



NEWS

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

www.u3acanberra.org.au

[https://www.facebook.com/
groups/u3a.act/](https://www.facebook.com/groups/u3a.act/)

June 2024

Volume 38 Number 3

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Editor Jan Febey and Bill Blair
Publisher Alex Gosman

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From the President



As autumn slowly fades into winter, we are enjoying the true Canberra experience of freezing mornings giving way to brilliant midday sunshine. Those who don't know Canberra

sometimes imagine our winter to be unbearably grim – and it's true many of us take an opportunity to travel and thaw out around the middle of the year. But we get more winter sunshine than most places, and Canberra's winter days can be startlingly beautiful – and a great time to keep active, with a little planning (like dressing in layers!) Of course we need to be attentive to health concerns, especially if winter colds and flu become widespread. As always, do remember that U3A policy is that no one should attend if you have the symptoms of any infectious disease, including COVID but also colds and flu.

The Tuesday Forum series continues to go from strength to strength, with some record attendances during the first part of this year's program. We are delighted to have many U3A members from around Australia also able to join us online to share the great array of speakers we have available to us in Canberra. Forums resume in the second week of June, so keep an eye out for upcoming topics which are advertised ahead of time in the eBulletin. When joining the forum, or any online event, it is very important to follow the moderator's instructions about muting your device and stopping video, whether you are using a desktop, tablet or phone to connect. This is an important courtesy, so we can minimise extraneous noise and make the experience clear and enjoyable for all participants.

Thank you to everyone who responded to the recent Member Survey. The results have already been useful in shaping thinking about ways we can improve the U3A experience for members, as well as ensuring that U3A remains lively and sustainable for years to come. It was especially interesting to see the wide array of interests that members identified as areas for possible future courses and activities. Of course our success in responding to these ideas will depend to some extent on the availability of willing volunteers, but it certainly gives us some direction in identifying areas where we can actively encourage new program offerings.

Finally, I would like to extend special thanks to Dorothy Zenz, who has stepped down as Membership Secretary in May after six years of dedicated service. This is a vitally important volunteer role, and Dorothy has filled it with tremendous commitment.

*Lindsay Rae
President*

From the Editor(s)

This edition of our Newsletter is compiled while our Canberra weather is moving from glorious autumn sunshine and red and gold leaves towards some cold winter winds changing the way we will spend our next few months.



This changing winter weather makes music performance and concerts, or discussions and learning in cosy Canberra winter locations, sound very appealing. It has become a great Canberra tradition for Canberrans with remarkable careers, skills and interests to make these U3A events available to us. We hope that the call from the Courses Sub-Committee in this issue will start some new thinking and thinkers, leading to new course leaders giving us continuing favourite courses, and some interesting new courses. Meanwhile the Con Brio choir has had to make the difficult and sad choice to close down – some history is explained later in this edition.

We'll sprinkle a few more images from the Photography Group throughout the edition like the one above from Robert C. Lee.

Jan Febey and Bill Blair

Alex Gosman

newsletter@u3acanberra.org.au

U3A Offices: Addresses and Phone Numbers

U3A ACT Office at Hughes (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.

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.

UC = University of Canberra, Bruce Updated 31 Jan 2024

APRIL		MAY		JUNE	
				Saturday 1	Newsletter published online
				Tuesday 6	Lunchtime Forums end for Semester 1
				Monday 10	King's Birthday Offices closed
				Tuesday 11	Committee meeting
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		
Tuesday 25	Lunchtime Forums begin for Semester 2	Friday 30	Nominations for annual U3A awards close		
Monday 31	UC Semester 2 starts				
OCTOBER		NOVEMBER		DECEMBER	
Tuesday 1	Membership renewals for 2025 open	Tuesday 12	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 19	AGM (Hughes)		
Monday 14	Committee meeting	Saturday 23	Deadline for December Newsletter	Friday 13	Offices close for Christmas-New Year break
		Tuesday 28	Lunchtime Forums end for Semester 12	Monday 13 Jan 2025	Office reopens

U3A Canberra Committee Matters

How is U3A Canberra performing in 2024?

From the Courses Sub Committee

U3A ACT members are fortunate in having an ongoing depth and breadth of courses reflective of the skills and experience of the senior Canberra population in our membership. Our current and prospective course leaders are the lifeblood of the organisation. However, we need more course leaders. With an aging demographic, many of our past course leaders are no longer able to offer their services and this situation is reflected in the number of courses we can offer. Many members have experience and skills that they could convey to other members which would greatly enhance their understanding of various topics.

