

Hi,

We look forward to seeing you at our July Meeting this week. It is an appropriate topic for mid-winter with all the infections going around. Hope you are managing to keep well and warm.

***July 2022 Meeting:***

Date: 8<sup>th</sup> July 2022

Venue: Darfield Baptist Church, 15 Greendale Road, Darfield.

Time: 10am (There will be a cuppa, so the session will start at 10:15am with member's announcements followed by the speaker).

Topic: Vitamin C and Health: A focus on cancer, diabetes and infection.

The role of vitamin C in cancer and the common cold has been a controversial topic for many decades, with much of the early research being inspired by the work of two times Nobel Prize winner Linus Pauling. We now know that much of the controversy, particularly around vitamin C and cancer, was due to a misunderstanding around the way vitamin C is taken up by the body. Unlike most other animal species, we cannot make our own vitamin C, and so we must get it through our diet in order to survive. Importantly, when a person comes down with an acute illness such as an infection, or has a chronic condition such as cancer, their requirements for vitamin C increase and in severe cases, intravenous vitamin C is required in order to get enough vitamin C into the body. This presentation will cover the rationale behind oral versus intravenous vitamin C use and the role of vitamin C in preventing and treating acute and chronic conditions such as cancer, diabetes and infections, including the latest research around COVID-19.

Speaker:

Associate Professor Anitra Carr is the Director of the Nutrition in Medicine Research Group at the University of Otago's Christchurch School of Medicine. Anitra is considered an international expert on the role of vitamin C in human health and disease and was recently awarded a Gold Medal for research excellence. Following a PhD at the University of Otago, Christchurch, Anitra carried out an American Heart Association Post-Doctoral Fellowship at the Linus Pauling Institute, Oregon State University, USA. Whilst there she produced a number of high impact publications on the role of vitamin C in human health and disease; one of these was used by the US Food and Nutrition Board of the Institutes of Medicine as a basis for their increase of the recommended dietary intake for vitamin C. In 2016 Anitra was awarded a Sir Charles Hercus Health Research Fellowship to investigate the role of vitamin C in severe infection such as pneumonia and sepsis. Anitra is currently chair of the scientific advisory board for the UK vitaminC4covid initiative and Associate Editor for the journal Nutrition Research. She continues to carry out translational research into the role of vitamin C in the prevention and treatment of acute and chronic diseases such as cancer, diabetes and infection

### **Attendance Notice**

Attendance at Darfield Baptist Church in 2022 for U3A meetings will be in accordance with current Covid-19 practice. Currently this is at orange.

Attendees will need to register their presence by telling the people on the desk.

We will ensure well-spaced seating and masks will be worn by all members of the committee and should be worn by attendees while in the meeting. Anyone who is unwell is encouraged to stay at home and that is the same if you feel uncomfortable about being in crowds at this time.

### **Programme from August to December 2022.**

<b>August 12<sup>th</sup> 2022</b>	Suffragists in Selwyn	Lynda Seaton
<b>September 9<sup>th</sup> 2022</b>	Chatham Islands and Moriori History	Frieda Looser
<b>October 14<sup>th</sup> 2022</b>	Guardians of the Future	Suky Thompson
<b>November 4<sup>th</sup> 2022</b>	Malvern Hills Geology	Prof James Shulmeister
<b>December 2<sup>nd</sup> 2022</b>	Forensic Anthropology	Dr Rachel Scott

### **Subscriptions**

The subscription year starts on 1<sup>st</sup> April 2022. New members who paid after 31<sup>st</sup> December 2021 and before 1<sup>st</sup> April 2022 will have valid membership until 31<sup>st</sup> March 2023.

The subscription will remain at \$25 for the 2022 – 2023 year and is due from 1<sup>st</sup> April 2022. Those who are not financial members are casual attendees and will be asked for a koha per meeting until joining.

