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Coming up this year:

- Treaty of Waitangi
- Antarctic
- Farming
- Security

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We prefer to contact you by email. If you have an email address, and we are not aware of it, please let us know.

Paper copies of the brochure are always available if you are unable to print one for yourself.

Website

For further information on U3A (including previous brochures) see our website:

<https://www.u3ainvercargill.nz/>



May 2026

Series 3

Medicine: From Scalpel to Silicone and Beyond

Series Organiser: Murray Pfeifer



Venue:	Windsor Community Church 19 Windsor St
Time:	10.00am
Cost:	\$30 per person

Session 1 : Friday 1 May Healthy Ageing

Presenter: **Dr Xaviour Walker**



Synopsis: This talk shares what it takes not just to live longer, but to stay active, independent and fulfilled as we age. It will draw on lessons from Blue Zones and long-running aging studies to highlight the core lifestyle pillars of movement, nutrition, sleep, and purpose. The session will then explore how these same habits influence brain health, summarising what is known about dementia treatments and, most importantly, practical strategies to lower dementia risk and protect cognitive function over time.

Bio: Xaviour is a consultant geriatrician and internal medicine physician at Dunedin Hospital and Clinical Chief Advisor to the Ministry of Health. A graduate of Otago Medical School, he trained and worked in New Zealand, Australia, and in the United States at Mount Auburn Hospital Harvard Medical School, Johns Hopkins Bloomberg School of Public Health, the NIH, University of California, and Kaiser Permanente. He was cofounder and inaugural chair of the Junior Doctors Network, World Medical Association, and founded the Kiwi Leadership Network USA, a non-profit helping New Zealanders succeed in the U.S. His research interest includes Pacific Health, healthy ageing and big data. A lifelong athlete and marathon runner, he has completed all seven World Major Marathons multiple times and run the length of New Zealand to promote exercise and support the National Heart Foundation. He spends most of his spare time with his family of 5 boys.

Session 2 : Friday 8 May Surgery: Foundations, Frontiers, and the Future

Presenter: **Mr Murray Pfeifer**



Synopsis: From the dawn of time through to the modern day and beyond, this talk will chronicle the important milestones throughout history that have brought us into the modern era of surgery. Aspects of surgery that I have been closely involved in throughout a

career spanning 50 years will be discussed. We shall also take a glimpse into the future.

Bio: Murray was a Southland consultant general surgeon for forty years until his retirement in 2020. His sub specialist interests were in breast surgery and vascular surgery. Over the 40 years of consultant practice he was involved in several medical organisations at a national level. These include the Royal Australasian College of Surgeons (RACS) where he served for eight years on the New Zealand National Board including two years as Chair, and eight years on the Court of Examiners RACS. Other national bodies included The New Zealand Medical Association, and The Cancer Society of NZ. For many years he held a University of Otago position as Clinical lecturer in surgery. He also had a particular interest in the education and mentoring of young surgeons in training, having served on training committees within the RACS over many years and being a recipient of the Sumner Award.

Session 3 : Friday 15 May The ethics of using AI in healthcare

Presenter: **Dr Tania Moerenhout**



Synopsis: How can we ensure the ethical use of artificial intelligence (AI) in healthcare? In this talk, we will explore foundational values in medicine and in technological innovation and use them to understand current ethical tensions and challenges of AI use in healthcare. We will look at the timely example of AI scribes used for generating notes, which are increasingly popular with both general practitioners and hospital specialists. We will also consider the use of digital assistive technologies for older adults and explore some of the ethical tensions they present. Lastly, I will briefly introduce a research project aimed at creating an AI-augmented platform for cognitive health, demonstrating how ethical considerations can be integrated into technology design from the outset.

Bio: Tania Moerenhout is a general practitioner and Senior Lecturer at the Department of Bioethics of the University of Otago/Ōtākou Whakaihu Waka in Ōtepoti Dunedin. She combines academic work as a bioethicist with a part-time clinical position as a GP. She completed her medical degree and a PhD in philosophy in Belgium before moving to Aotearoa in 2020. Her research interests lie in digital health

ethics, with a particular focus on telehealth and online consultations, assistive technology for older adults, artificial intelligence, and the integration of ethical principles into health technology design. She is a Board member of the WONCA (World Organisation of Family Medicine) Working Party on Ethics and Professionalism, as well as a member of NEAC, the National Ethics Advisory Committee in New Zealand. She is one of the investigators of a large-scale research project supported by MBIE New Zealand and AI Singapore, aimed at creating an AI-augmented platform for cognitive health as a co-principal investigator (AIMCura).

Session 4 : Friday 22 May The Prostatic Tables: Egyptian Copper to Australian Lutetium

Presenter: **Mr Michael Vincent**



Synopsis: A presentation covering early steps in prostatic treatments, controversies and wrong turns, the rise of the robots and looking into the future with the birth of theranostic

Bio: Mike Vincent is an Australasian trained Urologist working in Invercargill and Dunedin. He grew up in the UK and graduated from The University of Manchester in 2003. He moved permanently to New Zealand in 2008 and completed the FRACS in Urology in 2016. He had a year in Sydney in a General/Uro-oncology fellow position and a further 6 months in Edinburgh before returning to Invercargill in 2017.

He has subspecialty interests in renal cancer, complex nephrolithiasis and laser prostatectomy. He has been involved in National and Australasian committees for urology and rural surgery and was elected to the role of chair of the New Zealand section of USANZ in 2023 serving a 2 year term. His publications include a Cochrane review on the use of Botox for overactive bladder, a review article in the World Journal of Urology on the progression of HoLEP and most recently, in collaboration with the geneticists in Dunedin, the discovery of a new genetic condition causing bladder and renal complications. He has a wife and 4 children and when he has time, enjoys mountain biking, rock climbing, skiing and dabbling in photography.