

July 2026

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Travelling
with U3A
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15 Years
Convening:
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Rinse The Blood Off My Toga! In the 1950s, the Canadian comedy duo Wayne and Shuster modernised Shakespeare's "Julius Caesar" with Calpurnia pleading with Caesar "Julie, don't go!" It was played again and again and again by the-then New Zealand Broadcasting Service, the only radio broadcaster in the country at the time. By this time the 60's rolled around the blood had well and truly set into the toga, and not even Rinso's famous "Rinso White, Rinso Bright" could shift it. Rinso wasn't mentioned in any of Shakespeare's plays: for confirmation, ask any member of U3A Tauranga's Shakespeare groups: [Shakespeare Group A](#), and [Shakespeare Zoom Group](#). The latter group, incidentally, is looking for a new Convenor.

Group Vacancies

Tauranga:

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

Katikati

[Film Appreciation](#)

[French Conversation](#)

[My Life Stories Memoir Writing](#)

[Poetry Plus](#)

[Walking](#)

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MESSAGE FROM THE PRESIDENT

For many of us, the digital world, and emerging electronic tools, such as AI, are creating new ways to communicate, learn, and access information through channels that were once unheard of, or even beyond our imagination. Unfortunately, it is not removing the politically motivated tensions that still remain in the world.

At the time of writing this article and due to the number of registrations received who wished to hear Tenby Powell share his Ukraine experiences with us, the number of members the room at the Tauranga Yacht and Power Boat Club can facilitate has already been exceeded. As an outcome, we have had to take the unprecedented step to advise some members that while they had registered, they are now on a waiting list, and for those who have registered late that seats are no longer available. For those few who we are now on a waiting list, we sincerely apologise and in this one instance we wish the room could have accommodated many more of our members. As your Executive turns its mind to ensure that U3A's well-designed and very stable operational platform continues not only to capture but delivers appropriate and safe activities, it has a constitutional responsibility to ensure it continues to operate within current and frequent legislation changes. Recent changes that are generic to many of the activities U3A offers relate to the Privacy Act 2020 and the Copyright Act 1994.

Because of minor changes to both Acts, U3A now needs to make small adjustments to a few of its communication-related activities. In certain situations, this will mean obtaining consent from anyone named in an article, photographed, or referred to in other material before that material is published in print or electronically. The key is to ensure all parties are clear as to the purpose and use of that material. It appears that in many situations U3A may be able to meet this requirement simply by advising individuals when a photograph is taken or an article is written of the purpose for it and when or how that photograph or article may be used in U3A's publications and/or its promotional material. While it appears there is no general requirement to obtain written consent via an appropriate approval form, U3A may think it is advisable, in some cases, to seek one and then keep it on file once signed.

We believe it is important that members, photographers, and authors of articles in any published document; be it in text or in supporting material such as a photo, are aware of this legally required change. So, if asked to agree or to sign a form it will ensure both parties are aware of the purpose for it, while at the same time assist your U3A to continue to comply with its legal accountability. It is small but significant changes such as these, that will ensure U3A Tauranga continues to grow and keeps its members up to date through a diverse and wide-ranging programme across both Tauranga and Katikati, while complying with this country's Copyright and Privacy Acts.

As we work through such matters the resolute members of your Executive are not just a pleasure to work with; each is working diligently to ensure that all members have an expanding choice of activities as well as interesting speakers to hear from; one that keep us all up to date on a wide range of external changes as well as ensuring U3A remains on a solid and legally appropriate foundation.

Ben Edlin

Newsletter material deadline for the August issue is July 31st.

JULIAN KNOWLEDGE

The Romans replaced the seventh month, September, with a flash new month, July – naming it after Julius Caesar.

1: On what date do we celebrate Matariki, also known as the Maori New Year?

- A: The Matariki public holiday dates fall on the closest Friday to the Tangaroa lunar period during the lunar month of Pipiri.
B: 10 July. C: Easter. D: Hairy Maclary's birthday.



2: On July 25, 1984, which iconic Kiwi track became **the first—and only - all-Maori language song to hit number one** on the New Zealand singles charts?

- A: Snoopy's Christmas. B: Poi E.
C: Slice of Heaven. D: Hairy Maclary's Christmas.

