

### WINTER GENERAL MEETINGS



#### Beachside

- Date:** Tuesday 6 July 2021
- Time:** 10.00 am to 12 noon
- Venue:** Arataki Community Centre, Mt Maunganui
- Entry Fee:** \$5.00
- Guest Speaker:** **Annie Barry QSM**, NZ's first professional female firefighter

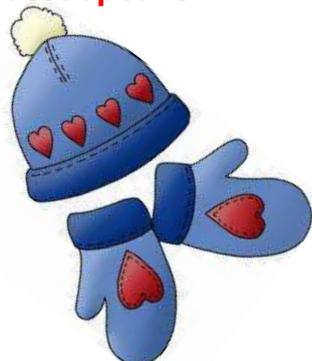


#### Tauranga

- Venue:** Tauranga Yacht & Powerboat Club, Sulphur Point, Tauranga
- Time:** 10.00 am – 12.00 pm
- Entry Fee:** \$5.00
- Date:** Friday 16 July 2021
- Guest Speaker:** **Stacey Roche**, Embracing her Paralympian Opportunity.



- Date:** Friday 20 August 2021
- Guest Speaker:** **Anne Tolley**, Commissioner Tauranga City Council.



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### Newsletter Team

*Lynette Viertel - Editor*

*Jan Holden – Acting (this issue)*

*Paul Chapman - Quiz and Feature  
Articles*

*Col Basire & Graeme Wilson– GM  
Photos*

*Judy Armstrong, Beachside Notes*

*Liz Chapman – Proofreading*

## Quiz Corner

Test your general knowledge with these questions. Answers on page 15.

1. Where is the Bay of Rainbows?
2. Who is said to have been Queen of England for just nine days?
3. What is the name for a substance that has no therapeutic effect, used as a control in testing drugs?
4. Where are a baby's fontanelles?
5. Which is the most southerly state of the United States?
6. Who wrote *The Pit and the Pendulum*?
7. Which is the longest country in South America, measured from north to south?
8. How many books are there in the New Testament: a)27, b)29, c)32?
9. How many hours is London ahead of New York time?
10. If we hear thunder nine seconds after seeing the lightning, how many kilometres away is the storm?



# PRESIDENT'S MESSAGE



Dear Members

As I sit here writing this letter the rain is pouring down outside. I hope you are all keeping dry and warm.

My apologies to those who attended the Tauranga June General Meeting and were unable to pay the entrance fee as we did not have enough change. While we will have a bigger float at future meetings **could I request that members try to bring the correct change to the**

**General Meetings, or at least have smaller denominations.** This would be very helpful to our Treasurer.

Our year is speeding by, and the Executive is working hard to ensure the administration of U3A Tauranga is going smoothly and deadlines are being met. Our Convenors and Co-convenors have been ensuring all groups are functioning week by week, and month by month. I am extremely grateful for all your work. Thank you.

As I looked around yesterday at our General Meeting, I was reminded there are many roles within U3A Tauranga that often go unnoticed yet are vital for our successful functioning. We acknowledge the Meet and Greet teams who do such a great job, but there are two silent workers behind the Tauranga and the Beachside Meetings who organise this. We see how important the AV team is at our Meetings but again we do not see the two people in the background who put the PowerPoint presentations together for me. These are two examples of the selfless commitment some people are making to U3A Tauranga. Please look around and think about the many others who contribute quietly but add so much. We should ensure we thank them and celebrate their generosity.

Our Almoner, Pat Chainey, another quiet worker, has asked that, if possible, when notifying her of a bereavement to please include the contact address given in the newspaper notice.

The Group Coordinators ran a successful New Members' Meeting this last week and it was a real pleasure to welcome the most recent of the 105 new members we have had join us so far this year.

Please note that email addresses for the President, Secretary and Equipment Manager have change. The new addresses are listed on the back page of this newsletter.

Finally, I do hope many you have been able to have your Covid vaccinations. I think the 65+ age group are particularly fortunate here in the Bay of Plenty. It appears our cohort has been offered the vaccination ahead of many other areas of NZ.

