



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

www.u3acanberra.org.au

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

**August 2024
Volume 38 Number 4**

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From the President

Survey and future directions



Thanks to the over 90 members who joined Vice President Alex Gosman and me in a recent Tuesday Forum, to talk about the outcomes of the member survey conducted earlier this year. The survey demands considerable organisational efforts, and sincere thanks to Simone Clark and those who supported her.

The survey attracted a strong response and gave a good insight into what members value most about U3A, and the areas where there is scope for improvement. While overall satisfaction is high, there were many comments and suggestions, including around facilities, communications, membership and course offerings.

One of the ongoing impacts of COVID has been the loss of some long-serving course leaders, and the winding up of a few long-running U3A groups. Fortunately, quite a few new course leaders have come forward, and in fact last year saw a record number of new courses being offered for the first time. However, it is clear that if we are to maximise U3A's value to the full diversity of our members, and sustain our vitality into the future, we need to expand our offerings of both short courses and ongoing interest groups, as well as the other activities that enrich our organisation.

In particular, it is clear that we need to become more proactive in encouraging program offerings that match member interest and demand. In the past U3A has been almost wholly supply driven. That is, we have relied on members with particular expertise or passion to come forward. Up to a point this approach has served us well, but to address our current circumstances, a change is needed.

To this end we are working on establishing a new Program Development team, with the task of actively seeking out new course leaders, and new program opportunities, in response to areas of high demand identified by members. This team will not duplicate the work of the Courses Sub-Committee, which will continue to play its vital role in organising and supporting U3A's activities.

The new team should be up and running by the end of this year, and over the next few years we hope that both current and future members will benefit from an expanding and dynamic program offering that responds to members' diverse interests and needs.

U3A at NFSA

We are lucky to have two upcoming ING events at the National Film and Sound Archive, on Fridays 23rd and 30th August. The two presenters, Jeff Brownrigg and Marilyn Dooley, combine deep knowledge with an engaging and witty style. Those who attended last year's sessions in this series will agree they are not to be missed! Bookings essential, details on the U3A website.

Enjoy what's left of winter and look forward to more new beginnings in spring.

*Lindsay Rae
President*

From the Editor

Some may have seen the reporting recently about Canberra being ranked as the third 'smartest' city in the world by an international benchmarking organisation. These organisations – [IMD](#) in this instance – rely on surveys and a range of empirical data to come up with comparisons and benchmark cities against each other. Interestingly, this ranking does not mean that our people are the third smartest in the world – although we do have plenty of clever and talented people – but it does indicate that many Canberrans 'do life well' (though not everybody). The following pages provide a snapshot of how many U3A members spend their time, usually in the company of others and for the benefit of those in need, under the umbrella of U3A Canberra as part of 'doing life well.'

In this edition we have sought to shine a light on some of the smaller groups that are active in U3A Canberra as well as the larger and higher profile groups. Thank you to our newest contributors who responded positively to my call-out and to those who regularly support the newsletter. Your contributions are valued and appreciated. I think these items demonstrate the inclusiveness of U3A Canberra and shows there is a place for a wide range of people, interests and talents in this organisation. The recent members' survey referred to by President Lindsay Rae in his report highlighted the value members place on these activities and the importance of actively shaping the future of U3A Canberra to maximise its value and vitality to the full diversity of members.

Those with a keen eye may notice that we have done a gentle refresh of the style of this newsletter, both to keep it fresh and appealing as well as to harmonise the 'look and feel' of the newsletter with the recently refreshed U3A Canberra website. We have also included the 'alternative text' function with the images to assist our vision-impaired members. If this is relevant to you, we would appreciate any feedback and guidance on how we can do this better to make our newsletter even more accessible to all members.

I trust you will enjoy this edition.

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
October 2024	22 September 2024	1 October 2024
December 2024	23 November 2024	1 December 2024

Glenn Davidson

August Newsletter Sub-Editor
newsletter@u3acanberra.org.au

U3A Canberra Offices

U3A Canberra 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.

