



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

PROGRAMME No 87 (V2)

**Second Session 2020
October and November**

Notes:

- 1. Programme 87, covering May to August 2020, was cancelled because of the Covid-19 Pandemic lock-down.**
- 2. This Programme (87-V2) has been reduced in content because of time and organisational constraints.**
- 3. Please be sure to read the important information on Page 2.**

Postal Address: University of the Third Age – Flinders - Incorporated
Flinders University
GPO Box 2100
ADELAIDE SA 5001

Telephone: 8201 3068
e-mail: u3a@flinders.edu.au
web: www.u3aflinders.org.au

Acknowledging the generous support of Flinders University



MESSAGE FROM YOUR PROGRAMME CO-ORDINATOR

Dear Members,

PRODUCTION OF THIS PROGRAMME - No 87 (Version 2)



The original Programme 87 (covering May, June, July and August 2020) was produced at the usual time by myself and the Planning Team, and was just about to be printed and released on 18th March when U3A Flinders ceased to operate because of the Coronavirus Pandemic and the simultaneous closure of the AEA Hall. However, I wish to thank **Audrey Greenwood (May)**, **Neville De Young (June)**, **Myself (July)**, and **Sheila Dickinson (August)** for the work done in putting together that extensive 4-month programme. Who would have thought that all sessions from 19th March to 27th August would have to be cancelled!?

Programme 87 (Version 2) has been produced at short notice following the limited opening up of proceedings once more – albeit with some changes to times (see below) and procedures at the Hall. My double thanks go to **Sheila Dickinson (October)**, and **myself (November)** for compiling this reduced programme, plus the efforts of **Judy Milford and Nola Byass** for producing the amended Wednesday Walking Group programme. The Book Group and the two Writing Groups are not advertised in this programme due to Parkholme Library being closed for group activities until further notice.

Hopefully our collective efforts will not be wasted this time!

CORONAVIRUS WARNING

It is extremely important that you stay at home if you are feeling unwell, even if the likelihood of you having Covid-19 is low. Please consider the wellbeing of your fellow members and friends at this difficult time.

IMPORTANT CHANGES

TUESDAY SESSIONS AT ACTIVE ELDERS HALL NOW START AT 2.00 PM

Tuesday sessions will henceforth take place in the afternoon starting at 2.00 pm, to match the Thursday sessions which will continue at 2.00 pm as before.

OUTSIDE VISITS HAVE NOT BEEN ARRANGED FOR THIS PROGRAMME

There are no outside visits included in Prog 87(V2) because most venues are not accepting groups of people at present. With any luck, we can resume this popular aspect of our activities in 2021.

ENROLMENT FORMS

Please return your completed Enrolment Forms for Programme 87(V2) as soon as possible. This will allow me to compile the Rosters for MCs and Assistants. It also means that we can be sure that those attending our sessions are entitled to do so as Full Financial Members.

E-MAIL ADDRESSES

When you return your Programme Enrolment Forms to the U3A Office, if you have not signed up for electronic transmission of documents, please do not include your e-mail address on your form. This makes unnecessary work for our Volunteers, as they then have to verify your intentions.

Max Gordon

Programme 87 (V2)

- 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.

