



TAURANGA

# NEWSLETTER

Autumn – May 2016

PO Box 14453, Tauranga 3143

[www.u3atauranga.kiwi.nz](http://www.u3atauranga.kiwi.nz)

## General Meetings

The next general meeting  
of U3A Tauranga Inc.

is to be held as follows:

**Date:** Friday 20 May 2016  
**Time:** 10.00 am  
**Venue:** Wesley Methodist Church  
100 13th Avenue, Tauranga

**Guest Speaker:** Jo Bond, director of the Tauranga Arts Festival, was the advertised May guest speaker.

Due to unexpected developments,  
**We now have the following guest speaker.**

**SANDRA SIMPSON** – Literary Manager for the Tauranga Arts Festival – “Escape!”. Sandra is responsible for procuring the Authors and Guest Speakers for the Literary section of the Festival, and her talk will cover this, plus a PowerPoint display covering all aspects of the Festival.

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The June meeting is set for  
**Friday 17 June 2016.**  
*(same time, same place)*

**Guest speaker:** Jocelyn Mist from the Tauranga Library. The subject of her address: “It’s OK to Be Curious”.

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Vivienne Mills: 574-3133

Vice President

Jean Garmonsway: 579-1918

Immediate Past President

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a2c.groups@u3atauranga.kiwi.nz

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## Committee News

### **Welcome to the May Newsletter.**

The Newsletter has been prepared by Kit Divehall and his assistants, Heather and Cathrine.

Also, welcome to seventy five new members who have recently joined U3A Tauranga. We look forward to meeting you at the monthly general meetings and hope you are now well involved in your chosen groups.

I remember the first time I went to a general meeting on my own. I spoke to one person. The next time I went back and spoke briefly to one or two others. I was wondering whether to go back again after that as I didn't know anybody.

At the next hiking group meeting I asked if any of the group went to general meetings. The answer was **no** because they didn't know anybody! After that they all came and it was nice to meet others there who we knew. So don't be put off and introduce yourself to a committee member.

Committee members are becoming multi skilled early on this year as Chris is heading off overseas for three months and Jean has taken over the role of data input from him.

Winn Tipping has resigned from her role as Membership Secretary after 6 years. She was the "front person" in U3A when new members sent in their subscriptions. Many thanks to Winn for her time and support, especially at the busy part of the year, when subscriptions are paid.

Speaking of subscriptions, I was perturbed to find over 100 subscriptions are still unpaid. A subscription invoice was sent out in January and a reminder will be sent out before this newsletter comes out. Please pay online or by cheque or by cash at the next general meeting.

It would be helpful to let us know if you are resigning so that your status can be changed in our database. A phone call to Jean, Ph 579 1918, will suffice.

We are pleased to welcome Margaret Douglas as U3A archivist. She is busily checking through all the material in the cupboards at the church hall. If you have anything of interest to U3A, photos etc. please contact her. Ph. 579 4429.

Angela Dold, well known to U3A members, has offered to take over the Almoner's role. This is an important role, as we like to keep in touch with members who are unwell or have bereavements. Conveners, if you know of a member in your group who is in hospital or unwell, please give Angela a call. Ph 571 6767.

Vivienne  
President

## Group News

### *Message from the Co-ordinators*

**Groups:** Group numbers have continued to grow this year, with over 800 members now, and we have over 90 groups advertised. So far this year Anne, Kathleen and Marianne arranged a conveners' meeting and a new members' meeting, all very well attended. Many groups are now full and we need to start up parallel groups. Art History, Building and Cities, and Garden Ramblers each have enough on the waiting list to start a new group. All four Current Events groups are full and we are starting a waiting list for a new group. There is interest in setting up a Tai Chi group and we need to hear of people who are interested in joining that group. Anyone wanting to start a new group can contact one of the co-ordinators, and we will advertise.

### **Groups A – C:**

**Co-ordinator: Kathleen Fraser Ph 576 2175**

Creative Writers 2 has just started. The Convener is Angela Dold, Phone 571 6767. The group started on Monday 14<sup>th</sup> of March.

#### Art History Group 2

As we have a few people on the waiting list, I would like to start a second group if we could get a few more members interested. I think another four would be the minimum number required. Lorraine Dempsey – Convenor of Art History, has offered to come to the inaugural meeting to give advice and information. If any member would like to join this group, please phone Kathleen on 576 2175.

### **Groups D-L:**

**Co-ordinator: Marianne Lammers Ph 021 804403**

There are waiting lists for:

Garden Ramblers

Ethnic Dining

Luncheon Group

Films, Festival and Foreign

Foreign film Classics

Rialto Film Group

Geography

Hikers

Feldenkrais

History of New Zealand

French Conversation

German Conversation

Jazz and Blues Appreciation

If members wish to indicate interest in any of the above could they please contact Marianne by email at [m.lammers@actrix.co.nz](mailto:m.lammers@actrix.co.nz)

## **Groups M – Z:**

**Co-ordinator: Anne Withy Ph 579 0430**

There are Waiting Lists for:

My Music – Anything Goes  
Photography

Philosophy  
Rialto Films

Proposed new groups with Waiting Lists are: Spanish and Tai Chi.