Remember **the Beachside General Meeting on Tuesday 6 July at the Arataki Centre. Please arrive by 9.45 for 10am start.** I hear Annie Barry is an excellent speaker.

Kind Regards

*Anne Withy*  
*President*

# MAY AND JUNE GENERAL MEETINGS

**A General Meeting was held Beachside (Mt Maunganui) on Tuesday 4 May.**

Members were given COVID information regarding the vaccine, which is now available – phone, 0800 829 000 to book.

**Raewyn Gallagher**, the U3A Health and Safety Officer, explained why the update of H&S is necessary. Everyone is responsible for themselves. Individual responsibility forms are to be signed by all participating in outdoor activities.

**Bryan Wilson** gave an interesting mini talk on the *History of Jazz* which started when slaves were allowed to gather every Sunday on Congo Square to share musical traditions, which led to what is now called Jazz. This movement has grown globally, particularly in Brazil, and as it helps to break down barriers giving freedom of expression to all cultures, in 2011 UNESCO declared 30 April as National Jazz Day. His group meets once a month in Papamoa, see Handbook. Jazz can also be heard on Village Radio 1368.

Graeme Wilson introduced **Aaron Balsam and Chris Batten from Next Step** who spoke about their *Exercise and Recovery Centre*, which was started in 2019. The centre specialises in exercises for all health conditions, disabilities and injury. They have a team of qualified exercise physiologists who having diagnosed a problem, adapt programmes for individual needs. Programmes can be designed for conditions including stroke, spinal cord injury or brain injury, Multiple Sclerosis, Cerebral Palsy and Parkinson's Disease.

Chris, who is a physiotherapist, diagnoses the problem and using the latest scientific research doctors, specialists and surgeons, can work to get the best possible outcomes for the person concerned. Chris became a physio because of a severe back injury, and he specialises in discs and shoulder injuries. He showed us several slides of 'before' and after 'injuries' and how they were improved.

Aaron, an exercise physiologist, went to the States to study and came back to help form the Next Step franchise which is the only one in New Zealand - there are 8 worldwide.

Referrals are not required - people can go direct. Next Step is in Hocking Street, just off Hewletts Road, next to the Farmers Car Complex.



*Aaron (pictured left) and Chris meet with members after their talk.*

**Tony Fellingham** (pictured right) gave the mini talk at the **May Tauranga General Meeting**. Tony spoke about his time living in Canada.



**Dan Allen-Gordon** (pictured left with President Anne Withy) was the guest speaker. Dan is the Founder and Regional Manager of the Graeme Dingle Foundation Bay of Plenty Trust. He explained how the organisation works with the help of many dedicated people to improve the lot of young people in need of help in Tauranga.

At the **June General Meeting in Tauranga** members were treated to two guest speakers. **Lesleigh Ricardi**, Branch Manager of the ANZ Bank at The Crossing, was the first guest who gave the mini talk on *The Changing Face of Banking*. Lesleigh has 16 years' experience in banking, and she outlined the recent changes that have affected customers. With our borders closed due to Covid 19, the sale of foreign currency has been suspended. Due to the drop in customer walk ins after lockdown many banks have closed branches or have introduced shortened hours of opening. There has been a huge increase in digital banking – either through ATM machines or online banking. A change in the Finance Services Act has also required banks to provide the right products to customers that meet their specific needs. Therefore, if you want to open a bank account these days it is necessary to make an appointment. Removal of cheques is probably the biggest change affecting the age group of U3A members. Lesleigh explained the reasons for withdrawing cheques was two-fold – the time it takes for cheques to clear and the prevalence of cheque fraud. Internet Banking provides an instant transfer of money from sender to receiver. During question time Lesleigh was asked what provisions the banks were making for people who were sight-impaired or for other reasons were unable to operate an ATM or a computer. Lesleigh suggested that in these circumstances the customer needed to give a trusted person Power of Attorney to do their banking for them. She also said that banks were offering training to customers on how to do Internet banking.



