



June 2026

BRAND NEW
MULTI-
CHOICE
QUIZ!



FEATURE
EMAIL
SAFETY!

The FIRST Rugby World Cup! It was June 1987, and seismologists at Auckland University checked their instruments and reported that Mount Eden, a dormant volcano, had erupted again! A few minutes of embarrassment followed when the Seismology Department's intern, Miss Eartha Sheik, reminded the boys that a small game of footy had just concluded at Eden park, and a little-known team, the All Blacks, had just finished playing in the first ever Rugby World Cup game. (For details on winners / point spread, please see our inaugural Multiple Choice Monthly How Well Do You Know Your Stuff Quiz on Page 5.

Ch-ch-ch-changes

Our Monthly Quiz is no more! And our “This Month In History” page is a total gone-burger.

In their place: The Multiple Choice Monthly How Well Do You Know Your Stuff Page!

(I’ll come up with a snappier name one day.)

This month you’ll find it on page 5 under the heading

June-eral Knowledge.

I hope you find it enjoyable. I had fun putting it together.

Newsletter Team

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Contents

- 3: President’s Message
- 4: General Notices
- 5: June-eral Knowledge
- 7: June and July Speakers
- 8: Group News
- 9: Tauranga’s May Meeting
- 9: New Group: Artificial Intelligence
- 10: Katikati’s May Meeting
- 12: **FEATURE:** E-Mail Safety
- 14: As I Get Older
- 15: Book & Movie reviews
- 16: Poem
- 17: **FEATURE:** Prisoners of Geography
- 20: From The Shed
- 21: Important Numbers & Emails

MESSAGE FROM THE PRESIDENT

At the May Members meeting I met up with one of the founders of U3A Tauranga – a person who dedicated considerable time and effort and set the sound foundational platform from which U3A Tauranga has grown. It was at a time when everything was paper-based, and correspondence was sent out by post. Today's electronic world was at that time just a vision.

After spending some time reviewing U3A's current portfolio of policies and procedures a clear message emerged – like most organisations U3A Tauranga, is transitioning, at least in part, from solely a paper-based organisation as it moves and operates in today's world. In doing so is becoming even more reliant on the power of the internet and the ever-increasing technological advances open and opening up to us. It is enabling us to utilise these advances for the benefit of our members while streamlining the backroom processes.

Adapting to today's Digital World is also a reminder that we need to recognise and ensure that for U3A Tauranga as a growing organisation, all its procedures and policies – including its informational systems are current and more importantly appropriately documented to meet our changing environment and then adhered to. It is also a gentle reminder that procedures such as those for storage, distribution, and access of U3A's information systems and associated policies may demand appropriate rewriting or at least reviewing more regularly so that the appropriate ones adhere to refreshed requirements brought about by technological advancements. One in particular that stands out is our Procedures for Information Systems policy.

A Policy Review Plan, designed as a means to ensure a structured and deliberate approach is taken will ensure not only that we are operating in accordance with our statutory requirements but also keeping up with the ever-changing external environment. To this end the appropriate review panels will shortly be established. Another recent initiative grew out of our new member meetings, which reveal the breadth of talent, skills, and experience among those joining U3A Tauranga. We hope that, over time, some of these members will take an active role in supporting our activities and shaping the organisation's future, so we have reviewed our introduction process.

It's great hearing that those attending our Tauranga and Katikati member meetings are enjoying the wide range of speakers – it's a credit to our small team who work hard to seek out both interesting yet diverse topics from talented speakers.

Ben Edlin

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Your U3A Needs You!

Every time you attend a Group Meeting or come along to one of our hugely informative monthly General Meetings you are enjoying the end result of someone else's efforts. This is as it should be: we are a sharing organisation, basing our entire raison d'être on the fact that we all have something to share, something to contribute.

Our individual skills, knowledge, and experiences make each one of us unique, and U3A gives us the opportunity to share that uniqueness.

All organisations like ours depend on the input of people's time and skills.

Occasionally, due to any one of a wide range of factors, a need you may be able to meet comes up. Chair stacking. Helping in the kitchen. Writing for the Newsletter. Assisting with your data-management skills, accounting, administrative, or creative abilities.

