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Learning for Life
 Volume 19 Issue 1 February 2026

NEW BANK ACCOUNT!! Note our new account number above. We have changed from Westpac to Nelson Building Society. Please delete Westpac from your saved payee.

Our next meeting will be on **Wednesday 25th February**, from 10am till 12noon. This will be held in our new venue at the Whakatu Presbyterian Church in Champion Rd. Richmond. Details on how to get there and about parking are in this Newsletter.
 Our speaker will be **Lindsay Wood** and his subject is...**Catching up from Falling Behind on Getting Ahead.**

Lindsay Wood, Director

Lindsay is a leader in environmental thinking. Building on substantial involvement with environmental initiatives and an extensive career as an architect, Lindsay now focusses on climate change issues, and specialising in making current climate thinking accessible, and in developing climate strategies.
 Lindsay has over 40 years' experience in architecture and construction, professional education, and environmental advocacy. He has played key roles in specialised projects, from experimental buildings to innovative degree programmes, from software development to mountain huts. He is the author of well-proven cost management software for construction.

Lindsay's recent climate-related activities have included:

1. Collaboration with the Building Research Association of NZ and the Passive House Institute of NZ on embodied carbon
2. Presenting at a wide range of climate-related events including various EU climate conferences,
3. Development of advanced carbon assessment software
4. Sustainability advisor on medium-density housing
5. Numerous related articles, talks and submissions

Through Resilienz, Lindsay assists organisations engaged with the climate crisis, including strategic planning, special projects, professional development and environmental documentation.
 Lindsay is known for thinking outside the square, and is respected for his professionalism and collaborative approach.

I prefer to not think before speaking,
 I like to be as surprised as everyone else by what I say.



2025 in a Nut Shell



Our Treasurers Reminder.....Thanks Jenny.

Greetings to you all.
 In my capacity as Treasurer of U3A Nelson, I am undertaking the realignment of the payment of your annual membership subscription to correspond with our next Financial Year commencing on 1st April 2026.
 For this reason, I am asking you to please pay your 2026/27 subscription of \$30.00 after the 1st April 2026.
 I would really appreciate your assistance.
 Many thanks
 Jenny Pullen
 Treasurer

Presidents Report

Greetings

As I write this, it is another hot and muggy day - summer at last?

The main news for this report is of course our new venue, for our first Members Meeting of 2026, on 25 February - Whakatu Presbyterian Church, Champion Road, opposite Garin College.

We, your Committee, are very excited to be welcoming you to this new venue which we hope will be very suitable and primarily solve our parking issues.

We have been so thankful for Jo, Josh and all the staff at Elim for the last few years, but as our membership has grown, and some have become less mobile over those years, the parking, which was always an issue, had become very unsuitable, and Jo at Elim understood that.

At Whakatu Presbyterian Church, there is more parking as below.

- in the Church grounds, including 5 mobility car parks .
- there are a large number of parks in Avery Fields over the road.
- a short walk to parking in Kareti Drive
- if there is no funeral service next door at Waimea Richmond Funeral Services, we are allowed to use the car parks **at the rear of the funeral home only**, not the front car parks closest to Champion Road. I will be in touch with staff on Monday 23rd to ascertain if there is a funeral service or not, and in my usual reminder about the Wednesday Members meeting, I will advise if we can also park there.

The No. 1 Richmond bus stops outside St Pierres Sushi and over the road for the return journey, and the No. 2 bus from Nelson stops outside Woolworths on Salisbury Road through the Champion Road roundabout.

As we did when meeting at Elim, we encourage carpooling and use of public transport.

We hope you enjoy our new venue.

