

GUEST SPEAKER: Associate Professor Susan Morton

Title: “Growing Up in New Zealand – Transforming Ordinary into Extraordinary”



Associate Professor Susan Morton is an expert in life course epidemiology and a specialist in Public Health Medicine. She is the Director of the University of Auckland cross-faculty Centre for Longitudinal Research - He Ara ki Mua, and has been the Director (PI) of the contemporary longitudinal study of NZ children and families (Growing Up in New Zealand) since its inception in 2005. The study follows 6853 children (born in 2009-2010) in the context of their families and the NZ environment. Her team engages with 16 government agencies to provide evidence to inform cross-sectoral policies to improve population wellbeing and solutions to reduce inequities in life course outcomes. Susan has a first class honours degree in pure mathematics and trained as a secondary teacher prior to undertaking her MBChB in Auckland. She undertook postgraduate training in paediatrics before being awarded a Commonwealth Scholarship to undertake a PhD in Epidemiology at the London School of Hygiene and Tropical Medicine. On returning to NZ in 2003 she completed her Public Health training and set up the longitudinal study and cross-faculty UoA Centre to provide its academic home. Susan is passionate about child wellbeing and translating research to make a difference to life course health.

FROM THE PRESIDENT

Special Interest Groups (SIG's) Review: Thanks to the groups who took some time to have a brief discussion to get ideas on how keep their group relevant and interesting for themselves and for prospective new members. The couple reviews I have been part of were stimulating. In November and December we will encourage all members to think about their SIG membership, see whether they are interested in joining one or more of the several new groups proposed for 2019 or would just like to take the opportunity to join other existing new groups.

Browns Bay Community Centre: Auckland City Council has issued an extensive and rather daunting 7 pages Terms and Conditions of Hire document for the booking of their facilities. The person of the group who signs carries personal liability for any deemed damage or outstanding payments. The Committee has liaised with the Community Board that manages the Browns Bay Community Centre so now all the U3A Browns Bay Special Interest Groups that use this facility book their rooms through the committee by making contact with the Convener Coordinator. Bookings have been completed for 2019. Thank you convenors for your prompt responses.

Existing terms: please leave the room as you found it, know the evacuation procedures, return the cups to the kitchen, wipe down surfaces, switch off electrical equipment

The facility will be available to U3A groups only when the rooms are open i.e. not on statutory holidays or afterhours. If a group chooses not use a room on their booked day they still need to pay for that day. If a group decides to cancel their room booking for the remainder of the year please notify the Convener Coordinator and Debbie in the office immediately.

Newsletter:

Without a replacement for the retiring editor this is the last newsletter in this format.

A simplified newsletter, without the Special Interest Group reports, will be trialed for November and December and e-mailed out.

Note: there will no longer be newsletters posted out and any payments made for 2019 will be reimbursed.

Our amazing U3A Browns Bay website!

Thanks to Garry we have an amazing website.

www.u3abb.net.nz

An attractive and interactive home page allows you to go to:

- An introduction and enrolment to U3A BB
- Guest speakers
- A special interest groups monthly timetable
- View: Archeology, Art History, Art Pot Pourri, Cycling and Inventions who have their own pages with photos and news
- Photos from the last meeting
- Past 12 months of newsletters
- Links to other U3A networks in New Zealand
- News and contacts

All Special Interest Groups can promote themselves. Get some photos taken and some words together and contact Gary. Let the world know what you are doing!

Glen Plaistowe

SPECIAL INTEREST GROUP NEWS

Active Travellers

The Active Traveler's group was entertained by Ian & Gabrielle Graham about their Sojourn in Europe from Prague to Budapest then by river boat to Amsterdam. He then described the joys of four days in Barcelona before speeding at 300 kph to Madrid to commence a tour of Spain, Portugal and Morocco. Their highlight was Barcelona with the Sagrada Familia and the wonderful influence of Gaudi's unique style in his architecture.

Ancient Civilizations

We watched "The Cross and the Crescent" part 2 of a superb BBC DVD – "Africa's Great Civilisations". It shows the charting of two powerful forces of global change: Christianity and Islam. Some of the oldest civilizations in the world are from Africa and go back many thousands of years. We then had discussions on the topics raised, far too many to mention here. We watched the first part at our previous meeting in August hence the many topics to discuss.

Archaeology

Peter Dawson spoke on the impact plants and plant remains have on archeological findings and the way in which they reveal how ancient civilisations lived. It would seem that early cave dwellers did not rate plants highly enough to draw them except for cave drawings in Brazil where one in particular dating back around 20,000 years shows people holding up a tree while others look up to it obviously worshipping it. In later epochs vegetables and flowers figured as did depiction of plants for medicine, dyeing, poisons and perfumes. Fay Weatherly spoke on recent findings of fossilized cheeses from ancient Egypt and evidence of the gourds they were made in. This was followed by Garry Clark who has returned from Sicily where he visited a most amazing 300-400AD Roman villa complex excavated from a massive mud slide following a volcanic eruption. The mosaics in bathhouses, bedrooms, living rooms and courtyards have to be seen to be believed.

