

U3A Kate Sheppard



Christchurch, New Zealand

Web: www.katesheppard.u3a.nz

Email: u3akates@xtra.co.nz or
U3AKateSheppard@gmail.com

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

2021 Program

Series 1: Pot Pourri



Organiser: Kathryn Lancaster

February 25th A.G.M. & Lecture #1 Leadership - The Grandparents' Role

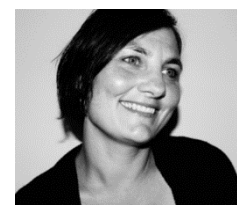
Speaker: **Reg Garters** - Reg retired as Chief Executive of the New Zealand Institute of Management Southern Inc. in December 2008, a position he held for 26 years. NZIM is a management training and consultancy organisation with the mission of developing excellent leaders and managers. As well as his Chief Executive responsibilities Reg is a well-known author writing two books: “Time to Manage Time” and “Managing to Lead”. With his son James, he wrote the book, Goal Setting for Teenagers. He has published over five hundred articles on management and leadership. He is a regular contributor to radio and television programmes on the subject of management and has had a regular column with The Press, Christchurch. He has travelled extensively to the USA, Singapore, Germany, South Africa, Australia, Malaysia and the UK, studying management. For the last fifteen years he has been a visiting professor at FHDW University of Applied Sciences in Paderborn, Germany. In 1993 he was a recipient of a Fulbright Scholarship. He holds a diploma in management, a degree in management administration, and is a Life Fellow of NZIM. He is a member of the Institute of Directors. The greatest of Reg’s loves is his family – his wife Bid, two sons, daughter and eight grandchildren.



Reg has had a passionate interest in the subject of leadership, and much of his research shows the significant role grandparents play in the subject. He will share his thoughts and findings with us.

March 4th Lecture #2 Myths and Legacy, Past and Present?

Speaker: **Josie Ogden Schroeder**: Josie grew up in Auckland, but has lived in Christchurch for the past 30 years. She considers herself a parent first, a youth worker second, and a “CEO” third. Josie is currently the Chief Executive Officer of the Christchurch YMCA, and has worked for the YMCA fulltime in senior management positions for 21 years, the past 13 in her current role. Josie has work



experience in youth work, health and fitness and outdoor education. She has a Post Graduate Diploma in Not For Profit Management, a Bachelor of Arts, a Bachelor of Laws, and spent a period of time serving in the NZ Police. Her main motivation is to make a difference to the lives of others, and the great thing about the Y is that the organization does a lot of different things for a lot of different people. Her current responsibilities now are focused on strategic leadership, guiding the executive management team, financial sustainability, and more recently the leadership of a \$43 million dollar development at the YMCA's city site.

She will explain to us how this community agency is looking to the future to support the next generation of young New Zealanders.

March 11th Lecture #3 Preventing Dementia: Brain Health from mid-life onwards

Speaker: **Dr Matthew Croucher:** Matthew is a Psychiatrist of Old Age and Senior Clinical Lecturer with mixed clinical and academic roles in the University of Otago, Christchurch and the Canterbury District Health Board. His main research interests in psychiatry of old age are currently in-service development, outcomes measurement, and antipsychotic medicines. For the university, he is responsible for 4th year medical student psychiatry teaching and Masters course teaching in psychiatry of old age.

He is the founder and Director of the CDHB's Psychiatry of Old Age Academic Unit, which provides teaching, training, research and service management advice in the older persons mental health sector. For the CDHB, he also carries out clinical work and leads the South Island regional Dementia Initiative.



Dr Croucher will present an update from current scientific knowledge about what steps we can all take to improve our brain health and help to prevent dementia.

March 11th Lunch for New Members, Retiring Committee Members, Committee & Partners

March 18th Lecture #4 Syft Technologies - Its Applications and Development

Speaker: **Dr Murray McEwan FRSNZ** - Emeritus Professor, Department of Chemistry, University of Canterbury. Syft Technologies Ltd is a company that arose out of the University of Canterbury back in 2002. The technology on which the company is based came from observations of the chemistry that occurs between reactions of ions (molecules that have gained or lost an electron) with neutral molecules. Selected Ion Flow Tube- Mass Spectrometry (or SIFT-MS) provides an instrumental base in which to monitor in real time, the trace concentrations of volatile molecules down to parts per trillion levels (pptv). A brief summary will be given on how Syft Technologies began as a company here in Christchurch and some of the applications of the technology as it is currently being used around the world for monitoring the onset of disease to shipping container safety.

