



**Newsletter of  
Canberra's University  
of the Third Age**

[www.u3acanberra.org.au](http://www.u3acanberra.org.au)

<https://www.facebook.com/groups/u3a.act/>

**February 2024**

**Volume 38 Number 1**

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Editor Glenn Davidson  
 Publisher Alex Gosman

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**From the President**



I hope all members enjoyed a peaceful and refreshing holiday break, and that everyone is ready for another year of stimulating and rewarding U3A activities. I would like to extend a very warm welcome to a significant number of new members and hope you find your membership enjoyable and enriching for many years into the future.

In January I signed a new Memorandum of Understanding between U3A and the School of Music at ANU. The school is strongly committed to engaging and serving the Canberra community, and under our agreement they will be offering a substantial program of lectures and performances specifically for U3A members. This initiative has been made possible by funding from the artsACT Community Outreach Program. The agreement is for eight events each year from 2024 until 2026. The program for the first half of 2024 will be advertised soon. Special thanks to Alex Gosman for his work on this partnership, which has developed partly through the School of Music's participation in our Tuesday Forum series.

Partnerships of this kind are an important part of U3A's development, giving us the opportunity to expand and diversify the range of activities available to members. However, this does not alter U3A's core identity as a self-managing, self-supporting association where the great majority of teaching and learning, course organising, and all the support services we need, are provided on a voluntary basis by members ourselves.

The volunteer spirit is U3A's lifeblood, and it has been really encouraging in 2023 and again this year to see new course leaders coming forward. In fact, last year we had over 40 courses being offered for the first time. After some very difficult times, this is a sign of the deep underlying strength and vitality of the community of learners that is U3A in Canberra.

In the coming weeks we will be undertaking a detailed survey of members, similar to the one we conducted in 2021. While the committee welcomes feedback and suggestions at any time, there are insights that can only be gained by hearing from a wide cross-section of members. To get the greatest value from the survey, it is essential that as many members as possible respond. So please look out for information and a link to the survey in an eBulletin soon.

*Lindsay Rae  
President*

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## From the Editor

This edition of our Newsletter, the first for 2024, is also my first as a sub-editor of this wonderful publication. I joined the team late last year and have found it a very positive experience. It is a great team that has been led, until recently, by David Wilson. David made a substantial contribution over many years – as the sole editor of the newsletter, then leader of a team of sub-editors and as publisher – with his expertise, innovation and energy very much appreciated by the team and more broadly. The role of publisher has been taken on by Vice President Alex Gosman in addition to his already extensive portfolio of responsibilities. Thank you, David and Alex, for your service and contribution.

The following pages showcase the creative talents of so many U3A members, be they painters, writers, photographers, dancers, singers, or instrumentalists. It also draws attention to a range of opportunities, including with both Canberra-based universities, whether through contributing to medical research, or a new think tank, or ‘auditing’ UC courses; or you may wish to explore the offerings by several national institutions or organisations; or to participate in the Network New South Wales U3A state conference; or the Irish conference offered by Family History ACT. So much to do. So much to learn ...

*Glenn Davidson*  
*February 2024 Newsletter Sub-Editor*

### ***Newsletter Timetable for 2024***

Please observe the deadline for each edition — it makes our job much easier.

Newsletter Edition	Deadline for copy	Newsletter placed on U3A Website
April 2024	23 March 2024	1 April 2024
June 2024	23 May 2024	1 June 2024
August 2024	23 July 2024	1 August 2024
October 2024	22 September 2024	1 October 2024
December 2024	23 November 2024	1 December 2024

Alex Gosman  
Vice President U3A ACT  
[vicepresident2@u3acanberra.org.au](mailto:vicepresident2@u3acanberra.org.au)

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## U3A Offices: Addresses and Phone Numbers

The U3A ACT Office (ph. 6281 6998) is in the Hughes Community Centre at 2 Wisdom Street, Hughes, ACT 2605, and is usually open Monday to Friday from 9:30 to 4:30. All general enquiries should be directed to this Office.

**Our Cook facility** (ph. 6251 8005) is in the Cook Community Hub at 41 Templeton Street, Cook, ACT, 2614, and has the same opening hours.

**Our Flynn Teaching Rooms** (Course activities only; NO public or member enquiry services) are at Flynn Community Hub at 21 Bingle St, Flynn, ACT, 2615. **Please note:** Access to U3A at the Flynn Community Hub is from Hedland Circuit. For more information on holding a course at Flynn please contact the course coordinator for Flynn at [flynn@u3acanberra.org.au](mailto:flynn@u3acanberra.org.au).

Our mail address is now:      U3A ACT Inc.  
   Hughes Community Centre  
   2 Wisdom Street  
   Hughes ACT 2605

# Members Calendar 2024

UCAN = University of Canberra, Bruce

Members should check the online courses listing for specific enrolment dates for any courses in which they are interested.

JANUARY		FEBRUARY		MARCH	
Monday 22 January	Registration opens for UC Courses Semester 1	Monday 5	UCAN Semester 1 starts	Monday 11	Canberra Day Offices closed
Monday 15	Offices reopen	Monday 12	Committee meeting	Tuesday 12	Committee Meeting
Friday 26	Australia Day. Offices closed	Tuesday 20	Tuesday Forums begin for Semester 1	Saturday 23	Deadline for April Newsletter
Wednesday 31	E-bulletin and password access ceases for unfinancial members			Fri to Mon 29 March – 1 April inclusive	Easter Offices closed
APRIL		MAY		JUNE	
Fri to Mon 29 Mar – 1 Apr inclusive	Easter Offices closed	Monday 13	Committee meeting	Saturday 1	Newsletter published online
Monday 1	Newsletter published online	Thursday 23	Deadline for June Newsletter	Monday 10	King's Birthday Offices closed
Monday 15	Committee Meeting	Monday 27	Reconciliation Day Offices closed	Tuesday 11	Committee meeting
Thursday 25	Anzac Day. Offices closed				
JULY		AUGUST		SEPTEMBER	
Monday 8	Committee meeting	Thursday 1	Newsletter published online	Monday 9	Committee meeting
Monday 15	Call for nominations for annual U3A awards	Monday 12	Committee meeting	Sunday 22	Deadline for October Newsletter
Tuesday 23	Deadline for August Newsletter	Monday 26	Nominations for new Committee positions open		
Monday 29	UC Semester 2 starts	Friday 30	Nominations for annual U3A awards close		
OCTOBER		NOVEMBER		DECEMBER	
Tuesday 1	Membership renewals for 2025 open	Friday 1	Nominations for new Committee positions close	Sunday 1	Newsletter published online
Tuesday 1	Newsletter published online	Monday 4	Committee meeting	Monday 9	Committee meeting
Monday 7	Labour Day Offices closed	Tuesday 12	Tuesday Forums end for Semester 2	Wed.11	Volunteers' PM Tea
Monday 14	Committee meeting	Tue 19	AGM (Hughes)	Friday 13	Offices close for Christmas-New Year
		Saturday 23	Deadline for December Newsletter	Monday 13 Jan 2025	Offices reopen

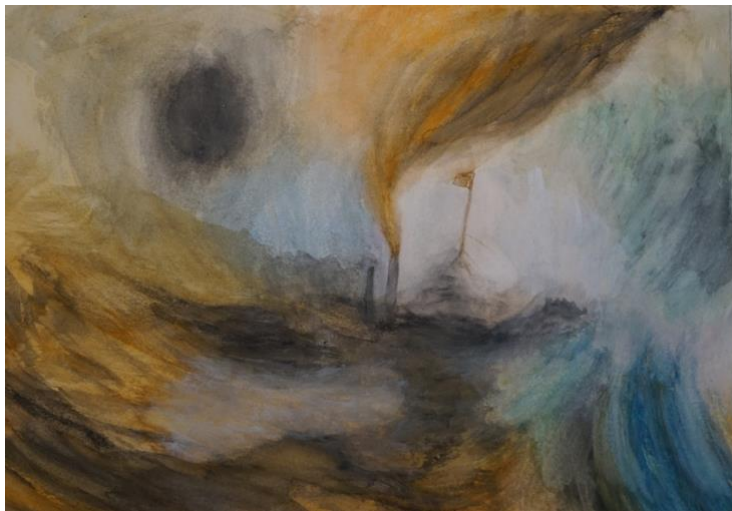


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## Creative & Artistic Pursuits