We ask you to talk to your fellow members and tell us of their suggestions for a course, particularly if it is not currently offered. The table below provides an outline of the number of presented courses in the last few years. Courses with excess demand include Languages, Art and Recreational (primarily Yoga and Tai Chi) where there are limited numbers of course leaders both existing and potential.

This all occurs against a background of a long-term downward trend in volunteering with a further reduction during the pandemic and only limited recovery in volunteer numbers in recent years. With a major portion of our members not willing or unable to undertake any volunteer activity, our existing volunteer resources continue to be under significant pressure.

All course activity is underpinned by the extensive work of the Courses Sub Committee members who, over many years and under considerable pressure, continue to deliver our essential course administration functions. Similarly, our committee and other administrative functionaries also put in a lot of work in their roles.

The Course Leader Assistance Team can advise current and prospective course leaders on any aspect of their course while the Courses Administration and Data Teams will support you in processing your course through our systems.

Contact us through our email addresses:

courseleaderassistance@u3acanberra.org.au

courses@u3acanberra.org.au

coursesdata@u3acanberra.org.au

FROM 2018 TO 2024

Count - course_instance

Subject	2018	2019	2020	2021	2022	2023	2024	Total
Arts and Film	34	42	27	28	22	23	19	195
Computers and Digital Technology	6	10	4	4	4	2	1	31
Current Affairs	20	21	31	25	23	23	20	163
English Language and Literature	38	34	35	37	29	26	28	227
History	46	49	32	34	33	30	32	256
Languages	47	51	48	47	44	40	39	316
Music	37	34	27	30	26	29	28	211
Philosophy and Religion	1	4	1	5	5	6	5	27
Recreational	39	44	28	26	32	31	31	231
Science, Health & Environment	24	24	22	20	19	23	15	147
Social and Behavioural Sciences		1	3	4		2	4	14
Total Result	292	314	258	260	237	235	222	1818

Keith Huggan
Chair Courses Sub Committee

Network NSW U3A Conference Belmont 8/9 April 2024

Graeme Swift and Alex Gosman attended the U3A Network NSW Annual Conference held at lovely Belmont on Monday and Tuesday 8/9 April. Hosted and organised brilliantly by Eastlake U3A it included a mixture of external keynote speakers and a number of musical performances (ukulele, choir, orchestra).

A lot of very passionate and articulate members and U3A leaders attended. Interestingly and, as the case with ACT, all U3As reported success in growing membership and bouncing back from COVID. There was discussion on the “big picture” but as always, the value in such events was the informal discussions and sharing of experiences. Of concern to many U3As was the changing demographics of target membership and difficulties in recruiting those under 70 (future leaders in admin and courses).

Alex led a breakout discussion on shared access which attracted over 50 attendees and was very interactive. A key message is that we can make more of new technology to complement existing approaches, to share online courses in a controlled manner, and to share information on various initiatives to combat challenges such as attracting new course members. There was a lot of interest in the Tuesday Forums and another 10 regional U3As “signed up” so there are now over 20 regional U3As as members.

Orange will host the 2025 Conference, probably in April

U3A Course News

A fun and practical course that helps you tell your own story

The second offering of U3A Canberra course EL113.02 'How to write, edit, design and publish your own book' finished up after 10 weeks with an optional excursion to Elect Printing at Fyshwick. About 10 members of the class of 27 took advantage of the tour in week 11 and Darren Muir showed them how and where books are printed, making some of the theoretical content of the course that much more real when seen in action.

Course presenter David Whitbread said, ‘When I first ran the course in 2021 for about 20 people, the printer ended up printing at least 5 books by members of the course, which is a pretty good strike rate, I reckon. And I know plenty more are in the works.’