### **Bank Account with Kiwi Bank**

*Account Name:* U3A Malvern

*Account number:* 38 9022 0205868 00

When paying subs please include a name so we can identify the payee. This is especially important if you are paying for more than one person. Those who were not members in the last financial year will get a name tag at the next meeting.

### **Mini-Series**

#### **Lifestyle Change with Age**

31<sup>st</sup> August 1.30pm

##### **1 Where to from Here?**

Retirement Living Options with Esther Perriam from Eldernet who will run both sessions

## 2 Entry into Aged Care

*Esther Perriam is a Director at the Eldernet Group, New Zealand's leading information provider about services for older adults. The Eldernet Group has a vision to create a brighter future for older New Zealanders. Esther has worked in the senior's space for over 15 years and has a wide ranging knowledge of the sector. She's also a life-long learner, currently studying at Canterbury University, a mother and partner, and a lover of beaches and books.*

*Esther will speak about two of the big issues often on the minds of seniors - Retirement Villages and Care Homes. She will cover the common financial aspects of entry (and exit) in villages, and things to consider. Then after a break she will cover the requirements for entry into care homes, how the payment for this care is calculated and some other considerations. Esther will also be able to answer a wide range of other questions about ageing and support for seniors and the sessions will be free flowing and led by the audience.*

7<sup>th</sup> September 1.30pm

## 3 Succession Planning with Kate Warren from Tavendale and Partners

*With a Master of Laws with Honours, specialising in insurance, commercial and land law, Kate is highly regarded by her clients for her expertise across a range of areas.*

*Kate has a wealth of knowledge in personal and property law. She takes a thoughtful approach to conveyancing transactions and has experience in complex issues surrounding high-risk property developments and "as is" properties.*

*Before joining TP, Kate previously worked in Washington D.C in the office of the late Congressman John Lewis and also gained valuable experience assisting Nigel Hampton QC with private prosecutions. Kate has volunteered with Christchurch Riding for Disabled, Prison Information Service and is the Honorary Solicitor of the Samoyed Club*

## 4 What does Age Concern do? with Diedre McGrath from Age Concern

*Deirdre McGrath works as an Information Coordinator & Keeping Editor at Age Concern Canterbury, an Elderly Care Services company*

**Cost for the series will be \$15 per person to be paid by 24<sup>th</sup> August 2022**

See attached Flier to indicate interest.

### **Special Interest Groups**

We have the following groups operating and will start a waiting list for those groups that are full so contact the Group leaders to register your interest. Note: Meetings are dependent on being in an appropriate Covid 19 level.

**Mahjong.** 8 members are meeting 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month from June. Please let Ruth know if you are interested. Contact Ruth Warren: [rwifwarren@gmail.com](mailto:rwifwarren@gmail.com)

**Current Affairs** 7 members meeting on 4<sup>th</sup> Monday of the month. Interesting discussions on elections, economic recovery etc. A topic is set at each meeting so

members can research for the next meeting. Contact Ian Warren:  
[rwifwarren@gmail.com](mailto:rwifwarren@gmail.com)

**Local and NZ History.**

Meetings are on the 4<sup>th</sup> Wednesday of the month for 2022.  
Contact Jim 03 318 1712 or [adjimcopland@gmail.com](mailto:adjimcopland@gmail.com)

**Everyday Te Reo.** With 4 members currently meeting weekly at 4pm on Wednesdays in Darfield. The group uses mixed media to assist with language and are progressing well. Contact Margaret Copland: [coplalex@snap.net.nz](mailto:coplalex@snap.net.nz)

Judith Pascoe is keen to hear from you with ideas for **new topics for interest groups**. There will be a box to post ideas in at each meeting. For Judith Phone 021 1522900 or email [jcpascoe@xtra.co.nz](mailto:jcpascoe@xtra.co.nz)

*We look forward to seeing you at our meeting this month.*

*Janet MacDougall, Newsletter and Website Co-ordinator, [u3amalvern@gmail.com](mailto:u3amalvern@gmail.com)*