



MAY – JUNE 2023



ONWARDS AND UPWARDS: This picture, *Ready for Takeoff*, was entered recently by Pam Pattle in the **Photography** group's Open section. The colours are beautifully reflected in the lake waters. Keep up with the group's work at www.u3atauranga.kiwi.nz



The picture that shocked us all

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The forgotten Māori art form [Page 10](#)



Who was The Wife of Bath?

Quite a gal, it seems!

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WHO'S SPEAKING AT OUR NEXT GMS?

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QUIZ CORNER

1. In 1972 the UK joined which international organisation?
2. What relation was Kublai Khan to Genghis Khan? a) son; b) grandson; c) none
3. Who was Fred Flintstone's wife?
4. Who composed *In the Hall of the Mountain King*?
5. Gettysburg was a major turning point in which war?
6. Which character in Greek mythology opens a jar and releases all the evils of humanity? a) Minerva; b) Pandora; c) Zeus?
7. What does a *sommelier* specialise in?
8. What's the answer if you multiply the figures on all the keys on your phone?
9. Which is the principal language spoken in Brazil?



10. Who is pictured here?

■ [Answers on Page 23](#)

WHO'S SPEAKING AT OUR NEXT GENERAL MEETINGS?

TAURANGA, 26 MAY*: **Steve Subritzky** (pictured right) will speak about his recent cruise to Antarctica. Places of interest he will discuss include the Ross Ice Shelf, Cape Adare, Scott's Hut and McMurdo – along with ice, ice and more ice. He will also be talking about the wildlife in Antarctica and the islands. **Note meeting is one week later than usual.*



TAURANGA, 16 JUNE: **Don Scrimgeour** will be speaking about his "Uncle Scrim". Colin Scrimgeour was a tireless social justice campaigner, radio broadcaster and Methodist minister. See: [Scrimgeour, Colin Graham – Dictionary of New Zealand Biography – Te Ara](#)

KATIKATI, 10 MAY: **John Clements**, Chair of the Katikati Community Board, will be discussing how the board fits into local democracy, relationships with the Western Bay Council, and what plans lie ahead for the district.

KATIKATI, 14 JUNE: Fairview Estate residents were delighted to discover they have a 1960s pop star living among them. Remember The Gremlins? Singer/songwriter **Glyn Tucker** (pictured right, in 1968) played a leading role in the New Zealand music industry for more than 20 years.





Best-laid plans can go awry

DEAR Members,
I hope everyone had a wonderful Easter. For me, it has always been a time for family gatherings interspersed with trips to the churches where various family worshipped. In our family that meant six different locations, so there were some robust debates at times.

Recently, U3A Tauranga held a meeting for the Conveners at Wesley Church Hall. Firstly, we were able to update the group on changes that had been made as a result of some excellent suggestions made by Conveners at last year's final meeting. Currently, the guidelines for both the Conveners and the Coordinators are being revised. Another item was the *Reflections on the Role of a Convenor* by Carol and Vaughan Chetwynd. They are Conveners of separate groups, so it was informative listening to their presentations. I liked their advice about having a back-up plan, as during any year somebody will not turn up to give their presentation. So now we all need to brush up a short talk that is relevant to our group. The other pleasure was that another group has chosen to meet by Zoom, which reduces the need for travel but increases the opportunity for more members to join. That group is Ancient History 2, which has been renamed **Ancients Online** ([see article on Page 17](#)). Contact Alistair Blennerhassett at blenney@gmail.com for further information.

I wish Anne Withy a happy journey around Morocco and I am sure she will give us a talk on her return. I am aware that many of you are starting to travel again, so I hope you have wonderful adventures.

The following U3A Tauranga positions are still to be filled: Treasurer and Short Talk Organiser. Training will be given on both positions, so if you would like to volunteer please contact me directly. The number is in your Handbook.

Finally, I would like to note the passing of two members who have died in the past few weeks. Peter Hoggard joined in 1997. His Computer Support Group will miss him. Lorraine Burdett was the Convenor of Current Events C. If you are aware of any member who dies, please let our Almoner, Pat Chainey ([see Page 7](#)), or me know so we can contact their family. If you have the address of the family, that makes it easier to contact them directly.

Kind regards,

Raewyn Gallagher

President U3A Tauranga

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GET ALL THE INFO YOU NEED ONLINE

The digital Handbook is available now for reading online or to download directly on to your computer or other device. Simply go to www.u3atauranga.kiwi.nz and click on U3A Handbook 2023. It will be updated three times a year.

Boldly going wherever suffering can be relieved

By JAN HOLDEN

WHO knew that Swiss humanitarian Henri Dunant founded not only the first Red Cross but that he also started the first Geneva Convention? This was just one of many facts we learned from **Fiona George** (pictured below right) of the New Zealand Red Cross. Fiona's informative and fun presentation, *The Past, the Present and the Future of NZ Red Cross*, was divided into sections, interspersed with quick-fire quizzes. Delicious chocolates were handed out by Fiona's helpers to those who were able to answer the questions correctly. The Red Cross movement is the largest humanitarian network in the world, but the focus of Fiona's presentation was mainly on the programmes carried out by Red Cross in New Zealand. These fall into three main areas: assisting recent migrants with settlement and employment, disaster recovery (such as after the Christchurch earthquake and Cyclone Gabrielle), and first aid courses. Fiona also touched on overseas programmes, including the help that is being given to people in Ukraine. She said the Red Cross did not discriminate where it could relieve suffering.



SHOCKED gasps could be heard around the auditorium when Fiona showed this slide of a panel on a Red Cross ambulance peppered with bullet holes. Although it is a war crime to shoot at or loot ICRC vehicles, or kidnap their personnel, regulations cannot always be relied on for protection in war zones.



JONATHAN Spink (right) from the **Travel** group spoke about a worldwide organisation he belongs to, Friendship Force. Members act as home hosts to overseas groups in New Zealand and in return they have the opportunity of homestay accommodation on reciprocal visits. Friendship Force Tauranga have arranged a trip to Canada for September and they are offering places to U3A Tauranga members. The tour consists of one week in Winnipeg and another in Haliburton, with a week of "free travel" in between. Contact Jonathan at jono.bspink@gmail.com (07 572 2091) if you would like details.