### The Painters: Art Workshops, Curtin

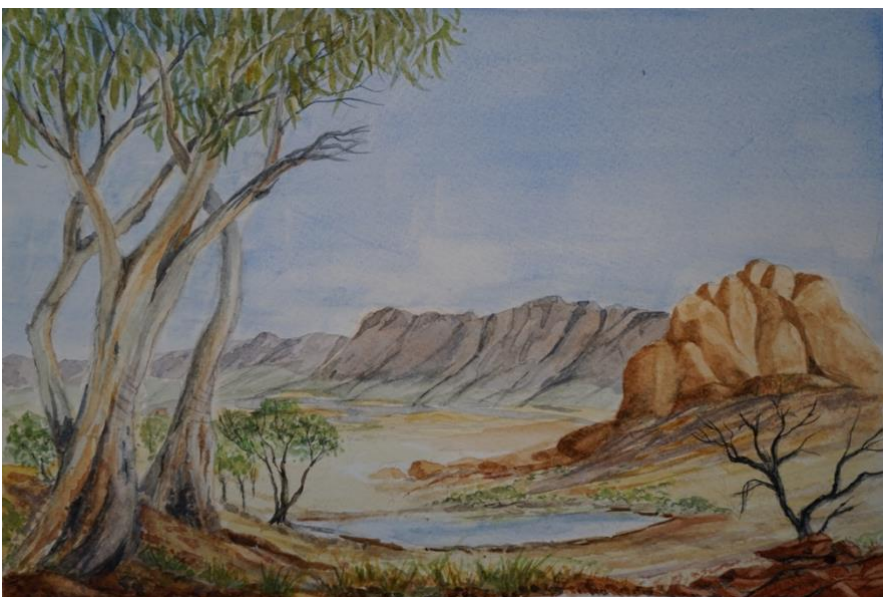
The participants in the Art Workshops at Curtin last year found many things to explore and ways to expand our skills. Where we looked to other artists to inspire us, it sometimes took us down some interesting pathways. JMW Turner's later works set us looking to the effects of atmosphere and weather.





Indigenous artists also inspired the group. In these works, members applied the techniques used by Albert Namatjira.

One member produced this pastel portrait of Albert Namatjira.



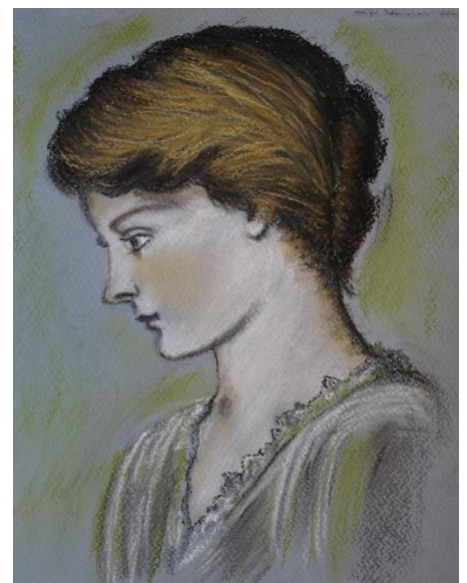


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Using your non-dominant hand is supposed to be very good for your art brain. When one of our members dislocated her right shoulder, she persevered with her non-dominant left hand on these paintings of seaweed and shells and a landscape.

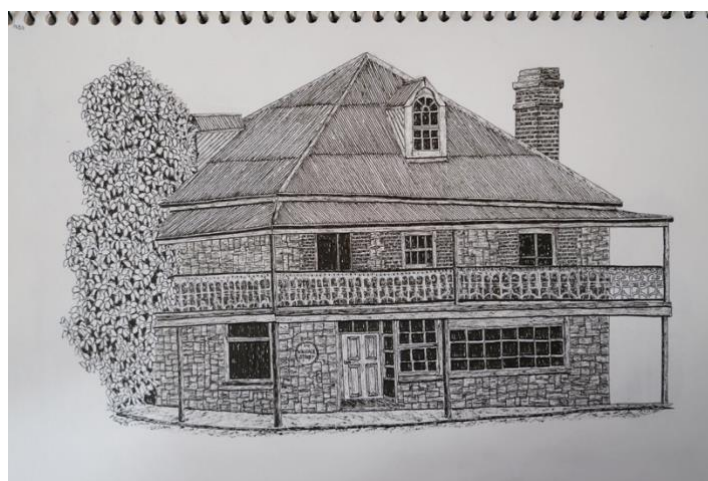
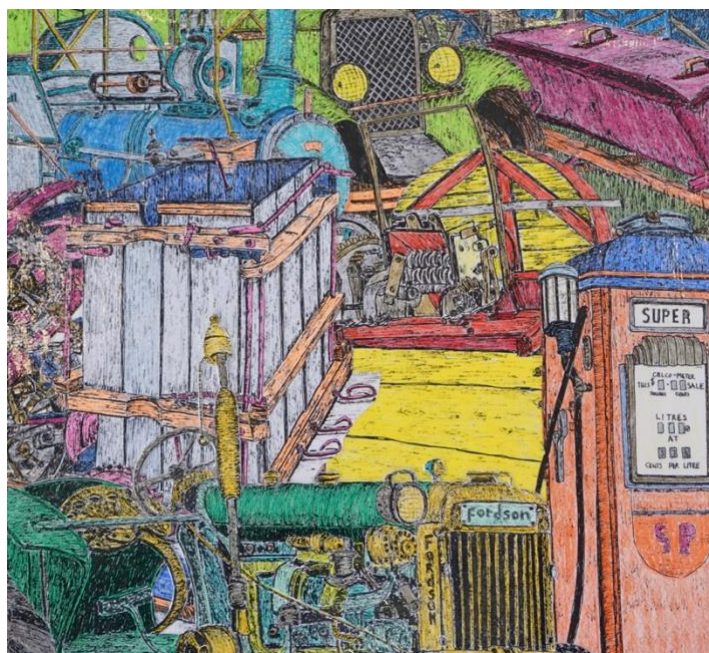


A lot of beautiful redheads began to appear when the group looked at the work of the Pre-Raphaelites.



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Finally, there is the work of those people who set their own path and just get into it. The remaining three images are the work of Peter Tilney who has made a lot of drawings of local buildings which he photocopies and collages into new works. Peter will tutor a new art class for U3A on Mondays at Cook in 2024.



Alyson Robinson  
Art Workshops, Curtin  
[robbo95@bigpond.com](mailto:robbo95@bigpond.com)



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## The Writers: Writing the Write Stuff

U3A members are not only talented with the brush – there are others who have a talent for words. The following short story is by Barry McGloin.

### Drowning in Blue

“Ever had one of those moments when you flip down the sunvisor and a huntsman drops into your lap? Guess who I bumped into today? Charlie Cravino.”

“You’re kidding me” says Marg, “must be out of clink.”

“That’s what I said to him”.

“Course you would Gus...”

“He said to me ‘I’ve done me time, paid me debt to Society. Straight from now on.’ Yeah, straight as a judge I thought. Remember when he tried to involve me in that pyramid scheme? All that Yankee razzmatazz, balloons and ‘Everything Is Beautiful’ loud over the speakers. Everyone singing it. I walked out.”

“Course you did.”

“Never saw him after that, until today, what 40 years later? Heard he got done for fraud. Anyway he’s talking about investing in AI.”

“Kidding.”

“Nah, straight up. Reckons we can make heaps.”

“We..? Gus... Gus!”

Gus quickly made his way out the back door. “Gotta check the chooks Marg.”

“Here girls. Chooky chooky chook.” He topped up the water, filled the feed and scattered some greens. Then checked the egg laying area again. Mmm, not laying much lately. A worry. Something’s amiss. I’m thinking that maybe your chook is like the budgie in the mines. This happened once before, when the bushfires came. They stopped laying...

I just love being out here, communing with these birds, it’s a special place, something about the smell of chooks and poo under the bluest of skies. We’re drowning in blue, me and my girls. It’s comforting. Marg knows she’s not to disturb me. Uh Oh. I expected it. She’s getting slow.

“Gus, did you read about those hundreds of scientists who said that AI could be an existential threat? And you want to invest in it?”

“Just business Marg. We’re on the ground floor of something great. The world will be a different place very soon, a decade or so. The cat’s out of the cradle. We can make oodles if we jump on this thing before the horse bolts.”

“Our existence Gus. And what about our kids and grandkids, how will they cope?”

“Marg, all will be good for humanity. You know that they can beat us at chess? And take the Roosies and Ukrainians, it’ll be AI vs AI. Robots vs robots, with AI weapons. No human was hurt in the making of this. I was just thinking that maybe chooks are a primitive form of AI. I mean, they’re quite happy to peck and scratch but still provide us with eggs. Simple but effective. Whoever invented the chook deserves a medal.”

