



U3A Rutherford Inc

Message from Lesley

Kia Ora, members of U3A Rutherford.

Am I losing it? You decide! Are there certain things you don't dare tell your family or younger friends because they might pass on to other people, "Oh, she/he's really losing it" (whatever 'it' might be).

The other day I went to get something out of the upright freezer in the garage and inside the door there was this greasy yellow substance that had dripped a small way into the freezer and then solidified. On the top of the freezer was what had been 500gm of butter! I must have put it there when I was unpacking the groceries, to store in the freezer later. The hot weather and the heat from the freezing mechanism conducted to the exterior casing meant liquid butter had flowed not only along the top of the freezer and into the concertinaed rubber insulation but also right down one side onto the floor! It took quite a long time to clean up.

Now, the big question is, do I tell my sons what happened or do I keep them ignorant of their mother's obvious cognitive decline? Am I losing it or not?

The next series of lectures may provide some answers! Thank you to Peter Walker and Sue Milligan for organising this fascinating looking course on health.

Welcome in particular to new members Bridget Carr, Joy Cowan, Phillipa Davies, Carolyn Gallagher, Fay Mitchell, Tony and Jude Ryan, and Maurice Sinclair, returning after an absence. There is plenty of room for new members at the moment without going on a waiting list.

Nga mihi,
Your President,

Lesley Hunt

Course 2: Health

Organisers: Peter Walker and Sue Milligan

April 12: Research Professor John Pickering:
Department of Medicine, University of Otago.
"Diagnosing Heart Attacks."

April 19: Professor Logan Walker, Geneticist,
Department of Pathology, University of Otago.
"Genes and Gene Therapy."

April 26: Professor Joe Boden, Department of
Psychological Medicine, University of Otago.
"Importance of Communication."

May 3: Dr James Blake, Physician and Specialist
Cardiologist, Department of Medicine,
University of Otago.
"Treatment of the Heart as we age."

May 10: Professor Richard Sainsbury,
Geriatrician, Department of Geriatrics,
University of Otago.
"Healthy Ageing."

Future Courses

Course 3: Sport

31 May, 7, 14, 21 June, & 5 July

Course 4: Alcohol

26 July, 2, 9, 16, & 23 August

Course 5: Crime

13, 20, 27 September, 4, & 11 October

Course 6: Pot Pourri

25 October, 1, 8, & 22 November

AGM: November 8, 2024; Christmas Lunch: TBC

Lectures: Fridays, 11 am – 12 noon
St Christopher's Church, 244 Avonhead Rd.
Morning Tea: 10.20-10.50 am

U3A Rutherford Inc., P.O.Box 79058, Christchurch 8446

Email: u3aruth@gmail.com

Website: Rutherford.u3a.nz OR

<https://u3a.nz/directory.htm>

Bank account: 06 0817 0203945 00

Newsy Bits

U3A Rutherford Choir practices: Alison Waghorn has advised that these will resume at the beginning of Course 2 – April 12, 9.30-10.30. New members are very welcome!

End of Course Lunches: Because of an evident lack of enthusiasm for our end of course lunches, these will no longer occur. It has been suggested that we have a mid-year lunch, possibly at the end of Course 3, on July 5th, and make this a special event.

Subscriptions: Thank you to members who have paid their subscriptions. There are still a number on our membership database who we have not yet heard from. From the beginning of Series 2, these members will have a coloured sticky dot on the back of their name badge. If you are one of these, please pay your \$50.00 sub as soon as possible, either by direct credit (bank account details at the foot of column 2 on the previous page), or by cash to the Treasurer. Thank you!

Visits: Following the very successful visits to Te Pae Conference Centre at the end of last year, the Committee has agreed that we could arrange more of this type of thing. Members have always enjoyed opportunities to participate in other activities – notably Graham Robertson’s farm trips – they add to the fellowship opportunities our U3A can offer. Paul Marsh has arranged a visit to **Moffatt’s Flowers**, 1 Candys Road, Halswell, at 10 am on Tuesday April 30. Numbers are limited to 40 (2 groups of 20), and there is plenty of parking. There is no cost. On the first 2 Fridays of Course 2 – (April 12th and 19th), Paul will be in the foyer to collect names of people wishing to go on the visit. Be in early to win a spot!

Pat Pilkington Collection for the City Mission: The City Mission Shop would be delighted to receive a wide variety of items superfluous to your needs. Carpentry and garden tools, kitchen cookware and other items, clothes, bags, travel books – the list of what the shop sells is very extensive. At each lecture in the next series, I’ll have a large bag in the foyer, similar to what we used when collecting back packs last year. Have a good “weed” of possessions, everybody, and many thanks!

MANAGEMENT TEAM – 2023-24

OFFICERS:

President: Lesley Hunt Ph: 022 194 3667

Vice President: Ivor Watson Ph: 021 022 61814

Secretary: Barbara Ph: 662 9273

Treasurer: Denise Duncan Ph: 021 042 7596

COMMITTEE MEMBERS

Membership & Waiting List Administrator:

Joan Earl Ph: 942 4523
u3aruth@gmail.com

Newsletter Editor: Julian Jensen Ph: 027 223 2678
u3aruth@gmail.com

Brian Earl, Carolyn Marks, Paul Marsh, Sue Milligan, Sally Mountfort, Ron Paterson, Jill Taiaroa, Peter Walker,

EX OFFICIO

Name Tag Administrators:

Ted & Erica Maginness Ph: 352 6777

Tea Roster Convenors:

Jan McFedries Ph: 021 265 5184

Betty de Roo Ph: 342 7750

Interest Groups

Walking Group – Every Monday

Sue Milligan Ph: 027 662 2480 or

Denise Duncan Ph: 021 042 7596

Film Group - 2nd & 4th Tuesdays

Barbara Bone Ph: 385 0070

Film Group – Thursdays

In recess, until a new convener is found

Epicurean

Jenny Agnew Ph: 352 2217

Ann Marsh Ph: 021 023 77019

Book Group – 3rd Tuesday

Erica Maginness Ph: 352 6777

Travel Group - 4th Friday of each series

Carolyn Marks Ph: 365 5929 or 027 435 7244

Alison Waghorn Ph: 339 4377

Arts Group

Jacqueline Doig Smith Ph: 027 353 3945

Cynthia Hampton Ph: 021 879 455