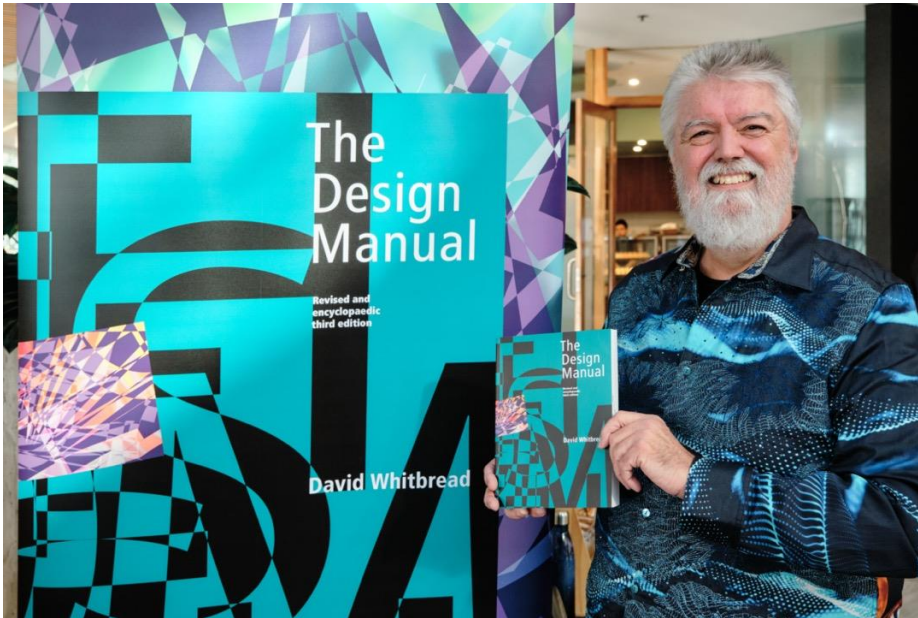
The course is broken into sections on Writing, Editing, Images, Designing, Printing and Publishing. So, it helps you with techniques to start writing (and even how to stop writing), how to edit, to prepare it for design, and how to approach publishers or publish it yourself.

And what sorts of books are people writing? Of course, they include memoirs and family histories, but also novels, crime stories and romances, self-help books, reference and textbooks, poetry anthologies and children’s books.

Last October, Jenny Muir and Blanche Antonisen who both attended the first course in 2021, launched their book *Dementia Journey*. They shared their experience with the group. Jenny talked about the experience at the start of this year’s course to inspire those attending. And Blanche’s work on getting their book published electronically helped inform some of the later publishing parts of the course. It’s now available through Amazon.

Local historian and published author Carmel Phelps spoke about keeping your writing interesting and how to confirm your research is correct.

Jay and Maria from the prepress section of Elect Printing spoke about preparing your files for the printer. They also did a great ‘show and tell’ of different bindings, papers, and embellishment processes, and chatted to the group again the next week when they toured the print shop.



David Whitbread, course presenter 'How to write, edit, design and publish your own book' at the launch of his latest book last year.

If you are interested in attending EL113.02 'How to write, edit, design and publish your own book' in future, it is likely to be offered again in term 1 of 2025.

Some of this year's participants commented on the course:

'The course provided a good overview of the process involved to design and publish a book. Excellent hints to achieve this as amateur writers to cover their subject.' (DK)

'Very thorough and well organised. I don't think there was anything missed.' (KJ)

'The course was professionally presented. David is very knowledgeable and engaging. The handouts were excellent and relevant. The guest presenters were also very good. I really enjoyed the course – it was a learning experience and fun.' (JP)

Attending (Auditing) Units at UC



Did you know that U3A Canberra members can sign up to audit (attend) lectures at the University of Canberra?

We can watch lectures, in person or online, and access reading lists for units, without the other stresses of university studies (there are no assignments, no exams, no tutorials, and no HECS) as part of our annual U3A membership.

It's a wonderful opportunity to learn new things or update existing knowledge. Subjects available include creative writing, culture and heritage, design, education, nutrition, landscape architecture, psychology, economics, computing, science, international relations and many more.

Find information here: <https://www.u3acanberra.org.au/members/courses-uc.html> and here:

<https://www.canberra.edu.au/about-uc/learning-at-uc/university-of-the-third-age-u3a-member>

And check out the units available here: <https://www.canberra.edu.au/future-students/study-at-uc/find-a-course>

My tip is to use simple, single keywords, such as history, landscape, or nutrition, to search. Answers to many frequently asked questions are available here <https://www.canberra.edu.au/about-uc/learning-at-uc/university-of-the-third-age-u3a-members/faq>
Semester 2 starts on Monday 31 July 2024 and enrolments (for U3A members) usually open about two to three weeks before the semester starts.
When the time comes, you'll be able to 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
U3A/UC liaison person
ucanberra@u3acanberra.org.au



Kathy Griffiths – My Neighbourhood

Music Makers M054-14



We are a friendly and inclusive group of singers and instrumentalists who would like to attract new members, particularly instrumentalists. We are also very keen to hear from someone who would be

prepared to act as Musical Director/Conductor as we plan to organise a few performances during the 2nd half of this year.

