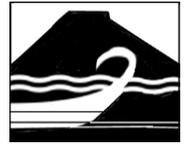




U3A Tauranga Inc.

NEWSLETTER

November 2014



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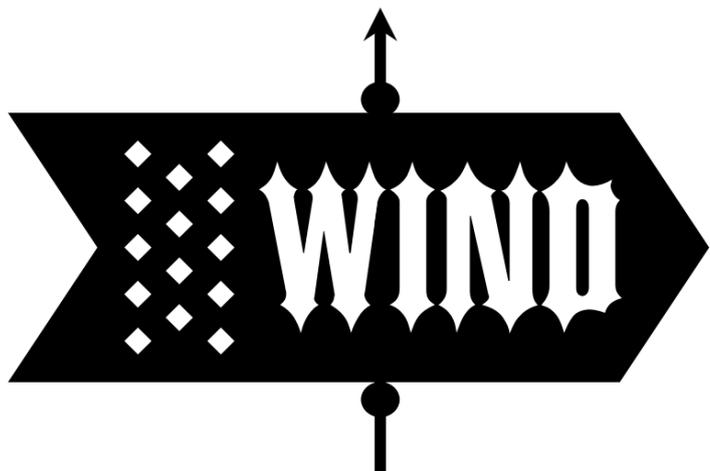
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*Forget the winds
and take shelter
in the hall on
Friday 21
November - the
Special General
meeting, the last
for 2014, where
new Committee
members will be
elected.*



GROUP NEWS – November 2014

For more information, check the U3A website www.u3atauranga.kiwi.nz

Groups closed / in recess:

History C, which was based in the Te Puke, Papamoa, and Mount areas, has closed due to lack of numbers. The Convener will reopen the group if there is any interest.

New group suggestions:

“What are you doing for Christmas?”

Christmas time is often associated with family and if you don't have any family to spend Christmas with, and if your friends will be with their own family, it can be a lonely time.

If that describes your Christmas, then U3A might have an answer. If you would like to spend Christmas Day in the company of other U3A members who are in the same situation, please let me know. We have a venue for up to 20 people to get together. If you are interested in spending Christmas Day with others please contact Jean Garmonsway, phone: 579 1918 or email: pommyj123@xtra.co.nz ‘

Solos Senior Travel Group

How many of us have wanted to take a day trip or a weekend break or a holiday, but didn't want to go alone? This suggestion for a seniors' Travel Group could be your solution: the idea is to get together with other like-minded members and plan various trips and outings; anything from day trips, weekend breaks, theatre trips, tours, and holidays to cruises.

- Share some of your best and worst trips
- Share your ideas for travelling
- Share your 'must do's' from your 'Bucket List'

If you are interested in joining this group please contact Jean Garmonsway, phone: 579 1918 Email: pommyj123@xtra.co.nz or contact the Convener: Diane Wilcock, phone: 570 1237 or email: dianz@actrix.co.nz

Spanish

This group has re-started. Bonnie Leonard, phone: 570 2263, is the Convener. The group meets on the 2nd & 4th Fridays of each month at 1.30p.m. - 3.00 p.m. at the home of the Convener. There are vacancies and if you are interested please contact the Convener.

Use it or you lose it! – Yoga.

Most people make the decision to grow old whether they know it or not. It basically comes down to the comment at the top. Use it or lose it! Old age and the associated illnesses that come with it are big business.

Prevention is the best medicine that one could invest in. That is why yoga is the greatest form of exercise there is. You use it so how could you lose it? If you are keen to keep fit and well with gentle exercise join one or both of the Yoga groups!

Yoga 1

Convener: Jean Garmonsway Phone: 579 1918

Venue: Spencer Pascoe room at the Wesley Church, 13th Ave, Tauranga

Meeting: Weekly on Tuesday morning

Time: 9.30 a.m. to 11.00 a.m.

Cost: \$6.00 for venue & tutor

Yoga 2

Convener: Sylvia Collins Phone: 577 6119

Venue: Spencer Pascoe room at the Wesley Church, 13th Ave, Tauranga

Meeting: Weekly on Thursday afternoon

Time: 1.30 p.m. to 3.00 p.m.

Cost: \$6.00 for venue & tutor

Read on and see if your interest is caught!

The first yoga group has started. Maria, our qualified yoga instructor, knew just how far each individual should go in stretching and loosening tight muscles. There were a few creaks and groans but nothing too alarming. After an hour-long workout of basic yoga postures and breathing techniques, we had 10 minutes of relaxation. It's amazing that the floor can be so comfortable when in a state of relaxation. Maria talked us through letting all the tension go from our muscles and joints, leaving our body completely relaxed.

General items:

Conveners Meeting of 30 October 2014.

Chris Hector, the President of U3A, welcomed conveners and thanked them for their valued input as facilitators and leaders of their groups. He also thanked Jean and Marlene for their important roles as coordinators of over 80 groups.

Jean then led discussion about group issues and morning tea followed at the end of the morning.

