



PO Box 57-042, Mana 5026

July 2019 Newsletter

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Founded 1991

Hello all

I hope you are taking full advantage of the interest groups we offer members, and will come along to the seminars we have organised in collaboration with our Tawa U3a neighbours. You're very welcome to join in their groups or attend their talks.

All the best

Bill Gebbie

Dates to note in August

- **Tuesday 6 August at 10 am Tawa Union Church Lounge, Elena Place, Tawa when we have the second of our joint Mana/Tawa U3A seminars for 2019.** We will hear about Derek Lightbourne's adventures in the Southern Ocean. Reverend Lightbourne has undertaken several expeditions to the wild expanses of the Southern Ocean. In this talk he'll talk about shipwrecks, castaways and would-be settlements in the remote sub-antarctic islands.
- **Thursday 15 August at 1.30 at North Baptist Church, Discovery Drive, Whitby when we have our third quarterly meeting.** Doors open at 1pm. Our speaker will be Clive Palmer who will be talking about family history. He is currently involved in providing family history advice to community groups on the Kapiti Coast and has recently published the histories of his own and wife's families. The title of his talk is "Why You are You". The talk will provide advice on how to research and record your family's genealogy, where to find information and so on. This will also be an opportunity for members who would like to form a family history group to express their interest and Clive is happy to lead a discussion about how to go about this. Visitors are welcome. Enjoy a cuppa and a catch up afterwards. Please wear your name badge, and if you have hearing difficulties please sit at the front of the hall near the speaker.

Making the most of your pharmacist

At our first seminar for 2019 members enjoyed an interesting talk by Chloe Campbell from the Pharmacy Society. She told us where we can find out about medicines and health conditions, and how pharmacists can help with advice and guidance. She noted it was important to have a list of medicines with us whenever we're away from home. Your

pharmacist can help you record all the medicines you use, what they are for, how much you use, when and how to use each medicine, and any allergies or side effects you may have. As well as being important to have with you when you travel, a record of your medications is a useful reference to take with you when you go to the doctor or visit the pharmacy.

Interested in trying Tai Chi?

Tai Chi is well known to help with balance and flexibility, and is a fun social activity. It's particularly useful for our age group. Beginning on 30 July Mercedes Godinez is holding Easy Tai Chi classes on 8 Tuesday mornings from 10-11am at the Tawa Community Centre, through Tawa Community Education. I've been doing Easy Tai Chi with Mercedes who is friendly, patient and helpful. It's very relaxing but makes you think, and our group always enjoyed a cuppa and chat at a nearby cafe after our classes. Here's a link to information about the class <https://www.tawacommed.co.nz/Course,Tai-Chi-for-seniors,3753>.

Our Membership

We have a total of 189 members, with 24 joining us recently. Visitors are always welcome. Thank you to all those who have paid their subs, including those who responded to a recent reminder. The 24 members with outstanding subs are most likely to have left the district or to have resigned. Please let myself or our Treasurer/Membership Secretary Mike Gould know if you or a fellow member have resigned, so we can keep our records up to date. Thank you.

Our Seminar Programme for 2019

Details of all our speakers, venues, dates and times are on our website. I'd love feedback from you. In particular, feel free to suggest speakers or topics. Or even better we'd like to have more members as speakers. Please contact me with any ideas on 0276770180 or billnmary@xtra.co.nz.

As a reminder here are details of the seminars for August, September, October and November:

Tuesday 6 August at 10 am Tawa Union Church Lounge, Elena Place, Tawa. We will hear about Derek Lightbourne's adventures in the Southern Ocean. Reverend Lightbourne has undertaken several expeditions to the wild expanses of the Southern Ocean. In this talk he'll talk about shipwrecks, castaways and would-be settlements in the remote sub-antarctic islands.

Tuesday 3 September at 1.30 St Andrews Parish Hall in Plimmerton. We will hear all about electric cars. Come along and find out all about this new breed of motor vehicle, and whether it might be just what you're looking for. We'll be bringing along an all-electric car for you to look at. We've told our speaker to expect all kinds of questions!

Tuesday 1 October at 10 am Tawa Union Church Lounge, Elena Place, Tawa. We will hear from a Porirua Council officer Clare Nolan about the proposed Adventure Park

planned for Porirua. Here is a recent link to information about the planned project <https://www.stuff.co.nz/dominion-post/news/porirua/112461675/hiking-bikinggliding-and-flying-porirua-adventure-park-resource-consent-approved>

Tuesday 5 November at 10 am Tawa Union Church Lounge, Elena Place, Tawa. We will hear all about de-cluttering and organising from Steph Knight. Steph is a professional organiser with her own Tawa business “Less Mess”. Steph offers help to de-clutter and organise a room or a house; let go of things you’re not quite sure what to do with; find a place for everything; maximise space; sort out your chaotic wardrobe or get your car in your garage; prepare your home to sell; and get advice on moving/downsizing. Above all, Steph’s work is about getting rid of the stress of deciding what to do with the things we have. On her website <https://www.lessmess.co.nz/Home> you can find glowing testimonials and I’m sure her talk will provide useful tips for all of us. Again, come along with all your questions.