U3A Meadowbank

P.O. Box 87291, Meadowbank, Auckland, 1742. Email: u3ameadowbank@gmail.com

President: John Goodman Secretary Vivianne Child

www.u3ameadowbank.nz

NEWSLETTER – MARCH / POUTŪ-TE-RANGI 2025

Greetings from the President

Our February meeting was again relatively quiet although numbers picked up from an extremely quiet January. There is still plenty of room, friends to talk to, an excellent speaker, coffee or tea and biscuits, all for a mere, a mere, no, it's totally free! So, what are you waiting for, come along! You don't get an offer like this every day!

Jacky McLaren from the Borneo Bags Foundation talked about the beginnings and current work of her charity. She described and illustrated the state of the Penan people of Borneo, with whom she works. The Penan were, and a few still are, a nomadic hunter gatherer people living in North Borneo, mostly in Sarawak in Malaysia. In less than one generation, this once remote area has undergone high levels of logging and development of palm plantations which has made it increasingly difficult for the Penan to gather food, materials and valuable medicinal products from their land. They mostly now live in villages, divorced from both their traditional life and the modern world. The lack of job opportunities in these villages has led to the migration of men and young people to cities, leaving women, children and the elderly behind without viable incomes, resources, or training. Jacky talked about her work with these women, helping with education and developing networks and markets for their traditional handcrafts, especially weaving. The highlight of her talk was her demonstration of the traditional blowpipe, used for hunting and made with amazing skill with hand drills. Despite what has been widely reported, the audience was not in any real danger, since the darts were not actually tipped with poison, rumours to the contrary notwithstanding.

We have good news! Miles Shepheard has agreed to take on the role of Treasurer and has attended his first committee meeting. Please give Miles a hearty round of applause! The committee is delighted.

Two items which are a concern are membership and groups. We still need more new members, so please try to recruit people you know or people you meet, or think of places we could advertise.
Like membership, the number of groups is declining, and some are in poor health. Please support the groups you belong to and think about joining a new group or even starting one.

Unfortunately, I regret to announce that member Beverley Hannah died on February 24th. Beverley joined U3A Meadowbank in 2006 and was still a member of Ramblers and Classic Films 4. Her husband Peter was also a member and died a few years ago. Many of you will have known Beverley and Peter and will join with me in sending condolences to their family.

I hope you are all enjoying the fine and warm weather. See you at the March meeting.

John Goodman
President

Who's Who for Monday 17 MARCH 2025 meeting: 9.45 a.m. for 10 a.m. start at St Chad's Church, 38 St Johns Road, St Johns 1072.

Greeters: Ramblers Group
Mini Speaker: David Thompson, President U3A Auckland Network: U3A – how it began

Guest Speaker: Nigel Pounds, Advisor Philanthropy Officer of the New Zealand Red Cross, supported by Lauren Stephens, the Red Cross Individual Giving Manager.

Topic: The past, present and future of the New Zealand Red Cross.

Who's Who for Monday 28 APRIL 2025 meeting: 9.45 a.m. for 10 a.m. start at St Chad's Church, 38 St Johns Road, St Johns 1072.

Greeters: Book Club
Mini Speakers: Time Poor Walkers and Poetry

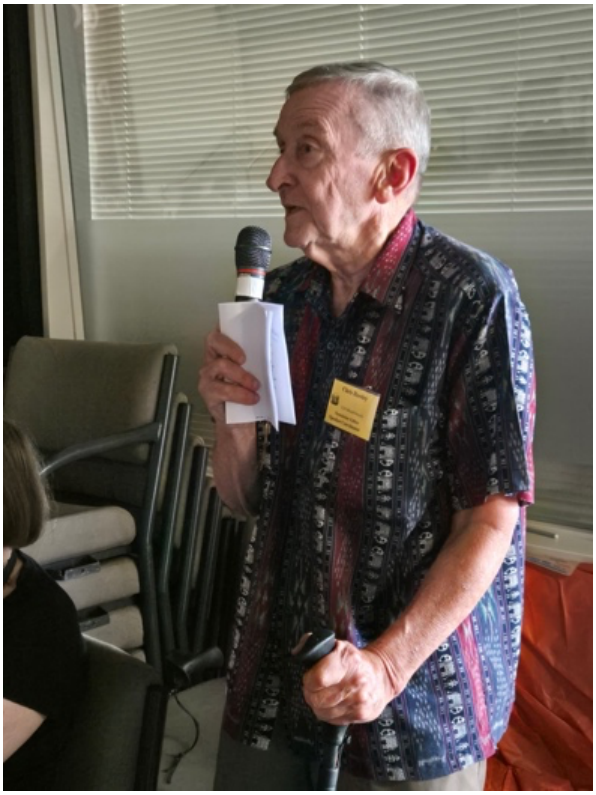
Guest Speaker: Emeritus Professor Laurence Melton, University of Auckland

