



NORTH-WEST

Communications to: Secretary: Alexis Langhorne. Phone 835-2237.

Email: u3anwest@gmail.com Website: aucklandnw.u3a.nz.

NEWSLETTER JUNE 2022

OUR NEXT MEETING IS ON MONDAY 13 JUNE 2022

at Henderson Bowls, 2/20 Alderman Drive, Henderson

JOIN US FOR MATARIKI MORNING TEA

Programme:

9.45 President's welcome and announcements

10.00 Presentation by the Play Reading Group

10.20 A special Matariki Morning tea

10.45 Guest Speaker: Dr. Darren Parsons



INTRODUCING OUR NEXT SPEAKER

Dr Darren Parsons

Darren is a Marine Ecologist and NIWA Group Manager, Fisheries Auckland. He has a BSc and MSc at the University of Auckland and a PhD at North Carolina State University.

He has worked as a fisheries scientist at NIWA since 2006. Since 2017, he also works one day a week as a Senior Lecture in Coastal and Marine Science at the University of Auckland.

His current fish ecology and inshore fisheries projects include: conducting trawl surveys from NIWA's research vessels to estimate the abundance of inshore fish populations, sampling commercial fishery landings to understand the length and age composition of those fish populations, diving under commercial wharves to keep an eye out for invasive species, deploying cameras to understand why juvenile snapper are associated with habitat structure, engaging with stakeholders and iwi partners to develop ecosystem indicators, and supervising graduate students investigating a range of topics.



Darren will be talking about his favourite fish, snapper, covering the history of the snapper fishery and the research being conducted to inform management of snapper populations.

Whether you are a keen fisherperson or not, we all have a stake in ensuring the eco-systems of our Hauraki Gulf are kept healthy for us and future generations to enjoy. Come along and find out how the work of NIWA is contributing to this important cause!

ARRANGEMENTS FOR YOUR SAFETY

For your ongoing safety we will continue to ask for proof of vaccinations.

Please wear a mask whenever practicable.

Morning tea will be served in disposable cups. The arrangements for serving the tea and coffee so that people are not standing in queues will continue.

SUBSCRIPTIONS NOW OVERDUE

If you have not yet paid your \$20 sub, you have until the June meeting, otherwise your membership will lapse. Non-payment will affect your ongoing participation in study groups.

WELCOME TO NEW MEMBERS

We are pleased to welcome Christina Ramage, Dorite Thompson and Kay Switzer as new members of U3A North-West. We hope you settle quickly in to your chosen study group and enjoy meeting new people.

SEEKING NEW MEMBERS

We are keen to attract new members to our U3A. If you know of someone who would like to mix and mingle and would benefit from the stimulation of joining a group and learning new things, encourage them to join us. Information brochures are available, ask a Committee member.

There may be people out there in our community who are new to the area or newly-retired and don't know about us. You may have noticed we are publishing regular U3A updates in many of the local Facebook Community Groups. Please help spread the word.

SHORTHANDED COMMITTEE

Over the next few months, quite a few members of our Committee will be away overseas. This will leave our Committee shorthanded. It would be greatly appreciated if our members would volunteer to help by doing jobs such as setting up the room before our meetings and putting furniture away at the ends, setting out or putting away labels, etc. If arrangements don't go as smoothly as usual, please be considerate. To help, step up on the day or contact Alexis our Secretary 835-2237, email alexis@value.net.nz as she will know who is away and when.

ALMONER

Jenny Wilcox is our almoner. If you are aware of anyone who is ill or should be contacted for any reason please let Jenny know. Her email address is jennywilcox@xtra.co.nz and her phone number is 0275382641.

STUDY GROUPS

Study Group Coordinator

At present Peter Wright is acting as Study Group Coordinator. Peter will be contacting all the group coordinators so if you have any issues, items of interest please contact him directly.

If you are the kind of person who relishes ensuring good lines of communication between groups of people, Peter would appreciate someone stepping in to take this role over. It is not an onerous job but it is an important role as u3a is about ensuring that study groups are encouraged so that they can thrive.

Peter's contact details are: phone 837 0042, Mobile 021 0825 1083, and email wrightpm2@gmail.com.

DON'T MISS THIS U3A EVENT

CELEBRATING U3A IN ACTION

Salvation Army Church, 18 Allright Place, Mt Wellington
Saturday Auckland 30 July 2022 at 9:30am

Northwest u3a, we need your registrations for this event! Every other u3a in Auckland have more registrations than us – we have only one!

We are hoping to gather enough interest to arrange to carpool or share a shuttle.

