



New Year's AGM Meeting U3A Tawa

Monday 15th Jan, 2024

Where: Tawa Bowling Club, 13 Davies Street

Time: 11.30am *Register & pay membership if not already done*

12 noon lunch *Bring a plate for a healthy buffet lunch*

12.45pm AGM *Presentation of AGM reports*

** Elections of new officers for the U3A Tawa Committee*

Preview of 2024 courses and activities



PS Please wear your name badge

*** Important:** U3A is allowed to have between 5-10 people as officers on a committee. This ensures that we run well and keep up-to-date with the interests of our members.

In writing, please submit, preferably beforehand or on the AGM day, your nominations, including your name and that of the person you nominate (with their consent of course). Send to:

Lynne King (secretary) lynne.king@xtra.co.nz

A New Look U3A Tawa

Live, laugh, learn are important concepts in U3A and help us to stay as mentally and physically fit as possible as we age. When selecting your 2024 courses try to include ones that really tax

the brain, another to keep the body fitter and one for enjoyment, sociability and discussion benefits.

During 2023, the one-off sessions with a speaker were particularly popular and more of these are planned for 2024. There are also opportunities for new learning with courses on, for example, Science, Wine Appreciation.

As more of our courses are linking with Porirua U3A find out which courses they are running. Your Tawa membership allows you to participate in any of their courses.

Do register for your courses early to make sure of your place!

All U3A Tawa courses will be listed in your new booklet. You will be able to view them online at:

<https://www.u3atawa.org.nz/>

Bank accounts for Subscription Payments: Single \$15, Couple \$25.

02 0552 0198393-000 for direct debits to the U3A Tawa account at BNZ

When you make a payment, include your name in the reference field so we know who the payment is from.

38 9019 0495729-00 for cash payments into U3A Tawa account Kiwi Bank at "Books and Post" shop at 181 Main Road, Tawa.

Please ask the teller to record your name in the reference field.

Please Note: Membership of Tawa U3A is established by making a subscription payment. Those members who have not paid by May (of each year) are deleted from membership.

U3A Chair Report for 2023 from Alison Bayly

JANUARY 15 AGM 2024

Election of New Officers:

Forms are available if you wish to make a nomination for the 2024 management committee. Please let me know of items to add to the general business section of the agenda for the AGM 2024.

Thanks

Thanks go out to the management committee members who have worked hard through 2023. We have met with members of U3A Porirua which resulted in combined presentations to Whitby and Aotea retirement villages. Ancestry, scrabble and garden and other groups may be combined with U3A Porirua for 2024.

Also to the members who have volunteered their time to lead, organise and help run our groups and activities so efficiently over 2023.

Survey Results

Results of the midyear survey indicated an interest in history, science and arts. Thanks to our members who participated in this survey.

Web site

Congratulations to the members who have contributed material for adding onto our website with articles and photos from Writing, Garden, Ukulele, Fitness and Choir. You have

succeeded in inspiring us to check the website at least every week. Next year's booklet and newsletter will be on-line.

The Incorporated Societies Act 2022 will make differences to the governance of our society. This is a section taken from the Incorporated Societies page of the website of NZ Companies Office:

“Existing societies will need to reregister under the Incorporated Societies Act 2022 if they want to remain as an incorporated society. You should understand what it means to reregister and what happens if your society doesn't reregister.

There are a few things your society will need to do before it reregisters, such as preparing some documents and possibly adopting some new processes to comply with the new Act. Existing societies — those incorporated under the Incorporated Societies Act 1908 (the current Act) — are eligible to reregister under the Incorporated Societies Act 2022 (the new Act). They can apply to reregister under the new Act any time from 5 October 2023 to 5 April 2026. Until a society reregisters it must operate under, and comply with, the current Act.”

Drawn from the Incorporated Societies Act 2022

These sentences concern the future and outline the need for changes to our constitution.