Barry's world is sheer poetry

By PAUL CHAPMAN

"YOU know, we really do live in Paradise," **Barry Jarvis**, the Bush poet declared. Outside the Yacht Club windows, Tauranga Harbour shimmered. "Let's appreciate the beauty. What we have around us is magnificent." Who could argue? Especially when he went on to describe sitting with an early morning cup of tea as he watched a rising sun cast piercing shafts of light through the thick mist over back-country hills. "Any minute now I expected God to walk down one of those shafts," he added with a smile.



Barry Jarvis

Barry's mix of tales from his years of living in a remote valley in the Raukumaras where he and wife Lorraine had bought a block of land – one and a half hours from the nearest road – and recitations of his rustic poetry charmed the audience. His "landscape poems," as he calls them, included reflections on the rugged countryside itself and its relationship to local iwi, as well as historical events such as the dismal fate that awaited soldiers who returned from the traumas of World War I. Many were granted poor quality land by a government that could find no other use for it. They borrowed heavily from the banks and put in years of hard work breaking the land in, only to be later ruined by The Depression.

Barry also read his moving poem about the Battle of Gate Pa, when an over-confident General Cameron was shocked to watch his well-armed troops getting massacred by Māori warriors who had outsmarted them with their highly developed trench warfare tactics. "It was the bloodiest battle for the British. So many died there that day and we drive past it – some of us almost every day – without giving it much of a thought," he said.

There was plenty of laughter too, not least when Barry read his poem *The Long Drop*, which he introduced by relating his horror after settling on to the bush toilet one day only to discover a possum right underneath where he was sitting – snarling and clawing its way out of the dunny pit. "I jumped up pretty quick and the possum climbed out of the hole and was looking at me, claws hanging over the front of the corrugated iron."

The expected short-talk speaker failed to appear, so President **Raewyn Gallagher** put her improvisation skills to good use and told of her time running a household decluttering business, helping people decide what to keep and what to throw out.

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U3A Tauranga General Meetings take place at the Yacht Club, Sulphur Point, start time 9.45am for 10am, usually on the third Friday of the month. **Please note: The May GM will be held one week later than usual, on the 26th, owing to a prior booking.**

U3A Katikati General Meetings are held at The Hub on the second Wednesday, start time 10am. Members and guests are welcome to attend all General Meetings.

There's 'Welcome' on the mat

ONE of my favourite moments in a Marx Brothers film – I can't recall exactly which one – occurs when the boys are attempting to get into an exclusive club and their way is barred by a doorman, who brusquely demands: "Say, are you guys members?" In magnificently dismissive tones, Groucho (*pictured*) utters the immortal reply: "Don't be ridiculous! Who would want to belong to a club that would have us as members?"



Well, I'm pleased to say one "club" here in Tauranga that would have me as a member is U3A. That wasn't the case for a friend of mine who lives in another city in New Zealand. When he applied to join his local U3A he was told there was a limit on membership numbers and he would have to go on a waiting list. The average wait time was two years. He has just celebrated his 90th birthday and his mind is as lively as ever, so he went off and joined something else. "I don't have a lot of time to fool around," he quipped.

Thankfully, U3A Tauranga operates an "open door" policy. If you like the cut of our jib, there's "Welcome" written on the mat (to mix my metaphors). As the second biggest U3A in the country, Tauranga also offers one of the most wide-ranging smorgasbords of interest groups available to retirees anywhere. From the arts to the sciences, from indoor pastimes to outdoor pursuits, there's sure to be something for your delight.

And what a stimulus it all is for ageing brains and muscles! Not to mention how much enjoyment we derive from making new friends among congenial people who have reached a similar time of life. An article on [Page 9](#) of this issue reports on a recent survey that concludes socialising contributes to "senior citizens" enjoying longer, happier and, hopefully, healthier lives. Tell us something we in U3A didn't know.

Being the observant person you clearly are (well, you *are* a member of U3A), you will notice more pages in this Newsletter dedicated to features. We will carry on reporting the news about what is going on in our groups, of course, but many U3A members put hours of research into giving some wonderful talks that would be of interest to our wider readership. Rather than a great talk being delivered on the appointed day and then simply laid aside and forgotten, we would like to turn it into an article for others to enjoy.

Jean Garmonsway started us off in the last issue with her feature on the "Shetland Bus". Today, Lorraine Dempsey brings us the first of two articles on the fascinating subject of painting as a Māori art form, while Alison Richards has contributed a jaunty tale about Chaucer's Wife of Bath. If you have given – or heard – a talk in your group that would make an interesting article for the Newsletter, please do let us know. You can email me at newsletter@u3atauranga.kiwi.nz with suggestions. Let the learning live on!

Go well,

Paul Chapman

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Expo stand spreads the word



*U3A Tauranga Publicity Officer Max Lynds (left) and President Raewyn Gallagher take time to chat to visitors to the expo. Below: A close-up of the stand. Pictures by **Margaret Marsh**.*

A WHOLE lot more retirees now know what U3A Tauranga has to offer them, thanks to the stand we ran at the **Travel and Seniors Expo** on 18-19 March. Six volunteers – Anne Withy, Christine Norton, Mary Stewart, Margaret Marsh, Max Lynds and President Raewyn Gallagher – crewed the stand, taking two-person “shifts” in turn for the weekend show.

“The expo was a great

success for us,” says Raewyn.

“Many of the attendees had not heard of U3A, so we had some very interesting conversations.”

Among the visitors showing an interest were former members, several of whom have decided to rejoin the organisation. “In one case we joined the person up there and then,” says Max.

The decision to take the stand resulted from an invitation to Max, our Publicity Officer, who happened to know the show organisers. U3A Tauranga also ran a stall when the expo was last held, in 2021. [Return to P2 index](#)



OUR ALMONER: **Pat Chainey** is U3A Tauranga’s 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. Call Pat on (07) 562 3366 or 021 124 8271 or email pgchainey@gmail.com

Tauranga Volunteer Coastguard are currently on a recruitment drive for more volunteer Radio Operators and they are inviting U3A Tauranga members to apply.

Tania Williamson of the Operations Support team explains.



Can you help our coastal heroes?

THE job involves answering boating traffic via VHF channel 01 and logging these trip reports, doing weather reports, shipping movements, and assisting if there is a callout. The Radio Operator is the first point of call in this situation, so must be able to cope in a stressful situation if it arises.

Volunteers do not need to have experience as we fully train all our volunteers. We do, however, request that they are computer literate and have a passion for what we do. Everything else can be learned. We provide full intensive group and one-on-one training sessions at our HQ in Sulphur Point Marina. We also meet once a month as a group on a Wednesday afternoon, to do some training, answer any questions and basically get together as a group to provide support and feedback.