Terrific speakers, catered food, interesting people, a great day out.

Please go to this link for more information or to register: <https://u3aauckland.net> . Pay \$40 by Internet banking or Bank deposit. If you need help with using the internet, ask a friend.

Sharing From the Medical Science and History Group

There are so many different aspects our group can research, from various diseases, hereditary genetic disorders, organs of the body, medications, to name a few. We recently had a lively discussion (pun intended) on burial practices, from the ancient Egyptian embalming to the modern day eco-burial. Here is just one example of our varied studies.

Medicine and Treatments in Medieval Times

During the Middle Ages life was frequently short & brutal with life expectancy only around the mid 30's.

Medieval doctors had little idea about the causes of disease; they still followed the teachings of Hippocrates and Galen; about the '4 humours' or body fluids, phlegm; yellow bile; black bile; and blood. Any imbalance between these humours was thought to be the cause of ill health and disease.

Astrology was another method used to diagnose disease. The alignment of the stars was thought to be the cause of the Black Death 1348-1350, which decimated the European population.

The church taught that illness and poor health was a punishment sent by God for sinful behaviour therefore people needed to atone for this behaviour by going on pilgrimage or carry out other penances as dictated by the priest, to get absolution

Wounds, of which there were many and horrific because of the constant warfare, were treated by pouring boiling oil onto the wound. It was not until the 1600's when a surgeon ran out of oil and had to use turpentine that he noted that patients survival rates improved.

Doctors' skills were more suited to the battlefield. They became very proficient at setting broken bones, treating wounds, removing arrow heads and even removal of eye cataracts, which was 'cured' by pushing the cloudy cataract to the back of the eye with a needle. Remember – no anaesthetic.

Toothache was thought to be caused by the 'tooth worm.' One way to rid the tooth of the worm was to hold a burning candle near the affected tooth with a cup of water ready to catch the worm when it came out. Charms, amulets and herbal remedies were also used, one our own mothers might have used –oil of cloves.

Barber surgeons were renowned for tooth extraction, incising abscesses bloodletting and giving enemas. It has been thought that they may even have done some amputations.

A particularly brutal treatment was used for haemorrhoids; hot cautery irons. There was even a patron saint of haemorrhoids, St Fiacre, an Irish monk who sat on a rock and was said to be cured of his affliction.



Blood-letting was carried out to release the 'bad blood' from the body. Leeches were also used and still are by some plastic surgeons today.

Women who were nearing childbirth were encouraged to confess, as many women died from complications.

Herbal remedies were popular Monks and nuns became very skilled at growing herbs, making ointments and medicines. We still use many today with good effect, such as lavender pillows for relaxation, or garlic to protect from us the cold virus – as well as vampires.

Just one example of the many fascinating topics our group covers.

JULY MEETING'S EXCITING SPEAKER

Our next meeting will be held on Monday 11 July. The speaker will be Abbas Nazari who will speak about his experiences living in Afghanistan and moving to New Zealand as a refugee. People who have heard him speak say he is not to be missed.

COMMITTEE 2022/2023

The members of our new committee and their responsibilities are listed below:

President: Mike Smith, phone 021-1720737, email mike.s@xtra.co.nz.

Vice-President and Editor of the Newsletter: Jude Black, phone 832-4037 and 021-02453347, email: juderblack@gmail.com.

Treasurer: John Stagg, 027-2405520, email johnstaggnz@gmail.com.

Secretary: Alexis Langhorne, 835-2237, email alexis@value.net.nz.

Study Group Coordinator (Interim): Peter Wright, phone 837-0042 and 021-08251083, email wrightpm2@gmail.com.

Speaker Coordinator and Manager of Archives: Robert Woolf, phone 816-8899, email: robert.woolf@gmail.com

Almoner and Greeting Coordinator: Jenny Wilcox, phone, 0275382641, email jennywilcox@xtra.co.nz.

Data and IT: to be shared by Mike Smith, Peter Wright and Alexis Langhorne.

Morning Tea Roster: Peter Wright, phone 837-0042 and 021-08251083, email wrightpm2@gmail.com.

Facebook pages and Publicity: John Stagg and Jude Black

U3A Network Representative: Peter Wright, phone 837-0042 and 021-08251083, email wrightpm2@gmail.com

Supporters of the Committee are:

Bill Whittome (morning teas)

Alison Kittelty (greeter)

Committee Supporters Needed

If you would like to support the Committee by offering to perform a task regularly, we would appreciate the help, with no obligation to attend Committee meetings. Contact President Mike Smith.