



**UNIVERSITY OF THE THIRD AGE
FLINDERS - INCORPORATED
PROGRAMME No 93**

**Third Session 2022
September - November**

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Acknowledging the generous support of Flinders University



MESSAGE FROM YOUR PROGRAMME CO-ORDINATOR

Dear Members,

PRODUCTION OF THIS PROGRAMME - No 93

My thanks go to **Janet Newman, Sheila Dickinson, and Myself** for another varied and interesting programme.



ENROLMENT FORMS

Please return your completed Enrolment Forms as soon as possible, as it helps me to compile the MC Duty Rosters – particularly for the first month of the Programme. It also means that those attending our sessions are entitled to do so as Full Financial Members, and provides the Management Committee with a reasonably accurate figure for the number of chairs to set out for each session.

WALKING GROUP

Wednesday Walks continue as before, thanks to Judy Milford and Nola Byass. See further details elsewhere in the Programme.

BOOK GROUP

Meetings are held on the third Friday of the month at 1.30 pm at Parkholme Library. See further details included elsewhere in the Programme.

WRITING GROUPS

Members of the Writing Groups must follow the same procedures as other Groups, and indicate their intention to attend sessions by ticking the appropriate box on the Enrolment Form for return to the Office. This will ensure that those participating under the aegis of U3A Flinders are Full Financial Members, and thus covered by our Public Indemnity Insurance policy.

GUIDED VISITS TO THE STATE ART GALLERY

This group continues as before, see details elsewhere in the Programme.

Max Gordon

Programme 93

- Special Notes:** 1. All events in this programme, unless otherwise specified, will be held at:
Active Elder Association Hall, Corner of Charles & Albert Streets, Ascot Park.
2. U3A Flinders Inc reserves the right to cancel postpone or change advertised events as necessary. Reasonable effort will be made to provide timely notification of such changes to Members who have enrolled.

General Information for Group Activities

The Wednesday Walking Group - General Notes for Walkers

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

- Walks start at 9.30 am. 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. The exception is if the (BOM) forecast includes lightning, the walk will be cancelled.
- Wear: Name badge with contact details for next of kin on reverse side (for use in case of an accident).
- Coffee will be taken at the completion of each walk, unless otherwise advised.
- When possible, walks have been graded to indicate the level of difficulty.

The Art Gallery Group – Guided Art Gallery Visits

Contact details: Bev Bennet. 0417 858 246, E-mail: beverleybennet@bigpond.com

The monthly visits to the State Art Gallery on North Terrace take place on the third Wednesday of each month during term-time (from February to November). The dates are included in the Prog 93 Enrolment Form so that members can indicate their intention of attending. This is an opportunity to gain different perspectives from the knowledgeable guides who will escort the group through each 1-hour session. The group should assemble at the rear of the Art Gallery, in the foyer between the café and the bookshop, at around 1.20 pm for a 1.30 pm start. The gallery requires Bev to pay entrance fees in advance. So, providing we have 20 people attending it will be \$2 each. If there are less, we still have to cover costs so the fee will be \$3 on the day and any excess will go to U3A. We ask participants to wear their name badge with contact details for next of kin on reverse side (for use in case of an accident).

The Writers' Groups

Writers' Group

Contact person (via U3A Office): Ted Flaherty

This is a long-established group of experienced writers. Members read and critique work in a mutually supportive environment. If you are interested in finding out more about how this group operates, please contact the U3A Office in the first instance and your details will be passed on to the organiser. Sessions are held at Parkholme Library, Duncan Avenue, Parkholme. If you are an existing member, please tick the appropriate box on the Enrolment Form.

Every Thursday during term time. From 9.30 am – 12.30 pm.

Wednesday Scribblers Writing Group

Contact person, (via U3A Office): Alison McDonald

For many members, joining this group was their first foray into the field of creative writing within a supportive environment. If you are interested in finding out more about how this group operates, please contact the U3A Office in the first instance and your details will be passed on to the organiser. Sessions are held at Parkholme Library, Duncan Avenue, Parkholme. If you are an existing member, please tick the appropriate box on the Enrolment Form.

