

Editor: Henny van Dijk

www.uthro.org

April, 2024

April Event

The April Event is a visit to Brenham, TX. The Event Committee planned the trip for **Tue. April 23** and features a bus trip starting at 10 AM at OCB.

There are three destinations on the agenda:



The first stop is the Antique Rose Emporium where you can spend about an hour to walk along the roses and visit



Downtown Brenham Shopping

the giftshop. The bus will take us to Downtown Brenham for lunch and shopping for the next 2 or so hours and finally we will visit the BlueBell Creamery for a scoop of



their tasty ice cream before we travel back to OCB at around 3:00 PM. Parking at OCB will be validated.

RSVP by April 16 to Marilyn Wells
713-865-1201 or mrswells1500@gmail.com

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Our Classic May Event ...

The Cinco de Mayo Luncheon



UTHRO's Event Committee cordially invites you to a truly entertaining event

I just received notice that we have a reservation for OCB Rio Grande room for May 2, 2024 from 11am to 2pm for our Cinco de Mayo luncheon.

UTHRO will serve the tacos. We plan on providing meat, tortillas, basic fixings (lettuce, cheese, onion, jalapeños etc) but please bring a side dish such as tamales, rice, beans, salsa, guacamole and desserts (and maybe chips for those who don't want to cook).

Members attending, need to let Janice Thomas know by April 27th. Parking validations for the OCB lot will be available.

.....And while we enjoy the food we thought it would be fun to play Loteria or Mexican Bingo, and some of you might get lucky and win a small prize. And for those who never played the game, think of it as Bingo with pictures instead of numbers. The first player with four chips in a horizontal, vertical or diagonal row, or fills the *tabla* first, shouts "Lotería!" and is the winner.



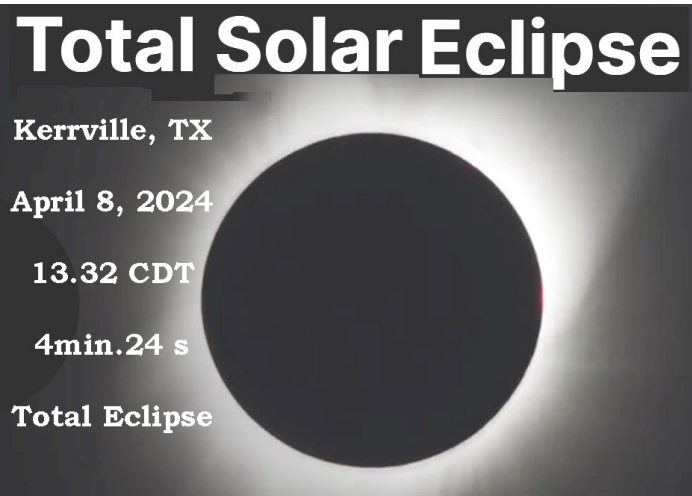
Again **RSVP by Sat. April 27** so we have an idea of how many tacos we need and what dish you plan to bring.

RSVP to: Janice Thomas at 832 515-0280 or email her at flyte99@yahoo.com



An Amazing Natural Event...

Meet the Event Committee ...



*Ever wondered who is responsible for those great events I talked about in the March issue? Well here is the answer
Janice Thomas and Marilyn Wells*



After a dedicated commitment of 19 years at the Dental Branch/ School of Dentistry I decided to retire in March 2019. Upon retiring, I was able to devote a lot more time doing the things I love, including spending time with family and friends, reading, cooking, fishing, traveling, especially peaceful RVing excursions with lake getaways. I am outgoing and enjoy meeting new people and hearing about what's going on in their life. Some of my favorite trips since retirement was to Chicago, Atlanta, Memphis, New York, and Paris France. I am also excited about my upcoming vacation to Italy in April.

Shortly after retiring I joined UTHRO, and it was a very wise decision that I am so happy I made. Although I started as just a member to attend events, when a vacant position occurred, I was asked if I would like to become the Event Planner, and I gladly accepted the responsibility.

One of the most rewarding experiences is planning trips and outings for the members. I enjoy bringing people together face to face, meeting other retirees, making new friends, and creating memorable experiences. I like to create a variety of events and it is very satisfying watching everyone enjoy themselves at our outings.

Janice Thomas



I retired from the Facilities Department at UT Health after 29 years. Barbara asked me to join the board of UTHRO. I wasn't sure if I could do the job but decided if help was needed, I would try. I've always liked meeting new people. I help Janice Thomas on the UTHRO events committee. I schedule the bus trips and schedule the reservations for our OCB events.

I like the fact that we get out of our comfort zones after retirement and have some fun.

Marilyn Wells

On Monday April 8 Texas will be the amazing destination for a total solar eclipse! the greatest sight nature offers. Be sure to get inside the path of totality for the full experience. Simply put, a total eclipse of the Sun is the most beautiful sight you will ever see in the sky. Nothing can prepare you for the amazing sight when the sky suddenly darkens and the Sun's corona shines in the sky. No photograph can capture the stunning beauty of a total solar eclipse, you must see it for yourself.

