



SEPTEMBER – OCTOBER 2022

We're going back to the Swinging

Sixties

Page 10



SPECIAL REPORT

Should I buy an e-bike?

Pages 18-19



The world's clothes on show Page 11

Coroner's role explained

THE fascinating world of a coroner will be revealed when **Donna Llewellyn** gives a talk to the Tauranga General Meeting on **Friday, 16 September**. Donna (*pictured*) was appointed to the Coroners Court in April 2020, having formerly been in-house legal counsel to the Bay of Plenty Regional Council/Toi Moana. She is based in Rotorua and serves the Bay of Plenty and Waikato regions. The coroner's duty is to investigate certain types of death, typically the unusual, unexplained or unexpected. She considers her role is to "speak" on behalf of the deceased person. While individual cases cannot be discussed due to their sensitive nature, Donna will tell us about the importance of the coroner's role, particularly when it comes to the families of the deceased and the wider public interest.



TAURANGA GENERAL MEETINGS

are held on the third Friday of each month at the Tauranga Yacht & Power Boat Club, Sulphur Point, 9.45am for 10am to noon. Entry fee is \$5, including refreshments. Pre-paid admission cards are available covering four meetings.

KATIKATI GENERAL MEETINGS

The September General Meeting will be held on the second Wednesday of the month (14th) at the IT Hub, near the Library, from 10am to noon. However, due to a prior booking the October meeting will be on the first Wednesday (5th). Entry is by gold coin donation.

Facemasks are required at General Meetings, both for your wellbeing and that of others.



KATIKATI NEWS: Pages 15, 20-21

IN THIS ISSUE

Message from the President	3
Tauranga General Meetings	4-5
Letter from the Editor	6
Group News	7-14
U3A Notices, Coordinators' Reports	15
Meet & Greet Teams	16
Election General Meeting	16-17
Special Report on e-bikes	18-19
Katikati News	20-21
Wonders of the Web, Recipe	22
It's a Funny Old World! Smile Awhile	23
Executive Committee 2022	24

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QUIZ CORNER

1. Dallas is in which state?
2. What colour is the Taj Mahal?
3. Who appears on a NZ \$10 banknote?
4. Who wrote *Animal Farm*?
5. Which serving British Prime Minister survived an assassination attempt?
6. Which is the only Australian state to border all the other mainland states?
7. Which artist painted *Self Portrait with Bandaged Ear*?
8. Where is Mons Olympus: a) Antarctica; b) the Moon; c) Mars?
9. What does "cc" stand for when addressing emails?
10. Which is the only piece, other than a pawn, allowed to make the first move in a game of chess?

■ [Answers on Page 23](#)

SMILE AWHILE



I get most of my exercise these days by shaking my head in disbelief.

Just a thought: If black boxes are indestructible, why don't they make the whole plane out of the same stuff?



We need your feedback

HELLO Members,
The U3A year seems to be disappearing very fast and this Newsletter will bring you up to date with much of what is happening in our groups as well as projects the Executive has been working on. I hope as you read through this publication you will have a sense of pride in being part of such a vibrant organisation.

In keeping with the times, the Executive is aiming to have many of our forms digitised by the end of the year, allowing them to be filled in online – for example, the Application Form and the Skills Questionnaire. We will also be offering you the choice of receiving your 2023 Handbook digitally. This could be placed on your computer desktop so it is easily accessible and can be kept current with updates throughout the year. Please read more about the proposal on **page 5**.

We want your feedback on this issue as we realise it is a big change. Please email Chris Hector, our Membership Administrator, at membership@u3atauranga.kiwi.nz or the Secretary at secretary@u3atauranga.kiwi.nz to let us know what your thoughts are. Or talk to any Executive member. Our plan is to phase in this change so you become comfortable with the new format. However, if we can save some, or most, of the \$5000-plus it costs each year to print and distribute the Handbook we have a greater chance of keeping our subscription at its present level.

Included in this Newsletter you will see the Notice for the Election General Meeting on 18 November. There will be vacancies on the Executive that have to be filled. You are able to nominate persons for any position, vacant or not, by filling in a nomination form and having it in the hands of the Secretary by 3 November. The form will also be available to be downloaded from the website.

I will advise you of the positions that are becoming vacant in mid-September.

In the meantime, I hope you are well and am sure we are all looking forward to Spring.

Kind regards,

Anne Withy

President U3A Tauranga

You are also welcome to comment on anything in this Newsletter.

Please email newsletter@u3atauranga.kiwi.nz

From Black Sticks to Jet Planes

GM speakers reports by JAN HOLDEN

BEVAN Hari gave an inspirational and often humorous address about his journey to becoming an Olympian. Bevan was born and raised in Rotorua. He describes himself as being part Māori, part Indian and part Pakeha. He told us how he played all sports as he was growing up and particularly loved hockey.



His long journey to becoming a member of the Black Sticks team started when he was at school and made the New Zealand Reps for under-18s. A year after leaving school, he won a scholarship to Massey University in Auckland. He made the New Zealand team in 1996 when he was 22 years old. That selection changed his life.

In 1998 Bevan (*pictured*) went to the World Cup and the Commonwealth Games. He made the Black Sticks team for the 2000 Olympics, but in 2003 he suffered a horrific knee injury, which required a complete knee reconstruction. Even so, he managed to make the 2004 World Tour and the Olympics that same year in Athens. When his playing career ended, he became part of the NZOC, which provides support to athletes going to the Commonwealth and Olympic Games. That demanding role encompassed everything from setting up the athletes' accommodation and other facilities to arranging induction workshops – and even ensuring the provision of Jet Plane lollies and Jaffas to allow homesick competitors a reassuring taste of New Zealand!