The shifts are entirely up to you, as to what you would like to do. We run two shifts per day, 6.30am-12.30pm and 12.30-6pm. You are supported by our admin team, which consists of myself (working Monday to Wednesday) and our Operations Manager, Dane Robertson, who is full time. Some of our Radio Operators are here once a week for either a morning or afternoon shift, some come fortnightly and some do fill-ins, while others just help out when people are away. Training on average takes about three months, but depending on the person it could be a longer or shorter timeframe.

We currently have 20 wonderful Radio Operators and 38 amazing boat crew volunteers. We look after our volunteers and have a lot of fun, enjoying social events together.

- You can contact Tania by phone at [\(07\) 578 5579](tel:075785579), Extn 2, write to PO Box 831, Tauranga 3144, or email support@taurangacoastguard.co.nz
Visit the Coastguard website at www.taurangacoastguard.co.nz

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Experts find what U3A-ers already know

RESEARCHERS at a university in China have revealed the results of research showing that people who regularly socialise with others live longer on average than those who don't. For people in their 80s, socialising every day halves the risk of dying in the next five years, while even socialising once a week or just occasionally also reduces the risk. Previous studies have shown that loneliness is not just an emotional state of mind, it actually triggers genetic changes which cause illness. Eagle-eyed Margaret Marsh sent us in the article from Britain's *Daily Telegraph* (shown below). But, says Margaret, you don't need to tell U3A Tauranga members any of that – they already know the benefits.

Socialising regularly holds the key to longer life

Seeing friends every day more than halves the risk of dying for those in their 80s, research suggests

By Sarah Knapton
SCIENCE EDITOR

THE Book of Proverbs teaches that: "Just as lotions and fragrances give sensual delight, a sweet friendship refreshes the soul." Now researchers

have shown that friends really are a balm, and seeing them regularly in later life may help to extend lifespan.

For people in their 80s, socialising every day more than halves the risk of dying in the next five years, compared with living a solitary existence, experts have found.

While one in five of the most isolated died in the five-year follow-up, just one in 14 people with active daily social lives did.

Even people who only socialised occasionally cut their chance of death

within five years to one in 11, while those who socialised once a week slashed their risk to one in 15.

The team found a "dose response" with the greater the frequency of socialising, the greater the likelihood of living longer.

Researchers from the West China Hospital, Sichuan University, said that they were unsure why socialising might extend life, but have suggested that having lots of friends may encourage healthier behaviours, increase physical activity, and help reduce stress. The

link remained even when accounting for other factors such as health and wealth. Writing in the *Journal of Epidemiology & Community Health*, Dr Sen He, said: "Frequent participation in social activity was associated with prolonged overall survival time."

From baseline to five years of follow-up, the more frequent the social activity, the more prolonged the survival time.

According to Age UK, more than two million people in England over the age of 75 live alone, and more

than a million older people say they go over a month without speaking to a friend, neighbour or family member.

Previous studies have shown that loneliness is not just an emotional state of mind, it actually triggers genetic changes which cause illness and early death.

It also increases activity in genes which produce inflammation in the body while lowering activity in genes which fight off illness, promoting high levels of inflammation in the

body. For the new study, researchers looked at people enrolled in the Chinese Longitudinal Healthy Longevity Survey, an ongoing, prospective nationally representative study of older people living independently, which began in 2004.

Time to death was delayed by 42 per cent in those who socialised occasionally, by 48 per cent in those who did at least monthly, and by 67 per cent in those who did so nearly every day, compared with those who said they never socialised.

Research focuses on seniors' mental health



A MASSEY University post-graduate student is seeking the help of U3A Tauranga members. Dominik Hamlin is conducting research for a Master of Science degree, majoring in Psychology. His research focuses on protecting the mental health of older New Zealanders and he is looking for anyone who is 65 years or older to complete an anonymous online survey. Dominik says the survey takes about

20 minutes to complete and will involve a few demographic questions, measures on wellbeing, anxiety, depression and self-compassion, as well as questions relating to how you manage your emotions. His research is titled *Does how you treat yourself affect your mental health? The relationship between self-compassion and mental health among a community sample of older adults*. Everyone who responds will receive an information sheet explaining the research in more detail. Dominik says: "It is my hope that your participation in this research will advance our knowledge of how self-compassion may protect against mental illness and inform further research as well as interventions for older adults." After completing the survey, respondents will have the opportunity to enter a prize draw for one of five \$50 gift vouchers as a token of his appreciation. If you wish to help, email dominik.hamlin.1@uni.massey.ac.nz His research is being carried out under the supervision of Prof Fiona Alpass of Massey University's School of Psychology, email F.M.Alpass@massey.ac.nz

While Māori carvings are well known, we are all much less familiar with the history of Māori painting. In the first of two articles, we explore this fascinating subject.

Painting, the forgotten art form

BY LORRAINE DEMPSEY

THE IMPORTANCE OF PAINTING IN TRADITIONAL MĀORI CULTURE

AMONG the traditional Māori arts at the time of early European contact, painting was not highly regarded as a major art form. A list of the major Māori arts of this period included oratory and oral literature, song poetry, music, dance, weaving, tattoo, woodcarving and sculpture in stone and bone. All of these art forms had their own specialised techniques of instruction, their famous practitioners, recognised regional and tribal styles and a long historical tradition. Painting did, however, play an important role in Māori cultural tradition, beginning with Māori rock painting through to the highly developed kowhaiwhai and figurative painting.

MĀORI ROCK PAINTING

The majority of Māori rock painting dates from the archaic period of Māori culture, associated with the moa hunter peoples and probably spanning several centuries from the time of the first Polynesian arrival in New Zealand until about the 15th or 16th Centuries. Most of this art is also restricted to the southern regions of the South Island, between Central Otago and Kaikoura, and estimated between 500-800 years old. The dominant motif in this art is the humanoid figure, generally highly stylised. Stylised taniwha monster figures also occur, along with more naturalistic bird and other animal figures. The majority of these rock drawings are in one colour only, usually black, but sometimes red. In some of this art, a curvilinear emphasis was evident in the form of simple spirals and rudimentary koru forms.

Rock art in the North Island is found only in very few localities, and here the common technique is relief carving rather than painting.

North Island rock art tended to be carvings or abstract. In most North Island rock carving, the dominant motif is groups of waka, rendered in rather crude and erratic style, indicating that rock carving here was not part of a well-established and honoured tradition. All North Island rock art appears to be very recent, perhaps even mostly post-European. In the final phases of Māori rock art, in both the North and South Islands, some European contact period subjects such as horses, houses, sailing ships and Māori names in Roman lettering have been introduced. These never became common and instead their appearance marks the end of all Māori rock art traditions.



