



epsom1u3a@gmail.com

Website <https://www.u3a.nz/directory.htm>

Then click on **Epsom** under **Auckland Central**
MEETING PLACE

Royal Oak Bowls, 146 Selwyn St, Onehunga

10am on the 2ND Thursday of most months

NEWSLETTER

September 2024

Next meeting
10-12noon
Thursday, 12 September 2024

Blessings and greetings to all members

Welcome to spring and hopefully some warmer weather. This month at our September meeting we have a lot happening re club matters. We need to consider a few admin things. Club members have worked hard on a new constitution which has been sent to you. There will be a brief discussion on the constitution which we are required to have, then we will adopt the new constitution at our AGM in November. A big thank you to all those people who worked on it.

After our meeting we have the opportunity to try out bowls courtesy of the Bowling Club. This will start at 12pm. If you would like to take part wear flat shoes and ring or text me. dunju46@gmail.com or 021316661.

Also a big thank you to Thomas for working on the sound system.

Are you able to come onto our committee which means about two hours a month? Our current committee members will be approaching people to join. Kay and Duncan will talk to anyone interested at the end of the meeting.

Our finances are good. We have been reviewing the U3A webpage which has been having some difficulties.

Courses are going well with a new one starting next year. Wellbeing for Seniors is replacing Medical Matters.

Do you have an interest, experience or expertise that would enable you to lead a group short or long term? Let us know.

Finally something general.

Both you and I will have been asked from time to time: What is the best thing you have done in your life? What was a special moment, event or conversation? What has been your best travel experience?

As we grow older three things appear to be important to focus on.

- Being healthy and focusing on self health.
- Socializing with family, friends and neighbours.
- Keeping your body and mind active.

When the committee met in August we all agreed the role of Epsom U3A was to keep our minds and bodies active. U3A is not a welfare group but a place where we can learn that new things are important and a by-product of this is socializing. I hope this excites you as we at Epsom U3A try to make things happen.

My most memorable travel experience was to be at Scott Base as a field party assistant in summer 1963. The beauty, the silence and majesty changed my life and led me into a very different life to the one I had planned. This led me to focus on care for people and creation in all forms. So what has been important in your life's journey?

Take care *Duncan*

EPSOM U3A EXECUTIVE

President

Duncan MacDonald - 021-316 661
president.u3aepsom@gmail.com

Immediate Past President:

Kaye Buchanan - 620 7572

Secretary

Emily Flynn - 021 0902 5094
secretary.u3aepsom@gmail.com

Minutes Secretary

Jessie Mravcicich - 022 019 0896

Membership Secretary

Thomas Tam - 520 1084
membership.u3aepsom@gmail.com

Treasurer & Technical Officer

Thomas Tam - 520 1084
treasurer.u3aepsom@gmail.com

Almoner

Charmaine Strang - 027-4177 556

Assistance & Support

Grant Coupland - 638 7496

Interest Group Co-ordinators

Joslyn Squire - 021-168 0680

Bill Hagan - 021 611 247

Guest Speaker Organiser:

Laraine Holdom - 021-059 0136

Legal Advisor

Mike Matson - 022-630 7968

Newsletter

Jeanette Grant - 638 8566

Greeters:

Don Buchanan - 620 7572

Ngaire Mune - 624 0226

INTEREST GROUP CONVENERS

Appreciating Performing Arts

Shirin Caldwell - 630 1662

Architecture

Brian Murray - 021 026 68396

Art Appreciation

Kaye Buchanan - 620 7572

Big History

Emily Flynn - 021 0902 5094

Christine Keller-Smith - 021 140 9021

Book Chat

Helen Holdem - 021 260 3510

Comparative Religions

Duncan MacDonald - 021-316 661

John Locke - 021-187 8061

Current Affairs

Shirley McConville - 622 3542

Fabric & Fibre Crafts

Charmaine Strang - 027-4177 556

Famous & Infamous Group

Gary Preston - 021 297 3087

Foodies

Graham Gunn - 027 445 0929.

Garden Appreciation

Betty Townley - 626 6673

Introduction to Family History

Bryn Smith - 027 280 5235

Latin

Reg Stuart - 630 3576

Lunch Club

Shirley McConville - 622 3542.