Topic: Ways to feed the world with its growing population and the challenge of climate change.

Living Better Seniors' Information Day

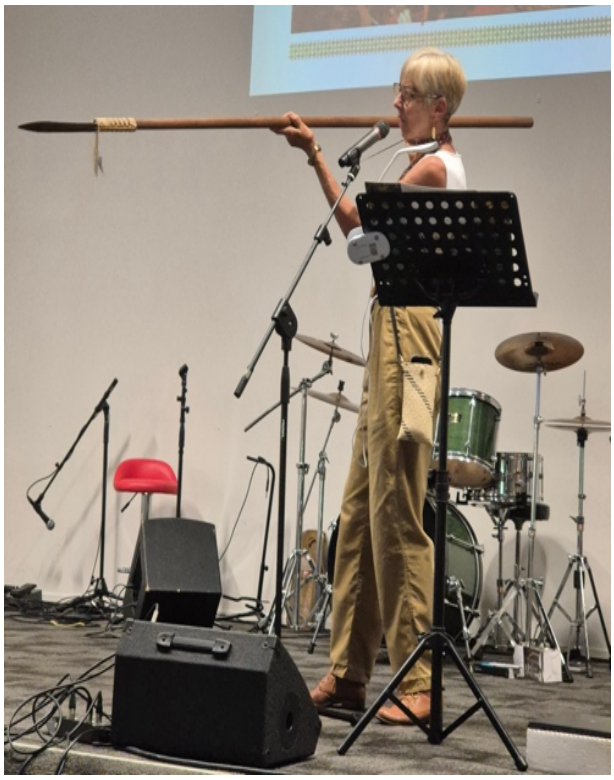
This will be held on Thursday March13 from 10 am to 2 pm at the RSA meeting hall, Turua St, St Heliers.
U3A Meadowbank has been invited to participate and have a stall there, to publicise our organisation. A group of volunteers will assist with this.
Come along and support us!

Our February Meeting:



The Mid Walkers' presentation

Chris Hawley introducing Jackie McLaren



Jackie McLaren and her demonstration of the traditional blowpipe of the Penan.

Books of the month: Gay Williams

We are now receiving lists of books from a variety of sources including those long listed for the
Ockham NZ book Awards. [Fiction, Non-fiction, and Poetry]
I thought you might be interested in a list provided in 2024 of the Non Fiction books recommended by Elon Musk.
Such lists inform us of the thinking of the provider.

9 Non-FICTION BOOKS RECOMMENDED by ELON MUSK — prepared by Rob Gillham in January 2024.

1. Human Compatible - by Stuart Russell – 2019 - (Ai catastrophe)

2. Zero to One – Peter Thiel – 2014 - (Predict the future)

3. Merchants of doubt – by Naomi Oreskes & Eric Conway – 2015 - (Sc debates-environ/smoking)

4. Life 3-0 by Max Tegmark – 2018 (Ai for good)

5. The big picture – 2017 - by Sean M Carroll (Origins of life)

6. Lying – by Sam Harris – 2013 - (Telling the truth)

7. Super Intelligence – 2016 - by Nick Bostrom

8. The Wealth of Nations –1776 - by Adam Smith (economics)

9. Radical Candor – by Kim Scott -2017 – (How to get what you want by saying what you mean)

I have only read four of the above - numbers 1; 6; 7; and 8.