Every Wednesday during term time. From 1.30 pm – 3.30 pm.

The Book Group – General Notes

These meetings are usually held on the third Friday of each month at 1.30 pm at Parkholme Library, Duncan Ave, Parkholme. Members take turns (if they wish to) at choosing the book of the month (fiction or non-fiction), which appears in the U3A programme. 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.

Contact Judy Milford on 0408 842 479 or e-mail milfords4@bigpond.com for further information.

Programme 93 - Sessions

- 1) The work of Wombats SA** by **Peter Clements**
Peter earned a PhD at the University of Adelaide followed by post-doctoral fellowships at the University of Wyoming and Johns Hopkins University at Baltimore in the USA. He then spent 30 years as principal medical scientist at the Women's and Children's Hospital working on severe inherited disorders in children. Peter is currently semi-retired. He has been a member of the Natural History Society of SA since 1981 and was president for 8 years. The Society has now adopted the trading name of Wombats SA to reflect that they own and maintain five wildlife reserves in SA all of which are habitat for wombats. Peter will talk about the reserves and their inhabitants.
Thursday Sept 1st at 2.00 pm.
- 2) Z Ward – Parkside's Ward for the Criminally Mentally Insane** by **David Buob**
David Buob has devoted the past 49 years to servicing the needs of adults with mental illness, managed by the Public System. Throughout this time, he has also been fascinated by the history of mental health care in SA. His illustrated talk will focus on Z Ward's early years from its design by Edward John Woods, its odd mix of inmates, the changes that occurred, its near loss to the State and will finish with some contemporary notes.
Tuesday Sept 6th at 2.00 pm.
- 3) The People in Charles Hill's Painting of Proclamation Day** 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, co-founded in 2013 with her husband Michael Szwarcbord to support history. In this illustrated talk she will examine the people in Charles Hill's painting of Proclamation Day, a painting that hangs in the Art Gallery of South Australia. Who were these people, how did they come to be there and what was their importance to the new colony? Susan will also bring along a few copies of her book, *Business, charity and sentiment Part two: the South Australian Housing Trust, 1987-2011* that can be purchased after the talk for \$20. Part 1 is available from local libraries and was recently chosen for re-publication in an electronic format as one of Australia's nationally-significant books.
Thursday Sept 8th at 2.00 pm.
- 4) AMETA and Recent Advances in Meteorological Services** by **Beth Walton**
Beth began her career as a weather forecaster with the Bureau of Meteorology, before moving into the field of climate and later working closely with the Intergovernmental Panel on Climate Change (IPCC). Having retired in 2007, she has retained her interest in all things climate and is currently serving as Secretary of the Australian Meteorological Association. Advances in meteorological science, computing power, communications and other technology have completely transformed the scope, accuracy and production of meteorological forecasts and warnings in the last 50 years. Beth will provide a brief insight into major advances in this field and will also share information about AMetA, a special interest group whose membership is open to anyone curious about meteorology and related sciences.
Tuesday Sept 13th at 2.00 pm.
- 5) Walk No 1 – Carrick Hill, Springfield** **Map ref: UBD143 C3**
Head south on Fullarton Road which continues as Carrick Hill Drive. Turn left through the Main Gate (opposite Hogs Road) and continue to the carpark.
Please also refer to General Notes for Walkers at Walk No 1 on Page 3.
Wednesday Sept 14th at 9.30 am. **Easy**
- 6) Low Carbohydrate Diets and Type 2 Diabetes: What does the evidence say?** by **Morgan Pankhurst**
Morgan is a PhD candidate with the Department of Nutrition and Dietetics at Flinders University and an Accredited Practising Dietitian. Her PhD project is focused on food service satisfaction in aged care homes, and she is passionate about improving the quality of care. Morgan volunteers her time with the Maggie Beer Foundation to support their "Create an Appetite for Life" workshops which aims to upskill cooks and chefs working in aged care. There's no doubt that low carbohydrate diets are a hot topic right now. In this session Morgan will address low carbohydrate eating for people with type 2 diabetes.
Thursday Sept 15th at 2.00 pm.
- 7) Book Group: Emma** by Jane Austen led by **Judy Milford**
By the author of the well-known novel *Pride and Prejudice*, *Emma* again describes relationships, authentic friendships, rules, regulations and social protocols. Are these still relevant after 200 years? Was Jane Austen a feminist? Readers may like to follow this novel by reading *Longbourn* by Jo Baker, introduced to our book group in 2015. This looks at life behind the scenes, from the view of their servants.
Friday Sept 16th at 1.30 pm at Parkholme Library, Duncan Drive, Parkholme.