Art History

Our September talk was "Mainly Sculpture". We saw images from two galleries in major Italian cities: Museo Nazionale Romano in Palazzo Massimo in Rome where there are many classical favourites. In Rome at the Villa Borghese, we saw the Canova sculpture of Paolina Borghese, sister of Napoleon (1806 – 8) and Eros sleeping (2 AD). At the Museo Archeologico Nazionale di Napoli we saw the mosaic from the pavement of a house in Pompeii showing the battle between Alexander and Darius of Persia and the well-known portrait of the baker and his wife which is maybe the only surviving real portrait of its time. We finished our session with murals – large and bright – and modern and fun and outdoor sculptures in Puerto del Rosario in the Canary Islands.

Art Pot Pourri

Josiah Wedgwood was the topic of interest for our group this month. Some members brought along examples of the "Potteries" that made Josiah Wedgwood a world-wide name - but this was not the only feature of his genius and dedication. Through an excellent video we discovered Wedgwood's force behind many major societal changes: such as in transport (canal building), marketing, trade (to the New World), education, engineering, politics and human rights. He was a prominent anti-slavery campaigner and his production of an Anti-Slavery emblem was a powerful tool to help raise the public's awareness and abolish the slavery system. New members welcome.

Books and Beyond [previously Literature]

Greta gave an entertaining review of Paul Shore's book "My year in Provence" studying Pétanque, discovering Chagall, drinking pastis, and mangling French." - the title says it all! This was followed by a lively brainstorming session which threw up so many excellent ideas that a name change to "Books and Beyond" was decided on to reflect our more comprehensive programme for 2019. If you are an avid reader interested in learning more about books then just what is 'between the covers' then this could be the group for you. Our thanks to Roger for all his great work publishing our reports for the last three years - it has been greatly appreciated.

Book Group

Classical Music

Today we viewed a DVD- " Brahms and the Little Singing Girls" which gave us a very different aspect of Brahms's bachelor life from the deeply reserved man that is often portrayed. He paid for many of Clara Schumann's children's activities but could never get her to marry him after the death of her husband, Robert Schumann, the well-known composer, who had been a great personal friend. Brahms moved to Vienna for 30 years after his earlier years in Germany. He delighted his public, with works in virtually all genres except opera. We then listened to excerpts of his music including; "The Academic Festival Overture", "Hungarian Dances", "A German Requiem" and the 3rd and 4th movement of "Symphony No 2".

Creative Audio-Visual

Creative Writing

This month's meeting was exceptionally enjoyable. We were pleased to have a visit to our group from journalist and author Karina Bliss. Having written more than sixteen books Karina was able to give us lots of tips and first-hand experience on the craft of story-telling. We were able to read our stories to her and get some really good feed-back with tips on the do's and don'ts. We are pleased to say she enjoyed herself and has promised to come back again when time permits. Our next meeting is on the 27th September. All visitors welcome.

Current Affairs

Cycling

Nine cyclists completed the new link route from Waterview to Mangere Bridge. Starting at Phyllis Reserve the trail heads south east alongside the Waterview motorway route to Onehunga. There were some busy main road crossings before descending to the Manukau Harbour. We then cycled across Mangere Bridge and found refreshments at the local cafes. We retraced the route but more energy was needed on the steep hillside up to Queenstown Road. We had one e-bike breakdown which required a vehicle pick-up after the ride. This trail across the Auckland isthmus was a great example of the progress being achieved on the city cycle networks.

Exploring Art for Fun

Film Appreciation

Français pour rire

Gareth described this trip with partner Robyn to Provence in Southern France. Arriving in Nice from Italy by train on one of the French train strike-days they picked up their car and were escorted to their holiday house near L'Escrene, a small town in the mountains behind Nice. Though the property had a pool it was too cold to use in May! Their trips included going along the route of the old salt road from the Mediterranean across

into Italy and into Nice itself. After a week they decamped to another gite in the hills above Cavaillon near to Avignon. There is more to come including the Pont du Gard and thunderstorms.

History of Europe

Inventors & Inventions

Gareth Hancock, who has an extensive building engineering background spoke on his experiences using different techniques to reduce earthquake damage to buildings. He provided those present with background papers on earthquake zoning in New Zealand and how different techniques have been tried to reduce building support beam movement in an earthquake. Terry Dale is a ship model maker for the Maritime Museum and he spoke on putting to work a 3D printer he now has to enhance his models with tiny human figures.

