

U3A Kate Sheppard

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"Those who teach shall also learn, those who learn shall also teach"

2025 Program Dates

As at 11/08/25

January 23th

Committee Meeting 2.00pm

Series 1: Its all about Health

Organiser: David Mansbridge

February 20th

A.G.M. 10.00am

February 20th

Lecture #1

Topic:

The Bare Bones of Ageing

Speaker:

Dr John Geddes

February 27th

Lecture #2

Topic:

Movement is Medicine

Speaker:

Antony Bush

March 6th

Lecture #3

Topic:

Brain Fitness Matters at all Ages

Speaker:

Ina Meeten

March 13th

Lecture #4

Topic:

Its all in your Head

Speaker:

Jeremy Hornibrook

March 20th

Lecture #5

Topic:

Healthy Hearing

Speaker:

Anna McMillan

March 27th

Rest Day

Series 2: Emergency Services

Organiser: David Mansbridge

April 3rd

Lecture #1

Topic: NZ Coastguard - Saving Lives on the Water

Speaker:

Luke Gardiner

April 10th

Lecture #2

Topic:

The Life of a Critical Care Paramedic

Speaker:

Helen Bickers

April 17th

Lecture #3

Topic:

Civil Defence Emergency Management

Speaker:

Nathan Black

April 24th

Lecture #4

Topic:

Amateur Radio Emergency Services

Speaker:

Steve Davis

May 1st

Lecture #5

Topic:

Air Rescue

Speaker:

Rachael McNutt

May 1st

Committee Meeting

May 8th

Rest Day

Series 3: Scotland - the Picts to the Present - about 3000 yrs

Organiser: Murray Greig

Series Speaker: Frieda Looser

May 15 th	Lecture #1	Topic: Who were the Picts? Speaker: Frieda Looser
May 22 nd	Lecture #2	Topic: Medieval Kingdom of the Scots Speaker: Frieda Looser
May 29 th	Lecture #3	Topic: Rough Wooing to Act of Union Speaker: Frieda Looser
June 5 th	Lecture #	Topic: British Empire & Bonnie Prince Charlie Speaker: Frieda Looser
June 12 th	Lecture #5	Topic: Highland Clearances to Scottish Parliament Speaker: Frieda Looser
June 12 th	All Members Lunch	
June 19 th	Rest Day	

Series 4: Pot Pourri

Organiser: Murray Greig

June 26 th	Lecture #1	Topic: The Bank of Mum & Dad Speaker: Helen Wallace, Rachael & Richard
July 3 rd	Lecture #2	Topic: A Layman's Intro to Cryptocurrencies Speaker: Stephen Wingreen
July 10 th	Lecture #3	Topic: Hager NZ – Fighting Human Trafficking & Modern Slavery Speaker: Kate Russell
July 17 th	Lecture #4	Topic: The Aftermath of Disaster in Christchurch Speaker: Helen Trappit
July 17 th	Committee Meeting	
July 24 th	Lecture #5	Topic: From Soil to Self: Regeneration Speaker: Conan Moynahan
July 31 st	Rest Day	

Series 5: A Village called Christchurch Airport

Organiser: Bernard Chidgey

August 7 th	Lecture #1	Topic: My 30 Years in Airport Management Speaker: Rhys Boswell
August 14 th	Lecture #2	Topic: Airways Corporation - Air Traffic Control in New Zealand Speaker: Bill Graves
August 21 st	Lecture #3	Topic: My Aviation challenges for over more than 56 yrs Speaker: Hans Nagelkerke
August 28 th	Lecture #4	Topic: 1953 London to Christchurch Air Race Speaker: David Laughlin
September 4 th	Lecture #5	Topic: From the White Heron to Sudima Hotel Speaker: Warren Barnes
September 4 th September 11 th	Committee Meeting Rest Day	

Series 6: Pot Pourri

Organiser: Jeanette Elliott

September 18 th	Lecture #1	Topic: Is our Agriculture already Regenerative? Speaker: Prof Derrick Moot
September 25 th	Lecture #2	Topic: Role & Experiences at Independent Providoring Company & Polish Consul in Chch Speaker: Winsome Dormer
October 2 nd	Lecture #3	Topic: Exotic Pine Forests – Their Future as a New Zealand Land Use Speaker: Dave Janett
October 9 th	Lecture #4	Topic: My 35+ Years in Journalism Speaker: Martyn Van Beynen
October 16 ^h	Lecture #5	Topic: The Life & Times of a Toxicologist in a Dangerous World Speaker: Professor Ian Shaw
October 23 th	Rest Day	

Series 7: Pot Pourri

Organiser: David Mansbridge

October 30 th	Lecture #1	Topic: Robert Keable - utterly immoral WW1 Chaplain? Speaker: Simon Keable-Elliott
November 6 th	Lecture #2	Topic: Architectural Model Making Speaker: Richard Gardiner

Speaker Series ends

November 20th **Christmas Lunch**