3: The annual [Matariki Te Tauranga o ngā Waka](https://www.matariki.org.nz/) festival typically spans mid-June to mid-July. During this time, **what popular free, family-friendly spectacle illuminates the waterways of Pāpāmoa?**

- A: Floating Lantern Festival B: Laser Light Water Show
C: Light up the Waterways D: Hairy Maclary's statue.



4: Which famous Auckland-born **Everest conqueror's birthday was July 20?**

- A: Sir Peter Blake B: Sir Hairy Maclary
C: Sir Edmund Hillary D: Sir Ernest Rutherford

5: In 2022 the Maori New Year, officially became a July public holiday. **Which celestial event marks this time?**

- A: The rise of the Hairy Maclary constellation B: The winter solstice
C: The rising of the Matariki star cluster. D: The autumnal equinox

Looking for a group to join? Check out [U3Atauranga.org.nz](https://www.U3Atauranga.org.nz)



6: On July 10, 1985, one of New Zealand's most infamous environmental protests took place when **which Greenpeace ship was bombed in Auckland Harbour?**

- A:** HMS Maclary **B:** The Rainbow Warrior
C: The Sirius **D:** The Arctic Sunrise

7: Which two English-speaking countries officially celebrate their national independence days in July (on the 1st and 4th respectively)?

- A:** Australia and Canada **B:** Canada and the USA
C: Hairy and Maclary **D:** Australia and the USA

8: Which iconic extinct volcanic cone **stands guard at the southern end of the Tauranga Harbour entrance?**

- A:** Mauao **B:** Mount Edgecumbe
C: Mayor Island (Tūhua) **D:** Maclary Island

9: Which cultural precinct located within the Historic Village hosts **continuous winter arts and music?**

- A:** Incubator Creative Hub **B:** Baycourt Community & Arts
C: The Hairy Maclary Sculpture **D:** The Jam Factory



10: While the Bay of Plenty is famous for kiwifruit, **July is prime harvest time for which other major BOP commercial crop?**

- A:** Avocados **B:** Hairymaclaryberry
C: Apples **D:** Tamarillos

ANSWERS:

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

Looking for a group to join? Check Page 2, or go to [U3A Tauranga](#)

Coming Up At Our July and August Monthly Meetings

**Tauranga U3A Monthly Meetings are held at the Tauranga Yacht Club
on the third Friday of the month, 10.00 'til Noon.**

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 traumatised Ukrainians regain their trust in humanity? Because we are expecting a larger-than-usual audience, we ask that you register your interest in coming with Kay Ebdon, secretary@u3atauranga.org.nz

August 21st: Short Speaker: TBC

Long Speaker: Author and documentary-maker Rob Harley, one of New Zealand's most acclaimed journalists and writers. Rob's talk, "Life's Most Amazing People" covers his fifty-year career in some of the world's most challenging places, telling about some of the bravest people you will ever hear about. He'll talk about his time in war zones, investigating some international mysteries, and also bring with him copies of his latest best-selling books "The Courage of Women," and "Relentless".

You will be moved and inspired by Rob's talk 'Life's Most Amazing people.'

**Katikati U3A Monthly Meetings are held at the Katikati Community Hub
on the second Wednesday of the month, 10:00 'til Noon**

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: 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. This will be a presentation filled with song, laughter, and more than a few challenges.

August 12 Short Speaker: Toni Miller will be telling us about her duties as a JP.

Long Speaker: David Marshall, Greypower. What is Greypower, what does it do, and what does it offer us – these questions, and more, will be answered.

U3Atauranga.org.nz : Your go-to address for all the latest from your U3A

Meet Your Committee Members This Month: Phil Hansen, Vice President

I was born and educated in Christchurch and, after graduating as a chemical engineer, embarked on a career that took me to a wide variety of industries and locations. Over the years I worked in the chemical, pulp and paper, and mining industries in New Zealand, Australia, Malaysia, Canada and New Caledonia. The opportunities to work internationally provided many interesting experiences and a broad appreciation of different cultures and communities.

Many of my interests lie outside U3A Tauranga and keep me happily occupied in retirement. These include woodcarving, designing and flying drones, the 1960s Space Race, building WW1 model aircraft, and exploring history. I particularly enjoy combining practical skills with research, problem solving and creativity.



