



Newsletter - June 2026

The June Committee Meeting

At the Committee Meeting on the 22nd of June, it was reported that there are now 212 members including 10 new members that were approved at the Meeting.

Regarding the website, there have been some ongoing improvements and Rainbow Creative are progressing well but there is still work to do e.g. storing recent copies of the Newsletter on the website. One hour of training for the Committee is included in the quoted price. Ray Walker will make a presentation at the 2027 AGM and be seeking photos for the website. The new website should overcome the problem of recent scam emails that have been received recently.

Barbara Woods will be stepping down from the role of Course Co-ordinator at the end of this year, so the Committee is seeking a replacement. Please give this some thought. You may contact Barbara Woods at email pandbwoods1@outlook.com for further information.

The 25th of June mid-Year 30th Anniversary Meeting

The June mid-year meeting celebrated the founding of Tawa U3A in 1996 by the Rotary Club of Tawa. Former President of Tawa Rotary, Pat Waite, spoke about the time they met a member of Kapiti U3A to learn how they had started some 2 years earlier in Kapiti. At that time Pat had not had any prior exposure to U3A but that visit cemented in the concept.



Porirua U3A).

Rotary members listened with amazement when they heard what Kapiti U3A members were doing. They came back hugely enthusiastic and convinced their Rotary Board to hold a public meeting in the Tawa Salvation Army Hall which they did in 1995. The result was the establishment of U3A in Tawa in 1996.

The photo shows the Anniversary cake made by Barbara Russell, Pat Waite (Tawa Rotary), Marian Hobbs (Chair, Tawa U3A), & Bill Gebbie (President,

The U3A Choir then sang 3 items, conducted by Musical Director Cassandra Wang and pianist Lydia Middlemiss - "Pokarekare Ana", "Wade in the Water" and "Sit Down You're Rock'in the Boat".

This was followed by a Guest Speaker -- Dr Mary Breheny of Massey University on the findings of a study of aging - the Health, Work and Retirement Longitudinal Study.

This tracks the wellbeing of people 55+ in NZ.



In summary, results from the first 10 years of the study indicate that people are more likely to age with good physical, mental and social health if they also have greater economic wellbeing, satisfying and higher status work, home ownership, and housing satisfaction. Older people with poor physical, mental and social health and are more likely to be experiencing economic, employment, housing and care problems.

They are more likely to be in situations which may worsen poor health and are more likely to have high health-care needs in the future. Attention to the resources and living environments of vulnerable groups of older people will contribute to healthy ageing for all New Zealanders. The full paper can be found on the following link https://www.massey.ac.nz/documents/1097/NZHWR_10YearReport_2006-2016_LR.pdf

Updates on 2026 Courses

Music Appreciation

The Music Appreciation group have elected to change the day to the third Monday of the month at 11 am. The next meeting is on the 20th of July at the Tawa Union Church – same venue. The Co-ordinator is pandbwoods1@outlook.com

Health Issues

The dates for the Health Issues meetings in this second Semester are Tuesday the 4th of August and Tuesday the 6th of October at 10.30 am. The Co-ordinators are Gillian George email gillian.george3a@gmail.com and Sally Horan email horanps@xtra.co.nz

Literature

The Topic in this second Semester is a book by Dame Fiona Kidman: “Glimpses of a Writing Life”. This will be held on the 14th of October at 1.30 pm and the venue is the Tawa Library - as usual. The Co-ordinator is Valerie Saxton - email valerie.m.saxton@gmail.com

Piano Recital

In this second Semester Jancis and Chris will present another recital of piano music. This will consist of solos, duets and works for two pianos. Refreshments will be served at the conclusion of the Recital. The date has changed to Tuesday 15th of September at 10:00 am (it was formerly on the 9th of September) and will be held at the Member’s home. The Co-ordinator is Jancis Potter – email jancispotter@gmail.com

Quiz

There will be two Quiz sessions in this second Semester. The first is on the 1st of July at 1:30 pm at the Tawa Union Church and the second one is on the 28th of October. The Co-ordinator is Pat Hammond email exlibrariypat52@gmail.com

Reading Shakespeare

In this Semester Shakespeare's play "Troilus and Cressida" will be read aloud and discussed. The first session will be on the 5th of November and will involve a screening at Dave Smith's home to watch a video of the play. The second and subsequent Sessions will be on the 12th, 19th, and the 26th of November at the Tawa Union Church. The Co-ordinator is Dave Smith email dogsnake33@gmail.com

Travel Adventures

Each month a member shares a 'slide show' of their holiday. The second Semester programme is:

| | | |
|----------------|-----------------|--------------------------------------|
| 12th June 2026 | Peter Lang | Broken Hill, Australia |
| 10th July 2026 | Ross Williamson | Canyonlands US, Copper Canyon Mexico |
| 14th Aug 2026 | Tony Cross | West Australia and their wildflowers |
| 11th Sept 2026 | Kevin Clark | Namibia |
| 9th Oct 2026 | Mandy Edmunds | China |
| 13th Nov 2026 | Margaret Low | Canada |

The Co-ordinators are Carole Naylor - email carole46naylor@gmail.com and Geoff Marshall- email gmarsh360@gmail.com

New Courses for 2026

Environmental Discussion Group



This group meets once per Semester to discuss matters relating to the environment.

The focus will be on the major environmental challenges that we face today and what we can do to mitigate them. The last meeting for the year is on Wednesday the 16th of September at 10 am. The Co-ordinator is Ray Walker email - ray.walker@hotmail.co.nz

The Establishment of the Modern State of Israel

Israel was created by the United Nations in the late 1940s. Its very existence has been contested by some other countries.



The story behind the creation is an interesting one involving, for example, a deeply divided US administration under President Harry S Truman. Israel's history tells us much about its present-day actions.

This will be on 3 consecutive Thursdays – on

the 10th, the 17th and the 24th of September at 2 pm at the Tawa Union Church. The Co-ordinator is Dave Smith email dogsnake33@gmail.com

The Choir – Family and Friends Night

While the Choir performed 3 items at the Anniversary Lunch, they will be performing their full programme at the Family and Friends Night at the Tawa Union Church on Friday 3rd July at 7.30pm under the direction of Kassandra Wang. Koha would be very much appreciated. The Co-ordinator is Gail Milner email milner_family@xtra.co.nz

Porirua U3A

Don't forget to have a look at what Porirua U3A are up to. Their next meeting is on Thursday the 20th of August at the North Porirua Baptist Church , Discovery Drive, Whitby. Their website is [www.porirua3a](http://www.porirua3a.com) or feel free to contact Bill Gebbie at porirua3a@gmail.com or 027 677 0180.

Finally, don't forget to regularly check the improved U3A Website for the latest news and updates at www.u3atawa.org.nz

Tim Davin

Publicity - Tawa U3A Committee