How our bent island got its shape

TERRY Boyle, Convener of the Geology group, gave a very informative talk titled *Tales of the Bent Island*, in which he described how the North Island has changed its shape due to the shifting tectonic forces at work. Terry spent his career as a roading engineer and needed a good knowledge of geology. He also worked closely with geologists to understand the geotechnical risks of where roading could go. With the help of slides, he explained that the shape of the North Island had come about because of the Hikurangi plate boundary, which lies just off the East Coast. At this convergence, the Australian and Pacific tectonic plates are pushing against each other in a process known as subduction. There are also “strike-slip” faults, where the plates move horizontally past each other. For further information, *New Zealand Geology: An Illustrated Guide* by Peter Ballance can be downloaded free: [New Zealand Geology: An Illustrated Guide. \(gsnz.org.nz\)](http://gsnz.org.nz)



Digital Handbook is up-to-date and cuts costs

OUR Membership Administrator **Chris Hector** outlined the plan to make a digital version of the Handbook available to members. The online version can either be used on the U3A Tauranga website or downloaded and kept on your computer desktop for easy reference. Currently the Handbook comes in printed form only. The main disadvantages of this are that the print version gets out-of-date quickly, and U3A Tauranga faces the ever-increasing costs of printing, envelopes and postage when sending it out to members. From 2023, the digital version will be updated three times a year.

Please note, the printed Handbook is not about to disappear. All new members will still receive a copy and any members who wish to continue receiving their Handbook in printed form can do so. Also note that from 2023, receipt numbers can no longer be recorded on the back of the Handbook and will instead be emailed to you after payment of your subscription.

A digital version of the Handbook is now available on the website for you to test drive at www.u3atauranga.kiwi.nz. Please have a look at it. If you like it and you are happy for us to cancel the printed version, send an email to membership@u3atauranga.kiwi.nz saying "Digital copy only". If you have a clear preference for the printed version, or have any other comments or suggestions, please also let Chris know. Put "Handbook" in the subject line and include your name and, if possible, your membership number. If you do not record a preference, the status quo will continue. There was very positive feedback at the meeting to the plan, with the majority indicating they would be willing to download a digital Handbook rather than receive a printed copy in the post.

Bountiful bays of plenty can help curb emissions

CHRIS Glasson, Senior Research Fellow at the Environmental Research Institute Coastal Marine Field Station, University of Waikato, gave a presentation titled *Bounty from the Sea*. The focus of his talk was on seaweed aquaculture and bio products and their huge potential for Aotearoa New Zealand. Chris (*pictured*) explained that seaweeds are not plants but marine algae, also called macroalgae, which are very diverse having over 10,000 species. These can be grouped into three main types: green, red and brown.



Research into seaweed aquaculture is in two areas: mitigation of methane and nutrient emissions. Local red *Asparagopsis* seaweed is proving effective at mitigating methane emissions. Animals, particularly dairy cows, whose diets contain 0.2 per cent of this in their feed have methane reductions up to 98 per cent. Mitigation of nutrient emissions is the field that Chris and a small team are researching at a new facility and lab at Sulphur Point, Tauranga. The application of the Tauranga-based research would be for removing nutrients from wastewater. Seaweed aquaculture for both the mitigation of methane and nutrient emissions is extremely important for New Zealand's environment and opens the way for entire new industries.



Zoomers, stars and Sir Ed

THANK you to everyone who got in touch to say how much they enjoyed the July-August issue of the Newsletter. Several people said they particularly liked the new layout. Our special report on Zoom sparked interest. One reader told us she appreciated the article explaining how to download the program, as she had been meaning to get around to using it but hadn't known where to begin. A member of one of the Café Book Lovers groups let us know that they had used Zoom during lockdown and attached a cartoon in the style of a Victorian-era séance (right), which she thought "Zoomers" might enjoy. We even received answers to some of the humorous "rhetorical" questions posed in our Just a Thought strips. One reader answered the question "What was the best thing before sliced bread?" with the decisive reply "Real toast". Another offered a link for anyone who wants to know how they really do make Teflon stick to the pan:

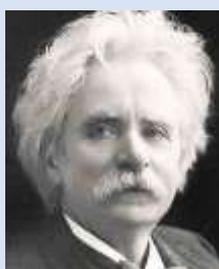
<https://www.youtube.com/watch?v=aEIFhFk0gpY>

During my time in newspapers, I quickly learned that some of the most surprising things can create the biggest reader feedback. Never mind the news, if the astrology column was accidentally a repeat of a previous one, the phones would ring red hot with readers feeling bereft of the advice that would get them through the day. Kelvin McKenzie, an infamously brusque editor of the British tabloid *The Sun*, once fired the paper's resident astrologer because, he said, her predictions were becoming too (ahem) predictable. The letter of dismissal he wrote began "As you will already know ..."

I also learned that almost everyone has an interesting life story to tell. One of New Zealand's most notable personalities was, of course, Sir Edmund Hillary. One evening in 1999 the *Telegraph* newsdesk in London rang to tell me the body of George Mallory had been found on Everest. Mallory died during an attempt on the mountain in 1924 and no one knew whether he had met his demise on the way up or on the way down. The desk wanted me to get Hillary's reaction to the suggestion Mallory may have beaten him to the top after all. I wasn't much looking forward to making the call but, when I did, the genial Sir Ed gave me a reply that was so classic it deserves to be in a book of quotations. "I don't know whether I was the first to reach the summit of Everest or not," he said. "All I do know is that I was the first to reach the summit and get safely back down again."

Paul Chapman





Felix Mendelssohn *Richard Wagner* *Edvard Grieg*

Unlikely names among Chalium's Romantics

ST PETER'S Church, Mount Maunganui, was again the venue for a presentation by Chalium Poppy, organised by **History B**. It is an ideal venue and hosts a magnificent organ and piano. Chalium (*pictured right*) has extremely impressive credentials from the Colleges of Music in London and Vienna, is a professional church musician, music commentator, teacher, conductor and oratorio soloist. Tauranga is lucky to have him! Chalium addressed the key Romantic composers of the 19th Century. He began by explaining the musical terms he would be referring to, notably the symphonic poem. This is usually a piece of music which illustrates or evokes the content of a poem, story, legend, painting or landscape.

