



Howick Inc.
 PO Box 39035 Howick 2145
www.howick.u3a.nz
 Facebook: U3A Howick
howicknewsletter@gmail.com
 October 2022



Supporting
 Lifelong Learning

COMMITTEE 2021/2022

- COLLEEN RIGBY *President.*
 GRAEME DIVER *Vice-president, Almoner*
gadiver@xtra.co.nz (0274728033)
 JAN NAISH-WALLIS *Secretary(0272203777)*
 JONI BURGESS *Treasurer*
 GERALDINE ROSE *Past president,*
U3A Network representative
 JUDITH NEL *Director of Studies*
 MARY KENNEDY *Newsletter Editor*
 JUNE POOLE *Membership*
 JOHN SAVORY *Speaker Convenor*

Next General Meeting:
Monday 10 October 9.30am
Howick Bowling Club
Speaker: Barry Dreyer
Ten-minute speaker: Guest Speaker: Margaret
Gain - History of U3A
Tea team: Anthropology 1 and 2

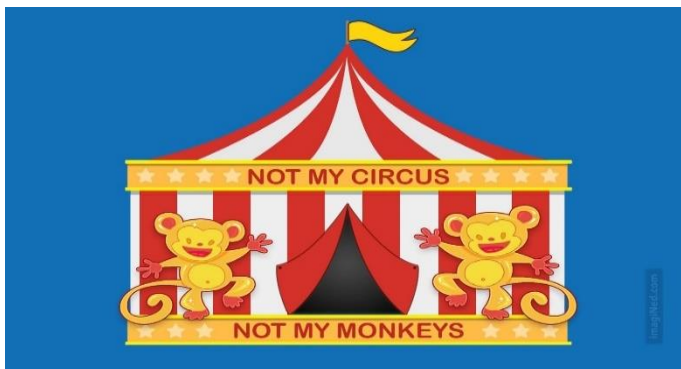
For new members: Annual \$25.00 subscription is payable to U3A Howick bank account: 12 3040 0556154 00, using your surname as a reference.
 Convenors meeting after General meeting this month.

Editorial:

On September 9, my brother called. “The queen is dead, long live the king!” I was of course expecting the news to be full of the event, but was surprised at the universal outpouring of grief day after day on our screens. I have to say the pomp and ceremony of the funeral was impressive, and indeed moving. One did feel the sweep of history in it all. And the words used to describe the queen – duty, sacrifice, service, grace, humility and love of her people – were accurate. She had a lifelong role to play, and she played it well to the end. It set me thinking about the roles we all play, and the way these change as we age. For one thing, values have changed. I suspect if you asked young people today what they thought of duty, sacrifice and service, the response would be one of derision. Also, our roles shrink as we age. No doubt for the most part, we played our roles as parents and workers to the best of our ability. In small ways, we were able to make a difference. But now, especially if we do not have young grandchildren around, it is easy to feel cast adrift, unable to be “useful”.

I have to say that as I get older, I find myself stepping back from the world, becoming a watcher rather than a participant. Sometimes I despair about the state of the world and wish I could make a difference. Sometimes I wish I could offer more wise advice to my children. But it’s a different world now. I hope I still contribute what I can, but I am not as idealistic and passionate as I used to be.

Recently, I discovered an old Polish saying which I find myself using quite a lot. “Not my circus, not my monkeys.” When I find myself drawn into the drama of others’ lives, and feel the desire to interfere, I recite the mantra to myself, and find it strangely comforting. Most of the time, I accept that I am getting older, sitting on the side-lines, watching quietly as the future unfolds.



September Speaker: Dr Helen Murray:

More than a knock to the head: dementia and contact sports athletes

Photo by Warren Yardley



Helen gave us an interesting talk about head trauma and brain injuries suffered during contact sport and the possible subsequent development of dementia. Her research looks at brain tissue to see the effects of repeated head trauma. Linked to recent research by Sir Richard Falle into Huntington's disease in sheep, Helen's PhD looked at the human brain of those who died with Alzheimer's disease. She found that the brain cannot noticeably repair itself once damaged. Her interest in sport led to her current research.

Helen pointed out that dementia caused by concussion (Chronic Traumatic Encephalopathy or CTE) is different from other forms of dementia. CTE can cause memory loss, mood swings and aggression, but can only be diagnosed after death. Tau, a protein that helps stabilise the neurons in the brain, can build up in the brain when damaged, and can be seen in the brains of 95 per cent of contact sportsmen after death.

There are still questions to be answered in the current research. So far, most studies have been done on the brains of American Footballers, and there may be bias in selection of brains which are donated for study. Most studies have taken place in Boston, and no female brains have been studied, so it is important to widen the scope of the research to include different genders and different geographical communities. Of course, controlled experiments are impossible, so experiments have to look for correlation between contact sports and tau build-up. To be truly valid, consistency must be shown in different sports and different groups, and the results must be plausible and coherent.

