

JUNE/JULY 2010

Welcome to New Members April/May 2010

We welcome all new Members to U3A. In this spot we usually print your names; however, we are contravening the privacy Act by then having the Newsletter printed on the web-site. The web-site is a public domain, unlike a publication for members which may include names. We have created a list of those who joined this year and wish their details to be kept private. We apologise to any whose names have been inadvertently printed on the Public Domain without us obtaining permission.

In Memory

Our condolences to family and friends of:
Valerie MUIR, 94 Russley Dr, Bayfair Estate, Tga 3116
Brian MILLER, 6 Thornlea Dr. Welcome Bay, Tga 3112

Next General Meeting Details

Date: 18th June 2010

1st Speakers: Group Convenors will speak briefly on their group activities.

2nd Speaker: Stephanie Smith speaking on 'Treasures held at the Tauranga Library in the NZ Room'.

Date: 16th July 2010

1st Speaker: Please check the Website

2nd Speaker: Please check the Website

General Meeting Speakers Reports

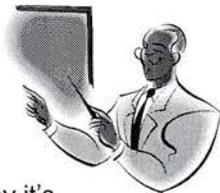
16th April General Meeting Speakers.

PETER CALDERWOOD

Power and People

Peter is a senior executive of Trustpower. His role being a Strategic Business Development Manager – his talk centred around climate change – why it's happening and how we can fix it.

The Greenhouse Effect debate rages on. Has Man caused it, or is it a natural phenomena? Experts everywhere disagree. Peter had many graphs and frightening statistics showing changes and causes, for



consistent increase in temperatures, Protocols re GHG emissions, signing or non-participation, carbon tax proposals, carbon abatement schemes, etc., and a little gem of interest to New Zealand, that methane comes from cows belching not farting as is commonly thought.

But despite the uncertainty and disagreements, what is known is the effect the heating of the world's surface, man-made or natural, would have, and is having, on countries, and more importantly, the people of the world. More droughts would cause food shortages and more floods; for example, a 1 metre sea level rise would flood the state of Georgia and along the eastern USA. It was a sobering fact.

CO2 emissions from China, India or the US will filter around to NZ as sure as the pollution from the volcano in Iceland seeped over to Europe. We cannot stop it, only slow it down.

I wonder what will become of us if our governments don't get their act together and agree on a solution. But of course, there is no one solution. However, to me one thing is very clear. The Earth will remain – it has for .?. years – it's the people that won't!

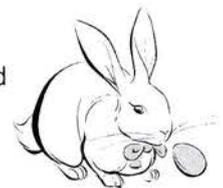
CHRISSEY JEFFERSON from ARC –
A modern day Jonah?

Where would the little birds and animals be without the likes of Chrissy Jefferson and the NZ Native Bird & Animal Rescue Trust, simply known as 'ARCC'. In association with the Dept. Of Conservation & the SPCA and along with Dr Liza Schneider, of Holistic Vets, Chrissy provides rescue and rehabilitation services for native & non-native wildlife, free of charge.

Chrissy is the Manager at the purpose-built centre on her property at Oropi.

This lady is absolutely passionate about the work she does. No trumpets blow or big headlines tell us what she and her volunteers do; she simply gets on with it, mostly anonymously, just for the love of nature.

Listening to Chrissy talking about a little blue penguin who doesn't like water, or a 'joey' who lived in a peg apron around her waist, or a tui who was kept in a cage so small it couldn't turn around and then had to learn to fly, or the sparrow who was set free three



times but kept returning (last time she took it to the Kaimais), makes us look at her in amazement.

If Chrissy hears that some poor creature's been killed on the road, there's no tears shed. NO! Off she goes and collects it for the freezer. 'Injured hawks will need something tasty for their dinner and 'road kill' is just the thing,' she says!

Just another Day in the Life of Chrissy Jefferson!

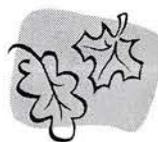
The Centre relies on donations so money or goods et: bird aviary food, are always welcome.

Ph 07 578-7054.

Reported by: Angela Dold.

