



# U3A Avon Ōtākaro

## Series 2: Research & Development

**3 April–15 May 2023**

**Venue:** St Christopher's Church, 244 Avonhead Road

Talks are on **Mondays**, except for the second Monday of each month, **beginning at 1.30 pm**, followed by afternoon tea at 2.30 pm.

### Series 2/23: Research and development

How do things become what they are? They obviously don't just happen! Research and experimental development (R&D) is creative and systematic work undertaken to increase knowledge and to devise new applications of available knowledge. We will hear the stories of just a tiny part of the spectrum of R&D.

*Reminder: Daylight Saving ends on Sunday 2 April, put your clocks back one hour.*

#### 3 April **Sports science**

**Dr Peter Olsen**, Principal Lecturer, ARA.  
Heart stopping action (cardiac admissions after wins and losses 1999–2011), and against the run of play (equity in sport).

#### 17 Apr **Agrichemical-light farming**

**David Wright**, AgResearch, Science Team Leader.  
David will introduce AgResearch and give an overview on an initiative that aims to reduce the use of agrichemicals in agriculture.

#### 24 Apr **Spatial data for decision making during disasters**

**Carolynne Hultquist**, University of Canterbury.  
How do you make the best decisions during disasters? How do you select and use relevant data as a basis? An increasingly important topic!

#### 1 May **A Wellington of the Mind: what maps can tell you about their makers**

**Roy Montgomery**, Senior Lecturer in Environmental Management, Lincoln University.  
Maps have long been central to urban planning. They give the impression of accurately showing what is there now or projections of what will be there in the future. But maps are also projections of the human mind. This presentation attempts to look into the mind of a nineteenth century European settler who had fanciful ideas for what was to become the capital of Aotearoa New Zealand.

#### 15 May **Improving transportation systems and cities using spatial data analysis**

**Vanessa Bastos**, University of Canterbury.

This is about improving our transportation systems: how we use our vehicles, the roads we use, and making them better for everyone.

### Notices

#### 2023 Annual Subscription now due

The full annual subscription for 2023 is \$70. To thank you for finding new members we are offering you a discount of \$5.00 if you introduce a new member before you pay your subscription.

If you are not sure contact Murray by email: [mredlin@xtra.co.nz](mailto:mredlin@xtra.co.nz) or by phone: 354 3441. Please note that cheques are no longer accepted by our bank.

**Payment option 1:** Direct Credit to our **BNZ account: 02-0800-0837415-00.**

Include your first name(s) and surname when making the transfer.

**Payment option 2:** Those with no computer access can use phone banking to transfer money—phone your bank's 0800 number to set it up.

**Payment option 3:** If you are unable to use an option above, please put cash in an envelope with your name clearly on the outside. Give this to Murray or a committee member if he is not available.

According to our rules the **final date for payment** would probably be the 15 May meeting [*Rule 4 (b): Subscriptions are for a calendar year, due and payable within three months of the first talk of the year;...*]. However we would appreciate payment before this. We intend to ask members to change this rule at the AGM to allow only six weeks for payment. The reason is that a shorter payment period reduces the work for the treasurer, and six weeks seems a reasonable time to allow for people being away.

#### Contact changes

If you have changed your phone number, street or email address since last year, please tell Murray Edlin: phone: 354 3441, or email him ([mredlin@xtra.co.nz](mailto:mredlin@xtra.co.nz)) with the corrections.

## Name tags

After paying your sub you will receive new name tags to be inserted into your lanyards. They will be in a strip with your name printed twice. Write the name and phone number of an emergency contact for you on the blank side, then fold it in half and put it into your lanyard so your name is displayed on both sides.

## Hosts needed

We would like to improve our welcome to new members and would like volunteers from our members to assist, e.g. initially introduce them to people, greet them for the first few talks, etc. We would like our 'hosts' to also welcome members as they arrive.

