

# Kāpiti Coast U3A - Newsletter



## November 2022

### Hello everyone

Here it is the month before Christmas! Time to start thinking about holidays, yummy food, family, friends and having some fun. It's also the time for planning Christmas celebrations for groups, sports teams and community organisations. We'd love to see some of your photos from your celebrations. November is also the time to start planning your visits to artist studios, galleries, gardens with the Kāpiti Coast Arts Trail – more information shown in the box below.



### Kāpiti Arts Trail

Every November the Kāpiti Coast Art Trail surprises and delights with a wonderland of artist studios, galleries and shared spaces.

The Trail is a self-guided tour of discovery, an expedition to share with friends. Take a leisurely stroll through coastal gardens and arty enclaves. Be welcomed by artists and be inspired by their work.

[Plan your visit now](https://www.kapiticoastarttrail.co.nz/) and discover something special on the Kāpiti Coast Art Trail on 5–6 and 12–13 November 2022.

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

### What's on our Book Shelf?



#### **"Things I remember – or was told" Carol Shand**

A memoir of outspoken Wellington GP Carol Shand, who since the early 1960s has spent her life fighting for change in medical, social and legal issues. Carol worked in general medical practice for 56 years, many of these years alongside her husband Dr Erich Geiringer.

#### **"Jumping Sundays: this rise and fall of counterculture in Aotearoa New Zealand" Nick Bollinger**

Award winning writer and broadcaster Nick Bollinger tells the story of beards and bombs, freaks and firebrands, self-destruction and self-realisation, during a turbulent period in New Zealand's history and culture.

#### **"Yes Minister" Hon Chris Finlayson**

This is Hon Chris Finlayson's review of the John Key years. Chris Finlayson had a particular role as Attorney General and Minister i/c Treaty Settlements. It is an easy read but don't read it expecting to find out about the lowdown on scandals. The author gives plenty of praise where praise is due but his criticisms of his colleagues are somewhat muted. The most interesting chapter for this reviewer was the final one where Chris shares his thoughts on where NZ is at and what should be considered for the future.

All these books can be ordered from your local Library.



### Membership renewal

Time seems to go faster every year, and soon it will be Renewal Time for your 2023 U3A membership.

#### **2023 Membership subscription options:**

Membership: \$15 for a single person or \$30 for a couple.

Look out for your renewal notices coming soon.

## AGM News

Our AGM will be held on  
20 February 2023 at the  
Waikanae Community Centre  
(Formerly Senior Citizens Hall)  
Utauta St, Waikanae



## Committee News

### Rule Changes

The new Incorporated Societies Act has been signed into law and your committee will be making sure that the Kapiti U3A Rules comply with the requirements of the new Act. Changes will need to be put before the Kapiti U3A AGM after the committee has determined what is required. One area the Act addresses is around how to hold an AGM and the Act now allows incorporated societies to have in their rules provisions to hold general meetings using electronic means. The committee will also consider a proposal to avoid the problem of repeatedly calling AGMs that do not have a quorum.

### Change in Kapiti U3A Bank

The transfer of Kapiti U3A accounts from Westpac to Kiwibank has gone smoothly. Your treasurer reports that Kiwibank proved helpful and efficient in setting up the new accounts. The bank account for U3A funds is 38 – 9024 – 0044789 – 00 and the account for Kaleidoscope funds is 30 – 9024 – 0044789 – 01. As most of our members are now using online banking you are urged to make sure you use the NEW account number when paying your annual sub. This will be stressed in the sub reminder notices.

### Our website



If you want absolutely current interest group information – the website is the place to go.  
[webmaster@kapitiu3a.com](mailto:webmaster@kapitiu3a.com).

## U3A Online

The Kapiti U3A site has at <https://www.kapitiu3a.com/whatwedo/other-u3a-groups/> links to other U3As in the lower North Island. All U3As are independent organisations and it is interesting to see what other U3As are doing. Your own U3A compares favourably with other U3As in the region.

