

# U3A PEGASUS BULLETIN No 14 August 2024

### **Update from President Jorgen**



It is mid-winter and very cold. Many of our members have been affected by the various viruses that are about. The good news is that spring is on its way. At our recent committee meeting, we discussed

an issue of ongoing importance to us all. Our waiting list is growing and at the same time, when we have a speaker who attracts a very large crowd, as happened last month with Professor Hornibrook, we exceed the attendance numbers allowed in the MPCC hall. We have some options. We can move to a bigger venue for our monthly meetings and invite everyone currently on the waiting list to become full members. Many of the people on the waiting list have been there for several months, sometimes more than a year. We are going to do some investigations and come back to members when we know more. As you will appreciate, there aren't many options in our immediate vicinity. Recently, we were advised of the death of Don Perry, a founder member of our U3A. When any member dies and they have been a member of an interest group, it is usually the group that acknowledges the contribution the person made. However, your committee feels that it is appropriate that we recognize the death of a member with an appropriate tribute in a special section of our bi-monthly newsletter. We will begin this next month in the September issue. I hope you all agree with our decision.

Jorgen.

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### **Guest Speaker on Monday 19 August**

Canterbury Museum: Past, Present, Future

Our guest speaker will be Andrea Webley from the Canterbury Museum. She will talk to us about the evolution of the Museum and its redevelopment project currently underway.

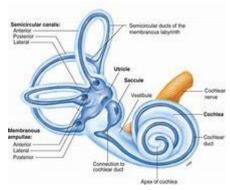


### **July Speaker**



Jeremy Hornibrook was our speaker who gave an enlightening talk to a packed audience on the complex topic of vertigo. Jeremy Hornibrook is an ENT specialist concerned with the inner ear

problems. He defined dizziness as spatial disorientation, sometimes with associated fainting, high or low blood pressure and arrhythmia. Vertigo is a spinning sensation when not moving, often with nausea and vomiting if it continues.



He passed round a model of the inner ear which is only 15mm in size. The semicircular canals have connections to the eye muscles

and keep the image we see stable when we move our heads. There are crystals (otoliths) in a jelly which move hairs when the head moves and this also relates to gravity and acceleration. We have normal balance if the information from the ears to the eyes is true, or hallucinations or vertigo if not. The balance centre is in the middle of our brain between the parietal and temporal lobes close to motor control.

Vertigo was first recognized in 1922 but its cause was only proved 70 years later. If someone has vertigo their eyes beat to try to get a stable image. John Epley had a theory that crystals fall into the vertical canal and act like pistons sending false information to the brain. Turning the patient's head round counteracts this and can cure the problem. If the crystals fall into the horizontal canal the eye movement is from side to side. This often happens during the night when people turn over. Again, the cure is to turn the head in different positions and shake it, or to roll over and over on the floor.

Meniere's disease is spontaneous attacks of vertigo or tinnitus with progressive hearing loss. Possibly this is due to too much endolymph fluid in the ear. The endolymph is stored in a sac but the inner ear is too small and this does not show up on any scans. Post mortems have shown that the ducts can get blocked and electron microscopy has shown big clumps of calcium crystals in the utricle. More research is needed on this. There were many questions and unfortunately not enough time for everyone to get a chance to ask them.

NB: Jeremy is the very proud nephew of Fred Hornibrook, husband of Ettie Rout, and supporter of Sibylla Maude when she decided to establish the first TB camps in the New Brighton sandhills.



### **Joining Our Interest Groups**

The list of interest groups can be found on our website and groups where there are still vacancies are always put out on the table in the foyer for anyone who would like to join.





The Ferrymead Heritage Park is looking to expand its group of volunteers. They approached us asking whether Pegasus U3A might be interested in becoming involved in some way, with many of our members being interested in both history and heritage.

Rather than your committee making a decision, we decided to ask whether anyone is interested in getting a group together, perhaps as an extension to an existing interest group, or perhaps offering to volunteer as an individual. The contact phone number is 03 384 1870.



# It's Almost Spring!



'I glanced out the window at the signs of spring. The sky was almost blue, the trees were almost budding, the sun was almost bright.'

Millard Kaufman's 'Bowl of Cherries.'

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