I have been a member of U3A Tauranga for the past seven years. During that time, I have mainly contributed behind the scenes, assisting the audiovisual team at the monthly Yacht Club meetings. More recently, I have become the convenor of one of the dining groups, providing another opportunity to meet members and enjoy the fellowship that is such an important part of U3A.

[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

Tauranga's June Meeting

U3A member David Lyon shared his experiences of working with inmates and employees of the Justice Department, from 1978 to 1995, as the main speaker at the monthly meeting in June.

He began by comparing the 2 prisons where he worked at Napier and Mangaroa in Hawkes Bay. The former opened in 1862 with 70 inmates and was closed as a prison in December 1993 – after which it was opened as a tourist facility, which finally closed in 2024 due to safety concerns.



Mangaroa replaced the Napier Prison in 1993, initially with about 200 prisoners. Now titled Hawkes Bay Regional Prison it has 750 inmates and is intended to accommodate 1000 by the end of 2027.

David listed some interesting events during his work, including hunger strikes, marriage proposals, Dear John letters and visitors at the prison walls, together with the actions taken. He explained that the behaviour of staff towards inmates can affect their personal safety. Prisons do not get to choose their occupants and time is taken to assess individuals as to an appropriate security classification, by getting to know the inmate and the associated risk. Both prison and prisoner have a vested interest in lower security classification and there are consequences of poor decision making. The higher the rating the higher cost to the taxpayer.

David spoke at length on some of the ways that prisoners communicate - legally and illegally - with the outside world. A two-way radio was smuggled into the prison and a phone discovered under the education centre floor. Cell phones were not a problem then - but several television sets were discovered to have been stolen items when the police checked.



Every prisoner has the right to contact their MP or the Ombudsman, but telephone calls and written communications are all vetted. Family and other visitors, together with work party members and parolees, have direct contact.

It costs over \$200,000 per inmate annually to operate our prisons. Keeping costs under control is therefore imperative. Inmate labour

to grow food and run the kitchens are well-known and turning some sports facilities into gardens has been an option. The lowering of security classifications when appropriate, and inmates contributing to worthwhile outputs, can help reduce the high cost of incarceration.

David went on to share his thoughts on how imprisonment can most effectively be used to protect society and reduce the likelihood of further offending. Successful prisons require the design and use of effective infrastructure and systems with ongoing learning. Sound information about both staff and inmates is key, as is the management of risk. Having the right people and supporting them to achieve the required outputs are vital.

The Roles of the NZ prison system are: Punishment, Deterrence, Public Safety and Rehabilitation. The prison population in February 2026 was 11,240 and expected to rise to 15,200 by June 2036, including a rise in female prisoners of 63% by that same date. A lively number of questions concluded David's very interesting talk.

Graham Dingle

A NIGHT (well, 10 minutes) AT THE OPERA

What's Op-era, Doc? <https://www.youtube.com/watch?v=motqMoNvj0>

Margaret Marsh treated the Tauranga membership to a spirited presentation about one of her pet passions: Opera. Margaret runs the Opera Appreciation group, membership of which had dropped a little over the preceding year. As she said: If you think opera is dull, obscure, pretentious and out-of touch – you're wrong. Opera can be fun, audacious, and actually gloriously stupid when you come to know the plots.

Enthusiasm is infectious – and the Opera Appreciation Group now has 17 new members – meaning Margaret now faces the very pleasurable job of finding a larger venue! **LATE BREAKING NEWS: A venue has been found!** The Opera Appreciation group is now hitting the high notes!

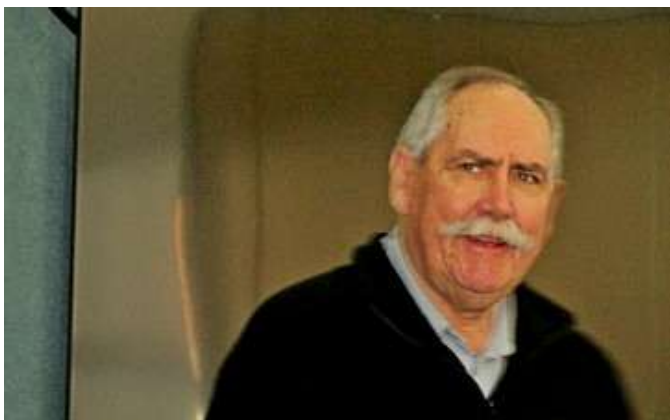
A QUOTE FOR JULY

If you make it a habit not to blame others,
you will feel the growth of the ability to love in
your soul,
and you will see the growth of goodness in
your life.