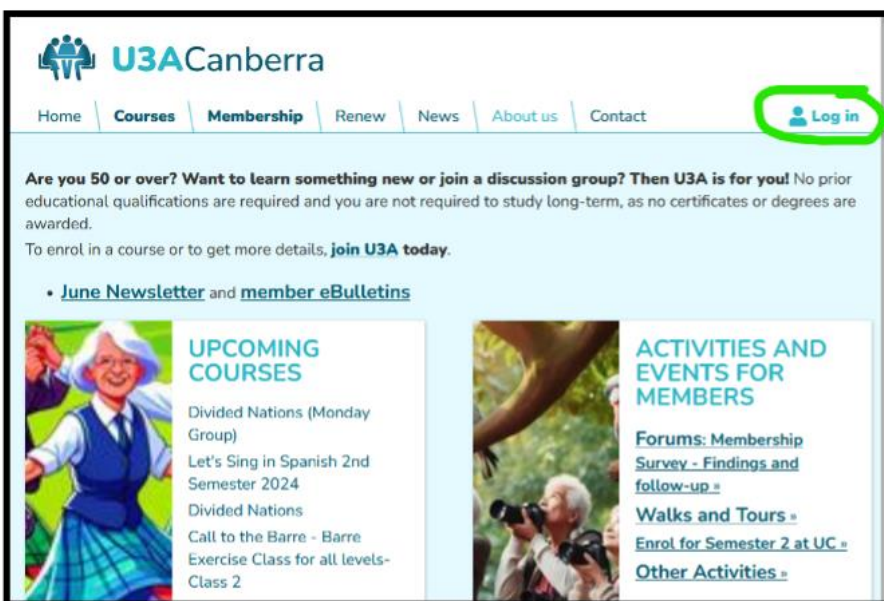
Our Flynn Teaching Rooms (Course activities only; NO public or member enquiry services) are at Flynn Community Hub at 21 Bingle St, Flynn, ACT, 2615. **Please note:** Access to U3A at the Flynn Community Hub is from Hedland Circuit. For more information on holding a course at Flynn please contact the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

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

Members' Calendar 2024

		AUGUST		SEPTEMBER	
		Thursday 1	Newsletter published online	Monday 9	Committee meeting
		Monday 12	Committee meeting	Sunday 22	Deadline for October Newsletter
		Monday 26	Nominations for new Committee positions open		
		Friday 30	Nominations for annual U3A awards close		
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
		<i>Tuesday 28</i>	<i>Lunchtime Forums end for Semester 12</i>	Monday 13 Jan 2025	Office reopens

U3A Canberra Website Revamp



The [U3ACanberra website](https://www.u3acanberra.org.au) was revamped in April this year. You should now find it easier to use. When you visit the website, I recommend that you **Log in** on it; this will give you full access to all member information.

You might like to watch the short video 'How to use the U3A Canberra website' – available via [Frequently Asked Questions \(FAQ\)](#)

If you have any questions or requests regarding our website, please email webcontent@u3acanberra.org.au

Jane
Web Manager
webcontent@u3acanberra.org.au

U3A Committee News

Nominations: 2024 U3A Awards

Many U3A ACT members provide our organisation with dedicated and skilled services. They volunteer their time and effort to provide administrative and teaching skills and seek no recognition for the invaluable contributions they make. But we could not survive without them. And it is important that we recognise them for the work they do.

This time every year we acknowledge their services in a small way by asking our members to nominate U3A volunteers who they think may qualify for a Volunteer Long Service Recognition Award or an Outstanding Service Award (OSA). See below for the criteria for both and how to nominate.

Outstanding Service Awards (OAS)

Members are eligible for one these limited awards if they meet the following criteria:

- have not previously been granted an OAS;
- have made an outstanding voluntary contribution over a period of at least the past ten years;
- have made this contribution in any area in which volunteers make contributions, including office bearers, committee or sub-committee service, course leaders, coordinators, volunteers in offices and operational areas of U3A, or as event organisers; and
- who would be recognised by other members who know them as having made an outstanding contribution.

In exceptional circumstances the Committee may consider a nomination of a member who has made an outstanding contribution over a period less than ten years.

