



General Meetings

Next Meeting:

Date: 21 July 2017

Time: 10:00 am – Noon

Guest Speaker: Luke Burgess

Luke Burgess is a senior fire officer at Tauranga's NZ Fire Service. He will be



speaking on fire safety in private homes and general precautions we should know relating to fire safety. Luke also responds to disaster events like the recent Edgecumbe floods.

August Meeting:

Date: 18 August 2017

Time: 10:00 am - Noon

Guest Speaker: Debbie Cunliffe

Diabetes Nurse Educator – Manager

Diabetes Help Tauranga



Debbie has worked in the health and social care sector for over 30 years as a nurse, counsellor and lecturer. As a UK Minister of Health Candidate, Debbie has served on NHS Trust Boards, CRUSE Bereavement National Board and Marie Curie Cancer Care Regional Board.

For the last 10 years Debbie has returned to grass roots nursing and specialised in diabetes; she is also Vice Chair at Diabetes Help Tauranga. As a Diabetes Nurse Specialist and Educator, Debbie believes that as individuals and as a country we could do much better in terms of inflammation, diabetes and heart disease. Debbie's role on the Aotearoa College of Diabetes Nurses allows her insight into what is happening in New Zealand and across the world. She has great concerns for the future of our whanau, our communities and our health system if we do not do something soon to stem the current epidemic.

Debbie's talk covers the history of diabetes, it's signs and symptoms, and what we are currently told about managing - "The Silent Epidemic - Diabetes."

You may not be able to turn back the clock, but you can wind it up again.

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General Meetings are held on the 3rd Friday of the month (except December and January)

10.00 am – 12.00 noon

Wesley Methodist Church Hall

100 13th Avenue, Tauranga

Main items on the meeting agenda are a "mini" presentation and then morning tea followed by a guest speaker. **There is a \$4.00 charge to cover morning tea**

Group Coordinators' Report

New groups formed since the last Newsletter.

- **Rialto 2** will meet on the 4th Wednesday of the month. Time will be dependent on the movie chosen. The convener is John Russell. Ph: 07) 562 3467.
- **Rummikub** will meet on the 1st Thursday of the month at 1:30pm in members' homes. The convener is Sheila Goodley. Ph: 07) 572 2959.
- **Science Today 2** will meet on the 3rd Wednesday of the month at 10am in members' homes. The convener is Neville Harlick. Ph: 07) 574 9069.
- **Photo Enhancing 2** has also been formed, with Margaret Marsh as convener. Ph: 07) 281 2408. This group will meet in members' homes on the 4th Friday of the month, 10am – 12:30pm.
- **Lone Rangers 2** meet on the 2nd Tuesday of the month at 1:30pm at Alimento Café. The convener is Janie Gibbens. Ph: 07) 218 8879.



Lone Rangers is open to women and men who live on their own and wish to socialise with others, make friends, share activities, outings, and perhaps trips and travel. This group like all others will be self-determining with regard to how it operates.



The Astronomy Group has a new convener, Neville Harlick.

Ph: 07) 574 9069. This group would also appreciate some new members. More members would also be welcomed by the Opera 2 Group.

Future Planning

Summary:

1. General Meeting venue:

A short list of possible venues has been created. Jean Garmonsway, John Powell and Peter Simmons will visit these venues in Tauranga keeping in mind the following:

- | | |
|-----------------|--------------|
| a) Availability | c) Parking |
| b) Cost | d) Bus route |

They will then report their findings to the committee.

The committee needs to be confident that the above criteria are met and that any new venue will accommodate our requirements. We don't want to move to a new venue and then find out that it doesn't work for us!

2. Survey/Questionnaire

It has been decided that a Survey/Questionnaire regarding splitting U3A is not required. A search of the database on the number of members who live in the area of the Mount down to Te Puke shows that there are fewer than 150 U3A members in that area. There are too few members in the Mount/Papamoa areas to make a geographical split plausible.

However, if there are people who live in that area who would like to start their own U3A, I would be willing to help them set it up.

3. Supporting Committee roles:

Treasurer – Elizabeth Reeves and John Powell will test the procedures for the Treasurer's role. Training would then need to be given to the Treasurer Support person(s).

4. Charities Commission/Group membership:

Work is in progress to determine the group attendance data required by the Charities Commission in order to simplify the process for Conveners and Co-ordinators.

Thank you to those of you who have forwarded suggestions and advice to help us in our task of planning for the future of U3A Tauranga. They are greatly appreciated.