Even if there's no need right now, your Committee would love to know if they can call on you some time in the future should a particular need arise: if a need arises, we want to be able to meet that need straight away, without having to advertise.

If you have skills that you know we can use in the future, please let us know that we can call on you. Sharing is what we do, and it's really fulfilling. Contact our Secretary or President and tell them that you want to help out.

There's an old saying: St Happens.**

And this month, it did. I was unable to find anyone who could write up a report on Tauranga's Main Meeting for me (I'm based in Katikati and can't always make it to the Tauranga Meeting).

So – Can You Help?

I need someone I can call on to write up a report on Tauranga's Monthly Meetings. Please send me your contact details. The job might take you an hour to complete: and all U3A will thank you for it.

Flick me an email at newsletter@u3atauranga.org.nz

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JUNE-ERAL KNOWLEDGE

Our New Monthly Multi-Choice, Totally Optional, General Knowledge, Do-It-Now-If-You-Want Test!

1: **June 21** is the Winter Solstice. If your Mother's birthday fell on this day, *what would her star sign be?*

A: Gemini B: Cancer C: Leo D: The Beatles

2: The Battle of Waterloo was fought on **June 18, 1815**. 159 years later *which musical band won the Eurovision award with a song referencing the battle?*

A: The Beatles B: Barry Manilow and the Bazza-Minions
C: Iron Butterfly D: ABBA

3: **On June 25, 1967**, the one-off BBC TV show *Our World* featured The Beatles premiering their song "All You Need Is Love". Appropriately, *Our World was also the first-ever what?*

A: Live global TV broadcast B: Singing competition
C: TV appearance by The Beatles D: BBC TV show.



4:



June 1969, New York City – a couple of NYPD officers harass gay woman Stormé DeLarvarie outside a bar. A riot erupts – launching the LBGQT rights movement. This event is one of the reasons June is Gay Pride Month in the USA. **What was the name of the bar?**

A: The Beate's Bar B: McSorley's Old Ale House
C: The Rover's Return D: The Stonewall Inn

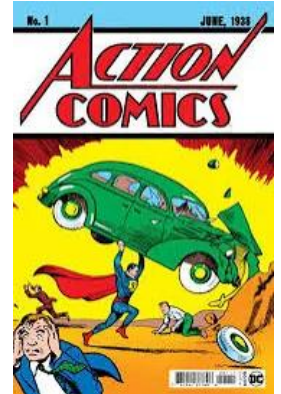
5: **The Roman goddess Juno** is the protector of women, marriage, and childbirth. It is said that in mediaeval times, Northern Hemisphere *couples married in June because...*



A: They had their annual bath in early summer – and late winter / spring babies had a better chance of survival.
B: The nights were longer, so they could party on without wasting candles.
C: Royalty handed out copper coins to couples who married in June.
D: Bridal shops always had a June sale.

6: On June 1, 1926, the world said hello to Norma Jeane Mortenson. In 1973, 11 years after her death, Reginald Kenneth Dwight sang “Goodbye, Norma Jean”. **Who were these two people?**

- A: Bette Davis and Al Johnson
- B: Marilyn Monroe and Elton John.
- C: The Beatles and Maurice Chevalier
- D: Kathryn Hepburn and Frank Sinatra



7: On June 1, 1938, Siegel and Shuster introduced the world to an alien from the planet Krypton. In *Action Comics #1*, **which ONE of the following things could Superman do?**

- A: Fly through the air
- B: Run faster than a locomotive
- C: See through The Beatles with X-ray vision
- D: Breathe underwater

8: On June 20, 1987 (a date that shall ring in glory) the final of the inaugural Rugby World Cup was played. **Which two teams played, which team won, and what was the point differential?**

- A: France v Australia, France winning by 14 points
- B: New Zealand v The Beatles, New Zealand winning by 47 points
- C: England v Ireland, Ireland winning by 4 points
- D: New Zealand v France, New Zealand (ahem) modestly satisfied as they hammered France, 29 – 9. 20 points! Take *that*, France!



