



## *Newsletter - April 2026*

### *The April Committee Meeting*

At the Committee Meeting of the 13<sup>th</sup> of April, it was reported that there are 201 paid up members including 6 new members. However, there were 6 people who had enrolled but had not yet paid the \$15 annual subscription.

The Committee also considered three recommendations from the 20<sup>th</sup> of January AGM. These were to consider shifting our financial year from June to July each year, to consider a policy for payment to guest speakers, and a policy for reimbursing costs of photocopying etc.

The Committee decided to leave the financial year as is, but to shift the AGM to a more convenient time in February rather than January. Regarding the policy on payments and reimbursing costs, it was decided to pay \$20 for travel or more if negotiated and a book token of up to \$50 could be offered.

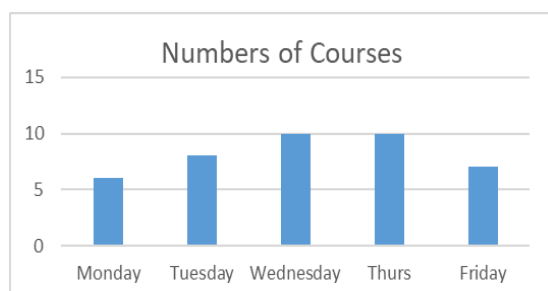
Members may have noticed that considerable work has been done on tidying up the website and there have been several meetings with the website consultants – Rainbow Creative. As a result, a proposal to upgrade the website further has been received from Rainbow Creative for \$4,500 + GST. This was accepted and this will give the web site an even more up-to-date look and feel and improve its functionality.

At the Committee meeting it was also decided to hold the mid-year meeting on the 25<sup>th</sup> of June. This year we will be celebrating 30 years since Tawa U3A was established and appropriate ways to recognise this are being considered.

### *Some Interesting Facts About Tawa U3A*

We recently did an analysis of the genders in Tawa U3 and found that 1/3<sup>rd</sup> of the members are male, and 2/3<sup>rd</sup> of the members are female.

There are often comments about conflicts on the days of some courses. The days of the week of our 41 courses (as per the website) are as shown on the graph.



So, there is clearly a good spread – ranging from 6 to 10 courses on any one day. Possibly it could be argued that Mondays are a little low at 6. However, it is up to each Co-ordinator and their course members to decide on what day to hold it on and to manage any conflicts.

## *Updates on 2026 Courses*

### **Music Appreciation Group – New Time and Date**

In response to requests, the day and time for meetings has been moved up to the third Monday of each month at 11 am. They previously met at a time that coincided with another group with over fifty members, some of whom expressed a wish to join, but who were already committed. The new start time will be from Monday 20<sup>th</sup> April.

All newcomers are very welcome! The group is about sharing the music that you really like, with others in the Group. For some, this might be classical, for others it might be music of a particular country, or blues - or something else. You don't need to "know" anything about music to participate - or to speak about the piece you like, just to enjoy listening to it.

Meetings are at Tawa Union Church in the back room, but now on the third Monday of the month. The Co-ordinator is Barbara Woods email - [pandbwoods@outlook.com](mailto:pandbwoods@outlook.com)

### **Reduce Your Electricity Consumption and Pay Less for it – New Date**



This course was to be held on Wednesday 8th April at 1.30 pm. Unfortunately, the venue (the Tawa Union Church) was not available on that date due to a funeral taking place there. The course will now take place on Wednesday 22nd April at 1.30 pm. Hopefully you will still be able to attend. This is a one-off session.

What you will learn at this event could save you a significant amount of money over time. The Co-ordinator is Ray Walker email - [raywalker@hotmail.co.nz](mailto:raywalker@hotmail.co.nz)

## *Ideas Wanted for the second half of 2026*

Have you ever thought about offering a group through U3A, or wanted to attend a group on a subject not currently on offer? It may be that you don't feel confident about running a group. If the answer is yes to either of these questions we can offer support, or we may be able to find someone to lead a group who is looking for a topic!

So, we are looking at setting up the programme for Semester Two and hoping for some new ideas and/or groups. If you feel you would like to do this please feel free to get in touch with Barbara Woods at [pandbwoods@outlook.com](mailto:pandbwoods@outlook.com) or phone 04 971 5464.

