



**UNIVERSITY OF THE THIRD AGE  
FLINDERS – INCORPORATED**

**PROGRAM No 99**

**Third Session 2024  
September - December**

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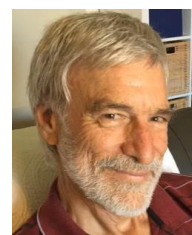


## MESSAGE FROM YOUR PROGRAM PLANNER

Dear Members

### PRODUCTION OF THIS PROGRAM - No 99

My thanks go to Speaker and Visit Planners **Warwick Lloyd** (September), **Janet Newman** (October), and **David Evans** (November) for their substantial contribution to this Program. My planning team is always looking out for new ideas for possible speakers or outside visits. You can contact me with your suggestions on email: [rmbown@adam.com.au](mailto:rmbown@adam.com.au).



### ENROLMENT FORMS

Please return your completed Enrolment Forms as soon as possible. This will assist the Office in speedy processing and helps in determining the MC Duty Rosters. Also, those attending sessions are entitled to do so as Full Financial Members and it provides the Management Committee with an approximate figure for the number of chairs to set out for each session.

### OUTSIDE VISITS – IMPORTANT INFORMATION

There is one Outside Visit each month. **If you do NOT hear from us, you have been successful in obtaining a place. Only those who are unsuccessful will be contacted by one of our Office Volunteers.** This long-established procedure may not be fully understood by recently joined members, so I suggest that everyone should read the above instructions very carefully. The earliest enrolments will be successful.

If you are one of the fortunate ones, and you subsequently find that you cannot attend, IT IS CONSIDERATE TO ADVISE THE OFFICE AS SOON AS POSSIBLE SO THAT SOMEONE ELSE ON THE RESERVE LIST CAN BE GIVEN THE CHANCE TO ATTEND (ph U3A Phone: 8201 3068 – leave a message anytime).

*Ray Bown*

## Program 99

**Special Notes: All events in this program, unless otherwise specified, will be held at Active Elders' Association Hall, Corner of Charles & Albert Streets, Ascot Park. Should it be necessary, advertised events may be cancelled, postponed or changed. Reasonable effort will be made to provide timely notification of such changes to members who have enrolled. Please check your emails prior to our events!**

### General Information for Group Activities

#### **The Art Gallery Group – Guided Art Gallery Visits**

Contact person: Bev Bennet Ph 0417 858 246, e-mail: [beverleybennet@gmail.com](mailto:beverleybennet@gmail.com)

Our visits to the SA Art Gallery are on the third Wednesday of each month at 1.30pm from February to November. The Gallery requires us to make groups of ten and to pay for our visits in February for the year. We have two groups operating in 2024. However, there will be times when people are unable to attend. So if you would like to be on the list to fill these spots, please contact Bev.

## The Wednesday Walking Group - General Notes for Walkers

Contact details: Nola Byass 0411 066 014, Judy Milford 0408 842 479

- **WALKS FOR THIS PROGRAM WILL START AT 9:30AM. Please be at the departure point 5-10 mins before the starting time.**
- If you have registered for a walk but are unable to attend, please notify Nola or Judy so that the group knows not to wait for you and the number for coffee can be adjusted.
- **Weather conditions:** If the Bureau of Meteorology (BOM) forecast **max. temp.** for Adelaide is 32°C or over on the Tuesday evening News, the walk will be cancelled. **Forecast rain:** The walk will be held. Bring rain gear. **Lightning:** If on arrival at the meeting place, the BOM radar indicates **lightning** is imminent, the walk will not proceed.
- If you have enrolled for the next day's walk, **please check your emails and text messages the night before** in case unforeseen issues result in changes to the walk.
- **Wear:** U3A name badge with Emergency Contact details on the reverse side (in case of accident).
- **Coffee:** will be enjoyed at the completion of each walk, unless otherwise advised.
- **Rating:** When possible, walks have been graded to indicate the level of difficulty.