Cheers

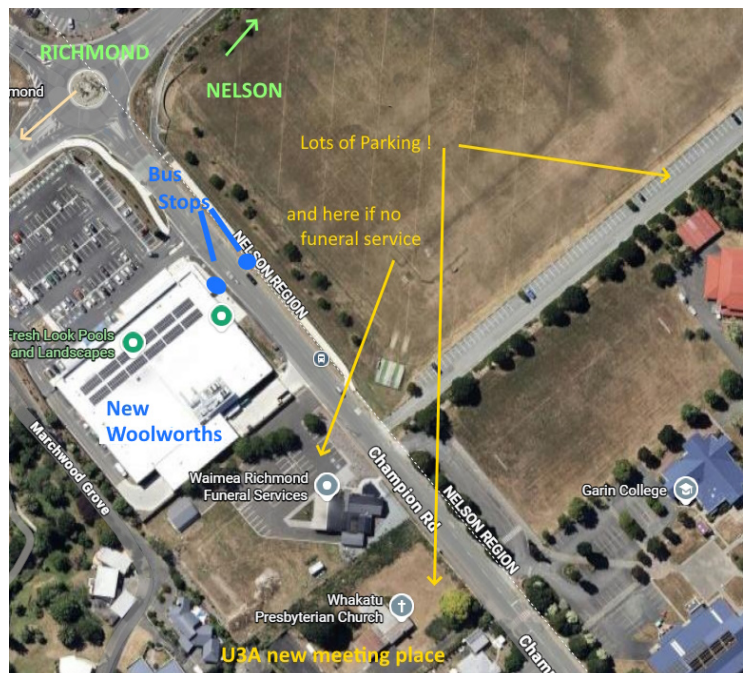
Wendy

Photos of our new venue.



The red arrow is pointing the way to the entrance we will use for the meeting. There will be our usual U3A sign there.

A map for you all to follow..



Our Speakers for 2026

U3A	2026	
Date	Speaker	Topic-Title
Every other 4th Weds		
<u>Wednesday 25th February</u>	Lindsay Wood	CATCHING UP FROM FALLING BEHIND ON GETTING AHEAD'
<u>Wednesday 6th May (AGM)</u>	Mayor Nick Smith	Electoral Reform
<u>Wednesday 24th June</u>	Adrian Falkner	"From Māori to Madagascar",
<u>Wednesday 26th August</u>	Willem Reuvecamp.	Disputes Tribunal, plus perhaps info about the Citizens Advice Bureau.
<u>Wednesday 28th October</u>	Doug Mountfort (Director and Consultant · Tasman Biotech and Biopharm Consultants)	"The Human Microbiome"

PUZZLE WORDS

1. What word is spelt wrong in every dictionary?
2. What begins with E, ends with E, but only has one letter?
3. What word becomes shorter when you add two letters to it?
4. What word starts with T, ends with T and has T in it?
5. What word has keys but can't open locks?
6. What word can travel around the world while staying in one corner?

Answers. 1. Wrong. 2. Envelope. 3.Short. 4.Teapot. 5. Piano. 6. Stamp.

Message from Clair Marsh.

Kia ora,

I am writing to you on behalf of the Emotion, Lifespan, and Memory (ELM) Group in the School of Psychology at Victoria University. We are currently running a study that is looking at the relationship between memory and wellbeing for adults aged 65 and older.

Knowing that U3A is associated with lifelong learning and that members have a wide range of diverse interests, we were wondering if you would consider putting an invitation for our study in your next newsletter?

Our study is funded by the Royal Society Te Apārangi Marsden Fund and we have been granted ethics approval from the VUW Human Ethics Committee.

I have attached an example of an invitation that could be used, but we could provide a different size if that was better for you.

I am happy to answer any questions about the study and provide any more information that you might need.

You can also find out more about the study on our website: <https://elm-group.org>

Ngā mihi,
Claire

Post-doctoral Fellow / Kairangahau
School of Psychological Sciences / Te Kura Mātai Hinengaro
VUW / Te Herenga Waka

<[VUW_ELM_Group_Study_Invite_mini.pdf](#)>



VICTORIA UNIVERSITY OF
WELLINGTON
TE HERENGA WAKA

Are you 65 or older?
We Need Your Help!

We are looking for New Zealanders 65 and older to take part in an online study looking at memory, health, and wellbeing.

Want to know more?
Visit our website:
<https://elm-group.org>

Or scan the QR code:



This study has been granted ethics approval by the VUW Human Ethics Committee #HE040233

CRICKET: AS EXPLAINED TO A FOREIGNER...

You have two sides, one out in the field and one in. Each man that's in the side that's in goes out, and when he's out he comes in and the next man goes in until he's out. When they are all out, the side that's out comes in and the side that's been in goes out and tries to get those coming in, out. Sometimes you get men still in and not out.

