

FACILITATION

FMD, University of Waikato

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On a recent holiday in Rarotonga I took the following photos, which I thought you might find interesting.



Sign (left) re power: This is the sign for the 8 diesel generator power station on Rarotonga. It's a bit hard to read this small photo, but it says that the total power production for the whole island is 10.9 megawatts. The University uses approx 4 megs.

Sign (right) – Ministry of Agriculture: Was impressed with the high quality of their head office facilities – perhaps the University does alright after all!!



Stone (right): This is apparently the exact spot that the Tainui canoe left for New Zealand, and this memorial commemorates that event.



From John Cameron

FMD SOCIAL CLUB

Sausage Sizzle lunch – 5th Nov: There will be a lunchtime bbq (sausage sizzle) in the FMD courtyard from 12noon on Wednesday. Hope to see you there!!

Bus/Boat trip – 8th Nov: There are still spaces available if you want to go to Auckland for the Boat Trip with the Riverhead Ferry. You need to give Tom Reidy your name and payment by Wednesday 5th November. Cost is \$40 per head.

A reminder that the bus departs the FMD carpark at 7.30am and arrives back at approx 8pm. Boat trip 10am to 3.30pm – Islington Bay, Rangitoto Island. Plenty of short walks, historical buildings, morning tea, lunch provided.

Christmas Social - 5th Dec – venue Don Llewellyn's Pavilion bar, a catered BBQ meal and a live band for entertainment – Rock'N Roll theme. Cost is \$20 per head.

Thanks to everyone who supports the raffles/lotto numbers.

Go Fly a Kite



We welcome a new porter to FMD. Charlie Watson is a family man from Raglan. Bought up in Hamilton he lived in several South Island towns before heading overseas for his OE. Charlie and his wife Lorraine have 2 children and if Charlie says "go fly a kite" he knows what he is talking about; he and Lorraine have been running a Cottage Kite business for the past (17 years). Charlie is a self-confessed guitaraholic and plays in a rock and roll party band and even gets to play in the occasional concert. Charlie has spent the past 8 and a half years as a rural delivery postie and courier with a little bit of furniture removals thrown into the mix.

A couple of pictures (mirror images) taken down by Oranga/Shops area on a perfect summer's day (14th Oct) by Nan Sinclair.



We had an informal get together in the tearoom to farewell Philip Whyte on Friday 10th October. Phil is taking on the role of house husband, looking after his daughter McKenzie.

Two Morepork Owls seen in the University Fernery in September - seem to be a pair and also seem to have taken up residence within the Fernery.

Nan and Shar while looking for possible possum damage had a huge surprise to spot two ruru or moreporks in the fernery looking down at them. Fortunately Nan, who always has a camera handy took some pics to share. The ruru is NZ's only surviving owl. Being birds of the night they sleep during the day and at night they will hunt for small birds, rats and mice. They nest in tree hollows, cavities of rocks and roots and will lay up to three eggs between October and November and ready to fly in about 35 days.



We hope to see more ruru soon.

I met the bloke who invented crosswords today. I can't remember his name, it's P something T something R.

Taken this morning (15th Oct) on the fence just near the seating area outside the FMD tea room, a blackbird and her chicks in the nest. Thanks to Mark and his team for the mesh behind which she could build her nest.



Another thanks to Security This time from Scott Gemmill 8 October Event

Yesterday we had the top economists from throughout New Zealand here for symposium.

At the symposium dinner several people commented on the availability of parking and the signage. One of the big wigs from the Ministry of Economic Development commented that this was the first event she had been to where the parking and directions had been so well thought out.

The symposium was a huge success. Roger's professionalism ensured the participants had a positive first impression. Thank you!

I feel badly that so many car parks went unused and I know you will both have a few people that are unhappy because they had to walk an extra five minutes.

Thank you again for your ongoing support of these events.

All the best, Scott

New study links BPA to heart disease and diabetes

Ubiquitous chemical bisphenol A is linked to heart disease and diabetes, says research published last week in the *Journal of the American Medical Association*. The Food and Drug Administration recently declared that BPA is safe; the new study's release was timed to coincide with a hearing in which the FDA defended that conclusion. For the new study, researchers studied urine samples from 1,455 American adults. BPA was detectable in 90 percent of the samples, though all were within currently recommended exposure levels. However, participants with the highest levels of BPA in their urine had nearly three times the chance of having heart disease than those with lowest exposure, and were 2.4 times more likely to have diabetes. Other studies have linked the chemical to reproductive and hormonal troubles. The new study is the largest to look at the effects of BPA in humans; the FDA relied heavily on industry-funded studies of lab animals. While everyone agrees that more research is needed, many consumers are already trying to avoid BPA by eschewing some plastic bottles, baby toys, and canned foods.

Submitted by Robin Dunmall

Flossing and keeping gums healthy can reduce your risk of a heart attack or stroke by 25%

No matter how well people look after their teeth and gums, very few maintain perfect oral hygiene day by day. Plaque is easily missed between teeth and around the gum line. If plaque is missed regularly, within days it can mineralise into a hard, rough, cement-like material (known as tartar). Plaque and tartar are the primary factors leading to the development and progression of periodontal (gum) disease. Regular visits with a qualified hygienist, ensures the teeth are kept free of bacterial irritants and any gum problem can be addressed promptly.

Bacteria in the mouth, e.g. in gum disease, easily enter the blood stream because the mouth is a very blood supply rich part of the body. The types of bacteria found in the mouth tend to easily infect the endocardium (lining of the heart) and blood vessels that supply the heart itself (coronary arteries). This increases the risk for heart attacks.

According to a press release from 10 September 2008, "New Zealand scientists have claimed a breakthrough in showing how gum disease increases the incidence of **heart attack** and **stroke**.

In research which has not yet been published in peer-reviewed journals, Professor Greg Seymour from Otago University has told the Society for General Microbiology in Dublin that the body's defenses overreact to the threat of gum disease and start to destroy other protective cell too. This leads to atherosclerosis, a "furring" of the arteries, the primary cause of heart attack, the Guardian newspaper reported.

Submitted by Robin Dunmall
(taken from his dentist's newsletter)

Air NZ Cup rugby competition

Our in-house competition ended, with the prize giving being held on 8th October. With JohnC being on leave Tony Dicks presented the prizes, along with the spot prizes for those who may have done something a little different.

This year's prizes went to:

- Stu Banks 1st with 116 points
- Pieter Koers 2nd with 113 points
- Kenny Kuunders and Nola Dicks 3rd equal with 112 points.