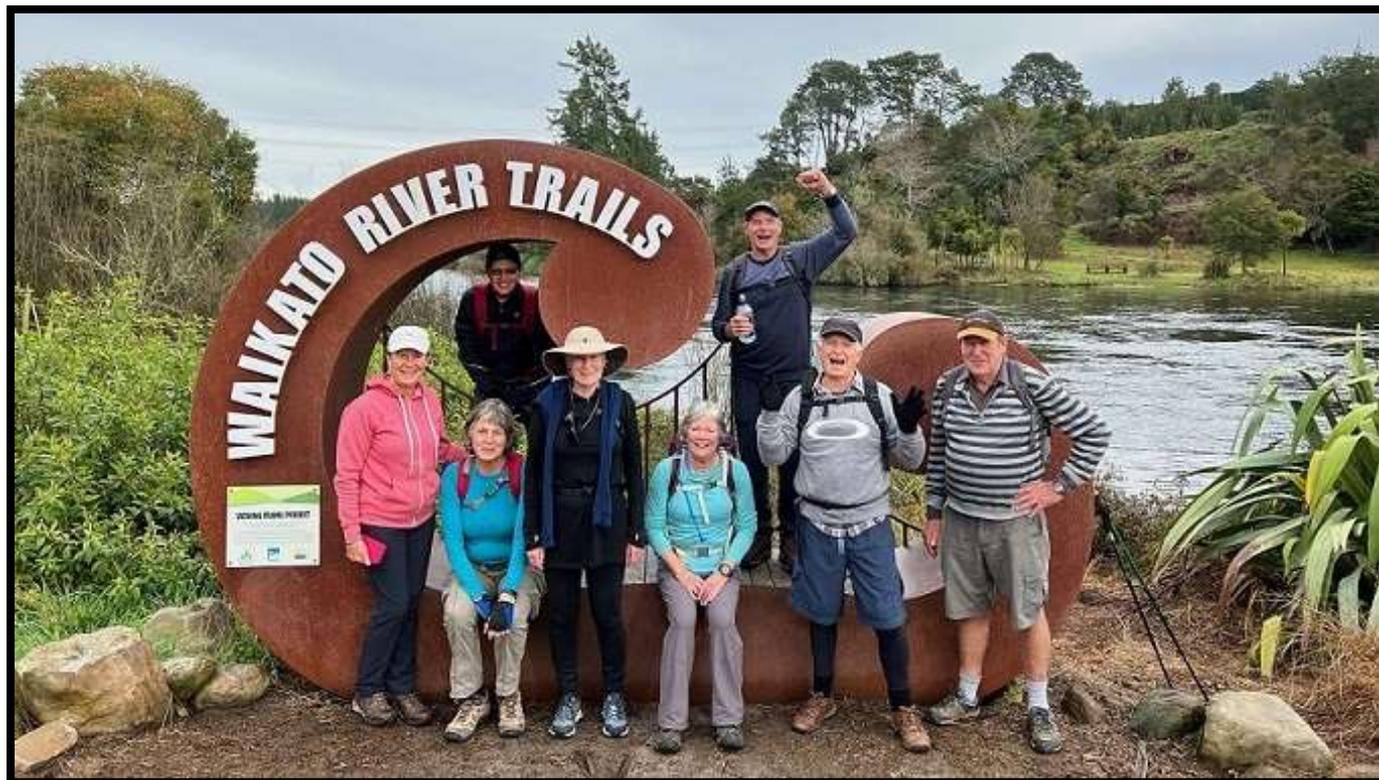
He played for us a section from the *Hebrides Overture* by Mendelssohn, which was immediately recognisable and illustrated this concept admirably.

Chalium's relaxed manner, depth of knowledge and obvious enthusiasm helped us appreciate the music of composers such as Schubert, Schumann, Mendelssohn, Chopin, Verdi and Wagner. If, like me, you are surprised to see Wagner listed there, it was interesting to find out that he wrote his own libretto as well as the music. By combining the poetic, visual, musical and dramatic arts, he made music subsidiary to the drama. Edvard Grieg was also considered to be one of the main Romantic era composers. By utilising Norwegian folk music in his own compositions, he brought the music of Norway to international consciousness. Chalium's efforts were much appreciated by the audience, and I'm pleased to say he has offered to come back again next year.

Suggestions for topics please!

Carol Chetwynd





These boots were made for hiking

U3A TAURANGA not only keeps your brain active, it offers plenty of scope to keep physically fit too. Our Hikers groups are among the most popular for outdoor activities and they offer a range of options to suit varying levels of age and fitness. For those who like a rigorous challenge, **Hikers 1** and **Hikers 2** enjoy hiking for 4-5 hours through forest parks and along river and coastal tracks. **Mini Hikes 1** go for shorter walks of around 1-2 hours, while **Mini Hikes 2** and **Mini Hikes 3** both aim for tramps lasting 2-3 hours.

Our photo shows happy members of **Hikers 1** on the trek they completed along the Waikato River trail, from Arapuni Village to Little Waipa Reserve and return, on 6 July. Wendy Madill, who along with Barbara McCauley convenes the group, said they chose that walk because it would be dry underfoot and relatively sheltered in a rainy winter. The route contrasted with one of their most challenging recent hikes – up the 952-metre Mount Te Aroha. “The views that day were wonderful,” says Wendy. “We took the path that went straight up. Everyone got to the top, but some took a bit longer to get over it than others!”

Hikers 1 have openings for 2-3 more members. Wendy says as a suitable test of fitness, prospective members should be able to walk from the wharf in Mount Maunganui, up the Mount, then once around the base track, all comfortably in 1.5 hours. Members come from all sorts of backgrounds and Wendy adds: “We really do have a nice time out there, and we make a point of finding a café when we finish so we can catch our breath and have a chat.”



Dancing with delight

IT'S so difficult to see live productions here in Tauranga but that doesn't stop our **Ballet Appreciation** group from watching the most marvellous ballet companies in the world giving spectacular performances. One month we watch a well-known ballet in rich, ornate costumes with wonderfully painted backdrops, then we alternate with a little-known production, maybe pared-down scenery, and basic costume. In the early 20th Century, Diaghilev and Fokine began to experiment with movement and costume. Collaboration with



Stravinsky produced *The Rite of Spring*, which caused the audience to riot! Now it is considered a classic. Matthew Bourne's imagination has proved a wonderful asset. From his all-male *Swan Lake* to his version of *Red Shoes*, he intrigues and exploits every known facet of dance. Not all the ballets we watch are classical. *The Car Man* was much appreciated with its mayhem of drink, gambling and murder! New ballets to watch out for are *Merlin* and *The Great Gatsby*. If you would like to join us for an afternoon of ballet wonder, please ring me on (07) 544 3865.