Volunteer Long Service Recognition Awards (VLSRA)

Members are eligible for these awards if they:

- Have consistently and frequently served in a volunteer capacity for at least ten, fifteen or twenty years;
- Continue to be members of U3A at the time of nomination; and
- Have not previously been awarded a VLSRA for one of these service periods.

Note that the period of service is cumulative and need not be consecutive.

If you wish to nominate a fellow member for a VLSRA award, click on the link below to download a nomination form from our website and complete it. Forms are also available from the Cook and Hughes offices.

Nominations

Members who wish to nominate a volunteer or a course leader for either award can do so by clicking on one of the links below to download a nomination form(s) from our website. Forms are also available from the Cook and Hughes offices.

You will find the VLSRA nomination form at:

<https://www.u3acanberra.org.au/get/127705.docx>

You will find the OSA nomination form at:

<https://www.u3acanberra.org.au/get/127691.docx>

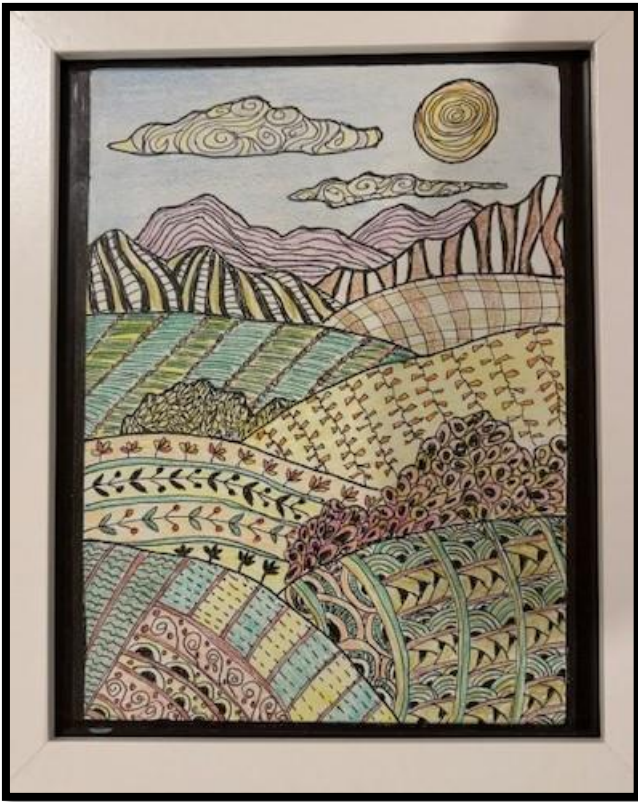
Nominations should reach the Secretary by 31 August 2024 and sent to secretary@u3acanberra.org.au or 2 Wisdom Street, Hughes ACT 2605.

Tom Flynn
secretary@u3acanberra.org.au

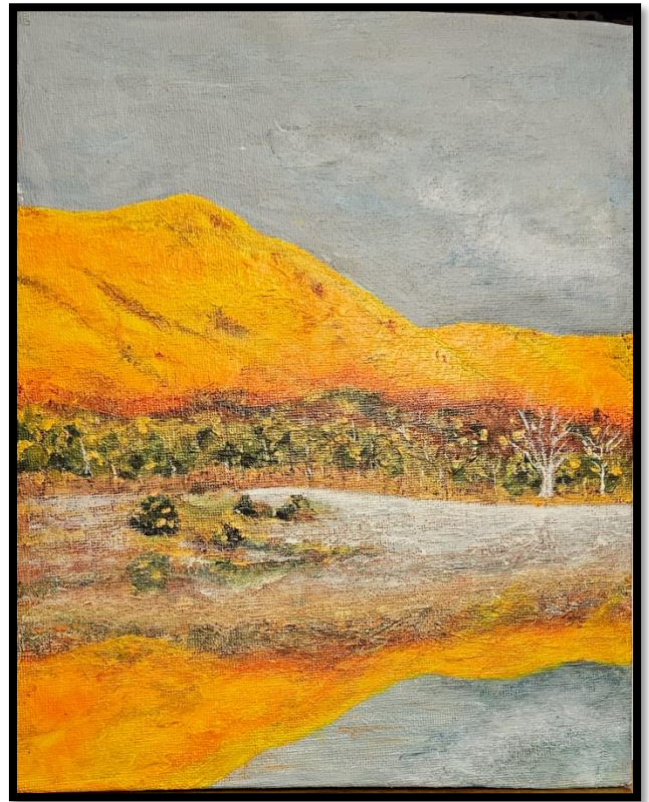
Course News

Painting for Pleasure: Art at Flynn

The Art at Flynn course members have been busy over the last term and produced these excellent works.