**Jennae O'Donnell** was the guest speaker after morning tea. Jennae has a Bachelor of Technology, majoring in Food. She is the Product and Ingredient Research Manager at Comvita. Jennae has worked for Comvita for 4 years and has been in her current role for the past year. Her talk was about *Manuka Honey* and *Medi Honey*. Jennae explained that Comvita is committed to enhancing scientific research to improve understanding of Manuka honey and that they have world-leading standards and are also the world leaders into scientific

research on Manuka honey. To authenticate the products, they undertake 30 laboratory tests to determine the purity and potency of every batch of their products.

The Ministry of Primary Industries (MPI) produced a scientific definition to protect the New Zealand Manuka honey industry and they have defined strict levels of each of the compounds in the honey. Manuka honey products that are exported must meet the MPI criteria. A unique compound in Manuka honey, Leperidine 3, 6, 7-Tremethylumazine, was discovered by Comvita researchers and they have the only laboratory that can test for this compound and are, therefore, the only ones testing for this.

Customers should note the UMF grading system on the label of any products they purchase. The grading system identified the strength: 5+, 10+, 15+, 18+, 20+. The higher the number the greater the antimicrobial properties.

The therapeutic benefits have been documented since ancient Egypt and Greek civilizations and scientific research has proved that this is not just folklore. While all honey has antimicrobial properties, other honey varieties are not suitable in wound environments as the compounds are less stable. Manuka honey has non-peroxidase activity (NPA), which is superior for wound healing. As well as effective in healing wounds, Manuka honey is also used for eczema and dermatitis, burns, coughs and colds, digestive health and is a healthier alternative as a sweetener than sugar.

## Meet and Greet Teams

**May Tauranga – Book Lovers 4 Group**



**June Tauranga – Buildings and Cities**



# GROUP COORDINATORS' REPORT

## Details of New Groups:

**French 3 - for Absolute Beginners:** - Convenor, Linda Kennedy, phone 027 280 3670, Sub-Convenor, Carlene McCarthy, phone 021 140 8701, Tutor: Michelle Heywood.

The purpose of the group is to introduce interested people who have not previously learned French to experience the pleasure of learning a new language. Meets 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month in members' homes 10.00 am – 12.00 noon.

**Bayfair United Cinema:** Convenor, Dianne Gibson, phone 281 2424, 022 1615 969. Meetings are on the 3<sup>rd</sup> Tuesday of the month at Bayfair Cinema - time fluid depending on movie chosen.

**Philosophy for Today:** Convenor, David Higson, phone 027 234 6548.

This group discusses a wide range of current philosophical topics. Meetings are from 9.45am to noon at members' homes in the Papamoa/ Mt Maunganui area on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month.

**Scrabble – Beachside** - start up meeting was held on 10 May to appoint a convenor and to finalise details of meetings. Ring Gail Moore, 021 299 1009 if you are interested in this group.

**Dining Group 5** – Convenor, Tony Fellingham, phone 021 142 9607.

The group has 10 members to date. An inaugural meeting was held on Thursday 10 June at the home of Carol Simpson. Meetings will take place every 3<sup>rd</sup> Friday at 6.30 pm. Members will take turns in suggesting suitable restaurants. New members are welcome.

**Scrabble** – Convenor, Tony Fellingham, phone 021-142 9607

There are currently 11 members and vacancies are still available. The meetings are held on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month – 1.30 pm to 3.30 pm – at the Raft Café, 65 Chapel Street, Tauranga. The group offers a relaxed fun afternoon expanding one's word power in a friendly competitive environment.

**Video Creation** – Convenor, Graeme Wilson, phone 574-2392

This group is for those wanting to learn how to create an excellent video. Members can be helped to turn their photographs, professional or amateur, into a video. They can also learn how to edit and add narration or music to their production. The first meeting was held on 23 June and established policies and session format. New members are welcome, and the venue is 55 Denny Hulme Drive, Mt Maunganui.