“Gus, get real. You say they can beat us at chess. You think they’ll be happy to stop there? No way, if they have the imagination to do that, they’ll be taking over. They can be programmed to have a competitive nature, to solve problems. Not just machines vs machines. They have intelligence. They will develop personalities and egos, whatever it takes to get on top. Worse, they might become autonomous, one of the points the scientists make. And there will be no way to tell the difference between a robot and a human. Those scientists, people with scientific knowledge, years of training, they fear the worst.”

“Marg, Marg, you take it to extremes. Those people deal in possibilities and probabilities. They work at a desk with a graph. The world is greater than that. Look. Maybe they’ll invent a dumbed down AI so we’re not threatened.”

“Like the chooks Gus?”

“Marg, humanity is millions of years old. We’ve got this far. Q.E.D. What’s your problem?”

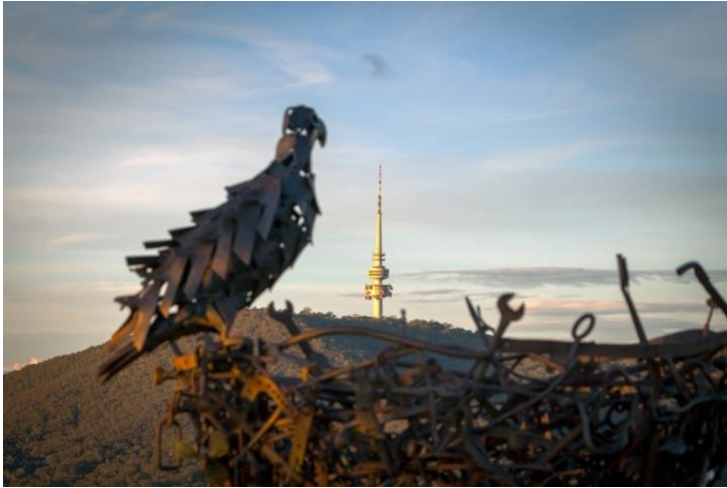
“Gus, the problem is that we’re going to be the chooks. Peck, scratch and plop. Pretty much what you do now, come to think of it...”

“Marg, you know I love it when you get sarky.”



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## The Photographers: The Beauty of Canberra



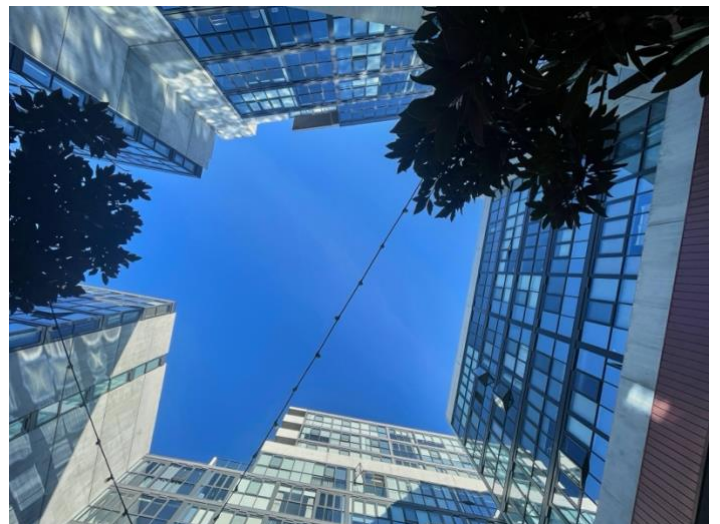
Rob Lee: Canberra Dairy Farmers Hill

Rob Lee: Canberra Arboretum



Yvonne Kilgour: Waterhole Hut,  
Settlers Track, Namadgi National Park

Judy W: Blue Sky

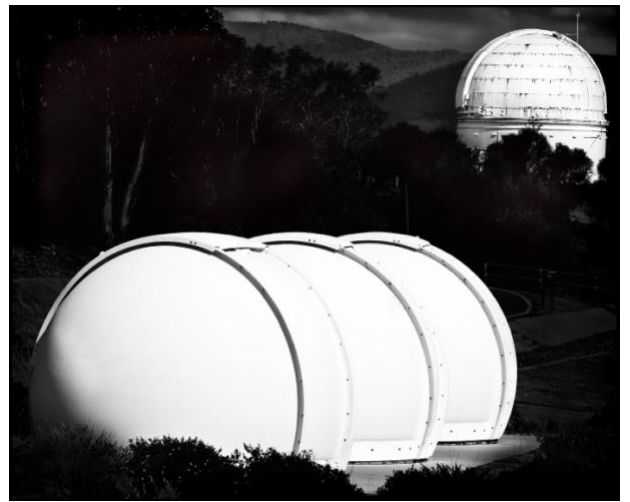




David W: Tuggeranong Buildings



Keith Penhallow: John Curtin School of Medical Research, ANU



Ross Anderson: Three Plus One



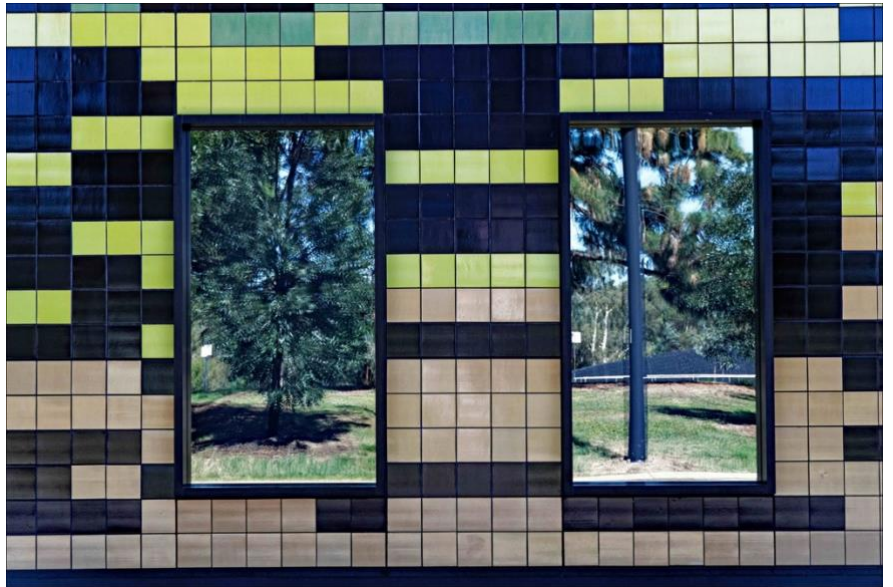
Keith Penhallow: Dinosaur Museum



Ross Anderson: On the Bench, Tuggeranong

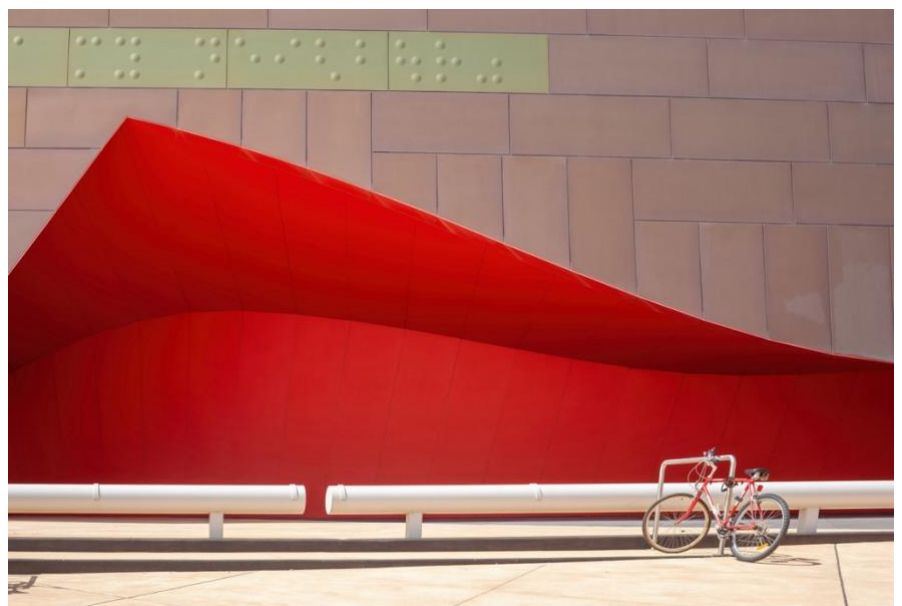


Keith Penhallow: National Museum



David W: Kingston Shapes

Rob Lee: Canberra National Museum







Rob Lee: Canberra Carillon

Rob Lee: Canberra National Library



Rob Lee: Canberra Lake Burley Griffin

*Photos curated by Glenn Davidson, February 2024 Newsletter Sub-Editor*

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## The Singers

### Warrani Chorale – Great singing, friendship & fun!

Following our very successful public concert on 22 November 2023, Warrani Chorale finished the year with a most enjoyable in-house concert and Christmas party. As always, items by some of our very talented members had the rest of us in fits of laughter and lifted everyone's spirits.