Medical Matters

Diana Hart - 021 284 4402

Music Appreciation

Carleen Edwards - 624 6298

19th Century History

Helen Holdem - 021 260 3510

NZ History

Kaye Buchanan - 620 7572

Philosophy

Jocelyn Hewin - 634-1552

Recreational Drawing

Grant Coupland - 638 7496

Scrabble

Joslyn Squire - 021 168 0680

Social Golf

Kay England 629-3281

Te Reo Maori

Jenny Whatman - 027 353 2487

Travel

Diana Hart - 021 284 4402

Walkers & Talkers Group

Don Buchanan ph:620 7572.

<p>SPEAKER REPORT</p> <p>Guy Slocum – Cold War Fighter Pilot</p>	<p>Guy Slocum, CEO Health Concern (NZ) spoke on his long service in the RAF in Britain as a Cold War fighter pilot and shared many experiences after joining the Royal Air Force as their youngest pilot at age 16. He then became an Air Cadet Leader of his Squadron while still in his teenage years, followed by becoming a fast jet fighter pilot operating at the height of the Cold War, chasing Soviet intruders in and around the North Sea. Low altitude flying in the days before radio altimeters had had him judging his height by trees that were considerably shorter than they looked.</p> <p>He shared several harrowing moments with us such as tricky air-to-air refuelling timing down to 30 seconds after several attempts, avoiding the plane going down into the ocean. The latter stages of the Cold War saw Guy flying interception missions against Russian bombers over the North Sea.</p> <p>On one occasion he was informed by the Russian bomber pilot that his fighter was on fire. He could have been forced to ditch his aircraft, however the Russian pilot descended and orbited above his life raft for several hours until rescuers arrived. Some years later, while travelling in a cab, Guy told his story to the Russian driver, and the driver told him “My father was that pilot”, which was true!</p> <p>These tales he told that also included great photos of some of the planes that Guy has flown made for a very interesting talk.</p> <p><i>Bill Hagan</i></p>
<p>SUBSCRIPTIONS INFORMATION</p>	<p>The 2025 Epsom U3A subscription is payable AFTER the AGM in November</p> <p>This should be paid into our ASB bank account – 12 – 3067 – 0204618 – 00</p> <p>Please enter subs in the “code” section and your name in the “reference” section in order for us to have a record of your payment.</p>
<p>MAIN SPEAKER Barry Dreyer</p>	<p>Our next Speaker is Barry Dreyer, the National Vice-President of the NZ Vietnam Veterans Assoc.</p> <p>His topic is 'Vietnam: a Soldier's Tale, 1966-67'-, looking at what life was like for a young officer in the artillery during 15 months of service in Vietnam.</p> <p>His own career included Battery Commander 161 Field Battery, Commanding Officer 16 Field Regiment, a range of staff and command roles, and more latterly Colonel-Commandant of the Royal New Zealand Artillery. He was awarded the Meritorious Service Medal in 2018 for his services to the New Zealand Defence Force and to the veteran community.</p> <p>He has a Master of Public Policy from Victoria University and is married with three adult children. His interests include sport, culture, politics and history, current affairs and travel. For the past 30 years he has been a partner in his own consulting business</p>
<p>INTEREST GROUPS</p>	<p><u>Fabric and Fibre Craft Sale</u> Thursday 10th October (Monthly Meeting)</p> <p>Starting 9.45am- 10.00am and during morning tea!</p> <p>The Fabric and Fibre craft group will be selling their fabulous crafts. Great presents for Christmas, birthdays etc Gold coins and notes only. <u>No Eftpos available!</u> All money raised will be given to the Salvation Army!</p>
<p>PLEASE NOTE</p>	<p>There is a plea for all members of small groups to restrict their responses to emails to only those who MUST get the response. That will usually be the organiser of the group. Pushing “send all” should only happen when really necessary. Otherwise, it will result in an annoying amount of unnecessary mail going to everyone’s mail boxes. Many thanks – Epsom U3A committee.</p>
<p>2024 MEETING DATES Thursdays, 10am</p>	<p>12 September 10 October 14 November AGM NB Always wear your name badge and be seated ready at 10am</p>

TIMING YOUR EXERCISE IS SIGNIFICANT

It's no surprise that regular exercise can improve a variety of health metrics. But a new study shows that when you work out is as important as exercise itself, especially when it comes to controlling your blood sugar levels.