If members are interested in any of the above could they please contact Anne Withy by email at [m2z.groups@u3atauranga.kiwi.nz](mailto:m2z.groups@u3atauranga.kiwi.nz)

When she has sufficient names to form a new group she will call people together to make the necessary arrangements.

## **Art Practical:**

The Art Practical Group is open for new members.

We are a friendly encouraging group who meet fortnightly.

Once a month we have a tutor - it could be water colour, pastels, pen and wash, collage,...anything. On the other session we can continue with what we have learned, or do our own "thing", as we can even if there is a tutor. We are not rigid.

Personally, I have gained a lot from attending the group. I used to be an uptight realistic artist, but with the variety of tutors, I have been amazed at what I can achieve.

We meet on the 2nd and 4th Fridays, 9.30am – 12 noon at the Tauranga Society of Arts building in Elizabeth St.

If you are interested in joining us contact -

Convener: Barbara Inkster Ph 544-8939.

## **Current Events B:**

The month of March saw the 21st anniversary of the inception of U3A in Tauranga, and worthy of mention for our group Current Events B is how fortunate we are to have among our stalwarts Barbara Chapman and Jim Carruthers, both founding members. Also that month the group was acknowledging the 90th birthday of Jim Hughes a past long serving convener and still an active member with his wife Brenda. Both events prompted a look at the combined age of the 14 active members of this group which unbelievably totals 1159 years. Further age disclosure of

group members would probably result in my sacking as group convenor, but it is worth acknowledging that the wealth of experience within this group is immeasurable. The continuing participation is a tribute to the concept of U3A and its philosophy of fun, friendship and development. This group of friends have managed to achieve all that and more, and long may it continue.

Convener: Vic Sterling

### **Garden Ramblers:**

Our April garden ramble was to a large and very beautiful garden in Oropi. About 20 members attended this charming and informative “tour” with Joanna, the owner. Joanna explained some principles of garden design applied during recent changes to the layout of the property.

A new gazebo in the lawn, complete with chandeliers was a delightful place for a quiet read or summer socialising. Surrounded by interesting planting, it looks well established.

A former tennis court is now a venue for weddings. Beautiful brick paths and steps compliment the planting of white roses, salvias etc.

A pergola adorned with old family garden tools was just one of the several interesting structures in the garden. A very clever aluminium sculpture made by Joanna's husband was fascinating.

From flowers to vegetables, mature trees to a very attractive pool area, there was something for everyone.

This was a stunning garden and reflected the personality of the owners. Around every corner was something interesting. Afterwards we all met at the Oropi Hot Pools Cafe for coffee and a chat.

Garden Ramblers group has a membership of 30. It is now closed but there are several on the waiting list to form a new group.

Elizabeth will assist with the formation of the group and can be contacted at Ph 562 2767.

Convener: Elizabeth Reeves



## Hikers 1:

### Trip to Tiritiri Matangi Island & other places.

In early April, nine members and a friend enjoyed a 4 night stay at Edgewater Retreat in Orewa.

The first day dawned a with a magnificent calm, clear blue sky day, which was perfect for the trip to Tiritiri Matangi Island. The island, which is free to visit, is an open sanctuary for New Zealand's rare and endangered plant and bird species.

The island was originally covered with Pohutukawa forest, with Kohekohe and Taraire forest in the valleys. Maori occupation followed by farming eventually turned the island into rolling grassland with only a few pockets of forest remaining.



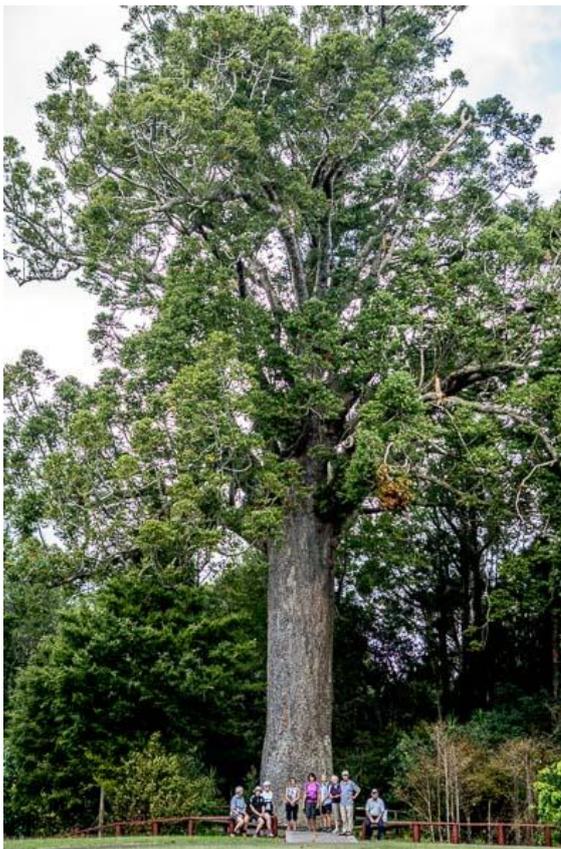
In 1984 a replanting programme began with over 250,000 trees, planted by thousands of volunteers.

