



THE UNIVERSITY OF THE THIRD AGE

U3A Port Hills Inc

Website: www.u3aporthills.org.nz

Bank Account Number: 38-90060413325-00

Port Hills U3A Newsletter September 2024



Next Meeting: Wednesday, 4 September

Important:

For the safety of our members the outside door to the church will be locked at 10am when the meeting starts.

Venue: St Martin's Presbyterian Church, 43 St Martins Road, St Martins

9:30 Morning tea and socialising

10:00 Speaker: Glenn Vallender History of the Magnetic Observatory at the Christchurch Botanic Gardens 1899 – 1970

After retiring from a career in Secondary school teaching Glenn developed an interest in the history of geoscience in New Zealand. He holds a PhD in geological science education from Curtin University in Perth and continues a passion for teaching and learning through the International Geoscience Education Organisation (IGEO). This passion has led to current biographical research of New Zealand's pioneer educator and seismologist George Hogben, the history of the Magnetic Observatory and a history of the Pope/Ross/Skey/Ferriman 1872 astronomical telescope. Glenn is an Honorary member of the Geoscience Society of New Zealand, a recipient of an Executive Services award for Musical Theatre NZ and a life member of the Ashburton U3A.

11:00 Monthly Meeting



Port Hills U3A Annual Spring Outing 2024 Geopark Bus Tour

Thursday 31st October

The cost of the Geopark Bus Tour is \$35.00 per member.

Bring a pack lunch, and wear sturdy shoes and weather appropriate clothing.

You can make an internet payment to our bank account: 38-90060413325-00.

Please write your name in the particulars box so we will know who is making the payment, and write the words bus 2024 in the reference box.

or

You can pay by cash at the monthly meeting.

Thank you, Mureen Turfrey, Treasurer, Port Hills U3A

Bus Trip Itinerary

Meeting point – Princess Margaret Hospital – 8:45am

Stop 1 – Victoria Park (Toilets)

Setting – Banks Peninsula volcanism, the Canterbury Plains, Christchurch City, and the Southern Alps.

Examination of outcrop beneath the playground.

Stop 2 – John Jameson Lookout / Sign of the Bellbird

Evolution of Banks Peninsula's volcanism. Large scale evidence within the landscape.

Stop 3 – Lyttelton Township – Toilet / Coffee stop – central township by main square.

Stop 5 – Evans Pass – Quarry

Layers within the volcano, cross cutting volcanic dykes.

Use of materials – changes to the harbour.

Stop 6 – Sumner Beach – Lunch – Clock Tower End

After lunch a walk towards the break water end to examine the layers exposed in the cliff face.

Stop 7 – Heathcote Domain, Heathcote Valley – *if time permits*

Earthquake impacts, red zoning, rockfall, and mitigation

Finish - Princess Margaret Hospital – 3pm

Our tour guide is Sam Hampton, BSc (Hons), PhD, and Director of





Special Interest Groups

The Botany Group

This month the Botany Group visited Southern Woods nursery near Rolleston. We were blessed with a gorgeous late winter afternoon, blue skies, and little wind. We were hosted by Chris Smith, the owner who gave us a short slide presentation, *and tea and cake* before giving us a tour of the nursery. It has a great range of trees, shrubs and natives and we all couldn't resist purchasing something for our gardens and Chris gave us a gift of some gardener's hand cream. A lovely way to spend an afternoon!



Future Speakers 2024

Date	Speaker	Topic
October 2nd	Frieda Looser	History of Chocolate
November 6th	Dr Vivienne Levy	Forensic Dentistry
December 4th	TBD	

Free Lecture
Royal Society Te Apārangi
Finding A Genetic Cause for Stomach Cancer in A Whānau
Now Saves Thousands of Lives

6:00 - 7:00 pm on Thursday 19 September 2024

University of Otago, Christchurch Campus
(Rolleston Lecture Theatre - Ground Floor)
2 Riccarton Avenue, Christchurch Central City, Christchurch

Royal Society Te Apārangi in partnership with the Prime Minister's Science Prizes Secretariat and the Canterbury Branch is delighted to offer a talk by Professor Parry Guilford FRSNZ and Associate Professor Karyn Paringatai, both from Ōtākou Whakaihu Waka | University of Otago.