- 8) The aims and activities of the Art Deco & Modernism Society** by **David O'Loughlin**
David studied architecture at the University of Adelaide and project management at the University of South Australia before embarking on a long and successful career in the construction industry and later the public sector. He has also served in local government since 2003, latterly as Mayor of the City of Prospect. The Art Deco and Modernism Society of Australia was formed in Melbourne in 1992 and has active chapters in Adelaide and Brisbane. David is the president of the Adelaide Chapter, which was founded in 2008.
Tuesday Sept 20th at 2:00 pm.
- 9) Guided Art Gallery Visit** led by **Bev Bennett**
See details on Page 3.
Wednesday Sept 21st at 1.30 pm.
- 10) Getting Around in Trucks and Buses** by **Emeritus Professor John Halsey**
John is an emeritus professor at Flinders University. Prior to joining Flinders, he was a teacher, a principal in two SA schools and then held several high-level posts related to education including as the chief of staff to a state minister for Education and Children's Services. John has a particular interest in rural education and communities. For his presentation today, however, John is going to talk about transport which has been a lifelong passion. His talk will include many images reflecting changes to transport systems since the combustion engine replaced the horse and cart. Members will also be able to share their memories in the Q&A session.
Thursday Sept 22nd at 2.00 pm.
- 11) Language and its importance at critical times in our lives** by **A/Prof Jonathan Crichton**
Jonathan is Associate Professor in Applied Linguistics at University of South Australia, and Visiting Fellow in Medicine at University of Adelaide. His research involves working with people in the fields of psychiatry, mental health and aged care to enhance how language is used and understood at critical times in people's lives. Examples include a five-year project with the aged-care sector to address concerns about care in contexts of linguistic and cultural complexity. Recognition of the project includes receiving the Governor's Multicultural Award, and presentation of the findings to the Royal Commission into Aged Care Quality and Safety.
Tuesday Sept 27th at 2.00 pm.
- 12) Walk No 2 – Whitmore Square & City West Historical** **Map ref: UBD3 L13**
Meet outside St Luke's (western side of Whitmore Square).
Buses from the south include G10, N10, N21, W90 and W91. Bus Stop C1.
Please also refer to General Notes for Walkers at Walk No 1 on Page 3.
Wednesday Sept 28th at 9.30 am. **Easy**
- 13) Queen Adelaide and the Queen Adelaide Society** by **Triss and Paul Roberts**
The Queen Adelaide Society was formed in Adelaide in 1981 to promote public knowledge of Queen Adelaide and to raise money to make an annual donation to a South Australian children's charity. This donation is given in honour of Queen Adelaide who loved children. Firstly, Triss will present the main talk which will focus on Queen Adelaide, and then Paul will speak briefly about The Queen Adelaide Society. They will bring with them copies of a booklet on the topic of Queen Adelaide and the Society which can be purchased for \$10.
Thursday 29th Sept at 2.00 pm.
- 14) The Work of the Stroke Foundation** by **Janet Weir**
The Stroke Foundation is a national charity that partners with the community to prevent stroke, save lives and enhance recovery. In this presentation, Janet (a Volunteer Speaker) will explain what happens when someone is having a stroke, the different types of stroke, how to recognise the signs, what to do if you or someone else experiences the signs of stroke, and steps that can be taken to better understand and reduce the risk of having a stroke.
Tuesday October 4th at 2.00 pm.
- 15) The Lake Eyre Basin** by **Joc Schmiechen**
Joc is an educator, expedition leader, special interest tour organizer, consultant and lecturer. Since graduating, he has spent much of his working and spare time in the Australian wilds.
Kati Thanda–Lake Eyre Basin is one of the world's largest internally draining river systems. It spans 1.2 million km², which is almost one-sixth of Australia. About 60,000 people live scattered across the Basin living in small settlements, and on isolated grazing properties. There are mining developments, Aboriginal communities and outstations. For tens of thousands of years, the Basin has supported Aboriginal people, reflected today in their diversity and the many sites of cultural significance. Using a map of the Aboriginal areas involved, Joc will talk about how the Lake Eyre Basin survives today.
Thursday Oct 6th at 2.00 pm.