Coming Events

NATURE STUDY GROUP



As discussed it is the intention of the Nature Study Group to book the Aongatete Lodge, (known also as the Kaimai Outdoor Centre) for two nights in November 2010. The idea is to enjoy the Mamaku State Forrest Park using the walking tracks and/or very good swimming holes in the river during the day, or just to relax and enjoy the very pleasant surroundings. The Lodge is well set up with a kitchen equipped with all required cooking utensils and two commercial ovens, plus a coin operated BBQ outside. The very large dinging/lounge area has a wood burner stove if the evenings are cold. The sleeping accommodation is fairly basic but looks to be comfortable, three buildings each with rooms furnished with six or eight bunk beds. There is room for 92 people in all.

A \$10.00 deposit is required from each person who wishes to stay at the lodge. The overall cost is \$15 per person a night of which the deposit is part.

I know it is early to be booking but this is necessary as Aongatete is very popular.

If you think you may enjoy the company of other U3A members and take the advantage to book early, I am sure your \$10 can be refunded if you have to pull out for some reason.

Want to know more, contact me please.

Ken Rose. Ph 572-4472. kenrose@kinect.co.nz

U3A Tauranga Contacts

Address: U3A Tauranga Inc. PO Box 14453, Tga 3143

Website: www.u3atauranga.org.nz

Almoner: Doris Hamer. Ph 571-8184.

hamer@bopis.co.nz

Editor – Newsletter: Janet Ormsby, 576-5008.

Information for the next newsletter must be received by 11th August.

Printed & issued by 18th August.

YOUR SPOT

Articles in this spot are provided by you and should relate to your group interest. (250-300 Words is preferred).

The following article was provided by the Health Improvement Group. Part 1 was printed in the April 2010 Newsletter. Any questions should be directed to David Walpole Ph 576-0578. twinmore@paradise.net.nz

Part 2.

YES!!

We now know how to halve cancer rates for bowel, lung and prostate.

Part 2

The Long Term Solution

NZ, a leader in traded food products, should become a leader in the supply of health-replete products.

At the beginning of this 21st century we are selling selenium-deficient foods of all types to the NZ population and the rest of the world.

We know this because the NZ population has a selenium level 50% below the optimum level. In NZ the human level has changed slightly over the last 50 years, but it is an insignificant amount compared with where we now know it should be.

Earlier, vet recommendations to farmers were that selenium levels should be above .3 umol/L in their animals. In more recent years this has been raised to 1.0, and then even higher; 2.0 levels have shown to be optimal. At this level good pregnancy rates, no neonatal deaths, less foot-rot and mastitis, no retained afterbirths (relating to selenium levels (*Ed*)) have been the wonderful results.

This is a similar level to that targeted in the American trial with humans. As many of our genes are the same as those in animals perhaps this is not surprising.

Why don't NZ farmers add more selenium to their fertilizer? Few farmers here have seen the results that a 2 level would achieve. Factors, such as fewer animal deaths, would have to be carefully monitored to establish benefits. This has been done on some dairy farms.

Conclusions

The NZ Government needs to consider the facts that:

1. Our selenium levels are far too low for optimum health.
2. A level of umol/L is a good target.
3. This can be brought about only by decreeing that all fertilizer used should have selenium added (similar to what is done in Finland). The extra selenium would increase fertilizer costs some 3%.
4. We can then know that our 'Clean Green' image is a fair mantle to wear.
5. Until this approach is taken we are hiding a secret which will be exposed someday. We are imposing unnecessary costs on our hospital system and confining many NZ people to our disastrously high cancer and other illness rates for the foreseeable future.

References: Are available from David (see heading).

U3A COMING EVENT

NEWS NEWS NEWS



U3A 2011 NSW Conference
SYDNEY AUSTRALIA

April 27th & 28th 2011

Registration forms on website
www.nsw.u3anet.org.au
Attention Ainslie Lamb
(Sec. U3A Network NSW Inc.)

NEWS FROM THE GROUPS



Thelma Cane, Groups Coordinator
574-6222. thelmacane@xtra.co.nz.
Or: **Doreen Anderson**, Assistant.
576-3058. andersondem@xtra.co.nz

All Convenors – were invited to the Convenors meeting held on the 31st March. It has come to my notice not all convenors received the minutes of this meeting. If you are one of those please contact me and I will send you a copy. *Thelma.*

GROUPS CLOSED

German Conversation – Advanced. Closed due to lack of members. Thanks to Els Harris for convening this group.

Art Enrichment – Closed due to the Convener, Jill McDonald, moving out of the area. Thanks to Jill for her years convening this group.

Discover it. – Is going to be in recess for a few months as convener, Jane Kemp, is unable to continue taking the group.