Anita Mak: Landscape using repeated patterns

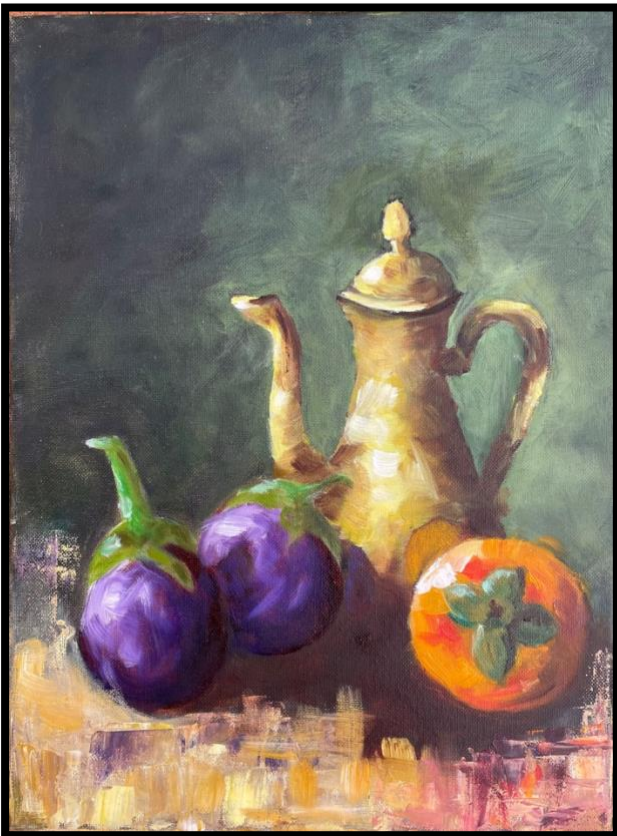


Nadia Potas: Landscape in mixed media



Nadia Potas: Seascape in watercolour

Amy Ward:
Pencil portrait of my daughter



Amy Ward: Still life in acrylics



Carmel Ackroyd: Exercise in ink and water colour wash

Words to move you

These pieces from The Write Stuff group will take you on two different journeys.

One Hundred Words

*Alan Stennett
September 2023*

Grip the wheel. Tighter! Foot so hard on the pedal calf threatens to cramp.
No car ahead. Nor curve. Only 90kms of relentless Nullarbor bitumen.
Rear mirror, just our caravan. Side mirror, nothing.
Speedo. Glance. 155...157.....160kmh! 100mph in the old money. Did it!
So, what's so bloody special about a hundred?
99 just a very old man. 100 is a telegram from the king.
100 runs, the test match stops.
100 metres, ultimate sprint.
100 Celsius. Egg cooked.
100 Fahrenheit. A Yank with Covid.
100 words. Now — make a story out of *that!*
Almost there. Ninety-six, ninety-seven, ninety-eight, ninety-nine, one

One Hundred Words

*Anne Handberg
September 2023*

I lean forward and kiss him goodbye.
Til tomorrow.
If I say this, he'll start to wriggle, try to stand, try to walk out with me.
Tonight, he stays here, in a room with a bed, a chair, a blank television, a bathroom.
Every night, he's here.
He's not here.
My man, with his lightning brain, his wicked humour, his love.
His warmth, his sharp tongue.
Gone.
I'm left with a shell.
Hard to love.
Impossible not to love.
What's left?
The feel of his stubble as I kiss his cheek.

As will this one from Len Power from the Life Writing course.

India and the Little Weaver

Len Power

What comes to mind when you think of India? I think of a young Indian man in Varanasi sitting cross-legged and working by himself on an earth floor in a weaver's establishment.