Warrani choir members enjoying the in-house Christmas concert.

Warrani Chorale is a U3A non-auditioned ladies' choir which currently has 55 members. We are very fortunate to have Helen Swan as our conductor. Not only is Helen a notable choral conductor, musician, music educator, opera singer and singing teacher but her friendly manner ensures that choir practices are very enjoyable. In addition, choir members benefit greatly from her expertise, and all would attribute improvements in their singing to the excellent guidance and tips which Helen imparts at practices.



Liz Hoffmann performing the humorous 'Camp Granada' by Allan Sherman.

The choir is keen to attract new members and newcomers are assured of a warm welcome. Practices are held weekly on Wednesdays at Yarralumla Uniting Church from 9:45 am to 12:00 noon beginning on 7 February 2024, and the start of the year is the ideal time to join us. For further details please contact our Membership Secretary, Liz Hoffmann, email [ebh61uk@gmail.com](mailto:ebh61uk@gmail.com), phone 0427 930 410.

*Margaret Martin  
Warrani Chorale  
[m.a.martin0602@gmail.com](mailto:m.a.martin0602@gmail.com)*



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## Harmonia Monday – Singers Wanted!

Can you sing in tune and hold a part? Have you ever sung in a choir or played an instrument? Haven't sung for years? It's never too late, now's your chance and we all improve with practice! Being able to sing from music is highly recommended but it's not essential to have a really great voice, and we don't audition. We especially need Tenors and Basses, but Sopranos and Altos are also welcome.

Our musical studies choir sings (in four-part harmony) a wide range of mostly classical short pieces from a range of periods. We are lucky to be guided by the talented (and patient) Oliver Raymond and Sheila Thompson, and to have the wonderful Jenny Kain for our piano accompaniment.



First semester 2024, we plan to sing – among other things: The Anvil Chorus from *Il Trovatore* by Verdi; *Gaudeamus Igitur*; *Lacrimosa* and *Dies Irae* from Mozart's *Requiem*; *Let their Celestial Concerts All Unite* from Handel's *Samson*; *I Bought Me a Cat* by Aaron Copland; and *Lass with the Delicate Air*.

We meet on Monday mornings from 9:30am to 12:00 noon at the Yarralumla Uniting Church, and resume for 2024 on Monday 5 February. We only charge a small term fee to pay for the venue and sheet music needed.

Enquiries to Marilyn Carey at [mcarey@netspeed.com.au](mailto:mcarey@netspeed.com.au)

*Sue Beatty*  
*Harmonia Monday*  
[sbeatty@outlook.com.au](mailto:sbeatty@outlook.com.au)



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# The Dancers

## Scottish Country Dancing at Turner

Since our launch in 2015, apart from enforced breaks due to the pandemic, we have had a regular two-hour class at the North Canberra Baptist Church Hall, starting at 10 o'clock on Thursday mornings. We now have more than 40 people across the whole age spectrum in U3A. Most weeks around 25 people join us for a couple of hours of mental and physical stimulation dancing to Scottish music.

When it comes to maintaining health, dance is one of the activities that is highly recommended by researchers into aging.

Scottish Country dancing is an example of set dancing where the dancers move through a sequence of formations in turn to complete the dance. While participants focus on learning and executing the dance, they incidentally engage in an activity that provides mental stimulation and promotes social interaction. In addition, like all dancing, it ticks many boxes: it is weight-bearing aerobic exercise involving balance and coordination. It's the exercise you do without noticing you are exercising. We laugh at our mistakes and rejoice when we nail a dance. The atmosphere is uplifting and positive, aided and abetted by traditional music – you don't have to be a Scot to enjoy it. All that with a cuppa and a biscuit for \$5.00 a week with a discount for upfront payment for the term.

After a few weeks experience, beginners regularly share a revelation with us: "This is really good for us!"...and if our response seems a bit lack lustre they proceed to reel off the benefits.

Thanks to having two halls at our venue, we are easily able to cater for new starters. Everyone participates in a warmup and a simple dance to get body and brain into gear before splitting into two separate groups: one for those who are newer to the dance style and would like to have some time to get the basics under their belts, and one for the rest who are able to enjoy more advanced dancing. The session ends with everyone back together to share a dance the newer dancers have rehearsed in the other hall followed by cool-downs.

Since we first started the class, the Scottish Country Dance Club of Canberra has sponsored two social events each year so members of our class can experience dancing in a social setting with music from 'live' musicians (as opposed to the recorded variety we use in class). It is an opportunity to meet the broader Scottish Country Dance community in Canberra and beyond. Most recently about 50 people enjoyed themselves at St Andrews Church Hall on a Saturday afternoon dancing to music provided by the Canberra Scottish Fiddlers.



Our bottom line is that everyone, including ourselves, is there to have an enjoyable experience. We like to think the fact we have been able to keep the group going for such an extended period suggests that at some level we are achieving our objective to have FUN!

You don't need a partner to join us – just comfy shoes and a water bottle. If you would like to join our friendly group or need further information call Jan Clark (0404 038 439) or Bruce Clark (0404 459 321).

*Bruce and Jan Clark  
Scottish Country Dancing  
bruce.clark@iinet.net.au*

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## Historical Dance

The Historical Dance group finished 2023 with a celebration to demonstrate a few of our dances for our family and friends. As a group, we enjoy the challenges that this type of dancing provides, including exercising both the mind and the body. Whilst we may not be as elegant as those dancers you see in period dramas such as the film adaptations of Jane Austen's novels, we have lots of fun and share many laughs. The dances we have been learning over the last four years under the patient instruction of Tony Turner, range from the Basse (a very early slow dance from the 12th century) to the livelier Roger de Coverley. One of our more intricate dances is the intriguingly named Mr Beveridge's Maggot. ('A maggot, by the way, is not an insect here; it is a bit of whimsy or silly extravagance, in this context.' Source; Mara Shea <https://www.marashea.com/product-page/mr-beveridge-s-maggot-an-english-country-dance>)

At our end of year celebration, we enjoyed dancing The Pavane, Goddesses, Pied en l'air and the French Bourrée. There was also a little number of our own devising which needed a lot of energy (good for getting the heart rate up) and resulted in much hilarity. We don't call ourselves the Hysterical dancers for no reason!

So, if you are looking for exercise, entertainment, and socialising opportunities, why not join us on Fridays 11:00am – 1:00pm during school term time?



Above: Pied en l'air – a slow, elegant dance, possibly originating in the Renaissance, which we dance to the 5th Movement of Peter Warlock's Capriol Suite.



Above left: Goddesses from 1600s England



Above right: The Pavane from the Tudor Court

*Sharon Hayes*  
*Historical Dancing*  
*m.sharonhayes@gmail.com*





## January Strings

We've been busy during the holiday period with a couple of special play afternoons designed for our musical pleasure and an opportunity to tune into ensemble playing after the holidays. Approximately 15 string players, including double bass, cellos, violas and violins, gathered for the 'January Strings'. We thoroughly enjoyed the opportunity to get back to playing as a group and we all agreed that the music selected by our coordinator, Cheryl Peffer, was perfect. Here is a taste of what we played:

- Blue Tango – Leroy Anderson
- Rondo from String Quartet No.6 – Mozart KV159
- Entr'acte from Divertimento for String Quartet – Mozart KV138
- The Bird – Haydn
- Brandenburg No.3 – Bach
- Minuet – Bach
- Toccata – Frescobaldi
- La Cinquantaine – Marie

We think the photos say it all. It is wonderful to have friends in music.



## Musicians welcomed

As a U3A ACT activity, the Brindabella Orchestra especially welcomes musicians aged 50 and above as this group is eligible to join U3A ACT (course M010.15). U3A ACT starts this year on Saturday 3 February. To find out more, please see our website and read the Information for Members page and contact us via email [info@brindabellaorchestra.net](mailto:info@brindabellaorchestra.net)

We are also interested in recruiting younger players to extend the range of instrumentalists available to the Orchestra and to strengthen its instrumental sections to enable the Orchestra to perform more varied repertoire. We have vacancies for experienced string and brass players.

## 2024 Concerts

We have three concerts planned for 2024: Sunday 5 May, Sunday 25 August and a final concert date to be advised. All concerts start at 3:00pm and are held in the Weston Community Hub Neighbourhood Hall, Corner of Hilder and Gritten Streets, Weston. Book online via our website one month before the concert date.

