



U3A Hutt Valley

Members' Update February 2024

From your Chairs!

Happy New Year and welcome to U3A Hutt Valley's 2024 programmes. Our first meeting is on Monday 12th February at the Dowse Art Museum and we look forward to catching up. Come along at 1pm for a coffee or tea and the meeting starts at 1.30pm. In keeping with last year's high standards we have an interesting first speaker.

February Speaker Kate Dent Rennie

Kate Dent Rennie is a Bioenergetic Psychotherapist working in private practice in Lower Hutt. In her 30 years as a psychotherapist, Kate has worked in a specialist eating disorder service as well as in private practice, with clients seeking help with a wide range of issues and symptoms.



She has a Masters of Infant Mental Health and a special interest in attachment theory and the transmission of attachment patterns from parents to their children.

Kate will talk about what psychotherapy is, how it works and who it can help. She will discuss her particular modality of therapy - Bioenergetic Analysis - a body-oriented approach.

More Speakers for 2024

Now it is the time to be thinking about our speakers for the year. If you have any suggestions contact Don Rennie on 04 566 2543.

Preview of our AGM

The 2024 AGM will be held on Monday 11th March. Please give some thought to standing for the Committee. It is not arduous but it is vital to keeping U3A Hutt Valley a lively and interesting organisation. This past year the job of the President has been shared but it would be good to have someone prepared to take this on.

Subscriptions

Returning to the Dowse Art Museum has been welcomed by members. However, it is more costly than the rent we paid to St Marks Church while the Dowse was unavailable. This notice is to warn you that our subs will need to increase this year from \$20 to \$25 to cover the cost. The Committee will seek Members' approval of the increase at the AGM next month.

Group News

Local History – Brenda Baker reports

Our first outing for the year was in Moera. For most Lower Hutt residents, Moera is a place to be passed through on the way to somewhere else - like the eastern bays. Many will have some familiarity with Randwick Road but not have ventured on to any of the side streets. Try exploring a little more, preferably on foot, and you might be surprised.

The Local History group completed our series on the "four rivers" of Lower Hutt as we followed the third river, the Te Awamutu Stream, for a short distance. Unfortunately, this is not a particularly attractive waterway at low tide but it was interesting to see the streamside plantings have been made in the reserve off York Street.

Our other purpose was to look at the railway houses built by the Railways Department in the 1920's.



The scheme aimed to provide affordable accommodation for railway workers but in Moera the houses were made available to the general population. Some have altered little in the century they have stood while others have been renovated extensively.

It was good to have two new members coming out with the group and we hope to see them on future outings.

Film Group

The Film group started the year with the movie "The Colour Purple" at Lighthouse Cinema, Petone on Monday 5th February.

Armchair Travel Group

First meeting for the year will be Tuesday 5 March and will feature a presentation on Malta. The group is seeking new premises from June this year. If anyone knows of a suitable room with projection equipment please contact Ray Manning ph 0274 587 565.

Antiques and Collectibles Group

Members recently enjoyed holiday stories, including taking up a United Airlines' deal of \$250 to travel in the USA for 30 days. Delphine Turney took advantage of this and remembers 104 degree heat in Las Vegas, seeing Bill Cosby, and going to Arlington to see JFK's grave. . . and seeing the Hoover Dam which was built in the 1930s.



Current Affairs and Topics of General Interest

CATIG Group resumes its deliberations at Russell Keown House on Monday 26th February 2024 at 1pm. All welcome.

Contact Ken Baird phone 564 2579.

Local History Group looking for new members

Are you interested in local history?
Do you have average walking ability?
Are you available on the last Friday of the month?
"If you answer yes to these questions, then please consider joining the Local History Group", says Convenor Brenda Baker.

"For Lower Hutt walks we meet at 1.30 pm, while outings further afield are usually from mid-morning to mid-afternoon to take advantage of gold card travel times. Most outings involve some walking (not more than an hour) but some do not. We use public transport where possible for outings beyond Lower Hutt but sometimes car-pooling is necessary."

If you are interested, please contact Brenda on brendabaker@xtra.co.nz or phone 027 569 5308, or speak to her at the monthly meeting.

Obituary – Leah Herd

We had sad news recently that Leah Herd has died. Leah was a member of U3A Hutt Valley for many years and served on the Committee and as Treasurer.

Our thoughts and sympathy go to her family.

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U3A groups & their contacts

Antique and Collectibles – 4th Tue 2pm.

Convenor – Catherine Chapman - 970 4932

Armchair Travel - 1st Tue 1.30pm at Failoa Family Trust Meeting Room, 1st Floor, Woburn House.

Convenor - Ray Manning - 0274 587 565

Current Affairs and Topics of Interest Group

(CATIG) 4th Mon 1 pm. Russell Keown House, Queens Drive. Convenor - Ken Baird - 564 2579

Film – 1st Mon morning at Lighthouse, Petone.

Convenors Judy & Gordon Heeley - 973 8816

Local History – last day of the month.

Convenor – Brenda Baker - 569 5308

Theatre – Sun pm several times a year.

Convenor – Christine Williams – 021 025 63559

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For more information go to
u3ahuttvalley.weebly.com

See you at:

The Dowse Art Museum
Mon 12 Feb 1pm