Our tour visited the weaving industry in the city. We went by autorickshaw as far into the maze of streets as we could, continuing our journey on foot through ever narrowing laneways.

Our guide for the area took us up some well-worn steps into a small open room with an uneven dirt floor. A young man of about 20, small in stature, was sitting on the floor on his own, expertly using a small hammer and hole punch on a wooden stencil. He looked up briefly, smiled warmly and then continued work.

It was difficult to imagine what it would be like sitting there for long hours each day, tapping out these stencils. How long had the young worker been doing it and was this was the first step in a career in the weaving trade? The guide explained that the young man would most likely do this same job for his whole working life. As we left, the young man did not look up from his work when we left his room.

For some hours afterwards, I reflected on this young man's life and work. He seemed to have something special – a peace of mind, a calmness of spirit and an acceptance of life as it is. I sensed that I envied him. I had been told that if India speaks to you like that, it will haunt you until you return to that most amazing country.

It's some years later now, but somewhere in Varanasi, a little stencil maker is tap-tapping with his small hammer. Hearing it in my mind, it leaves me, surprisingly emotional. I hope I can find him when I go back. I want to let him know, somehow, the effect he has had on me.

Good Neighbours

Lawry Herron ©
19 May 2024

A fine sunny morning at Battlers Rest with little sign of life in the big lounge room until Bert and Ernie shuffled in and sat together on the couch angled towards the big TV: the screen flickered across scenes of tangled steel and tumbled masonry and children fossicking dangerously in rubble.

'Is that Croatia or is it Gaga?' mumbled Bert.

'A bit early for you, Bert, is it? Or are you wearing your wrong glasses? I think you meant is it Ukraine or Gaza – that was Palestine, or would be if everyone had there druthers in the Middle East.'

'Yair, something like that – I'll be sharper when I've had a coffee, if Maisie ever comes,' said Bert.

Pat on cue the rattle of the trolley preceded Maisie's entry with the morning refreshment. Anticipatory signs of life appeared as other denizens straightened in their chairs and trolleys and dabbed at eyes and lips with tissues and bibs. Maisie moved among them handing around mugs of coffee and tea with small squares of Madeira cake. 'Cake today, even for youse blokes,' she said as she served Ernie and Bert.

'From your fair hands, Maisie, it will be manna bread,' said Ernie, 'Bert is still a bit sleepy this morning: he needs double strength: more coffee, less milk might spark him up.'

'He'll get the usual like everybody else. I don't do favorites,' retorted Maisie.

'I do', said Ernie, taking his cake, 'And you are top of the list.'

'Get off with your sauce,' shrugged Maisie looking coy.

'Thanks, Maisie,' they said together.

They sipped at their mugs. To break the silence Ernie asked Bert if he was reading anything interesting. Bert said not really, he had been trying to find a reference to people at the beginning of World War I reaping with scythes; he thought it was in the first volume of John Master's trilogy about that war but he had not found it; he remembered description of jolly tenants of both sexes scything away until rabbits were flushed out and chased by dogs.

'You don't need to go back to World War I for peasant haymaking,' said Ernie, 'My dad when I was four or five at the start of WW II was still making hay essentially by hand. He mowed lucerne with two horses and a clattering mower and raked it into windrows with a Clydesdale mare called Baldy. He and our hired hand cocked it by hand with pitchforks and when it was cured they pitchforked it onto the two-horse dray, carted it in either into the hayshed or outside as a stack. Then Jack, the hand, joined the army and I don't think we made hay until after the war when mechanical balers appeared.'

'What triggered me to look up hay making,' said Bert, 'was that I was remembering that until just a few years ago there was someone still using a reaper and binder and stooking the sheaves in a small paddock out past Murrumbateman where you turned towards Young.'

'A charming sylvan anachronism you might say,' said Ernie, 'poetic too, like something out of Manley Hopkins "around up above the stooks arise ...". Archaic terminology too – how long is it since you heard of stooking or scything or even sheaves. It just shows how much has changed in our lifetimes.'

'You're making me feel old,' said Bert.