Jean Garmonsway

If you wait, all that happens is that you get older.

President's Report



We recently had the shortest day of the year, so summer is on the way. Unfortunately, we all know the reality is that there is a lot more of typical winter weather yet to come.

The Future Planning team is progressing with its work. Quite a lot of the issues that have been identified have been operational in nature so we are dealing with the important ones here and now.

A few of us are planning a tour of venues to see if there is anything more suitable than the church we currently use for the monthly General Meetings. We should be able to report the findings at the next General Meeting.

If I now put my Presidents hat on to address the issue of administrative resilience and backup, I can say we have done some good work training people in the Membership admin role. Recently I have been discussing with the treasurer how we might strengthen our options in that role as well. One thing I have been impressed with is the performance, reliability, functionality and commercial robustness of the Xero accounting system. It is good value for some \$45 per month.

Another related concern I have is the fact that we are all getting older and may, at any time, experience, health issues that impact on the business of U3A. I for one have seen family, friends and acquaintances unexpectedly become incapacitated or worse. We rely on our willing volunteers and our work life experience to a great degree and I thank you all for your contributions. We must be diligent about applying the KISS principle (keep it simple in everything we do as there is no benefit in developing complex solutions to issues that can be dealt with simply).

May I take this opportunity to thank Diane Moulton for her work on the executive, we wish her well for the future. Likewise, thanks to Bev Taylor for stepping into the “meet and greet role”.

Alan Freer has made arrangements to cover any situations where he cannot undertake his photographer duties.

The Constitution: We believe that we are at the point where our rewrite of the 2013 version can be reviewed by the executive in the first instance. Depending on the outcome of that, we hope to release it to the membership for consideration and then ask the membership to vote on its adoption at a special meeting that we hope will be combined with one of our general meetings. You will, of course, receive the proper notifications.

We have submitted our Tier 4 return to the Charities commission. Since then we have had the opportunity to see some examples of reports they think highly of, so we will take those lessons on board.

We have also submitted a COGS application. Time will tell if we are successful as the call on their funds greatly exceeds those available.

We continue to have excellent speakers at our General Meetings. The last one on bugs and things reminds me that we live on an amazing planet, the diversity of which is outstanding but also at great risk. We look forward to the fireman's talk next time as the two speakers were able to swap dates at short notice.

Thank you to those who donated to the House of Science. We will of course pass on the amount raised to the Tauranga office.

To date we have supported 7 groups with a total of \$1172.80 in funding mainly for the rent of facilities and tutor fees.

Sheila informs me that we now have 850 financial members and 9 life members. Welcome to all new members. Please make yourselves known to them and in that way, all of us will enjoy the experience that is U3A.

Regards
John Powell
President

Member Profiles



Jean Garmonsway

My name is Jean Garmonsway and I am Vice President of U3A Tauranga. I was born and brought up in the industrial city of Manchester in the North of England but moved to Ripponden, a village in West Yorkshire, when my two children were small. So, they grew up in a rural community. However, I still consider myself a Mancunian and those roots run deep! I have been a Manchester City Football Club supporter since the age of 15!!

I began my working life as a typist (some of you will remember typewriters!) working in the Town Clerks Department in Manchester Town Hall. I also worked in the Recruitment and Project Management areas for various companies and finished my working life as an Information Technology Manager.

I love travelling and have spent many holidays in various places in Europe as well as Nepal, Bhutan and Canada. I still have quite a long 'bucket list' of places I would like to visit.

How did I end up in NZ? Like a lot of grandparents, I followed my grandchildren to New Zealand almost 13 years ago. When my youngest daughter (and son in law I hasten to add) invited me to come to NZ to see if I liked it, I came over here on holidays. I took a couple of years to think about it and then decided to take the

challenge and move out here. It was a very difficult decision to make because I had one daughter and family and friends back in the UK but I missed my grandchildren.

I joined U3A not long after I arrived here and am now a member of Opera 2, Hikers 2, Art History 1, Yoga 1 and the Shakespeare group. Also, I have just joined Rialto 2. I convened Opera 2, Hikers 2 and Yoga 1.

I have been a member of the Committee for a number of years. Initially as Groups Coordinator alongside Vivienne Mills and then with Marlene McLaren. I really like the people contact and it was a great way to get to know lots of members as well as the Conveners. This year is my third year as Vice President.

I was the 'mini-speaker' at the June General Meeting. The subject of my talk was Ancient Egyptian Art. My original presentation on this subject was my first presentation to the then newly formed Art History group in 2013.