9: June 1, 1960, and **something major happened in Auckland. It was –**

- A: The sinking of the Rainbow Warrior
- B: The occupation of Bastion Point
- C: Regular TV programming started
- D: The Beatles disbanded.

10: June 8th, 1987: the New Zealand Government passed a law, and the world gasped. **What Law was it?**

- A: The Homosexuality Law Reform Bill
- B: The Universal Superannuation Bill
- C: The Nuclear Free Zone, Disarmament, and Arms Control Act.
- D: The Beatles & Bob Owens Tauranga Harbour Bridge Toll Act

ANSWERS: The correct answers are either the ones you chose... or these:

**1: B. 2: D. 3: A. 4: D. 5: A.
6: B. 7: B. 8: D. 9: C. 10: C.**

Looking for a group to join? Check out U3ATauranga.org.nz

Coming Up: Our June and July Speakers

Tauranga U3A meet at the Tauranga Yacht Club on the third Friday of the month, 10.00 'til Noon.

JUNE 19th: Short Speaker: The U3A Tauranga Opera Appreciation Group will be inviting you to try something new for 2026. There was a time when only the well-heeled popped down to the theatre for a juicy Opera: nowadays, it's in everyone's reach – and what a story it has to tell!

Long Speaker: David Lyon, former Probation Officer and Prison Projects Director will talk about his experiences in working with Kiwis who have experienced imprisonment. He will also be discussing how our Corrections Department can most effectively be used to protect society and reduce the likelihood of further offending.

JULY 17th: Short Speaker: Helen D'Ath, convenor of the Inky Tales. And just what is Inky Tales, and what do they get up to? Lots of fun and fellowship - members help each other bring their memories to life — from childhood sayings to Christmas traditions to the everyday adventures we often forget to record. This is real history, and it deserves to be shared.

Long Speaker: Tenby Powell, old soldier, middle-aged husband and dad, young at heart business and social, entrepreneur, and humanitarian – and founder of KiwiKARE, helping Ukrainian civilians cope with war. What is happening on the ground in Ukraine? And how is Kiwi KARE helping the traumatised people regain their trust in humanity?

Katikati U3A meet at the Katikati Community Hub on the second Wednesday of the month, 10 'til Noon

JUNE 10th: Short Speaker: Katikati's own DIANE ARLIDGE will be letting us know about her summers in the UK. If you read Enid Blyton's "Famous Five" books as a child, you'll know that summer in England is warm, sunny, with just the odd thunderstorm on the horizon, and picnics with lashings of ginger beer. Was this Diane's experience?

Long Speaker: Tauranga's STEVE SUBRITZKY will be telling us about his recent travels in India and Nepal. If you follow Steve on Facebook you'll have already seen a number of his fabulous photographs. Now, we get to hear the stories behind the pictures – including the close-up of Mt Everest.

JULY 8th: Short Speaker: Denise Forrester will let us know how the Baywide Community Law group bring expert legal advice to anyone who needs it. This is an excellent service that not enough people know about.

Long Speaker: I'll have fully charged my hearing aids for Vincent Gambino, a singer and singer impersonator. Expect to be entertained and astonished by Vincent's great talents – and, if you're game enough, to join him in singing the odd lullaby...

U3ATauranga.org.nz : Your go-to address for all the latest from your U3A

Newsletter deadline for the July issue is June 30th

Group News

TAURANGA GROUPS SEEKING NEW MEMBERS:

[International Affairs](#) is open to new members. The only requirement is to have access to **Zoom** on your computer.

The Convenor, Ian Morrison, says 'Given the current disturbed state of the world, there might be U3A members who do not know about our group's approach and might wish to take advantage of these gatherings.