The research was carried out by two scientists working out of the University of Granada in Spain. They looked at data from 186 overweight and/or obese adults as defined by an average BMI of 32.9. The cohorts were aged, on average, about 47 years old. They all wore an accelerometer to track movement and a continuous glucose monitor for two weeks.

The researchers found that the study participants who got more than 50% of their moderate to vigorous exercise between the evening hours of 6 pm and midnight saw significant drops in their blood glucose levels that lasted all day – not just immediately upon the conclusion of the exercise – as opposed to those who were sedentary each day.

The study classified "active" people as getting between 21.4 and 42.9 minutes of exercise each day, and "very active" as those who got more than 42.9 minutes of exercise each day. Achieving lower blood glucose levels is an important strategy to help combat diabetes, especially in overweight people.

The findings of the new study line up with previous research showing benefits to exercise at certain times of the day. One study showed that wrapping up an exercise session about two hours before bed could significantly improve sleep.

Another demonstrated that if women worked out in the mornings, they were more likely to lose belly fat and lower their blood pressure, but if they worked out at night, they were able to increase upper body strength, endurance, and even boost their overall mood. In the same study, men who worked out at night could lower their blood pressure, burn more fat, and reduce their risk of heart disease.

Still another study last year showed that in terms of skeletal health, it doesn't really matter when you exercise, but if you pick the same time each day you'll have better luck keeping your bones healthy.

MEDICAL BELIEVE IT OR NOTs.

- We have trillions of microorganisms in our bodies, but over 99% are unknown to science.
- When we lose weight, fat cells turn into carbon dioxide and are then expelled through our lungs.
- If a pregnant woman has damaged heart tissue, the fetus will donate stem cells to heal it.
- Germany's Wachbataillon military guards are growing breast tissue on the left side of their chests. Doctors say this is because of the drill they do, where they hit that area repeatedly with their rifles.
- Redheads experience pain differently and actually need around 20% more anaesthesia to feel no pain.
- A study shows that surgeons who played video games regularly had better laparoscopic surgical skills.
- If you don't fart, some gas may re-enter your blood stream and be released through your breath.
- If you lose a fingernail, it takes six months to regrow, but a toenail can take up to a year and a half!
- Adults have 206 bones. But we are actually born with 300 bones! Most of these are in fact cartilage that will then fuse and turn into bones.
- We share 90% of our DNA with cats and are genetically closer to cats than we are to dogs.
- The cornea has no blood vessels so it needs to get oxygen directly from the air.
- Livers have the ability to regenerate which means they will regrow if parts are removed.
- In the US alone, every year about 2000–4000 objects are left inside patients' bodies after surgeries.
- A study found that women's metabolic brain age is about four years younger than men's.

BETTER BEDCARE?

- A survey by Mattress Advisor, shared on the website This Old House, revealed that on average Americans kept their bedsheets on for up to 24 days! However, a 2012 poll by the National Sleep Foundation claimed that 92% of those in the US change their bedsheets every two weeks.
- Meanwhile, the BBC reported that single women tended to change the sheets more often, with 62% putting a new set on every two weeks. Information about this subject is contradictory, to say the least. Conversely, almost half of single men confessed to not washing their bedsheets for up to four months, with 12% admitting not remembering the last time they changed them!
- The website Healthline claims that not changing your bedsheets regularly can have pollen, fungi, and bacteria and other elements that might not make you directly sick, but worsen health problems, from asthma to eczema. Also do not allow your pets to sleep with you.
- However, the website This Old House says that something as easy as making your bed every day in order to keep it tidy and airy can be wonderful way to reduce microbes.

MASSIVE LUNAR CAVE DISCOVERED

If you've wondered where future Moon explorers will live, it may be in natural caves deep beneath the lunar crust. Radar data from NASA's Lunar Reconnaissance Orbiter confirms that giant lava tubes lead to tunnels large enough to house entire bases.