My main interests apart from my family are Art History, Hiking, Keeping Fit, Reading, Movies, Theatre.

I have been married to a Kiwi for nearly 10 years and between us we have an extended family of 5 children plus husbands/wives and 12 grandchildren.

So, from a working-class background in Manchester to living in Tauranga has been one amazing journey, and long may it continue!!!

New Member Profiles:



Jane Rode

Jane Rode is a new member of U3A Tauranga. In a few short months she has become enthusiastically involved in a number of Groups comprising:

Festival and Foreign Films, Nature Study, Travel, Garden Ramblers, Horticulture and Gardening, Rialto Films, 500 Card Game, Singing for Joy, and Lone Rangers!!

Jane also assists the Convener of Lone Rangers. This group is for solo seniors with many activities such as lunch, picnics, movies, tours and travel to name a few!

Jane comes from the New Forest, Southampton in the U.K. She had a career there as a Police Woman, Manager of a Market Research Centre and, as a volunteer, assisting families and children visiting Prisons.

She and her husband moved from U.K. to Mission Bay, Auckland eighteen months ago so they could be near their two sons and families who had earlier moved to NZ. Sadly, her husband died suddenly two weeks after they arrived. Jane joined the U3A a month later and started to make new friends, some of whom she still travels regularly to Auckland to see.

Jane has 5 grandchildren here and one of her sons and family live in Tauranga. She is presently building an apartment on her son's property in Tauranga which will be great for all the family. Jane plans to re-visit the U.K. again next year.



Margaret Marsh

Margaret is a new member of U3A Tauranga and she is the convenor of the Photo Enhancing 2 group (see details of this group in "Group News" in this newsletter). Margaret hails from London and she and her husband, Peter, moved to New Zealand in 1972.

Since 1990 computer training has been the focus of Margaret's career. In her various roles, such as a training manager for various companies, including Apple Computers and a computer studies tutor for Auckland University, she has taught thousands of students. Margaret still carries out the latter role today. In addition, she owns three businesses in computer training, web design and desktop publishing.

Theatre, history and all kinds of music are passionate interests of Margaret as well as travel and watching BBC documentaries. She and Peter have a daughter and a son and 4 grandchildren.

Group News

Mini Hikers 2

The Mini Hikers group have had some varied and interesting walks over the last couple of months including the Otanewainuku waterfall walk, a damp Katikati Uretara Estuary walk and a walk through the Kaharoa Kokako Trust reserve in Rotorua. For this walk we were guided by Carmel, a long-time member of the trust. She was able to coax a pair of the endangered Kokako with a recorded bird call so we could clearly see them feeding on the trees above our heads - quite a magical experience. The walks have been well supported and enjoyed by all those who were able to participate.



During the Katikati Uretara walk.

Steve Hayles

Introducing Our New Group

Photo Enhancing 2

Take your photo editing skills to the next level. If you have been editing photos for a while and need to stretch your skills and imagination – then this is the group for you.

Using your own computer and photo editing software such as Adobe Photoshop, Adobe Photoshop Elements (Photoshop's baby brother!), Adobe Lightroom, Corel PhotoPaint, or the free editing app Paint.net from <https://www.getpaint.net/>

Here is a general list of the topics to be covered in this course:

(Please note, some apps may not be able to do all of the topics listed below – this list is based on Photoshop.)

- Take a journey through the basic best practices of photo editing so you can learn how to edit your images with professional skill.
- Learn to resize images correctly.
- Use layers, adjustment layers and layer masking, smart objects and smart filters. Adjust colour and luminosity in your images.
- Learn how to replace one colour with another easily and seamlessly.
- Learn the truth about Jpegs!

We will then take it one step further to look at making good selections, feathered edges, merge images to create a single image, add text and special effects to your images. Work with masks and transparency, and the Content-Aware functions. Put an image inside text and learn how to edit images that contain perspectives. Have fun with text and create artistic art works you can give as gifts!

Learn how to use your software for examples like this:



**Wedding Collage: Family Collage: Create ads for newsletters and emails:
Create Artwork for family and friends: Personalised movie posters: Fun with text:**

Convener – Margaret Marsh. 281-2408

Auckland University Adobe Tutor who has been using Photoshop since 1990.

Meeting: 4th Friday of each month

Time: 10:00am. – 12:30pm.



Facts about the [U3A Tauranga Website](http://www.u3atauranga.kiwi.nz/)



Easily accessible using a smart phone, tablet, iPad, smart TV or a computer.