**Mini Hikes 3:** Co-Convenors, Peter Harrison, phone 027-806-9042 and Julia Weiersmuller, phone 281-0887. The group is off to a great start and had their first walk on 20 May. Steve Hayles led the walk and will help guide the group. There will be discussion in the group to decide on what walks they want to do. New Members welcome Phone either of the Co-Convenors if you are interested.

## Suggested New Groups:

**Play Reading Group** - Laurie Young, who belonged to this type of group in U3A Whangarei, is keen to start one here, and would be happy to convene the group. A great way to enjoy plays and develop your skills. Phone Laurie to discuss 027 494 1042.

## Groups Closed or in Recess:

**Ukulele Group** – Convener Eileen Ammann, phone 576 3183 informs that they have closed membership which is currently at 40. Interested people can contact the group convenor to put their name on a waiting list.

## Groups Seeking New Members:

- **Acoustic Music**
- **Book Lovers 2**
- **Current Events D** (needs 2 more members)
- **Computer Support A** is looking for an advanced user to take over from their present "guru".
- **Garden Ramblers 4**
- **Ipad and iPhone 2**
- **Scrabble** (2 vacancies)
- **Travel**
- **United Cinema Group Bayfair**  
(Refer to Handbook for Convenor's contact details for these groups.)

## Other Group Information:

**OMG** - will be meeting to discuss how best to manage the numbers in their group. They will keep us informed as to their decisions.

**History B** - have 29 members and are also considering when to close their numbers. The convener is happy to keep it as is for the moment as they are a good group and enjoy one another's company.

**Ballet Appreciation** - will be meeting at the Raft for the next few months as usual venue is not available.

**French 2** - Convenor, Darien Cunliffe, phone 027 3765 513. This group is now for Intermediate level learners with an opportunity to revisit previous learning and work towards growing oral fluency. Venue: The Raft Café, Chapel Street 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month 10.15 am to 12.15 pm.

**Hikers 1 and 2** – Safety beacons have been purchased for the use of any hiking group.

**Yoga 1 and Yoga 2 have now combined into Yoga 1 & 2** - Co-convenors Peter Simmons, phone 576 0952 and Sheena Spittles, phone 027 458 2768. Tutor: Maria Kerewaro. The group will be meeting every Thursday from 9.30 am to 10.45 am at the Senior Citizens Club Hall in Norris Street (behind the Cameron Road Pak 'n Save supermarket).

**Number of Groups:** 93

*Anne Briggs, Margaret Marsh, Gail Moore, Carol Simpson*

# Wonders of the Web



In this series, we look at websites that may be of interest to members.

## Someone, somewhere, said it first

By Paul Chapman



Ever feel like you are losing your marbles? Do you have a millstone around your neck? Have you always believed a picture is worth a thousand words?

We all know what those familiar phrases mean. But where do they come from?

For some intriguing answers, check out <https://www.phrases.org.uk>. You can find many a well-known phrase or saying just by clicking on the letter with which it begins. If you simply wish to browse, click on “Full List” and scroll down the links.

It is also possible to search the website by specific categories: proverbs, American expressions, phrases coined by Shakespeare, phrases from the Bible, and phrases grouped under topic headings.

To lose one’s marbles, the website tells us, is thought by some people to have originated with the 1954 film *The Caine Mutiny*. Humphrey Bogart linked insanity with marbles when he showed his character, the demented Lt Cmdr Queeg, restlessly jiggling a set of metal balls when under stress in court. But not so, the website tells us, because the saying was used in the 19<sup>th</sup> century.

Others suggest that perhaps it derives from the *Elgin Marbles*, that collection of sculptures taken from Athens by Lord Elgin in 1806. The supposition is that the expression derives from the loss of the precious artworks by the Greeks.

But no, not even that. The website says: "It's more likely that 'marbles' was coined as a slang term meaning 'wits/common sense' as a reference to the marbles that youngsters play with. The notion of 'losing something that is important to you' appears to have migrated from the image of a forlorn child having lost his prized playthings. An early citation of this figurative usage is found in an August 1886 copy of the *St Louis Globe-Democrat*: "He has roamed the block all morning like a boy who had lost his marbles."