Parry and Karyn with the Prime Minister's Science Prize trophy

At the start of May they won the Prime Minister's Science Prize which was awarded for an innovative partnership between members of the McLeod whānau and their community, cancer geneticists from the University of Otago, and clinicians from Tauranga Hospital. Together they identified a genetic mutation (in the CDH1 gene) which was causing members of the McLeod whānau to die from stomach cancer at a young age. This led to the naming and



characterisation of a new cancer syndrome, Hereditary Diffuse Gastric Cancer. The researchers developed a genetic test which gives whānau members the ability to understand their risk of cancer and take life-saving action.

Since then, the genetic test has enabled other families to discover that they also have a mutation in the CDH1 gene, and has saved many hundreds of lives in Aotearoa New Zealand and thousands around the world. This is a truly remarkable story and this research continues to deliver impact.

All warmly welcome.

Click on the 'Book now' link below to attend this lecture, and to learn more about their work.

Book now

The Whooping Cough Vaccine and Grandparents

Eight years ago, I was excited about going to see my newest granddaughter Pia in Melbourne. My son asked me if I were vaccinated against Whooping Cough. 'Of course I am,' I told him. 'I have always had all my 'shots''. I felt confident that I was O.K. and was looking forward to cuddling my newest grandchild. That was until I spoke to the nurse at my G.P.'s surgery and I was shocked to find out the vaccination I had, maybe 60 years earlier, was not going to protect me or my newborn granddaughter against whooping cough.

Babies do not get their first vaccine until they are 6 weeks old, leaving them unprotected against this very serious disease; especially serious for children under 12 months of age. I was leaving for Melbourne in 10 days and the vaccine which I immediately had, needed at least 9 days for it to be effective against whooping cough. I found out I needed the vaccination just in time.

The nurse who gave me the shot also told me that a lot of grandparents were now being re-vaccinated because their decades old 'shot' was no longer effective, and that many grandparents were not aware of this.

I am telling this story because we all want to do what is best for our children and grandchildren, and we certainly do not want to put them in harm's way. But it also might not occur to you, as it did not occur to me, that we could unintentionally inflict this very serious disease on the ones we love so much.

[The following article is copied from the August 2024 NZ Government's Office for Seniors Newsletter](#)

If you are 65 or over and around babies and young children, it is important to get a booster for Whooping Cough.

The booster is free at ages 45 and 65. If you missed your booster at age 65 you can still catch up for free. If you're unsure of how many doses you've had, check with your health provider.

The whooping cough vaccine also protects you against tetanus and diphtheria - if you've had a tetanus booster recently, you may already be protected against whooping cough.

Immunity reduces over time, so it's important to get the booster.

A free whooping cough vaccine is available from your healthcare provider and from many pharmacies.

Boostrix is a vaccine used for booster vaccination against diphtheria, tetanus and whooping cough.

Certain people are recommended to have a whooping cough vaccine at least every 10 years – but there may be a cost. This is to boost protection against whooping cough.

This group includes people who:

- work with young children and vulnerable people
- live with a newborn baby
- are at higher risk of severe illness from whooping cough (for example those with chronic respiratory disease).



Contributions and Donations

Thanks to our members for their continued support to the Hoon Hay Foodbank and knitting wool community projects.

Foodbanks

We are continuing to collect cans and/or packaged food, including baby food, as well as fresh food such as fruits and vegetables at our monthly meeting.

Please place your contributions in the boxes in the entrance foyer. Thanks for your contributions.



Knitting Wool

The wool is used by volunteer knitters to crochet blankets or knit jerseys for pre-schoolers. Finished items are mainly given to the Plunket Outreach programme, Salvation Army programme and other charities as needed. Please contact Naida Murray on 338 5030 if you have any questions, or check at our monthly meeting.

Would you like to be a **volunteer knitter and/or crocheter** making blankets and jerseys for pre-schoolers? Please let Naida know on 338 5030

Helene Mautner
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