March 25th Lecture #5 Youth Development and Creating and Maintaining Mental Health

Speaker: **Dr Sue Bagshaw** MB BS FRACShM FRNZCGP CNZM. Dame Sue Bagshaw is a doctor specializing in the health needs of young people. She was born in Hong Kong, studied at the University of London, and obtained BSc and MB BS degrees. She moved to NZ in the 1980's, initially working for the Family Planning association. In 1995 Sue established a youth health centre in central Christchurch which



offered free doctor's appointments, counselling and addiction support services for you people, and has now brought together 16 youth organisations into one facility. She is also a senior lecturer in paediatrics at the University of Otago in Christchurch. In 2002 Sue was appointed a Companion of the NZ Order of Merit and in 2019 was made a Dame Companion of the same order for services to youth health.

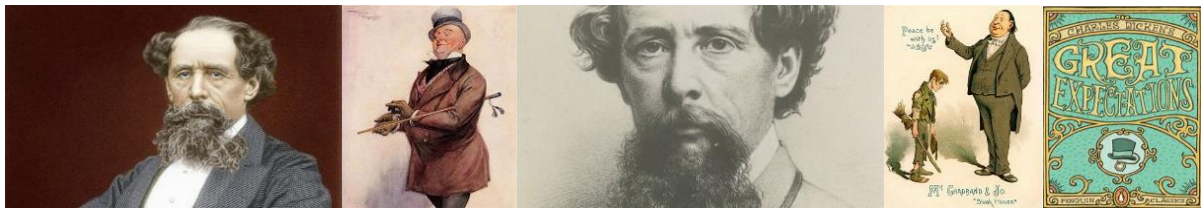


Sue's talk will cover what we know about how young people create mental health and what they need to do with that.

March 25th Lunch for all Members

April 1st Rest day

Series 2: The Works of Charles Dickens



Organiser: Richard Fowler

Speaker: **Dr Judith Coullie** - Judith Coullie (Dr) recently awarded Master's, Applied Psychology and PhD theses, is a Learning Advisor, Academic Skills Centre, at the University of Canterbury.



April 8th Lecture #1 Early Works

Charles Dickens, At the tender age of 21, began contributing stories and descriptive essays to magazines and newspapers. A collection of these, Sketches by "Boz", was published in February 1836, the month in which Dickens turned 24. That same year he began publishing a comic serial narrative, The Pickwick Papers, which first appeared in instalments. It gained huge popularity. Also, in 1836, in addition to writing two plays and a pamphlet advocating that the poor should be allowed to enjoy the Sabbath, he undertook to edit Bentley's Miscellany, a monthly magazine in which he serialized Oliver Twist (1837-1839). Also published in instalments over much the same period was Nicholas Nickleby (serialised from 1838-1839). In this lecture, we consider some of Dickens' most notable achievements in this early period of his writing career.

April 15th Lecture #2 Dickens gets into His Stride

Between 1840 and 1844, that is from the age of 28 to 32, Dickens' output was prodigious. He published, in instalments, The Old Curiosity Shop (1840-1841), Barnaby Rudge (1841) and Martin Chuzzlewit (1843-1844). An account of a five-month trip to America, American Notes, was published in 1842. Written in just a few weeks in 1843, A Christmas Carol not only established what has been described as "the one great Christmas myth of modern literature" but also a new literary genre: the Christmas tale. In this lecture, as we track the rise and rise of Dickens' fame and repute, we enjoy the remarkable insights in selected passages from the narratives.

April 22nd

Lecture #3 Dickens "The Inimitable"

In February 1844, Dickens turned 32. He was, at this stage, one of the English-speaking world's most popular writers. Not one to rest on his laurels, between 1844 and 1850, Dickens published an account of his travels in Italy; the novel, *Dombey and Son* (published in monthly instalments); *David Copperfield* and numerous short stories. Dickens described *David Copperfield* as "his favourite child". It is Dickens' most autobiographical novel. We consider some of the narrative's autobiographical elements and the ways in which Dickens transforms these into social commentary and fictional gold.

April 29th

Lecture #4 Dickens the Mature Author

In his forties, Dickens' determination to bring some of the ills of Victorian life to the attention of his readers remains as strong as ever. In *Bleak House* (1852-1853), he explores the destructive effects of the British legal system; in *Hard Times* (1854), he examines the negative effects of industrialisation and Utilitarianism; and, in *Little Dorrit* (1855-1857), prisons, money and pride come under the narrative spotlight.

