

u3a Science Network meeting Programme 18 April 2023

A science-based learning event with 3 presentations followed by questions after each, with a break for refreshments and for lunch. Zoom doors will open at 10:15 on the day.

To **register your interest** please go to <https://www.lifethefacts.com/u3a-science/>

The April programme is now available for booking on the Eventbrite website.

<https://www.eventbrite.co.uk/e/science-network-meeting-tickets-578593377367>

Those who have registered to attend will be contacted two days before the meeting with the joining link and reminded the day before the meeting.

Time	Speaker	u3a	Chair
10:30–10:40	Welcome and Introduction	Exeter	Leigh Edwards
10:40–11:40	Paul England Anti -oxidants and Superfoods	St. Albans	
11:40–11:50	Break		
11:50–12:50	Pete Webb Earthquakes – How they happen and how to measure them	New Mills	
12:50–13:30	Lunch		
13:30–14:30	Mike Trevethick Get Rid of that Stink! – Bazalgette and the sewer system	Thanet	
14:30–15:15	Plenary. Feedback and review of future meetings		

Presentation details

Antioxidants and Superfoods – The Good, The Bad and The Fraudulent

By Paul England, St Albans u3a

You've heard it a million times: The best way to stay healthy is to eat a wide variety of vitamin-rich Super Foods. They're packed with vitamins, minerals, and Antioxidants, which minimize the cell damage that may lead to Heart Disease, Cancer, Alzheimer's, and other diseases." The talk will explain what Anti-Oxidants are, their importance in human health, and why some of the claims of beneficial effects are just wrong.

Paul England is a biochemist, initially with an academic background in cardiovascular research, and subsequently in pharmaceutical industry drug discovery.

Earthquakes: why they happen, how they're measured

By Pete Webb, New Mills u3a

Heat from the Earth's core keeps much of the Earth in a state of slow turmoil as convection cells turn slowly over and over. These movements cause the brittle outside skin of our planet to slide around, splitting apart in some areas, crunching together in others. This continual jostling of the

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tectonic plates, as the slabs are known, is jerky, not smooth, resulting in intermittent small to large earthquakes as the stresses build up and are then released.

Pete Webb is a Geologist who worked for 40 years in the international oil and gas industry. Now semi-retired, he gives talks to the public on matters geological, is New Mills U3A Geology Group Tutor, looks after his village cemetery and parish church grounds and is a keen gardener.

Get Rid of that stink! – Joseph Bazalgette and development of London Sewer System

By Mike Trevethick, Thanet u3a

In 19th Century London people dumped all waste and sewage into the river Thames. As a result, diseases such as cholera were widespread, and the river stank. Eventually parliament had enough and wanted the river cleaned up. They appointed Bazalgette to develop a sewer system. The system designed and built did the job and was very impressive ..but did it really 'cure' the problem?

Mike is a member of Thanet U3A. Mike has worked in academia in UK and USA and then decided to apply his research initially at Glaxo and subsequently at Pfizer. Major research areas were Asthma/COPD, Inflammatory Bowel Disease, and Inflammatory Pain.

This event is for u3a members only.