If you are interested in online courses then the Australian group *U3A Online* has a wide range of courses available. The link is on the page above. If a group of Kapiti U3A members wanted to get together to form an Interest Group to use the resources available at *U3A Online* then contact your committee and Kapiti U3A will register so that our members can use these resources.



## Know your computer

Are you receiving the email that tells you we have put out a Newsletter. Silly question because if you are reading this you presumably got the email! But do you check your “Rubbish mail”? In Gmail this is called “Spam”, in Outlook and Thunderbird it is called “Junk”. You should be in the habit of checking and clearing your “rubbish mail” every day. The provider that manages your email will use its own systems for determining what is “rubbish mail” and it can happen that an email you want and is NOT rubbish is put into your rubbish mail. So, check your Spam / Junk mail every day just in case an email that you want has been put there.

## Census Day is 7 March 2023

The census is a survey of everyone in Aotearoa New Zealand. It counts every person in the country, and the places where they live or stay. The census gives us the most complete picture of life around the country, and in each of our communities.

The next census is on Tuesday 7 March 2023. But you can do the census as soon as you get your forms and instructions. Stats NZ will start delivering these in February 2023.



## Kaleidoscope

The Term 3 programme is well underway. The Kaleidoscope committee has confirmed a stimulating list of speakers –

**-7 November**

**9.45am CYNRIC TEMPLE-CAMP**, Pathologist

*The Perfect Murder*

**10.50am HENRY TALBOT**, Classification Office.

*Classification, censorship and online harms in Aotearoa*

**-14 November**

**9.45am ANTONY GOMEZ**, Vice-President of the

Royal Astronomical Society of NZ. Former President Wellington Astronomical Society.

*Our Place in the Universe*

**10.50am Hon CHRIS FINLAYSON, KC**

*Co-governance*

**-21 November**

**9.45am PROF. ANNE LA FLAMME**, Leader of the

Multiple Sclerosis Program, Malaghan Institute  
*Auto-immunity: the consequence of losing your immune balance*

**10.50am DAVID DELL**, Music Historian, Archivist, Composer

*NZ Music of the 60's, 70's and 80's.*

**-28 November**

**9.45am DON MANNING**, QSM, CEO – Sailability

Wellington Trust

*Taking to the water to learn to sail is no problem with a disability*

**10.50am Rev LANCE LUKIN**, QHC, OStJ, JP

Regional Director Oceania & Pacific Region of the Mission to Seafarers, Te Mihana O Nga Waka O Te Moananui, Wellington Port Chaplain.

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

**-5 December**

**9.45am CHRIS DEARDEN**, Prof. of Classics (Victoria

University of Wellington – Te Herenga Waka)

*Homer and the collapse of the Bronze Age: devastating pandemic or what?*

**10.50am BOB MAYSMOR**, Intrepid Traveller

*Iraq and Kurdistan*

<https://www.kapitiu3a.com/kaleidoscope/speakerlist/>.

“Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed, it is the only thing that ever has.”

– Margaret Mead

## Kāpiti Food Fair 2022 – 3 Dec 2022

Mazengarb Reserve Paraparaumu

Book it into your calendar now! Kāpiti Food Fair is a super fun, indulgent & tasty day out that fills your life with GOOD friends, GOOD times and GOOD food. It's an extravaganza that will make a lasting impression on the minds and bodies of all foodies!



## Wellington U3A Speaker Programme

The Wellington U3A run a speaker programme that is similar to our Kaleidoscope. They divide the year into 4 terms and each term they have two talks a week (Tuesday & Friday). Their programme is at

<https://u3awellingtoncity.org.nz/programme/>.

You can attend as a casual for \$5 / visit or you can join Wellington U3A and be in two U3As! Your Gold Card will pay your transport though you might want to catch a train earlier than the 9:05am from Waikanae to avoid being late. Sessions usually winds up around 11:45am.

## New Interest Groups

We are always keen to see new Interest Groups get started. They do NOT have to run 6 months, or a year, they can be once a month for a month or two. If you have a topic you would like to share with other members, you may want only 3 or 4 sessions and these can be weekly, fortnightly, or monthly. Remember, your idea for an Interest Group can be promoted on our website, on the Facebook page, and, in our Newsletters.