- 1) **Worried about Dementia? There are ways of reducing the risk.** by **Dr Monica Cations**
This presentation has been brought to us courtesy of the Hospital Research Foundation.
Monica is a Postdoctoral Research Fellow at the Dept of Rehabilitation, Aged and Extended Care at Flinders University. Her current research is focused on Young Onset Dementia. In this presentation, she will tell us about the latest developments in the understanding and treatment of this common condition and, if time permits, she will discuss another of her interests i.e. psychological wellbeing in aged care.
Thursday October 1st at 2.00 pm.
- 2) **Sir John and Lady Jane Franklin** by **John Bartlett**
Sir John was an eminent Arctic explorer in the days when attempts were being made to find a North West Passage for ships to sail between the Atlantic Ocean and Bering Sea. After 3 expeditions to the North of Canada, he married Jane Griffin, was knighted and he then was appointed Governor of Van Diemens Land. During Sir John and Lady Jane's time there, they adopted an aboriginal girl, Matthina. Sir John was recalled, and went on to lead a lavish but disastrous expedition, once again to find the North West Passage. Lady Jane made determined efforts to discover the fate of her husband following his non-return. All-together, a very interesting chapter in 19th Century British history.
Tuesday October 6th at 2.00 pm.
- 3) **Travel Talk – Antarctica and Sub-Antarctic Islands** by **Mary Schumacher**
Mary will take us on a thrilling journey from two of the Antarctic Gateway Ports, around Cape Horn to the Antarctic Peninsula, and on to South Georgia and the Falkland Islands. There will be wildlife galore – some exhibiting wonderful cooperative behaviours, icebergs of all shapes and sizes - including some massive tabular ones, a frightening weather event, information about research being undertaken in this unique region of the world, and fabulous adventures ashore including close encounters with wildlife.
Thursday October 8th at 2.00 pm.
- 4) **Decluttering** by **Rebecca Mezzino – from Clearspace**
Rebecca Mezzino is Adelaide's longest serving and most experienced and accredited Professional Organiser and Declutter Coach. She teaches people the skills, and provides the inspiration, practical tools and solutions to become more organised - and importantly, the confidence to stay that way.
Are you contemplating down-sizing or do you want to hear how you can be more organised and able to reclaim your home by understanding the relationship we have with our belongings?
This session helps you identify what clutter is, how it affects us and why we find it so difficult to deal with. You may learn how to overcome the many emotional obstacles we face when decluttering, as well as the logistical issues that entails.
Tuesday October 13th at 2.00 pm.
- 5) **Walk No 1 –Belair National Park** Map ref: **UBD 143 E16**
Meet in the former Belair Golf Club carpark.
Belair National Park Holiday Park entrance from Upper Sturt Rd. to carpark.
Please also refer to General Notes for Walkers set out below.
Wednesday October 14th at 9.30 am.

General Notes for Walkers

- Contact details:** Judy Milford. 0408 842 479 or 8276 8228, Nola Byass 0411 066 014 or 7225 2673
- 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 forecast max. temp. is 32°C or over, the walk will be cancelled.
 - Forecast rain: The walk will be held. Bring rain gear.
 - Wear: Name badge with contact details for next of kin on reverse side (for use in case of an accident).
 - U3A Flinders will continue to adhere to all SA Health regulations in regard to group size and maintaining social distancing. Therefore, coffee during or at the completion of the walk, will not be taken under the auspices of U3A.

6) Extreme events from Australia's geological past

by **A/Prof Tom Raimondo**

Tom is Associate Professor in Geology and Geochemistry at University of South Australia. He is an award-winning science communicator. He has particular interests in fluid-rock interaction and heat-flow. In this presentation, he will take us on a journey through Australia's extreme geological past to discover breath-taking stories about a cataclysmic meteorite impact felt from the Eyre Peninsula to the Flinders Ranges, a subterranean mountain beneath central Australia that warps the Earth's gravity field, a super-volcano in the Gawler Ranges that dwarfs the Yellowstone Caldera, and submarine canyons near Kangaroo Island that could swallow the Grand Canyon. Stories written in stone will reveal the incredible geological secrets hiding in our own backyard.

Thursday October 15th at 2.00 pm.

7) Oaklands and the tragic past

by **David Jarman**

Since retiring from teaching History and Geography at Westminster School, David has undertaken extensive research into the history of Marion, and is a volunteer for Marion Historical Research Centre. He has published a book entitled "The History of Oaklands and its Tragic End".

Built in 1844 by Samuel Kearne, Oaklands was one of the earliest grand mansions to be built in South Australia – with 22 rooms, including a ballroom. David will tell us the story of this grand house and estate, and what became of them?

Tuesday October 20th at 2.00 pm.