From the past the minutes of the first U3A Tawa AGM on 17 November 1997 when 64 people attended:

The Committee members were: Bev Johnson chair, Tom Heaton secretary, Marion Heaton membership secretary, Noel Manson treasurer, Joy Chaplin newsletter editor, Allan Todd course director, Graham Ellett publicity officer, Shirley Hawthorn.

Subscription was \$10.00.

The draft constitution was then introduced and approved in 1998 with a few changes. This then allowed U3ATawa to apply for registration as an incorporated society and legally allowed to be in charge of its own finances and hold a bank account. The society remains in place irrespective of membership changes

In 2024 the membership of the club will be making decisions about our new constitution and The Constitution Builder section of the NZ Companies Office website provides very good information and is not difficult to follow.

Tawa continues to be a strong platform for socialising and learning.

Alison Bayly 8 November 2023

A Selection of News from our U3A Groups

We try to cater for most interests so here are examples of a large group activity, a small, specific interest one, the newer more academic one-off speaker sessions, a story from the Write It group and a physical activity group.

U3A Tawa Choir

Thank you very much to Jancis Potter for all your hard work in musical activities over the year. At the moment there are approximately 30 members in the choir which runs every Monday 1.15 – 2.30 pm at Tawa Union Church.

Future U3A Tawa Choir Performances for your Diary

- Wed 6th Dec** Bupa at Crofton Downs at 2pm- friends and family only
- Wed 8th Dec** Tawa Union Church Hall combined U3A Singers (Tawa) with Cantate Women's Choir (Ngio) at 7.30pm
- Sun 10th Dec** St Christopher's Anglican Church, Tawa (part of Lessons and Carols Service.) 7pm
- Fri 15th Dec** Linden Community Lunch



The Choir at Arvida on 19 June 2023

Tai Chi (a class shared with U3A Porirua)

Tai Chi has considerable health benefit and may help to lessen falls, improve breathing and reduce stress. Mercedes Godinez is an excellent and experienced tutor who understands and adapts to various capabilities so everybody can participate, even if in a wheel chair.

\$2 per session every Friday, between 10-11am at the Tawa Union Church Hall.



A Tai Chi session in progress – fans brought out early especially for this photo opportunity!

Economics and Cost Benefit Analys in Practice

A one-off session organised by Dave Smith

Economics Prof Martin Lally, talked about the methods used and the reasons for conducting cost-benefit analysis.

The analyst assesses the potential rewards expected from a policy situation or action then subtracts the total costs associated with that action. Models may also assign a dollar value on intangible items like quality of life. For example, the cost of installing traffic lights must be justified by the savings achievable in lives or injury and valued in dollar term. Roading authorities for example, value a human life at around \$4m.



Prof Lally then examined entities like Pharmac (life-saving drugs), ACC (accident prevention) and the Land Transport authorities (roading improvements. He noted that each Agency, has different views on life values and so uses different valuations and inputs. The outcomes produced raised much discussion from our U3A members.

Scrapbooking and Card Making

This is one of several smaller U3A groups that cater for the quite specific interests of members and we are always happy to introduce new ones to our programme.

Barbara Russell shares her expertise every Friday 10-12 noon in the Community Centre. Numbers are limited and projects include making cards, invitations or family photo books. Several members are currently designing Christmas Cards and Barbara has kindly offered to make cards for U3A members if they are for special occasions such as for children or big birthdays.
(See the U3A Tawa website courses list for contact details)



A typical small scrap booking, card and photo book group in session

Art Group 10-12noon every Thurs in the Community Centre. Organiser Margaret Herbert

The Art Group remains popular and it now has an 'art gallery' on the noticeboard in the Community Centre that is changed regularly. The art includes all types of media - acrylic to watercolour, real life to abstract, pebble painting and even small clay projects. Although Margaret organises the group, we all take turns to decide what to do each week so some great variety emerges and it works well. Come along, you'll enjoy it - no great talent needed!



