

# Kapiti Coast U3A - Newsletter



## March 2022



### From Your Substitute Editor

Hi All!

This is one of my few Newsletters, so make sure you have your specs at the ready as I fill Warren's shoes by filling you in with the "goss" and providing you with pearly words of wisdom.

Well, the borders are now open and there is no MIQ, so we will no longer get those rogue returnees running around the country. People now talk about their next holiday or about the expected arrival of friends and family, and the world starts looking brighter. I still get surprised during the day to see so many people either exercising or doing an activity with their children when they should be at *the office*. It is then, the impact of Covid on society hits home and I realise that the working-from-home barrier has taken a severe beating. It is now common and not just available to those lucky few.

I was going to say, the "Silly season" is over, but then there was the situation at Parliament grounds and elsewhere in the country. Anyways the Kapiti U3A year has settled in. To help promote new interest groups, there is a list of suggestions for new interest groups later in this newsletter intended for those of you keen on getting people together.

A "thank you" goes to Jean White and her article about her Tai Chi Qigong interest group in Waikanae.

So, read on and find out more, and as always  
*Happy Reading...*

Maureen



### Committee Chit-Chat

We had a wonderful response to our call for help on the committee and we thank you all. So, watch this space in the next newsletter when we give you the scoop.

Our committee meeting will happen in April, so as I write, there is nothing to report.



### Contacting Your Committee

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### Our Website

The website is always up to date and should be your go-to point for those need-to-know moments.

Our Website Master is very industrious and does focus on accuracy, so your feedback is appreciated. If you do see something wrong or have suggestions for improvement, please contact  
[webmaster@kapitiu3a.com](mailto:webmaster@kapitiu3a.com).

# Welcome

## New Members

### Hello & Kia Ora

A very warm welcome to our new members:

Maree Luckman	Paul Luckman
Deb Wall	Mary Simpson
Bill Anderson	Ian Dodds
Allison Basire	Ian Basire
Joy Sloan	John Hutchinson
Steven Fenwick	



### 2022 Membership Renewals

The due date for renewing your membership is 28

February 2022. However, even though it is passed, it is not too late and you can still renew by paying online to U3A a/c 03-1531-0012275-00 and include your name and phone number in the details. Renewal is \$15 per email member.

Note that if you do not renew, you will sadly, no longer receive this Newsletter or receive further communications from us.



### Interest Groups

**Reminder:** You can find an up-to-date list of all our new and

existing Interest Groups on our website or click on [Interest Groups](#).

### Kapiti U3A Tai Chi Qigong



This is held at the Presbyterian Church Hall on Wednesday mornings. Qigong is the

oldest form of Tai Chi, predating the continuous form by several thousand years, and is especially good for mature people, enhancing balance, mobility, breathing and concentration, giving a feeling of calmness and overall wellbeing.

Jean White started going to the class in 2005 as she loved the gentle and fluid movements that mostly relate to nature – all relaxing and yet energising with the focus on breathing. When Reka Solomons (previous leader) decided to step back, Jean took over leading the group. Now 17 years later the class is full, thriving, and attended by a friendly group of people.

“I am so glad that I found this wonderful form of exercise (thanks to U3A) all those years ago. Particularly, as I was an English newcomer to New Zealand.” Jean White (Leader).

### Climate Change

Because of the Covid restrictions this group has been postponed until later in the year.

### NZ Forum

This group has also delayed and is now due to start in April.

If you are still interested in joining any of these Interest Groups, you will find the contact details are on our website at <https://www.kapitiu3a.com/whatwedo/courses/general-interest/>



### New Groups

As you know, we are always looking for new Interest Groups. An interest group may be as short or as long as you want. It may be a “Pop-up” interest group that needs no long-term commitment.

Remember the committee can help promote your idea or even to test an idea out by using our Website, Facebook Group and Newsletters. All you need to do is go to the Contact Us page on our website (<https://www.kapitiu3a.com/contact-us/>), enter your name & email, choose Interest Groups, and send us your thoughts. A committee member will follow this up.

