

U3A Christchurch Central

'University of the Third Age'

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Newsletter 7, 20 October - 17 November 2026

Course 7 - Potpourri

Course Organiser: Rosemary Anderson

	20 October, Angela Clifford, The Food Farm & Eat New Zealand All things food Angela co-owns The Food Farm in North Canterbury – a Permaculture teaching farm, helping others learn how to grow food. She also leads Eat New Zealand – a not for profit food collective dedicated to reconnecting us to our land and ocean through our food. This talk will cover what is happening internationally and nationally in our food system, but also what we can do personally in response to these changes.
	27 October, Katharine Watson, Christchurch Archaeology Project Tales of the Avon Loop The Avon loop is a curious little part of central Christchurch, tucked into a loop in the Ōtākaro Avon River in the northeast corner of the city. A significant amount of archaeological work has been carried out in the loop since the earthquakes, bringing to light what life was like there in the 19th century. This talk introduces some of the people of the Avon loop, and reveals what we learnt about them through the archaeology.
	3 November, Martin van Beynen, Writer and Print Journalist, <i>The Press</i> 35 years in the frontline of journalism The talk will take a personal walk through a 35-year career in journalism for the Press in Christchurch. The highs and lows, the bouquets and brickbats, the popular and the reviled.

	10 November, Kate De Goldi, Te Awhi Rito NZ Reading Ambassador, National Library of New Zealand Te Puna Mātauranga o Aotearoa Reading for Pleasure: More Important than Ever Reading for pleasure has been declining for several decades in Aotearoa NZ across all age groups, but steeply amongst young people. The consequences of this decline are profound - for individuals, communities and our country's culture and socio-economic prospects. The current Te Awhi Rito NZ Reading Ambassador, Kate De Goldi, will talk about these consequences, about reading's immense benefits in a digital culture and the activism needed to rebuild a nation of readers.
	17 November, Annie Zong, Librarian, Dunedin City Library One Family, One Century: China and Its People Through an Era of Transformation — My Family's Story Through her family's story, Annie will illustrate many of the defining stages in modern Chinese history. The joys and sorrows experienced by ordinary Chinese families reflect the sweeping social changes of each era, as well as the profound impact that government policies have had on everyday people's lives.

Hospitality:

Thanks to Yvonne Ekdahl for coordinating morning tea/coffee/biscuits and to Mary Bullock for her assistance.

Visitors are welcome: \$5 per session in cash. Visitors please sign the visitors' register at the membership desk.

Cell phone use during presentations: Members are reminded that, while they may use their cell phones to take notes during presentations, they should not take photos of the presenter or of any slides as the distribution of this material requires the consent of presenters. All phones set to silent.

Interest groups:

U3A Christchurch Central has two interest groups - the **Walking Group** and the **Art Interest Group**. For the Walking group contact Sue Allard sue.allard@xtra.co.nz, and for the Art Interest Group contact Anne McMurtrie, annemcmurtrie@xtra.co.nz, 027 537 5128.

The U3A Art Group will meet at 10:30 on Friday 23 October at the Christchurch Art Gallery to view **Timeless: Treasures from the Historical Collection**. The last visit for 2026 is to the Little River Gallery on Friday 20 November. We will car pool to arrive at the gallery at 11.30 to view **Clare Reilly's exhibition 'Luscious'** which celebrates 50 years of her artistic practice and includes oil paintings and limited edition prints. Please register your interest with Anne and indicate if you have a car available.

Final session: 24 November – details to be announced via an email to members.