<https://u3atauranga.org.nz/international-affairs-join-us-now/#more-3452>

If you would like to join this group, please contact: ianmorrison887@gmail.com

The Opera Appreciation Group is on the lookout for new members – either eager Opera fans or those who aren't really sure about the differences between Verdi, Puccini, Mozart, and either Gilbert or Sullivan – then check them out on our website: <https://u3atauranga.org.nz/opera-appreciation>

- [Art Practical](#)
- [Cycle Group](#)
- [Current Events A](#)
- [Festival & Foreign Films](#)
- [Hikers 1](#) & [Hikers 2](#)
- [History B](#)
- [Photography](#)
- [Shakespeare A](#)
- [The Seas and Oceans](#)
- [Weekend Walkers](#)

New Pilates Group Starting Soon

We're thrilled to announce a new mat Pilates group starting Wednesday June 17th. Classes will be held every Wednesday from 9.30 – 10.30 in a central city hall guided by an experienced instructor. These sessions are designed to be safe, supportive and age appropriate. You will only need to bring a yoga mat and \$10. Attendance is by registration and spaces are limited so register by contacting Jenni Baxter directly at jennibax@gmail.com.

We look forward to seeing you there.

Jenni & Joanne (co-convenors)

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Tauranga's May Meeting



Unfortunately, we didn't have a reporter at the May meeting – circumstances, sickness, and overseas travel kept our regular reporters away. However, the grapevine has told me that the main speaker, **Sue McGregor**, gave a talk that was truly inspirational. She spoke of her experiences in Greece, where she learned that Love, Courage, and Art all provide the practical and spiritual guidance to help her lead a life well lived.

Sue's sincerity and excellent story-telling abilities kept the audience entertained and spellbound: I, for one, am extremely disappointed to have missed her talk.

The Short Talk came to us courtesy of a team from Holland Beckett, with a timely reminder of the duties of an executor or administrator to a will. If you, or your spouse or partner, have agreed to be an administrator, then the knowledge passed on by the team's expertise would have been a welcome gift.



New Group News – Artificial Intelligence

New Interest Group: Artificial Intelligence

Artificial Intelligence (AI) is constantly in the news, but what is it, and can we use it practically or creatively in our daily lives?

We are launching a brand-new **Artificial Intelligence** group. No technical background or computer programming experience required—just an open mind and a bit of curiosity. Together, in a relaxed and social environment, we will demystify tools like ChatGPT, explore AI-generated digital art, and discuss the global impacts of this rapidly changing technology.



Group Details: When: 3rd Tuesday of the month, 1:30 PM – 3:30 PM **Where:** *Members' homes*

Spaces may be limited depending on the venue, so please register your interest with the convenor.

Group Convenor: Ian Howell ai@u3atauranga.org.nz 022-590-1234

KATIKATI'S MAY MEETING

The Black Plague Comes To Katikati. (In a Manner of Speaking.)



Liz O'Riordan, from one of U3A Tauranga's four immensely popular History groups, spoke to the Tauranga EGM back in January. In May she brought her – newly updated - talk on the Black (or Great) Plague to a hugely appreciative Katikati audience

For such a grim subject, Liz provided a light touch. Her presentation for a subject that could have been truly morbid was light, entertaining, and – occasionally –

funny. We learnt how it spread from eastern China to Mongolia and hitched a ride with the Golden Horde to Europe, where it really started on its grim job of killing Europeans by the tens of thousands and eventually the millions.



Bubonic plague was a dreadful disease, usually fatal within a week of the first symptoms appearing. We now know that the *Yersinia Pestis* bacteria enters the skin through a fleabite. The bacteria travels via the lymphatic system to a lymph node, swelling it. The characteristic buboes then appeared under the arm, on the neck, and around the groin. Combined with the black bruising under the surface of the skin, fever, vomiting and spasms, the plague was a

truly terrifying disease that spread with startling and deadly ferocity.

None of this was known in the 14th Century, although the quarantine procedures that developed throughout the three centuries of experiencing this devastating disease are still being used today. Upwards of 75,000,000 people died in Europe, and the social upheavals included the end of serfdom, the ability of workers to negotiate their pay, and the design of some quite eccentric prototypical face-masks.

We were introduced to the Derbyshire Downs village of Eyam, where vicar William Mompersson convinced the townspeople to quarantine the village after the plague appeared. Many people died; entire families were all but wiped out. But the plague didn't spread to neighbouring villages. The quarantine may well have saved thousands of lives.