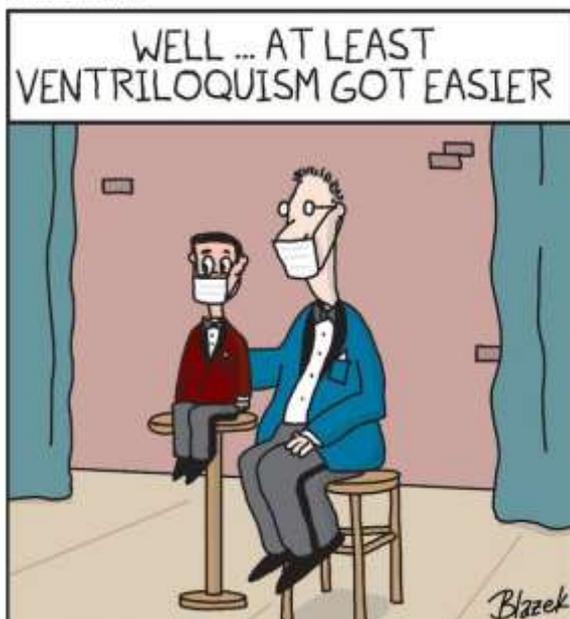
There is even a reference to the use of the phrase in New Zealand in August 1889, when it appeared in *The Tuapeka Times*.

The millstone around one's neck derives from *the Wycliffe Bible*, circa 1395. It's in a passage from St Matthew's Gospel.

As for a picture being worth a thousand words, its introduction is widely attributed to the American publisher Frederick R Barnard, who in December 1921 wrote an article in a publication called *Printer's Ink*, commending the effectiveness of graphics in advertising under the heading "One look is worth a thousand words".

So next time a phrase is on your lips, and you find yourself wondering where it came from, you know just where to look.

#### LOOSE PARTS



# GROUP NEWS

## Attention Group Convenors

*Readers of this newsletter would love to know about the activities your group is involved in. So, please remember to occasionally send to the Editor a story from your group together with a photograph. Email to [newsletter@u3atauranga.kiwi.nz](mailto:newsletter@u3atauranga.kiwi.nz). Thank you to the contributors below.*

## Art History 2

### Trip to Van Gogh Alive



On 4 May a group of 18 made up of our members, friends and family travelled up to Auckland to the Spark Arena in a luxury modern coach. Transport, show tickets and itinerary were all excellently arranged by our member, Joan Gooch. We arrived at the venue at 12.00 pm and we were ushered into the first of three exhibit rooms. The first being a gallery of Vincent Van Gogh's paintings with accompanying descriptions. There was also a stage set of his painting he had done of his bedroom in Arles. He had painted this subject with a warped portrayal and exaggerated perspective. The colours he used were typical of his rebellion of the muted colours of the Dutch

artists of his time. Some visitors had their photos taken sitting on the bedroom chair. The second room used the "grande sensory 4" system of his works, a visually impacted symphony of colour, light and sound. Forty high-definition projectors with multichannel motion graphics were shown on spectacular multiscreens which gave a stunning unforgettable experience. In this way over 3000 detailed images of Van Gogh's masterpieces were projected in quick succession on screens, walls, ceiling and floor. Twenty pieces of classical music given in surround sound enhanced the mood and atmosphere of the show. This powerful score also gave us an insight into the emotional turbulence of Van Gogh's life. The third room was adorned with sunflowers which were reflected in mirrors giving a 3D effect.

After the show some of our group had lunch at the venue with others having theirs at Parnell where we all enjoyed a walk around the Galleries and appreciated the range of architecture. Our obliging, friendly driver dropped us off to wherever we wanted to go. He gave us a safe trip home after a very full, memorable and enjoyable day. Convenor: Margaret Liddell, phone 570 0385.

## Mah Jong

There are three Mah Jong tournaments coming up in the next 2 months. As Tauranga and Paeroa are local tournaments some members will go to these. We regularly get 3 to 4 tables (4 to each table) at our meetings, so it is a great group. Strangely enough, in winter we get more turning up. The group has a very friendly atmosphere and we have lots of laughs and afternoon tea as well. Any profits are donated to Coastguard as they do not charge us to use their room and facilities. phone 021 277 5027.