8) Creating Glenthorne National Park

by **Dr Pamela Smith**

Dr Smith is an academic and archaeologist at Flinders University. She has initiated several significant projects, including The Kimberley Frontier Archaeology Project and the Adelaide Hills Face Zone Cultural Heritage Project. More recently, she has had significant involvement in bringing together a number of land-parcels to coalesce under the umbrella name of Glenthorne National Park. This major project will represent a coordinated approach to park planning and management of the Glenthorne property, which is composed of: O'Halloran Hill Recreation Park; Marino Conservation Park; Hallett Cove Conservation Park; Happy Valley Reservoir; and areas of the Field River Valley. Pam will tell us about this once-in-a-lifetime opportunity to preserve and revitalise a large area of existing open space in our southern suburbs and turn it into a thriving environmental and recreational precinct for the whole community.

Thursday October 22nd at 2.00 pm.

9) The Blind Traveller

by **Clem Latz**

Clem is a long-time member of U3A Flinders. He regularly unearths intriguing and interesting stories about relatively obscure characters, to reveal some fascinating life stories – and this is no exception.

James Barlow (born 1786) joined the Navy when he was twelve. At the age of 25 he began to be intermittingly crippled by a rheumatic condition and then he suffered from complete blindness which persisted through the rest of his life. How did he manage to live? He had always had the ambition to travel. Could he manage to travel? This is his story.

Tuesday October 27th at 2.00 pm.

10) Walk No 2 – Carrick Hill, Springfield

Map ref: UBD 143 B4

Meet at Brownhill Creek car park (southern end Carrick Hill Dr. extension of Fullarton Rd).

Please also refer to General Notes for Walkers at Walk No 1 on Page 3.

Wednesday October 28 at 9.30 am.

11) In the News

by **Tony van Kalken**

Tony, a long-time member of U3A, graduated from the University of Adelaide with a BA as a mature age student, majoring in Politics and Anthropology. He retains an interest in these and many other subjects.

Tony finds the English language fascinating with its capriciousness, freakishness and spelling. He scours the newspapers for controversial and newsworthy items to present, while giving attention to the utterings on our TV channels. He relies on audience participation in the discussion, recognising the fact that this session is the only session in U3A Flinders to facilitate debate in matters of local, national and international importance.

Thursday October 29th at 2.00 pm.

12) Face Recognition: separating fact from fiction

by **Dr Rebecca Heyer**

Rebecca is Discipline Leader, Biometrics, at the Defence Science & Technology Group, Department of Defence.

You have probably heard about it in the media and may have even used it at the airport, but what is face recognition really all about? For example, can this increasingly sophisticated technology differentiate between identical twins? This lecture will explain the realities of face recognition technology: how it works; how it is used; its limitations; and where it is headed.

Tuesday November 3rd at 2.00 pm.

13) What happens when your Lymphatic System is not performing as it should?

by **Prof Neil Piller**

Prof Piller is Director of the Lymphoedema Clinical Research Unit at Flinders University.

In this presentation, Neil will tell us about the workings of this largely unknown waste management system which quietly and secretly works away within us to help rid the body of toxins, waste and other unwanted materials. Did you know, for example, that the human body has hundreds of lymph nodes? Be prepared to be amazed.

Thursday November 5th at 2.00 pm.

14) In search of the woman who sailed the world

by **Danielle Clode**

Jeanne Barret was born in one of the poorest regions of France, with few prospects. And yet she would become the first woman to circumnavigate the world, on Bougainville's famed voyage of discovery in 1766-8. She disguised herself as a man and sailed as the botanist's assistant, earning the respect and admiration of all who sailed with her. Little is known about her other than her famous voyage. Danielle's recently published book documents her efforts to find out more about Jeanne's life before and after her journey and to understand her experiences in comparison with Danielle's own early experience of growing up on a boat and sailing around the Australian coast – as told to us in Danielle's fascinating presentation in August 2019.

Tuesday November 10th at 2.00 pm.

15) Walk No 3 – West Lakes Circuit

Map ref: **UBD 103 K14**

Meet at Inlet Reserve Car Park, western end of Trimmer Pde (corner of Military Rd).

Coffee will be before the end of the walk (about 3/4 of the way round)

Please also refer to General Notes for Walkers at Walk No 1 on Page 3.