Outcomes:

- Please use BCC when sending out group messages in Outlook
- Brian Wood, the webmaster, reminds members to use the website for group updates and messages
- When conveners are away please advise Jean or Marlene so an alternative contact number can be given.
- Handbook – this is nearly completed, so advise Jean if there are any convener updates to be included in the 2015 booklet.
- 20th Anniversary: the price for tickets will be \$40 for U3A members and \$50 for non-members. Tickets will be available from Vivienne Ph. 574 3133 and Jean 579 1918
- To celebrate the actual 20th anniversary in May next year it is proposed that the groups put on group displays and actively participate, instead of having a speaker.
- Funds being held in the U3A accounts are higher than usual at present, for the following reasons;
 1. There has been an increase in membership this year
 2. The use of email has decreased the postage cost
 3. Expenditure for group support is still being paid out
 4. The updating of equipment e.g. sound is being done
 5. End of year reimbursements are still to be met
 6. There will be a number of expenses for the anniversary, such as venue and speaker etc. to be met
 7. A generous contribution from COGS has enabled the purchase of computers for the Digital Photography Groups.
- Cam thanked Lesley for convening the Travel Group and as he is taking over the convening of this group he opened up discussion about ways to make groups more interactive.

Some ideas included having short talks, better preparation, outside speakers, to encourage group members to prepare talks – self education; and to use the website to give or find out information, and exchange ideas between groups.

New Members Meeting

A meeting for New Members was held at the home of Jean Garmonsway on Thursday, 30th October. Ten new members attended along with six Committee members.

Chris Hector welcomed the new members to the organisation and brief introductions were made from everyone. Marlene gave a little history lesson about the origins of U3A. The members were also told about the Newsletters and the Monthly Meetings and invited to come along to the next and last monthly meeting for this year in November.

Angela spoke about the 20th Anniversary party next year.

Jean spoke of how the groups work; the role of the Convener and how the members of each particular group formulate the way in which the group will function.

There was a great deal of interaction between all concerned. Afternoon tea was provided and the new members were invited to check out the “Sign on” sheets for all the groups and sign for whichever groups took their fancy.

It was a very convivial meeting with lots of chat and discussion.



U3A Practical Painting.

U3A Practical Painting would like to thank Paramount Picture Framers for their kind donation of a number of framing mats. These mats are very helpful to enhance our artwork in class to see what they would look like, properly framed. As this would have been quite an expensive outlay for us, had we needed to purchase them, it is greatly appreciated that they were donated.

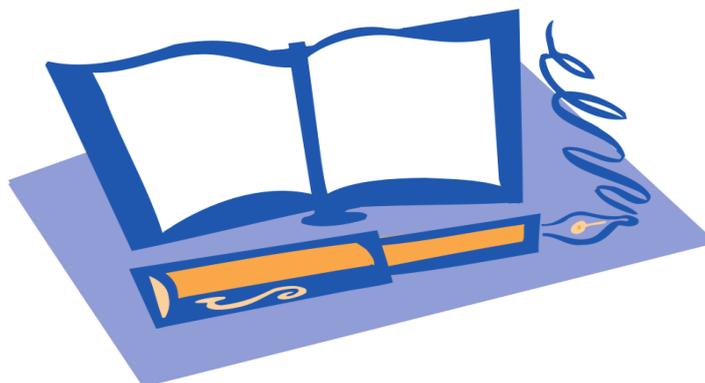
U3A Tauranga 2014 Writers Booklet

Available from 3rd December (could be earlier depending on printer's delays)

From: Creative Writers Convenor Angela Dold phone 571-6767
The Pen Whisperers Convenor Jillian Brown 576-5008
Or from Compiler Janet Ormsby 576-5008

Size A5, same as the U3A Handbook
Contains stories, poems and quotes, suitable as gift.

Cost \$5.00 each. No envelopes included.



Handbook 2015

Amendments are on-going. Conveners are reminded to let Jean know of any changes.

An additional page has been suggested listing all topics in alphabetical order.

General Meetings

Held on 3rd Friday of the month at 10.00am in the Wesley Church Hall,
13th Avenue, Tauranga

Speaker for Friday 21 November 2014:

Todd Dunham, the Westpac rescue helicopter pilot.

Mr Dunham was booked to be the speaker at the October meeting, but was unable to attend as he was called out on a job at the crucial moment. It seems that a man had to be brought in to hospital from Motiti Island, where he was suffering from serious burns. To have come over by boat would have seriously delayed him getting the necessary attention.

Mr Dunham apologised, and added that it was the first time he had ever had to stand up a meeting up like this.

We look forward to his talk.

Members Forum

The editors would like to reach more members. If you have something to comment on U3A Tauranga we ask for contributions of about 50 to 100 words. Printing will depend on available space in each newsletter.

□

Facts and Figures to Date

Membership as at October 2014: 669

Groups: 79

The next newsletter is due in January 2015. All contributions must be in before 31 December 2014, so please note we will not accept material after this date. They need to be short, up to 200 words, and may be edited.

Editor: *Beryl Crowther* phone 544-4113 *gbcrowther@gmail.com*