Liz O’Riordan’s talk was much more than a once-over-lightly address: she introduced her audience to the people who lived, suffered, and died from the Bubonic plague from the 14th through to the 18th century.

Bubonic plague still exists, although no cases have been reported in New Zealand since 1911, when 12 cases were reported. And if it does make a comeback? No worries. Well, not too many, anyway: we have Alexander Fleming’s antibiotics to protect us.

Let’s Grow, Katikati!



Katikati’s first speaker, Diana Dorker, gave us an inspirational short talk on the stunning community group Grow On Katikati – a group of enthusiastic and hard-working individuals who are encouraging Katikati to grow, one vegetable garden at a time. They’re at their shed behind the Community Centre every Saturday giving away seedlings (a koha is welcomed), composts, seeds, fruit tree cuttings, produce – and they always seem to have time to chat.

The group helps with community gardens, has developed the community orchard, and is active throughout the township, encouraging Katikati to Grow, one garden at a time! Check them out at

<https://www.facebook.com/growonkatikati>

Email Safety: The Human Firewall

It's time we had "The Talk" again. No, not *that* talk: the "**Stranger Danger**" one. In our hyper-connected world, interacting with the internet is unavoidable. Unfortunately, there are people out there with bad intentions masquerading as your friends.

While your email provider automatically shuffles most malicious emails into "Spam hell" before you ever see them, some inevitably slip through the net.

Building a "**Human Firewall**" is about simple, practical defense that goes beyond panic and hysteria. The more you learn, the stronger your wall becomes.

Phase 1: Spotting the Scam

1. Inspect the Sender's Actual Address:

- **The Trap:** The "Sender Name" displayed can be spoofed to look like a friend, a company, or an official.
- **The Defense:** Always check the actual *Sender Email Address*. In most desktop apps, right-click on the name. On mobile devices, tap the name at the top of the email.
- **Example:** If the display name says "President" but the underlying email address is xyz@zyx.com instead of president@u3atauranga.org.nz, be very suspicious!

2. Look for the Five Red Flags:

Scam emails usually rely on psychological pressure. Watch out for:

- **Urgency:** Creating a false crisis so you don't have time to think.
- **Secrecy:** Insisting you "don't tell anyone" about a deal too good to miss.
- **No Internal Knowledge:** They may know your name, but they lack specific, personal details about you.
- **Overfamiliarity:** Getting a bit too chummy, too quickly.
- **Excuses:** Claiming they are too busy, too ill, or unable to talk directly right now.

If You Can Help Write Reports On Our General Meetings,
please call the Editor on 022 1615 313

3. Investigate Links Before Clicking:

- **On a PC:** "Hover" your mouse cursor over the link without clicking. The real destination URL will appear at the bottom or top of your screen. (You can practice this safety measure on a trusted site like u3atauranga.org.nz).
- **On a Phone or Tablet:** Press and hold your finger down on the link to reveal a secure preview of the destination URL.
- **Warning:** Links don't always look like underlined text— images and buttons are often links too. If a "Harvey Norman Super Deals" graphic links to **xpw.somewhereelse.blah**, do not click it!

Phase 2: Taking Action & Verifying

4. Pause and Reflect:

This is your most important asset. Take a breath and think.

There is rarely an email request that cannot wait a few minutes while you verify its legitimacy.

5. Verify via a Separate Channel:

If you need to check the information, look up the organisation's contact details independently. For instance, your bank's phone number is located on the back of your debit/credit card or your official statements. **Never** call a phone number provided inside a suspicious email.

Garden Ramblers 2

There is nothing as nice as a stroll amongst beautiful trees on a mild autumn day and that is exactly what Garden Ramblers 2 recently did. We visited McLaren Falls where the trees were displaying all their Autumn glory leaving the ground underneath covered in a myriad of crunchy leaves. Although a few of the trees had already shed their leaves there were still plenty looking spectacular. Afterwards we visited The Falls Cafe for coffee.

If gardening is your thing come and join us.