May 6th

Lecture #5 Dickens the Final Years

In this final lecture we delve into *Great Expectations*, arguably Dickens' most well-loved novel by readers of our age. Initially published from December of 1860 until August 1861, in the narrative, Pip, like Dickens himself, dreams of becoming a gentleman. However, Pip comes to realize that there is more to life than wealth and station. Dickens died on 9 June 1870. He was 58 years old. When he died, he was half-way through his fifteenth novel, *The Mystery of Edwin Drood*. The last novel that Dickens completed before his death is *Our Mutual Friend* (1864).

May 13th

Rest day

Series 3: Pot Pourri



Just to explain: Potpourri is a mixture of dried, naturally fragrant plant materials, used to provide a gentle natural scent, commonly in residential settings. It is often placed in a decorative bowl. The word "potpourri" comes into English from the French word pot-pourri. The French term has two connotations. It is the French name for a Spanish stew with a wide variety of ingredients called "olla podrida", a specialty of the city of Burgos.

The word was taken and copied by the French military during the Napoleonic occupation of Burgos (1808–1813). The word pot in French has the same meaning as it does in English (and as olla does in Spanish), while the word pourri means rotten.

Source: Wikipedia

Organisers: Evan Owens, Richard Fowler & Kathryn Lancaster

May 20th

Lecture #1 Residential Intensification in Christchurch Nice in Theory but does it Work

Speaker: **Ivan Thomson** - Ivan was born in Christchurch and has lived here most of his life. He graduated with a Masters in Urban and Regional Planning from Reading University, England in 1981 before returning to Christchurch to begin his planning career. He retired from the Christchurch City Council in April after 30 years of service including developing strategies for Christchurch's urban growth planning.



Ivan's talk will highlight some of the key challenges and opportunities for Christchurch and the wider region over the next 30 years. Using current examples, it will focus particularly on residential intensification, including the theories underpinning Council and Government policy and impediments to putting intensification into practice.

May 27th

Lecture #2 Painting in Nature - Women Artists and the Canterbury Landscape

Speaker: **Margaux Warne** – Margaux is a freelance art historian based in Christchurch. She studied Art History at the University of Canterbury and has lived and worked in England and France. Her research focuses on aspects of nineteenth-century art and literature, and New Zealand art. She has presented talks at London's Foundling Museum, the University of Canterbury, St. Margaret's College, and she delivers regular lectures at Christchurch Art Gallery Te Puna o Waiwhetū. She will be speaking at WORD Christchurch in November 2020. In this lecture Margaux will discuss the careers of artists Margaret Stoddart (1865-1934), Grace Butler (1886-1962), Louise Henderson (1902-1994) and Rita Angus (1908-1970). She will analyse their images of the Canterbury landscape and their contribution to New Zealand's art history. Many of the paintings included in this talk are in the collection at Christchurch Art Gallery Te Puna o Waiwhetū.



June 3rd

Lecture #3 Food Bank Canterbury - Waste Not, Want Not

Speaker: **Dr John Milligan** – Co-Founder, CEO/Executive Director Foodbank Canterbury, John grew up in New Zealand, furthered his education in South Africa and the US, then joined IBM in business systems, sales and marketing. He has consulted to major international clients, and sang opera on major world stages. He is a published author as well as being an award-winning poet.



Waste Not, Want Not addresses the of issues of food waste and related environmental issues. It is a commendable achievement that for every kilogram of food distributed by Foodbank Canterbury, the social return on investment has been value estimated at \$23. This means the impact of FBC's work in the community is worth almost \$110 million annually. 2,203,080 meals are provided, 600,254 Kg's reduction of CO2 emissions, and 771.07 tonnes of food have been rescued.

June 10th

Lecture #4 Forensic Science, Skills, Science Assisted Justice

Speaker: **Dr Anna Sandiford** - The Forensic Group was established in 2008 by Dr Anna Sandiford, a Senior Forensic Science Consultant with many years' experience in New Zealand and overseas who started her forensic science career in 1998. Her expert witness history includes expertise in alcohol toxicology (particularly alcohol calculations), drug driving, drugs, footwear, glass, physical

fits and pollen. Since starting the company, Dr Sandiford has developed expertise in managing large and complex cases, having been involved in multiple high-profile cases including the 2009 Bain retrial, the 2015 Lundy retrial, the 2015 Privy Council decision of an unsafe conviction of Teina Pora for the murder of Susan Burdett, and many others. She has been referred to as 'the expert on experts' and is author of *Forensic Science and the Law: a guide for police, lawyers and expert witnesses* (Thomson Reuters, 2013) and the general interest book *Expert Witness* (HarperCollins, 2011).



