



U3A Tauranga Inc.

NEWSLETTER

November 2015



PO Box 14453, Tauranga 3143

www.u3atauranga.kiwi.nz

Election General Meeting of U3A Tauranga Inc.

is to be held for the purposes of electing officers and setting the annual subscription for 2016.

Date and Time: Friday 20 November 2015 at 10.00 am. Venue: Wesley Methodist Church, 100 13th Avenue, Tauranga

The following Executive Committee Positions are open for nomination:

- President
- Vice President
- Treasurer
- Secretary
- 3 Group Co-ordinators
- Publications Secretary
- Membership Secretary
- Meetings & Speakers Organiser
- Committee Support (non-portfolio positions)

Please attend and cast your vote!

Enjoy also the Christmas morning tea, followed by items to be performed, and group displays to engage your interest.

President

Vivienne Mills: 574-3133

Vice President

Position vacant.

Immediate Past President

Chris Hector: 548-2704

Treasurer

Peter Benson: 570-0570

treasurer@u3atauranga.kiwi.nz

Secretary and general enquiries

Lati Moodie: 574 9028

u3atauranga@gmail.com

Handbook / Group Co-ordinators

Groups A to F

Marlene McLaren: 570 6055

a2f.groups@u3atauranga.kiwi.nz

Groups G to Z

Julia Weiersmuller 09 817 6038

publications@u3atauranga.kiwi.nz

Membership

Winn Tipping: 570-2370

Newsletter Editor

Beryl Crowther: 544-4113

Speakers Organiser

Joan Gooch: 021 022 32817

Photographer

Alan Freer: 576-5243

Committee Support

Raewyn McAlonan 543 2974

Julia Weiersmuller 09 817 6038

publications@u3atauranga.kiwi.nz

Rob Heath 574 6468

Webmaster

Brian Wood 574 6323

Database

Gael Smart 543 0209

GROUP NEWS

New Groups:

Camera Basics course

U3A Tauranga has a three session Camera Basics course available for camera users to become better informed about their cameras.

The course is a chance for you to explore your camera controls, ask questions and share with the other participants. The members decide and discuss what they are interested in and the course flexes in that direction.

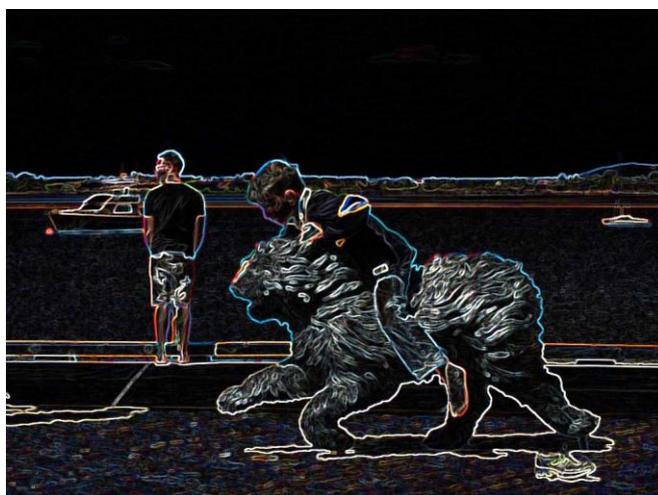
Register your interest with a group co-ordinator.

Photo Enhancing

A group for people interested in improving their photos beyond the camera.

Members will share ideas and by consensus decide on a computer program to learn and use. The members will learn from each other, the success of the group will come from sharing ideas.

Interested? Please contact Jean Garmonsway



Bolivia Cards

This card game is based on the game of Canasta, played in pairs. We have interested people- just need a few more to make the group

Contact Marlene McLaren



Microsoft Solutions

This group is for people who want to use Microsoft Office products (Word, Excel, PowerPoint etc) more effectively. Learning will be by exploring the systems and sharing members' knowledge assisted by TV demonstrations. Contact Jean Garmonsway.

The Feldenkrais Method®

This is a form of education that uses gentle movement and directed attention to improve movement and enhance human functioning. It is based on principles of physics, biomechanics and understanding of learning and human development. After a certain age, our bodily wisdom tells us it's too difficult to slam our bones, strain our muscles, and do the things we used to do with will-power and brute strength.

The Method provides an innovative movement program designed to call into awareness the basic movement habits that cause stress, and then to systematically release the body into more effortless motion.

A fee is involved to cover a tutor and hall hire.

Contact Marlene McLaren



Italian Conversation.

We have a tutor for this group, which will start next year – if we get a few more people. Meetings will be on Monday or Tuesday. A fee to pay the tutor will be included.

Contact Jean Garmonsway.

Philosophy

Are you seeking the answers to Life's Big Questions? This group has a lot of fun debating the historical and current philosophies that inform our thinking on morals, ethics, politics, justice and many other diverse topics. The emphasis is on socialising and making the meeting enjoyable.

Meetings: 1st & 3rd Thursday of the month

Time: 9.45 a.m. - noon

Contact Jean Garmonsway

Changes to personal details

If you change your address, email, phone number, please tell your group convener, or a group coordinator who will get the information into the membership database.

General News.