[Garden Ramblers 2 – U3A Tauranga](#)



As I Get Older I Realise...

1: I talk to myself, but only because I want expert advice.

2: Sometimes I roll my eyes... **OUT LOUD.**

3: I don't need anger management.

I simply need people to stop p***ing me off.

4: My people skills are fine.

It's my tolerance of idiots that needs a little work.

5: The biggest lie I tell myself is

"I don't need to write that down. I'll remember it".

6: When I was a child, I thought nap-time was a punishment.

Now it's like a mini-vacation.

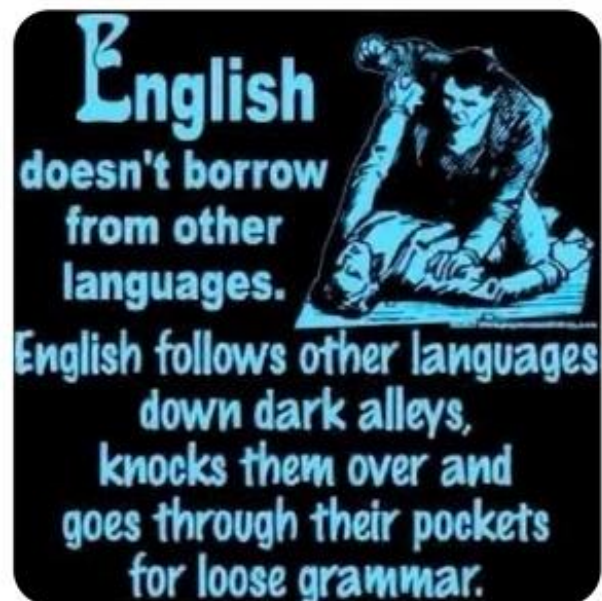
7: The day the world runs out of wine is just too terrible to think about.

8: Even duct tape can't fix stupid, but it can muffle the sound.

9: It would be great if we could just throw ourselves in the dryer and come out three sizes smaller and wrinkle-free.



The first sighting of Donald Duck: June, 1934.

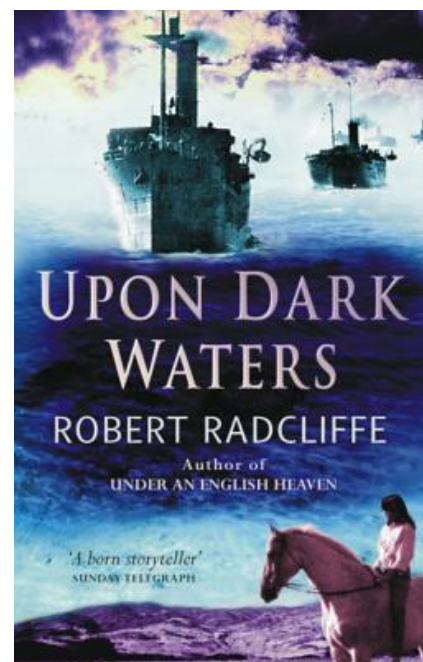


BOOK REVIEW

Upon Dark Waters by Robert Radcliffe (2003)

This is Michael Villiers' story, born in Uruguay to a British diplomat and a beautiful socialite. His young life was spent between England and Uruguay before he joined the British Navy at the beginning of World War Two. He served as a 2nd Officer on HMS Daisy, a Flower Class Corvette on escort duties protecting merchant ships as they carried essential supplies across the Atlantic. The main theme is based on the Atlantic as they battled German submarines and wild storms. This makes chilling reading, lightened by wry humour. Alongside the war story is a family saga set in Uruguay and incorporates some history of Uruguay. This is a very readable novel based on fact.

Robert Radcliffe is the pen name of Robert Masson. He has had several books published under these names, based on World War Two themes. He spent ten years as a commercial pilot flying worldwide and wrote in his spare time. His big breakthrough in publication came in 2002 with "Under an English Heaven" about a WW2 American Bomber Base in Suffolk, England.