The Hikers had a most informative guide and saw many birds. The bellbirds song was unbelievable.

Subsequent days saw them also visit Scandrett Regional Park and then the Brick Bay Sculpture Trail where art and wine are entwined.

The sculptures are placed to be discovered along the trail that meanders past lakes, swamps, vineyards, native forest, etc. They then visited the Parry Kauri Park Walkway through magnificent native bush with regenerating trees and a huge 800 year old Kauri is at the entrance.

On the last day they visited the Alice Eaves Scenic Reserve and Wenderholm Regional Park including a lookout over the Puhoi



River and Estuary. Finally the Waiwera Hot Pools for a great hot soak!!

**Note:** This group is closed but you can call the following if you would like to join the waiting list for a new group.

Conveners:

Thelma Cane Ph 574 6222 & Kathy Gibbs Ph 574 9111.

(Article condensed; see the full article on the U3A Tauranga website.)

## Photography 1:

**The Photography 1** group wishes to thank Alan for being the tutor/convener for several years.

He has always been there to help us with our photos showing us how to compose a

good shot, download it to the computer, work on the photo in one of the photographic programmes and finally email it to the convener. Glenne has taken over the position of convener and made an excellent job of organising the pictures in PowerPoint and has a few new ideas about which she will notify us at the next meeting.



The group meets on the third Tuesday of the month at 9.30am at 23 Avocet Avenue, Maungatapu.

We email two photos of the set subject and two photos for the "Open" section; these we view on the TV screen and vote for the ones we believe are the best.

Conveners: Glenne Finden Ph 574 2925 & Betty Clethero Ph 544 2067.

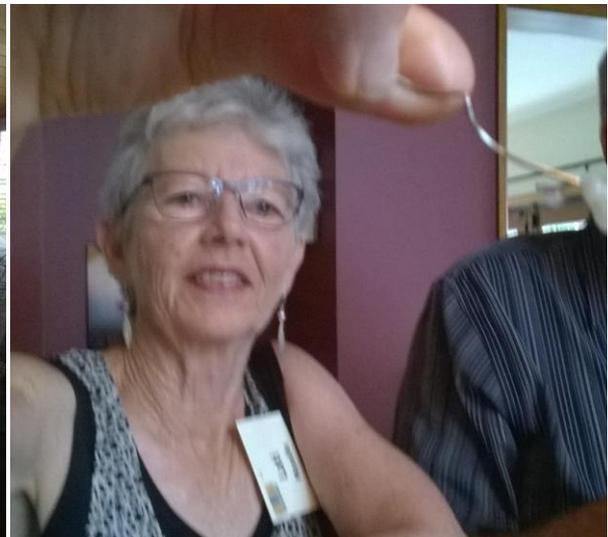
***Birthstones***

*May: Emerald.*

*June: Pearl*

## Science:

The science group recently had some fun with a simple “kitchen” extraction for a firsthand look at DNA from a banana. Blended, extracted with salt and detergent solution, then precipitated with meths, the white, stringy, gloopy stuff appeared and could be hooked out of the mixture.



After this experiment Kate presented a review of the nature of the genetic code of DNA, present in the chromosomes inside the nuclei of most cells. The group learned how the code is transcribed into messenger RNA, which takes the code out of the nucleus to the cell machinery, which then translates it into new protein molecules. Different proteins are the main structural and functional components of all living cells. Protein molecules called enzymes drive all the chemical reactions of life. Finally, we watched a video animation that neatly summarised the whole process for us.

Knowledge of these processes can help us to understand how genetic defects can cause certain conditions such as cystic fibrosis and also to understand the various new gene technologies that are becoming available and are often featured in the news.

## Singing for Joy:

Singing for Joy is a group of fun people who enjoy singing songs their way. We have two amazing pianists who help to create an atmosphere of warmth and fun. We are always open to new members as we have a large hall so do come along and give us a try. We meet every 1st and 3rd Tuesday at 1 pm. \$3 per session and books are available, these are buyable when you join us. (\$2 per session shown in error in Handbook).



There is no need to read music or have operatic training, just a voice that enjoys itself in the shower. Look forward to seeing you.