This 6-metre long image of a taniwha was found in a cave overlooking the Opihi River, Canterbury.

Source: National Art Gallery

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Red ochre was a sacred colour

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BODY AND FACE PAINTING

Body and facial painting was a recognised art form but again without the status of the major arts. There were no recognised experts and no training was required. Anybody, male or female, from young child to tribal elder, could and did decorate their persons with coloured pigments. The practice ranged from simple coating of the face, whole head or whole body (often including clothing) with red ochre to the more careful detailed painting of designs on the face.

The use of facial designs of differing colours for amusement and decoration should be distinguished from the wider use of red ochre as a sacred, tapu colour associated with rank and high value. Only the elderly matrons gave themselves the full treatment in which red ochre mixed with shark oil is rubbed over the body from the head, including hair, to the feet. The same distinction in body decoration seemed to prevail with the elder and more important chiefs, who covered their bodies in a full coating of red ochre as befitted their rank. As the sacred paint, red ochre was closely connected with sacred rituals, pataka, sacred stages for the dead, for offerings and sacrifices, urupa (cemetery) graves, chief's houses and waka taua (war canoes) were all thus painted.

PAINTING ON WOOD

The preservative qualities of red ochre mixed with shark oil when applied to wood were also recognised by Māori. For both ritual and preservative reasons, special attention was devoted to the painting of a waka taua. The building or purchase or trade for a waka taua represented considerable community investment and much care was taken to protect this investment. Paddles/hoe were usually of plain wood, sometimes with a coating of red ochre.



Decorated hoe presented to Captain James Cook on his first voyage to NZ.

Source: Museum of Archaeology and Anthropology, Cambridge University

Some less common hoe had carved figures on the blade and handle but these were usually ceremonial rather than working hoe. Hoe were restricted to two colours, either white and red in the case of earlier hoe, or white and black on the later period hoe.

It is believed that by the mid-19th Century most of the hoe with elaborately painted designs, and certainly those carved with relief patterns and figures over the blade, were being manufactured for Māori ceremonial use, gift exchange or expressly for sale to European tourists and collectors.

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The man who halted a trend

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One of the most striking innovations of the whareniui/great house building movement of the 1870s and 1880s fostered by Te Kooti and his Ringatu Church was the application of European commercial coloured paints to whareniui carvings. Definite colour schemes became characteristic of different tribal districts.

Many early photographs of whareniui in the 1880s and 1890s show these polychrome colour schemes on whareniui that are now repainted in monochrome red. This move back to monochrome red on all carvings was strongly encouraged by an archaising, museum-based orthodoxy led by Augustus Hamilton, even to the extent that polychromed carvings and whole meeting houses in museum collections were repainted in the approved monochromed red. Traditionalist experts at the time, both Māori and European, came to believe that polychrome/multi-coloured carvings were a sign of degeneration in Māori art, thereby justifying their traditionalist orthodoxy.



Tānenuiarangi, Waipapa Marae, University of Auckland, is an example of the traditional whareniui decorated in monochromed red.

Source: University of Auckland



Augustus Hamilton, ethnologist, biologist, zoologist, geologist, artist and museum director. Born in Dorset, he arrived in New Zealand in 1875 as a school teacher. He became Registrar of Otago University in 1900. He wrote many articles for the *Transactions of the New Zealand Institute*. In 1903, Hamilton became director of the Colonial Museum, Wellington, and in 1909 he was elected President of the Royal Society of New Zealand. [Return to Page 2 index](#)

IN THE NEXT ISSUE: Kowhaiwhai (decorative scrollwork) and figurative painting

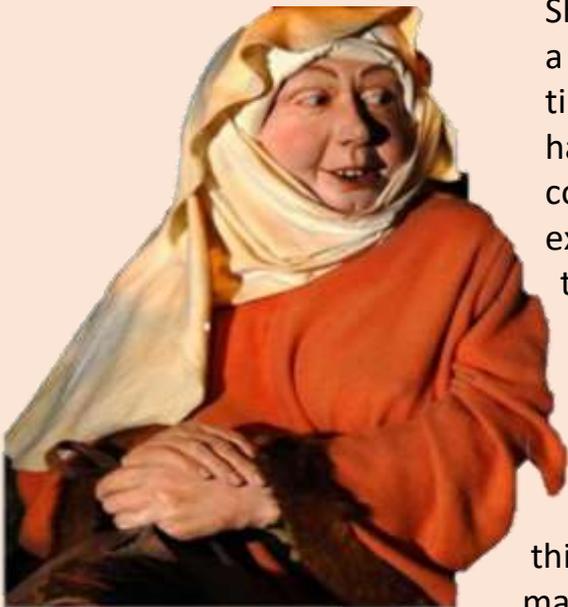
This article is an edited version of a talk Lorraine Dempsey gave to **Art History 2**, of which she is Convener. If you or someone in your group has given a talk that would interest other U3A Tauranga members, please let us know at newsletter@u3atauranga.kiwi.nz We would love to turn it into an article for publication in the Newsletter. – **Editor**

When **History A** recently examined Geoffrey Chaucer's *The Canterbury Tales*, one character stood out. The Wife of Bath was clearly quite a gal and very definitely ...

A woman well before her time

By ALISON RICHARDS

ONE of the 29 pilgrims that Chaucer describes as making the trek from Southwark in South London to the shrine of Thomas à Becket in Canterbury Cathedral in his 14th-Century epic *The Canterbury Tales* is The Wife of Bath.



She is a bouncing, “larger-than-life” character. She is a skilled weaver, much-travelled, humorous (if at times somewhat vulgar) and addicted to wearing huge hats and bold colours on a Sunday. Her occupation could be listed as “Serial Wife”. But, above all, she is extraordinarily modern. She insists that for a marriage to be happy, it needs to be the union of equal and independent parties. In medieval times, when men legally “owned” their wives’ bodies, lands and worldly goods, this opinion would have been startling, to say the least!

The Wife of Bath has been married five times and this, she claims, makes her an expert on the subject of marriage (and who are we to disagree?)