Gloria Selkirk

Movie Review

Remarkably Bright Creatures



This is Netflix's second octopus-themed movie, which may indicate a developing trend. The first movie, 2020's My Octopus Teacher, is about a man developing a relationship with a female octopus in South Africa's giant kelp forest and using that relationship to strengthen his relationship with his son. It was simple, superb, heartwarming, tear-jerking, touching, warm, funny, and eminently watchable.

The second movie, "Remarkably Bright Creatures", brilliantly stars Sally Field and tells us about a woman developing a relationship with a male octopus in a small Californian coastal town's aquarium and unwittingly using that relationship to exorcise her grief about her son's drowning many years ago. The film is simple, superb, heartwarming, tear-jerking, touching, warm, funny, and eminently watchable.



Tova, Sally Field's character, is a 76-year-old woman who is well-liked by everyone. (Hey. It's Sally Fields. What's not to like?) But she has developed a hard shell about herself, shielding her from any real relationships since her son's drowning death. Was it suicide? An accident?

Cameron is a young man, thirty-ish, and rootless, sensitively played by Lewis Pullman, who drifts into town searching for his father, and starts working with Tova at the aquarium.



Marcellus, the giant Pacific Octopus who is held at the aquarium, is the movie's narrator (thanks to Alfred Molina's splendid voicework), and initially considers humans as remarkably dim creatures.

This gentle, compelling film charms, coming smoothly to an unexpected conclusion (my smug predictions were way out of the ballpark), and is, in turns, simple, superb, heartwarming, and so on.

VIEWER WARNING: This is a 17-tissue movie. Be prepared!

Al Mathews

POEM: The News Where I Am.

© *Brian Bilston. (Facebook).*

**1: Today, my travelcard expired
Got soaked through twice. Oh, and got fired.
A dog bit me. I lost my phone.
But -
You'll be there when I get home.**

**3: My Lotto numbers came up today
(A pity I forgot to play).
I think I have a kidney stone.
Like, whatever.
You'll be there when I get home.**

**2: A pigeon crapped upon my head
I ate a slice of mouldy bread.
I lost a tooth. I broke three bones.
Who cares?
You'll be there when I get home.**

**4: The icecaps melt more each year.
A new world war will soon be here.
The most perfect day I've ever known.
Because – did I mention this?
You'll be there when I get home.**

Deadline for material for July's Newsletter is June 30th



Putin has said the break-up of the Soviet Union during the 1990's was “a major geopolitical disaster of the century”. Since then, Russia has watched most anxiously as NATO has crept steadily closer, incorporating countries which Russia claims it was assured would not be joining - the Czech Republic, Hungary, and Poland in 1999, Bulgaria, Estonia, Latvia, Lithuania,

Romania, Slovakia in 2004, and Albania in 2009. Russia's mind has been concentrated by this. Like all powers it is thinking of the next 20, 30, 40 years and that in that time anything can happen. Who would have guessed 40 years ago that 10,000 American armed forces would be stationed a few hundred miles from Moscow in Poland and the Baltic States with a newly established military base in Poland? By 2004, just 15 years from 1989, every single Warsaw Pact state bar Russia was in NATO or the European Union.

All this might have been tolerated as long as a pro-Russian or even a neutral government held sway in Kiev, with a guarantee not to join the EU or NATO. The Russians could hope that its geographic buffer zone would remain intact, and of course the lease Russia had on its vital only warm-water port at Sevastopol in Crimea would need to be guaranteed. To Russia membership of the EU is simply a stalking horse for membership of NATO, and for Russia, Ukrainian membership of NATO is a red line. In 2014 the political situation in the Ukraine deteriorated into a civil war. The then President Viktor Yanukovych fled, fearing for his life and anti-Russian pro-Western factions took over the government. The USA and Germany actively encouraged this.

The new government now led by the Ukrainian nationalist, Volodymyr Zelensky, moved to abolish Russian as the official second language in various eastern regions and close Russian-medium schools. That might be like abolishing Maori as an official language in NZ and closing Kohanga Reo and Kura Kaupapa schools (my comment, not Tim Marshall's).