## Movie Review: Mrs Harris Goes to Paris is a wonderful watch

(Newshub)

Based on the beloved novel, Mrs Harris makes the leap to the big screen and heads for Paris - and I promise you will not regret grabbing a ticket to join her.

The delightful Lesley Manville is Mrs Harris, a hardworking cleaner widowed in the war, who sets her sights on the impossible - owning her very own Christian Dior dress.

Scrimping and saving, she finds herself on the doorstep of the iconic House of Dior, embarking on what seems like a simple journey, choosing a dress, which is far from simple at all.

Manville is a marvel. She brings such an impressive joy to every moment with a story unfolding in a way that leaves us as the audience just willing her nothing but all the happiness in the world. What a lovely feeling.

To call this film 'feel good' is quite simply a disservice. Enjoy the upgrade to feel great and do yourself a favour. Plan a delicious evening at the pictures, dress up, have a glass of bubbly and let Mrs Harris steal your heart. You will absolutely not regret it.

## Kāpiti Half Marathon

13 Nov 2022

Maclean Park

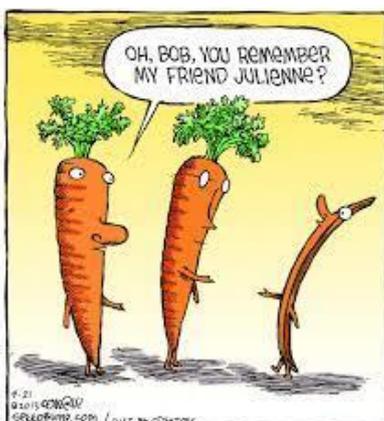
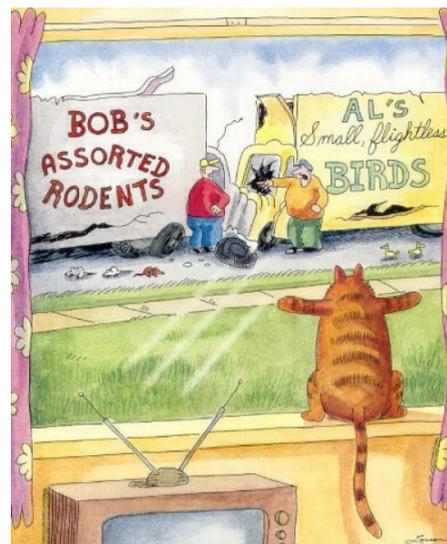
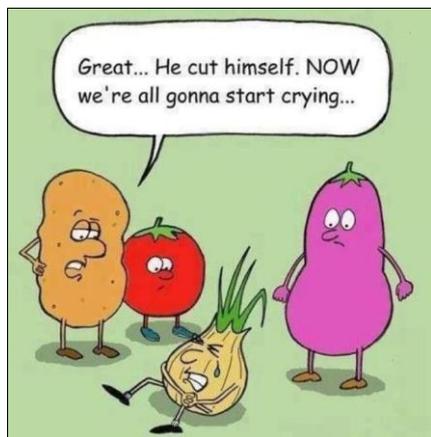
Marine Parade, Paraparaumu

Explore the stunning Kāpiti Coast for a running festival including a 21km half marathon, 10km, 5km plus bring the kids for our kick it kids 2k.

Set on the beautiful coastal roads and river trails, all the runs are based in the heart of Paraparaumu Beach overlooked by the magnificent Kāpiti Island.

Using a combination of road and hard-packed gravel this course is fast, flat and beautiful. You will enjoy river trails, tree-lined streets, lakes and the stunning Waikanae Estuary boardwalk. Finish on the beautiful beachside park and celebrate your efforts with friends and family. Make the most of your day by enjoying all that Kāpiti has to offer.

All courses open to walkers, buggies and wheelchair athletes.



(Contributions received from Phil Glasson, Newshub, KCDC, Kaleidoscope committee, various U3A groups, Marian Cadman)