*Jenny Robinson*  
Publicity Brindabella Orchestra  
[info@brindabellaorchestra.net](mailto:info@brindabellaorchestra.net)

<https://www.facebook.com/brindabellaorchestra>, [website](#)



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## U3A Course News

### Understanding Your Superannuation & Managing Your Retirement Investments

As we grow older, we need to understand and manage our changing financial situations. Carol Flynn's superannuation and retirement investment courses continue to be very popular. While offering no financial advice, these two courses explain the systems of superannuation, pensions, and financial investments for those who need to have better conversations with financial institutions and advisers.

Each course is sequential and runs twice a year for ten weeks on Tuesdays. In 2023 from September to November, twenty-two people attended **Understanding your Superannuation**, and twelve attended **Managing your Retirement Investments**. No prior knowledge is required.

Participants can access the courses in three ways:

- In person ('Roomers')
- Live on Zoom ('Zoomers') which enables interaction with the whole group and/or
- Through the Zoom recording available for seven days.

Numbers varied each week – about 20% always came in person, another 20% attended only on live Zoom, and up to 30% watched the recording later. The majority used the flexibility to match their own needs and circumstances. Illness, holidays or living outside Canberra did not interrupt their attendance at these sequential courses. On the day, people chose the access that suited them best. Indeed, one person delayed at home, listened to the first part of the day's course while driving in and then joined us for the second part!

People found both courses very useful and many used the Zoom recordings to revise or check their understanding. Comments included:

*Thank you for a very professionally presented course. U3A courses can be a bit hit or miss – yours is definitely in the "hit" category. You've made me aware of a whole field that I have steadfastly ignored because it was "too hard". I can see now that some of the basics are at least manageable.*

*It's my view that you have nailed it! Excellent presentations throughout the program, including recaps for each segment to ensure all participants' understanding. Additional clarification and comments were encouraged at regular intervals during the presentation and after, when needed.*

In 2024 the courses move to Tuggeranong and will commence on 12 March and 17 September at the Tuggeranong Library Community Room.

Carol Flynn OAM  
cpfn64@gmail.com

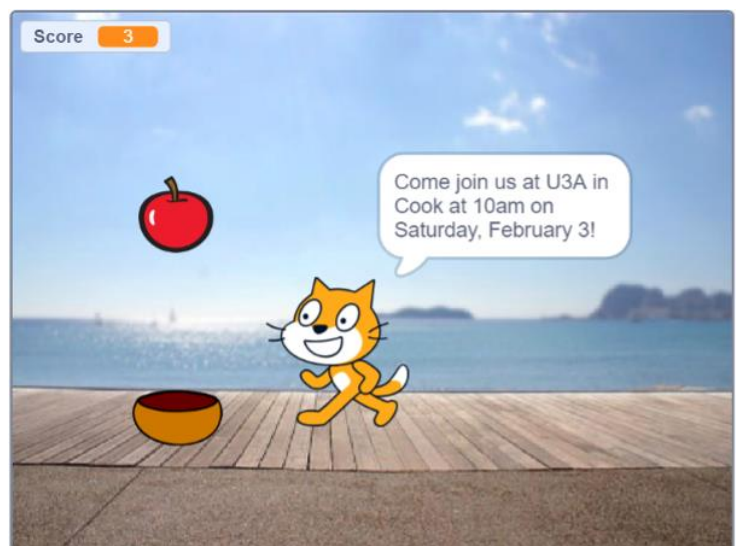
### Scratch is back at U3A!

After taking a break to run at National Science Week last year (which was attended by many U3A members), the Creative Computing Workshops (using [Scratch](#)) have returned to the U3A Cook facility.

The next workshop is on Saturday 3 February 2024 from 10:00am to 1:00pm.

You don't need to know anything about computers to join, but being creative and having a sense of fun does help. With simple mouse clicks you'll be able to create colourful characters that move, dance, speak, and sing. And add engaging backgrounds, as well as including your own images. You might even be able to share your creations with the grandkids.

Tom McCoy  
[mobilemccoy@gmail.com](mailto:mobilemccoy@gmail.com)  
0402 050 852.



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## Healing Ourselves and Our Planet 2024



Dr John Beaney MB, BS, LRCP, MRCS, a retired GP who is focused on educating people about the impacts of the modern diet on our metabolic health. John spent most of his life as a GP gradually getting heavier – by September 2013, he weighed in at 108kg and decided enough was enough. By June 2014, he was 85kg and his weight has stayed stable since. This set him off on a journey of discovery into a world of nutrition where doctors rarely tread. John found that it is possible to enjoy a healthy, nutritious, and satisfying diet – and be slim – without hunger.

John now lectures on how, at any age, it is possible to significantly reduce the burden of chronic disease, most of which is the result of our modern diet. His course runs for 34 weeks and covers a diverse range of topics including leaky gut syndrome,

regenerative farming, and climate change.

SHE121.02 commencing 30 January 2024 Healing Ourselves and Our Planet (Tuesday)

SHE121.01 commencing 2 February 2024 Healing Ourselves and Our Planet 2024 (Friday)

Both classes are live – Friday repeats Tuesday. The first week is an introduction to the whole course and members can join at any time during the 34 weeks. Sign up for your preferred day but you are welcome to switch. It is not necessary to attend every week.

*Dr John Beaney*  
[ozebeanz@gmail.com](mailto:ozebeanz@gmail.com)

## Have You Ever?

Thought about writing a novel but could never get started? Wanted an autobiography that you could pass on to your grandchildren? Flicked through a travel diary from years past that should be a travelogue illustrated with the photos you took? Or wished you could record the life of a beloved pet that shared part of your life?

U3A writers just like you have demonstrated that all these are possible. Not just possible but achievable. Meeting up with like-minded members once a fortnight, to read something you have written, painlessly provides the push we all need. Step by step, event by event, year by year the narrative grows and grows. Before you know it, you have written something of significance to share with family and friends.

Attending a session once a fortnight will ensure that you take action rather than to just continue thinking about it. There are still a few seats available in the Life Writing course with Code SBS036.01 so enrol now!



This is Sandy whose adventures were recorded as 'A Good Dog's Life'

*Frank Roseby*  
[frank.roseby@gmail.com](mailto:frank.roseby@gmail.com)



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## University of Canberra: Audit Courses

U3A members can 'audit' (i.e. attend) courses at the University of Canberra.

More information is available at <https://www.u3acanberra.org.au/members/courses-uc.html> and <https://www.canberra.edu.au/about-uc/learning-at-uc/university-of-the-third-age-u3a-members>

The first learning block starts on Monday 5 February 2024 and ends on Friday 3 May 2024.

Enrolment opens on Monday 22 January 2024. You can enrol by completing the form at <https://www.canberra.edu.au/about-uc/learning-at-uc/university-of-the-third-age-u3a-members/unit-registration>

*Karin Hosking*  
[ucanberra@u3acanberra.org.au](mailto:ucanberra@u3acanberra.org.au)

## Tuesday Forums Return 20 February 2024

The very popular Tuesday Forums, conducted via Zoom, will kick off for 2024 on Tuesday 20 February (12:30 to 1:30).

There will be a range of expert speakers on an eclectic range of topics with a strong focus on current affairs, both domestically and internationally. Some popular speakers will return to provide updates on such areas as AI or Australian military history, or to cover areas of some controversy. Noting half of the world's population is eligible to vote in an election this year (a global record), we hope to have speakers on some of these more consequential elections, be it in Taiwan, India, Indonesia, the US, etc or even our own ACT Assembly election.

Details on speakers on a rolling three-week cycle will start in the eBulletin in February, including registration details. Those participants in the Forums who are pre-registered will continue to receive details on a weekly basis. There will be the occasional gap in the talks to reflect the organisers being on holidays etc (away all May).

Whilst yet to be confirmed, the first talk on 20 February is scheduled to cover 'What may we expect in Australian politics in 2024' with two well-regarded political commentators. Follow-up talks in March will include cybersecurity, an update on global 'hot spots', the US elections, and the new think tank 'Canberra for a Better Future'.

## Family History ACT: Irish Conference



**UNCOVERING YOUR IRISH ANCESTRY- ULSTER ROOTS**

Tuesday 20<sup>th</sup> February 2024  
9.30 am - 4.30 pm in the Cook Community Centre or via Zoom

Our speakers:

- Richard Reid** - Tales of Gweedore, Dromore, and the Belfast Workhouse
- Perry McIntyre** - Researching Orphan Girls in Ulster Workhouses
- Fintan Mullan** - The Ulster Plantation and Sources for Finding Seventeenth-Century Families in Ireland (not just Ulster) and Using Irish Wills and Testamentary Records
- Gillian Hunt** - The Great Famine in Ireland

Details available at [Family History ACT](#).

