

# U3A Kate Sheppard

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“Those who teach shall also learn Those who learn shall also teach”

## Past Courses & Events 2011 - 2019

### 2019

#### Annual General Meeting and New Members & Committee Lunch



#### Series 1 Pot Pourri

- Kiwi Nomads
- Glaucoma
- On Safari
- Nailing High Performance



#### Visit to the Warehouse Distribution Centre at Rolleston



#### Series 2 Political Objection to Military service

- Pre-War Anti- Militarism & the Passive Registers' Union
- Conscription & those who objected on religious grounds
- How Women supported the Objectors
- Political objectors to military service

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**Series 3 Measures of Western Culture**

- Getting the Measure of Time
- Getting the Measure of Religion
- Getting the Measure of Science
- Getting the Measure of Music
- Getting the Measure of Power

**All Members Lunch**



**Series 4 Art & Antiques**

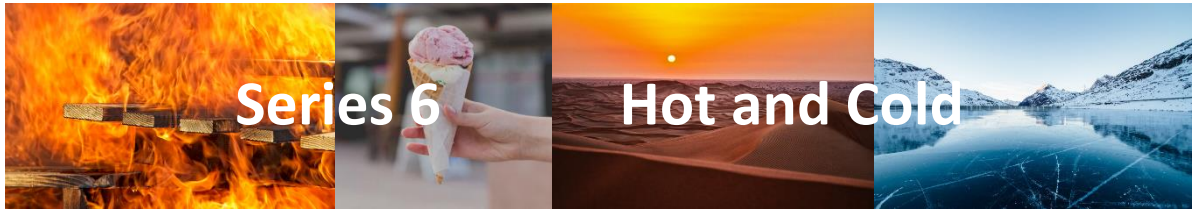
- Christchurch Art Gallery Te Puna O Waiwhetu
- CoCA Gallery
- The Physics Room
- Crafting Canterbury Ceramics – A Short History of Canterbury Pottery



**Series 5 Aspects of the Crusades**

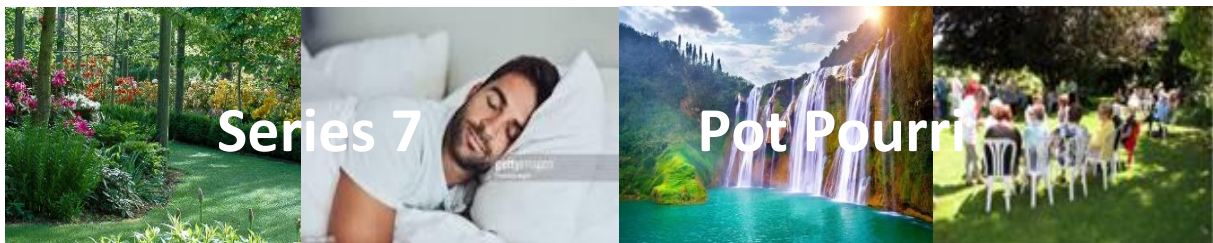
- Why a Crusade?
- Kingdom of Jerusalem
- The Third Crusade
- Dissent, Greed and the end of the Crusader States
- Crusading Legacy

**All Members Lunch**



**Series 6 Hot and Cold**

- Hot - IVF Who, What, When and Why?
- Hot - Fires
- Hot - Running Across Deserts
- Cold - Living and Working in Antarctica
- A Landscape of Love, Life and Light - resilient to hot and cold today and tomorrow



**Series 7 Pot Pourri**

- Topics of Sleep
- Three Waters Management
- Mission Abundance Uganda 2019

**Bus Trip to Trott's Garden Ashburton**



## Christmas Luncheon @ The Winery Rossendale



## 2018

### Series 1 Pot Pourri

- Christchurch City Mission
- Children's brain and physical health
- Taxation, succession planning through to acquisitions, mergers and economic growth
- All Black Skills Coach