NEW GROUPS FORMED

The Cafe Book Lovers – A group of people who enjoy reading and sharing books both fiction and non-fiction. *This group meets in the Mount/Papamoa area.

Convenor: Evelyn Grimley. 575-8474
Venue: Cafe's as arranged
Meetings: 4th Monday of the month
Time: 1.00 pm – 3.00 pm

French Beginners – Beginners French with an excellent Tutor.

Convenor: Anne Sligo 579-1292
Venue: Members Homes as arranged
Meetings: Every Wednesday
Time: 7.00 pm – 8.30 pm

Ancient Civilisations 2 – A new dynamic group interested in ancient civilizations and notable figures of the ancient world.

Convenor: To be appointed
Venue: Members Homes as arranged
Meetings: 2nd Thursday of the month
Time: 9.45am – noon

This group would welcome more members. Contact Bill Lemberg. Ph 578-3426 for details of next meeting.

Book Lovers 4 – Details to come.

Religions of the World – Details to come

Suggestions for new Groups.

Bridge Group to meet in the Mount/Papamoa area.

Learning to do Cryptic Crosswords

If you are interested please contact Thelma 574-6222.

Religions of the World.

Groups with vacancies

Please check the website for groups with vacancies and contact the convenors directly if the group you are interested in has a vacancy.

Jazz & Blues meeting in Tauranga would welcome more members. Contact George Stewart 576-6170.

NZ History – Last 1000 years would welcome more members. Contact George Stewart 576-6170.

Current Events Group has vacancies. Ph Thelma 574-6222.

HELP!

We have need for **another COMPUTER HELP GROUP.**

Again I ask if there is a member who could take this group. We don't need an expert, just someone with working knowledge.

Ph me to discuss this.
Thelma 574-6222.

Changes for Your Handbook.

Metaphysics 1.

Convener is Ena Hay. Ph 578-9338.

Genealogy

Convener is Elaine Hollins. Ph 578-0999.

*Never be afraid to try something new.
Remember, amateurs built the ark and a professional
the Titanic.*

MEMBERSHIP – HANDBOOKS – NEWSLETTERS

Several of our U3A couples contacted us after receiving their Handbooks or Newsletters. While enjoying two Newsletter per address these members were willing to save U3A \$'s by sharing.

HOWEVER: Due to the time it took to maintain lists of member's individual requirements when issuing Handbooks and Newsletters, and for confusion caused, it was decided to change our postal system. Each financial member is entitled to receive a handbook and Newsletters. While some generously offered to save U3A \$'s by foregoing their copy, it does bring the Committee member in charge of 'posting' back to keeping individual membership requirements – *which is the exact reason why we changed the system* – it is just too time consuming on our volunteers.

For those who don't want to keep the extra paper please use the Newsletters to promote U3A to your friends. Leave a copy at your Doctor's surgery or hairdresser etc. Or bring unwanted copies to the General Meetings

With thanks

Janet Ormsby. Publications. 576-5008

Cellophonics return to Tauranga

The University of Waikato presents the return of the **Cellophonics** to the Tauranga Art Gallery. The highly acclaimed group, consisting of seven of the country's leading young cellists, along with renowned cellist tutor James Tennant, presents an afternoon of beautiful sonority and rich delight.

Date: Sunday June 20th. 3 pm Start.

Cost: Gold Coin donation at door.

Location: Tauranga Art Gallery (Cnr of Willow and Wharf St. Tauranga).

Thought for June:

Listen courteously – answer wisely – consider soberly – and decide impartially.

Socrates 469 – 399 BC

HOT TOPICS

PUBLICITY.

I read an excellent blurb in the Bay Sun on May 19 on the U3A Art groups show at Creative Tauranga. It was a pity some of the facts were wrong, but hey! we're talking 'newspapers' here.

If anyone has something for the media it would be prudent to contact our **Publicity U3A Committee member** – Angela Dold 571-6767. It is her job to make sure publicity is appropriate and correct.

A fantastic exhibition well worth the time to visit. Hope sales were 'HOT'.

WEBSITE.

Alan Freer will be away for a few months. For information to be added or changed in our Web page please contact **Betty Clethero** Phone 544-2067 – bettyce-@kinect.co.nz.

* Please note Betty's email address has changed from that advertised in the last Newsletter.

CHRISTMAS FUNCTION

'What! Already?'

We are preparing to offer something you will enjoy at a reasonable price.



