

Members attending are welcome to wear masks.

U3A lectures are for members only.

We regret we're unable to welcome visitors to our lectures – to do so would be unfair to those on the waiting list.

1 July	Stress, Rhythms and the Brain. The human brain has evolved dramatically and quickly from more primitive animals. Not surprisingly, this can lead to problems in functioning, especially when stress or disturbance of our biological rhythms occur. This presentation will discuss what happens in the brain when we are under extreme stress or when our usual daily rhythm of sleeping and waking is disrupted, for example after earthquakes or during pandemics.	Richard Porter
8 July	The Fossil Treasures of Foulden Maar - an update. Foulden Maar in Otago is Aotearoa New Zealand's most important fossil site. Here, hidden in diatomite layers, deposited in an ancient volcanic lake, is an amazing record of life on Earth 23 million years ago. Exquisitely preserved leaves, fragile flowers with pollen, fruits and seeds and microscopic sponges, fossil whitebait and eels, spiders, beetles, ants, termites, lace bugs, caddisflies and midges reveal a fascinating glimpse of an ancient world.	Daphne Lee
15 July	Fascinating Antarctica: its Landscape, Science and History. Being aware of the past events in Antarctica is crucial to understand why we still conduct science and research in this part of the world. Over the last 250 years, history has shaped our views of the Antarctic continent. Ursula will inform us of international expeditions over the last 150 years to highlight their significance and legacy.	Ursula Rack

2024 PROGRAMME DATES:

SERIES 1: Mar 4, 11, 18	SERIES 4: Jun 10, 17, 24	SERIES 7: Sep 2, 9, 16
SERIES 2: Apr 8, 15, 22	SERIES 5: Jul 1, 8, 15	SERIES 8: Oct 7, 14, 21
SERIES 3: May 6, 13, 20	SERIES 6: Aug 5, 12, 19	SERIES 9: Nov 11, 18, 25

<p>Meetings</p> <p>West End Hall, 35a Maltby Avenue, Timaru.</p> <p>Lectures may start a few minutes before 1.30 pm and conclude about 2.30 pm with questions to follow. Coffee/tea will be provided after the meeting.</p>	<p>As a courtesy to our speakers and other members, please</p> <table style="width: 100%;"> <tr> <td>be seated by 1.20 pm.</td> <td>wear your name tag.</td> </tr> <tr> <td>turn your cell phone off.</td> <td>no talking during lectures.</td> </tr> <tr> <td>wait until the end of the lecture before asking questions.</td> <td></td> </tr> <tr> <td>stand when asking a question, and wait for the microphone.</td> <td></td> </tr> </table>	be seated by 1.20 pm.	wear your name tag.	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.	
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<p>OFFICE BEARERS AND COMMITTEE</p> <p>President: Kevin Foley: telephone: (03) 686 2209 Vice President: Linda Gaskin Treasurer: Ron Paulin Secretary: Léonie Litten: email: u3atimaru@gmail.com Members: Bob Cumming, Solome Mair, Julian Maze, Jude McKenzie</p>	<p>PLEASE NOTE: Series 5 begins Monday 1 July 2024</p>
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