She will explain her work on the critical principle that expert evidence should be fully, fairly, accurately and transparently reported in accordance with international standards and with recognition of its limitations. First and foremost, the duty of the expert is to the court.

June 17th Lecture #5 Domestic Violence - My 17 Years in the Ring

Speaker: **Neil McPherson** - Neil studied Psychology at University of Canterbury. His first job was at Porirua Hospital as a Clinical Psychologist, for 6 years. He returned to Christchurch as Regional Psychologist to Rehabilitation League for 10 years until the organisation was disestablished. From 1990 Neil was in Private Practice as a Counselling Psychologist. Apart from private clients Neil held contracts from the Ministry of Justice via the Family Court, providing Programmes for men with Protection Orders against them; as well as with a few men who were protected persons because of their partners violence. He also had ACC registration to provide counselling for victims of sexual assault and other forms of abuse. Neil also facilitated Programmes for Parenting Through Separation; held contracts for Earthquake related counselling. He also held contracts for Employment Assistance Programmes for work related issues such as work place bullying. While involved in these areas, he facilitated groups for Stopping Violence Services (for 17 years 1991- 2008) which is what he is talking about today.



The title of Neil's talk refers to the time he was involved in facilitating men's Stopping Violence courses under the auspices of Stopping Violence Services, Christchurch (1991 to 2008). He explains how he became involved, and the personal relevance of the work, that kept him going. He will describe his overall philosophies and influences on the Stopping Violence Programme, developing and standardising the content, and outlining some of the sessions and their focus. Topics including; intake, motivation, and change process, making change, consolidating and preventing relapse, plus examples of specific exercises, challenges on the course, related spinoffs, and an anecdote or two.

June 24th Rest day

Series 4: English Country Houses



Organiser: Evan Owens
 Speaker: **Freida Looser** -

Frieda is no stranger to U3A Kate Sheppard, having lectured to us on topics as disparate as Salt, the Crusades, and last year Vikings, Scandinavia & the Founding of Russia. She has an MA (Hons) in History and is the author of *Fendall's Legacy*, a history of Fendalton and Northwest Christchurch. She was a Senior Tutor in the History Department at the University of Canterbury, tutoring and lecturing in a number of courses, and currently teaches in the UC Academic Skills Centre. Frieda was a contributor to the University's Community Education programme from 1998 to 2012, offering a wide range of course exploring European, as well as New Zealand and local Canterbury history. When the University disestablished Continuing Education, Frieda founded her own business and teaches history courses, and leads overseas study tours.



English villages are renowned for their parish church and cottages, but usually nearby stands the larger home of the local person of wealth and social influence. Over time, this significant person would have been the local tribal chief, lord of the manor, leading cleric, courtier, gentleman farmer, successful merchant or entrepreneur.

Some English country houses are referred to as castles or abbeys but are actually neither, although a manor house may have been fortified, and a former abbey may have had curtain walls and a gatehouse. The English country house as a genre has evolved through distinct periods of architectural style and fashion, and has been greatly influenced by major political events and economic trends, but each is unique and yet representative of its own locality. Many are very beautiful and all are quintessentially English.

July 1st **Lecture #1**

July 8th **Lecture #2**

July 15th **Lecture #3**

July 22nd **Lecture #4**

July 29th **Lecture #5**

July 29th **Lunch for all Members**

August 5th Rest day

<p>Topics:</p> <p>Earliest country houses</p> <p>Medieval manor houses</p> <p>Tudor estates</p> <p>Georgian stately homes</p> <p>Nouveaux riches and social change</p>

Series 5: Pot Pourri



Organisers: Evan Owens & Richard Fowler

August 12th **Lecture #1 Penguins and Polar People - My Ornithology and Medical Experiences in Antarctica**

Speaker: **Dr Jonathan Pascoe -**

August 19th **Lecture #2**

August 26th **Lecture #3**

September 2nd **Lecture #4 Legionnaires' Disease – A Canterbury Tale”**

Speaker: **Professor Stephen Chambers -**

Professor Steve Chambers' research interests relate to diagnostics in respiratory infections, the treatment of infectious diseases and intermediary metabolism with particular emphasis on the relationship between bacterial and human metabolism. He is interested in the effective delivery of treatment for infectious disease that minimises harm to the patient depends on rapid, accurate diagnosis of the infecting organism. Clinical studies undertaken by Professor Chambers and his team have confirmed the limitations of current methods such as culture and PCR, particularly in children, which depend on the collection of sputum and other specimens. This led to the concept of diagnostic breath testing, which can be performed on readily available samples that can be easily repeated, to follow microbial metabolism. Markers of bacterial metabolisms are obvious diagnostic candidates particularly as they are specific to a particular respiratory pathogen.