We have a good core of guitarists, but would be keen to include a bass guitarist, and players with reasonable competence with other instruments. We perform an eclectic repertoire chosen by group consensus, which has included folk, blues, country, gospel, pop, and swing music.

We communicate through email, and members will need access to Dropbox to download music for each session.

We meet at 1.30 pm on the 1st, 3rd, and 5th Friday of the month at Hughes.

Please contact Graham Parkins on 0406 778 202 if you are interested.

Graham Parkins
0406 778 202



Sarabande Recorder Ensemble

Sarabande Recorder Ensemble meets each Tuesday morning in a private house to enjoy the music of the masters. As the photograph shows, pots of tea and happy socialising are all part of the morning's enjoyment.



We begin each session with listening to a recording of a virtuosic recorder player for pleasure and inspiration. The artist for this term is the brilliant Danish recorder player, Michala Petrie, who started playing the recorder in 1961 at the age of 3 and gave her first broadcast at the age of 5. As a teenager, she made a recording for the BBC, which drew the comment 'one realises what can happen when a mighty talent starts young enough.'

Some of us were fortunate enough to have heard Michala Petrie playing at the Llewellyn Hall when she visited Canberra many years ago. Although we know only too well that such extraordinary virtuosity will never be ours, we do know that there is a great repertoire of beautiful music that is well within our reach. The Sarabande members are exploring the music of some Baroque masters, particularly Telemann and Handel, and some lesser-known composers of the time, including several of Bach's sons.

We are working towards giving a concert to the residents of a retirement home where the 98-year-old mother of one of our members now lives. We'll add a selection of folk songs to our program, at the request of one of the residents who enjoyed our recital last year.

*Margaret Wright
Convenor*



Keith Penhallow - Lake Burley Griffin

Warrani Chorale

Join us for our June Concert and Feel Alive!

Wednesday, June 12 at Weston Creek Uniting Church at 10.30 am.

Warrani Chorale would very much like you to share in their joy of singing at their mid-year concert. The concert entitled "When We Sing We Feel Alive," will present a repertoire of uplifting music from European romanticism to arrangements of traditional songs and modern American melodies. Our audience will also have a chance raise their voices in a sing-a-long of old favourites guaranteed to lift the spirits on even the most inclement winter's day. Admission is by gold coin donation.



*Warrani Chorale in concert, November 2023
Margaret Martin*

U3A Canberra Recorder Orchestra

U3A Canberra Recorder Orchestra meets each Wednesday afternoon in a hall at the Woden Seniors' Club. For many years we have organised events to which all recorder players are invited. U3A members from small towns enjoy joining us to experience playing in a large group with the full range of recorders. In March we welcomed people from as far away as Brisbane and Ballarat, with some returning in April for our Eccles Day. Lance Eccles is a well-known prolific composer of recorder works and retired from Sydney to Goulburn about 20 years ago and has been a frequent visitor to our events over that time. He had planned the program of his music which he was to conduct, but unfortunately he was suddenly unwell, and unable to be here. It was too late to cancel, so I ran the day, and we all enjoyed the music and company. Our favourite piece was by Bach, skilfully arranged by Lance.

The Orchestra is now working towards a concert in September to be held at All Saints Church, Ainslie. This is an exciting initiative of the Canberra Mandolin Orchestra (CMO) in collaboration with us, the Canberra Recorder Orchestra (CRO). Among our pieces will be Handel's 'Music for the Royal Fireworks' written in 1749.



The stage especially constructed in Green Park, London, for performance of Handel's 'Fireworks Music'

It was performed in London's Green Park to celebrate the end of the War of Austrian Succession. This was fought over eight years, to decide whether Maria Theresa should, as a woman, succeed her Hapsburg father, Emperor Charles VI. Yes, it's ridiculous, and yes, Maria Theresa was finally confirmed in her titles. Handel was specific about the number of instruments to each part, for example, 24 oboes, 12 bassoons and 9 trumpets. While our recorder orchestra cannot replicate this, we do have a superb arrangement, and members working very well to achieve a fine performance. I am delighted with the skill of our musicians. One huge departure from the original performance all those years ago, is that we are banking on the stage not burning down when the fireworks are let off!