Convener: Maggie Windsor - Brown Ph 578 4297.

*I'M NOT WHITNEY HOUSTON  
BUT SINGING MAKES ME HAPPY*

## Notices

### Tauranga Community Health Liaison Group:

The Tauranga Community Health Liaison Group invites U3A Tauranga to nominate a delegate to join this group as a consumer representative. The group is comprised of community organisations with an active interest in the provision of health care services in the Tauranga Region. Its purpose is to have a form of communication between the community and the hospital.

They meet monthly and have free and open discussion with DHB personnel, bringing community concerns to the attention of the Board and also hearing about what is happening in the health field.

They seek delegates who have strong community links who can speak for and report back to their organisations.

Meetings are on the last Wednesday of the month from 4.30pm to 6pm. For further information please contact either of the following:

Shirley Waid Chairperson 07 570 1535 [shirleywaid27@gmail.com](mailto:shirleywaid27@gmail.com)  
Dorothy Stewart Secretary 07 576 6170 [geo\\_dorothy@vodafone.co.nz](mailto:geo_dorothy@vodafone.co.nz)

*I know of no case where a man added to his dignity by standing on it.*  
- Winston Churchill

## How to Improve Your Memory:

This service offers many helpful hints on "how" to improve your memory. It includes encoding, strategies and how to boost your brainpower through nutrition.

Contact Samuel Hartman as follows for full information:

[hartman.samuel@gmail.com](mailto:hartman.samuel@gmail.com)

## Guinea Pigs Wanted To Test New Puzzle Service:

We're starting a two-week trial on May 2 before launching our new puzzle website.

These are not online puzzles; they're laid out to be done on paper.

To see the website and register go to: <http://puzzlesplus.co.nz/frontend>

You'll be sent an email confirmation which will say you've got to pay a month's subscription: ignore it.

You'll then get another email to say your login has been activated.

You won't see any puzzles until Monday: if everything is working properly you should receive an email overnight on Sunday/Monday saying that the new week's puzzles are available.

If you know anyone who's keen on puzzles pass on this information, the more the better for the trial, which runs from May 2–15.

I especially want feedback on anything that doesn't work properly or could be improved. Thanks for your help,

Doug Hendry [doug@thepuzzlecompany.co.nz](mailto:doug@thepuzzlecompany.co.nz)

021 2486 486 07 579 1374

**April General Meeting**  
Meet and Greet  
"Lone Rangers"



## International News

### UK Summer School:

If any U3A members are thinking about visiting England this summer, the Corpus Christi Lifeline Learning Summer School currently have a small number of places available on their one or two-week lifelong learning summer school (28 August – 10 September 2016). The registration deadline is 15 June 2016.

Experience Cambridge college life (in the University's sixth oldest college; founded in 1352). Take some fascinating classes. All class outlines are now available on their website at

<http://www.corpus.cam.ac.uk/conferences/cambridge-lifelong-learning/academic-courses/>

Further information is available on their website at

[www.corpus.cam.ac.uk/lifelong-learning](http://www.corpus.cam.ac.uk/lifelong-learning).

Anyone wanting to receive a brochure, or simply to find out more, should contact:

Dr Nick Godfrey

Co-ordinator, Lifelong Learning Summer School

Corpus Christi College

Cambridge, CB2 1RH

United Kingdom

[lifelonglearning@corpus.cam.ac.uk](mailto:lifelonglearning@corpus.cam.ac.uk)

### A note from our Webmaster, Brian Wood



**U3A Tauranga has an active web site.**

<http://u3atauranga.kiwi.nz/>

or Google 'u3atauranga'

Contributions are sought from members. These could be about group activities, items of interest or personal holidays. Articles can be any length and include up to 15 images.

Send your contribution by e-mail to [webmaster@u3atauranga.kiwi.nz](mailto:webmaster@u3atauranga.kiwi.nz) or by mail to Webmaster, U3A Tauranga, PO Box 14453, Tauranga 3143.

## **SUBSCRIPTIONS**

**Subscriptions were due 31 March.** Please pay now so you can receive your 2016 pink Handbook and continue attending your groups.

## **General Meetings**

**Note:** *General meetings are held on the 3rd Friday of the month  
at 10.00 am  
in the Wesley Church Hall,  
13<sup>th</sup> Avenue, Tauranga.*

### **Facts and Figures to Date**

Membership as at 30 April 2016:

Financial 687

Non Financial 130

TOTAL 817

Groups: 91

### **Members' Forum**

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

**The next newsletter is due Winter – July 2016.** All contributions must be in before 30 June 2016. They should be short, about 200 words, and may be edited.

**Editor:** *Kit Divehall* Ph 576 8100

[newsletter@u3atauranga.kiwi.nz](mailto:newsletter@u3atauranga.kiwi.nz)