Texas boasts the best weather forecast along the path in April, and has an excellent highway system and abundant accommodations from Dallas, to San Antonio. Some cities with long durations of totality include Eagle Pass, Uvalde, Kerrville, Fredericksburg, Llano, Lampasas, Killeen, Waco, Sulphur Springs, and the southeastern suburbs of Dallas. A remarkable fact is that the entire metropolitan area of Dallas and Fort Worth, a megalopolis of 7 million people, is inside the path of totality! In fact, 12 million people in Texas reside within the path of totality, by far the largest of any state in the US.

For eclipse viewing, mobility is essential especially in case of inclement weather. Within Texas, Interstate 10 from Junction to San Antonio is within the path and offers quick relocation if clouds threaten.

Just to show you how big an event this is, my son and two grandsons will be here all the way from North Carolina they show up first here in Houston which will have a 94% eclipse and my eclipse proof glasses are delivered and my camera is on stand-by.

Be sure to get the proper very dark glasses so your eyes will be protected.



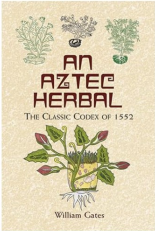
UTHRO OFFICERS 2024

- President** Barbara Kelly
- Vice-Pres** Efren Pena
- Secretary** Daun Gray
- Treasurer** Margaret Zambrano
- Newsletter Editor** Henny van Dijk
- Web Administrators** Pat Grealy & Glenn Schreyer

To protect our officers' personal information on our website, UTHRO has instituted a new general purpose email address: uthro@uth.tmc.edu. This is a "forwarding" email that will send copies to both the UTHRO president and Efren Pena who will then forward the email to the appropriate person. Including the recipient's name in your subject will be very helpful; e.g. Subject: For Barry, BBQ lunch. If UTHRO members already know the phone number or personal email address of an officer then by all means continue using that for your communication needs.

The March L&L in review

Some 20 members came to listen to Liliana Rodriguez and her talk about Pre-Hispanic Medicine and for those who were unable to attend I asked Liliana to give me a synopsis about the knowledge of plants and their healing properties



The "Little Book of the Medicinal Herbs of the Indians" the *Badianus Codex* consists of 13 chapters and deals with close to 100 afflictions, beginning with those of the head and scalp and working downward. Leprosy, chest pain, and venereal diseases are considered along more mundane ailments such as bad breath, odor of the armpits, and rumbling of the abdomen. Discovered in the Vatican in 1929. It is kept at the National Anthropology and History Museum in Mexico City.



Many of the species of plants in the Codex have been identified, the drawings were beautiful and colorful, but they were not botanically accurate. Two plates describe *Dioscorea* which contain powerful steroidal saponins. In the 1940's a chemist discovered how to synthesize the human hormones progesterone and testosterone from chemicals held in the plant's root system.



Tenochtitlan



One of the books was completely dedicated to the Aztec's knowledge about medicinal plants. The Aztecs knew that disease could also be caused by not being clean. Long before the invention of the microscope revealed the existence of microbes, they realized that disease could be passed invisibly from one person to another by touch or through the air.

In addition to the similarities with Hippocratic medicine, and the use of prayers and spells, bleeding was used to reduce swelling (as in the case of bone fractures) except that the Aztec used cactus thorns

instead of leeches

Medications were obtained from plants but also from animal sources. For example the use of opossum tail to facilitate childbirth. It contains the hormone oxytocin which increases contractions of the uterus. Also keep in mind that a popular estrogen Premarin, is obtained from the urine of pregnant mares.

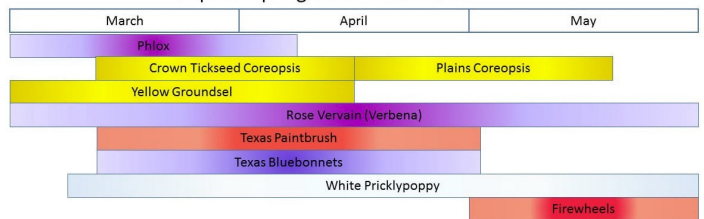
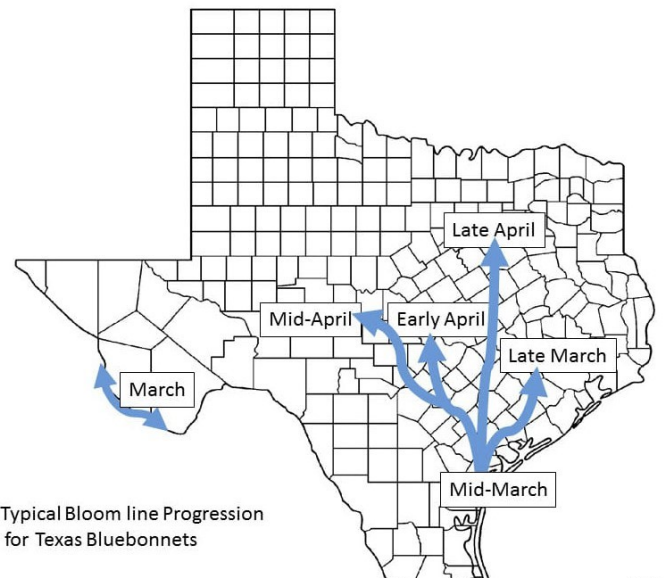
The juice of nettles, ground with salt in urine and milk, poured into the nostrils **stops the flow of blood from the nose.**