*Margaret Wright
Convenor*

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Back in the day

From the U3A Orchestra's humble inception in 1999 with only 15 members, the now-renamed Brindabella Orchestra has more than doubled in size and has become a much more coherent musical ensemble. Looking back, the original members can feel proud of their achievements and continuity in these changing times.

Photo below of the original players of the U3A Orchestra.



More information about the early days of the U3A Orchestra will be presented in the August newsletter and a new page will be added to the website and will feature the orchestra's history.

Mark your calendar

Join us for our 25th birthday concert: Sunday 24 November. More details will be available on our [website](#) soon.

Join us to experience Autumn Splendour Sunday 9 June

All the details are on the poster below. Book [here](#).

The poster features a central text area surrounded by a decorative border of autumn leaves in shades of orange, yellow, and red, interspersed with small clusters of red berries. The text is centered and reads: "Brindabella Orchestra" in a large, elegant script font; "Presents" in a smaller serif font; "AUTUMN SPLENDOUR" in large, bold, brown capital letters; "Conductor Shilong Ye" in a serif font; "Sunday 3 pm" and "9 June 2024" in bold serif font; "Weston Community Hub" and "Corner Hilder & Gritten Streets, Weston ACT" in a smaller serif font; "BEETHOVEN | DVORAK | BIZET | VAUGHAN WILLIAMS | ARNOLD" in a bold, brown, sans-serif font; a QR code; "BOOKING ESSENTIAL" in a small sans-serif font; "Tickets \$5-15" in a bold sans-serif font; "https://www.trybooking.com/CQPBB" in a sans-serif font; and "https://brindabellaorchestra.net/" and "info@brindabellaorchestra.net" in a sans-serif font.

Brindabella Orchestra

Presents

**AUTUMN
SPLENDOUR**

Conductor Shilong Ye

**Sunday 3 pm
9 June 2024**

Weston Community Hub
Corner Hilder & Gritten Streets, Weston ACT

BEETHOVEN | DVORAK | BIZET | VAUGHAN WILLIAMS | ARNOLD



BOOKING ESSENTIAL
Tickets \$5-15
<https://www.trybooking.com/CQPBB>

<https://brindabellaorchestra.net/>
info@brindabellaorchestra.net

New members welcome

Brindabella Orchestra especially welcomes musicians aged 50 and above as this group is eligible to join U3A ACT (course M010.15). To find out more, please see our website or click on [Joining](#). Please read the Information for Members page and contact us via email 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, brass, and percussion players — experienced or returning to playing or have been learning for a while.

Jenny Robinson

Publicity Brindabella Orchestra

info@brindabellaorchestra.net

<https://www.facebook.com/brindabellaorchestra>

<https://brindabellaorchestra.net/>

Talks of Note: Musical Reflections



A further two lectures in the *Talks of Note: Musical Reflections* took place in April and May at Llewellyn Hall, School of Music.

On 23 April Leisa Keen compared the music of Sarah Vaughan and Ella Fitzgerald. Leisa highlighted how a contemporary jazz singer can inject inspiration from the greats into their own performing. Leisa delved into the careers of two of the jazz giants, through entertaining stories and songs and some exploration into their improvising styles and techniques.

Leisa Keen

More recently on 21 May, *Singing. Unplugged.* Soprano, Sarah Mann, shared with us the research she had undertaken for her yet to be published PhD thesis. She took us through the operatic techniques used by singers to convey emotion and information and to retain audience attention.

Sarah invited audience participation and we sighed, huffed and tried to breathe in silently. There were informed

questions from the audience which enabled Sarah to go beyond her specific research and to share her experience and knowledge with us. The lecture was concluded with Sarah singing three arias. She was accompanied by pianist Ella Luthasaari. This was an uplifting experience for those present.

The final talk in this very popular series will occur on 4 June with details for the next four lectures latter in the year soon to be announced.