Above: The Taming of the Shrew. Left: Red Shoes

Margaret Osbourn

FOUR groups are now making use of U3A Tauranga's Zoom Professional licence, which enables meetings to be held without the 40-minute time limit imposed on free calls. The licence is available **free of charge** to groups. Conveners should contact the Webmaster, Jim Pryor on (07) 219 7840, email webmaster@u3atauranga.kiwi.nz

If Jim is unavailable, contact the President, Anne Withy on 021 165 0298 or by emailing president@u3atauranga.kiwi.nz



MEMBERS of the **Lone Rangers 2** group are seen enjoying a monthly Sunday lunch on 17 July at the Istanbul Café in Cherrywood. Our thanks to Co-convenor Janie Gibbens for the picture.

GROUP NEWS



Peace, love and that **Sixties** sound

IT WAS the decade of the miniskirt and the Mini car, of Twiggy and The Beatles. It was the age of Flower Power, the Summer of Love and Woodstock. On a more serious note, JFK was assassinated, men walked on the surface of the Moon and the Vietnam War ground on. The Swinging Sixties came to life again on 26 July when OMG (the **Oceanside Music Group**) “got their hippy on” and rocked the Mount RSA with the sounds of that long-ago era. Numbers included *California Dreamin’*, *Are You Going to San Francisco*, *Mr Tambourine Man*, *With a Little Help from My Friends* and *Bad Moon*

Rising, among many others. Co-convener Alan Read summed it up: “Everyone had a real blast, man!”



SIXTIES QUICK QUIZ: ANSWERS ON PAGE 23

1. Who played the title role in the 1964 cult film classic *Dr Strangelove*?
2. Who was New Zealand’s Prime Minister from 1960-72?
3. What was the most popular dance in the Sixties?
4. Which UK group had a 1967 hit with *Waterloo Sunset*?
5. Here’s a real toughie
... in which year did the Beatles first play in the United States?
6. In which year did the Cuban missile crisis take place?





Dedicated followers of fashion



THE theme of our **Art History 2** meeting on 14 July was *The Clothes of Cultures*. Bev started by telling us the difference between elephants in continents and their place in Thai history, and how the white elephants were given to the royal family. I wondered if I had the right topic for a moment, but Bev continued her lovely talk on elephant images on clothing for Thai people. She showed us her richly coloured wrap skirts, with rows of elephant images woven into the fabric (*pictured top left*).



Ann (*left*) then emerged from her back room in the black, head-to-toe clothing of women in Saudi Arabia. She described the details and customs of women wearing the garment, as well as what the men wore. She also told us many stories of her work as a midwife there – some of them quite hair raising. Annie had researched Japanese clothing and styles and famous designers and how the garments were made in partisan factories from the 1500s.

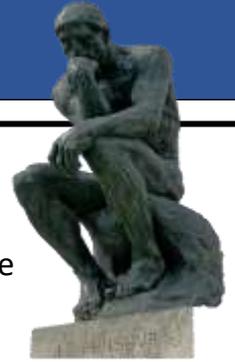


Her beautiful books showed the loose-fitting unisex, avant-garde styles of Yamamoto and Rei Kawa Kubo (*right*). Annie showed us a *Vogue* pattern she had used, which replicated the similar style of contemporary Japanese clothing.



Marion showed a royal blue Chinese style silk jacket with embroidered borders, Mandarin-style collar and sleeves, split sides and toggle-style buttons (*left*). She also showed a patchwork fabric of Indian wedding dresses bound with a thin rolled fabric and broad stitching, which was used as a display wall hanging (*right*). A fun afternoon! **Marion Chandler**





The thinker and the thoughts

THE recently formed **Philosophy and Philosophers** group was so named because we consider the life of a philosopher can be as interesting as the philosophy evolving from the work, life, and time of that individual. The group has evolved out of **Philosophy for Today** and we meet on the third Tuesday of each month at 10am. We started with four enthusiastic members and have now grown to seven. Given that our meetings are held in the homes of the members, we are happy with the size of the group as it is, although we could accept one or two more. The meeting format starts with a short introduction and a few questions that touch on the outcome or quotes relating to the philosophy or the philosopher. A presentation lasting 10-15 minutes then follows, adding more depth to the questions and discussion that has just taken place. The meeting ends with more general quotes that members can contribute or talk to. I am convening the group during its establishment phase and Trish Hanlen is assisting me in this endeavour.

Bev Edlin

- If you wish to enquire about joining Philosophy and Philosophers, you can contact Bev on [027 618 4787](tel:0276184787) or email bev@valeointernational.co.nz

Is Alma Deutscher the Mozart of our century?

ALMA Deutscher was the subject of the **Classical Music Lovers B** meeting on 11 August. The rise of this extraordinary child prodigy has been compared by some in the music world with that of the young Mozart two-and-a-half centuries ago. **Margaret Marsh** writes:



Born in England in 2005, Alma Deutscher (*left*) is a composer, violinist, pianist and conductor. She started playing the piano at two years old and the violin at three. She had composed her first piano sonata by the age of six and completed a short opera, *The Sweeper of Dreams*, at the age of seven. Aged nine, she wrote a concerto for violin and orchestra and, at the age of ten, she wrote her first full-length opera, *Cinderella*. Her new full-length opera, *The Emperor's New Waltz*, commissioned by the Salzburg State Theatre, will premiere in March 2023. The group enjoyed several performances and

compositions by Alma, including *Waltz of the Sirens*, which ended her sold-out debut at Carnegie Hall, and a BBC documentary titled *Alma Deutscher, Finding Cinderella*, the link to which is here: [Alma Deutscher Finding Cinderella Documentary 2017 - Is she a reincarnation of Mozart's sister? - YouTube](#). YouTube channel: <https://www.youtube.com/c/AlmaDeutscher>.