**Book Group** Contact Judy Milford: 0408 842 479, e-mail [judymilford39@gmail.com](mailto:judymilford39@gmail.com)

These meetings are usually held on the third Friday of each month at 1.30 pm at Park Holme Library, Duncan Ave, Park Holme. Members take turns (if they wish to) at choosing the book of the month (fiction or non-fiction), which appears in the U3A program. They source their own copies to read (from libraries, e-books, book shop etc) then come along to discuss the book – even if they don't like it! Interesting discussions ensue. New members always welcome.

## Program 99 - Sessions

- 1) Walk No 1 – Colonel Light Gardens & Repatriation Hospital** Map ref: **UBD 142 E7**  
Meet at Sturt Basketball Stadium, Sturt Avenue, Colonel Light Gardens. Please also refer to General Notes for Walkers on Page 3.  
**Wednesday 4<sup>th</sup> September at 9:30am** **Easy**
- 2) The Life and Letters of Sir Henry Ayers** by **Grant Morgan**  
Following his teaching career, Grant became a National Trust volunteer guide, working at Ayers House Museum for 26 years until its (temporary) closure. His talk is in two parts. In the first half, we survey Henry Ayers' life from his humble childhood in England, his arrival in Adelaide in 1840 as a 19-year-old newly wed to his subsequent career which touches on many aspects of colonial life. In 1870, as a rich and successful man, he and his wife returned to Britain for a year and wrote numerous long letters back to his eldest sons. The second part of the talk deals with his experiences and impressions.  
**Thursday 5<sup>th</sup> of September at 2 pm**
- 3) OUTSIDE VISIT: Treasury Building and Tunnels Tour** Guide: **Gail Mitchell**  
The National Trust site encourages us to go underground and journey through winding hallways and hidden chambers to discover the stories within and beneath one of Adelaide's oldest buildings. Meet some of the colourful characters who shaped South Australia and events, from riots to floods to historic reforms in the building where history was made. A retired Primary Teacher, Gail's voluntary commitments include conducting Treasury and Z Ward tours and with Ayers House before its (temporary) closure.  
Duration: Around an hour and a quarter. Address: Adina Treasury Hotel, 2 Flinders Street, Adelaide. Minimum number in group: 10. Maximum number: 20. Cost \$18 with Seniors Card, otherwise \$20. Please pay the organiser (Warwick) at the venue on the day (cash only, correct change please). All areas visited on the tour are wheelchair accessible.  
**Tuesday 10<sup>th</sup> of September at 10:15 for 10:30 start.**

#### 4) High quality Regional, Rural and Remote Education: Challenges and Opportunities

by **Dr John Halsey**

John is an emeritus professor in the College of Education, Psychology and Social Work at Flinders University. Prior to joining Flinders, he was a teacher and a principal in both rural and metropolitan SA schools and then held several high-level posts related to education including Chief of Staff to the SA Minister for Education and Children's Services. John has a particular interest in rural education and communities. He will talk about his 2017 review for the Australian Government into regional, rural and remote education and the challenges, priorities, recommendations and specific actions he identified, and the Australian Government response to his review.

**Thursday 12<sup>th</sup> of September**

#### 5) Walk No 2 – Harbour Town to West Beach

Map ref: **UBD 128 G5**

Meet at McDonalds in the Harbour Town carpark, Tapleys Hills Road.  
Please also refer to General Notes for Walkers on Page 3.

**Wednesday 18<sup>th</sup> September at 9.30am**

**Easy**

#### 6) Guided Art Gallery Visit

led by **Bev Bennet**

See details Page 2

**Wednesday 18<sup>th</sup> September at 1.30pm**

#### 7) Is Generative AI a Friend or Foe for Health Professions Education?

by **Prof Lambert Schuwirth**

Lambert is Strategic Professor of Medical Education, Chair Prideaux Discipline of Clinical Education, Flinders University, College of Medicine and Public Health, Distinguished Professor of Medical Education, Chang Gung University, Taiwan, and Professor of Medicine (education), Uniformed Services University for the Health Sciences, Bethesda, USA. He is also an advisor to multiple Royal Australian Colleges and the Australian Medical Council in matters of assessment.