*Dr Michele Rainger*  
*President Family History ACT*  
[michelerainger@gmail.com](mailto:michelerainger@gmail.com)

## U3A NSW News

U3A ACT is heavily involved in the workings of the various 'peak' U3A bodies, namely The U3A Network NSW Inc and U3A Australia – both seek to foster co-operation and sharing of information. The U3A Network NSW Inc consists of over 60 autonomous U3A where information is shared through regular meetings, newsletters and annual conferences. Alex Gosman is a committee member of U3A Network NSW Inc and the Chair, Denis Simond, has been very successful and pro-active in reinvigorating the Network, including through running committee meetings characterised by a wide-ranging exchange of views and ideas on ways to encourage greater co-operation.

U3A Australia is the national face of the U3A movement, bringing together the state and territory networks of U3A groups throughout the country. Current Chair Glen Wall, Vice President of U3A Network Victoria, is looking to a greater advocacy role for the organisation. Bob Nield represents the ACT on U3A Australia.

*Alex Gosman, Vice President U3A ACT*  
[vicepresident2@u3acanberra.org.au](mailto:vicepresident2@u3acanberra.org.au)

## 2024 Network NSW Conference

Preparations are well underway at Eastlakes U3A for a dynamic and fun-filled **Network NSW U3A State Conference Program**.

**Workshops** are central to the conference experience and this year we have a range of options to offer conference attendees. Fundamental to all the workshops is the sharing of ideas and experiences which participants can take back to their own U3A. Whether you are keen to gather some practical ideas and resources on writing **successful grant applications**, interested in taking a guided tour through Eastlakes U3A's custom-made **On-line Management System**, or sharing some of the wonderful resources already in use around the state, the workshop program will inspire you.

Not so keen on the heady world of systems and facts and figures? Participants can also choose to explore some creative decision-making strategies, see what's happening in the world of music in our U3A groups, or just gain inspiration for adding fun and frivolity into the mix. Maybe you would just like to 'Zen' out with a lakeside walk and Qi Gong session. We are also working on some options for morning Yoga sessions.

**Keynote Speakers** are an inspiring feature of any conference and this year we have two fabulous speakers – Deborah Wallace, retired Detective Superintendent, and Professor Francis Kay-Lambkin, mental health researcher. Both are dynamic and inspirational women who will provide food for thought and affirmation of the value great work we as an organisation are doing for our senior communities.

**Conference dinners** are often the highlight, and this year will be no exception. The beautiful Belmont 16s Sailing Club will be the host for the conference and its recent \$20 million renovations will provide a taste of luxury and class. The Gala Conference Dinner will feature fine food, wine, and entertainment from the talented members of several local U3A groups. Options for post-conference lunch or dinner tours of our beautiful Lake Macquarie will make our 2024 U3A Network NSW Conference an unforgettable and rewarding experience.

*PLEASE NOTE: There have been some changes to the timings in the published program, but the content is still the same. The website will be updated when all the changes have been finalised.*

Click on <https://nsw.u3anet.org.au/conference24/> for details of the Conference Package, including instructions on how to register.



The poster features the U3A logo (Network New South Wales, Learning for Life) and a map of NSW. The main text reads: 'STATE CONFERENCE - 2024', 'Inspiring Our Future', 'Monday & Tuesday 8th & 9th April 2024', 'Belmont 16s The Parade, Belmont'. Below this is a 'Conference Package' section with a table of options:

* Program	* Registering for Conference
* Workshop Choices	* Accommodation Options
* Keynote Speakers	* Post Conference Tour Options

Below the table, it says 'U3A Committee Members & Friends ALL Welcome'. Contact details are provided: 'Email details for additional information: Annette - [webandpublicity@eastlakesu3a.com.au](mailto:webandpublicity@eastlakesu3a.com.au), Alice - [syssupport@eastlakesu3a.com.au](mailto:syssupport@eastlakesu3a.com.au)'. A large '\$150' icon is shown next to a photo of the Belmont 16s Sailing Club building. The bottom text reads: 'State of the Art Conference Facilities at the newly-renovated Belmont 16s'.

*Annette McEwan*  
*Web and Publicity Officer*  
*Eastlakes U3A*  
*U3A Network NSW State Conference 2024 Convenor*



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## Like-Minded Programs

### ANU Community Music Centre: Talks of Note – Musical Reflections

The Australian National University (ANU) Community Music Centre will present a journey across genres at the Llewelyn Hall, William Herbert Place, Canberra.

U3A has recently signed a Memorandum of Understanding (MOU) with the School of Music at the ANU for the delivery of eight lectures over 2024 covering different musical genres. This dynamic and engaging series of lectures spaced throughout each year will feature a variety of informative and interesting talks on different musical genres, with representation of various musical styles, composers, and topics. Audiences are encouraged to engage in lively discussions with the presenters and other audience members.

Registration is \$20 for the first four talks. Registration and a detailed flyer on each talk and presenter is available now from [forums@u3acanberra.org](mailto:forums@u3acanberra.org).

The lectures will be on Tuesdays and follow this format:

10:30 – 11:00	Arrival, tea/coffee
11:00 – 12:00	Talk
12:30 - 1:15	Members can stay for a free lunchtime concert

#### Lecture One 26 March 2024: Tobias Cole – ‘A birthday celebration of Handel’s most famous opera’

Tobias Cole (countertenor, conductor, director of Handel in the Theatre and host of Cole’s Opera Salon) will discuss the opera, *Julius Caesar*, including performing key excerpts.



Photo by Jeff Busby from the Opera Australia production of *Giulio Cesare* 2006, Tobias Cole as Cesare.

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## Lecture Two 23 April 2024: Leisa Keen – ‘Sarah, Ella & Me’

Leisa Keen compares the music and careers of Sarah Vaughan and Ella Fitzgerald.



## Lecture Three 21 May 2024: Sarah Mann – ‘Singing. Unplugged’

PhD Candidate Sarah Mann (soprano) explores Western operatic singing perception. Join Sarah as she summarises and demonstrates her research into Western operatic singing.



## Lecture Four 4 June 2024: John Ma & Marie Searles – ‘Revisiting musical assumptions in Baroque and Classical music’

This talk will examine some of the concepts from the Baroque era (300 years ago) and the way that we employ them in our interpretations of music from the past.



Photo: Peter Hislop



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## National Film and Sound Archive (NFSA)

### Radio 100 Symposium: 100 years of commercial radio in Australia

The first officially licensed radio broadcast in Australia hit the airwaves in November 1923 – the rest is history. From AM/FM to CB, transistors, audiobooks and podcasts, Australia is a nation of audiophiles. We tune in for breaking news and in times of crisis, as well as to discover new music, pass the time on our daily commutes, and to enjoy familiar voices chatting to us on topics of interest.

As part of our Radio 100 celebration, the NFSA is proud to partner with the Centre for Media History at Macquarie University to deliver three fascinating presentations on Australian commercial radio's 'golden days'. Join us as we share knowledge and insights, with a healthy dose of curiosity and plenty of nostalgia.



**When and Where: 10:00am 14<sup>th</sup> February 2024, NFSA Theatre**

#### Program

10:00 Patrick McIntyre	Introduction by the CEO of the NFSA
10:15 John Potts	<i>The Commercial in Australian Commercial Radio: The Power of the Sponsor, 1930s – 1950s</i>
11:15 Virginia Madsen	<i>Sounding dramas and legacies of amnesia in commercial radio audio fiction, from broadcast nostalgia to podcast new wave</i>
12:15	Lunch
1:15 Bridget Griffen-Foley	<i>From Cupid's Conquests to Midnight Matchmaker: Romance on Australian Commercial Radio</i>
2:15	Concluding remarks

After the symposium, we invite you to take the opportunity to relax and chat with friends in the NFSA's beautiful 1930s courtyard, or to visit newly refurbished spaces in the NFSA's distinctive Art Deco building: The Library and Mediatheque. Attendance is free (bookings essential and available [here](#)).

Andrea Hope  
U3A Committee  
[andreahope@live.com.au](mailto:andreahope@live.com.au)

## National Archives Australia (NAA)

### Focus: Australian government photographers

From the NAA website: Between 1939 and 1996, dozens of photographers were employed by government agencies to capture Australian life. This fascinating exhibition delves deep into the lives and work of these talented individuals who helped to preserve our rich visual heritage, including Harry Frauca, Max Dupain, Mervyn Bishop and many more.