This talk will be about Legionnaires disease in New Zealand. We have the highest reported rates in the world. Of particular concern is the rate of Legionnaires disease caused by organisms in potting mixes which is particularly an Australasian problem. Older people are more susceptible to this infection. It is important to keep safe.

September 9th **Lecture #5**

September 16th **Rest day –**

Series 6: Antarctic History



Organiser: Richard Fowler

Speaker: **John Rogers** - John's first career was as a software developer, working mostly on Geographical Information Systems, helping people make their own maps. He retired in 2010. In 2001 he made a voyage to the Ross Sea as a tourist with local company, Heritage Expeditions. He then joined the NZ Antarctic Society and has been an active member since.

After retirement he enrolled as a student at the University of Canterbury for their Post Graduate Certificate in Antarctic Studies. PCAS is a full summer programme on all aspects of Antarctica, with a field trip to Scott Base and camping on the Ross Ice Shelf. This opened the door to working on cruise ships on voyages south – with his specialist area being history. Since then he has worked for 4 Antarctic seasons – one with Heritage to the Ross Sea and 3 based in Ushuaia, Argentina and visiting the Antarctic Peninsula, the Falkland Islands, and South Georgia.

September 23rd Lecture #1 Antarctica Unveiled

The early exploration and discovery of the great southern land – from Ptolemy to the Heroic Age. Includes Cook, Bellinghausen, Waddell and other sealers, D'Urville, Wilkes, James Clark Ross, Larsen, and a bit more

September 30th Lecture #2 Discovery Expedition

Robert Falcon Scott's first expedition to Antarctica – Background, personalities, sledging journeys, and more.

October 7th Lecture #3 Nimrod Expedition

Shackleton returns south to try to better Scott – and nearly reaches the Pole. Background, attempt at the pole, ascent of Mt Erebus, and more.

October 14th Lecture #4 Race to the Pole – Part 1

Race to the Pole is a two-lecture series, covering the Scott and Amundsen expeditions of 1911-13. It includes a full description of both expeditions, the personalities, and more.

October 21st Lecture #5 Race to the Pole – Part 2

Part 2 of the Scott and Amundsen expeditions of 1911-13.

October 28th Rest Day - No meeting due to **St Christopher's Parish Fair on the 30th**
Trip TBA

Series 7: Pot Pourri



Organisers: Evan Owens & Richard Fowler

November 4th **Lecture #1** **TBA**

Speaker:

November 11th **Lecture #2** **TBA**

Speaker:

November 18th **Rest Day –**

November 25th **Christmas Lunch @ The Winery Rossendale**
122 Old Tai Tapu Road

New Zealand Public Holidays 2021 for Cantabrians

Date	Day	Holiday	Date	Day	Holiday
1 January	Friday	New Year's Day	7 June	Monday	Queen's Birthday
2 January	Saturday	Day after New Year's Day	24 June	Friday	Matariki
4 January	Monday	New Year Holiday	25 October	Monday	Labour Day
6 February	Saturday	Waitangi Day	12 November	Friday	Canterbury Anniversary Day
8 February	Monday	Waitangi Day Holiday	25 December	Saturday	Christmas Day
2 April	Friday	Good Friday	26 December	Sunday	Boxing Day
5 April	Monday	Easter Monday	27 December	Monday	Christmas Holiday
25 April	Sunday	Anzac Day	28 December	Tuesday	Boxing Day Holiday
26 April	Monday	Anzac Day Holiday			

2021 School Term Dates for NZ primary, intermediate and secondary schools

Term 1 starts between Monday 1 February and Tuesday 9 February, ends Friday 16 April
 Contact your school to check <https://www.educationcounts.govt.nz/find-school>

Term 2 starts Monday 3 May, ends Friday 9 July

Term 3 starts Monday 26 July, ends Friday 1 October

Term 4 starts Monday 18 October, ends no later than Monday 20 December.
 Contact your school to check <https://www.educationcounts.govt.nz/find-school>