An Investment Seminar (a one-off session organised by Dave Smith)

Scott Fowler of Jardens ran this seminar before a large audience at Emmaus. He spoke about Jardens research to gauge the effects of current world markets, rampant inflation and offshore income flows on New Zealand. Investment is generally for the long term, however, Covid and the Ukraine and Middle Eastern wars have brought changes. Neither traditional company shares ("so that you can eat") nor investment bonds ("so that you can sleep") are performing very well right now.



Ironically, the Bank deposits of yore are back in high favour – at least for a while till bonds/shares make their hoped-for comeback.

When I was Young - The Ten Pound Pom written by Lola Gudsell

A big thank you to Lola for organising the Write It group and regularly posting so many of the great short stories on our U3A Tawa Website.

Imagine – just 22 years old and travelling to Australia for just ten pounds!! Of course, I applied and off I set. There I was, a Pom in Perth and knowing nobody, but ready for adventure!!

I soon moved into a YWCA hostel, met a fellow Pom, Sue, and got a job in a brewery. Every weekend after that found us crammed into Gerry's Holden with other young people to see what Australia could offer. Then Sue and I joined Michael on a camping trip across the Nullabor Plain to Melbourne in a car laden with water, petrol and supplies. The flat road, covered in bull dust and endless potholes stretched away into the distance, not a tree in sight.



After Melbourne I stowed away on a ferry to Tasmania where I used my horse skills working as a jillaroo on a sheep station. Then it was up to a sheep station in Queensland to be a governess to two ghastly children before a winter on the Great Barrier Reef as a laundress, swimming every day. After that, two of us hitch hiked across to Darwin and worked on an Aboriginal settlement, pricing didgeridoos and boomerangs. When the wet came we travelled south through Alice Springs to the Victorian/New South Wales border to work in a fruit cannery. When it was time to leave, New Zealand called – and eventually became home.

Hello to a Few Members of our Lovely Tawa Wider Community

Free Lunchtime Soup Some beautiful community members are volunteering to make free nourishing soup every Tuesday 11.30am - 1pm. Everybody – including our U3A Tawa members - are welcome to come along and mix with the community members –make ourselves and U3A Tawa better known!



Priya and Mira were the volunteers on this day and totally spoilt the community! Pictured with Gemma, our Community Centre Coordinator

A Trip Down Memory Lane with Robyn Gundersen

Robyn is a 4th generation Kiwi who has lived in Tawa for 8 decades. She recalls her local primary school days with great fondness as ones filled with the types of activities many of us remember well, like hopscotch, skipping, eeling in the local stream and bike riding. – no TV or computer games and life was fun with friends!

On leaving junior school, Robyn attended Wellington High, catching the 8am steam train daily into the city. She looks back on those years as being most enjoyable, going about with a good group of friends, one of whom became her first boyfriend at 14 years of age. Social events were plentiful, even without a cinema or eating out venues. Instead, the nearby churches, of

which Tawa boasts many – provided the venues for worship, weddings, funerals, dances and various meeting groups. Tennis and hill walking were also popular and in those days the hillsides were mostly cleared and used for sheep grazing, though now re-generated with native trees. There even used to be a temporary sheep dipping station erected in the Main Road and sheep were run through on a yearly basis.



Later on, Robyn became a florist at the Parliament end of Lambton Quay where she met her policeman husband, Brian, doing foot patrol in the city. He wasn't there to arrest her – he just happened to be chatting to a man she knew from school! At 20 she married him and soon had four children to care for full time. As they grew older, she has wonderful memories of all the family going to play tennis.

Yes, she says, she definitely enjoys having a modern washing machine, fridge, car and television especially as they're now much more reliable. Although the old days were hard physical work with mangles, temperamental electrical equipment and few shops, Robyn has that very special positive quality of just loving life. No, she doesn't own a computer or a cell phone. Does she miss them? I very much doubt it and as for AI, well what's that? she asks.

And to Finish



“Mum, I think Grandad’s run out of batteries.”

Enjoy Christmas - and a good recovery in the New Year!

Remember these are not grey hairs, they are wisdom highlights.

Newsletter by Rosemary Smith