- 16) The life and achievements of Alfred Traeger - inventor of the pedal radio** by **Anne Smallwood**
Anne is the daughter of Alfred Traeger, and she has kindly volunteered to tell us the story of her famous father's life and work.
Alfred Traeger OBE is famous principally for being the inventor of the pedal radio, which enabled communication between the lonely outback wilderness and distant base stations - a real game-changer at the time. However, Alfred was not just a "one-trick pony", he also invented and developed many other devices.
Tuesday Oct 11th at 2.00 pm.
- 17) Walk No 3 – Belair National Park** **Map ref: UBD 143 E10**
Meet at the Lodge entrance on Sheoak Road.
Please also refer to General Notes for Walkers at Walk No 1 on Page 3.
Wednesday Oct 12th at 9.30 am. **Moderate**
- 18) Russia: A brief encounter** by **Coralie Creevey**
Coralie is a regular contributor to U3A's programmes, having provided wonderfully researched and illustrated presentations on a wide variety of art-related subjects.
Today we will look at some geographic basics - how big and cold Russia is, the Orthodox Christian heritage, and the challenges posed by the Mongol conquest and survival of serfdom long after it had disappeared in Western Europe. If you've enjoyed looking at art with Coralie in the past, there'll be art, too, but only up until about 1900. Icons and luboks, realists and landscapists, tell us much about Russia and its special challenges.
Thursday Oct 13th at 2.00 pm.
- 19) Foodbank - how it evolved and how it works** by **Greg Pattinson**
Greg is Chief Executive of Foodbank, the largest hunger relief organization in South Australia. In the last year it provided food for more than 3,400,000 meals. As well as the link between food companies and welfare agencies it also has a range of programs that provide relief to those that need help in our Society. Greg will tell of how it started and how it all works. Greg has requested that those members attending his talk might care to bring some food items to the value of approx. \$10 as donations to his organization.
Tuesday Oct 18th at 2.00 pm.
- 20) Guided Art Gallery Visit** led by **Bev Bennet**
See details on Page 3.
Wednesday Oct 19th at 1.30 pm.
- 21) DNA and Forensic Science Today** by **Dr Duncan Taylor**
Dr Taylor is Chief Forensic Scientist at Flinders University.
The first uses of forensic science can be traced back thousands of years to the forefathers of science, mathematics, philosophy and the law. Over the years the intent has remained the same, but the techniques have developed and specialised. Particularly in the past 10 years there have been large advances in the field of Forensic Biology thanks to the integration of sophisticated mathematics and artificial intelligence. This talk explains several techniques being used in forensic science today, to assist in solving crime.
Thursday Oct 20th at 2.00 pm.
- 22) Book Group: Love Stories** by Trent Dalton led by **Chris Quantrill**
Inspired by a personal moment of profound love and generosity, this best-selling Australian author interviewed people from all walks of life asking them one simple question: "Can you please tell me a love story?", from which he has produced a moving book about love in all its guises.
Friday Oct 21st at 1.30 pm at Parkholme Library, Duncan Drive, Parkholme.
- 23) The History of Colonel Light Gardens** by **Dr Christine Garnaut**
Christine is President of the International Planning History Society.
Charles Compton Reade (1880-1933) was a town planner who supported the Garden City movement in the early twentieth century. This presentation provides an overview of his early life and of his career and contributions as a town planner in South Australia, before focusing on his contributions in metropolitan Adelaide and country South Australia. Particular emphasis is given to Reade's application of the Garden City approach, and its outcome, in the planning and design of Colonel Light Gardens.
Tuesday Oct 25th at 2.00 pm.
- 24) Walk No 4 – Centennial Park Cemetery** **Map ref: UBD 142 D11**
Meet outside Wildflower Café inside the Cemetery. Enter via Main Entrance from Goodwood Road (hands sculpture) and keep left to carpark near Café.
Please also refer to General Notes for Walkers at Walk No 1 on Page 3.
Wednesday Oct 26th at 9.30 am. **Easy**

