



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

PROGRAM No 100

**First Program 2025
February - April**

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Acknowledging the
assistance provided by
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MESSAGE FROM YOUR PROGRAM PLANNER

Dear Members

PRODUCTION OF THIS PROGRAM - No 100

My thanks go to Speaker Planners **Warwick Lloyd** (April plus part February), and **Janet Newman** (March plus part February), and Outside Visit planners **John Bartlett** (February), **Janet Newman** (March) and **Warwick Lloyd** (April) 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.



From time to time our members suggest new activities that they think may be worthy of inclusion in our U3A–Flinders programs. The following ideas have been put forward recently and the Committee would like members to indicate whether they might be interested in participating in them.

- Family History Group: family history is a popular occupation for the retired among the community, so it might be of interest to existing members or even attract new members.
- Current Affairs Discussion Group: is a group that would replace the old 'In the News' session that ceased a while ago.
- Cycling Group: an alternative to our Walking Group for existing or new members who are considering how to be more active.

If you think you might be able to participate, please advise the Office (ph 8201 3068; email u3a@flinders.edu.au) with your name, phone number, and the group(s) in which you are interested. Also, if you may be able to lead/coordinate one of these groups, please let the Office know.

ENROLMENT FORMS

Please return your completed Enrolment Form, Membership form and proof of payment or cheque 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 100

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

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 2025. 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.

General Notes for Walkers

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

- **PLEASE NOTE: WALKS FOR THIS PROGRAM 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 (for use in case of an accident).
- **Coffee:** will be taken 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

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 100 - Sessions

- 1) Walk No 1 -North Brighton walking south** **Map ref: UBD 140 F14**
Meet in the Inclusive Café carpark, Jack Fox Drive, North Brighton.
If the Bureau of Meteorology (BOM) forecast max. temp. for Adelaide is 32°C or over on the Tuesday evening News, the group will still meet for coffee at the Inclusive Cafe at 9.30am
Please also refer to General Notes for Walkers on Page 3.
Wednesday 5th February at 9.30am **Easy**
- 2) Ecosystem Connections and the Common Brushtail Possum** **by Tara McKenzie**
Tara is a post graduate researcher working towards her PhD at the University of Adelaide. She is an animal scientist with a passion for wildlife and ecosystem health and conservation. Working in the "One Health" discipline, she strives to understand how improving ecosystem health can have benefits to wildlife, domestic animal and human health.
Thursday 6th February at 2.00 pm
- 3) Ancient Women Philosophers** **by Professor Han Baltussen**
Han Baltussen (FAHA) is an internationally acknowledged expert in the history of (ancient) philosophy. He is currently the W.W. Hughes Professor of Classics — one of Adelaide University's two founding chairs (1874) — at the Department of Historical and Classical Studies. We have all heard of distinguished male philosophers from antiquity such as Plato, Aristotle and Socrates but what about women philosophers at this time? In this talk Prof Baltussen will introduce us to female contemporaries of these famous men.
Thursday 13th February at 2.00pm
- 4) OUTSIDE VISIT – Flinders University Museum of Art**
With over 8,000 works in its collection, Flinders University Museum of Art (FUMA) has the second largest collection of art in SA. FUMA's main purpose is education and supporting research and academics, including object-based learning which is a 'hands-on' approach to education. The tour guide will take our group through the current exhibition in the gallery, then through to the teaching space.
It is to be remembered that in 2016, U3A Flinders donated \$3,000 to Flinders University towards the purchase of the Ferdinand Bauer Print Folio –(Bauer was a botanical illustrator on board HMS Investigator during Matthew Flinders' epic voyage of discovery in Australia 1801 – 1803.)
Duration: About 1 hour for the 20-minute tour and time for questions and viewing artworks.
Minimum number: 4; maximum: 30.
Cost: Free
Access: Meet at FUMA on the ground floor of the Social Sciences North building. The best place to park is Carpark 5 off Humanities Rd., Bedford Park, but if it's full, use Carparks 1, 2, or 3. Pay for parking (\$3.60 per hour) at ticket machines in each carpark. For train or bus, check Adelaide Metro timetables. Allow sufficient time to walk from your transport to FUMA. The U3A-Flinders Office will distribute access maps to attendees by email or post.
Monday 17th February at 10.00am.
- 5) Walk No 2 -Adelaide Botanic Gardens & Chihuly Sculptures** **Map ref: UBD 118 K9**
Meet at the North Terrace gates (opposite East Terrace). It is suggested that members could use public transport to the city and the tram to the Botanic Gardens.
Wednesday 19th February at 9.30am **Easy**
- 6) Guided Art Gallery Visit** **led by Bev Bennet**
See details Page 2
Wednesday 19th February at 1.30pm

