



Website address: [www.U3ARotorua.com](http://www.U3ARotorua.com)

## ROTORUA U3A APRIL 2016 NEWSLETTER

### NEXT COMMUNITY FORUM

Date and time: **Wednesday 20 April– doors open at 9.30 am.**

Venue: **Bridge Club Rooms, Neil Hunt Park, Tarawera Rd., Lynmore.**

All U3A members (and friends) are invited to attend.

**Guest Speakers : Mike and Inga Stephenson**

**Topic : “Marine Reach and the *Pacific Hope*”**

Marine Reach is the “Youth With A Mission” (YWAM) Pacific Ship Ministry. There are YWAM Ships all over the world. They are fitted out and crewed by medical professionals, maritime professionals and anyone who wants to make a difference.

*M/V Pacific Hope*, the newest vessel, left Tauranga on June 29, 2015, and led medical outreach in Fiji and Vanuatu.

Donations towards the work of Marine Reach can be made at the meeting.



March 29, 2013 First Crew

Light refreshments will be provided at the beginning of the meeting.

#### **A reminder to all our members;**

Mel. Bowen is our **U3A Almoner**. He is always ready and willing to visit, call-on or telephone any one of our members who may be unwell. If you (or someone you know) would like to get in touch with Mel, please call him on

**345 3221, or email [almoner@u3arotorua.com](mailto:almoner@u3arotorua.com)**

<b>Rotorua U3A 2015/16 Committee</b>			
<b>President</b>	Graeme Ennor	3486219	graeme.ennor@xtra.co.nz
<b>Vice President</b>	Peter Wood	3455099	st.peter@paradise.net.nz
<b>Secretary</b>	Loeta Davies	3486322	loeta.d@xtra.co.nz
<b>Treasurer</b>	Ann Sullivan	3481991	annsullivan822@gmail.com
<b>Group Coordinator</b>	Peter Wood	3455099	st.peter@paradise.net.nz
<b>Newsletter</b>	Ruth Gadgil	3481836	ruth.gadgil@xtra.co.nz
<b>Almoner</b>	Mel Bowen	3453221	mel.bowen@xtra.co.nz
<b>Members</b>	Jim Hartwig	9854146	wieland00@gmail.com
	Annie Wells	3458494	-
	Paddi Hodgkiss	3456639	patpaddihodgkiss@gmail.com
<b>Website Manager</b>	Andrew Patterson	3456337	andy@pat.gen.nz

### **We're still e-x-p-a-n-d-i-n-g –**

At the last count, Rotorua U3A had **318 members** belonging to **27 Interest Groups**.

Three new groups started up in the New Year:

If you would like to pay your \$10.00 annual membership fee to **U3A Rotorua** via the Internet, our ASB Bank Account Number is: **123155 0129267 01**

### **Did you know**

that interest-bearing loans, up to \$3,900 inclusive GST, are available for home insulation (ceiling and under floor)?

Property owners who meet the loan eligibility criteria for both clean heat and insulation can take out two Hot Swap loans.

See the Rotorua Lakes Council website to find out whether you qualify for a Hot Swap loan, or phone 0800 HOT SWAP (0800 468 792).



For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting studies :

1. The Japanese eat very little fat and suffer fewer heart attacks than Brits.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Brits.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Brits.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Brits.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Brits.

**CONCLUSION:** Eat and drink what you like. Speaking English is apparently what kills you.

**CURRENT ROTORUA U3A INTEREST GROUPS**

<b>Topic</b>	<b>Time</b>	<b>Contact</b>
Armchair Readers	2 <sup>nd</sup> Thursdays 10.00am	Joce Andrews 3459443
Art history (1)	2 <sup>nd</sup> & 4 <sup>th</sup> Mondays, 2.00pm	Anne Hunt 3487680 annedon@clear.net.nz
Art history (2)	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays 2.00pm	Lyndall Hermitage 3624496
Book Reviews (1)	3 <sup>rd</sup> Mondays, 2.00pm	Jill Nicholas 3479647 jill.nicholas@gmail.com
Book Reviews (2)	4 <sup>th</sup> Mondays, 2.00pm	Di Edwards 3483548 diedwards@kinect.co.nz
Cooking for One	Check with Kevin Quick.	Kevin Quick 3572792 kwix@xtra.co.nz
Current Events (1)	1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays 10.00am	Ann Bosomworth 3458339 annbosomworth@gmail.com
Current Events (2)	1 <sup>st</sup> Wednesdays 10.00am	Blanche Kingdon 3487990
Current Events (3)	2 <sup>nd</sup> Tuesdays 10.00am	Jim Hartwig 9854146
Ethnic Dining	3 <sup>rd</sup> Wednesdays, 6.00pm	Annie Wells 3458494 or 027 4595157
Films/Theatre	1 <sup>st</sup> Mondays, 12.30pm	Jenny Mitai 3483903 Margaret Lett 3439223 margaretlett@gmail.com
Gilbert and Sullivan Operettas	4 <sup>th</sup> Wednesdays, 2.00pm	Ann Sullivan annsullivan822@gmail.com
History	2 <sup>nd</sup> & 4 <sup>th</sup> Fridays, 9.30am	Brian Gillespie 3487611
Knitting & Crochet Enthusiasts	Every Friday – 10.00am	Miriam Ruberl 027 2487542 miriam.ruberl@gmail.com
Numero Group	Every Friday, 1.00pm	Margaret Neale 3485696
Pacific Research	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesdays – 10am	Graeme Ennor 3486219 graeme.ennor@xtra.co.nz
Philosophy	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays 2.00pm	Peter Wood 3455099 st.peter@paradise.net.nz
Photography (1)	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays 2.00pm	Jim Hartwig 9854146 wieland00@gmail.com
Photography (2)	2 <sup>nd</sup> & 4 <sup>th</sup> Fridays, 10.00am	Val Burrows 3490455
Poetry	2 <sup>nd</sup> Thursdays 1.00pm	Margaret Lett 3439223 margaretlett@gmail.com
Science & Engineering	2 <sup>nd</sup> & 4 <sup>th</sup> Mondays, 10.00am	Tony Charlton 3322183
Singing – the “Grey Warblers”	Twice monthly – time and venue notified by e-mail	Kevin Quick 3572792 kwix@xtra.co.nz
Spanish Conversation	1 <sup>st</sup> & 3 <sup>rd</sup> Fridays, 1.00pm	Joan Wood joan.wood@paradise.net.nz
Travel Goup	4 <sup>th</sup> Thursdays, 2.00pm	Doris Scott 3492720
Visits	1 <sup>st</sup> Fridays, 1.30pm	Judy Somerville 3572292
Walking Group	2 <sup>nd</sup> & 4 <sup>th</sup> Fridays, 9.20am	Ann Sullivan annsullivan822@gmail.com Margaret Lett 3439223
Writing for Families	1 <sup>st</sup> & 3 <sup>rd</sup> Fridays, 9.30am	Yvonne Rock 3575665

***You don't need to get sick to get better.***