Generative AI has caused a stir in higher education. Capabilities of the different generative AI models are already impressive and are expanding continuously. This creates huge opportunities for staff to improve the efficiency and quality of their education, but also gives students easy tools to produce assessment products, such as essays, reports, etc., without having to do the required learning. So, a fundamental rethink of education is needed, but the directions are not always straightforward.

**Thursday 19<sup>th</sup> of September**

#### 8) Book Group: *'The Cellist'* by Daniel Silva

led by **Judy Milford**

This, Daniel Silva's 21st novel of espionage and intrigue, explores one of the threats facing the West today – the corrupting influence of dirty money by a reckless Russia and a warning about the fragile state of democracy.

**Friday 20<sup>th</sup> September at 1-30pm** at Park Holme library, Duncan Drive, Park Holme.

#### 9) Untangling Trauma: Insights, Interventions, & Sleep Tips for a Healthier Mind

by **Cassandra Rose**

Cassandra Rose is a provisional psychologist and Flinders University Clinical Psychology PhD student with a passion for enhancing the effectiveness and understanding of treatment for PTSD in children and adolescence. Cassandra will explore with us the impact of trauma, its signs and symptoms, and offer effective strategies and interventions for adults. She will briefly focus on the importance of sleep and share tips to help us improve our sleep quality. Additionally, she will highlight how trauma affects family dynamics and the crucial role of family support in the healing process. Cassandra will conclude with a hopeful outlook for the future by sharing her research on early intervention, specifically focusing on her current treatment trial for addressing PTSD in children exposed to trauma.

**Thursday 26<sup>th</sup> of September**

- 10) Walk No 3 – Belair National Park** Map ref: **UBD 143 E10**  
 Meet at the Belair Lodge entrance Gate 3, on Sheoak Road (opposite 55 Sheoak Road).  
 Please also refer to General Notes for Walkers on Page 3.  
**Wednesday 2<sup>nd</sup> October at 9.30am** **Moderate**
- 11) Summer Solstice in Arctic Norway** by **Mary Schumacher**  
 In 2023 Mary cruised Norway from Bergen to North Cape during the time of the ‘Midnight Sun.’  
 Highlights were the beautiful Nidaros Cathedral, a wonderful museum of musical instruments from all  
 around the world, and a former U-Boat bunker from World War II when Germany occupied Norway –  
 all in Trondheim. Then we will explore ancient petroglyphs near Alta, as well as visiting a Sami  
 settlement and hearing about their lifestyle and culture. Finally, we will see lots of reindeer!  
**Thursday 3<sup>rd</sup> October at 2pm**
- 12) The role and importance of groundwater** by **Professor Peter Cook**  
 Peter is the Co-Director of Australia’s National Centre for Groundwater Research and Training, an  
 organisation that represents 14 Australian universities and numerous government and private  
 industry organisations. He has worked on groundwater studies in all Australian States and in the  
 Northern Territory. In 2018 he was acknowledged as Australia’s Field Leader in Hydrology and Water  
 Resources by The Australian newspaper and has been recently ranked as one of the top 10  
 groundwater scientists in the world. In his talk Peter will explain where groundwater is found, how  
 much of it there is and how it is managed. He will also address its role in sustaining the environment  
 and its value to industry and agriculture.  
**Thursday 10<sup>th</sup> October at 2pm**
- 13) Walk No 4 – Waite Historic and Arboretum** Map ref: **UBD 131 A12**  
 Drive up Walter Young Avenue (off Fullarton Road), almost to Urrbrae House, and park in the Visitors  
 Carpark on the left. Meet on the front lawn on the northern side of the house.  
 Some uneven terrain.  
 Please also refer to General Notes for Walkers on Page 3.  
**Wednesday 16<sup>th</sup> October at 9.30am** **Easy**
- 14) Guided Art Gallery Visit** led by **Bev Bennet**  
 See details Page 2  
**Wednesday 16<sup>th</sup> October at 1.30pm**
- 15) South Australian premiers and democracy in the 19th century** by **Professor Alan Reid AM**  
 Alan is Professor Emeritus of Education at the University of South Australia and he has been a leading  
 figure in some significant educational policy developments at the state and national levels.  
 In the 19th century, South Australia had a reputation for being one of the most progressive  
 democracies in the world. In this talk, Alan will explore some of the features which gave South  
 Australia that reputation through the lives of some of the early Premiers from 1857-1901, and the  
 various controversies that shaped our democratic life.  
**Thursday 17<sup>th</sup> October at 2pm**
- 16) Book group - “The Boy in the Striped Pyjamas” by John Boyne** led by **Mary Milburn**  
 Set in WW11 a small boy and his family move from Berlin to "Out-With" due to his father's  
 promotion in the German Reich. What follows describes his relationship with a boy he can see from  
 his bedroom window who wears striped pyjamas.  
**Friday 18<sup>th</sup> October at 2pm**