350 + articles (pages), with a Main Menu and 7 sub menus (no dropdown menus because some phones do not respond).

U3A Tauranga web site uses a Content Management System (CMS), one very simple Template and one CSS layout file.

Size of the U3A Tauranga Joomla Web Site, 14,565 files in 3,202 folders plus the CMS Program.

U3A Tauranga uses a powerful editor. The person editing the website feels as if they are editing a Microsoft Word document, and not content on the website. It allows multiple users to access the website from anywhere with an Internet connection and update its content simultaneously without affecting the system performance.

Yes, the site has all updates installed and is backed up (copied) to off-site computers weekly.

<http://www.u3atauranga.kiwi.nz/> is easily found by using Search on any computer, tablet or phone.

The web site is only as good as the information members supply. If your group can add content or you want it known there is a vacancy, please e-mail webmaster@u3atauranga.kiwi.nz

Facts and Figures to Date

Financial members as at 25 June 2017	850
Life members	9
TOTAL	859
Number of Groups:	105

July was named in honour of Julius Caesar.

Gaius Julius Caesar (12 July 100 BC – 15 March 44 BC) was a Roman religious, military, and political leader.

When Julius Caesar died, Quintilis, which was his birth month, was renamed with July. Quintilis means “fifth month” in Latin, which represents where this month originally fell in the Roman calendar.

The Julian calendar, proposed by Julius Caesar in 46 BC, was a reform of the Roman calendar. It took effect on 1 January 45 BC. It was refined and gradually replaced by the Gregorian calendar in 1582.



May & June General Meeting Snaps

Meet & Greet Team – May Cycle Group



Meet & Greet Team- June Writers Inc.



May Guest Speaker



Marc Anderson spoke on his career as the director of the Bay of Plenty Garden and Arts Festival.

June Guest Speaker



Kate Steeds spoke about when she was photographer and assistant to entomologist Dr Peter Maddison and they travelled through the Pacific Islands including Easter Island and The Galapagos.

The Almoner



Angela Dold is the U3A Almoner and offers understanding and support to all members when needed. Angela needs your advice when such incidents occur to keep her informed and, enable her to carry out this role.

Please let Angela know if you become aware of a member, their spouse, partner, or family members who are ill or, if there has been a recent bereavement.

Phone: 571 6767. Email: anndold2811@gmail.com



The America's Cup

Congratulations to New Zealand on winning the America's Cup.



From this

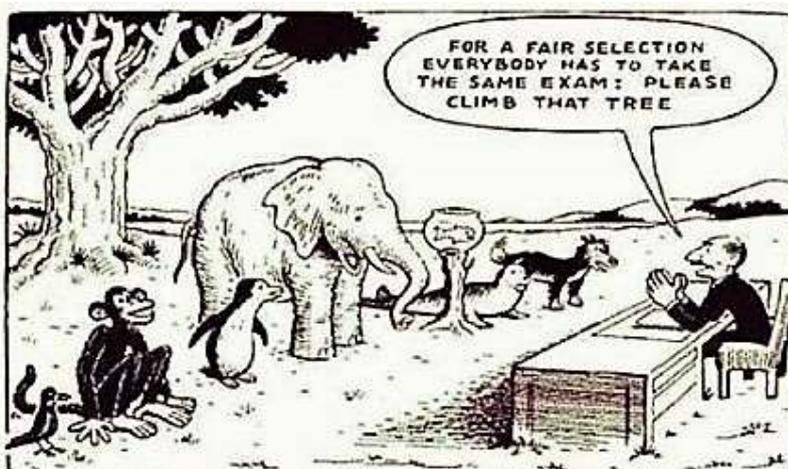


To this.



Above & Top Right:
Kulim Park Yacht Club Building
The base from where many of our children learned to sail 'P's and Optimists.

Tauranga Harbour was the nursery for some of New Zealand's top sailors and where, as a child, **Peter Burling** began his sailing career.



Our Education System

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

- Albert Einstein

2017 Committee

President:

John Powell - 575 4540

Vice President:

Jean Garmonsway - 579 1918

Immediate Past President:

Vivienne Mills - 574 3133

Treasurer:

Elizabeth Reeves - 562 2767

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Next Newsletter

September 2017

All contributions must be in before Friday 25 August 2017.

Committee, Convener and Group Reports should reach the editor before the deadline. If you have something to share with U3A members, we ask for short contributions (which may be edited). Inclusion will depend on available space in each newsletter.

Editor: Kit Divehall - Ph 576 8100 newsletter@u3atauranga.kiwi.nz