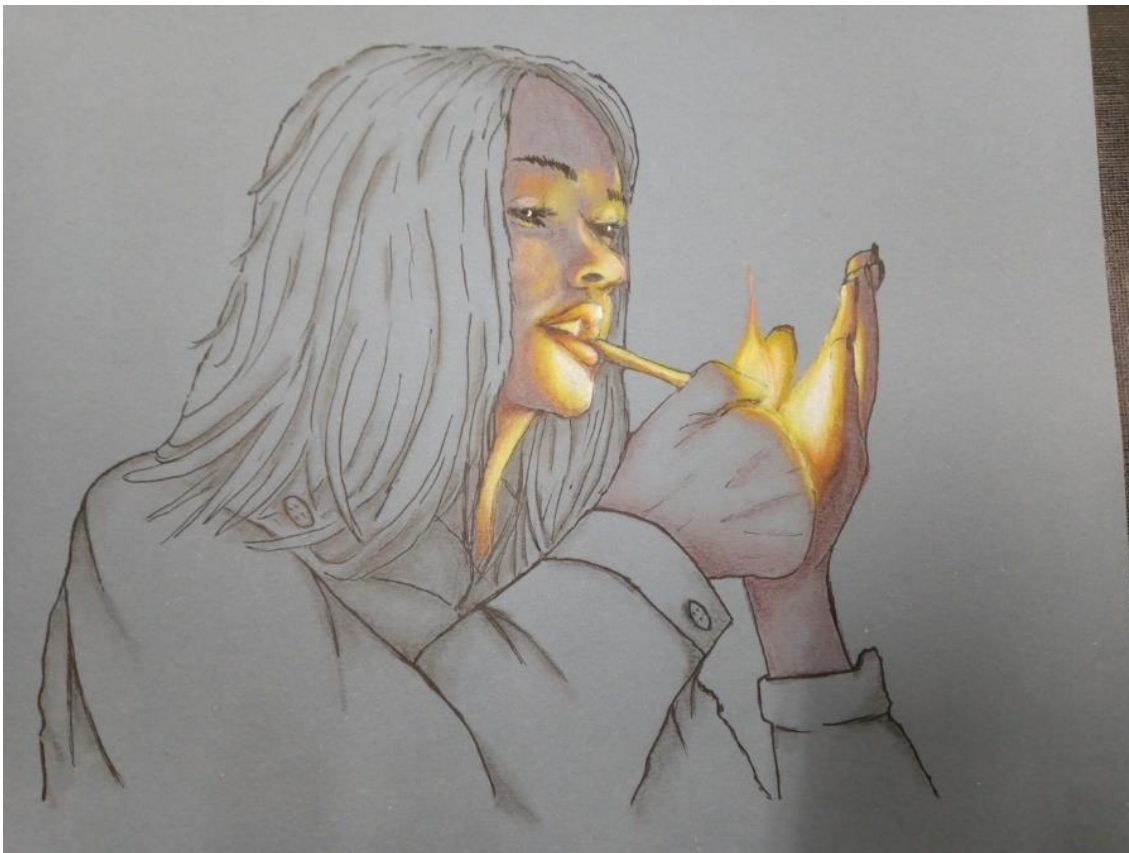
AF127.01 Art at Cook

We are a small group of artists who enjoy working together as we meet in Room 2 at Cook.

The quality of the art we produce is very high.

As already half the year completed, we thought it was time to share a few of the works completed this year.





*Peter Tilney
Course leader.*

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, but Basses, 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.

Come to our open morning at Weston Creek Uniting Church Monday 24 June, 10.45 for 11 am to see what we are singing - among other things: 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 9.30 to 12.00 at the Yarralumla Uniting Church (a different venue to our open morning) and resume for 2nd semester 2024 on Monday 8 August. We only charge a small term fee to pay for the venue and sheet music needed.

Enquiries to Marilyn Carey mcarey@netspeed.com.au



Sue Beatty

Publicity Officer for Harmonia Monday U3A choir

Historical Dance

You are invited to join the U3A Historical Dance group
Fridays during ACT school term time
11 am – 1pm
at the Yarralumla Uniting Church Hall.



Manner of taking hands in The Quadrille

Dances include the Basse, Roger de Coverley, Mr Beveridge's Maggot, the Pavane, Goddesses, Pied en l'air, the French Bourrée, Galopade and La Boulanger.

So, if you are looking for exercise, entertainment and socialising opportunities, why not join us? No partner, no dance experience needed.

