

U3A Godley

Newsletter February 2023

Welcome back for another year of fellowship and learning. It's hard to believe Christmas is already six weeks gone but we hope it was a good time for you and yours and you were able to catch up with family and friends.

Thank you to Catering Manager Steph Coster for her organisation of the AGM function at the end of last year, it was an excellent meal and wonderful to be part of such a positive 'vibe'. The committee has already met this year and the programme is looking great. The meeting dates for the year are listed below with specific detail about the first series so please mark your calendars now so we see as much of you as we can. If you have any queries or suggestions, please communicate via u3agodley@gmail.com and we'll do our best to make it the best Monday morning outing for everyone.

Programme for the year

The Planning Committee has an exciting programme planned for 2023.

The first course for 2023 is 'The Inside Story'. It has been organized by Dick Clayton and Prue Taylor and focuses on the human body and its inner workings.

Speakers and topics are as follows:

13 February	Dr Alexandra Chisholm Otago University	A new view of tree nuts
20 February	Dr Christina Mckerchar Senior lecturer in the Dept of Population Health Otago University	Food environments and children today
27 February	Lea Stening Family and sports dietician	Sports nutrition for seniors
6 March	Emeritus Professor Sir Jim Mann Dept of Human Nutrition and Medicine Otago University	Disentangling the minefield of apparently conflicting nutritional advice
13 March	Professor Philip Butler CEO MARS Bioimaging Ltd	Recent developments in spectral x-ray CT imaging

The Planning Committee is always looking for ideas from members about topics for talks, and of course for speakers who are reputed to be good. Please contact Pam Craig if you have any ideas for future talks.

Membership

We were sad to learn that Derek Hargreaves passed away over the holiday period and our sincere condolences to Derek's family, and so with some inputs and outputs we currently have 224 members.

We do not run a waiting list so if you know of anyone who would like to join U3A Godley please encourage them to do so. Our Membership contact is Jill Halliburton – you can contact her using the U3A Godley email u3agodley@gmail.com Resignations should also be given to Jill to prevent her chasing you for an unpaid sub!

Subscriptions 2023

These remain at \$60 per person and are payable by 31 March. New members are welcome to attend a couple of meetings first but we then ask that prospective members pay their subscriptions before attending further meetings. Online payments are preferable (bank account 03 0830 0467355 000 **with name in the reference field please**), but to those for whom this is not possible, please put the cash in an envelope with your name clearly on the outside and hand it personally to either the Treasurer or the President. Please do not post cash.

Committee 2023

The following members were elected to the committee at the 2022 AGM. The email address for all committee members is u3agodley@gmail.com Please use this address to contact any committee member and your message will be forwarded to the appropriate person.

President	Helen Vear
Secretary	Margaret Harper
Treasurer	Sandra Caldwell
Course Planning	Pam Craig (Coordinator)
Membership	Jill Halliburton
Interest groups	Pam Craig (Coordinator)
Website	Michelle Blackmore
Catering	Steph Coster
Hospitality	Pam Austin
AV team	Pam Hurst
Newsletter	Helen Vear

Teams of helpers assist committee members to ensure the smooth running of courses. One such group is the Planning Committee. Others are those who help with tea and coffee before meetings (five Mondays at a time) and those who assist with AV/Technology matters. We welcome all offers of help! Right now we could do with some more support in the kitchen so if you think you could help please either have a word to Steph Coster who you will find in and around the kitchen at morning tea time, or email your offer of help to u3agodley@gmail.com Remember, the kitchen is not the domain of females only!

Interest Groups

In addition to attending talks, we also offer opportunities to join interest groups. These are an excellent way of getting to know members and sharing views in a variety of ways – both in a sedentary and more active capacity. Groups are led by members and we always welcome the formation of new groups.

Current groups include armchair travel, art appreciation, book discussion, cycling, movie attendance, recorder group, walking and story-writing. Details about each group and leaders are on the website.

2023 Course Dates and Topics

Series 1	February 13, 20, 27, March 6, 13	The Inside Story
Series 2	April 3, 17, May 1, 8, 15	When the Going Gets Tough
Series 3	June 12, 19, 26, July 3, 10	Te Ao Maori
Series 4	July 31, August 7, 14, 21, 28	Hot Spots/International Relations
Series 5	September 18, 25, October 9, 16	Climate
Pot Pouri	November 6, 13, 20	

AGM and Christmas lunch Monday 27 November 2023 – please mark it on your calendar now 😊

Morning teas

As we did last year, we will have one morning tea per series. **For the first series it will be on the opening day (13 Feb)** but for the other series it will be on the final day. Morning tea will be available from 9.45 – 10.15am and we hope to see many of you there – it's a great opportunity to meet others and catch up with a few. We will close the kitchen at 10.15 so the helpers can get tidied up and be back in the main room for the start of the session.

Receiving the newsletter

Very few members now receive the newsletter by mail. From time to time we have queries from members who tell us they have not received theirs by email. In such cases it always pays to check your spam file. Some computer programmes do not seem to recognize the importance of a U3A Godley Newsletter and consign it there! If difficulties persist, please contact Michelle Blackmore.

If you have any queries about anything pertaining to U3A Godley, please don't hesitate to get in touch. We very much look forward to seeing members in person at our first meeting for the year on February 13