Convenor: Susie Buchanan-Welch,

## French Conversation 3

Members of this new group for absolute beginners of the French language, met for lunch at Chat Noir Café, Greerton on 10 June. Convenor: Linda Kennedy, phone 027 280 3670



## Oceanside Music Group (OMG)

OMG took part in 4 separate ANZAC concerts over ANZAC weekend. On the Saturday we performed at Greenwood Park Retirement Village at a free breakfast/brunch for residents at 9.15am and later at midday.

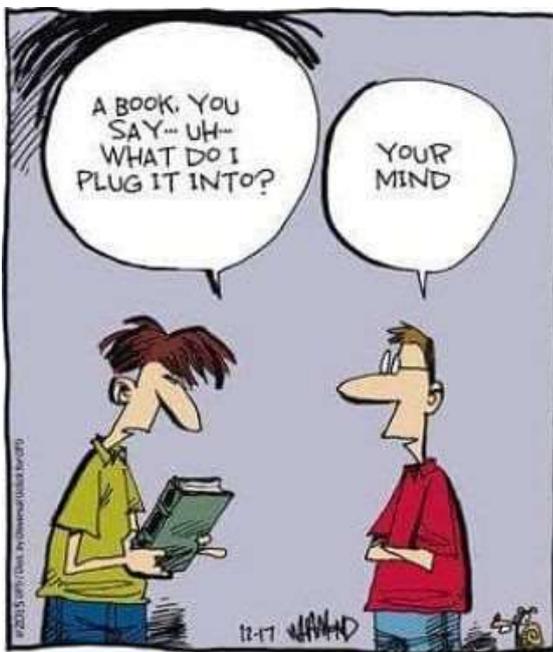
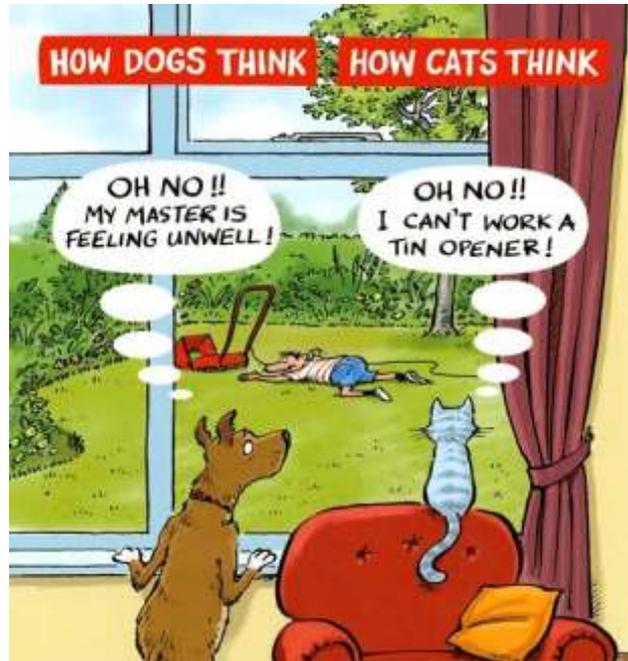
On the Sunday, the group performed at Mt Maunganui RSA at 11.15am for the RSA members and families who had been to dawn services.

Later, we then went to Althorp Retirement Village to perform our ANZAC concert songs to diners at the village.

All concerts were well received, and OMG group members thoroughly enjoyed performing our songs. The picture is of the members who played at Greenwood Park Retirement Village. Convenor: Alan Read, phone 027 477 3284.