7) What is really happening in Afghanistan?

Grant Lock

For 24 years Grant Lock and his wife Janna did foreign aid the right way, in the dust and dirt, learning the language, embedded in the culture all with a genuine sense of love and purpose and inspired by his and Janna's Christian calling. Grant directed Afghanistan's largest eye care program until he became blind himself and returned home to a society which he found has its own blind spots. Grant spoke with us in November 2014 (Shoot me first...!) and again in February 2017 (I'd rather be blind). Today Grant explores recent history, current events, human rights, the plight of women, and the origins of the Taliban.

Grant will bring some of his books for sale and signing (cash or cheque) and would also appreciate donations to assist war widows of Kabul and their children, who currently face grave difficulties. Janna worked with them, and they are able to transfer 100% of donated funds directly to the recipients, through their local contacts.

Thursday 20th February at 2pm

8) Book Group: 'The Secret She Keeps' by Michael Robotham

led by **Janet Newman**

The Secret She Keeps is a best-selling psychological thriller about two women who lead very different lives yet have one thing in common- a secret that could destroy all that they hold dear.

Friday 21st February at 1-30pm at Park Holme library, Duncan Drive, Park Holme

9) Brain health for healthy ageing - and what to do if you're worried about dementia. Prof Kate Laver

Did you know that up to 40% of dementia cases could be prevented? There are many things you can do at all life stages to improve your brain health. Professor Laver, Professor of Allied Health and Active Ageing at Flinders University, will share key learnings from research evidence on dementia prevention. She will also talk about some common early signs of dementia and why it is important to investigate changes in memory or thinking. She will also give strategies on how to approach friends or family or start a conversation when you're concerned that they might have dementia.

Thursday 27th February at 2pm

10) Walk No 3 -Warriparinga Wetlands

Map ref: UBD 153 J5

Meet in the carpark at the end of Warriparinga Way off Sturt Road.
Please also refer to General Notes for Walkers on Page 3.

Wednesday 5th March at 9.30am

Easy

11) Mt Lofty Ranges: how they got there, and why they are like they are.

by **Garry Trethewey**

Garry's career was in mental health, social equity, and ethics. His real interests started with bushwalking and rock climbing. That progressed to helping with various ecological, conservation and arid-land hydrological projects. He has worked on and off as a tour guide in a geo- and eco-tourism business, and after retirement, got around to starting a geology degree. One of his current projects is mapping the distribution of an endangered tree to determine the geological constraints of where it will grow. Nothing happens de-novo, nothing is permanent. Only a billion years ago Mt Lofty Ranges didn't exist. This talk looks at some of the processes involved in making what we see today.

Thursday 6th March at 2pm

12) Annual General Meeting – U3A Flinders Inc.

All positions on the Committee will be declared open and nominations received and invited. Comments and opinions about our U3A will be welcome. A light lunch will be provided at 12:30pm, prior to the AGM at 1:00pm. Please bring a mug. Following the meeting you may wish to remain for the afternoon presentation (see session 13 on the next page).

Thursday 13th March at 12:30pm

13) Willunga Slate Carvings: What they tell us!

by **Dr Paddy O'Toole**

Paddy is a volunteer and former Chair of the Willunga Branch of the National Trust of South Australia. After a career consulting with the financial and defence industries, she attained her PhD, and then lectured and researched at Flinders University and Monash University. On retirement, she joined the Willunga Branch of the National Trust of South Australia and became fascinated with the stories embedded in the local history. In 2020, she won the SA Historian of the Year Award for her research on the Willunga slate carvers, which culminated in her book: *Fragments of Time: The lives and work of the Willunga slate carvers*. In her talk she will expand on her research into the fascinating history of the Willunga slate carvings.