- 25) The History of Radio in South Australia** by **Rob McLennan**
Rob embraced community radio in 1984 in Warrnambool, Victoria, where he served as President for six years, culminating in gaining a full licence for 3WAY FN in 1992. He relocated to Adelaide in 1994, joining Coast FM in 1998 based at the Glandore Community Centre. After presenting the Wednesday Breakfast Program for 16 years, he now presents the Wednesday Coast Magazine morning programme and has done so for six years. Passionate about local radio, Rob will talk about his research into the South Australian radio scene.
Thursday Oct 27th at 2.00 pm.
- 26) The Politics of Climate Change** by **A/Prof Cassandra Star**
Cassandra is Associate Professor in Public Policy at Flinders University, and leads the Climate and Sustainability Policy Research (CASPR) group, which strives to enable better outcomes on climate and environmental policy. She last spoke to us in May 2022 on the climate-related challenges facing Australia's Defence organisation. Current projects include work on climate adaptation in South Australia and climate security in the Indo-Pacific. In this presentation, Cassandra will discuss the intersection between politics and policy, particularly regarding the formulation of strategies, processes and tools to improve the effectiveness of climate interventions.
Tuesday Nov 1st at 2.00 pm.
- 27) The Mysteries of English Change Ringing** by **The Hon David Bleby QC**
Have you ever heard the bells of St Peter's Cathedral, St Francis Xavier Cathedral or any of Adelaide's five bell towers? Have you ever wondered how that glorious sound is actually produced? Change ringing is both an art and a science, with a history of over 400 years. David is a retired judge and is a member of our U3A. He has been ringing change bells in Adelaide and around the world for over 60 years. In this presentation he will unravel the history and the mysteries of change ringing - with some practical demonstrations!
Thursday Nov 3rd at 2.00 pm.
- 28) Archaeology in the Flinders Ranges** by **Dr Giles Hamm**
Dr Hamm is Research Fellow, College of Humanities, Arts and Social Sciences at Flinders University. In this presentation, Giles will tell us about a chance find in 2011 during a field trip to the northern Flinders Ranges. The discovery of the Warraty Rock Shelter, and subsequent investigations and research, have revealed that the site was occupied by humans from 49,000 years ago, which may help the SA Government in its attempt to gain World Heritage Listing of the Flinders Ranges. A fascinating story of archaeological serendipity.
Tuesday Nov 8th at 2.00 pm.
- 29) Walk No 5 – Marion Village & Sturt Linear Park** **Map ref: UBD 141 F16**
Meet at corner Finnis and George Streets, Marion
Please also refer to General Notes for Walkers at Walk No 1 on Page 3.
Wednesday Nov 9th at 9.30 am. **Easy**
- 30) Five Glimpses of Norway** by **Clem Latz**
Clem is a long time member of our U3A, who has delivered many presentations on a wide variety of subjects over the years. In this session he will weave the history and geography of Norway through the recounting of his personal experiences. He will tell of Norway's harrowing and heroic experiences during the Nazi occupation in WW2, Edvard Grieg's music and his influence on Norway's perception of its national identity, and Clem's own personal journeys - including a bus tour in the 1980s, a train trip from Oslo to Bergen in 2007, and a cruise from Kirkenes in the north to Bergen in 2010.
Thursday Nov 10th at 2.00 pm.
- 31) Travels of an Intrepid Trekker and Treadler** by **John Bartlett**
John is a long-time member of our U3A, and served as President for 4 years. John has walked, and ridden bicycles, extensively since he was 13. He used to say "Work is what I do in between walking!" This presentation covers John's long treks in Nepal, Kashmir, the Pyrenees and a long bike ride in China.
Tuesday Nov 15th at 2.00 pm.
- 32) Guided Art Gallery Visit** led by **Bev Bennet**
See details on Page 3.
Wednesday Nov 16th at 1.30 pm.
- 33) The Headstone Project** by **Ian Hopley**
Many returned First World War veterans have ended up in unmarked graves, their service forgotten. It is estimated that there could be up to 12,000 such cases throughout Australia. Ian is a member of the Research and Investigation team of the Headstone Project in South Australia, which is a dedicated organisation focused on finding the location of these often unmarked resting places, and giving individuals the commemoration they deserve with a simple pedestal headstone and a bronze plaque to attest their service.
Thursday Nov 17th at 2.00 pm.