### Series 2 Eat, drink and be merry

- Nutrition
- How to eat drink and be merry without diabetes rearing its, sometimes preventable, head
- Can you eat drink and be merry, and avoid heart disease
- Alcohol law reform won't stop us Eating Drinking and being merry
- Prevention strategies in older age mental health

### Series 3 What's Up in Christchurch

- The Terraces
- Arts Centre Restoration Progress
- Arts Centre Tour
- Our city of opportunity and exploration
- The rescue from demolition of Shand's and Trinity

### Series 4 20<sup>th</sup> Century South African History

- From Boer Republics and British Colonies to the Union of South Africa
- Marijuana and the Rastafari – An ethnographic exploration of the relationship between a people and a plant
- Union and division
- The people rise up
- Post-Apartheid: The New South Africa

**Series 5          Salt**

- Sodium chloride at its best
- History, sources, taxes, salaries, mountains, mines, lakes

**Series 6          Geology**

- Kaikoura Earthquake Recovery Reconnecting Communities
- Change and Recovery in a Naturally Disturbed Coastal Ecosystem
- Natural Hazards & Risks
- The Earth Beneath our Feet: Introduction to Canterbury Geology and Earthquakes
- Mw 7.8 Kaikoura Earthquake: Overview of the Geology and Seismology of the Southern and Northern Ruptures

**Series 7          Pot Pourri**

- Your Theatre - The Court Theatre
- Emergency Department Response to CHC Earthquakes

## 2017

**Series 1          The Canterbury Medical Research Foundation**

- Vitamin C in sepsis
- Parkinson's research
- Acute Care Fellowship
- Links between personality and anxiety
- Stroke recovery and research

**Series 2          Through the Lens of a Political Scientist**

- Rethinking Young People's Politics in the 21st Century
- Participation in and Beyond the Ballot Box
- Student debt: Reconsidering its Impact on a Generation
- Disconnection and Disruption
- Sustainable Citizenship in a Changing Climate

**Series 3          Architecture - Traditional to Eco**

- From the Gothic Revival to Modernism: A short History of Christchurch Architecture
- Urban Design
- Social Architecture: Moving from the Industrial Age to the Creative Age
- Eco-friendly Function Meets Award Winning Architecture
- Architecture as Public Art

**Series 4          Water etc.**

- A Constitution for Aotearoa/New Zealand
- Weather and Climate – Setting the Scene
- Water – The Big Picture
- Freshwater ecology, water quality and management in NZ
- Canterbury water issues and what we're doing about them

**Series 5          Money Makes the World Go Around**

- Retirement Villages
- Investment Trends
- Property Trends

- Heartland Bank and Reverse Mortgages
- Trusts, Wills and Enduring Powers of Attorney

**Series 6            Music Music Music**

- Potions and plots
- Percussionist
- Bohemian Journey
- What is Music therapy
- Louis Armstrong-Jazz Icon and Founding Father

**Series 7            A Pot Pourri**

- Aspire Canterbury
- Science Communication
- Freshwater eels – amazing creatures of mystery and understanding
- Prevention of crime and crashes

## 2016

**Series 1            Pot Pourri**

- Our Changing Climate – The Challenges and Opportunities
- Fair Trade in Coffee, Chocolate, and Handcrafts
- Combating Bullying and Anti-social Behaviour
- Fires, Food Parcels, and Funerals
- Business Success Through Social Value

**Series 2            People in Uniform**

- Life as a Pilot
- St John's Ambulance
- USAR Search and Rescue
- Life with the Patch

**Visit                Patoa Pig Farm, North Canterbury**

**Series 3            Books**

- The Ancient Art of Storytelling
- My Life in Books - How good luck and good contacts turned a love of reading books into a career
- Why Talk About Books?
- Stories Behind the Stories
- The Lives of Books

**Series 4            Getting Started in Canterbury**

- Early Lyttelton
- Early Christchurch
- Transport
- Farming and Commerce
- Health