The Moon is an unpleasant place to set up house as the temperatures swing between 250 °F (121 °C) in daylight and -208 °F (-133 °C), there's 150 times the radiation as on the surface of the Earth, micro-meteors keep raining down, the surface is covered with a highly abrasive dust that sticks to everything, and the whole place is about as lively as Death Valley on a slow Sunday.

For well over half a century, scientists and engineers have been looking for ways to protect future Moon colonists. Both thermal insulation and radiation shielding basically involve thick walls, so many plans for lunar outposts involved burying habitats under heaps of soil, burrowing into the sides of craters or deep into the lava plains, and even detonating nuclear warheads underground to create instant caverns. One thing all these options have in common is that they require a lot of work to construct. An alternative is to find some sort of natural caves that could be modified to meet human needs. There's never been any liquid water flowing on the Moon, but there was once a great deal of volcanic activity. Earthbound telescopes saw rills or gullies that later proved to be collapsed lava tubes. Then, in the Apollo era, close-up images showed large, very deep craters that later turned out to be empty lava pits. If these are connected to deep lava tubes, it could be a boon to future explorers... but whether there were tubes at the bottom remained largely a matter of speculation for over 50 years.

An international team of scientists led by Lorenzo Bruzzone from the University of Trento used radar data collected by NASA's Lunar Reconnaissance Orbiter and looked at a pit known as Mare Tranquillitatis Pit, which is in the Sea of Tranquility. The radar reflections showed that there is indeed a large tube connected to the bottom of the pit shaft. The pit is 330 ft (100 m) across and is up to 560 ft (170 m) deep, so the cross section of the tube is likely to be enormous. Granted, getting in and out of such a pit would require a lift like those used in terrestrial mine shafts, but, if there isn't too much rubble, there's enough space for whole installations to set up under the lava roof, including habitats, workshops, laboratories, and even hydroponic farms with plenty of room to spare.

It might even be possible to seal off the tube and fill it with air, turning into one gigantic habitat. Anyone fancy strapping on a pair of wings and seeing if they can fly in 1/6th gravity?

The research was published in Nature Astronomy. Source: University of Trento.

NASA AND THE FATE OF THE ISS

NASA has revealed details about its plan to deorbit the International Space Station (ISS) after it's decommissioned in 2030... using the US Deorbit Vehicle (USDV) being built by SpaceX for the job. The ISS is arguably one of the most ambitious, certainly the most costly, piece of space engineering ever attempted. In its 24 years of operation it has provided scientific advances, sparked controversy, and been the focus of the sort of geopolitical tensions that it was intended to calm.

Today, the 15 partner nations that operate the orbital station are faced with the problem of what to do with it when it leaves service in 2030...30 years in orbit will have left the ISS in pretty poor condition... many of its components are worn out or obsolete, its structural elements are suffering very badly from thermal, torsional, and tidal fatigue. If it could be refurbished at all, it would require the services of a non-existent dry dock.

It can't remain where it is. At an altitude of about 250 miles (400 km), its orbit is much too unstable and its orbit is constantly decaying. It can't, realistically, be boosted to a higher orbit because that would require far too much energy provided by a thruster system that doesn't exist and it's doubtful its structure would survive the manoeuvre.

This leaves a controlled reentry into the Earth's atmosphere that allows it to burn up and any remaining debris to fall into a remote, uninhabited region of the South Pacific.. the initial idea was to use three Russian Progress cargo spacecraft for the job, but relations between the United States and Russia, plus technical considerations, have taken this off the table.

The new plan is to use a purpose-built USDV spacecraft from SpaceX to conduct the deorbit...The USDV is essentially a Dragon capsule with a souped-up service module equipped with six times the propellant and up to four times the thrust of the standard variant. The idea is that the ISS will be allowed to naturally lower its altitude as its orbit decays over a few years, with the USDV providing periodic course corrections to keep the orbital lab on the desired trajectory. During the last week of the station's life, the vehicle will conduct a series of burns to put it on final reentry.

US policy after the ISS is out of service is to switch to buying time and space on the next generation of commercial outposts now being developed by various companies. Should these outposts be delayed, the USDV can also be used to extend the life of the station to prevent a space station gap in the next decade.