LEO TOLSTOY.

KATIKATI'S JUNE MEETING

STEVE SUBRITSKY: A MAN OF THE WORLD



India and Nepal this time – following a previous superbly illustrated talk of his visit to Antarctica, we were able to share the highlights of Steve's more recent visit to the northern part of the sub-continent.

The visit began in Mumbai – staying in an Ibis hotel that had previously been 'done over' by the ungodly. This necessitated strict security procedures with security guards everywhere.

People, belongings and vehicles all stopped and searched prior to being allowed entry into many places, and the occasional spot check and search out of the blue. This does provide a sense of security when visiting high profile venues throughout India.

A trip to Delhi, the capital of India, took in the statue and memorial to Mahatma Gandhi. Everywhere you travel cattle have right of way due to the religious mores of the population where cows are considered 'sacred'. This applies throughout India. [Mahatma Gandhi - Wikipedia](#)

Wherever tourists are, there are invariably the 'usual' snake charmers and other locals showing off their abilities in many different and unusual fields in the constant quest for a few rupees. Local markets displayed unusual and exotic items and advertisements – from fresh drinking water to brides for sale!



As India is well known for the production and sale of many pharmaceuticals, ethical and otherwise, unsurprisingly there are many 'pharmacies' in all areas – the integrity and reliability of some of the 'pharmaceuticals' in these emporia is open to question.

Hotels and accommodation were simply first class throughout the visit, but it was a bit disconcerting to look out of the window at lesser mortals and observe the abject poverty so prevalent throughout much of India. Crime, both major and minor, is endemic with pick-pockets and other ne'er do wells constantly ripping off foreign tourists. This population is also often preyed upon by people who run sweatshops and criminal digital "phishing" activities.



The slums of Mumbai were a very different place – a squalid area of narrow alleys and cramped living conditions, but also an area where many small businesses thrive with local handcrafts, weaving, pottery leatherware and other artisan work still being carried out although much of the local handcrafts are seen as ‘dying’ businesses – sad! Recycling is a big business in the slums where plastic of all sorts is re-imagined and onward sold, and laundry (dhobi) is also a significant business with clothes and linen of all descriptions being collected and dealt with daily from all areas.



Rail is a preferred means of transport throughout much of India and most trains are now electrified which has necessitated the old system, where there were as many passengers on the roof of the carriages as inside, to be abandoned due to the obvious risk of such passengers getting electrocuted! Some of the power reticulation throughout the country is very suspect with cables and wires festooned from poles and high points in most urban areas.

The very efficient business of ‘tiffin’ boxes and the delivery of many meals to office and other city workers was seen. Many hundreds, if not thousands, of home-cooked and prepared meals were collected from homes and transported and delivered to the selected workers in the city – this is done by a group of independent ‘tiffin carriers’, called Dabbawalla, using bicycles and a remarkable local knowledge whereby the correct meal is delivered to the correct recipient at the right time. Super smart and highly efficient. [Dabbawala - Wikipedia](#)



A visit to Agra and the magnificent Taj Mahal was somewhat tempered by the huge crowds, the wait to get and actually see the Taj was a spoiler. Interesting observation made about the four minarets at the Taj and indeed all mosques. All are built with a four-degree outward lean to ensure that, in the case of an earthquake or other disaster, the minarets fall outward and do not harm any incumbents praying or spending any time in the mosques. This is a very old requirement. [Agra - Wikipedia](#)

The many Sikh temples were interesting in the manner in which food is always offered to all visitors – in many temples or gurdwaras very significant quantities of simple food are prepared and distributed daily – it is usually a meal of dhal and a chapatti. In some cases several hundred meals are served daily. (Continued on Page 12)

Have you been impressed by the work a Group Convenor is doing, or has done over the time you’ve known them? Call Al Mathews on 022 1615 313 or email me at newsletter@U3Atauranga.org.nz and let me know. I really want to spread the word that U3A Convenors are the heroes and backbone of everything we do. Their story deserves to be told. See the article on Page 17.