'Yair, we're both fossils, Bert. Anyway I remember haymaking nostalgically since I used to ride on the loaded dray and get up on the stack to play at tramping the hay down tight and even: the smell of fresh cut lucerne can still take me back. Fortunately I wasn't on the load one day when the catch of the tip-dray let go and the whole load toppled off as Gypsy and Baldy staggered up the last rise.'

'Have youse both finished?,' said Maisie. 'I'll take y'cups.'

Photography Group

This edition features the flora and fauna of our region and more broadly that have been captured by U3A photographers.



Barry Ridgeway: Eromophila



Barry Ridgeway: Gloriosa Superba - Flame



Kathy G: Wattle and Sunshine



Anne Gibbs-Jordan: Banksia, National Botanic Gardens



Yvonne Kilgour: Floriade, ACT



Anne Gibbs-Jordan: New Holland Honey Eater, National Botanic Gardens



David Raff: Bee on Lavender

Barry Ridgeway:
Australasian Darter
landing.
Lake Burley Griffin



C. Barry Ridgeway

Barry Ridgeway:
Ladybird
(Coccinellidae)

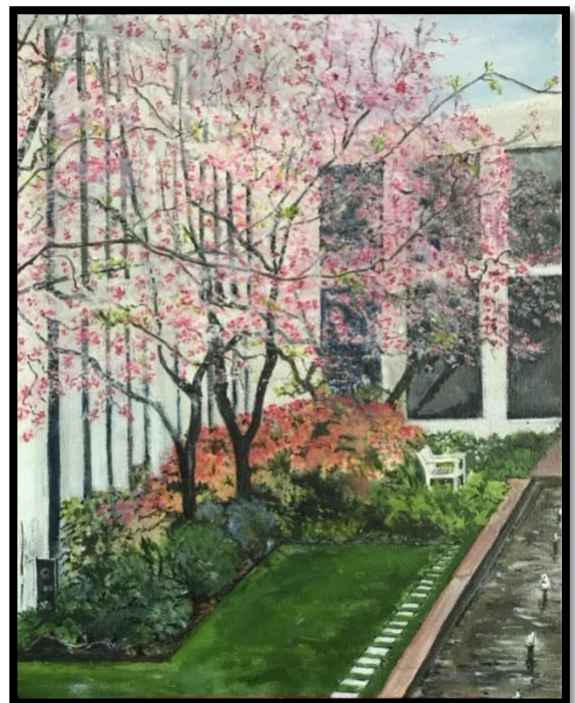


Painting with a Purpose: Make a Mark 4

Make a Mark 4 group continue to support Defence Community Dogs by painting portraits of the assistance dogs that are provided to veterans suffering from PTSD. As well as the recipients receiving a painting of their assistance dog, some of the paintings are raffled as fundraisers for the charity.



Jay, one of our group, has been busy lately preparing for several upcoming exhibitions. Strathnairn Arts will be hosting two of these exhibitions in August 2024. Another exhibition is scheduled for September 2024 at the Kyeema Gallery in Hall.



Chandanie, another member of our group is a committed volunteer for the charity, the Canberra Circle of Women. One of her contributions to this charity is to paint portraits of people's pets for a modest fee. If you want your pet immortalised in an original painting, Chandanie can be contacted at cbrpetpics@gmail.com.

Make a Mark 4 artists would welcome new members and would be happy to assist them, irrespective of the stage in their artistic journey.



Trevor Doust
trevor_doust@bigpond.com

Crafty Times are Good Times

Crafty Times started in 2013 as *Handcrafts for One and All* and has met continually since then. It provides a social, friendly and instructive environment for people to bring along long-forgotten projects to finish or new projects to start. Members have a wide range of knowledge, particularly in knitting, crochet, x-stitch, tapestry and embroidered cards and are very willing to assist anyone in starting a new craft. Items are made and donated to charities when the need is identified.

New members are always welcome to come on Wednesdays 1:30pm to 3:00pm at the Irish Club, Weston. Further information from Ginny Graylin- graylin007@bigpond.com.



Photograph: Ginny Graylin

Warrani Chorale: The Joy of Singing!

