



Adelaide Hills Newsletter 2025

Hello again dear readers. Obviously, Summer means different things to different people. To children it is school holidays, swimming, beach visits, ice creams, sleepovers with friends. Assuming of course their parents/caregivers can take time off from work, and can afford some of these luxuries. Increasingly, grandparents (ie us) take on the brunt of this. To most it is a pleasure, but it can also be quite costly and fatiguing. If you are in this category, make sure you look after yourself, to better be able to cope with young children.

To some people Summer in Australia is synonymous with Christmas, with its rituals, celebrations, worship and family gatherings. Whatever your summer brings, I hope it brings a lot of joy and pleasure. To those unwell or in pain, our thoughts go out to you for comfort and relief. Happy holiday from U3A, and we look forward to seeing you again next year in our packed, exciting new programme.

Some snippets from the new programme, with as always our most sincere thanks to those wonderful volunteers who provide all these exciting topics and courses. Look out for *Digital ID - An Inverse Prison*; *Everything you ever wanted to know about The Moon*; *Medicine Safety*; *Misadventure by Anaesthesia in Pearl Harbour*; *Play Reading* ; *Quiet Crafting*; *Road Safety*; *Sailing Adventures & Misadventures*; *Sailing into the Unknown*; *Stabbed in the Back*; *Tour - Adelaide Desalination Plant*; *Tour - Historic Urrbrae House & Gatehouse*.

And don't forget about our welcome lunch at the Bridgewater Inn - 12:30 pm FRIDAY 30th January

Suzanne, editor

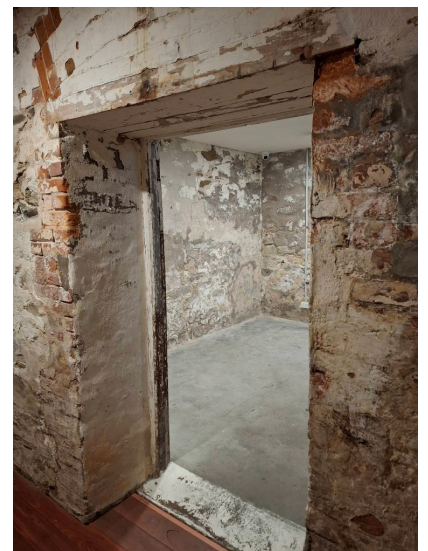
The Come Lunch With Me (2) group broke with tradition, and had a final pooled lunch in the beautiful grounds of Lianne Healey's home. Abundant sunshine, delicious food, and shared camaraderie; what better way to end the year's activities.



Fabulous tour guide for the old treasury tunnels below the Adina Hotel. He had so many short and interesting stories from votes for women to the Beatles visit. Tasty lunch first, then onto the old Cabinet Room with a marble fireplace, the Queen, and the coat stand for gentlemen's top hats. The huge map showed the Goyder Line - truly a gem of the surveyor's skill. Photo of a past cabinet, and Don Dunstan stood out even then. Very tall doorways, the original building, special coins, doorways made from brick and the walls from stone and the courtyard with a beautiful relocated fountain. Everyone enjoyed the tour.



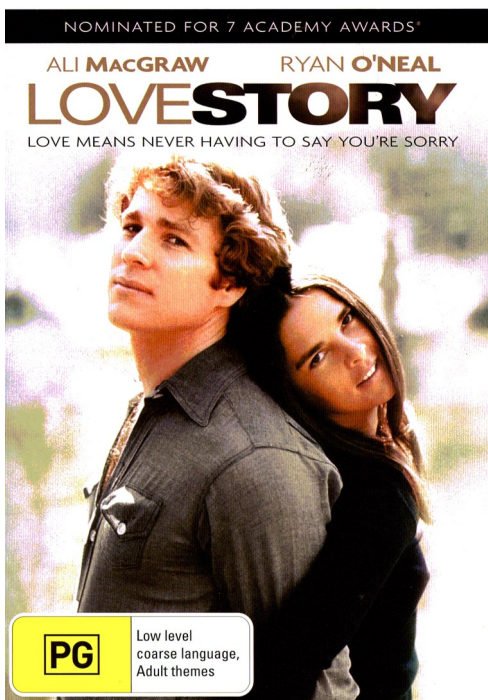
Text and images copied from our Facebook page.