(Continued). From Agra a trip was made to the Ranthambore National Park and tiger reserve in Rajasthan. <https://ranthamborenationalpark-india.com/> Tigers were seen during a game drive on the second day of the visit. The preponderance of highly decorated trucks, lorries, tractors etc are a common sight throughout India. Many lorries with hanging adornments are commonly called 'jangly trucks' from the noise made by the jangly bits!



A visit to the holy river Ganges at Varanasi took in the 'burning ghats' where there were large piles of wood replenished daily to fire the pyres of the recently departed, before their mortal remains – what was left after the cremations – was consigned to the waters of 'Mother Ganges'. There were many people bathing in and drinking water of the Ganges! Due to the 'holy' nature of the Ganges and Varanasi there are nightly celebrations along the banks of the river and there was always a large crowd of people celebrating whatever the occasion was



Following the Varanasi visit a trip was made to Kathmandu in Nepal. Being situated in the foothills of the Himalaya, Kathmandu is a setting off place for visits to the higher regions of the Himalaya, and specifically Everest (known locally as Sagarmāthā). Regular flights from the local airport in both helicopters and fixed wing aircraft take visitors on sight-seeing flights around Mount Everest – these flights, and what can be seen, are very dependent on the current local weather situation which frequently changes rapidly due to the altitude and can change from clear to cloudy very quickly. Due to the instability of parts of the Himalaya foothills, low flights by some helicopter and other flights are restricted due to the susceptibility of some areas to avalanches and land slips caused by the noise and excessive vibrations from the aircraft. A sightseeing flight over the Everest Base Camp was one of the restricted flights. [Mount Everest - Wikipedia](#)

Stewart Cairns

Animal Aunts, anyone?

There are dog tales, dog tails.. and then there's Animal Aunts, a pet and house sitting operation set up in the UK in 1987. Diane Arlidge told the Katikati Krowd to an hilarious talk about the time she and her ever patient husband David took off for a spot of OE a few years back, and discovered Animal Aunts. Or perhaps it would be better to say Animal Aunts discovered them.



Diane and David enjoyed many months staying at and looking after various "upper crust" homes around the swankier parts of the English countryside, mainly looking after dogs... but also having the opportunity to live near and be welcomed and befriended by many local residents of some beautiful small English towns and villages.

In addition to looking after the animals, Diane and David cared for some extraordinary homes – one of which, yes, had a Tradesman's Entrance, 'round the back. David's handyman skills were put to ill-use when he cleared a few hundred years' worth of patination from some statuary. Nothing a few dozen decades couldn't fix...

Diane and David, Aunts (and Uncles) to more than a few pedigreed dogs on a very memorable trip to England. As Cholmondely the Chow and Parsifal Pierre Pluckberry Poodle IV, would say, "Oh, what woofingly good show!"

TRAVELLING WITH U3A – Christine Donohue



In 2024 I was planning my first trip to Northern Rivers NSW, to visit my daughter Jennie. She moved there from Melbourne in 2021 and has found her happy place. I knew that during the week, I would be left to my own devices, as Jennie works from home. She lives in a one-bedroom flat in Ocean Shores, with no spare room for her mother. So I planned to stay during the week at an AirBnB, in nearby Brunswick Heads.

As this was my first visit, I would know no one, apart from Jennie. I looked up U3A on Google and found a local branch, which meets regularly. I emailed the local contact, telling him of my intended visit. He passed my details to Denise and she contacted me. Much to my delight I discovered that she convenes a U3A French Conversation Group, much like our own in Katikati. Not only that, she organises the weekly meetings of the overall group. So, setting off for my first visit, I knew that I had plenty to keep me busy on the weekdays I would be on my own - and the opportunity to make new friends with similar interests. During that first visit to NSW, I joined in four meetings of the French group and made some new French speaking friends. I picked up a few ideas for our own group. I also attended the weekly meeting of the local U3A, just across the road from my BnB. It was opportune, as the excellent speaker was from a NSW agency, speaking about Wills and Powers of Attorney. Interesting to see what is available to older citizens there.

It was nice to be greeted at the shopping centre by new U3A friends and I made a good friend in Denise, who had made me feel so welcome. We kept in touch over the next year and in 2025, on my next visit I was able to slot back into her French group. She also took me on the film group outing to Byron Bay, to the cinéma and the discussion, over lunch at the local sports club.