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To sum up, the geographic imperative and the whole eastward movement of NATO was what Putin had in mind, when he said, “Russia found itself in a position it could not retreat from. If you compress the spring all the way to its limit, it will always snap back hard. You must always remember this.” The spring snapped back hard in February 2022 with Russia's invasion of

Ukraine, insisting on regime change and to ensure that the European Plain corridor would not be in what it considered hostile hands. Prior to that Crimea was retaken by Russia with an enthusiastic response in the region. The strategic significance of Crimea to Russia means it will not be relinquished in any possible future peace settlement, nor probably the area of eastern Ukraine.

The concept of geography influencing events is an interesting one. We are presently hearing about the power of Iran's geographical position to the Strait of Hormuz - the power of geography will play a significant part in the outcome of the current Middle East conflict, and we are all prisoners to it.

Murray Armstrong

u3atauranga.org.nz/history-b/

Murray can be contacted on 021 254 4556.

A Recent Adventure with the U3A Hikers Group 2:
[Hikers 2 – U3A Tauranga](#)



From The Shed

We Knew It In The 1960s – And It's Still A Problem.

Recent surveys show that one of the greatest fears men have is of being laughed at.

The greatest fear women have is of being killed. And this article from 1968 shows we were aware of these justifiable fears then – more than fifty years ago.

Self-defence courses for women meant learning that carrying a pot of pepper (pre-pepper spray) in your bag, keeping a tyre-iron in reach in the car, using your high-heels as a weapon were all good ideas.

Of course, trying to change men's predatory mindsets never came into consideration.

Every Girl Can Be A Commando

DEFENCE SECRETS

From Elizabeth Prosser in London

Friends laugh at a tiny blonde girl who carries a pepper pot in the glovebox of her car. But life for a girl in Britain today can be dangerous – particularly if she is single and living on her own.

Just study these statistics. More than a million major crimes are committed every year in Britain. That is one every two minutes, day and night, 365 days a year.

From America, which has its own chilling crime record, comes a book which gives girls this sort of advice on self-protection: "Keep a weapon on the east seat beside you. A tyre lever or hammer is very good. Or anything heavy on which you can get a good grip."

This idea and several others in the book—which reads like a wartime commando pamphlet—border on the alarmist and hysterical. And I say this in spite of its open letter to teenagers from J. Edgar Hoover, chief of the F.B.I. —

But, remembering that thousands of girls are living alone in London and other big cities, it does include some sound, down-to-earth tips on safety and the single girl.

One chapter teaches you how to make defence weapons out of a rolled up magazine, a stiletto-heeled shoe and an umbrella.

- Magazine: Roll it tightly, strengthen it with elastic bands—and make hard and fast jabs at troublemaker's throat or face.
- Shoe: Grind your heel into the arch or top of the instep of an assailant, putting all your weight on it. Or slip one shoe off, and using it like a club, at his face with the heel.
- Umbrella: Grip your umbrella like a soldier holds his bayonet—in two places—and

changed. There may be several duplicates of your set keys for the odd locks. And don't be generous to friends who might visit from time to time, nor delivery people or domestic



Rich choice tobaccos, King Size, Miracle Filter

You Won't See An Ad Like This Today!

The advertising of tobacco products – cigarettes, cigars, pipe tobacco, loose tobacco, and so on wasn't banned in New Zealand until 1990, a good 25 years after this ad was published.

A pack of 20 cancer-sticks went for 2/6, or 25 cents (about \$25 today, according to Google!) so they weren't cheap even then. Ciggies clogged your lungs, bugged your breathing, made you smell just a wee bit rank, and you had a really, really good chance of developing cancer. All in all, great value for money. As the ad says – with a pack of smokes in your pocket you had so much more to enjoy!

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THERE'S SOMETHING FOR EVERYONE AT U3A

U3A Tauranga offers a wide range of interest groups, some of which are based in Katikati. Members are welcome to apply to join any of our groups, full details of which are regularly updated in the online Handbook. For more information, just click on the link on our website U3Atauranga.org.nz

If you wish to become a member of **U3A Tauranga**, you can complete the online application at [Application Form | U3A Tauranga](#).

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