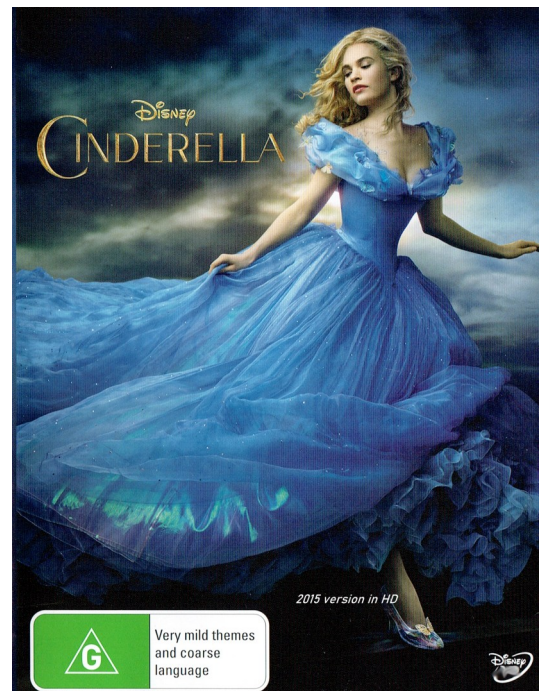
FILM CLUB

In November, yet another requested film, "LOVE STORY". The film was first released 16th December 1970 USA, By Paramount Pictures (who currently own a large stake in Network 10 Australia.) The film won an Academy Award for Best Music (Original Score). It received 6 other nominations, including Ryan O'Neill and Ali MacGraw who was 30 years old when she portrayed a 19 year-old College Student. Golden Globe Awards-Best Picture 1971, Best Director (Arthur Hiller), Best Screenplay. The film is still considered one of the most romantic, and adjusted for inflation one of the highest grossing films. Thanks once again Frank for sharing your passion for movies with a select group!

December's movie was a special Disney Re-Make of 2015 "CINDERELLA" Stars: Cate Blanchett (Step Mother), Lily James (Cinderella), Richard Madden (the Prince), Derek Jakobi (the king), Helena Bonham-Carter (Fairy-godmother). The age-old fairytale with a modern twist. A true acted version with effects from Pixar Sydney and Palace interior filmed in the Old Royal Naval College, Greenwich, London. Directed by Kenneth Branagh. A specially fine production. Frank.



Many thanks Frank for another exciting year of great movies for your select group.

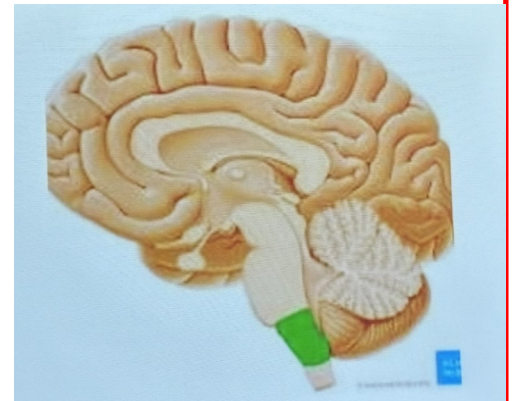
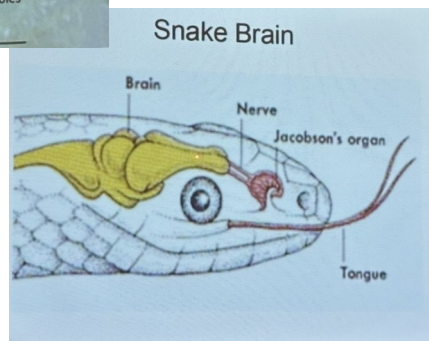
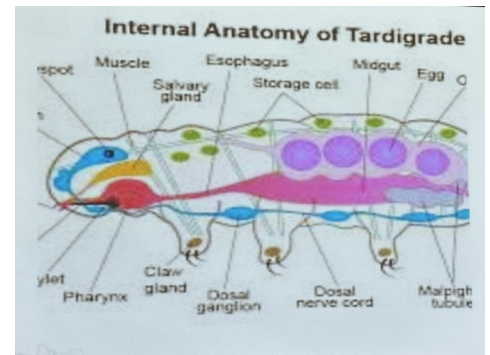
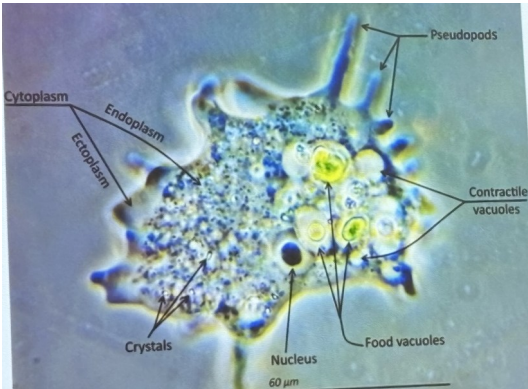