U3A Tauranga gains runner-up Award in Adult Learners' Week

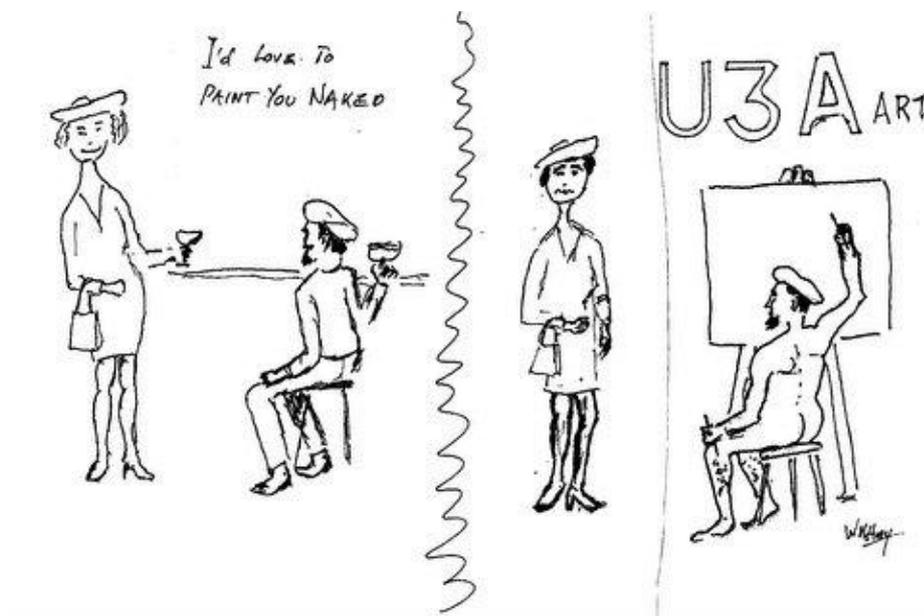
U3A Tauranga was honoured to receive the runner-up award in the “Innovative Provider” category at the fourteenth Adult Learners’ Week ceremony for the Tauranga Moana region on 10 September. We were nominated for this award by Shelley Dean, who learned about U3A when she undertook some French tutoring for us. Shelley says she was very impressed with the U3A philosophy, our format and the lifelong learning opportunity offered to members.

Adult Learners Week is a UNESCO initiative supported by the Tertiary Education Commission, the NZ National Commission for UNESCO, and at a local level by adult and community education providers. Adult Learners Week aims to celebrate the efforts, achievements and contributions of adult learners, educators and providers, strengthen adult and community education, raise awareness of and widen access to learning opportunities for adults, encourage more people to seek advice and guidance about returning to learn, and foster collaborative and cooperative networks and pathways among those who share an interest in adult learning.



Vivienne Mills and Lati Moodie attended the ceremony at the Mayoral Chambers on behalf of all U3A members and were delighted to receive a \$100 cheque for U3A, a framed certificate and a voucher for one of our members to attend an AKO workshop, from Councillor Matt Cowley. It is a real honour for our organisation to be recognised in this way and we thank Shelley for the nomination and also the organisers and sponsors of the event.

Bill Hay adds a little humour to the week!



U3A Members meet with Waiariki Bachelor of Nursing Students

A new paper focussing on positive aging has recently been introduced into the Waiariki Bachelor of Nursing curriculum. Over the past few weeks nearly 30 of our members, in 3 groups, have met with first year nursing students to give them some insight into the experience of aging.





The photo includes U3A members and nurses who participated.

Both the students and U3A members had an enjoyable time meeting and sharing their experiences of life and study.

The meetings were held in the clinical laboratory which has a “hospital” ward and a “community” setting.

You only had to listen to the buzz of multiple conversations and see the looks of enjoyment on people’s faces to realise the meetings of the two groups was a great success. The students have made the most of the opportunity to interview older people and now have a better understanding of what it is like to age in New Zealand.



Thanks to Pam Foster BN lecturer Wairiki for the photographs and notes. Also thanks to Elaine Hollins who liaised with Pam.

A note from our Webmaster, Brian wood.

Many potential new members of U3A have a look at the website first. All of the 90 groups are listed on the website but very few send in reports on their activities. So the general public don’t get any idea of the huge range of possibilities for new members. It would be great if you could ask someone in your group to write up a short report on what you have been up to during the year. What seems like a routine meeting to you can be an item of interest for others.

Example : *We've been meeting once a month in members' homes throughout 2015. Some of the things we've discussed/learnt/investigated includeWe've welcomed 3 new members into our group.*

Please send your contribution to webmaster@u3atauranga.kiwi.nz.

Reminiscence.

Establishing U3A in 1995 was a slow process despite the enthusiasm of the President, Roy Haywood, his wife and others. One reason for this was that at the time there were twenty Probus clubs in Tauranga. Their members enjoyed the monthly meetings which offered a speaker, morning tea and occasional bus trips.

U3A was an entirely new concept. Calling on volunteers to set up study groups to meet each month or fortnight in members' homes was not something that many wanted to be involved in. Some felt they did not have the ability or knowledge to do so. Others were wary of taking on extra responsibility in retirement.

It was six months before the first groups commenced. Walking, Classical Music, and Literature (which was later called Creative Writing) were the first. There were 63 members by the end of the year.

The monthly meetings in 1996 were enjoyable and it was a happy time but groups were slow to increase.

It was from about 1997 and into 1998 that U3A made great progress when many new groups came into being which introduced much interest. David Gordon started French, Italian, Spanish, Latin and Classical films. Alison Murray formed a German group that is still going strong today, almost twenty years later. Travel, Calligraphy, Current Events, Yoga, and Jack Ingram's Local History all made a start around that time.

I would like to express my appreciation to the many people who give their time, and share their knowledge and talents, to make U3A such a worthwhile organisation and a valuable asset for the senior citizens of Tauranga

I am someone who did not contribute to U3A as some others have done, but I look back on the memories of friendship and great enjoyment over the many years as a member and give thanks for so much.

From a U3A member.

General Meetings

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

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.

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Facts and Figures to Date

Membership as at September 2015: 754

Groups:

A – F 43

G – Z 48

Courses 4

Total 91

The next newsletter is due in January 2016. All contributions must be in before 31 December 2015. They should be short, about 200 words, and may be edited.

Editor: *Beryl Crowther* phone 544-4113