Your hard working committee has decided to hold the **end of year function** as a Christmas luncheon after our November General Meeting.

Date: November 19th.

Venue: Wesley Church Hall, 13th Ave.

Time: After General Meeting

Price: Between \$12 - \$15. To be confirmed

Applications to purchase tickets will be available in the October Newsletter – we need to know how many will be staying after the General Meeting, or just coming to the dinner. *Think about it please.*

GENERAL MEETINGS

All U3A members and the public are invited to attend General Meetings held the third Friday of each month, except Dec. & Jan. Brief reports of speakers are printed in this newsletter which gives you an idea of the calibre of information we receive. We pay just \$3 at the door, however, our morning tea costs \$3.50 and hall hire is subsidised by your subscriptions. Come along, learn, and enjoy socialising

HELP

At our monthly General Meetings we need to **welcome** our speakers and **thank** them for coming to talk to us. Each month we give U3A members the opportunity to do these two small tasks, as Committee Members have enough to do setting up and serving you. If some members offered, just once a year, to greet and thank a speaker, it would be appreciated. Please help by contacting your Meetings representative, Jim Taylor on 543-0234, email: heatherbalasingam@hotmail.com or Angela Dold on 574-6767, email andold@xtra.co.nz.

COGS INFORMATION

COGS Funding:

Information about U3A's use of this funding

Since 2000 U3A has received funding each year from the Community Organisations Grants Scheme (COGS). The information below endeavours to fully inform members about this funding and how it fits with U3A objectives.

1. Purpose of COGS

COGS is a government-funded, community-driven initiative. Its purpose is to support services and projects that contribute to the wellbeing of communities, by assisting people to participate in the community and preventing downstream effects arising from social disengagement and isolation. Priority sectors for COGS are Maori, ethnic minorities, families, women, children, seniors, the unemployed and people with disabilities – seniors and women being U3A's base.

2. How COGS is organised

The Tauranga/Western Bay area is served by the Tauranga Moana Local Distribution Committee (LDC) which, together with the Rotorua and Tongariro LDC's, is overseen by the Rotorua Regional Office of the Department of Internal Affairs (DIA). There are 16 DIA regional offices throughout NZ and they serve about 40 LDC's.

3. What COGS funds

COGS assists with funding the running costs of community organisations – such costs as personnel expenses (salaries, mileage, etc) and operating costs (rent, power, copying, postage, etc). It does not fund capital equipment or social events.

4. Procedures for obtaining funding

The application form is searching and needs to be completed in a coherent way that gives a complete picture of U3A's activities. An interview with an LDC member usually follows and, if the application is successful, the spent funds have to be accounted for. Finally COGS calls a meeting of applicants to obtain feedback on the round just completed and explain the upcoming round.

5. Amount of funding received by U3A

Funding for U3A has averaged \$3,100/year, the full amount applied for having been granted for 7 of the 10 years funds have been applied for.

6. Reasons for applying for funding

U3A is an independent, self-help organisation run by the voluntary efforts of its members and it is important this philosophy is not undermined by

excessive funding. There are nonetheless good arguments for some funding. These include:

a) From the standpoint of U3A members, funding enables subscriptions and other fees to be kept down and better services provided, including assistance in the provision of guest (non-U3A member) tutors for some topics (languages, practical art) and the hire of halls for groups with particular needs (dancing, drama) – the wider range of choices provided at a lower cost helping to achieve a more diverse membership (in skills and experiences).

b) From the community's standpoint, research points to seniors who keep mentally active and maintain social networking being able to improve their cognitive functioning and delay memory loss. While a number of organisations provide mentally stimulating activities in a social environment, this is the very essence of U3A. A recent report on U3A's in Australia and NZ advanced the proposition that U3A's provide a low-cost preventative health service for communities.

c) Also from U3A members' and the community does point of view, the time volunteers (committee members and others) spend helping run U3A saves have to pay for such services. In 2008 an estimated 2,450 hours (not including the efforts of conveners) were spent running U3A, which at (say) \$20 an hour would have an economic value of about \$50,000, with no allowance for overheads – if U3A was run commercially there would be rent of office space, telephone, power, etc. A modest contribution by the community to this investment of time and energy is rewarding for devoted volunteers and allows the community to recognise their contribution to community life and the health benefits U3A achieves.

