of Wellington Cathedral of St Paul's. Our first bus trip was to two historic Wairarapa homesteads, Brancepeth and Te Parae, followed by a gourmet lunch at Te Parae. We finished the programme with a trip by down memory lane to the revue *Music of the swinging sixties* at Circa.

Below: Brancepeth homestead.



Several of these events included lunches, at The Backbencher and parliamentary coffee bar, which were well attended. Members welcomed the chance to catch up with old acquaintances and meet new people. We managed to squeeze in an inter - holiday happening when we visited Te Awe Press, a print museum and working press at Victoria University in March. Dr Sydney Shep gave us a most interesting and informative talk and demonstrated several of the antique machines.

Photo below: Sydney Shep showing restoration of historic New Zealand Chinese letterpress characters.



The **Matariki/mid-winter lunch** will take place on Friday 7th July at 11.30am in Chancellor Room 6, the James Cook Hotel. It will comprise a three-course buffet meal and includes a complimentary drink

The speaker will be Claire Bibby, head gardener at the historic Halfway House Garden at Glenside, north of Johnsonville, who will share stories that influenced the development of a garden in a rural country house built in c1880. The site has a shared colonial and Māori history dating back to 1839 but the story of the garden restoration begins with the discovery of heritage roses in early settler gardens. Inspired by the garden restoration of Heligan in Cornwall, influenced by New Zealand's beautiful provincial public gardens, lessons learned from Waitangi Treaty Grounds and Government House, discoveries of forgotten plants in old garden catalogues - this talk brings New Zealand's history to life through the people, places and plants that shaped a garden.

The price is \$62 per person. Please register at events@u3awellingtoncity.org.nz and then pay \$62 **by 5 June** into the U3A Wellington account: 03 - 1540 - 0009019 - 001 giving your name and telephone number.



Historic Halfway House

Planning for the June holidays is in progress and the programme will be advised shortly.

Sue Dale, Events Coordinator

OTHER NEWS

Exercise classes

The exercise class for seniors at the Loaves & Fishes, Wellington Cathedral of St Paul, 2 Hill St, Thorndon meets on Fridays 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 is \$3 per session.

These classes are also available in Mt Victoria (Quakers Meeting House), St Peters Church, and in the following suburbs: Newlands, Khandallah, Johnsonville, Vogelmorn, Brooklyn, Island Bay, Seatoun and Karori as well as a number of sites in the Hutt Valley, Tawa and Porirua and online. **Note that some are full.** Refer www.acwellington.or.nz/saygoexercise for more details.

Rae Julian, Newsletter Editor