Whakataukī / Words of Wisdom

Truths:

How many legs does a dog have if you call the tail a leg?
Four. Calling a tail a leg doesn't make it a leg. Abraham Lincoln
The truth does not change according to our ability to stomach it. Flannery O'Connor
Reality is that which, when you stop believing in it, doesn't go away. Philip K. Dick

Something Interesting: Two Invitations

1. Invitation from the Network Committee to every member in u3a!

Are you passionate about a particular subject or event?

Have you ever been approached in person about being a mini speaker for our EVENT?

Do you know others in your group who are?

Have you ever approached them about becoming a mini speaker for our EVENT?

It might be February '25 but it is not too late to be considered!

Here is what you need to do:-

- prepare a 12 minute presentation using PowerPoint OR encourage/persuade your member(s) to prepare one
- practise, practise and practise! Know your material thoroughly!
- ensure that you can use a microphone successfully
- present talk to your u3a group
- if you are nominated by your group to be a mini speaker, the next step is:-

- present your talk to the Network Committee via Zoom or Google Meet

The mini speaker part of our EVENT is integral to all that u3a stands for and believes in - ongoing learning by researching and sharing the knowledge gained

From now on, the Network Committee is calling for your nominations for this year's EVENT.

Together, we can do this!

Network Committee 2025

David Thompson

President 2024/25

U3A Auckland Network

021 031 9045

https://www.u3aauckland.net

2. Invitation from the Department of Health and Medical Sciences at the University of Auckland

Hi there,

I'm a researcher from the University of Auckland. I'm currently looking for volunteers to take part in a study looking at a novel treatment for stroke. I was wondering if you could please circulate the recruitment email below to the Meadowbank U3A email list?

Background

Treating a stroke patient as soon as possible is the key to better recovery, but current stroke treatments can only be delivered at the hospital, within 4.5 h of a stroke. In New Zealand, only 15% of stroke patients are eligible for reperfusion treatment due to this narrow window for treatment. Nebulise nitrite has been shown to be safe in both healthy individuals and patient groups. Importantly, we found nebulised nitrite significantly reduces brain cell death and improves functional recovery in an animal model of stroke. This study aims to look

at whether nebulised nitrite could improve blood pressure and brain blood flow control in older individuals with normal blood pressure and those with high blood pressure (hypertension). Our long-term goal is to use nebulised nitrite as a novel treatment for stroke patients inside the ambulance.

Who are we looking for?

Healthy men and women over the age of 60

People who have been diagnosed with hypertension

What will your participant involve?

Three visits

- A screening, consenting and familarisation visit (30 min)
- Two experimental study visits (2.5 h each)

Experimental procedures

- You will receive a nebulised (breathing in) treatment of either saline water or sodium nitrite for 10-15 min.
- We will measure blood pressure and brain blood flow using non-invasive ultrasound.
- You will undergo a series of tests which will look at the control of brain blood flow
- We will take two blood samples, one just after the nebulised treatment, and one at the end of the experiment

For your time, we will give you an $100 countdown voucher. It this study sounds like something you're interested in taking part, and would like more information, please get in touch (mickey.fan@auckland.ac.nz)

Kind regards

Dr Mickey Fan
Sir Charles Hercus Senior Research Fellow
Department of Physiology
Faculty of Health and Medical Sciences
The University of Auckland

If you change your personal details, OR LEARN OF THE BEREAVEMENT OF A U3A MEMBER, please email the change to u3ameadmemb@gmail.com. Please include YOUR full name, physical address, phone number and email address.

TO CONTACT COMMITTEE MEMBERS please use the correct gmail addresses below:

Secretary: u3ameadowbank@gmail.com	Membership Coordinator: u3ameadmemb@gmail.com
Treasurer: u3ameadtrea@gmail.com	Newsletter Coordinator: u3ameadnews@gmail.com
Feedback: u3ameadfeedback@gmail.com	Groups Coordinator: u3ameadconv@gmail.com

Next Monthly Meeting: Monday 17 March at 10 am at St Chad's

Don't forget to send in your U3A news to include in the next newsletter. We rely on your contributions.

Deadline for the APRIL 2025 newsletter items is THURSDAY 27 MARCH 2025. Expect receipt confirmation.

N.B. The Easter Monday meeting has been changed to MONDAY 28 APRIL

Something Amusing

How to clear a bush breakfast in 60 seconds