Convener **Vaughan Chetwynd** writes: Our meeting on 14 July coincided with Bastille Day, so we presented a programme of French music. We started with the national anthem *La Marseillaise*. Other pieces included Ravel's *Boléro*; *The Carnival of the Animals*, which Saint-Saëns prohibited from being performed during his lifetime because he thought its frivolity would damage his standing as a serious composer; Bizet's *Carmen Suite No.1*; and – not French but we loved it – *Cavalleria Rusticana* by Mascagni. You will find links to all the pieces of music we study on the website at www.u3atauranga.kiwi.nz



Down on the aquaculture ‘farm’

SCIENCE Today 1 visited the Faculty for Aquaculture Research of Macroalgae (FARM) on Tuesday, 9 August. It was the wettest day we have had, but 10 members of the group ventured out and enjoyed an informative, interesting talk and visit to the area where the



algae are grown in large tanks. This followed a tour of the laboratory, where samples of seaweed were shown and there was an explanation of the research that is being carried out there and in other places around New Zealand and the world. The information on a wall poster explained that the applied and fundamental research and development in marine and fresh water macroalgal biotechnologies focuses on:



- The diversification of species for aquaculture, including reproductive biology, life cycles and genetics
- Improvement of water quality in aquatic systems using macroalgal bioremediation technologies
- The development of innovative macroalgal bioproducts and bioactives

Vivienne Mills

Top picture: The group are shown a large tank of oedogonium algae developing before being dried and used to do the research. **Above:** Robin and Marc inspect a growing sample of the lettuce algae.

Studying what lies beneath

THE **Geology** group have people with various levels of geological knowledge, but a common thread is to learn more. Convener Terry Boyle sets subjects for each member of the group, which they research to make a presentation.



The group have recently studied earthquakes, from Edgecumbe to Japan and other places worldwide. Field trips have included Rotorua, Omokoroa and the Maungatapu Peninsula. Terry also sets up experiments, such as the “erupting volcano” pictured above. Geology is such a huge field that members know they will never be short of subject matter!

Yoga, the way we like it

YOGA 1 have more than 20 members, with an average of 13-14 attending each class. We meet weekly in the Tauranga Senior Citizens Club Hall in the Avenues. Heat pumps provide winter warmth and windows provide summer ventilation, and we adhere to Covid-19 protocols. We have been able to upgrade the way we operate over the years as more Yoga tutors have become available. Before engaging a new tutor, we invite applications and interview candidates, then engage them for a fixed period.

Because class members pay for the tutoring and hall hire, we encourage feedback on the classes and carry out occasional satisfaction reviews to ensure everyone's needs are being met. Our present tutor, Hanne Martin, is a qualified and experienced Hatha Yoga teacher, having run her own classes in Bethlehem for several years.



File picture



She is very popular with the class (*pictured left in the triangle pose*), putting thought into her advance preparation, explaining the benefits of the poses and demonstrating the correct way to do them. Hanne provides a variety of poses that

improve our breathing techniques and stretch and strengthen us, benefiting our balance, muscle tone, flexibility and energy levels, and we finish with a relaxation. Because class members vary in the level they are at, she adjusts her teaching to suit individual needs, giving everyone the opportunity to be rewarded by small personal gains. She also introduces us to Hatha Yoga as a discipline for further study if we wish to pursue it. Hanne is unable to tutor us during school holidays, so we use this as an opportunity for class members to experience other tutors, providing a reservoir of tutors to draw on. We could accommodate just two or three more members. For further information contact Sheena Spittles or Peter Simmons (details in the Handbook). **Peter Simmons**



CONVENERS ... YOUR NEWSLETTER NEEDS

YOU!

Send us your articles and pictures for inclusion in the next issue

Please email newsletter@u3atauranga.kiwi.nz



Just a thought: What if the Hokey Cokey really is what it's all about?

COVID POLICY: The U3A Tauranga Executive has recognised that Covid vaccine passes have expired. However, when attending U3A meetings or activities, it is our expectation that members will be considerate of the need to protect the health of our whole membership by maintaining our fully vaccinated status. For the same reason, the wearing of masks will continue to be mandatory at General Meetings. With regards to the wearing of masks at group meetings, Conveners and their group members need to act responsibly on this issue, especially if meeting indoors. Members who have had Covid should not resume U3A activities until they have isolated for the required number of days, are no longer symptomatic and have had a negative test.

OUR ALMONER: Pat Chainey is our Almoner. Please let Pat know if a member is sick, has had an accident or has died. Pat will send them or their family a card on U3A's behalf. It's a small gesture but it does let people know we are thinking of them, and it can help make a difference. Call Pat on (07) 562 3366 or 021 124 8271 or email pgchainey@gmail.com

CO-ORDINATORS' REPORTS summarised by Anne Briggs and Margaret Marsh

SUGGESTED NEW GROUPS: Public Speaking – Any member interested in joining or willing to convene such a group, please contact I-P Coordinator Anne Briggs. Te Reo (Māori Language and Culture) – Expressions of interest still open. When sufficient numbers are reached and a tutor confirmed, this group can start. Contact R-Z Coordinator Gail Moore for details.

Katikati/Omokoroa groups: Book Lovers, My Music, Photography, Video Editing, World Affairs, Film group. Contact Pam Mazoyer, 021 104 2925.

GROUPS SEEKING NEW CONVENERS: Genealogy, Photography, Book Lovers 3, Computer Support.

GROUPS SEEKING NEW MEMBERS: Acoustic Music Performers, Art History 2, Ballet Appreciation, Café Book Lovers 1, Café Book Lovers 2, Camera Club, Classical Music Lovers B, Current Events B, Cycle group, Five Hundred Card Game, Home Distillers, Luncheon 1, Memoir Writing, My Music-Anything Goes, Music Appreciation, Psychology, Rialto 1, Scrabble, Travel group, Lone Rangers 2.

