



University of the Third Age, Timaru

Series 3, 2019

VIEWPOINT

Organised by Kath Calvert, Jill Clarke and Solome Mair.

U3A lectures are for members only. We regret we're unable to welcome visitors to our lectures. It would be unfair to those who have been on the waiting list for a year or more.

20 May **A Perspective on the Practice of Orthopaedic Surgery** *John Dunbar MBChB, FRACS*

The talk discusses one of the most common afflictions we suffer as we age and one of the most common conditions leading people to see an orthopaedic surgeon – osteoarthritis. We will look at contributing factors to osteoarthritis, what sufferers can do to help themselves and the type of advice an orthopaedic surgeon might give. Hip and knee replacement surgery will be discussed. I will take the opportunity to comment on where medicine might be taking us in the future.

27 May **Climate change - climate disruption** *Dr James Renwick*

Climate change is reshaping both the weather and the coastlines in New Zealand and around the world. We experience it not as a smooth and gradual change, but as increasingly intense heavy rainfalls and high temperatures, fires and floods. The presentation will cover how climate change works, and what the implications are for us. Also, how we stop climate change and achieve a zero-carbon economy.

10 June **Ten things we can learn about you from your DNA!** *Dr Martin Kennedy*

DNA is the molecule of life, and it underpins the biology of humans and all other species on earth. However, our DNA also contains a great deal of information about our lives, our health, our ancestral origins, and our interactions with the world in which we live. This talk will illustrate just how much we can learn about a person if all we had to study was their DNA.

17 June **Involvement in Food Crises** *Dr David Stirling*

This talk will discuss the reaction of the State Owned Enterprise, AssureQuality, when faced with urgent requests for analytical chemistry method development for four food crises – Sudan Dyes, Melamine, DCD and the 1080 Criminal blackmail event.

24 June **Successful aging: Emotion in later years** *Emeritus Professor Ken Strongman*

The later stages of life bring problems, problems that can be tackled with an improved ability to regulate emotions. Of key importance are social and emotional support, resilience in dealing with stress and emotional intelligence. Fortunately, although there is a decline in many capacities with increasing years, our emotional life need not decline and may even develop.

Series 4: **Aspects of Religion**

July 15, 22, 29, August 5

Series 5: **Physics is Everywhere**

August 26, September 2, 9, 16

Series 6: **International Perspectives and Experiences**

October 7, 14, 21, November 4

Visit the U3A Timaru website at www.u3atimaru.org to check the upcoming programme, download a copy of the newsletter, check the U3A calendar or download a copy of talk notes (if the presenter has made them available). There's also information and an application form for people who want to join U3A.

MEETINGS

West End Hall, 35a Maltby Avenue, Timaru.
Lectures commence at 1.30 pm and conclude about 2.30 pm with questions to follow.
Coffee/tea will be provided after the meeting.

PLEASE ...

Wear your name tag Be seated by 1.20 pm
Turn your cell phone off No talking during lectures
Wait until the end of the lecture before asking questions
Stand when asking a question and wait for the microphone

OFFICE BEARERS AND COMMITTEE

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