Some very serious Games, Games, Games players, and Penni, after a hard morning strumming and singing with the Ukelele and song group at the nursing home in Lobethal. A very enjoyable morning and close enough to Lobethal Bakery for food and drink.



ONE-TIME SPECIALS

Dave Fenwick gave a fascinating presentation on The Brain, Consciousness and Anaesthesia. At what level do life forms act consciously? For example, the Amoeba appears to simply surround and absorb any food source it encounters. Tardigrades can live in a huge array of extreme conditions, but appear to consume whatever is readily available in their environment. Snakes consciously seek out prey, using their huge olfactory (Jacobson's) organ which humans lack. This led on to the question of consciousness under anaesthesia.

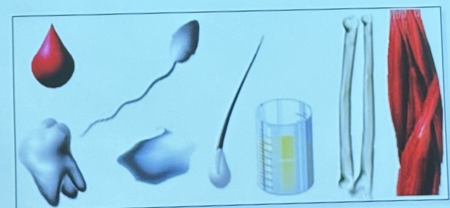


In October Prof. Adrian Linacre gave a talk on The Role of DNA in Criminal Investigations. We were led through the history of the discovery of DNA, and its use in modern criminal investigations—not quite as dramatic as depicted on TV shows!

Only males have a Y chromosome. Only males can pass on the Y chromosome so my Y chromosome came from my father, and may parental grand father, my parental great-father etc. This should be unchanging go back in generations but also the same as my father's brother and their sons.

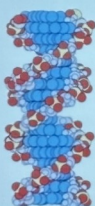
Sources of Biological Evidence

- Blood
- Semen
- Saliva
- Skin
- Hair
- Teeth
- Bone
- Tissue



The DNA in all the above body tissues is the same. A swab from the inside of the mouth will give the same DNA profile as that from blood or a hair root.

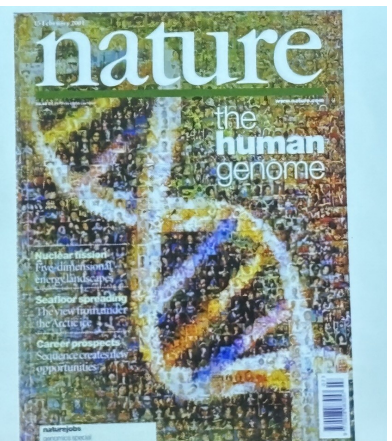
DNA



DNA is made of only 4 bases
A = Adenosine
C = Cytosine
G = Guanine
T = Thymine

Double Helix
A & T
G & C

In 2001 the entire human genome was decoded, or sequenced. The entire 3.2 billion bases were published in a special edition of the journal Nature (not a very exciting read but highly useful)



Origins Of ICU

Dr P D Thomas OAM, FRACP, FANZCA, FCICM
Intensive Care Specialist
Col RAAMC (Retd)