Helen's current study is looking to distinguish between CTE, Alzheimer's and normal aging. Healthy brain cells have long tails held together by tau proteins. In diseased brains, tau leaves the tubules causing tangles, making cells unable to communicate.

There are three stages:

Stage 1 - Pockets of tau in folds of brain. No symptoms

Stage 2 - Clumping around blood vessels. Symptoms of rage and depression are common.

Stage 3 - Memory loss

Her work uses brain images at a microscopic level using fluorescent tags. She can look for a variety of cells in one sample and can do up to 100 different colours showing a huge amount of information. When she looked at papers already written, she found that only 5 papers focused on blood vessels. Blood vessel damage can trigger inflammation, so when she looks at her samples she checks to see if blood vessels are damaged and whether there is evidence of inflammation around lesion sites in CTE. She also asks whether inflammation differs from Alzheimer's, whether she can identify different levels of tau, and whether tangles of tau are more mature around lesions than in other areas.

Helen's talk certainly demonstrated how detailed and painstaking scientific study must be, and gave us new insight into how the study of the brain at a cellular level can add to our knowledge of brain injury and dementia.

Lenard Nel has kindly offered us a presentation on how the brain works. To see his presentation, click on the link below.

<https://len.ispring.com/app/preview/169fe05e-fd9d-11eb-b098-321dad17f65d>

October Speaker: Barry Dreyer



Barry graduated from the Royal Military College in Duntroon in 1965 as an artillery officer and served in Vietnam in 1966/7. He embarked for Vietnam as a Lieutenant NZ Artillery 161 Battery and was involved in the Nui Dat battle with the Australian division. On his return to NZ he worked as an instructor for NZ Artillery until 1988. He has also worked in civilian roles as management consultant in the Philippines, Australia and Thailand. Since he retired in 1988, he has provided years of service to the New Zealand Army community and is active in providing assistance and advice to veterans and their families. In 2018 he was awarded the Defence Meritorious Service Medal. Barry is married with three adult children and he lives in Howick.

From the Committee:

Convenors' Meeting: Please stay behind for a brief meeting after the General Meeting this month

Funeral for Dr Anne McKinnon: For those who would like to pay their respects, Anne's funeral will be held on 14 October at 11am at All Saints Church, corner of Selwyn and Cook Streets, followed by a small reception at Hazeler Hall.

Website: Gary Law has set up a website where interesting power points etc will be available to members. Click on the link to see what's there. [U3A Papers \(lawas.co.nz\)](http://lawas.co.nz)
We would like to set up a library of talks, so if you are prepared to provide copies of talks that you have presented to your interest groups, please send them to Garry on this email address, so that he can add to this library.

Treasurer: As you may know, Joni will be resigning as Treasurer at the end of the year. She has done a sterling job setting up systems, and will be happy to assist a new person to take over. If you have any bookkeeping or accounting knowledge, please consider offering to take over this important role. Talk to Joni, Colleen or any of the Committee members if you think you can help.

Interest Groups: A book for proposing new interest groups will be on the front table at general meetings. So far two new groups – *New Zealand History 2* and *Mobile phone photography* have already started (see timetable) and two proposed groups, *Writing2/memoirs* and *gardening*.

Once enough members have listed their interest, the group will be formed. If there is insufficient interest after 6 months, the proposed new group will be scrapped. For those not present at general meetings, but who have an interest in proposed groups, please contact Judith Nel to put your name down.

From the U3A Network: By Geraldine

The Network Event held on 30 July has been acknowledged as a very successful day all round. This success has been endorsed by the responses of attendees in their evaluation forms. The committee wishes to thank all members who took time to send back their comments and suggestions. Using the 'Interview' Format this year with one of our main speakers, met with approval amongst the attendees, with a positive response, and this format will most likely be used again at our Event next year.

The Salvation Army Church Venue was rated as 'Excellent' and as a result the SAC has already been booked for our Event in 2023, to be held on Saturday 29th July 2023 with a limit of 300 attendees.

One of our speakers donated his koha back to us with the suggestion that we donate it to a charity of our choice. The Committee quickly decided on the Salvation Army, Auckland with the request that the money be channelled towards families and children if possible.

Out and about:



Comparative Religions group took a trip to Fo Guang Shan Buddhist Temple on 28 September - an informative tour of the temple with very friendly and welcoming staff. More photos and details on the U3A Howick Facebook page.



The Military History Group went to watch the movie “Lancaster” about the iconic British World War II Bomber. The group had a very positive response to the movie. More photos and details on the U3A Howick Facebook page.