She feels not the least embarrassed about her much-married state – after all, she points out, God never specified how many times a woman could marry. Three of her husbands, she tells the assembled pilgrims, were “old and rich”. The fourth husband was young – after their marriage he took a young mistress. Unimpressed, she took a lover herself, leaving her by then jealous husband to “burn in his own grease”. Not one to be bullied! However, it is her account of her fifth and final (at this stage, at least!) marriage that really allows her to make her point. At first she and her fifth husband were guilty of mutual acts of domestic violence; she is “still deaf” as the result of one such encounter. But eventually they made up, and he agreed to give her full autonomy within the relationship. “After this,” she states, “I was kind and faithful and we lived in bliss.” She doesn’t specify, but we can assume that this autonomy would have allowed her to have her own money and possessions, to run her own household – and to go on pilgrimages!

The Wife of Bath concludes with a prayer: “May Jesus Christ send us young, submissive husbands who are good lovers. And the good luck to outlive them.” The Wife of Bath – what a girl! [Return to P2 index](#)



You are quoting Shakespeare

THIS year marks the 400th anniversary of the publication of the *First Folio*, the collection of William Shakespeare's plays published six years after his death. But did you know that you have probably been quoting Shakespeare all your life? Words and phrases he either coined or popularised are now an everyday part of the language. This is how the journalist Bernard Levin put it in a column he wrote for *The Times*:



If you cannot understand my argument, and declare *It's Greek to me*, you are quoting Shakespeare; if you claim to be *more sinned against than sinning*, you are quoting Shakespeare; if you recall your *salad days*, you are quoting Shakespeare; if you act *more in sorrow than in anger*; if your *wish is father to the thought*; if your lost property has *vanished into thin air*, you are quoting Shakespeare; if you have ever *refused to budge an inch* or suffered from *green-eyed jealousy*, if you have *played fast and loose*, if you have been *tongue-tied*, *a tower of strength*, *hoodwinked* or *in a pickle*, if you have *knitted your brows*, *made a virtue of necessity*, *insisted on fair play*, *slept not one wink*, *stood on ceremony*, *danced attendance* (on your *lord and master*), *laughed yourself into stitches*, *had short shrift*, *cold comfort* or *too much of a good thing*, if you *have seen better days* or *lived in a fool's paradise* – why, *be that as it may, the more fool you*, for it is *a foregone conclusion* that you are (*as good luck would have it*) quoting Shakespeare; if you think it is *early days* and clear out *bag and baggage*, if you think *it is high time* and that *that is the long and short of it*, if you believe that *the game is up* and that *truth will out* even if it involves *your own flesh and blood*, if you *lie low* till *the crack of doom* because you suspect *foul play*, if you have your *teeth set on edge* (*at one fell swoop*) *without rhyme or reason*, then – *to give the devil his due* – *if the truth were known* (for surely *you have a tongue in your head*) you are quoting Shakespeare; even if you *bid me good riddance* and *send me packing*, if you wish I was *dead as a door-nail*, if you think I am *an eyesore*, *a laughing stock*, *the devil incarnate*, *a stony-hearted villain*, *bloody-minded* or *a blinking idiot*, then – *by Jove! O Lord! Tut tut! For goodness' sake! What the dickens! But me no buts!* – *it is all one to me*, for you are quoting Shakespeare.

The **Shakespeare** group are currently meeting online via Zoom and Convener Jean Garmonsway (027 632 5988) says anyone interested in learning more about one of the greatest writers to have ever lived is welcome to log in as a guest. The group meet on the second and fourth Monday of each month when a section of the play being studied is watched and discussed. So keen are members that additional "unofficial" meetings are also held on the first and third Mondays for those who wish to revisit plays studied previously. Works under discussion as we go to press are *The Tempest* and *King Lear*.



Are you a bit of a bookworm? Three of our popular book lovers' clubs currently have vacancies for new members. We asked the Conveners to tell us about their groups.

Coffee and books – pure bliss!

CAFÉ BOOK LOVERS 1

I'M NOT sure who thought up the idea of a lunchtime meeting combined with a chat about books. But what a great idea – although a book club at wine time might have been even better! A lady called Eve was the first Convener of our group back in 2010 and at that time the group met in her house.



But as the group grew, this became a bit unwieldy, so they started going out to garden centres and cafés. Then Eve (No1) moved and Eve (No2) Grimley took over in 2011. At that point Zone Café became our meeting place but we subsequently moved on, to meet at the Pacific Coast Retirement Village in their lovely restaurant. And that is where we still are and meet once a month. Plenty of parking, good food and coffee. I became the Convener in 2022 after Eve retired from the job, although she still comes to our meetings, all the way from Omokoroa.

We have lunch and the first person to finish starts the ball rolling by talking about the books they have read over the month. If another member thinks this summary sounds of interest, they borrow the book and return it the following month. We usually have between 8-10 attending, as there is usually someone away on holiday or on grandparent duty.

I have to say this type of book club suits me down to the ground, as I find I'm reading books I may never have even picked up before. Our subject matter ranges far and wide! If this sounds like a book group you would like to join, please email or phone me. We currently have a vacancy and meet on the fourth Monday of the month at 1pm.

Pat Goldstiver 021 491 652, email p.goldstiver@gmail.com

CAFÉ BOOK LOVERS 2

ON THE second Monday of the month, 1pm will see a group of us meet over lunch at Bloom – the beautiful café in the heart of Pacific Coast Village. Each of us will arrive with a bag of books to be deposited on a chair at our reserved table, a hurried "Hello" and rush off to the counter to select lunch! Our numbers have been up and down over the past couple of years and now we sit at six – all of us ladies by coincidence rather than by design! We are obviously all "of a certain age" as befits U3A and come from a range of backgrounds.

Who goes first usually depends on who has finished eating first but we work around the table, with each of us reviewing the books we have read and recommending (or otherwise) the book to fellow members. Each of us tries to have one "real book" to share as opposed to one that has been read online, but this is not compulsory as we all have preferences for our reading style. As books are picked up to be read, we keep track of who has which in a register, crossing them off when returned. The interesting function of the group, to me at least, is that I joined the club to get my head out of my boring sameness and find some new authors and genres.