# Funnies



Someone give her an Oscar





# Well, Fancy That!

**ACROSS:** 1, Alterthorpe; 10, All ears; 11, Bladder; 12, Bucket; 15, Set off; 16, Decided; 17, Utah; 18, Feat; 19, Decorum; 20, Mace; 22, Amen; 24, Galahad; 26, Sampson; 27, Ritual; 30, Equally; 31, Chablis; 32, Reinstatement. **DOWN:** 2, Felucca; 3, Elated; 4, Test; 5, Orby; 6, Graded; 7, Tadpole; 8, Harbour-master; 9, Profit and loss; 13, Teheran; 14, Bivouac; 15, Secular; 21, Compute; 23, Maudlin; 24, Gallon; 25, Disarm; 28, Syit; 29, Scut

## When the Nazis didn't have a clue

By Paul Chapman

It was May 1944. Plans for the D-Day landings on 6 June were in full swing. Every precaution had been taken to keep details of the biggest invasion in human history top secret. The danger of German spies picking up on even the slightest clue was foremost in the minds of Allied top brass.

So, when a certain four-letter word appeared as the answer to a clue in the *Daily Telegraph* crossword on 3 May, it is hardly surprising that eyebrows were raised. The answer to 17 Across was "Utah", which just happened to be the codename of the beach in Normandy assigned to the 4<sup>th</sup> US Assault Division. Although the words "Juno", "Gold" and "Sword" – codenames for beach landing sites assigned to the British and Canadians – had all appeared in the solutions in the previous few months, they were common enough words in crosswords. After a few high-level exchanges, "Utah" too was dismissed as mere coincidence.

But then on 22 May, the clue "Red Indian on the Missouri (5)" appeared. The solution was "Omaha", which just happened to be the codename for the D-Day beach to be taken by the 1<sup>st</sup> US Assault Division.

In the edition of Saturday, 27 May, the solution to one of the clues was "Overlord", the codename for the whole D-Day operation. On 30 May, it was "Mulberry", codename for the floating harbours to be used in the landings. Finally, on 1 June, just five days before the invasion got under way, the solution to 15 Down was "Neptune", codeword for the naval assault on Normandy.

Alarm bells rang at MI5. Surely a German agent must be planting clues for Nazi Intelligence operatives to pick up on. What other explanation could there be? When Leonard Dawe, the *Telegraph's* crossword compiler, heard a knock on the door at his home in Leatherhead, Surrey, he opened it to find two MI5 spooks wanting a word.

"They turned me inside out," Dawe told the BBC in an interview in 1958.

“They went to Bury St Edmunds where my senior colleague Melville Jones, the paper’s other crossword compiler, was living and put him through the works. But they eventually decided not to shoot us after all.”

It was 1984 before an explanation finally emerged of how the codewords had appeared in the *Telegraph*. After reading a re-telling of the story, Ronald French of Wolverhampton revealed that, as a 14-year-old at school in 1944, he had inserted the codenames into the puzzles. According to French, Dawe, who was also a school headmaster, would invite students to help fill in the blank crossword patterns as a mental discipline. Dawe would later create clues for their solution words. French said that during the weeks before D-Day he had learned of the codewords from Canadian and American soldiers based at a camp close by the school.

“I was totally obsessed about the whole thing,” he said. “I would play truant from school to visit the camp and I used to spend evenings with them and even whole weekends there, dressed in my Army cadet uniform. I became a sort of dogsbody about the place, running errands.

“Everyone knew the outline invasion plan and they knew the various codewords. Omaha and Utah were the beaches they were going to. They knew the names but not the locations. We all knew the operation was called Overlord.” The soldiers talked freely in front of him “because I was obviously not a German spy. Hundreds of kids must have known what I knew.”

French said it was such an exciting time to be living through as a schoolboy that he kept notebooks of information he had gleaned. “Soon after D-Day, Dawe sent for me and asked me point blank where I had got the words from. I told him all I knew, and he asked to see my notebooks. He was horrified and said the books must be burned at once. He made me swear on the Bible I would tell no one about it. I have kept that oath until now.”



### Answers to Quiz p2:

1. On the Moon;
2. Lady Jane Grey;
3. A placebo;
4. In the skull (they are the “soft spots”);
5. Hawaii;
6. Edgar Allan Poe;
7. Brazil (it’s 95km longer than Chile, although Chile may appear longer on world maps due to the Mercator Projection);
8. a)27;
9. Five;
10. Three.