**Series 5            World Religions**

- Muslim
- Confucianism

- Hindu
- Buddhism
- Hebrew

**Series 6 Chocolate: Food of the Gods and Elixir of Empires**

- Cacao Beans and the Aztecs
- European Empires, Fashionable Beverage
- Quakers, Chocolate, and Social Philanthropy
- Chocolate in New Zealand

2015

**Series 1 Art**

- Art Restoration
- Modern Contemporary New Zealand Art Work
- Composition and Perspective in Creating a Painting
- Good Art Really Matters
- Overview of New Zealand Art From Maori Times to the 21<sup>st</sup> Century

**Series 2 Pot Pourri**

- American Slavery, American Freedom
- Conflict Competence – Improving Communications and Relationships
- Challenges Ahead for Christchurch City Council
- Canterbury’s Water Problems and the Future
- Ice Chick: Life in Extreme Environments

**Series 3 Matters of the Heart**

- Vasoactive Hormones in Controlling Blood Pressure
- New Developments in the Treatment and Diagnosis of Heart Disease
- Measuring Proteins in Blood
- Genetics and Cardiovascular Medicine
- Maori-Pacific Community Studies

**Series 4 Law and Disorder**

- Nvader – An Organisation with the Goal of Freeing Children From the Child Sex Trade
- Managing Disorder in Prison
- The Rule of Law and Its Important in a Free and Democratic Society
- The Burden of Civilisation – Law in an Era of Degeneration
- My Time at the Bar in Sydney

**Series 5 Disabilities**

- Alzheimer’s
- Disability, Mobility, and Staying in your Home
- Reducing the Risk of Stroke
- Nurse Maude Services for Mobility
- Lifestyle, Protective Factors and Dementia

**Series 6 London: From the Romans to The Fire**

- Foundation of Roman London
- Tudor London

- The Stuarts and The Great Fire

**Series 7 Christchurch - The Garden City?**

- Christchurch the Garden City – Past, Present, the Future
- Towards a Sustainable City
- The Home Gardener’s Influence on the Christchurch Frame – and – What is Happening in the South Frame?
- History of the Garden City and What’s Happening Now

2014

**Series 1 From Gold Card to the Grave**

- Obituaries
- Legal Issues Relating to Seniors
- Emotions in Later Adulthood
- Death With Dignity
- This I Remember – Memoirs of an Undertaker

**Series 2 Happenings in Canterbury**

- Journey of SCIRT From Inception to Now
- History of Riccarton House and Bush
- Visit to Lincoln College and Art Collection
- Charity Hospital
- Avon-Otakaro Network and Avon River Reserve Red Zone

**Series 3 Exploring the Cosmos**

- Outline of Astronomy
- Aoraki Mackenzie International Dark Sky Reserve
- Universe and the Stars
- Impacts from the Cosmos on Earth: Meteors, Fireballs and Asteroids
- Cool Astronomy

**Series 4 Music, Music, Music**

- Quakes, Choirs and Organs
- Directing Musicals at the Court Theatre
- Past, Present and Future of the School of Music
- Teaching the Piano
- From Jazz to Popular Music

**Series 5 Balance of Power**

- Place of the Church in Society
- Position of Central and Local Government in Managing Society
- What Happens to Happen!
- Place of Print
- MMP Electoral System

**Series 6 World Hotspots**

- Afghanistan
- China
- Ukraine’s Crisis: Should New Zealand be Worried?



- Post 2014 Prospects for Peace in Afghanistan
- American Homeland as a World Hotspot? An American's Thoughts

**Visit:                Robotic Dairy Farm**

**Series 7                Books and Print**

- Learning to Write a Book – the Hard Way
- Young Eye
- Pleasure in Letters
- Introduction to Making an Author

## 2013

**Series 1                An Interesting Variety**

- 21<sup>st</sup> Century Learning
- The Leadership Void
- Developing a Resilient Financial System: Lessons from Iceland
- Our City, Our Future
- US Intercontinental Ballistic Missile Force – Historically and Today

**Series 2                Of Writers and Books**

- Why Write About Women?
- Stories Behind the Stories
- Murder in the Mother of Democracies
- Art Editing at The Press