I was also invited to be the speaker at one of the weekly meetings of the Brunswick Heads U3A. I gave a PowerPoint talk about Servas, the home hosting and peace organisation I belong to. Several audience members got very excited and later joined Servas. They thanked me for making them aware of the opportunities it offered, for travel around the world and in Australia and New Zealand.

Christine Donohue

A lifetime advocating for older people

Published with permission from the Office for Seniors [Te Tari Kaumātua](#)

For Hanny Naus, Professional Educator – Elder Abuse and Neglect Prevention at Age Concern New Zealand (pictured above), helping people feel safe, respected and heard has been a thread through her entire working life.



Before joining Age Concern New Zealand, Hanny worked in social work, disability support, rehabilitation and teaching. Looking back, she says the values behind elder abuse prevention were already there. “I realised so much of the work I’d done over the years already had that advocacy element in it,” she says. “The idea that older people have the right to be heard and not dismissed had always been part of my work.”

This work was recognised in the 2026 King’s Birthday Honours, where Hanny received a King’s Service Medal. She describes the recognition as an honour but remains focused on the work itself and the people it supports.

An Elder Abuse area that has become especially important is BANKING.

Years ago, local Age Concern teams often worked directly with local bank branches. Staff knew their regular customers. If something seemed unusual, there was often someone nearby they could call. “There was already a really strong connection,” Hanny says. “If a branch manager or a staff member was worried about something, they could contact the local elder abuse worker and talk it through.”

That landscape has changed. Bank branches are fewer and more services are online. Many conversations now happen over the phone or through national customer teams. For some older people, that shift has brought convenience. For others, it has made managing money harder and increased reliance on others for help.

Banks have adapted too, and many have vulnerable customer teams or extra care teams, along with clearer ways to escalate concerns. Hanny works with these teams to help shape policy and train staff to recognise warning signs of abuse, including situations where an older person may be under pressure or no longer speaking freely for themselves. “Banks are often in a position to notice when something doesn’t seem right,” she says. “People working in those teams do a really hard job, but I’m often surprised by how much they do pick up.”

Even with those changes, the core of the work remains the same.

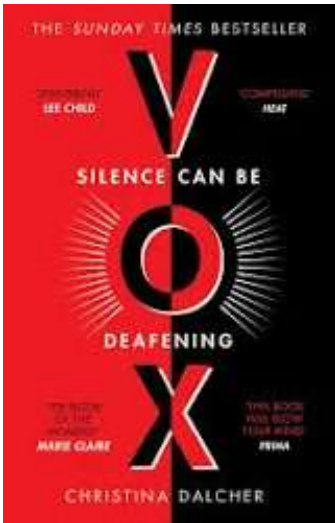
For Hanny, elder abuse prevention is still about protecting dignity, encouraging questions, and helping older people stay involved in decisions about their own lives.

“Even when someone needs support, it doesn’t mean they stop having choices,” she says. “The more we talk about it, the more people understand they don’t have to navigate concerns on their own.” [Elder abuse awareness | Te Tari Kaumātua](#)

Stay Up To Date at [U3Atauranga.org.nz](https://www.U3Atauranga.org.nz)

BOOK REVIEW

VOX by Christina Dalcher. Berkly / Penguin.



Mention Science Fiction in polite circles, and people's eyes glaze over. I prefer the term Speculative Fiction, or SpecFic. Like Margaret Atwood's *The Handmaid's Tale*, *VOX*, by Christina Dalcher, is SpecFi. And the similarities don't end there: they were both written by erudite, clever women. And they both deal with a "what if?" scenario that we can see as a distinct possibility. *VOX* postulates a future (American Christian Dystopia) in which all females must wear a bracelet that delivers a powerful shock if the wearer speaks more than 100 words a day. Women are written out of the

economy: no more female lawyers, doctors, nurses, teachers, road-cone distributors. Our lead character, and storyteller, Dr Jean McLachlan is a bracelet-wearing former groundbreaking biological researcher who is lamenting not listening to her firebrand university friends. Jean's husband is the President's science advisor – and when the President's brother suffers a brain injury, Jean is one of two people who can help.