## New members

Please continue to encourage anyone interested in joining us to come to a meeting. Imagine if we each invited one person to come... Give them the 'invitation to join us' brochure, or a newsletter for talk details, or ask them to phone or email the secretary to be sent one. Visitors may attend two meetings at no cost.

## Covid vaccination booster available

The government has announced that a vaccination booster is available from 1 April. Obviously, our age group should use it, especially with winter approaching.

For details see: <https://covid19.govt.nz/news-and-data/latest-news/new-booster-plan-in-time-for-winter/>

Similarly, the usual flu vaccination is available, again worth having. Both vaccinations not only protect you but also helps protect those around you.

Covid is still a serious disease and infections and deaths are still happening. As is currently happening it is likely to continue to be a series of pandemic waves. While we are told we need to live with it as it has become endemic the reality is that it is still a very infectious and serious disease.

## Advance medical directives petition: Barbies Bill

*[excerpts from the website]* Advance directives or advance care plans tell doctors your care wishes—what you do and don't want—if you can't make or communicate decisions.

If certain criteria occur, like a permanent and severe loss of mental or physical capacity are met, directives can include instructions to withdraw care, such as not receiving life-support, treatment, antibiotics or artificially administered food and fluids that would otherwise keep someone alive.

So in the case of an accident, a medical event or with some medical conditions, friends, family or your Enduring Power of Attorney can give your directive to medical professionals who will then know what medical care you do or don't want, should you be unable to make or communicate decisions.

This isn't a right to die petition.

This is about people having the right to choose what care they want. A directive is a patient's informed consent and represents their right to autonomy.

The committee is including this for your information and so you can decide or not to support it.

The website for the petition is: <https://barbiesbill.nz/>

## Movie: 'One island of good'

Georgina Hallinan reminded us that in her talk on 6 March, Josie Schroeder, CEO of YMCA, suggested this movie: "One island of good" which will be in this year's NZ International Film Festival (19 Jul–10 Sep 2023). It is an impressively frank documentary about a YMCA Christchurch school trip to Nepal in 2017. Details, plus its trailer, are here:

<https://www.nziff.co.nz/2017/film/one-island-of-good/>

## Useful apps

Two apps which some of us have found useful on our phones are Gaspay and Stocard. They are available free for both iOS and Android phones.

**Gaspay:** This app will show the fuel prices in order starting with service stations nearest to your location. Very useful when travelling. The information is crowd-sourced and up-to-date and the data is not shared with any third parties. Has adverts (no such thing as a free lunch!).

**Stocard:** This allows you to transfer any card with a barcode to this app. This includes your library card, AA card, supermarket and other loyalty cards. Transferring them requires you to use your phone camera to scan the card barcode, or you find the card type already listed and enter the number of your own card. So rather than carry a wallet full of cards, just open Stocard, select the card and scan the phone display. As most people have a case for their phones the only cards that are needed with it are your driver licence, credit and eftpos cards.

## Reminder: Smoke alarms

The end of daylight saving is a good time to check that your smoke alarm is still working, especially with winter eventually arriving. Press the alarm's test button, or if you're really unsure, waft some smoke past it. Also check that it is not past its expiry date, usually found on the side or base (they have a 10-year life).

---

## 2023 Committee

Officers and Committee have yellow name-tags to make it easier for you to identify them and to suggest programme and activity ideas.

**President:** Miles Ellery

**Vice President:** Bryan Wright

**Secretary:** Vivienne Mander; email: [u3a.avon@gmail.com](mailto:u3a.avon@gmail.com)

**Treasurer:** Murray Edlin, ph: 354 3441,  
email: [mredlin@xtra.co.nz](mailto:mredlin@xtra.co.nz)

**Committee:** Viv Grant, Chris Kissling, Judith Miller, Gloria Streat, Jonet Ward.

---

**Note:** Hyperlinks (*in blue*) are live links, just click on them to go to the website or to your email application.

---