**Series 3                Birds and Bees and Biodiversity**

- Bees, Biodiversity and all That
- More to Grapes than You Think – A Birds Eye View
- Codfish Island – One of New Zealand's Premier island Sanctuaries
- Benefits of New Zealand Bird Brains
- A Dynasty of Taxidermists

**Series 4                Pills, Patients & Problems**

- Nature's Nanotechnology and Drug Discovery
- Problems Pills and Pill Problems
- Safety and Spending of Pharmaceuticals
- Prescribing Medications – A View From The Coalface
- Changes to Primary Health Care in Canterbury

**Series 5                Travellers' Tales**

- In Search of the Great Apes
- Habitat For Humanity
- Farm to Farm Tours
- Where Underpants Come From
- Travelling the World

**Series 6                Catching The Wave**

- The Speed of Change
- Shifting Design of our Health System

- Apple's Technology in the Community

**Visit Ohinetahi – Governors Bay**

**Series 7 Pot Pourri History**

- The Lake District and Hadrian's Wall
- The Phenomenon of the Castle
- The 1348/1349 Black Death
- An Update on Activity at the Arts Centre
- Age Concern Canterbury

## 2012

**Series 1 Best of Both Worlds**

- New Life (A Chilean Family Arriving in Christchurch)
- Chile and New Zealand
- Chilean New Zealander Travelling Through Peru and Bolivia
- Chilean Culture
- LAIRCI (A Latin American Organization in Christchurch)

**Series 2 Day in the Life of**

- Brian Archer
- Richard Greenaway
- Mary Dunne
- Ruth Todd
- Jenny Setchell

**Series 3 Philosophy**

**Series 4 Art Alternatives**

- Gap Filler
- Musings of a Wayward Quilt maker
- Civic Trust - Its Life and Work
- Recent Directions and a Whale of a Tale
- Twentieth Century French Churches

**Series 5 Ethics and Ethical Dilemmas**

- Introduction to Ethics
- Ethical Dilemmas in Ethics and Media, Muckraking and Morality
- Ethical Dilemmas in Social Policy
- Ethical Dilemmas in Business
- Ethical Dilemmas in Medicine

**Series 6 Youth Matters**

- History of the Christchurch Health and Development Study
- Special Challenges
- What Are We Doing? - A Youth Perspective
- Communicating With Teenagers
- Give Youth a Chance

**Series 17 Pot Pourri**

- Life and Death of Country Towns
- Pioneers Again - the Opportunity for Christchurch City
- Canterbury Provincial Council Buildings: the Future
- SPECIAL VISIT Visit to Court Theatre

## 2011

### **Series 1 Fraud and Deception**

- World of Counterfeit Pharmaceuticals
- What Fraud Means for Us
- World of Counterfeit Pharmaceuticals and Why We Should Be Worried...
- Art and Forgery - the 2nd Oldest Profession
- Fraud and Deception in the Computing World
- Fooling Around With the After-Life

### **Series 2 Future of Energy in New Zealand**

- Future of Personal Transport in New Zealand
- Future of Public Transport in New Zealand
- Future of Hydro-electricity in New Zealand
- Future of Wind Farmed Electricity in New Zealand
- Future of Solar Powered Electricity in New Zealand

### **Series 3 Climbing and Other Adventures**

- Silver Hut Expedition: Physiological Experiments
- 1977 Everest Expedition
- Recent Trip to China
- Bolivia and Climbing: a Kaleidoscope of Colours

### **Series 4 Natural History**

- Bush Birds of the Port Hills...
- Water in Christchurch's History
- Biodiversity.....At Work
- Biodiversity.....In the Backyard
- Last Ocean – Antarctica

### **Series 5 Toxicology**

- Toxic Plants
- Fascination of Bugs
- Food Toxicology
- Toxicology

### **Series 6 Pot Pourri - Travel**

- Ethiopia
- Behind the Scenes at the New Zealand Customs Service
- Stories, Studies and Scandals