Thursday 13th March at 2pm

14) Walk No 4 -Hawthorndene to Coromandel Valley

Map ref: UBD 154 Q5

Meet at Hawthorndene Oval, Cnr Wattle and Watahuna Avenues.

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

Wednesday 19th March at 9.30am

Moderate

15) Guided Art Gallery Visit

led by **Bev Bennet**

See details Page 2

Wednesday 19th March at 1.30pm

16) Care Networks: exploring their role in today's world

by **Dr Alejandra Pinero de Plaza**

Dr Maria Alejandra Pinero de Plaza, PhD, is a Research Fellow at Flinders University's College of Nursing and Health Sciences and an Associate Member of the Caring Futures Institute. Her research focuses on improving care networks and co-designing interventions that enhance fundamental care delivery and accessibility, particularly for vulnerable populations such as frail, homebound, and bedridden individuals. Her work spans multiple vital themes, including cardiac rehabilitation and cardiovascular health, health systems and policy, technology and digital health, and implementation science.

Thursday 20th March at 2pm

17) Book Group: "Blueback" by Tim Winton

led by **Anneke Jeuken**

An eco-fable of our time; re a boy's relationship with the Ocean and its inhabitants at Robbers Head in Western Australia.

Friday 21st March at 1-30pm at Park Holme library, Duncan Drive, Park Holme.

18) OUTSIDE VISIT – Clipper ship: The City of Adelaide

U3A Flinders last visited this ship in 2015. Much progress has been made and this is an opportunity to revisit or visit for the first time and appreciate all the hard work that has taken place to preserve this ship. This guided tour will be both outside the ship and on board. The ship is now on dry land and has **relocated to Honey Road, Dock 2**, Port Adelaide where there is plenty of free parking. Please note that there are steps up into the ship.

Duration: Around an hour to an hour and a quarter – depending on how many questions you may have!

Minimum number: 12

Cost: \$15.00 payable at the location by cash or card

Tuesday 25th March at 10.20 for a 10.30 start

19) Her Great Adventure: Dorothy 'Puss' Campbell WW2 Army Nursing Sister by **Dr Janet Scarfe**

Dr Janet Scarfe last spoke to us together with her sister in February 2023 and prior to that in November 2021. She is an independent, local historian who specialises in researching and writing about women in non-traditional professions and situations. She has a particular interest in Australian women who served in WW1 and WW2 and has very recently published a book about Dorothy Campbell and her wartime service, a subject very dear to Janet's heart as Dorothy was her aunt. Dorothy kept diaries throughout her years of service and amassed some 700 photographs which have formed the basis for the book and this talk.

Thursday 27th March at 2pm

20) Walk No 5 -Adelaide West End Precinct

Map ref: UBD 3 L3

Meet on the northern side of the City West tram stop on North Terrace.

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

Wednesday 2nd April at 9.30am

Easy

21) Moving the Vickers Vimy

by Ian Miles

Ian Miles is the Senior Metals Conservator at Artlab Australia. Artlab staff led by Ian undertook all aspects of the planning and activities required to relocate the Vickers Vimy aircraft flown by brothers Sir Keith and Ross Smith in the famous London to Australia air race of 1919-1920. It was moved from the Memorial Building at Adelaide Airport to a new public exhibition space at the main terminal to permanently display the aircraft. Ian will explain how he led a team which included Adelaide Airport staff, traffic management, specialised aircraft movers, Australian Federal Police and many volunteers to move the aircraft on the night of Thursday 19th May 2022.

Thursday 3rd April at 2pm

22) Enigmatic, my dear Watson: The Life of Sir Arthur Conan Doyle

David Kilner

With a background in History, Politics and Social Work, David tutors and is Public Officer for the U3A Inner North and writes crime fiction, with three published novels to his name. He has a life-long interest in history and runs the Prospect Local History Group (<https://www.prospecthistorygroup-adelaide.com.au/>).