# 2021 EXECUTIVE & COMMITTEE SUPPORT

## **President:**

Anne Withy – 021 165 0298  
[president@u3atauranga.kiwi.nz](mailto:president@u3atauranga.kiwi.nz)

Raewyn Gallagher – 562 8375

## **Vice President:**

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

## **Immediate Past President:**

Jean Garmonsway – 027 632 5988  
[ipp@u3atauranga.kiwi.nz](mailto:ipp@u3atauranga.kiwi.nz)

## **Secretary:**

Helen Roberts – 021 933 394  
[secretary@u3atauranga.kiwi.nz](mailto:secretary@u3atauranga.kiwi.nz)

## **Treasurer:**

Elizabeth Reeves - 562 2767  
[treasurer@u3atauranga.kiwi.nz](mailto:treasurer@u3atauranga.kiwi.nz)

## **Membership Administrator:**

Sheila Freer - 576 5243  
[membership@u3atauranga.kiwi.nz](mailto:membership@u3atauranga.kiwi.nz)

## **Publicity Officer:**

Max Lynds  
[publicity@u3atauranga.kiwi.nz](mailto:publicity@u3atauranga.kiwi.nz)

## **Speakers/General Meeting Organiser:**

Sheila Riddell-Harvey – 027 688 1091  
[speakers@u3atauranga.kiwi.nz](mailto:speakers@u3atauranga.kiwi.nz)

## **Group Coordinators:**

### **Groups A to C:**

Margaret Marsh – 281 2408  
[a2c.groups@u3atauranga.kiwi.nz](mailto:a2c.groups@u3atauranga.kiwi.nz)

### **Groups D to H:**

Carol Simpson – 021 0466890  
[d2h.groups@u3atauranga.kiwi.nz](mailto:d2h.groups@u3atauranga.kiwi.nz)

### **Groups I to P:**

Anne Briggs - 975 1888  
[i2p.groups@u3atauranga.kiwi.nz](mailto:i2p.groups@u3atauranga.kiwi.nz)

### **Groups R to Z:**

Gail Moore – 021 299 1009  
[r2z.groups@u3atauranga.kiwi.nz](mailto:r2z.groups@u3atauranga.kiwi.nz)

## **Co-opted Exec Members:**

### **Newsletter Editor:**

Lynette Viertel 027 250 4144  
[newsletter@u3atauranga.kiwi.nz](mailto:newsletter@u3atauranga.kiwi.nz)

### **Webmaster:**

Jim Pryor - 219 7840  
[webmaster@u3atauranga.kiwi.nz](mailto:webmaster@u3atauranga.kiwi.nz)

### **Committee Support:**

Chris Hector, 027 434 3493

## **Appointed Roles:**

### **Almoner:**

Pat Chainey – 562 3366, or 021 124 8271

### **Beachside Sub-Committee:**

Anne Briggs – 975 1888

### **Data Manager:**

Jim Pryor - 219 7840  
[data@u3atauranga.kiwi.nz](mailto:data@u3atauranga.kiwi.nz)

### **Equipment Manager:**

Peter Simmons – 576 0952  
[equipment@u3atauranga.kiwi.nz](mailto:equipment@u3atauranga.kiwi.nz)

### **GM Speaker Support Team:**

Graeme Wilson, 574 2392  
Phil Sinclair, 576 3823

### **Handbook Administrator:**

Margaret Marsh - 281 2408

### **Health & Safety Office:**

Raewyn Gallagher, 562 8375

### **Meet and Greet Organisers:**

**Tauranga:** Jenny Pryor - 219 7840  
**Beachside:** Maggie Bowcock – 562 8137

### **Mini Speaker Organiser:**

Rob Heath - 574 6468

### **Photographers:**

**Tauranga:** Glenne Findon & Colin Basire – 571 2925  
**Beachside:** Graeme Wilson – 574 2392

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**Editor:** Lynette Viertel - phone 542 1796 [newsletter@u3atauranga.kiwi.nz](mailto:newsletter@u3atauranga.kiwi.nz)