### **17) OUTSIDE VISIT: A guided tour of The Bob Hawke Prime Ministerial Library & the Kerry Packer Gallery**

The Bob Hawke Collection, held in the Bob Hawke Prime Ministerial Library at the University of South Australia, commemorates the achievements and legacy of former Labor Prime Minister Bob Hawke (1929-2019). The Kerry Packer Gallery presents exhibitions that reflect the aims of the Hawke Centre and the Library: 'Strengthening Democracy – Valuing our Diversity – Building our Future'.

Duration: Approximately 1.25 hours. Address: Hawke Building, UniSA, 55 North Terrace (corner of Fenn Place and North Terrace). Meet in the foyer of the building on the ground floor. Minimum number in group: 15. Maximum number: 20. Cost: Free

**Tuesday 22nd October at 10.20am**

### **18) Prestidigitation - the Deceptive Art**

by **Phil Ahrens**

Magic has been described both as 'the art of manipulation, misdirection, and deception for entertainment' and as 'the artful performance of impossible things that generates energy, delight, and wonder.' Phil Ahrens is the President of the Australian Society of Magicians, the fourth oldest magic society in the world. He has been entertaining families for over fifty years as a hobby and as a professional. This is an opportunity to look behind the scenes of this most secretive of performing arts and maybe even be fooled in the process.

**Thursday 24<sup>th</sup> October at 2pm**

### **19) Walk No 5 – Hallett Cove Boardwalk/Suspension Bridges**

Map ref: **UBD 163 Q16**

Meet at the Boatshed Café, Heron Way, Hallett Cove.

Please also refer to General Notes for Walkers on Page 3.

**Wednesday 30th October at 9.30am**

### **20) The Histories of West Lakes**

by **Dr Susan Marsden**

Susan is a professional historian of longstanding whose public work includes social media posts and other history-related projects for the philanthropic Marsden-Szwarcbord Foundation, founded in 2013 to support history. She last spoke to us in February last year. In this talk she will introduce us to research she undertook while writing her book, *The Histories of West Lakes*. Susan will provide information about where her book can be bought and will bring along a few copies for sale at the time

**Thursday 31<sup>st</sup> October at 2pm**

### **21) A Life of Song**

by **Lyndon Piddington**

Lyndon has been a singing teacher for over 40 years and has either founded or been guest coach/conductor of more than a dozen choirs/vocal ensembles. He is currently the Musical Director of Umbrella a Cappella, which he founded 25 years ago, tutors individually and teaches a "Singing for Beginners" course with WEA. Lyndon was involved in establishing the now State Opera and sang in the acoustic tests and opening night of the Adelaide Festival Theatre. He has sung in opera here and in the UK, Gilbert & Sullivan, and in a mixed cabaret quartet. Lyndon won't be singing for us, but we may learn of his development through the Adelaide performance scene, and a little of how voice works and perhaps even discover our inner singer.

