



email: u3astalbans@gmail.com

Website: <http://www.u3anetcant.nz/stalbans>

Facebook group U3A St Albans

Welcome to the U3A St Albans May 2021 Newsletter

EVENTS

27 May

Speaker: Jo Bailey, Author

Topic: "Never Forget." A story of courage, survival and hope: six extraordinary men and women who survived World War II.

24 June

Bruce Keddie: Bagpipe player of many years standing, both pipe band and solo

Topic: Marching Through Moscow on Victory Day

You are always welcome to bring along friends to our meetings. There is no fee. Anyone can attend two meetings as a guest, before needing to pay membership dues.

Breaking News!

I am delighted to be able to let you know that Roger Harding has kindly offered to take over from me as Newsletter Editor. My grateful thanks to Roger, knowing that we are in safe hands and he will do an excellent job as I hand over the baton (keyboard?).

Meetings Timing

Just a reminder that Morning Tea is served from 9.45-10.00am, with the meeting commencing shortly after. (Please return your mugs to the service counter.)

Volunteer help for your U3A

All members of U3A who contribute to the group are volunteers. This includes the Committee, whose members work behind the scenes all year to ensure the success and smooth running of the group. U3A St Albans is **our** group, **your** group, so please consider whether you could volunteer for one of the following - even just for one meeting a year. Our grateful thanks to those who already help out. But we still need more to:

Set up in the foyer before meetings and put away after

Meet and Greet

Serve Morning Tea

Thank Speakers

You'll never be working on your own. And it's a great way to meet and get to know more members. Please see any committee member to add your name to a list.

Ann Price will always give Morning Tea helpers a call a few days before a meeting, just to confirm and to check that they have no problems. This month's helpers are Neroli Mackie and Carolyn Veitch.

Reminders

Please remember to add the newsletter email address, u3astalbansnewsletter@yahoo.com to your saved contacts list, and again if you change email provider. This tells your provider we aren't spam!

We do need to know if you have changed your contact details: home address, home phone and/or mobile, or email address, since you last informed us. Thank you.

Our bank account number for those wishing to pay for anything by interbank transfer is:
38-9017-0794135-00 Please include your name and any other requested references when paying.

Events

Midwinter Lunch

We have arranged a midwinter lunch at the Harewood Tavern, 333 Harewood Road, 29 July at 12 noon. Please add the date to your diary or calendar.

26 July is the very last day for booking, as we have to confirm numbers.

There will be a sign-up sheet at our May and June meetings. You can also reply to the newsletter or contact Jenny Neville at u3astalbans@gmail.com, 021 149 7990, to book.

No payment is required prior to the lunch, as we order and pay on the day. Prices are very reasonable and I'm attaching a menu.

Neurological Foundation Event

The Neurological Foundation has rescheduled its Brain Awareness Month for May.

The Christchurch event will be held 27 May, 6.30pm - 8.30 pm at the Art Gallery. You can register by emailing rsvp@neurological.org.nz or calling 09 309 7749

Tickets are free.

Please follow link for details and you can also apply via the site.

https://events.humanitix.com/neurological-foundation-brain-awareness-christchurch?_ga=2.189436395.115927077.1619471445-1629939857.1608583498&utm_source=Canterbury+BAM+Rescheduled&utm_campaign=98180d82ea-BAM21+CHC-rescheduled+attendee+invite_COPY_01&utm_medium=email&utm_term=0_f857f289ea-98180d82ea-1213731193

This month's Ted Talks

Sloths! The strange life of the world's slowest mammal | Lucy Cooke

<https://www.youtube.com/watch?v=m19jit19v9w>

The Coffin Club: Makers of fine and affordable underground furniture | Katie Williams

<https://www.youtube.com/watch?v=HKn6ibHJ-Zg>

What really matters at the end of life | BJ Miller

<https://www.youtube.com/watch?v=apbSsILLh28>

The prison of your mind | Sean Stephenson

<https://www.youtube.com/watch?v=VaRO5-V1uK0>

And finally...

Flutracking

From The Ministry of Health:

“We need more participants all over New Zealand to help us track flu and other viruses like COVID-19. A simple online survey that takes less than 15 seconds each week during flu season can tell us so much. In return you'll receive a weekly report and a map of influenza-like illness to keep track of where the flu is!

Thanks for your time and support.”

Here is the link. It really is a very quick survey that I receive by email and complete each week.

<https://www.flutracking.net/join/NZ/inv65>

Tech help

You may have, or are looking to buy, a new device, but having problems with the thought of getting to grips with it. Or you may have a friend who is scared to try at all, thinking that it would be too difficult for them to learn.

Roger Harding would be very happy to help anyone who may be struggling or fearful. Please talk to him at a meeting or give him a call on 03 383 8601

Don't forget

As long as you're learning you're not old!