Focus invites visitors on a journey spanning six decades of Australian life. Explore a diverse selection of work that includes intimate nature photography, striking architectural shots and images that capture everyday memories from Australia's past. Step into our virtual darkroom and experience the magic of photography by watching pictures develop before your eyes. Experience the power of photography to shape perceptions, ignite conversation and preserve memories. The exhibition is free and runs until 10 June 2024. More details [here](#).

Glenn Davidson  
February 2024 Newsletter Sub-Editor

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## National Library of Australia (NLA)

### Treasures Gallery

From the NLA website: The Treasures Gallery highlights the extraordinary holdings of the National Library of Australia. From maps and rare books to manuscripts, photographs, paintings and ephemera, it is where you will find many of the Library's most important, unexpected and unique items. Be intrigued, surprised, challenged and amazed by the stories our treasures tell about Australia's history and culture.

The current exhibit includes a display about Garigal man Bungaree and Murro-ore-dial woman Kaaroo, a rare oil painting by Ellis Rowan, James Cook's journal from the Endeavour voyage, and a display about the reform of anti-gay laws in Australia. The Realia Wall has also been refreshed, with additions including photographer Harold Cazneaux's first camera. Entry is free. More information is available [here](#).

*Glenn Davidson  
February 2024 Newsletter Sub-Editor*

## National Portrait Gallery (NPG)

### Ralph Heimans: Portraiture. Power. Influence.

From the NPG website: This is the first major exhibition of the Sydney-born artist's work in his home country. Heimans is an internationally sought-after portraitist known for his meticulously realised paintings that revitalise a centuries-old tradition and provide insights into the lives of the prominent and powerful. His work is defined by his bold approach to geometry, luminosity, symbolism and draughtsmanship.

The exhibition will feature some of the most significant portraits in the artist's career to date, from early major works such as his painting of HM Queen Mary of Denmark through to his most recent paintings. Commissioned paintings will offer a behind-the-curtain peek into the lives of sitters including King Charles III, Dame Judi Dench and Dame Quentin Bryce AD CVO. A number of studies that explore Heimans' complex process and technique will accompany the large-scale portraits.

The exhibition will present portraits loaned from private and public collections in Australia and overseas, some of which have never been exhibited publicly in Australia.

Presented exclusively at the National Portrait Gallery from March to May 2024. More information is available [here](#).

*Glenn Davidson  
February 2024 Newsletter Sub-Editor*

## National Gallery of Australia (NGA)

### Emily Kam Kngwarray

From the NGA website: Emily Kam Kngwarray celebrates the timeless art of a pre-eminent Australian artist, one of the world's most significant contemporary painters to emerge in the twentieth century. A senior Anmatyerr woman, Kngwarray devoted her final years to painting, creating works that encapsulate the experience and authority she gained throughout an extraordinary life.

The exhibition will be an extensive survey of Emily Kam Kngwarray's work, bringing together the most important works of her oeuvre, from early vibrant batik textiles to later monumental paintings on canvas. The exhibition will also feature an audio-visual collaboration with the artist's community, with the songs of the awely that informed Kngwarray's works woven through a series of immersive soundscapes and audio tours.

Emily Kam Kngwarray includes paintings, textiles and works on paper drawn from international and national collections. Many never before seen works from private collections are included in the exhibition, along with new acquisitions of the artist's seminal works in the national collection.

More information is available [here](#).

*Glenn Davidson  
February 2024 Newsletter Sub-Editor*



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# Australian National University (ANU): Medical Research

## School of Medicine and Psychology

The ANU School of Medicine and Psychology has benefited previously from the participation of U3A members and feedback indicates that members have enjoyed contributing to the process of research. Currently two PhD students are seeking the assistance of U3A members for two studies. Participants in these studies will receive \$20 per hour and access to free parking.

- **How We Pay Attention (1 hour):** Our visual system prioritises the processing of stimuli by paying attention to some parts of the visual environment and ignoring others. This study aims to identify the processes that operate below the level of conscious awareness that affect attention. Participants will undertake a short screening test and a computer-based task using a touch pad to respond to objects on a screen. Participants need to be 60+ with normal vision (including with glasses and/or contact lenses) and no neurological conditions. Contact Les Andrews (0477 654 146 or [Leslie.Andrews@anu.edu.au](mailto:Leslie.Andrews@anu.edu.au)).
- **Association between Cognitive Lifestyle & Task-Switching in Young & Older Adults (1.5 hours):** Task-switching is the ability to alternate between multiple tasks sequentially. This project will investigate the association between 'cognitive lifestyle' and task-switching performance in young and older adults. Participants will complete two short screening tests, three questionnaires and a computer-based task. The computer-based task involves responding to a stimulus (e.g., a single-digit number) on a computer screen following one of the two given rules (e.g., greater or smaller than 5). Participants need to be 60+ with normal vision (including with glasses and/or contact lenses) and no neurological conditions. Contact Xuanning He ([Xuanning.He@anu.edu.au](mailto:Xuanning.He@anu.edu.au)).

*Les Andrews*  
*PhD Candidate, ANU*  
*[Leslie.Andrews@anu.edu.au](mailto:Leslie.Andrews@anu.edu.au)*

## University of Canberra: Think Tank

### Centre for a Better Canberra

Canberra, as Australia's capital and seat of the Federal Government, is the home to multiple think tanks that focus on such areas of policy as the environment, international relations, the economy etc. But Canberra and its region has never had a think tank focussed on Canberra itself – a city of near half a million people that includes Canberrans who run schools, hospitals and hotels, design and build homes, make music, art, and wine.

That has now changed with the establishment of the Centre For A Better Canberra (FAB CBR), housed at the University of Canberra. The Centre will 'advocate in the interest of the Canberra community, putting its needs and priorities at the heart of its agenda. The Centre will work with citizens, connecting Canberrans with local learning and bridging the gap between academia and the functional needs of the community.'

The vision of FAB CBR will be 'Keeping the essence of what makes Canberra great and adapting to changes as our city and region grow.' Well known Canberran, Professor Chris Wallace, has been appointed the Academic Director of the Centre supported by a highly experienced secretariat. Chris is a Professor at UC and has experience in the press gallery as a political journalist and an author.

The FAB CBR has highlighted its willingness to hear about initiatives to create a better Canberra. It is establishing an Advisory Board to guide its work and expressions of interest in membership are sought by 31 January. Further details available on <https://www.canberra.edu.au/about-uc/fab-cbr>. You can also sign up for regular newsletters etc. Mr Martin Greenwood, the CEO of FAB CBR, will address a Tuesday Forum in March and talk to the role and activities of the Centre.

U3A ACT will look to the opportunity to engage with the Centre noting our already strong relationships with local tertiary institutions and the benefits these relationships provide to an active and engaged seniors' community. Whilst U3A is not a 'lobby group', our membership will benefit from initiatives that strengthen community in Canberra.

*Alex Gosman*  
*Vice President, U3A Canberra*  
*[vicepresident2@u3acanberra.org.au](mailto:vicepresident2@u3acanberra.org.au)*

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## National Botanic Gardens: Volunteer Opportunities

The Gardens are looking for people who are passionate about engaging with visitors to the Gardens. They are currently recruiting Volunteer Guides, with training beginning in March 2024. There are openings for Visitor Centre Volunteers to support our Visitor Service team and provide information to visitors to the Gardens. Later in 2024 the Gardens will be recruiting Conservatory Volunteers who will provide information to people entering the Ian Potter Conservatory, due to open later in 2024. For further information email Sue Norman, the Volunteer Manager.

*Sue Norman*  
Volunteer Manager  
[volunteer@anbg.gov.au](mailto:volunteer@anbg.gov.au).

## National Trust NSW

### Braidwood Country House and Garden Weekend – 4-5 May 2024

Be transported back in time as you explore an array of historic houses rarely open to the public and meander through stunning autumnal gardens in charming Braidwood, the very first town to be listed on the NSW State Heritage Register.



Bedervale, Braidwood  
Photographer: C. Shain

Among the significant properties opening exclusively for this self-drive weekend are Mt Elrington (1827), the 1839 Nithsdale and the 1842 *Bedervale* (pictured), designed by John Verge, with much of its original furniture vested to the care of the National Trust of Australia (NSW) still in place.

Timings:

- Saturday 4 May, 10:00am – 4:00pm (optional light lunch at Braidwood Services Club by the local CWA)
- Sunday 5 May, 9:30am – 1:00pm

Tickets: National Trust members \$165, non-members \$195 + booking fee. Light lunch \$25.