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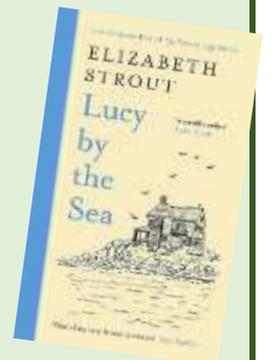
I have been blown away by the amazing authors I have met! One of our members really only reads non-fiction and has introduced me to a world of reading that I would never have otherwise found. Similarly, she has been introduced to some books that, although not completely non-fiction, have been set around facts with a few characters and events contrived to make an interesting story. We are looking for a couple more people to join us. We feel that more than eight members makes for a long meeting as we all take about 15 minutes to talk up our amazing finds and we plan to be out by 3pm. So, if that sounds like you please give one of us a call. Contact either of the Co-Convenors: Barb [021 244 3944](tel:0212443944) or Anne [022 185 1135](tel:0221851135) **Barbara Joyce**

BOOK LOVERS 2

BOOK Lovers 2 was established in 2004, starting with four members. We still have one of the founding members in the group. We are a friendly lot who meet on the second Wednesday of the month at 1.30pm. Our maximum number is 11 as we meet in each other's homes.

Our members have wide-ranging tastes in reading matter and we all enjoy introducing the group to titles the others may not have considered for themselves. Books discussed at our April meeting included *An Orderly Man*, a memoir by Dirk Bogarde; *Birnam Wood*, Eleanor Catton's latest book; *The Legacy Lenders* by Harold Q Masur, an American crime story from 1967; *The Lonely Ones*, a Swedish crime story; and *Grand* by Noelle McCarthy, an autobiography.

This year we have decided to vary our programme a little. In June we will all read the same title and discuss it in depth. The title we have chosen is *Lucy by the Sea* by Elizabeth Strout. Later in the year, for one meeting we will all read around a theme which has yet to be chosen and bring our varied interpretations of the theme to the group. At the end of the year, we always enjoy a convivial lunch at a local restaurant to celebrate a year of great books and great company. Our meeting always ends with afternoon tea where, around the table, we solve the world's problems and have a good gossip.



Why join a book group? There are many reasons. To name a few: to discover what others are reading, to broaden our knowledge of books and authors in general, to interact with other book lovers. To be challenged out of our comfort zones and favourite genres, to discover that elusive great read that transports us into another time and place.

So if this sounds like you, come along and join us. At the moment we have room for two or three more in our group and you will be most welcome. Find our details in the 2023 Handbook.

Diana O'Brien (07) 578 8973



TAURANGA CIVIC CHOIR: Vaughan Chetwynd, Convener of **Classical Music Lovers B**, will be the organist in a performance of *The Armed Man (A Mass for Peace)* by Karl Jenkins, a deeply moving work which stirs a variety of emotions. The production is being staged at St Peter's in the City, 130 Spring Street, Tauranga, on **Friday, 19 May, 7.30pm** and **Saturday, 20 May, 3pm**. Tickets cost \$20 each plus a \$2.20 booking fee and are available from [The Armed Man: a Mass for Peace Tickets, Fri 19/05/2023 at 7:30 pm | Eventbrite](#) Further information about the work can be found at [The Armed Man - Wikipedia](#) and, for a taster, there is a performance on YouTube at [The Armed Man: A Mass for Peace - Sir Karl Jenkins - YouTube](#) [Return to Page 2 index](#)

GROUP NEWS

ANCIENTS ONLINE: Ancient History 2 is rebranding itself to mark its transition to an all-Zoom format for meetings. The group hope to use this approach to entice occasional guest speakers from universities on both sides of the Tasman. Convener Alistair Blennerhasset says the move also reflects the enthusiasm with which members have taken to Zoom. The change should allow numbers to expand without raising concerns over the size of venues. "It might strike some people as incongruous to use 21st-Century technology for exploring the distant past. That's not how we see things," Alistair says. "Nor do we share the view that ancient history is dusty and boring. Quite the contrary! We try to get inside the heads of the people we're discussing, often discovering that they're not completely unlike us, even though they lived millennia ago. At the same time, looking at a bigger picture can help us see our own times in better perspective." The group will encourage members to make their own presentations. If you'd like to learn more, you can contact Alistair on [022 642 8329](tel:0226428329) or at blenney@gmail.com

CLASSICAL MUSIC LOVERS B: Teri and Duncan France presented a very entertaining *potpourri* with a wide variety of genres at the meeting on 13 April. Among the items included were *Jupiter* from Holst's *The Planets* suite, Jacqueline du Pre playing the first movement of Elgar's *Cello Concerto in E Minor*, the beautiful Adagio from *Concerto de Aranjuez* by Rodrigo, and a remarkable "duet" version of Howard Blake's *Walking in the Air*, in which Aled Jones (baritone) accompanies his younger self (treble). This work became hugely popular when it featured in the animated TV film of Raymond Briggs' picture book *The Snowman* (pictured). See it at [Walking in the Air – Aled Jones Sings With His Younger Self | Classic FM Sessions - YouTube](#) Links to works featured at the group's meetings are posted on www.u3atauranga.kiwi.nz



TRAVEL: Ever wondered if it's worth paying extra for a better seat in a plane? Which planes should you avoid, like 777s, and why? Are you better to book directly with an airline or through a travel agent? Who's the best agent in our area? What should you look out for when cruises are offered at discount prices? What's the best cruise for first timers? These are just some of the questions you can find out about from experts and fellow travellers at the **Travel** group. The group meet in Omokoroa at the Library. Phone Chris Subritzky [021 255 6415](tel:0212556415).

FAMILY HISTORY/MEMOIR WRITING (KATIKATI): Has anyone been watching the TV series called *Passengers*? The programme takes us on a journey through the hardships and triumphs of some of New Zealand's earliest settlers through the lens of their modern descendants. If this has sparked an interest in you about researching your ancestry or recording what you remember of your childhood, the stories and events that happened when you were growing up, then the **Family History/Memoir Writing** group is for you. The group meet downstairs at the Library in Omokoroa on the second Monday at 2pm. Phone Chris Subritzky [021 255 6415](tel:0212556415).

HIKERS: The venue for **Mini Hikes 1** on 19 April was the Blue Springs walk, just outside Putaruru. For anyone who would like to check out this walk for themselves, see [Blue Spring, Te Waihou Walkway in Putaruru by Freewalks.nz](#) The next hike is on 3 May at Lake McLaren, just past McLaren Falls. The **Walking/Hiking (Katikati)** group had their Easter Monday meeting rescheduled to 17 April. Their venue was the Waitekohekohe Recreational Park, recently opened by the Western Bay Council. See <https://www.waitekohekohe.nz/bush-walking-trails> for further information. Convener for both groups is Steve Subritzky [021 159 5613](tel:0211595613). [Return to P2 index](#)

Suggested new group: Sign Language (looking for a tutor) three people interested.