GROUP NEWS:

International Affairs had their first overseas speaker with Dr Andrea Chloe Wong from Manila, on the return of the Marcos dynasty. Mini Hikes 1: Please contact Barbara Procter 07 574 5711 or Steve Hayles (07) 574 1190 or 021 133 2911 with any queries. Memoir Writing: Glene Findon welcomes enquiries for starting in 2023. Phone (07) 571 2925 or 027 435 3515.

U3A Katikati interest groups now up and running:

Coordinators: Pam Mazoyer 021 104 2925 and Christine Selwyn 027 294 7342.

Early NZ History, Convener Chris Bedford 021 173 3979; French Conversation, Christine Donehue (07) 549 5827; Films, Marjorie Squires 027 392 319; Lazy Lunches, Christine Selwyn 027 294 7342; Memoir writing, Chris Subritzky 021 255 6415; Play Reading and Poetry, Dorothy Barker (07) 549 3378; Technology, Steve Subritzky 021 159 5613; Your Choice Book Lovers, Irene Mead 021 182 6749; Walking/Hiking, Robbie Selwyn 027 439 9607; World Affairs, Peter Jenkins 021 030 1191.

NOTICE OF ELECTION GENERAL MEETING

NOTICE IS HEREBY GIVEN OF THE ELECTION GENERAL MEETING OF U3A TAURANGA INC. TO BE HELD ON FRIDAY, 18 NOVEMBER 2022, AT THE TAURANGA YACHT AND POWER BOAT CLUB, SULPHUR POINT, TAURANGA AT 10AM

IN ACCORDANCE with the 2022 Constitution, an Election General Meeting of U3A Tauranga Incorporated is to be held to elect the 2023 Executive and set the Annual subscription for 2023. The Executive elected at this meeting will take office at the conclusion of the Annual General Meeting in February 2023.

As described in paragraph 12.3 of the 2022 Constitution the following positions are open for nomination:

Officers: President

Vice President

Secretary

Treasurer

Committee Members: Group Coordinators

Membership Administrator

Data Manager

Newsletter Editor

Speaker Organiser

Publicity Officer

There is a copy of the nomination form on Page 17. Please contact the Secretary at secretary@u3atauranga.kiwi.nz or phone 027 4305116 if you want a form posted to you.

The nomination form is also available on the website <https://www.u3atauranga.kiwi.nz>

Completed nomination forms must be received by the Secretary by 3 November 2022

and may be: Given to the Secretary in person

Scanned and emailed as an attachment to secretary@u3atauranga.kiwi.nz

Posted to: The Secretary, U3A Tauranga Inc, PO Box 14453, Tauranga 3141

Christine Norton, Secretary, 30 August 2022

MEET & GREET TEAMS



JULY GM: Garden Ramblers 1



AUGUST GM: French Conversation 3, looking très chic in their bérets

U3A Tauranga Inc.

Nomination form for 2023 Executive

The Election General Meeting to elect the 2023 Executive and set the annual subscription for 2023 will be held on Friday, 18 November 2022. Note that the incoming Executive will take office at the conclusion of the Annual General Meeting in February 2023.

In accordance with the 2022 Constitution, written nominations on this form must be received by the Secretary or Acting Secretary by 3 November 2022.

NOMINATION

I hereby nominate

For the position of

Signed: Date:

Print name:

(Financial Member making this nomination)

SECONDER

Signed: Date:

Print name:

(Financial Member seconding this nomination)

CONSENT: I consent to this nomination:

Signed: Date:

(Financial Member being nominated)

As a registered Charity, our Executive members must qualify under Section 16 of the Charities Act 2005. To qualify, an officer must not be:

- an individual who is an undischarged bankrupt
- an individual who is under the age of 16 years
- an individual who, or a body corporate that, has been convicted of a crime involving dishonesty (section 2(1) of the Crimes Act 1961) or tax evasion or other offence under section 143B of the Tax Administration Act 1994 and sentenced within the last seven years
- an individual who is prohibited from being a director or promoter of, or being concerned or taking part in the management of, an incorporated or unincorporated body under the Companies Act 1993, the Financial Markets Conduct Act 2013, or the Takeovers Act 1993
- an individual who, or a body corporate that, has been disqualified from being an officer of a charitable entity by the Charities Registration Board under section 31(4) of the Charities Act 2005
- an individual who is subject to a property order under the Protection of Personal and Property Rights Act 1988, or whose property is managed by a trustee corporation under section 32 of that Act (this relates to people who are not fully able to manage their affairs)
- a body corporate that is being wound up, is in liquidation or receivership, or is subject to statutory management under the Corporations (Investigation and Management) Act 1989
- an individual who, or a body corporate that, does not comply with any qualifications for officers contained in the rules of your charity.

I have read the above criteria and advise that I qualify to be an officer:

Signed: Date of Birth:

Full Address:

Should I buy an e-bike?



By PAUL CHAPMAN

E-BIKES are catching on in a big way among seniors – and with good reason. For those retired or semi-retired who want to keep fit, they take much of the pressure off ageing muscles and joints while still allowing you to exercise in the fresh air and sunshine. With the increasing network of cycle trails constructed or underway around Tauranga, it's often possible to steer clear of most of the pesky traffic. But do e-bikes live up to the hype? Everyone who has one tells us they are just like cycling but a whole lot more fun. Especially going up the hills, where it's like having a friendly, invisible hand pressing gently on your back to give some extra “oomph” in the battle with gravity!

So what do you need to know, if you are thinking of taking the plunge? First, the price. Although models are advertised in the \$1,500 to \$2,500 price range, it can be difficult to get hold of one, especially in these days of supply chain disruptions. There is also an element of “you get what you pay for” and, for a quality model that you can expect to last years, the starting price is likely to be around \$2,500. If you want to really splash out, you can spend mega-bucks more than that, but you don't need to go to those extremes.