Local History

Making History

POTATOES belong to the Nightshade family and originated in the Andes Mountains around Lake Titicaca in Bolivia and Peru. The Inca Indians preserved their potatoes by freeze-drying them into a crusty substance called Chuno which would keep indefinitely. Spanish explorers around 1570 first brought potatoes back to Europe where they became a vital food source especially in Ireland. From 1845 to 1847 Ireland's potato crop failed because of late blight. About one and a quarter million people left Ireland and settled in other countries, chiefly the USA. During the 1900s advances in food processing techniques greatly increased potato products eg. potato chips, frozen French fries and instant mashed potatoes, powder or flakes. Potatoes provide an especially rich source of potassium and Vitamin C.

Medical Science and History

Patent Ductus Arteriosus was the subject of the September meeting. It is a condition diagnosed after the birth of a baby, and is often first described as a murmur. The ductus should be closed by the time the first breath is taken. The lungs & circulatory systems change after birth when air starts to enter the lungs. When the ductus doesn't close, dangerous complications can arise. Surgery, medications or a catheter based procedure are approaches used to close the ductus. These treatments have a high rate of success.

Modern History

"Isthmuses" was the title of a presentation about Ferdinand de Lesseps, who declared to enquirers that this was his line of business. He was, in fact, the "architect" of the Suez and Panama Canals. de Lesseps had no qualifications for these ventures, but he did have charisma - and that turned out to be his enemy. People believed in him beyond reason. de Lesseps believed that necessity would give rise to invention; that wondrous new machines would be developed, but he misjudged the speed of progress. He had felt certain the machines, the medicines, whatever it took, would be ready in time but he was wrong.

Mah Jong

Music Appreciation and History

Andrew Lloyd Webber was the subject of this month's presentation featuring a celebratory concert at the Royal Albert Hall to mark this prolific composer's 50th birthday. He

learned to play various musical instruments and began composing at an early age. He met lyricist Tim Rice in 1965 and they collaborated for many years to produce musicals and pop songs. Lloyd Webber had his first success at the age of twenty with the West End production of Joseph and the "Amazing Technicolour Dreamcoat". From the 1960s to 2000 he constantly updated to an eclectic blend of musical genres ranging from classical to rock, pop and jazz including electro-acoustic music and choral-like numbers in his musicals. The video included "Phantom of the Opera", "Cats", "Evita", "Jesus Christ Superstar" and many others spanning more than thirty years with the highlights sung by a glittering array of international stars including our own Kiri Te Kanawa.

Music – Mainly Classical

Our September meeting was at Terry's home and he presented a programme of DVD's looking at the different styles of four conductors. Zubin Mehta, born in India, had the conventional style with a baton. He was shown conducting the Israel Philharmonic Orchestra playing Beethoven's "Triple Concerto". Next was Gabor Takacs-Nagy, born in Hungary, who conducts in a very animated style without any baton. He was shown conducting the Verbier Festival Orchestra playing Mozart's "Symphony No.25". Then Yuri Temirkanov, born in Russia, was shown conducting extracts from Tchaikovsky's "Swan Lake". We concluded with Valery Gergiev, of Ossetian origin, who conducts with what looks like a "toothpick" and he was leading the French National Orchestra in an outdoor concert under the Eiffel Tower.

Puzzles, Patterns and Paradoxes

Travel

Renaissance

Henry VIII's six wives personal backgrounds and their jewellery was Shona's research area. Henry was known to lavishly bestow large jewels on his wives when they enjoyed his goodwill. The background given covered: the ages of his wives and their interests. Holbien's official paintings show Henry VIII's Queens and the "Queen Consort Necklace" and the latter resetting of many stones as well as personal designs. Costs varied from 5,000 crowns, to 4 pounds. Anne covered the inquisition of the Netherlands which was carried out extensively by Phillip 11, Spanish King, following the spread of Calvinism and the Protestant Reformation in 1521. People found guilty of heresy were tortured, burnt at the stake or buried alive. Eventually the people resisted lead by William of Orange, and the Dutch Republic was born in 1581. He is now known as the father of the Fatherland. The religious was ended in 1648.

Walking

October Tuff Crater Meet at the cul de sac end of Exmouth Road at 9.45. This will be an easy walk of about 5km. We will walk around the crater toward the Warehouse.

Friday 1Hr - 1.30 Hr Meet 9.45 in Shiloh Place. Because parking seems to be at a premium in Greenhithe Village drive to the end of Greenhithe Rd turn left into Tauhinu Rd and then first left into Shiloh. The walk is along Tauhinu, down towards the water to Rahui beach, back up to Rame road, through some bush and then to The Collins for coffee. After coffee there is a 10 min walk across Collins park back to our cars.