



## Series 2: Rēkohu Chatham Islands and Moriori

**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 2: Rēkohu Chatham Islands and Moriori

About 500 years ago some Polynesians, related to Waitaha living on Te Waipounamu, set sail eastwards to islands they called Rēkohu – 'misty skies'. These first settlers are known as Moriori and today the islands are officially named the Chatham Islands. The embarkation coincided with the movement south of early Māori tribe Ngāti Mamoe. All the various Polynesian groups are ethnically and culturally inter-related, but with distinctive family groupings and linguistic dialects. For 300 years the Moriori culture developed in isolation, with minimal European contact from 1791, until the fateful and traumatic Māori invasion of 1835. This series of five lectures will provide an overview of Polynesian settlement in Aotearoa and Rēkohu, note the capture and sinking of the Holmwood by German raiders in 1940, highlight the recent Moriori renaissance, and explore the history of the current diverse community living on the Chatham Islands.

The speaker for the series is Frieda Looser.

**15 Apr: Polynesian migration and world view**

**22 Apr: Moriori culture of Rēkohu**

**29 Apr: European contact from 18th century**

**6 May: Māori invasion of 1835 and impacts**

**20 May: Moriori Renaissance and recognition**

**Frieda Looser** has an MA (Hons) in History and is the author of *Fendall's Legacy*, a history of Fendalton and Northwest Christchurch. She was a Senior Tutor in the History Department at the University of Canterbury, tutoring and lecturing in a number of courses, and currently teaches in the UC Academic Skills Centre. Frieda was a contributor to the University's Community Education programme from 1998 to 2012, offering a wide range of courses exploring European, as well as New Zealand and local Canterbury history. When the University disestablished Continuing Education, Frieda founded her own business in 2013 and teaches history courses, and offers talks to U3A and other community groups.

With a career of teaching history spanning more than 50 years, Frieda views human history as global and interconnected like a jigsaw puzzle. Rēkohu Chatham Islands' history is multicultural and multifaceted and links with iwi and Pākehā history in Aotearoa New Zealand.

### Notices

#### 2024 Annual Subscription reminder

The full annual subscription for 2024 is \$70. To thank you for finding new members we are offering you a discount of \$5.00 if you introduce a new member before you pay your subscription. Please let Murray know when you introduce the new member.

Please note that cheques are no longer accepted by our bank.

#### Payment Options are:

**Payment option 1:** Direct Credit to our BNZ account: **02-0800-0837415-00**. Include your first name(s) and surname when making the transfer.

**Payment option 2:** Those with no computer access can use phone banking to transfer money. If you have not already done this, phone your bank's 0800 number to set it up.

**Payment option 3:** If you are unable to use an option above, please put cash in an envelope with your name, and the words "Subscription", clearly on the outside. Give this to Murray or to a committee member if he is not available.

*Payment would be appreciated by 25 March, 2024 and is due by 15 April, 2024.*

#### Invite a Non-member Friend

As part of our strategy to increase our membership, we are offering non-members the ability to attend one of our series for a cost of \$20. This is a one-off charge for the complete series. There is no option to just pay for one or two presentation in a series. It is \$20 whether they attend one or the complete lecture series. We encourage you to publicise this to your acquaintances. This will begin with our next series: *The Chathams*, 15 April–20 May.

## Recycling and rubbish

On 4 May our speaker, Maria Lamb, CCC Waste Minimisation Adviser, talked about changes in what is now acceptable in our recycling (yellow) bins and rubbish (red) bins. This is a summary:

**Yellow bin: Plastic:** Only items clearly labelled 1, 2 or 5 (plastic bottles and containers, meat trays) but must be larger than the small yoghurt containers (which are *not* acceptable) and smaller than 4L. They must be empty, clean (rinsed), not squashed, and lids and caps removed.

**Paper and cardboard:** All paper larger than a standard envelope (so no cash register receipts), flattened cardboard (including egg cartons, but flattened), pizza boxes—but no food scraps. Cardboard rolls need to be cut open and flattened. **Metal:** All steel or aluminium cans, not crushed, and no lids (even folded inside the can as they can come loose in the sorting machine and cause problems). Not other metal items such as wire, steel rod, etc. which can be dropped off free at any transfer station.

*Everything else, such as containers or bags labelled “compostable” or “biodegradable” and Tetra Paks, go in the red bin.*

**Clean soft plastics** (plastic bags—don't make a noise if you crush them) can be put in supermarket soft plastic collection bins. Remove or cut out stick-on labels.

**Green bin:** Food scraps (including bones), garden waste (prunings, leaves, etc.), coffee grounds and tea leaves (but not tea bags). *Shredded paper goes in the red bin.*

**Red bin:** Shredded paper, paper towels, ‘dirty’ cardboard, tea bags, empty liquid cartons (e.g. Tetra Pak® juice, custard, etc.), aerosol cans, any plastic item smaller than a small (150g) yogurt container, including those yoghurt containers, all lids, noisy plastics (e.g. chip packets), soft plastics if not recycling them via a supermarket, bubble wrap, biscuit trays, timber offcuts, flax and cabbage tree leaves, cold ashes—and anything else!

## Smartphone apps

Smartphones are a powerful and very useful tool. But they are also complicated and each new system update seems to add to the complexity. By the time you read this newsletter we will have started a trial of taking five minutes (hopefully less) at the beginning of each talk to introduce a feature or app you may not be aware of or making the most of. If you find it useful we are hoping you will join in and share what you find useful.

If the first is successful (Tony Mander will introduce the NymbL Training\* app for improving balance) we will continue with others. The criteria are that the apps will be free and that features and apps will be common to both Android and iOS phones.

\*NymbL Training is free and sponsored by ACC as part of their fall prevention programme. For information see: <https://www.acc.co.nz/newsroom/stories/keeping-your-balance-with-nymbL/>

NymbL has only about 10 minutes per session of light exercise. You choose when and how often to do the exercises, which you can stop at any time. You do some simple activities on your phone at the same time so, by not consciously focussing on balance, you develop the reflexes required when you have a sudden loss of balance and need to react automatically and quickly.

## When gradual change becomes invisible

The quote “Old age ain't for sissies” is attributed to the actress Bette Davis. Most of us hope to grow old, rather than the alternative, but there are certainly challenges to health, mental acuity, general activity, and so on, that test our strength and ability to adapt. There are benefits also, especially with the long-term perspective that a long life provides. One of these is remembering how things were.

One of the biggest challenges facing our children and grandchildren is how to protect the environment. For each new generation, however, the present state is all they know. For them rivers or streams unsafe to swim in and loss of species is their norm. It may explain opposition to proposals to establish marine and land reserves as sanctuaries and nurseries.

The antidote is to pay attention to what once was. It also helps our mental health. Plant and animal species are disappearing at an increasing rate. When did you last see a ladybird? Magpie moth? Or *xx*—insert your own favourite insect? Does it matter if insects *disappear*? Yes! It would significantly reduce the production of our food, from pollination failure to less nutrient recycling.

And as for that other gradual change, global warming...

## Contact changes

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

## 2024 Committee

Officers and Committee have yellow name-tags to make it easier for you to identify them and to suggest programme and activity ideas.

*President:* Miles Ellery

*Vice President:* Judith Miller

*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, Gloria Street, Bryan Wright.

---

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

---