

Newsletter 100 June 2023



Mid Year Meeting U3A Tawa

- **When:** Thursday 8th June 2023
- **Where:** Tawa Bowling Club, 13 Davies Street
- **Time:** 10am for tea or coffee, biscuits and socialising

Agenda

- 10.30am** Guest Speaker: Emma Fromings from Tawa Medical Clinic talking about the role of the Health Improvement Practitioner
- 11am** Club business
- 11.10am -12** Slideshow re. courses in the second half of the year

U3A Tawa plus Community News

- *New Courses*

Next term we start **Health Studies** taken by Emma Fromings. Other ones are in the pipeline but details are yet to be given: **Enduring Power of Attorney**, a one-off session by Dave Smith and **Law and our Legal System** by Dave Smith.

Tim Davin is convening a small group that is reporting to the Committee, with a view to introducing further new courses relating to science matters and other types of learning. This was in response to the excellent discussions held at our New Year's meeting. We'll keep you posted with all updates via the website.

- *Tawa-on-Demand Bus Service*

This service serves Tawa, the train stations and Porirua Hospital. It is free with a Gold Card, 9am-3pm and will pick you up as near as they can. Download the app, plan ahead and book ahead of time. Our Tawa Community Centre has the brochures and Metlink are helpful on the phone. If you are unsure about downloading and using the app, U3A could always put on a small group session to learn. Just let a committee member know. **Use it or lose it – this is only a Metlink trial!**

- *Recycling in Tawa*

John Baldwin has made a good suggestion that we put more about recycling into our online regular newsletter. We could include tips about what and where to re-cycle items in Tawa and come up with innovative ideas to pass onto our children and grandchildren. Please pass on ideas to either John on [027 349 777](tel:027349777) or me, Rosemary Smith on 0210476161.

U3A Tawa Half Yearly Report for 2023

Alison Bayly, Chair Tawa U3A Management Committee May 2023

As I mentioned at the January AGM, the 2022 Incorporated Societies Act has been passed into law and we have from October 2023 to April 2026 for us to complete the process of re-registration. The finalised regulations of the new act will be published before October this year.

The 2014 version of our constitution is on the Tawa U3A website: go to newsletters then historical newsletters. You will see that the constitution is dated 16/6/2014. I request that you read sections 1 through to 9 and then ask yourself: "**Do I agree with what is written?**" Let any committee member of any sentence that you wish to discuss.

Paragraph #2 "The aim of U3A Tawa shall at all times be: To organise or facilitate the provision of low-cost educational or recreational facilities for adults not in full time employment who wish to learn in a social setting in their own neighbourhood. **Does that cover everything we do? Perhaps we can go wider in some respect?**

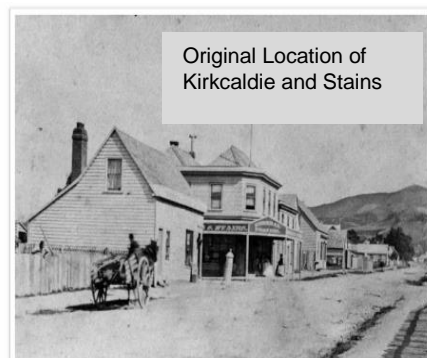
At present, payment of our annual subscription means that the payer becomes a member; and not paying this amount means that the person is no longer a member. **Do you agree with this procedure?**

If you wish to know more about the Incorporated Societies Act 2022, a very good source of information is the website of the NZ Companies Office and look for Law Changes for Incorporated Societies.

One Advantage of wearing Corsets!

It's amazing what a U3A Ancestry Group outing to our National Library can lead onto. Here is one gem I found out about after being inspired to do a little more research following the visit that Doug Miller organised. It relates to Kirkcaldie and Stains.

Many of us mourned the loss of 'Kirks' when they closed their doors for the last time in 2016. We reflected nostalgically of an era of beautiful clothes, fashionable furnishings and tea rooms, but NOT of attempted murder. In the 1870s the original location of Kirkcaldie and Stains was on the corner of Cuba and Ghuznee Streets. After relocating, Kirks opened their busy tearooms. This is where, in 1898, Annie McWilliam opened fire on Ellen Dick, the tea-room's manager. Annie rose from the table, and, withdrawing her hand from under her cloak, levelled a large six chamber revolver at Ellen and fired. The bullet struck Ellen on the left side, passing just under her ribs but only bruising her. Later, a doctor who examined her exclaimed, "Your corset saved you, Mrs Dick. Had that bullet struck a man where it struck Mrs Dick it would have killed him!"



The court learned that Mrs McWilliam had a grudge against Mrs Dick, believing that she had swindled her during the purchase of a hotel in Reefton. The court found Annie McWilliam guilty of attempted murder and sentenced her to seven years in prison.