- Auckland Heritage Festival runs from 1st to 16th October – interesting presentations include – *Crown Lynn Clayworks* on 8 October and *Boreholes: A window into Auckland’s Past* on 7th October. Entry is free but you need to book. Go to heritagefestival.co.nz for more details.
- Sole Mio will perform their Homecoming tour on 13 October at the Spark Arena. Book via ticketek.
- There is a free talk about Da Vinci at the Aotea Centre from 27 September to 7 October.
- Freida Kahlo and Diego Rivera: Art and life in Modern Mexico – Auckland Art gallery from 15 October. Book through Eventfinda
- Q theatre: A travellers’ Guide to Turkish Dogs (Contains Coarse language) 18 to 23 October
- Topp twins tribute show Civic theatre Monday 7 November. Book through Auckland Live
- RNZB: Tutus on Tour 7 October to 12 November. Details from RNZB site
- Cherry Festival, Buddhist Temple, 12 November 10am
- Indigo Dyeing Exhibition and 2020 Art Salon Opening Ceremony. 29 October
Fo Guang Yuan Art Gallery Auckland <fgyakl@fgs.org.nz>

Groups (yellow- full green - new group)	Date 2022	Venue	Topic	Convenor
Anthropology 1 3 rd Thurs 10 am	October 20	4A Paton Road	Riddle of Stone Age giants	Betty Reid 534 9895
Anthropology 2 4 th Mon 10 am	October 24	55 Rodney St	Origins of religion – Gill Muggleston	Margaret Hieatt 534 9131
Architecture 1 st Fri 10 am	October 7	6 Stevenson Way, Cockle bay	DVD Sir Miles Warren – “Brutal Beauty”	June Lamborn 535 8069
Book Discussion 4 th Thurs 1.30	October 27	9A Merino Avenue	Books	Joni Burgess 537 4834
Civilisations 3 rd Mon 1 pm	October 17	55 Rodney Street	China	Cora Young 534 8623
Comparative Religions 4 th Monday 1.30pm	October 31	55 Rodney Street	Buddhism contd	Margaret Nicholls 536 6709
Current Affairs 2 nd Wed 1.30pm	October 12	11 Shelly Bch Pde Cockle Bay	Major Current Events 2003 to 2013	Jan Naish-Wallis 027 220 3777
Earth and the Universe 4 th Tues 10 am	October 25	BM Theatre	Brown dwarf stars	Clive Bolt 534 2946
Famous & Infamous 1 1 st Thurs 10 am	October 6	12 Daria Place	Pot pourri	Gill Muggleston 534 9863
Famous & Infamous 2 3 rd Thurs 1.30 pm	October 20	11 Shelley Beach Parade Cockle Bay	Pot pourri	Joni Burgess 537 4834
French Circle 4 th Fri 1 pm	October 28	74A Aberfeldy Avenue Hland Pk	Napoleon III	David Dwerryhouse 534 4829
History 3 rd Tues 10 am	October 18	B M Theatre	Tower of London, DVD / Memories of the queen	Judy Lee 535 8547
History of New Zealand 2 nd Thurs 10 am	October 13		Pot pourri	Alan La Roche 534 7366
History of New Zealand 2 4 th Tuesday 1.30 (new)	October 25	9 Tranquility Rise, Mellons Bay	Yock Family and Jandals	Graeme Diver 0274728033
Literature 3 rd Wed 10 am	October 19	32 Butley Drive, Pakuranga	Keri Hulme, by Kaisu	Judy Wilson 576 6340
Military History 2 nd Thursday 2pm	No meeting	4A Paton Road	No meeting	Allan Reid 5349895
Mobile phone photography 3 rd Wednesday 2pm (new)	October 19	1/19 Butley Drive	Live and long exposure photos	Colleen Rigby 0272916781
Movies 2 nd Mon, 12.30 pm	October 10	2/21 Drake Street, Howick	Discussion of movies seen	Margaret Nicholls 536 6709
Opera 1 2 nd Tues 9.30 am (not full)	October 11	BM Theatre	La Traviata	Rosemary Ovens 5343429
Opera 2 4 th Tues 1.15pm	October 25	BM Theatre	Otello	Geraldine Rose 537 1917
Philosophy 1st Mon 10 am	October 3	55 Rodney Street	Chomsky, David D/Origins of philosophy David B	Cora Young 5348623
Science. 4 th Wed 10 am	October 26	BM Theatre	Pot pourri	Jim Hine 534 4259
Sunday Discussion 2nd Sun noon	October 9	Dannemora Gardens Cafe		Joan Clarkson 537 6397
Travel 1 st Wed 10 am	October 5	159 Pah Road, Cockle Bay	Trans-Siberian Railway, by the Rigbys	David and Adrienne Teape 5336103
Walks and Talks 2nd Fri 9.30 am	October 14	Meet at parking area Peterson Rd beside Waipuna Hotel	Panmure basin	June Poole 021583893
World of Art 1 3 rd Mon 10 am	October 17	BM Theatre	Winslow Homer	Garry Law 0275665764
World of Art 2 3 rd Tues 1.30 pm	October 18	BM Theatre	Ukrainian artists – Jeanette Fenn	Philippa Wilson 5342558
World of Music 4 th Wed 1.30 pm	October 26	6 Stevenson Way	Dvorak	Julia Forsyth 021 164 1664
Writing 2 nd Tues 1.30 pm	October 11	32 Butley Drive	Positive aging	Marian Heywood 534 1159

