



University of the Third Age, Timaru

Series 2, 2018: Research in Health and Water Quality

Organised by Solome Mair and Jill Clarke

U3A lectures are for members only.

9 April **Research Highlights from the Dunedin Study** *Sandhya Ramrakha PhD*

The 'Dunedin Study' is a world-renowned study led by Professor Richie Poulton at the University of Otago. It was the subject of a TV documentary titled "Why Am I?" Dr Sandhya Ramrakha will present some fascinating research highlights from this Study which include:

- Which matters most: your genes or the environment in which you are raised?
- Childhood self-control – does it impact upon adult life?
- The pace of aging.

16 April **How Genes can Help us Understand Mental Disorders** *Martin Kennedy BSc (Hons), PhD*

We now recognise that almost all human disease depends on interactions between innate variation in our DNA and environmental factors. The major mental disorders are no exception, and in the past ten years we have seen a revolution in our discovery and understanding of genetic factors underlying such conditions. In this talk I will explain how this work is carried out, what we have learnt so far, and how this knowledge may be useful.

23 April **The Canterbury Medical Research Foundation** *Kate Russell ONZM, FFINZ*

An Introduction to the work of the Foundation; key projects; and how we assess projects for support.

Why Obstructive Sleep Apnoea is bad for your Health *Prof Richard Jones PhD*

Obstructive sleep apnoea (OSA) has become increasingly recognized as a major adverse contributor to many aspects of our health. I will give an overview of OSA covering its causes, diagnosis, effects on health, and treatment options. I will include an overview of our research focused on the adverse effects of OSA on brain function when awake.

30 April **Water in Canterbury: Cows and Clean Water** *Professor Jenny Webster-Brown PhD*

There is a great deal of interest in how we balance the economic need to produce dairy products against the need for maintaining good water quality. This talk will explore the issues and the evidence, as well as the hype, to see whether the dairy industry is indeed a major source of water pollution in New Zealand, and if so, what we can do about it.

Series 3:	Innovations in New Zealand Farming	May 21, 28, June 11, 18
Series 4:	Speakers' Corner	July 9, 16, 23, 30
Series 5:	Viewpoint	August 20, 27, September 3, 10
Series 6:	Five Senses	October 1, 8, 15, 29

MEETINGS

West End Hall, 35a Maltby Avenue, Timaru.

Coffee/tea will be available after the meeting at a cost of a gold coin.

Lectures commence at 1.30 pm and conclude about 2.30 pm with questions to follow.

REMINDERS: Please ...

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| Wear name tags. | No talking during lectures. |
| Be seated by 1.20 pm. | Wait until the end of the lecture before asking questions. |
| Turn all cell phones off | Stand when asking a question, and wait for the microphone. |

OFFICE BEARERS AND COMMITTEE		Postal address
President:	Owen Berrill: Phone: (03) 686 1688	U3A Timaru PO Box 4024 Highfield Timaru 7942
Vice President:	Kevin Foley: Phone: (03) 686 2209	
Treasurer:	Paul Gill: paulcynthia1@gmail.com; Phone (027) 220 4405	
Secretary:	John Barton: u3atimaru@gmail.com; Phone (03) 686 2848	
Waiting List:	Kath Calvert: kathcalvert1@gmail.com; (03) 688 8696	
Committee:	Juliet Crawford, Jill Clarke, Wendy Cookson, Solome Mair.	