## *This Month's Highlights*

### **Keep Fit Classes**

Tutor Mark Anderson gives specific advice as required and leads members in exercises to improve cardio, strength and flexibility. Mark ensures the exercises are

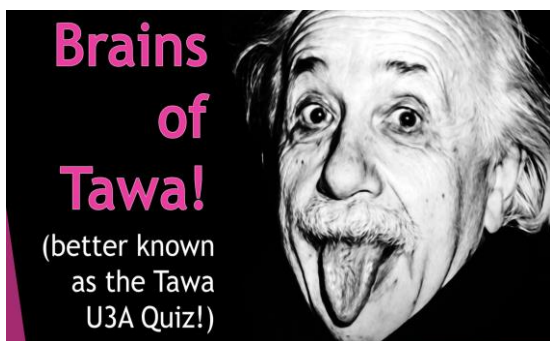
safe and tailored to your specific needs. Only U3A members are present during the agreed times so most attendees know each other well. A warm and supportive atmosphere is always maintained.

The cost is \$9 per half hour, and the venue is Revolve Fitness, Tawa Mall. The times are Mondays 1:00pm to 1.30 pm, Thursdays 2:00pm to 2.30 pm and Fridays 1:00pm to 1.30 pm.

The Leader is Mark Anderson (027 458 8674), and the co-ordinator is Graham Ellett email [ellettgraham@gmail.com](mailto:ellettgraham@gmail.com)

## The Quiz

Do you enjoy watching 'The Chase'? Are you aware that U3A runs a fun Quiz twice each semester? Numbers attending have steadily increased since Pat started to run it 3 years ago, but there's still room for more. As always in quizzes, some questions are easy and some are hard, but most of them fall into the 'one of us should know that' category.



There are no prizes for the winners (indeed, that's not the point of the Quiz) but Pat does provide brain-food in the form of assorted lollies.

Why not come along and participate - there are usually places available on existing teams. Or you can form your own. Teams are made up of 4 to 6 people.

Our next Quiz will be held on Wednesday May 6th at 1.30pm. The venue is the Tawa Union Church, and the Co-ordinator is Pat Hammond, email - [exlibrarypat52@gmail.com](mailto:exlibrarypat52@gmail.com)

## Science Technology and Us

The next speaker on Wednesday 22nd April at 10:00 am will be **Dr Kelvin Berryman**. Kelvin held senior scientific positions at GNS Science for many years and was Director of NZ's Natural Hazards Research Platform from 2009-2014. He will talk about assessing and managing risks from natural hazards (e.g. earthquakes, land slips, floods, tsunamis) with examples from work he has done and advice he has provided both in New Zealand and internationally.

The 27<sup>th</sup> of May speaker will be **Dr Blake Perry** Senior Lecturer at Massey University He is interested in health and well-being, with a particular interest in changes in blood pressure that come about through resistance exercise with untrained people (most of us), the Valsalva manoeuvre, and cardiovascular responses to heat stress and exercise.

The 24<sup>th</sup> of June speaker will be **Dr Collette Bromhead**, Senior Lecturer, Molecular Microbiology, College of Health, Massey University. The title of her presentation is "Issues with Diagnostic Tests". Her field is molecular diagnostics, and she teaches in

microbiology, infectious diseases, communicable disease epidemiology, and molecular pathology. Dr. Bromhead has served as a specialist for many studies, trials and assessments on diverse subjects, including antibiotic resistance, infectious diseases and public health.

The venue is the Tawa Union Church and the regular times are 10:00am. The Coordinators are David Wratt email - [wrattds@gmail.com](mailto:wrattds@gmail.com) and Peter Woods email [pandbwoods@outlook.com](mailto:pandbwoods@outlook.com)

### *Porirua U3A*

Don't forget to have a look at what Porirua U3A are up to – on their website at [www.porirua3a.com](http://www.porirua3a.com) or feel free to contact Bill Gebbie at [porirua3a@gmail.com](mailto:porirua3a@gmail.com) or 027 677 0180

Finally, don't forget to regularly check the U3A Website for the latest news and updates at [www.u3atawa.org.nz](http://www.u3atawa.org.nz)

Tim Davin

Publicity - Tawa U3A Committee