



Newsletter May 2024

Progress on the U3A Constitution

In April 2022 the Incorporated Societies Act was passed by Parliament and recently the U3A Committee have become very familiar with it. We have now developed a draft of our new Constitution which was clarified by the working group that consisted of Marie Prescott, Marian Hobbs, Alison Bayly and David Wratt.

The draft Constitution, version 3, can be found on the U3A Tawa website via the following link www.u3atawa.org.nz/Constitution. The reasons why we need a constitution, and a summary of its contents are outlined in the Appendix.

Also, if you require a paper copy to read, please contact Alison Bayly 027 437 9215.

Special General Meeting 24th of June

The midyear meeting this year is a Special General Meeting and will be held on Monday June 24th 10.00 am to midday at Tawa Bowling Club.

Morning tea will be at 10:00 am, and the SGM will commence at 10:20 am. Pat Hammond's slideshow of Courses for the second half of the year will follow.

The Agenda for the SGM is as follows:

- Check for Quorum (15% of Registered Members)
- Appointment of Committee Chair to replace Alison Bayly from the end of this meeting.
- Version 3 of Tawa U3A Society Constitution to be ratified.
- Request for the 2025 Courses Coordinator
- Information about the following if time allows:
 - The 2023 Financial papers
 - The 2026 Subscription
 - The 2024 Committee roles

News from the Tawa U3A Committee meeting 6th May

Financially the organisation is in good shape. Income to date is exceeding expenditure and \$16,045 is held in various bank accounts. Currently we have 183 members– 20 new members were added in March and 19 members were removed in May (unpaid or resigned).

It needs to be remembered that Members are supposed to pay subscriptions in December and enrol for all their course/classes at the same time. Enrolments do not roll over from year to year.

New Courses

New Courses coming up are:

- Literature - Co-ordinator Mary-Lynn. This will be selected readings from the life and works of Janet Frame to honour the centennial of her birth in August 1924. This will be on two consecutive Wednesdays - August 28th & September 4th at 1.30pm.
- The English Civil Wars – 1640-1660. Co-ordinator Dave Smith. In these years England beheaded its King and set up a Republic. It is a fascinating story. These will be in Semester 2 – dates and times to be advised.

Keep -Fit Classes

A qualified and skilled Personal Trainer, Mark Anderson, supervises Keep Fit Classes while members work on graduated exercises to improve their cardio, strength, and flexibility.

Most members work out weekly and by meeting regularly have developed a friendly and social atmosphere. As we age many of us need help to maintain a good level of mobility and have discovered it is never too late to get moving. Mark is always happy and available to discuss ways to overcome any exercise problems.

Why don't you give it a go!

Thirty-minute classes cost \$7.00 per session and currently start on Monday at 1.30pm, Thursday at 2.00pm and Friday at 1.00pm. No special clothing required.

The Co-ordinator is Brian Wilson brian.mariew@gmail.com 234 7085 and the Personal Trainer is Mark Anderson 027 458 8674.



Tai Chi

Contemporary forms of Tai Chi are taught using the Yang style. All exercise movements have health benefits with repetitions to improve movement. These are relaxed, controlled movements which help improve fitness and flexibility and reduce the risk of joint injury.

Comments by regular participants are:

- It keeps me more mobile, youthful, supple, and less likely to have a fall. Also, it makes me more confident with movement in general.
- Mercedes is a great teacher - she gives challenges, makes the class interesting and fun.
- It provides a good gentle workout from top to toe.

People can come and try it out to see if they like it, but the benefits are achieved with regular attendance. Currently numbers fluctuate between 10 & 14.

It is held every Friday, 10 - 11am at the Tawa Union Church Hall

The co-ordinator is Susan Lennie, email susan.lennie@gmail.com



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

Tim Davin

Publicity - Tawa U3A Committee

Appendix

Why do we have to fuss about a constitution?

There has been an international problem with people setting up false community groups, sometimes charities, sometimes community groups, through which they have laundered money made from drug selling etc.

So, to prevent this Government passed a law in 2022 which demanded certain ways of behaving in an incorporated society to prevent such dubious uses.

MBIE (The Ministry of Innovation and Employment) designed an online tool to help us write our constitution, with the following headings:

- Introductory Rules - covering name, definitions and purpose and the Act which sets out the rules and restrictions.
- Members - including the types of members, consent to be a member, the process of becoming a member, subscriptions, and ceasing to be a member.
- General Meetings - including procedures at these meetings, when held, what business, and special general meetings.
- Committee - how many members of the Committee and what it can do and what powers.
- Committee meetings - includes quorum and frequency.
- Officers - includes qualifications or more importantly includes what they must not be (under 16 or an undischarged bankrupt), how elected, for how long and conflicts of interest.
- Records - all the information such as a register of members
- Finances - includes how controlled and managed.
- Dispute Resolution - a process to manage a dispute.
- Liquidation and removal from the register
- Alterations to the Constitution

Marian Hobbs