## Ideas for New Groups

Having a variety of interest groups is the backbone of U3A so here is a list of suggestions that may inspire you to start a group.

### Cryptic Crosswords

A chance to meet with fellow members interested in these mental challenges. You may enjoy discussing the twists & turns of a cryptic clue with others or you could be a member who wants to learn how to do these infernal crosswords.

### Computer Technology

Even though Kapiti Senior Net provides a good learning environment for retirees, perhaps you just want to meet up with a few other members who have some interest in computing and are happy to share computing news. This is not envisaged as a help group for the digitally challenged but a discussion around new things!

### The Night Sky

Are you interested in what is above your head at night? Maybe there are a half a dozen other U3A members with a similar interest.

### Knitting

Do you have those happy knitting hands and would like to meet others and share your projects or have the sociable time of knitting over a cuppa?

### Book Clubs

Always popular. We got another Book Club started last year. Are there members out there who would like to see a third book club start?

### TED Talks

You can watch these on your own at home BUT would you like to belong to a small group who

could watch selected TED Talks together and have a chat about what they have just watched.

### Movie Group

What about belonging to a group that likes to stay in touch with what's on at the local cinemas and coordinate small group visits (on pensioner Tuesday?). Or maybe share a resource of Dvds or stream movies that the group can watch together in someone's home and discuss after.

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The Kapiti U3A committee want to both help coordinate ideas and assist turning members' ideas into a working Interest Group. All we need are the names of members interested so we can help coordinate a first meeting at which the interested members can get together and decide how to turn their desire into a reality.



### Kaleidoscope

The first session was held on Monday 28 February. Covid restrictions meant the venue had to change to the

Waikanae Community Centre which has proved a good alternative. The Covid Red restrictions does limit gatherings to 100. Consequently, **Kaleidoscope is not accepting any more enrolments for Term 1** and the Weekly Reminder email giving the next two speakers is not being sent out because of this limitation.

If you want to be notified when enrolments for term 2 start, click on [this page](#) and complete the webform. You will be contacted as soon as enrolments start. Also if you want to find out about the upcoming speakers go to our website – the source of Kapiti U3A information.

Hopefully Term 1 will be able to run the full 6 weeks, and maybe a return to Parkwood will be possible later in the year.

Term 2 is expected to be Monday 13 June – 18 July

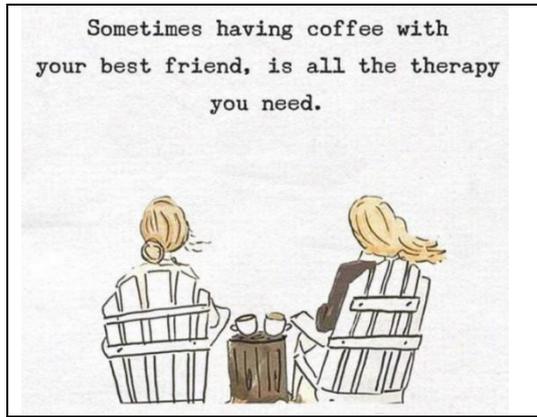


## Facebook Group

We have a Facebook private group which is a good way to keep you informed at short

notice of new groups, changes to our programme, and any other matters.

To join, go to our website and click on the link at the bottom of every page.



## Newsletter Contributions

Do you have something to share in the Newsletter? A

picture of your group, or a small story of something that happened. Then, please send it to [maureen.t.knox@gmail.com](mailto:maureen.t.knox@gmail.com).

## For those Poets out there...

A man goes into the hospital A & E Department and says "Can you help me? I can't stop singing 'when a lassie meets a laddie coming through the rye'".

And the nurse replied "Ah, then you will be wanting the Burns unit".



## On the Lighter Side

### Hautere de la Mode of Aluminium Hats

Foiled again ...