Groups closed or in recess: Apple Mac Support 1, Current Events C, Home Distilling. Ethnic Dining 4 is regretfully in recess after 10 years.

Groups seeking new members: Acoustic Music Performers, Ancients Online (Zoom), Ballet Appreciation, Book Lovers 2, Café Book Lovers 2, Camera Club, Computer Support, Five Hundred (card game), History of New Zealand Last 1000 Years, Photo Fun and Photo Enhancing, Rummikub 2, The Sea and Oceans. International Affairs (Zoom) is permanently open to new members.

Other groups information: Rialto 1 and 2 are now combined, Convener is John Russell. Ancient History has changed its name to Ancients Online to reflect Zoom meetings. Memoir Writing course will commence in May, group is now full.

Te Reo 2 (Wednesday group) is now not starting, a tutor has still to be found. There are vacancies in Monday's Te Reo 1 group.

New Conveners: Lone Rangers 1, Marion Stevens 021 265 6782 and Marlene McLaren 021 255 2465. Ancient History 1, Val Hector 022 065 4322. French Conversation 2, Lise Claiborne and Kathleen Fraser.

Meeting time change: Photo Fun meets on the second Tuesday at 9.30am.

KATIKATI:

Group closed: Android and Tablet Support.

Groups seeking new members: Early New Zealand History, Family History/Memoir Writing, Films, French Conversation (new Conveners Linda McMurray and Stephanie Norrie), Play Reading and Poetry, Travel, Walking/Hiking, Your Choice Book Lovers.

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MEET & GREET: March and April 2023



*Greeting members and guests at the Tauranga General Meeting in March were **Hikers 2** (left and above).*



*Members of **History A** were on duty to welcome everyone who came along to the April General Meeting in Tauranga.*



It's



Oh no it isn't!

YOU may be as surprised as we were to learn that English is not, and never has been, an official language of New Zealand. When an article appeared in the March issue of the *Newsletter*

stating that New Zealand Sign Language “is one of our three official languages, along with Te Reo Māori and English”, Liz O’Riordan was quick to point out the error of our ways. “As an ‘incomer’ (Welsh) of 10 years’ standing (the second time around) I have known this fact for several years,” says Liz. “People think I’m talking out of the back of my hat but there are *not* three official languages in New Zealand.”

In best journalistic tradition, we fact-checked what Liz had told us and she is absolutely correct. This despite the fact that, according to Wikipedia, English was spoken by 95.4 per cent of those who completed the relevant 2018 national Census question.

Otago Law Professor Andrew Geddis explains the situation this way: “English is already a *de facto* official language, which may be used in any or all public or official contexts. We legislated Te Reo Māori and Sign Language as being ‘official languages’ in order to affirmatively grant the right to use them in particular, specified situations where they otherwise could not be used. This is not the case with English. It’s simply a general, background cultural presumption in our particular society that this is the language of our government. English is so much an ‘official language’ that our law actually specifies in various places it must be used in place of any other.” The *New Zealand Hansard*, the official record of Parliamentary proceedings, is published in English, although it includes verbatim reports and translations when any MP speaks in Te Reo. Over the years, several people have campaigned to have English declared an “official” language. Back in 2015, Pyes Pa local Robin Bishop started a petition; in 2018, NZ First MP Clayton Mitchell attempted to introduce a Private Member’s Bill on the subject; and in 2019, a Howick woman launched a petition on the change.org website. Te Reo and Sign Language rightly have their places but, as for English ... it’s still not official. – **Editor**

Readers are welcome to email us comments on anything in the Newsletter



CONVENERS: YOUR NEWSLETTER NEEDS **YOU!**

Our members often tell us how much they enjoy reading this bi-monthly Newsletter, which is great to know. But the content can only ever be as good as you make it.

Conveners, please send in your articles and pictures ... or just drop us a line and tell us a little about what your group has been up to. You can contact the Editor by emailing newsletter@u3atauranga.kiwi.nz

We look forward to hearing from you! [Return to Page 2 index](#)

‘Best little museum in the world’

By LYNNE SHEARMAN

PAULA Gaelic spoke about her role as manager and curator of the Western Bay of Plenty Museum at the March General Meeting of U3A Katikati. She leads a team of volunteers and employees creating a museum for the community, by the community. The collection consists of 11,000 objects and is owned by the Western Bay District Council.



Paula Gaelic

Paula receives support and guidance from Te Papa National Services Te Paerangi, while Museums Aotearoa provides the Code of Ethics and the Board of Trustees support her ambitions for the museum.

The main activities of the museum are collection care and preservation, rationalisation (working out what needs to be removed), and exhibitions three themes a year. The museum’s recent *Service and Sacrifice* exhibition has even gone on tour to the National Army Museum in Waiouru.

Earlier this year, Paula was very pleased to welcome Hone Winder-Murray as mana whenua liaison officer, with the role of “developing meaningful relationships to achieve the mutual aspirations of Māori”. This community connectedness involves taking a Māori perspective at the very beginning of exhibition planning and is also part of meeting the code of ethics the museum is striving towards.

Treasuring our Place is a key part of the education programme. The museum was involved in the Waitangi Day celebrations and is organising events for Matariki in June. Other activities include working with the Graham Dingle Foundation, helping young people, special needs programmes, environmental programmes and the Haiku pathway.



The Western Bay Museum

The museum receives funding from the council. Ratepayers contribute at a mere \$3 a year, a lot lower than the average of \$12.50 across other local regions. Hence donations are essential and fundraising is necessary. This money pays for the curator/manager, plus a second curator, administrator and a media position. Very little money comes from “walk-ins”. Ratepayers can enter free of charge.

Volunteers play an essential role for the museum, acting as researchers, writers, gardeners and guides. At present fundraising is aimed at providing purpose-built storage as humidity, dust and insects are an ongoing challenge for the collection. The building would also provide education and curator space. Paula is committed to meeting Greenspace protocols, such as installing solar panels to offset the high power costs

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Warm homes and inspiration

By **MARJORIE SQUIRE**

THE first speaker at the April General Meeting of U3A Katikati was **Carole Parker** of the Abbeyfield Western Bay of Plenty Trust. Carole explained how the charitable trust has secured a section in the town, thanks to the efforts of our big-hearted local community. It now plans to build accommodation for 12 people over the age of 65 who otherwise would be renting – often in sub-standard accommodation.