After a random survey of e-bike riders, we came up with these five need-to-know points:

1. Check the websites of manufacturers and distributors, satisfy yourself that they offer reliable parts and back-up service, along with dependable warranties.
2. Read all the reviews you can find: search for reviews on Google, check out comments by other users on social media. Talk to anyone you know who has an e-bike.
3. What is included? Does the bike have lights? A quality saddle? A carrier rack? A mirror? Hydraulic disc brakes? How long does the battery last without a charge?
4. Is it a “step through” model, saving you having to swing your leg over the saddle?
5. Above all, take it for a test ride in a safe place where you don't feel under pressure. Make sure you are comfortable riding it (or you will be unlikely to use it often).



INCREASING numbers of U3A Tauranga Cycle group members are taking to e-bikes. We asked e-bike riders at the group's meeting on 22 July three key questions. They answered individually in writing without conferring. Our thanks to them for taking part.

WHY DID YOU BUY AN E-BIKE?

Rosalind: To continue with the Cycle group. To train for the Otago Rail Trail, where I need an e-bike to complete it.

Sue: It was getting harder to keep up on a traditional bike and I can go more places.

Dudley: Recreational reasons, upgrade.

Brian: Cycling was getting harder on my mountain bike.

Kath: Everyone else had e-bikes and I couldn't keep up!

Anon 1: To enjoy cycling with fellow cyclists by taking the hardship out of hill climbs. Also to do a little commuting to town and back to save petrol (and the planet) and the hassle of finding parking.

Anon 2: Exercise and social contact.

Anon 3: All the Cycle group had e-bikes and I was the only ordinary bike!

WHAT DO YOU LIKE ABOUT IT?

Rosalind: I love getting out with like-minded friends. The e-bike makes it possible.

Sue: It's easier.

Dudley: It's a great way to get around.

Brian: Easy or riding with little effort.

Kath: It flattens the hills and extends the range/ distance I can ride.

Anon 1: See answer to question 1 above.

Anon 2: Access to many new areas, outdoor exercise and ease of travel.

Anon 3: Hills are easier to ride up and I can go longer distances.

DO YOU HAVE ANY TIPS FOR ANYONE CONSIDERING BUYING AN E-BIKE?

Rosalind: Check the weight, especially for a lady. Also, that on "High" it has sufficient power. I normally only use lowest power.

Sue: Do your research.

Dudley: Go for a hub drum motor.

Brian: Do it – it's so enjoyable!

Kath: Get a "recognised" brand that offers ongoing service.

Anon 1: Just look around the various outlets. Choose a bike that meets your needs. Do you want a commuter bike, trail bike or mountain bike?

Anon 2: You don't have to go for the "best" bike. Do your research.

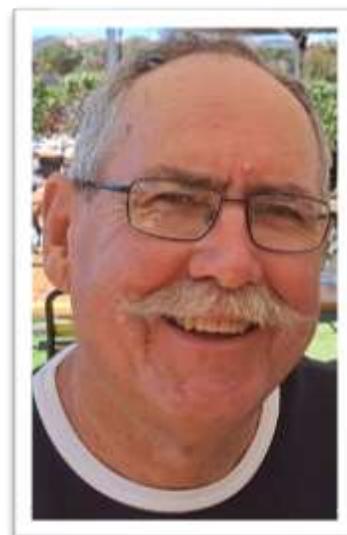
Anon 3: Try out lots of different types and models.

Disclaimer: U3A Tauranga does not endorse any manufacturer's products or services and images are used for illustration purposes only. If you consider riding an e-bike you should ensure you can handle the machine safely. Always wear an approved safety helmet when cycling.

Steve steps in to save the day



The trusty wagon that took Steve around the Australian Outback.



GM speakers reports by CHRISTINE DONEHUE

THE last-minute cancellation due to illness of the guest speaker didn't derail the July General Meeting of Katikati U3A. **Steve Subritzky** (pictured right) stepped up and enthralled us all with his lively presentation. *Dust, Corrugations and Flies* was a collection of stories, facts and anecdotes about his adventures and experiences in the remote Outback of Australia.

We were impressed by his enthusiasm and the excitement he shared. Steve's technical skills were put to good use in a seamless multimedia show. He transported us to fascinating places we will likely never reach. We look forward to hearing more about Steve's adventures in a future presentation at our Katikati General Meetings.

Members were also treated to a talk by **Francis Young**, from our local Western Bay Museum and a member of the newly formed Early NZ History group. He shared his research into two local heroes (one a heroine) of early Katikati. Dave Gallaher was a local boy and captain of the Original All Blacks, the first team to tour to the UK. Dave was born in 1873 in Ramelton, County Donegal, and his family came out to Katikati in 1878. Jane Foley, known as Heni Te Kiri Karamu or Heni Pore, also had Irish blood in her veins. She was born to a Maori mother and her father was an Irish sea captain by the name of Thomas Kelly. She was the one who gave water to the dying Colonel Booth – the heroine of the Battle of Gate Pa.

A new member, **Peter Jenkins**, also spoke about a World Affairs group he will convene. He shared ideas gained from a U3A group he ran in Winchester in the UK. The new group will decide how they want to operate, when and where. Thanks go to the members of the Katikati Early NZ History Group, who made sure the morning ran smoothly. See page 21 and www.u3atauranga.kiwi.nz for information about September's General Meeting.

Just a thought: If you shoot a mime in the forest, do you need a silencer?

Members keen to help

WHAT is the connection between missing keys, ostrich plumes, Crossley Street and St Peter's Church? Once again **Francis Young**, with his passion for local history, entertained us at the August General Meeting of Katikati U3A, with a well-researched history of *The Rock on the Hill*.

Lori Luke, Chief Executive of the Acorn Foundation (*right*), shared her excitement of working alongside both donors and organisations to build a healthy and vibrant community. Lori showed us how Acorn works and who it supports, from a community organisation and scholarship perspective. It was a lively, interactive presentation and questions were strongly encouraged.

Some members were shocked to hear Acorn's research showed there is poverty in Katikati and domestic violence figures for the Western Bay are high. Members were keen to know how they could help and went away with ideas to share. You can find out more at <https://www.acornfoundation.org.nz> or <http://www.facebook.com/AcornFoundation/>



IAN Middleton has always enjoyed poetry but never attempted to write it before, until he was inspired by lifelong friend Barry Jarvis, who was a recent speaker at the Katikati General Meeting. Ian shared his poem with the Katikati **Poetry Interest** group.