- Bookings and more info: [nationaltrust.org.au/event/braidwood-country-weekend/](https://nationaltrust.org.au/event/braidwood-country-weekend/) (See also Walks and Tours item on page 27)

Bedervale dining room.  
Photographer: C. Shain



National Trust NSW  
Enquiries: (02) 9363 2401  
[lindesay@nationaltrust.com.au](mailto:lindesay@nationaltrust.com.au)

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## U3A Walks & Tours

### DISCLAIMER

*Most activities involve some element of risk. Bushwalking, in particular, is a potentially dangerous activity and requires an appropriate level of fitness. Whilst U3A ACT Inc maintains public liability insurance and will endeavour to protect your safety, it cannot remove all the dangers. It therefore assumes that all participants, by booking, consider themselves to have appropriate levels of fitness and mobility, in respect of which they participate at their own risk. More details from [tours@u3acanberra.org.au](mailto:tours@u3acanberra.org.au).*

### New Tours Officer

The advertised meeting held at Hughes on 23 January failed to produce anyone willing to take on Garth Setchell's long-standing role as Tours Officer. Although nearing the age of 87, Garth will continue in that role for the time being but would be only too happy to have a confidential talk with anyone willing to consider this important task.

One good piece of news, however, is that two members expressed a willingness to take on the task of managing bookings after a trial period.

### Prospective Tours

If interested, please note the dates of the following prospective tours. Details, once known, will be published in a forthcoming eBulletin.

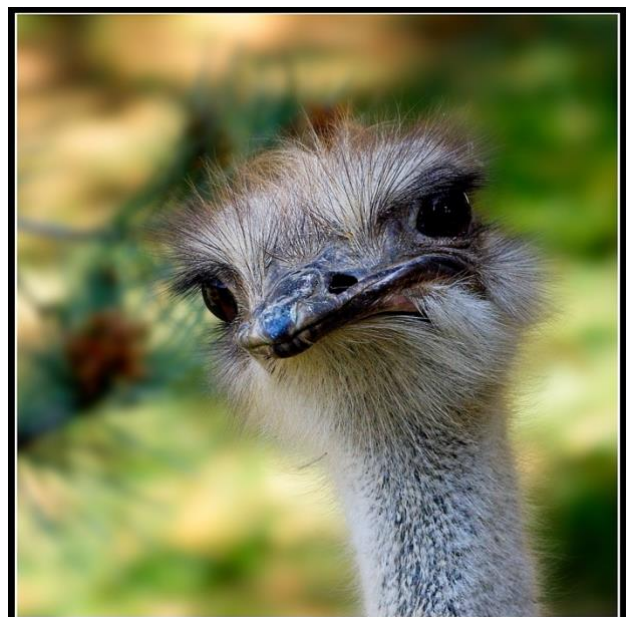
- Saturday 4 and Sunday 5 May: Braidwood – two one-day coach tours to historic properties and gardens being opened by the National Trust (NSW) Women's Committee. (See separate item by the National Trust on page 26)
- Saturday 10 August: Cosi Fan Tutte – a one-day coach tour to a matinee performance of Mozart's opera at the Sydney Opera House.

*Garth Setchell*  
[tours@u3acanberra.org.au](mailto:tours@u3acanberra.org.au)

### I'll Be Seeing You ...



David Raff, The Eyes Have It,  
National Zoo and Aquarium



David Raff, Quizzical Ostrich,  
National Zoo and Aquarium



## Key Contacts within U3A

**Note:** A full listing of contacts for all our volunteer coordinators and managers and key volunteers is available for downloading and printing on the members' pages of our website at the Contacts Tab.

COMMITTEE MEMBERS AND KEY CONTACTS 2024 (as at 15 January 2024)			
Committee Members	Name	Email	Phone
President	Lindsay Rae	<a href="mailto:president@u3acanberra.org.au">president@u3acanberra.org.au</a>	0474 435 500
Vice President	Simone Clark	<a href="mailto:vicepresident1@u3acanberra.org.au">vicepresident1@u3acanberra.org.au</a>	
Vice President	Alex Gosman	<a href="mailto:vicepresident2@u3acanberra.org.au">vicepresident2@u3acanberra.org.au</a>	0414 258 745
Treasurer	Graeme Swift	<a href="mailto:treasurer@u3acanberra.org.au">treasurer@u3acanberra.org.au</a>	
Secretary	Tom Flynn	<a href="mailto:secretary@u3acanberra.org.au">secretary@u3acanberra.org.au</a>	
Ordinary member	Gary Davis	<a href="mailto:kylo@pcug.com.au">kylo@pcug.com.au</a>	0410 028 629
Ordinary member	Paul Minogue	<a href="mailto:PMinogue56@gmail.com">PMinogue56@gmail.com</a>	
Ordinary Member	Andrea Hope	<a href="mailto:andreahope@live.com.au">andreahope@live.com.au</a>	
Ordinary member	Christine King	<a href="mailto:cbking@iimetro.com.au">cbking@iimetro.com.au</a>	
Ordinary member	Kristine Riethmiller	<a href="mailto:kristine5656@gmail.com">kristine5656@gmail.com</a>	
Ordinary member	Bob Nield	<a href="mailto:bob.nield@bigpond.com">bob.nield@bigpond.com</a>	0430 487 539
Ordinary member	Cissy Parker	<a href="mailto:cissy@emusoftware.com.au">cissy@emusoftware.com.au</a>	0404 391 056
Ordinary member	Peter Sheldrake	<a href="mailto:peter@travellingnorth.com">peter@travellingnorth.com</a>	0411 104 181
Ex officio member	Keith Huggan	<a href="mailto:chaircsc@u3acanberra.org.au">chaircsc@u3acanberra.org.au</a>	0413092275
OUR SERVICES FOR MEMBERS			
Enquiries: Cook	Office volunteer		62518005
Enquiries: Hughes	Office volunteer		62816998
eBulletin	eBulletin team	<a href="mailto:ebulletin@u3acanberra.org.au">ebulletin@u3acanberra.org.au</a>	
Facebook	Julie Polson	<a href="mailto:facebook@u3acanberra.org.au">facebook@u3acanberra.org.au</a>	
Newsletter	Newsletter team	<a href="mailto:newsletter@u3acanberra.org.au">newsletter@u3acanberra.org.au</a>	
Member Liaison Person	Christine King	<a href="mailto:memberliaison@u3acanberra.org.au">memberliaison@u3acanberra.org.au</a>	
Membership enquiries	Dorothy Zenz	<a href="mailto:membership@u3acanberra.org.au">membership@u3acanberra.org.au</a>	
Suggestions		<a href="mailto:suggestions@u3acanberra.org.au">suggestions@u3acanberra.org.au</a>	
Tours	Garth Setchell	<a href="mailto:tours@u3acanberra.org.au">tours@u3acanberra.org.au</a>	6290 1100
Tuesday Forums	Alex Gosman	<a href="mailto:forums@u3acanberra.org.au">forums@u3acanberra.org.au</a>	0414 258 745
Uni of Canberra enquiries	Karin Hosking	<a href="mailto:ucanberra@u3acanberra.org.au">ucanberra@u3acanberra.org.au</a>	
New volunteers	Julie Polson	<a href="mailto:volunteerliaison@u3acanberra.org.au">volunteerliaison@u3acanberra.org.au</a>	
OUR SERVICES FOR COURSE LEADERS			
Chair Courses Sub-Committee	Keith Huggan	<a href="mailto:chaircsc@u3acanberra.org.au">chaircsc@u3acanberra.org.au</a>	
Proposals for new courses		<a href="mailto:courses@u3acanberra.org.au">courses@u3acanberra.org.au</a>	
Course changes or cancellations		<a href="mailto:coursesdata@u3acanberra.org.au">coursesdata@u3acanberra.org.au</a>	
Room bookings: Cook, Hughes, Flynn		<a href="mailto:roombookings@u3acanberra.org.au">roombookings@u3acanberra.org.au</a>	
Equipment bookings		<a href="mailto:equipmentbookings@u3acanberra.org.au">equipmentbookings@u3acanberra.org.au</a>	
Assistance		<a href="mailto:courseleaderassistance@u3acanberra.org.au">courseleaderassistance@u3acanberra.org.au</a>	
IT/AV problems: Cook		<a href="mailto:helpdeskcook@u3acanberra.org.au">helpdeskcook@u3acanberra.org.au</a>	
IT /AV problems: Hughes	Brian Kensey	<a href="mailto:helpdeskhuughes@u3acanberra.org.au">helpdeskhuughes@u3acanberra.org.au</a>	
IT/AV problems: Flynn		<a href="mailto:helpdeskflynn@u3acanberra.org.au">helpdeskflynn@u3acanberra.org.au</a>	
Facilities Team		<a href="mailto:facilities@u3acanberra.org.au">facilities@u3acanberra.org.au</a>	0452 602 009