- 34) Book Group: *The Remains of the Day*** by Kasuo Ishiguro led by **Janet Newman**
This novel won the Man Booker prize in 1989 and was later adapted into a very popular film. Set in the first half of the 20th century, it has been described as a book about a thwarted life.
Friday Nov 18th at 1.30 pm.

- 35) No Beating about the Bush** by **Val Oldfield OAM**
Val grew up as a city girl in Semaphore, but started a new life as a young bride in the outback at Mungeranie Station - a remote cattle property situated on the Birdsville Track, 200 kms north of Maree. She later wrote a book (first published in 2013) about her experiences at Mungarenie, dedicated to her late daughter Suzie, but also as a tribute to the women of the outback generally. In this presentation, Val will recount some of her life experiences, which include the establishment of several businesses over the last 40 years (travel company, beauty salon, yoga school, bed & breakfast), and the creation of a charity (the Suzie Oldfield Memorial Childrens' Fund). She was made a member of the Order of Australia in 2016.
Tuesday Nov 22nd at 2.00 pm.

- 36) Walk No 6 – Brownhill Creek & End of Year Lunch** Map ref: **UBD142 Q3**
Meet at Mitcham Reserve near Norman Street carparking.
After the walk, Coffee, followed by our 'End of Year Lunch', will be at the Edinburgh Hotel. Both are optional but the Hotel has a limit of 20 for A la carte, **so members are requested to tick the box, when completing the Enrolment Form, if they will be staying for lunch.**
Please also refer to General Notes for Walkers at Walk No 1 on Page 3.
Wednesday Nov 23rd at 9.30 am. **Easy/Moderate**

- 37) In the News** led by **John Bartlett**
In the past, these regular sessions provided a forum to promote and encourage argument and discussion about topical subjects gleaned from the news media. John has kindly volunteered to chair these sessions in the meantime, in the hope that one of our members might be interested in developing this concept with a view to continuing these interactive sessions in future programmes.
Thursday Nov 24th at 2.00 pm.

- 38) Third-hand exposure to methamphetamine** by **Dr Kirstin Ross**
When someone "cooks" or smokes methamphetamine in a home, the walls, ceilings, furnishings, etc, become contaminated with meth. This contamination can cause significant health effects in subsequent occupants of the home, that often go unrecognised as there is no evidence of previous cooking or smoking to the new occupants. Kirstin and her colleagues have been working to establish better detection methods to determine contamination, and are also trying to work out "safe" exposure limits. This talk will focus on methamphetamine, health effects resulting from third hand exposure, detection methods, policy, and a few interesting legal cases.
Tuesday Nov 29th at 2.00 pm.

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- 39) U3A Flinders - Christmas Lunch Event**
We finish our final Programme for 2022 with a Christmas Lunch Event, which will include some post-lunch entertainment arranged from within the group.

- **Venue: Active Elders Association Hall.**
- **Please bring a festive plate.**
- **Tea and coffee will be served, so please bring a mug or cup.**
- **Please note that proceedings start at 12.00 noon.**

Tuesday December 13th at 12.00 noon.