Rosemary Smith with reference to the Evening Post, Vol LVI, Issue 103, 28 Oct 1898 and a blog written by Katie Fordyce, then the Curatorial Intern Manuscripts, Alexander Turnbull Library.

‘When I was Young’ meet one of our Tawa U3A members, Dave Connell

I'm 86 years old now and very lucky still to be in good health. When I was young, I attended Hutt Valley High School. Originally, I wanted to be an architect but sport got in the way of academic studies so at 15 years old I left school to start an apprenticeship with the Government Printing Offices in Wellington. Six years later I qualified as a bookbinder and remained with the National Library of New Zealand for the next 40 years, rising to become manager of the department. I particularly loved the skill needed to create book works of art in marbled leather, fine leather marquetry and velvet with embossed gold printing. I also love painting and am writing a novel.



This is one of my books, a New Zealand Atlas, published 1978. It's made with pieced leather, a centre cover flip map of the world and, a NZ first I invented, double sided maps that continue across pages perfectly without part of the map disappearing down the centre spine fold. (*Dave is a Write It' group member.*)

Getting My Pension

By Lola Gudsell, leader of U3A Tawa Writing Group

I feel so alive, tomorrow I'm 65
To WINZ I trot whether they like it or not.
I fill in the forms, I show my ID,
But I'm born in UK not in NZee.

I've sent in a form 24 pages long
They want detail; what if I'm wrong?
They want my NI number and where I worked
And for how long and if I'd shirked.

This is ridiculous, I've been here 40 years
Yet I must apply to UK in spite of my fears.
I can't remember how much tax I paid
Or how much money I eventually made.

I cannot have a pension until this form is filled.
I saw my MP and there is such a bill
That all efforts to UK must be made to apply -
So New Zealand need not pay my pension. Oh my!!

After a few months and much letter writing,
I filled in the form and stopped fighting.
I waited patiently for a reply.
In fact, I was notified that I did qualify
For a pension from UK and not all is bleak
I am the proud receiver of 30p a week!

Keeping Brains Active by Engaging in Discussions about Current Affairs

Led by Dave Smith, Current Affairs sessions have over 30 members enrolled. Topics are chosen on the day and animated discussions follow. In April we covered:

- **Aspects of the political lobbying process**

Many felt that control over this is too lax and lacks sufficient transparency, possibly leading to those with financial or political power interests exerting too much influence.

- **Restraints on ministers as per Cabinet manual**

Discussion ensued about the difficulty ministers face after Cabinet decisions when media then pose awkward questions designed to faze them. The suggestion was for better 'iron clad' responses.

- **The hazards of E-scooters**

There was a marked antipathy to them because many were ridden too dangerously and at high speed plus Wellington footpaths are often very narrow. One member succinctly remarked that "Our pedestrian walkways are called FOOTpaths not SCOOTERpaths!"

- **Trump's court travails**

There was consensus that the worse the court outcome, the more likely he would win the presidency next year!

- **Bringing back the Ministry of Works**

There was a 50/50 split. Initial sympathy for the idea of having a firm government footing in large and expensive infrastructure works dwindled with the recent failures in the private sector. However, others felt the MoW was monolithic and new processes were needed.

- **'Expert' predictions are often wrong**

An example given was 'the black swan' theory that all swans are white. Then Australia was discovered with its black swans. How many theories on climate change etc are wrong?

- **The need for more health care workers**

Attention was drawn to NZ losing 5,000 nurses for higher pay in Australia. Despite costly advertising, only 19 nurses were recruited from overseas. Reasons offered were that Covid and border openings were the cause and that balance will eventually be restored.

Food Prices Rocket

In March 2023, compared with March last year, fruit and vegetables prices increased 22.2%

That's the highest over the last 32 years. No wonder our pockets are feeling the pinch! Pru Theobald who coordinates gardening group has kindly given us some great tips for how we can offset this with growing more vegetables in our gardens.

Get the grandkids busy too!



Gardening for the Winter Months. *By Pru Theobald* – Co-ordinator Garden Group

Gardening tips for the family vegetable plot.


Preparation

This time of year, it is good to prepare the soil to get it ready for all the wonderful summer vegetables. Dig in some compost to the soil.

Another good tip is to add some nutrients back into the soil by sowing a crop of blue lupin or mustard seed. Which adds nitrogen and improves the soil structure.

A raised vegetable bed in winter helps with drainage and can also improve the growth as soil in raised beds warms with the winter sun. A layer of mulch will also help keep the soil temperatures warm.

What to Plant now

You may like to plant some broccoli, carrots or Perpetual Spinach.  And if you are short of space, feel free to plant among your flowers or shrubs if there is enough sunlight that can get through.

Radish is good for a child to plant because they come through the soil really fast so that helps to keep their interest. They are also edible raw.