Contact Sharon Hayes by emailing m.sharonhayes@gmail.com

A Little Bit Of U3A History is Closing – Farewell Con Brio

Way back in 2008 a group of women were frequently seen loitering around the piano at the end of a rehearsal of Warrani choir, unwilling to end their singing session and go home. One of these loiterers was Brenda Akister, deputy conductor to Pixie Grey in Warrani. By then Warrani, U3A's largest choir had performed in many U3A events over the years, but sometimes the size of the choir made performance a challenge. In February 2009 this group of loiterers became a smaller choir called the Warrani Ensemble and Brenda became its director.

After a couple of years of providing a variety of performances the Ensemble separated completely from Warrani and gave itself a new name: Con Brio, meaning "with spirit, with energy". With 15-20 members Con Brio could be mobile in a way Warrani could not, able to sing around town in various venues such as shopping centres, at community events and in aged-care facilities. Margaret Evans became an assistant conductor to Brenda, and Shirley Cramp was our fabulous accompanist.

That name and energy served us well for many years until at the end of 2015 Brenda decided it was time to retire. Luckily for us, someone else with energy and experience read of Brenda's looming retirement and so Lynne Bentley became the new joint conductor with Margaret Evans. There was a slight problem: Lynne's choice of music was all acapella, which terrified some of our singers. But of course we got used to having to listen better and to be more mindful of pitch, and we became more confident and proficient singers in the long run.

The choir had a lot of fun over the years, singing at a great variety of venues and occasions, in front of audiences of varying sizes and choral appreciation, but almost always treated by grateful organisers to expansive morning and afternoon teas after the performance! These special occasions included concerts at Villaggio Sant' Antonio and St Andrew's retirements villages, Calvary Hospital, St Ninian's and St Columba's Uniting churches, Yowani Golf Club, Probus Club, Singing in the City and U3A Christmas parties, to name a few. We also put on a special 10th anniversary concert and other in-house concerts for family and friends at Yarralumla Uniting Church where we rehearse..

In 2019 Covid reduced our membership, as it did for many choirs, and importantly, aged-care organisations stopped welcoming choirs into their facilities. Since then we have struggled to find enough new recruits to maintain our repertoire and satisfy our musical aspirations. This term we decided to call it a day: on 12 June we'll sing our last songs and pack away our music, with regret, but thankful for the challenges and enjoyment we have had together over the years. Hooray for U3A!



Early days: Shirley Cramp, the choir's accompanist in front of Brenda Akister. Shirley has been playing the piano for Con Brio for 16 almost uninterrupted years. This photo would have been taken about 10 years ago.

Con Brio's 10th anniversary concert at Yarralumla Uniting Church. Brenda Akister, founding conductor, retakes the baton. The choir's two current conductors, Margaret Evans and Lynne Bentley (wearing long blue scarf, are standing beside the piano and pianist Shirley Cramp.





The board made up for the choir's 10th anniversary concert and party in 2019, at Yarralumla Uniting Church, showing various photos of the choir through its history.

Like-Minded and Joint Programs

National Trust (ACT) Heritage Awards 2024 - Nominations now open



Nominations for the 2024 National Trust of Australia (ACT) Heritage Awards are now open for submission.

Please use the link below to find out more information and how to nominate. Nominations close at 5 pm on Friday, 5 July 2024.

<https://www.nationaltrust.org.au/act-heritage-awards-2024/>

They are looking forward to receiving your nomination.

*Gary Watkins
Manager
National Trust of Australia (ACT)*

Are You up for Being a Subject of a University of Canberra Research Project

We've been approached by University of Canberra researcher Evangeline von Gavel looking for volunteers. The research project has been approved by the ethics authorities. The HREC reference number is 202413837.



Understanding body image in older adults

PARTICIPANTS NEEDED FOR RESEARCH STUDY

- 1 Aims:** Older adults are often excluded from body image research. This study wants to hear your perspectives and experiences which will contribute to a more holistic understanding of body image.
- 2 Eligibility:** We are looking for people over **65 years old** and living in Australia.
- 3 Approach:** Your involvement will be through an interview (in-person or online) taking 60-90 minutes.
- 4 Contact:** If you are interested in participating – please contact Evangeline von Gavel at u3277191@uni.canberra.edu.au



UNIVERSITY OF
CANBERRA

Or this Collaborative Project Between Australian National University and University of Canberra

The research project has also been approved by the ethics authorities. The HREC reference number is 11846.



Australian National University



Participants Wanted

Are you between 60-75 years old and interested in participating in a study that aims at improving your cognitive and physical health?