Carole Parker

Abbeyfield's model is to provide affordable independent rental accommodation in a family-style environment for older people who have modest assets. Residents have their own unit with ensuite and own entry. They share a communal lounge for socialising in, dining area, laundry and gardens. Meals are prepared by a housekeeper. In addition to fundraising events, such as a murder mystery play, film screening, weekly markets, an online art auction, an expo, art exhibitions, a dinner and car boot sales, donations have come from

TECT, the Western Bay of Plenty Council, and numerous businesses and individuals. Abbeyfield has its origins in Great Britain and was brought to New Zealand by a Nelson GP concerned about the welfare of some of his elderly patients. There are currently 14 Abbeyfield developments in New Zealand.

Our second speaker was the effervescent **Stacey Roche**, a former Katikati resident. Stacey, who was part of the New Zealand team at the Sydney Paralympics in 2000, gave a vivid description of living a full life with the challenges of cerebral palsy. Sport has played an important role in Stacey's family and through the years she has been encouraged by her parents, teachers and coaches – culminating in her appointment as captain of the New Zealand team at the world Boccia championships. Her



Stacey Roche

employment with the Hallberg Foundation meant that Stacey could strongly advocate for all young people to participate in sporting activities, encouraging better access to facilities and removing the stigma of disability.

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needed to keep items in a safe condition. Upcoming exhibitions include one which will look at the local food industry and another to reflect the diverse Katikati community, asking people to display an important object they brought to Aotearoa/NZ when they emigrated. "The best little museum in the world" – as it is fondly known to Katikati locals – is certainly in good hands with Paula at the helm.

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

WONDERS OF THE WEB



NEW ZEALAND IN WARTIME

ANZAC Day has just passed and Britain's Imperial War Museum website contains some fascinating material for anyone wishing to research New Zealand's wartime history. It features articles and pictures under headings such as *How Maoris [sic] battled to fight together in the First World War* and photographs of the Anzacs at Gallipoli. To access the information, go to iwm.org.uk/history and in the "Search our stories" field type "New Zealand" then click on the magnifying glass. That will bring up the first page of stories in which New Zealand is mentioned. In the bottom right corner of the screen, click on "Next" to scroll to the following pages with further New Zealand references. [Return to Page 2 index](#)

RECIPE CORNER



CHOCOLATE AVOCADO MOUSSE

The words "healthy" and "dessert" don't seem to fit together but, when you're looking for something sweet that's still yummy and without the calories, this one is a winner! Avocados too soft? Don't throw them out; make a mousse instead.

You will need:

- 1 large avocado
- Up to ½ cup coconut milk (depending on how thick you want the mixture. I usually add a little more.)
- Few drops of vanilla essence
- 1 tbsp of cacao powder
- 2 tsp honey (or add slightly more if you want a sweeter mousse)

Method:

Blend avocado, coconut milk, honey, vanilla essence and cacao powder together. Refrigerate or eat immediately, but refrigeration will help the mixture take on a mousse type of texture. An optional addition is to add 1 tbsp of low sugar peanut butter to make a chocolate peanut butter mousse.

Christine Norton

Do you have a simple, easy recipe to share with our members? Please email it to: newsletter@u3atauranga.kiwi.nz

WHAT IS ...?

A BAILEY BRIDGE



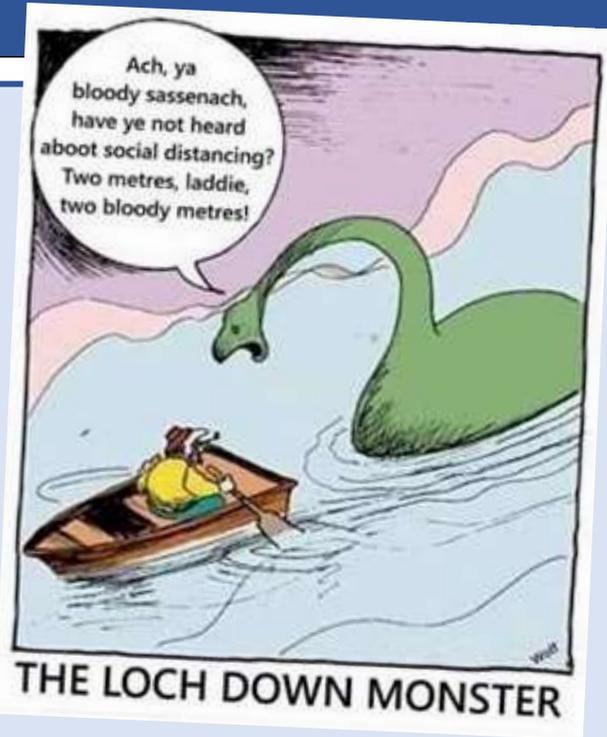
BAILEY bridges were in the news recently when the Government announced that several would be built to reconnect communities after the damage wrought by Cyclone Gabrielle. But what are they? The portable, prefabricated truss bridge was developed for military use during World War II. Donald Bailey, a civil servant in Britain's War Office, originally sketched the design on the back of an envelope. First used in North Africa and Italy, production was stepped up in time for the D-Day landings, to enable Allied troops to replace bridges destroyed by retreating Germans. The bridge needs no heavy equipment, and the modular panels are bolted together to create 3-metre-long spans from one of the banks. Additional spans are then built, bolted on, and the whole structure is continually rolled out until the far bank is reached. For more, see: [The bridge design that helped win World War II - YouTube](#)



SMILE AWHILE



It seems that the one who screwed up was the person who painted the lines in the wrong direction



THE LOCH DOWN MONSTER

Wonder if he's still there ...



The biggest lie I tell myself is "I don't need to write that down, I'll remember it."



PANDEMIC WAR FLOODING RECESSION

HAS ANYBODY LET THE AMISH KNOW WHAT'S GOING ON YET?

QUIZ ANSWERS

- 1. The EEC; 2. b) Grandson; 3. Wilma; 4. Edvard Grieg; 5. The American Civil War; 6. b) Pandora; 7. Wine; 8. Zero; 9. Portuguese
- 10. Ernest Rutherford

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ARE YOU A PERSON OF MYSTERY? A PLEA FROM OUR TREASURER

You have paid your 2023 subscription but not received your Handbook or receipt. **Is this you?** We have received two payments, made in March via ATM machines – one at Bayfair, the other at Cameron Road. If you believe one of these payments could be from you, please contact the Treasurer, phone 576 2767 or email treasurer@u3atauranga.kiwi.nz We'd love to have this sorted!

THE NEXT ISSUE

July-August 2023 Deadline for contributions is 23 June 2023

We welcome your articles at newsletter@u3atauranga.kiwi.nz