Herbs

Refresh your herbs at this time of year if they have gone to seed or have moved on by now.

Get ready for Spring

Remember the flower garden and plant some spring bulbs ready for the spring. A good flowering plant that I like to plant at this time of the year is polyanthus that take the garden through the winter, along with some pansies which always seem to spring up anywhere in the garden.

If this article has given you some inspiration there are always garden centres to visit for some personal expert advice. **Or better still come along to our monthly meetings on the first Friday of the month at 9 30am in the Emmaus Centre, St Christopher's Church Main Road Tawa.**

See our newsletter for more details.

Now an idea for using up your veggies! Here's a really versatile recipe

Creamy Vegetable Bake (from <https://thegardeningfoodie.com/creamy-vegetable-bake/>)

This Creamy Vegetable Bake is a medley of vegetables baked to perfection in cheese and white sauce. It is total indulgence with the goodness of veggies.

Prep Time 10 mins Cook Time 25 mins Serves 4 people

Ingredients

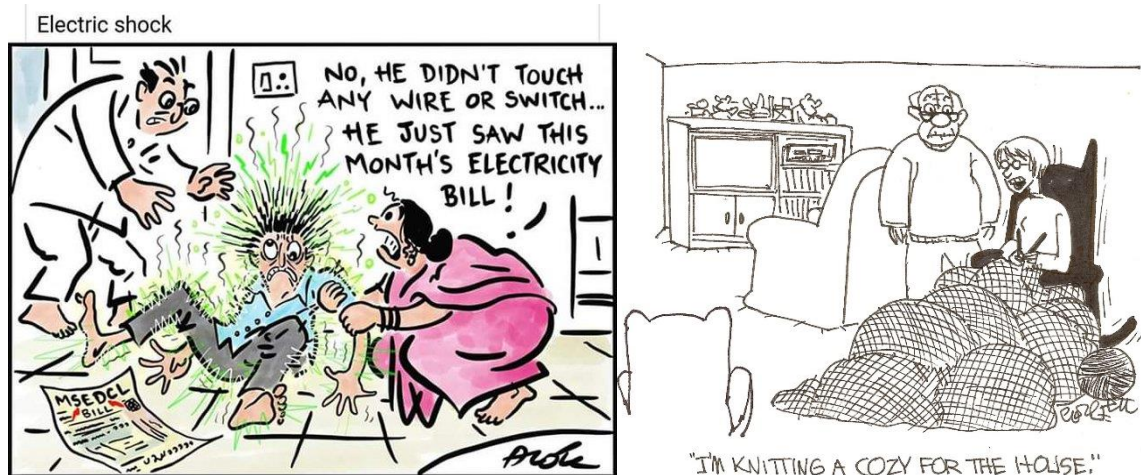
- 4 cups / 600g of frozen or assorted vegetables cut into large chunks
- 3 Tablespoons / 60g butter
- ¼ cup / 30g plain or all-purpose flour
- ½ teaspoon ground black pepper
- ½ teaspoon dried chilli flakes optional
- 2 cups / 500 ml milk
- salt and pepper to taste
- 1 cup / 113g / 4oz grated cheddar cheese

Instructions

1. Preheat the oven to 356°F / 180°C
2. Place the vegetables in an ovenproof bowl or tin. Set aside
3. Make the sauce by melting the butter in a pot over medium heat.
4. Stir in the flour, pepper, salt and dried chilli flakes, chives or chopped mushrooms
5. Cook, whisking continuously for 2 minutes or until thick and bubbling.
6. Gradually stir in the milk. Whisk until the sauce thickens slightly. Remove from heat.
7. At this stage – only if you want to- add chopped chives or fine chopped mushrooms
8. Add in half the grated cheese and whisk until melted.
9. Gently stir the sauce into the vegetables lastly, top with the remaining cheese.
10. Bake in the oven at 356°F / 180°C for about 15 to minutes until the cheese is melted and the vegetables are cooked to your preference.

Serve either by itself or with lovely fresh bread or as a side dish to other chicken or meats.

Yikes – have you noticed how much power prices have Increased?



More seriously, learn to knit or bring your own knitting. U3A Tawa has a friendly '**Knit Together**' Group held in people's homes 1st Tuesday of month. Contact the co-ordinator **Gillian George** (021 231 4240) to find out more.

That's all folks! Stay cosy as winter draws in

PS Stay extra warm under a heated throw rug on cold evenings and mornings when reading or watching TV – definitely our cheapest option! I couldn't find really up-to-date figures for June 2023 but if you do, please let me know and I'll post them to share on our website. These figures still give a good indication of relative costs:

- An electric throw rug costs **1.5 cents** per hour or 12 cents for 8 hours of use.
- A heat pump cost around **30 cents** per hour depending on size and power level.
- An electric fan heater costs **68 cents** per hour – more if very powerful

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