7. Voluntary work required to run U3A

The volunteer work in running U3A is wide-ranging, including keeping the membership roll and skills register up-to-date, assisting groups to fill vacancies, setting up new groups where existing ones are full, ensuring the general meetings are run well (speakers are obtained, etc), publishing regular newsletters and the annual handbook, maintaining the website, publicising U3A in the community, ensuring income and expenditure follows good accounting practice, keeping proper records of committee meetings and numerous other tasks.

8. Does the community get value for its U3A funding?

Comparing the cost in grants at 5 above with the benefits at 6, it is clear U3A produces a good benefit/cost ratio to the community on its COGS funding.

9. U3A guidelines for funding

In addition to COGS, U3A has developed its own guidelines over the years which include:

- a) In respect of each item applied for, limiting itself to 50% of the cost so for each dollar sought, one dollar is provided by U3A through members' contributions (subscriptions and other fees).
- b) In relation to voluntary work, seeking funding only for out-of-pocket expenses, not for the hours spent (even though permissible).
- c) Not seeking funding for travel costs of U3A member tutors (even though permissible), nor for refreshments associated with core activities (also permissible).
- d) Adopting a conservative approach to calculations, such as for travel costs for volunteers and guest (non-U3A member) tutors.

10. Does COGS funding interfere with the way U3A operates?

There are no strings attached to COGS funding – U3A remains free to run its affairs as it wishes.

11. Conclusions

Discussions with COGS at feedback meetings and with LDC members indicate U3A's role in providing a low cost preventative health service for its members 'sits well' with COGS, which seeks to fund both preventative (fence at the top of the cliff) activities and remedial (ambulance at the bottom) activities. The fact that Tauranga is a popular retirement centre underlines the value of U3A to the local community.

12. Can U3A better meet COGS objectives?

As mentioned at 1 above, COGS funding seeks to support vulnerable sectors of communities. As well as participating in U3A's many groups, members assist each other in a socially responsive way, providing transport for those preferring not to drive, visiting those in hospital and carrying out other tasks at times of need.

A few years ago U3A had discussions with the Tauranga Regional Ethnic Council and Settlement Support Co-ordinator at YMCA to see if it could assist recent immigrants to settle into their new ways of life in Tauranga, but little tangible came of this initiative other than strengthening U3A's community contacts and one new settler attending a current events group to help get to grips with the NZ accent.

Nonetheless opportunities may well exist for U3A groups to develop beneficial contacts with other senior sectors of the community. Members may wish to discuss ways of achieving this – and tell this article's author of any success stories, for inclusion in future funding applications. *Peter Simmons*

Thank you Peter for this excellent explanation of COGS and its importance to U3A Tauranga. (ED)

An optimist is a man who starts a crossword puzzle with a fountain pen.

Anon.

Bits and Pieces

TAKEN FROM U3A TAUPO NEWSLETTER:

There has been an interview on National Radio, with a member of U3A Rotorua. Members there have started a course on MAKE YOUR OWN COFFIN FOR \$100, which is proving popular. Members construct their own box from a kitset costing \$100 and decorate it as they please. The finished article can be stored, or used as a cupboard, a blanket box, a conversation piece coffee table, or any other thing imaginable. *(If you would like Tauranga U3A to consider this please let Thelma 574-6222 know).*

FACTS AND FIGURES

Number of members as at 9 th June 2010	602
New members who have joined this year	77
Number of groups	71
Members catered for at General Meeting	90

MORE HELP PLEASE

Do you have spreadsheet skills and would be prepared to assist a U3A Committee Member for a few hours each week, inputting data? Please contact: Janet Ormsby 576-5008, Win Tipping 570-2370, or any Committee Member.

N.B: Win Tipping will be away from June 18th to 28th and in July from 9th to 23rd.

N.B: Janet Ormsby will be away from June 29th until July 12th.

Something for the Literary Mind:

What does drachenfutter (DRAH-khan-foot-a, Noun) mean and how would you use it?

MEANING: According to Howard Rheingold, author of *They Have a Word for It: A lighthearted Lexicon of Untranslatable Words & Phrases* (Severn House, 1988) *Drachenfutter* (with or without an initial capital) is 'a peace offering from guilty husbands for wives'.

QUOTE: I went out drinking with my friends again last night, so I had to bring back some drachenfutter for Gretchen, my new girlfriend.

Jonathan Keith Sheriff, Merriam-Webster OnLine Open Dictionary (web forum), 26 Oct. 2005:32.