Participating In the study will involve

- Cognitive, physical fitness assessments, tasks in our driving simulator, and a blood draw (Before the start of the study and at its end, and after the end of the study).
- During the 12 weeks of the study you will participate in physical training, cognitive training or a combination of the two.

If you are interested or would like more information, go to [<https://nceph.anu.edu.au/research/projects/physical-activity-better-health-and-drive-phab-head>], scan the QR code or contact our research team via email: phabhead.research@anu.edu.au



This research has been reviewed and approved by the University of Canberra and Australian National University's Human Research Ethics Committee (#11846)

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.

Walks and Tours Program

This program is still seeking someone to take over leadership of the Walks and Tours Program from Garth Setchell. Ring Garth on 62901100 if tempted. Lots of help can be provided to get started.

As for advertised activities, the following are near to fully booked. To try your luck, lodge a request through tours@u3acanberra.org.au.

Thu 6 June – Another Fling at Umbagog. This 4km morning walk on made tracks, to be led by Wendy Whitham, explores the green corridor of the Umbagog District Park in Latham. \$3pp, payable on the day.

Sat 10 August – ‘Cosi Fan Tutte’. This one full day coach tour to the matinee performance of Mozart’s opera at the Sydney Opera House, also includes dinner on return. Payment essential by 15 June. With A-Res opera seats, the cost is \$405pp. For B-Res seats, the cost is \$360pp.

Regrettably the tour to **Norfolk Island** from 14 to 22 August, to be led by Pam Behncke, is fully booked.

Further activities under investigation include a local walk to be led by Rob Lundie and a weekend coach trip to Bathurst in late September, which would link with a number of house inspections being organised by the Women’s Committee of the National Trust (NSW). Details will be published shortly in one of the Monday eBulletins. Keep watching!

GARTH SETCHELL
Tours Officer
Home ph: 62901100

Key Contacts within U3A

COMMITTEE MEMBERS AND KEY CONTACTS - 23 March 2024			
Committee Members	Name	Email	Phone
President	Lindsay Rae	president@u3acanberra.org.au	0474 435 500
Vice President	Simone Clark	vicepresident1@u3acanberra.org.au	
Vice President	Alex Gosman	vicepresident2@u3acanberra.org.au	0414 258 745
Treasurer	Graeme Swift	treasurer@u3acanberra.org.au	0417 463 754
Secretary	Tom Flynn	secretary@u3acanberra.org.au	
Ordinary member	Gary Davis	kylo67@yahoo.com.au	0410 028 629
Ordinary member	Andrea Hope	andreahope@live.com.au	
Ordinary Member	Christine King	cbking@iimetro.com.au	0400 474 195
Ordinary member	Paul Minogue		
Ordinary member	Bob Nield	bob.nield@bigpond.com	0430 487 539
Ordinary member	Cissy Parker	cissy@emusoftware.com.au	0404 391 056
Ordinary member	Kristine Riethmiller	kristine5656@gmail.com	0408 257 079
Ordinary member	Peter Sheldrake	peter@travellingnorth.com	0411 104 181
Ex officio member	Keith Huggan	chaircsc@u3acanberra.org.au	0413092275
OUR SERVICES FOR MEMBERS			
Enquiries: Cook	Office volunteer		62518005
Enquiries: Hughes	Office volunteer		62816998
eBulletin	eBulletin team	ebulletin@u3acanberra.org.au	
Facebook	Julie Polson	facebook@u3acanberra.org.au	
Newsletter	Newsletter team	newsletter@u3acanberra.org.au	
Member Liaison Person	Christine King	memberliaison@u3acanberra.org.au	
Membership enquiries	Mary Bermingham	membership@u3acanberra.org.au	
Suggestions		suggestions@u3acanberra.org.au	
Tours	Garth Setchell	tours@u3acanberra.org.au	6290 1100
Tuesday Forums	Alex Gosman	forums@u3acanberra.org.au	0414 258 745
University of Canberra enquiries	Karin Hosking	ucanberra@u3acanberra.org.au	
New volunteers	Julie Polson	volunteerliaison@u3acanberra.org.au	
OUR SERVICES FOR COURSE LEADERS			
Chair Courses Sub-Committee	Keith Huggan	chaircsc@u3acanberra.org.au	
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Room bookings: Cook, Hughes, Flynn		roombookings@u3acanberra.org.au	
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Facilities Team		facilities@u3acanberra.org.au	0452 602 009

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.