When a man goes out to go in, the men who are out try to get him out, and when he is out he goes in and the next man in goes out and goes in. There are two men called umpires who stay out all the time and they decide when the men who are in are out. When both sides have been in and all the men have been out, and both sides have been out twice after all the men have been in, including those who are not out, that is the end of the game.

Simple!





Extend your lifelong learning with a Wildlife Discovery Tour of Uganda

Hosted by Donna Swift, PhD

Last year I amused my U3A friends with photos and tales of my primate seeking adventures. I hope these presentations aroused your explorer spirit and made some of you revisit your bucket lists. With this in mind, I have put together a 'third-age' (65+) tour for a small group to visit the lesser known national parks and wildlife sanctuaries of Uganda - The pearl of Africa.

Uganda has the wildlife and cultural experiences that people usually find by visiting several countries. Africa's 'Big Five', gorilla and chimpanzee trekking, the massive plains herds and a myriad of birds are found here. I have chosen locations giving authentic encounters, wildlife thrilling moments and photo-loving opportunities, whilst limiting crowded cities and souvenir hawking. Sustainable conservation efforts and community development via eco-tourism are my priority.

Experience nature on game drives, nature walks, night safaris, canoeing, trekking and boat safaris. Enhance appreciation of indigenous peoples' culture, history and way of life with visits to local villages. National parks, game reserves, wildlife sanctuaries and rescue centres are a must-see. This trip explores Uganda's vast bio-diversity and its amazing natural wonders.



Many of you probably know of Murchison Falls, Queen Elizabeth National Park and Lake Victoria, but what about the prehistoric-looking shoebills of the Mabamba Swamp, the 10+ species of primates living in the Budongo Forest, or the tree climbing lions of the Ishasha sector?

Google these places on the tour itinerary and learn more about Uganda:

Kidepo Valley Lake Mburo Kazinga Channel Ngamba Island Chimpanzee Sanctuary Bigodi Swamp
Ziwa Rhino Sanctuary Kibale Forest Mgahinga National Park Kyambura Gorge



I know I have a bit of a reputation for taking on hard-core travel challenges that have me using shoes for a pillow and being urinated on by canopy-swinging primates, but this tour won't be one of them. As an anthropologist I intend to give my personal touch through my passion to support wildlife conservation and my enthusiasm for cultural experiences.

Small group tour: 8-10 people

Date: 28 August - 17 September, 2026 (21 Days)

Accommodation: 3-4 star, most meals included

Cost: \$ 19000.00 NZD (single supplement available) + flights

***Want to know more?* Contact: Donna Swift, 027 222 1828 info@donnaswift.nz**

Offered in conjunction with Intrepid Travel New Zealand and Orbit/ House of Travel, Nelson, NZ

**Travel keeps the mind sharp and the energy levels up
by adding more excitement to life!**

Birds of the Nelson Region

For our final outing for the year in December, our group of 13 enjoyed wandering found in Monaco. Not a lot of birds seen, though a pair of variable oystercatchers strutted proudly for the camera. With warm weather and good company, nobody cared about the lack of birds. It's not just birds that catch our eye as back at the Monaco Reserve, a rare yellow pohutukawa tree was coming into bloom, so some of us examined and photographed this. Research on line shows that all yellow flowers are descended from a pair of trees that grew naturally on Motiti Island in the Bay of Plenty. They have since been cultivated commercially. Finally we adjourned to the Brick Eatery for an enjoyable lunch before saying our farewells, and already looking forward to our next meeting in February.

Trevor Lewis, Convenor.



Could swear I changed this phrase before
Now I want to change it more
Will it ever look quite right?
Ten more tries and then it might.



At our Club Meeting.....

"Please remember to wear your name badge, as there will be many new members present.

New members, your name badges will be at the Welcome Desk"

I would like to say a big thanks to all who contributed items for the Newsletter.

Please keep them coming. It's a great way to keep everyone informed about what is happening in the Club.

It would be great to hear from more groups...just a paragraph about what you have done and maybe a photo.

A short poem, a book review, history discussion, where did the walking group walk?, a good Ted Talk, a Movie review and a photo of the group at the theatre, the best Wine, etc, etc etc..

This shows members what's happening in U3A and maybe encourage more members to start up a group.

The deadline for items in the next Newsletter is the **10th April.**

Helen Gowland
Newsletter Editor.