COVID

*What is this crucifying thing Covid?
Isn't it time we put on the lid?
Me, myself, so far, am in the clear
Even though, there are some cases fairly near.*

*What about wearing your mask?
It's not a very big task.
I carry my mask everywhere
Always ready to wear – well, yes, I really do care.*

*Nurses, for example, are being treated fairly rough,
No one needs a working life that tough.
I play bowls behind a mask,
Playing well is not an easy task.*

*But I am 100% clear –
Cover-up when someone is near.
We all know this interference will go on,
We just have to keep ourselves really strong.*

Putting on the style

LOOK out for a ravishing on-screen display of colourful costumes when **Alf Weston** gives a presentation at the Katikati General Meeting on **Wednesday, 14 September**. Alf (*pictured*) has a background in costume and set design for theatre, the Royal New Zealand Ballet, Opera Australia and TVNZ. His presentation will feature photos and sketches from some favourite productions, including *The Wizard of Oz* and *Les Misérables*. He designed the costumes shown here for *Anything Goes* at Auckland's Civic Theatre.



To enquire about U3A in Katikati, contact Pam Mazoyer at pamkapiti@gmail.com

WONDERS OF THE WEB(B)



GLORIOUS COSMIC DANCE OF GALAXIES

THIS is Stephan's Quintet. Four of the galaxies are 290 million light-years from Earth, the one on the left is a "mere" 40 million. Four are "dancing" around one other. If you would like to follow the James Webb Telescope's discoveries along with all the latest news from Nasa, check out <https://www.nasa.gov/image-feature/goddard/2022/nasa-s-webb-reveals-cosmic-cliffs-glittering-landscape-of-star-birth>

RECIPE CORNER



IRISH APPLE CAKE

8 oz flour; 4 oz sugar; 4 oz butter; 3 or 4 green apples; 1 egg (beaten); milk

Method:

Put flour and sugar into a mixing bowl. Stir together. Roughly chop up the butter and add to bowl. Do not cream or rub in. Peel, core and slice the apples into the mixture. Stir to cover with flour. Stir in the beaten egg and sufficient milk to make a fairly stiff batter. This will be quite lumpy with the apples and butter, but it is correct. Pour into a greased tin and bake for about an hour in a moderate oven (190°C/ 375°F). In Ireland this is served hot with custard, cream or ice cream. A little sugar sprinkled on top, halfway through baking, improves the appearance.

Margaret Marsh

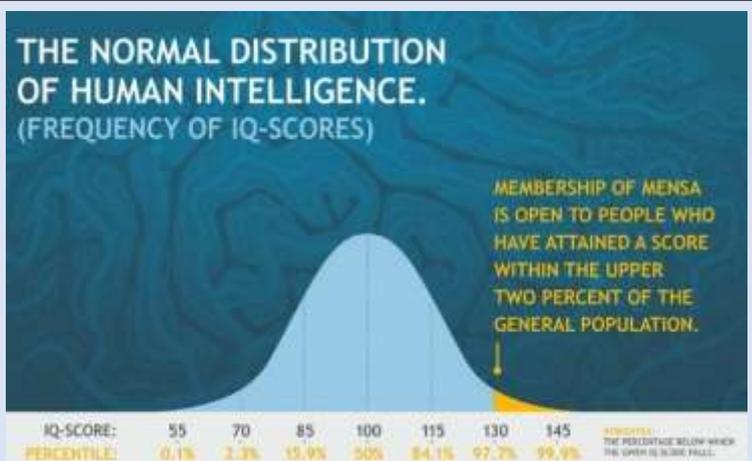
Do you have a favourite recipe to share with members? Please email newsletter@u3atauranga.kiwi.nz



WHAT IS ...?

I.Q.

THE term I.Q. (or Intelligence Quotient) was coined in 1912 by the psychologist William Stern. When modern I.Q. tests were developed, the average was defined as 100 (other than the people on exactly 100, by definition 50 per cent of the population are below that threshold and 50 per cent above). Some 84.1 per cent of people score below 115. Membership of Mensa is restricted to those who score 130 or above. Einstein is thought to have had an I.Q. of around 160.





IT'S A FUNNY OLD WORLD!

Where there's many a slip

By PAUL CHAPMAN

IT'S the stuff of comic books and cartoon films – but how did slipping on a banana skin become such a comedy staple? The peel's notoriety appears to have arisen after bananas began to be imported into New York in large quantities in the late 19th century, where vendors sold them as “street food”. That led to consumers tossing the skins on to pavements, with disastrous results. In 1884, a wealthy merchant slipped on a banana skin and broke his leg. “He is not expected to recover,” lamented the *New York Times*. In 1907, Anna H Sturla slipped on a banana skin while boarding a New York ferry and sued the operators for \$250. In total, she received \$2,950 compensation from 17 accidents in four years – 11 of them blamed on banana skins. In more recent times, a British physiotherapist named Chris McDonnell conducted extensive research and concluded that banana skins were not particularly slippery after all. He was forced to revise his findings in 2004 when, rushing towards a shop entrance, he skidded on one and lost his footing. “My initial opinion was upended,” he admitted.



SMILE AWHILE



QUIZ ANSWERS

1. Texas; 2. White; 3. Kate Sheppard; 4. George Orwell; 5. Margaret Thatcher; 6. South Australia; 7. Vincent van Gogh; 8. c) Mars; 9. Carbon copy; 10. The knight. **SIXTIES QUICK QUIZ:** 1. Peter Sellers; 2. Sir Keith Holyoake; 3. The Twist; 4. The Kinks; 5. 1964; 6. 1962.

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Just a thought: If you were in a vehicle travelling at the speed of light and you turned on the headlights, what would happen?

THE NEXT ISSUE

November-December 2022

Deadline for contributions is 22 October 2022

We welcome your articles and pictures, please email to newsletter@u3atauranga.kiwi.nz

Our website is updated regularly – remember to check www.u3atauranga.kiwi.nz