**Thursday 7<sup>th</sup> November at 2pm**

### **22) Walk No 6 – Patawalonga Circuit**

Map ref: **UBD 140 E2**

Meet on the corner Canning Street and Adelphi Terrace, Glenelg North.

Please also refer to General Notes for Walkers on Page 3.

**Wednesday 13<sup>th</sup> November at 9.30am**

**Easy**

- 23) Simplifying Aged Care** by **Gail Ruth Miller**  
 Gail Ruth Miller is an author, Aged Care Consultant and facilitator with a passion for informing, empowering and assisting people through the difficult choices we sometimes must make for ourselves and loved ones navigating the aged care system. Her work and personal life have highlighted that life can change in an instant and she can provide important and practical information on what can go wrong when a crisis hits, and how to prepare so we have choices as to how to respond. She also emphasises the importance of a positive coping mindset, resilience, and carer support. Her book "5 Easy Ways to Solve the Aged Care Puzzle" will be available for sale.  
**Thursday 14<sup>th</sup> November at 2pm**
- 24) Book Group: – “The Husband’s Secret” by Liane Moriarty** led by **Margaret Milford.**  
 Blame and guilt, forgiveness and retribution, love and betrayal.  
**Friday 15<sup>th</sup> November at 1.30 pm**
- 25) Guided Art Gallery Visit** led by **Bev Bennet**  
 See details Page 2  
**Wednesday 20<sup>th</sup> November at 1.30pm**
- 26) Matthew Flinders in South Australia** by **John Bartlett**  
 John has had a long-standing interest in the fortunes and misfortunes of Matthew Flinders, and in particular, his exploration and lasting legacy within the boundaries of our state. This presentation covers some of the highlights of his travels.  
**Thursday 21<sup>st</sup> November at 2pm**
- 27) OUTSIDE VISIT – Australian Space Discovery Centre**  
 Due to the popularity of our previous visit in March last year, we are repeating a visit to Australian Space Discovery Centre at Lot 14, McEwin Building, North Terrace (the old RAH). We have a nominal booking for 15 attendees. The visit, which is free, will start with a presentation in their small Mission Control lecture theatre. After that we can explore the various rooms of exhibits as shown on their website. These include Australia’s expertise in aerospace and contributions to the global space industry, the challenges of operating in space, and future developments. Meet the U3A group leader at the front of the building on North Terrace.  
**Friday 22<sup>nd</sup> November at 1.15pm for the 1.30 pm talk**
- 28) Walk No 7 – Parkside & End of Year Lunch** **Map ref: UBD 130 M4**  
 Meet at the Henry Codd Reserve near the corner of Fuller and Windsor Streets, Parkside. After the walk, coffee will be at Lunch 107, Corner Young & George Streets. **Then a short walk to the Earl of Leicester Hotel for our ‘End of Year Lunch’.** **Coffee and Lunch are optional but if you will be staying for lunch, please tick the box when completing the Enrolment Form.** Please also refer to General Notes for Walkers on Page 3.  
**Wednesday 27<sup>th</sup> November at 9.30am.** **Easy**
- 29) Romania - Full of Surprises** by **Helen Brooks**  
 Helen is a longtime member of U3A and is known for her fascinating talks. Romania is in a region attracting fewer tourists than most European countries. Helen will give us a personalised tour of this interesting country, a member of the European Union. Discover its historic cities, mountains, traditions, the home of the world's heaviest building, painted monasteries and more.  
**Thursday 28<sup>th</sup> November at 2pm**
- 30) U3A Flinders – Christmas Event** led by **Chris Bennett**  
 We finish our program for 2024 with a Christmas Lunch which will include some visitors to entertain us. Please BRING A PLATE TO SHARE – SAVOURY OR SWEET.  
 The event will be held at the Active Elders Hall, and please note the earlier start time.  
**Thursday 5<sup>th</sup> December at 12:00 noon.**