One troubled with a **cough** is to drink frequently the juice of the root of *tlacoxiloxochitl* peeled and ground in water, with part of which, mixed with honey, the throat is to be smeared. Among the most interesting of the native Aztec remedies are **the narcotics and analgesics.** They knew about the narcotic properties of Peyote and some mushrooms, as well as marijuana and hashish. They used those to alleviate pain. Used in bone settings, making incisions, as well as relieving painful bruises and other injuries

Psilocybe plants were used to cure **fevers, epilepsy, stiffness, swelling, colds and coughs.** Chamomille and Arnica contain terpenoids and flavonoids. It prevents heart problems, helps with menstrual cramps, improves digestive system, strenghtens the immunological systems, regulates glucose levels, and is also used for skin irritations.

Edited from Liliana's Lecture on Pre-Hispanic Medicinal Plants

Popular Spring Flower Bloom ...



Every spring, the bluebonnet craze takes over Texas for a few weeks. The fields and roadsides all over the state get transformed with hundreds of thousands of orange and blue flowers. One of the best places to see this beautiful phenomenon is the small town of Chappell Hill, located between Brenham and Hempstead in Washington county. Bluebonnets usually bloom from March through April, and early to mid-April is the peak time to grab your camera and head to Chappell Hill to take a few pictures. To celebrate the beautiful season, the town holds the annual Bluebonnet Festival on the second weekend of April

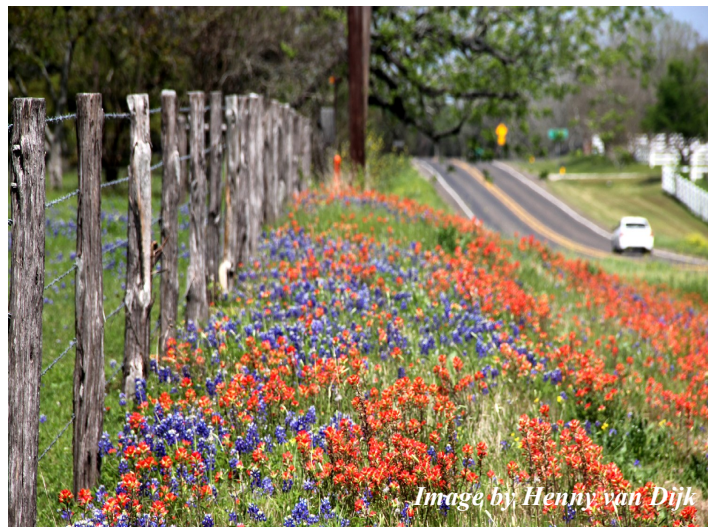


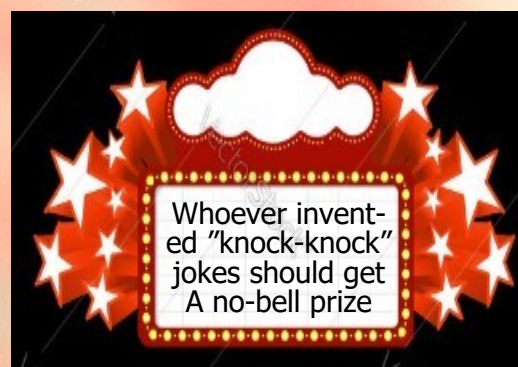
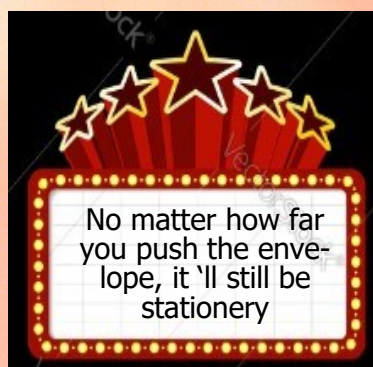
Image by Henny van Dijk

UTHRO

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To update your address or phone number
please contact us at 281-655-1983

And Now For Something Completely Different... Signs seen along the way



Vince Rozmiarek, aka Vince the sign guy