David spoke to us in May 2022 about the Life and Times of Agatha Christie and returns to explore with us Sir Arthur Conan Doyle's life from a broad perspective and delve into Doyle's career as a writer, his amateur sleuthing pursuits, and his spiritualist beliefs. Doyle's connection to Adelaide will also be highlighted, as he once described the city as "so pretty, so orderly and so self-sufficing."

Thursday 10th April at 2pm

23) OUTSIDE VISIT – Tonsley Innovation Hub Walking Tour

The former Mitsubishi Motors assembly plant at Tonsley is being redeveloped as an integrated employment, education and residential precinct by Renewal SA and aims to be South Australia's hub of high-value manufacturing. Tonsley drives world class innovation and future industries across four sectors: Automation, software and simulation; Mining and energy services; Health, medical devices and assistive technologies; and Cleantech and renewable energy.

Duration: Approximately 1 hour; Maximum Numbers: 20 (if significantly oversubscribed a second guide may be available). Mobility: ability to walk along sealed flat surfaces for up to an hour. Bring comfortable walking shoes and a water bottle. The tour is conducted undercover of the Main Assembly Building.

Meet: At GATE 1 at the North-East corner of the Main Assemble Building (MAB - the pink area on the site map) at Tonsley, located at A7 MAB, 6 MAB Eastern Promenade. Map:-

https://tonsley.com.au/content/uploads/2024/09/Tonsley-Site-Map-and-MAB-Map_Sept-2024.pdf.)

Location: 1284 South Road Clovelly Park. Google Maps: set to 4 Wayfarer Tonsley SA, PTO

Tonsley Tour – cont.

Access: See <https://tonsley.com.au/getting-to-and-from-tonsley/>..Parking is limited (P4 on map - drop off zone located near Gate One)

Public Transport: Buses 719, 721, 721F, 722 and 722F - alight at Stop 23 South Rd. Train - Flinders Line train service stops at Tonsley Station, then walk 900m around north of the building to Gate 1. Bus seems the closest access to Gate 1.

Cost: Free, thanks to Marion Council and the Volunteer Guides.

Tuesday 15th April at 10:45am for an 11:00am start

24) Walk No 6 -Hallett Cove heading North

Map ref: UBD 164 B10

Meet at the western end of Kurnabinna Terrace, Hallett Cove. Walk includes two suspension bridges and some steps. Please also refer to General Notes for Walkers on Page 3.

Wednesday 16th April at 9.30am.

Moderate

25) Guided Art Gallery Visit

led by **Bev Bennet**

See details Page 2

Wednesday 16th April at 1.30pm

26) The Wonderful World of Bats

Shane McCann

Following her military career, Shane has run her own business and now is a retiree and volunteer with the Bat Education Team at Fauna Rescue of SA. Her talk will cover her Flying Fox & Microbats volunteer work as an educator, rescuer, carers orphan rearer and emergency hotline operator.

Thursday 17th April at 2pm

27) Book Group: ‘The Lost Man’ by Jane Harper

led by **Chris Quantrill**

The Lost Man takes readers on a journey to the vast and unforgiving Australian outback, where family secrets, tense relationships, and the harsh landscape intertwine to create a tale of mystery and self-discovery.

Friday 18th April at 1-30pm at Park Holme library, Duncan Drive, Park Holme.

28) Programmatic assessment for learning - a fundamental shift in thinking about assessment.

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, and he holds professorial positions in Medical Education in Taiwan and Bethesda, USA. He is an advisor to multiple Royal Australian Colleges and the Australian Medical Council in matters of assessment.

Last year Professor Schuwirth introduced us to Generative AI in professional education. Today he discusses his primary area of interest: changes to the way we assess medical students. Assessment of medical students has not changed much over the last 40 years. Programmatic assessment for learning is a new approach to assessment that tries to bring it into the 21st century and help better prepare our graduates for healthcare in this 21st century.

Thursday 24th of April

29) Walk No 7 -Westside Bikeway - North Plympton heading East

Map ref: UBD 129 E10

Meet near the former train platform on the corner of Long Street and Marion Road, North Plympton.

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

Wednesday 30th April at 9.30am

Easy