

# U3A Avon Ōtākaro

## Series 6: Pot Pourri

16 October – 4 December 2023

**Venue:** St Christopher's Church, 244 Avonhead Road

Talks are on **Mondays**, except for the second Monday of each month, **beginning at 1.30 pm**, followed by afternoon tea at 2.30 pm.

### Series 6 - Pot-pourri

*Pot-pourri: A collection of various things; an assortment, mixed bag or motley; sometimes used as an alternative for medley. Our usual end-of-year series of interesting topics that didn't fit into any of our previous series, or a chance to hear talks extending some of the previous series.*

#### 16 Oct: **New Zealand Rail and its future**

**Stu Dow**, International railwayman, locomotive driver and student of rail systems. *Stu has extensive experience in New Zealand and Australian rail systems. He is a keen observer of international rail systems, and an informed critic of railways operations and their management.*

23 October: Labour Day

#### 30 Oct: **Rethinking tourism: tourism for good**

**Prof David Simmons**

*In the recent past many countries, including New Zealand, have been searching for new directions for tourism development. Past issues of overcrowding and its consequences indicate a need for a more cooperative form of tourism. Regenerative tourism has emerged, which does more than draw on nature and a community's resources, but actively gives back to them.*

*Prof Simmons will speak on this topic with examples from Nepal, where he has just visited as a Himalayan Trust Board member to celebrate the 70<sup>th</sup> Anniversary of the summiting of Everest by Tenzing Norgay and Sir Edmund Hillary and the work of the Trust in providing schools, hospitals and dental clinics.*

**The Annual General Meeting will be held immediately after this talk.**

#### 6 Nov **1.00–2.30pm Note the start time!**

##### **Three steps to life.**

**Alice Earnshaw-Morris**, Hato Hone St John.

This session starts at 1.00pm, but it's fine if you can't come until the usual start time.

*A practical session of 90 minutes where we cover how to perform CPR, what to expect when you call 111, and familiarisation with AEDs (automatic external defibrillator), so you are not afraid to use them (there is one in the Church foyer). We also discuss what happens at Cardiac Arrest jobs so people know either what to expect, or have an understanding of what might happen, when an ambulance turns up.*

17 November: Show Day (Canterbury Anniversary)

#### 20 Nov: **Gifting your Story – How to write and publish your life story.**

## U3A Avon Ōtākaro 2023–24 Officers and Committee Nomination Form

We wish to nominate \_\_\_\_\_

Print name

as President

as Vice-president

as Secretary

as Treasurer

to the Committee

Proposer \_\_\_\_\_

Name (print)

Signature

Secunder \_\_\_\_\_

Name (print)

Signature

I agree to my nomination \_\_\_\_\_ Date \_\_\_\_\_

Signature

Please return this nomination form to the secretary, Vivienne Mander, or to any committee member, by 20 October, 2023, or post to the secretary at 9 Vardon Crescent, Christchurch 8061 by 20 October.

**Laurie McCallum**

*Laurie has researched and written five books on family history.*

**27 Nov: Introduction to Neurodiversity and Autism Spectrum Disorder**

**Alison Schroeder**, a Speech and Language Therapist, and primary School teacher.

*This talk aims to give you an understanding of neurodiversity, with a focus on Autism Spectrum Disorder. This includes knowledge of the stress and challenges in social and emotional regulation, including sensory processing, stress, and higher-level thinking skills.*

**Dec 4: End-of-year Lunch**

Midday, at the Richmond Club, details nearer the time.

**Notices**

**AGM: Committee nominations**

The AGM will be after the talk on **30 October**. Our Rules require nominations to be called for at least three weeks prior to the AGM and to close seven days before the AGM (Rule 6 b). New committee members are always needed! Please volunteer, or at least start persuading others to stand. On the back of the form is space for programme and speaker suggestions or requests. The committee would greatly appreciate these. It takes time to find speakers who we can trust to provide accurate information (we seem to be moving from the age of information to a time of mis/disinformation!).

*The nomination form is included. More copies will be available from the beginning of October.*

**AGM: Proposed change to our Rules**

Unlike other AGM motions, any proposed changes to our Rules must be notified fourteen working days in advance, hence this notification of motion in this newsletter. The AGM agenda, annual reports, committee nominations, etc., will be emailed to you in the week prior to the AGM.

**Proposed Motion:** That the following changes be made to 'Section 4: Subscription' of the U3A Avon Ōtākaro Rules:

1. In clause 4b, the words "three months" be replaced by "eight weeks".
2. In clause 4c, the words "three months" be replaced by "eight weeks".



These 'Section 4: Subscription' clauses would then be:

- b) Subscriptions are for a calendar year, due and payable within eight weeks of the first talk of the year; the date of the first talk determined by the Committee after consulting members. Rebates for part-year initial subscriptions may be allowed by the Committee. Prospective members and visitors may attend up to two talks without payment.
- c) A renewal subscription notice will be included in the first newsletter of the year. A final reminder will be included in the next newsletter; those who have not paid within eight weeks of the first talk of the year will be deemed to have resigned and removed from membership.

**Contact changes**

If you have changed your phone number, street or email address recently please tell Murray Edlin: phone: 354 3441, or email him ([mredlin@xtra.co.nz](mailto:mredlin@xtra.co.nz)) with the corrections.

**New members**

Please continue to encourage anyone interested in joining us to come to a meeting. Imagine if we each invited one person to come! Give them the 'Invitation to join us' brochure, or a newsletter for talk details, or ask them to phone or email the secretary to be sent one. Visitors may attend two meetings at no cost.

**2023 Committee**

Officers and Committee have yellow name-tags to make it easier for you to identify them and to suggest programme and activity ideas. If you wish to volunteer to welcome new members talk to a committee member.

**President:** Miles Ellery

**Vice President:** Bryan Wright

**Secretary:** Vivienne Mander; email: [u3a.avon@gmail.com](mailto:u3a.avon@gmail.com)

**Treasurer:** Murray Edlin, ph: 354 3441, email: [mredlin@xtra.co.nz](mailto:mredlin@xtra.co.nz)

**Committee:** Viv Grant, Chris Kissling, Judith Miller, Gloria Streat, Jonet Ward.

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**Note:** Hyperlinks (*in blue*) are live links, just click on them to go to the website or to your email application. Yes, these links are safe to click on!

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**Programme suggestions/requests 2024: series or talk topics**

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**Visits:** .....

**Speakers** .....