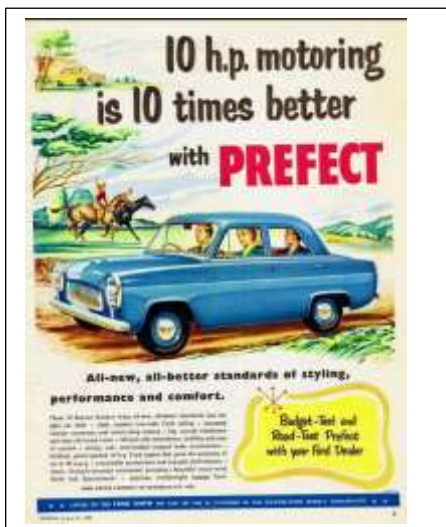
Excitement ensues.

I mentioned "*The Handmaid's Tale*" because I felt *VOX* easily stands alongside Atwood's classically dystopic vision. I got my copy from the library: your favourite bookshop should be able to find a copy for you to keep.

Published by Berkley / Penguin in 2018. Translated into 20 languages. Superb, and unsettling, reading.



Al Mathews



MOVIE REVIEW

Jerry & Marge Go Large

Yes, another Netflix movie. And here's a scary thought: this is the second USA film I've seen in the past month or two that doesn't have a gun in it. Nobody produces a gun, there's no gun in the fridge. Nobody gets shot. In fact, no-one even gets hurt. *And it's a true story.*

"Jerry and Marge Go Large", lovingly directed by David Frankel and written by Brad Copeland, is based on a story published in the Huffington Post: that of an arithmetically and mathematically gifted man, Jerry Selbee, newly retired from his 42 year career as a line-manager at a local Kellogg's factory, a man very probably on the spectrum (as we euphemise anyone who may be living with autism, however slightly), is doodling one day and discovers there's a flaw in the State WinFall Lottery: it is possible to guarantee a win, if you follow a certain set of circumstances.

Starring the ever-dependable Bryan Cranston and always uplifting Annette Bening as the eponymous Jerry and Marge, this is a wonderfully warm story of love, devotion, recovered relationships, the values of small-town USA (think a culturally diverse Mayberry where immigrants don't eat household pets), and the triumph of decency over ham-headed greed. The villain – a thoroughly objectionable Harvard whizz-kid math student – is played very satisfactorily by Uly Schlesinger, who discovers the same flaw and wants to keep it all to himself, mwah-ha!, and there's any number of eccentric small-town characters who use their combined millions in winnings to revive and revitalise their town. Great stuff. Buy some popcorn and give it a watch.



A two-tissue, four-star movie, with laughter and love galore.

Al Mathews

Are you a member of a Group that really inspires you?

Your Newsletter Editor is looking for stories about the Groups you're either a member of – or would like to join or start.

The following page tells us one story about a couple of regular U3A members who've superbly served their Group for 15 years. A great achievement, and one which – hopefully - may inspire someone to kick-start a new Group.

Send me your story today: newsletter@U3Atauranga.org.nz

Group Convenor Of The Month!

Fifteen Years Inspiring Better Health

What inspires two volunteers to lead the same U3A group for 15 years?

David and Erica Walpole have a simple answer: *"We'll keep it going as long as we can, and as long as people enjoy it and tell us they're learning."*



That simple philosophy has helped sustain a group that has enriched the lives of many members. Through guest speakers, informative videos and lively group discussions, David and Erica have created a welcoming environment where people learn together and support one another to improve their health. Erica appreciates the group's friendliness, the trust that has developed among members, and everyone's willingness to share their experiences.

David's inspiration for establishing the group grew from his long-standing interest in the trace element, selenium. He immersed himself in the research, carried out his own observations, discussed his findings with medical professionals and experts, and shared scientific information with people across the community. His aim has been to help others understand the important role that adequate selenium levels may play in supporting immune function and reducing the risk of conditions such as viral infections, thyroid disorders, inflammatory conditions and cardiovascular disease.

Over the past 15 years, David and Erica have encouraged members to become informed and active participants in managing their own health. Their emphasis has always been on prevention, lifelong learning and making informed health decisions. Today, the group includes retired medical professionals alongside people from all walks of life, all united by a shared interest in learning how to live healthier lives.

Congratulations, David and Erica, and thank you for your 15 years of service to the many U3A members whose lives you have enriched.

IMPORTANT NAMES AND NUMBERS

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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 \(infooodle.com\)](http://Application Form | U3A Tauranga (infooodle.com)).

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