

PORT HILLS

August 2018 Newsletter

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Greetings Members

Attempting to update members on current issues after a two month break away from NZ is proving to be a daunting task. However, your excellent committee has kept me informed of past events and I shall do my best to update you on some recent news.

- **MID WINTER LUNCHEON.** After the July meeting, 37 members enjoyed lunch at the Garden Hotel Restaurant. Many members commented on the quality of the buffet food on offer and, from an administrative point of view, this event was easy to organise. We were able to add to the numbers attending on the day without upsetting the catering facility.
- **PORT HILLS MEMBERSHIP.** Last year South West (Halswell) U3A established its own group. This was due to increased interest in this area of Christchurch, and the inability of our group to increase our numbers significantly. As a result, we saw a decline in the number of enrolments for our own membership. However, I am delighted to report that 25 new members have joined our numbers since the beginning of 2018, and once again we are on an upward membership projectile. Currently there is no waiting list for joining Port Hills U3A.
- **MEMBERSHIP OF MULTIPLE U3A GROUPS.** Some Port Hills Members have joined more than one U3A Branch in Christchurch. This allows these members a greater exposure to monthly- meeting speakers and access to a greater number of interest groups. This multiple membership is completely allowable providing the member pays the annual subscription of each club he/she wishes to join.
- **WEBSITE** Please check out the website if you haven't already done so at: www.u3aporthills.org.nz You will find a wealth of information, such as upcoming speakers and past, as well as current, newsletters.
- **CYCLE GROUP** This new group has got off to a good start with members testing their skills on local routes around the city. Interest in this group is growing with rides around 16km in total, no hills and no bad weather. With the opening of new cycleways in our city, this would seem to be the appropriate time to dust the old bike down and join this group. An added advantage is promoting physical fitness.
- **TIMELESS INTERNATIONAL WRITING CHALLENGE.** This competition brings together writers over the age of 60 with a focus on non-fiction short stories which share some wisdom that only can be acquired through age. Entry is free and entries close September 28th 2018. If you are interested in entering this competition, more details can be obtained from the following website: <https://exislepublishing.com/writing> challenge
- **NEW E-MAIL ADDRESS** Our new e-mail address is info@u3aporthills.org.nz This replaces the old address which has been terminated.
- **SENIORS SURVEY** Researchers at the University of Canterbury are conducting a survey to help establish whether technology can be used to identify difficulties with walking environments. This survey focuses on people aged 50 and over who live in Christchurch. Every year, in NZ, around a third of people aged over 65 fall over and falls can have serious impacts on health and lifestyles. Many of these falls take place whilst people are walking outside. The survey is the first step towards collecting data that can help with planning better and safer urban environments for walkers. The researchers would really appreciate your help. If you are interested, follow this link to participate in the survey: <https://app.maptionnaire.com/en/4303> This survey closes on September 10th.
- **SPEAKERS** Please check the website for the current update. Occasionally a booked speaker will cancel and a replacement speaker has been substituted. This has happened in **September** and our speaker at the monthly meeting is now Carl Pavietch-co-founder of Fabriko-an organisation set up to enable education and access to emerging technologies. **October** speaker is Sam Johnson- founder of the Student Volunteer Army and **November**-David Clarkson- The Regimental History Worth Preserving.

Best wishes to all.

Spring is just around the corner.

Wendy Gallagher President

