



## U3A Hutt Valley

### Members' Update March 2024

#### From your Chairs!

This month's chair is Chris Jared.



Welcome all – it's that time again – time for our AGM which will be held at the Dowse Museum on Monday 11<sup>th</sup> March at 1.30pm.

It has been decided to continue to meet there despite the increased rental.

To cover this we need more income, and the Committee will propose a \$5 increase in annual sub from \$20 to \$25 to cover the increased cost of rent and other items e.g. gifts to speakers and tea and biscuits.

BUT our Constitution does not allow us to increase subscriptions until a year after an AGM. So if we agree at the AGM to increase the subs that, would not come into effect until 2025.

To ease this situation, we would be grateful if members made a \$5 donation when paying their 2024 subscription so that our financial position does not deteriorate because of the increased rental charge.

You can pay online to our BNZ Account number 02-0544-0209806-000. Please copy our bank number and paste it into your online banking payment. Put "Sub" in the Code space and your name in the Reference Box.

To fix this problem, at the AGM we will propose a change to the Constitution to allow a subscription change to be proposed at a Special General Meeting.

#### AGM papers

These were sent to all members on 22 Feb 2024. We suggest you bring these with you as copies will not be available at the meeting.

#### Last month's Speaker

*Reviewed by Malcolm Law*

Among the many social problems which the Government is being called on to solve, is the issue of mental health and the shortage of psychologists. It was interesting therefore to hear Kate Dent Rennie, a psychotherapist talk about her work and the role of psychotherapists in mental health.



She began with a clip from the beginning of the film of The Lion the Witch and the Wardrobe, where the Pevensy children are being evacuated from London. Kate talked about the British Government policy to evacuate children from London during the Blitz. This was a well-intentioned policy but with major unforeseen consequences.

Kate's particular interest is in Attachment Theory and what happened to many of the children taken away from their parents. Many had life long consequences as a result of this experience. The main therapy used to assist them is psychotherapy.

Kate's approach to psychotherapy - bioenergetic analysis- recognises that there is no separation between the mind and body. When we experience emotional distress, this is felt in our bodies. Stress causes high blood pressure. When we feel fear, our pulses quicken.

Perhaps the most interesting aspect of her work was the revelation that Kate herself attends psychotherapy sessions to destress herself from the experience of working with people experiencing mental distress.

Although we do not have enough professionals to deal with the problems of mental illness, it was interesting to gain an insight into new methods of treating it and why treatment is so protracted.

## Speakers

Our champion “speaker finder” Don Rennie has ensured we have been privileged to have a wide range of interesting speakers on a variety of topics. Don is continuing this work but would like you to let him know of possible speakers to contact. If you have any suggestions, please contact Don on 04 566 2543.

## Group News

**Theatre group** made its first trip to Circa this year to see a New Zealand play – *Lads on the Island*, by Sam Brooks.

**CATIG** resumed its deliberations with vigour in February. This group provides a great opportunity to discuss current affairs and generally set the world to rights. The focus at the last meeting was retirement villages and what benefits they offer residents.

### Armchair Travel Group

Ray Manning reports: We had been scheduled to meet next Tuesday 5 March however our meeting venue is not available next week so we will have to defer.

I have also been advised that Failoa Familii Trust are not going to continue their lease on those rooms beyond the middle of the year. So, unless someone has got a good alternative and some good ideas as to where we go next with our topics and presenters, we will likely be wrapping this Group up in the next few months.

Having said that, we have enjoyed a marvellous journey and have been wowed by the various presenters we have had. If anyone is interested in taking over the leadership of this Group, please let me know.

**Antiques and Collectibles** recently met to show plates. All were interesting, including this brass platter from a tea plantation in Dargeeling, India. An elegant, etched peacock with his tail feathers displayed fills the centre and is surrounded by a ring of intricate designs.



The national bird of India, it's believed that peacock feathers bring prosperity and, on a more mundane level, if kept inside will keep the flies out! It's also thought to promote good mental health because looking at it can calm a person down. On the down side - some believe it's bad luck to have peacock feathers in the home and may result in women living a life of spinsterhood!

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## U3A groups & their contacts

**Antique and Collectibles** – 4<sup>th</sup> Tue 2pm.  
Convenor – Catherine Chapman - 970 4932

**Armchair Travel** - 1st Tue 1.30pm.  
Convenor - Ray Manning - 0274 587 565

**Current Affairs and Topics of Interest Group (CATIG)** 4<sup>th</sup> Mon 1 pm. Russell Keown House, Queens Drive. Convenor - Ken Baird - 564 2579

**Film** – 1<sup>st</sup> 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

For more information go to  
[u3ahuttvalley.weebly.com](http://u3ahuttvalley.weebly.com)

See you at:

**The Dowse Art Museum**  
**1.30pm Monday 11<sup>th</sup> March 2024**  
**for our AGM and news from our groups.**