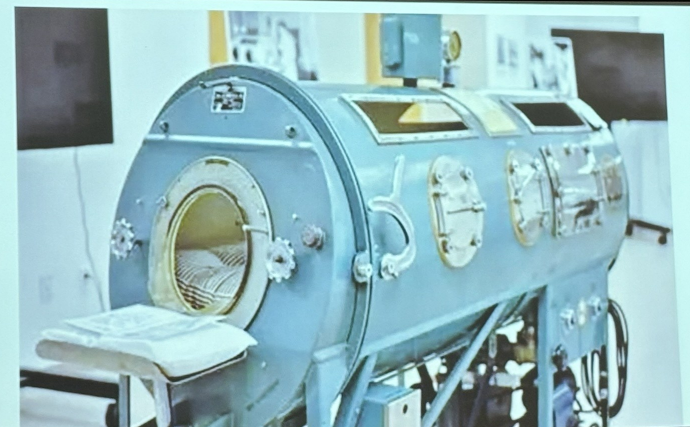
Definition

- An Intensive Care Unit (ICU) is a specially staffed & equipped, separate & self-contained area of a hospital dedicated to the management of patients with life-threatening illnesses, injuries & complications, & monitoring of potentially life-threatening conditions. It provides special expertise & facilities for support of vital functions & uses the skills of medical, nursing & other personnel experienced in the management of these problems. In many units, ICU staff are required to provide services outside of the ICU such as emergency response teams, and outreach services.

IC-1 (2016), CICM

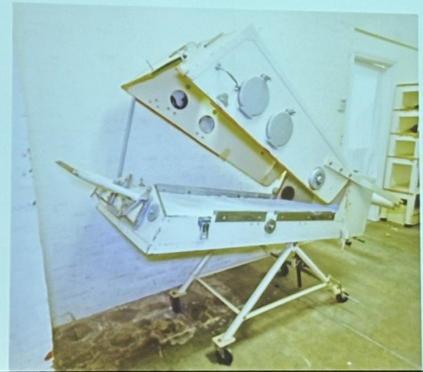
Origins ICU

- Florence Nightingale (Crimean War 1854-56)
- Implemented reforms in sanitation, organised care & meticulously recorded data-dramatically reduced hospital mortality
- Pioneer of modern nursing



Two versions of the Iron Lung for extreme polio sufferers.

BOTH IRON LUNG



A surprise opening for Michiel Lucieer's talk on Graves, Shipwrecks and Lighthouses of SA, was a medley of sea-shanties performed by Monday Folk. Michiel spoke on the increased need for lighthouses as shipping to and past SA increased.



Travel Group term 4

Lorraine Gager has a passion for hiking back roads in Europe, especially Italy. In October she took us to some hill villages in Italy, then on to Paris, ending in Normandy.



Mont St Michel, Normandy, France

In November we travelled with David Adams and the Mt Barker Friendship Force group to Taiwan. They traversed the West coast on high speed trains, being hosted by local FF groups. Then they did their own tour of the East coast, using slower trains and visiting special sites of interest to them. These included Sun-Moon Lake, and stunning Taroko Gorge. An earthquake in 2024 significantly damaged the Gorge, and access is still very restricted.



To my faithful Travel group, I will be taking a break for semester one, 2026, starting again in Semester 2. So there will be no Travel sessions on the semester one programme. *Suzanne, Travel group coordinator.*

U3A AH Committee 2025-2026

Chairperson—Suzanne Arbon,

Vice chairperson—Brent Danks,

Secretary—Susan Smalldon

Treasurer—Janet Hemsley

Programme Co-ordinator and Web manager —Susan Smalldon

MyU3A Co-ordinator—Brent Danks

Equipment Officer—Geoff Edwards

Newsletter—Suzanne Arbon

Risk Management Officer—Ron Chapman

U3A SA delegate—Suzanne Arbon

Wendy Bartholomew,

Lesley Ewing,

David Fenwick

Card Makers with Janet Hemsley

October 20 —Sheep were the order of the day - coming down a country road or flying balloons and having twins. Then a pretty one to finish the session. More to come later from a happy group.

October 28—Only one card made of one design - the challenge was too much, but thistles and ladybirds and 'quilts' were enjoyed by all.



Thanks for allowing me to share from Facebook, Janet Hemsley.

One of our new courses for 2026— Quiet Crafting with Susan Fereday.

“Quiet Crafting”

Semester 1

Project 1

Upcycle two 2-litre storage containers with colourful Japanese decoupage papers

Project 2

Follow a template to make a quirky Easter-themed canvas 30x30cm

Project 3 (over two sessions)

Create a stunning 3D still-life on canvas, 40x50cm, using contrasting textures