Wednesday November 11th at 9.30 am.

16) Stories of the Titanic

by **Mary Schumacher**

What is it that grabs our attention when we mention the sinking of the Titanic – and keeps our attention? It is over 100 years since the “unsinkable” ship sank only about four hours after hitting an iceberg on her maiden voyage. Mary will tell some of the stories associated with people who survived (and many did not) - stories of heroism, of great love, faith, faked identity, grief and loss, murder and chaos, as well as many more human traits shown in crises. These stories will be set against a backdrop of the facts of the voyage.

Mary will also bring us up to date on some current issues and challenges that relate to the Titanic.

Thursday November 12th at 2.00 pm.

17) Cyclone Tracy – was it worse than the Blitz?

by **John Reilly**

John is a long-time member of our U3A. In this talk, he will give us a brief overview of his life story – beginning in Belfast, Northern Ireland where, as a four-year-old, he experienced heavy bombing by the German Luftwaffe which caused massive death and destruction in his home city in 1941. Little did he know that, having moved to Australia in his 20's, followed thereafter by the acquisition of a wife and children, he would again experience the horrific onslaught of massive unstoppable forces and the destruction of his home – this time on Christmas Eve 1974 in Darwin – caused by nature instead of (deliberately) by fellow human beings. Interestingly, Cyclone Tracy homed in on Darwin with pin-point precision, just like the pilots of the Luftwaffe over Belfast.

Tuesday November 17th at 2.00 pm.

18) Henry Krips: ‘Enemy alien’ to ‘endeared’ Australian Citizen by **Dr Adrian Rudzinski**

and **Vic Korobacz**

Dr Rudzinski is a Senior Lecturer, College of Education, Psychology and Social Work at Flinders University and Vic Korobacz is a Tertiary Education Consultant and part-time academic, also at Flinders University.

Henry Krips, a Viennese musician, conductor, composer and educator was the inaugural resident conductor of the permanent South Australian Symphony Orchestra established in 1949. A major public figure for four decades, Krips’ story belongs to mid-twentieth century themes of Australian history including refugee migration in consequence of racist policies of fascist regimes, resettlement, and the unique contribution Krips made to the development of ‘high’ culture and fine music during Australia’s post-war reconstruction period.

Thursday November 19th at 2.00 pm.

19) Travel Talk - A holiday in Languedoc

by **Svante Orell**

In 2012, Svante was lucky to be able to rent an old farmhouse in Languedoc for two entire months (April and May), with few tourists around. It was an ideal base for exploring the less well known south-western corner of France, between Spain and the Mediterranean. This is a beautiful rural region with charming small villages, plenty of interesting architecture – mainly from the Middle Ages, and a tragic history.

Tuesday November 24th at 2.00 pm.

20) Walk No 7 –Hawthorndene

Map ref: UBD 155 A6

Meet in Wattle Ave {off Watahuna Ave}, at Hawthorndene Oval.

Bring a chair & own lunch for “Christmas lunch” after the walk.

Please also refer to General Notes for Walkers at Walk No 1 on Page 3.

Wednesday November 25th at 9.30 am.

21) The National Broadband Network

by **Cassandra Norton**

Cassandra is Community Ambassador for NBN covering South Australia and Northern Territory. Her aim is to provide guidance and education about the NBN access network. In this presentation, Cassandra will cover the following topics: what is the NBN?; how NBN affects your existing home phone and medical alarms; and how to protect yourself from scams. She will explain how to use the NBN and connect the “Internet of Things” to your service to make life easier.

Thursday November 26th at 2.00 pm.

22) U3A Flinders – Christmas Event

Our Christmas Event is usually heavily subscribed. However, because of the current Covid-19 restrictions, the feasibility of running this event is still under consideration by the Committee. One idea being considered is to organise an outdoor picnic in a reserve, with bring-your-own lunch and chair. A decision will be firmed up by the Committee nearer the date, dependent on the circumstances, and members will be notified accordingly.

Tuesday December 8th at 12.00 noon.