Warrani Chorale's enjoyment of singing was summed up by the words of the final song of their concert on Wednesday, June 12th at Weston Creek Uniting Church – 'When we sing, we feel joy, we feel pride, we feel alive!' An appreciative audience of 65 people had their spirits lifted at the concert by an eclectic collection of songs ranging from 'Let the River Run' by Carly Simon to 'Soaring Like an Eagle' by Linda Spevacek and 'My Fair Ladies' by J. Lerner and A. Loewe. Under the capable baton of conductor Helen Swan and accompanied by Brigid Cummins on the piano, the choir gave an excellent performance that elicited hearty applause and much toe tapping from the audience. Flautist Ngaire Hosking joined the choir for two items and also gave a solo performance of 'Tambourin' by F.J. Gossec. All this plus two sing-a-longs meant that the audience left feeling very well satisfied with their morning of music.

Semester 2 for Warrani Chorale began on Wednesday, July 24th at 9:45am in the Yarralumla Church Hall. Practices are for two hours each week from 10:00 am to 12 noon on Wednesdays. The choir got off to a flying start this semester with an influx of new members who were very warmly welcomed. In Semester 2 the choir will be working towards their next public concert on November 20th.

The start of the semester is an ideal time to become a member of Warrani Chorale. Anyone interested in joining the choir should contact our Membership Secretary, Liz Hoffmann, phone 0427 930 410, email ebh61uk@gmail.com

Margaret Martin
m.a.martin0602@gmail.com



Warrani Chorale performing at their June concert, 2024.

Flautist Ngaire Hosking performing at the concert accompanied by Helen Swan.



Conchordia Choir

Conchordia Choir has continued to meet every Wednesday during school term time at Mosaic Baptist Church at Evatt. The choir has been focused on preparing for performances for aged care facilities this year. During term 2, we sang for Calvary Haydon Aged Care and Retirement Living and for Levante Ridgecrest retirement community. Our audiences joined in enthusiastically with our singalong sessions and with the two-part melodies that we had chosen to sing to them. During the morning tea provided by both these venues, following our performances, choir members were able to mix with and enjoy the company of many of the residents who attended.

Conchordia Choir meets to sing from 1:30 – 3:00 pm at the Evatt Church followed by coffee for choir members wishing to join in at Ichi Café at Kippax Fair. We are resuming choir rehearsals in term 3 on Wednesday 24th July. New choir members, especially altos, are welcome to join us as we start term 3. If interested, please contact Margaret Hyland.

Margaret Hyland
Conchordia Choir U3A Contact Officer
mh.hyland@bigpond.com



Choir members Barbara van der Hoek and Jenny Chapman lead the singalongs at Levante Ridgecrest Retirement Community

U3A Ukulele Fun Groups

There has been a large, untapped demand for more ukulele at U3A. Many people have completed Michael Rosenberg's excellent six-week intensive beginners' course for the ukulele and have been looking for another group to continue the fun.

U3A now has two more groups of fun-loving, ukulele beginners who are developing their skills thanks to YouTube tuition. Anna McCormack and Roz Townsend have managed to organize the groups – one group runs on a Wednesday and the other group started on 18th July and runs on alternate Thursdays.

Why has the ukulele taken off so well? You may not think of the ukulele as glamorous, but this tiny instrument has wormed its way into the hearts of many folks from Canberra and Queanbeyan. Many people have wanted to learn how to play an instrument but felt too intimidated – the ukulele can be a great solution.



The Wednesday Group
Photograph: Roz Townsend



The Wednesday Group
Photograph: Roz Townsend

The ukulele is a charming little instrument and easy to learn. The ukulele is an instrument for everyone – whether or not you are musically inclined. The fact that one's first song can be learnt in less than five minutes takes the fear away – it is really a beginner-friendly instrument. Three simple, easy to learn chords are the basis of hundreds of ukulele tunes especially as the ukulele only has four strings.

So, forty plus U3A members have signed up for these groups with a desire to have fun with some kindred spirits.

Roz Townsend
roz@roztownsend.com

Sarabande Recorder Ensemble and U3A Canberra Recorder Orchestra

Members of the Sarabande Recorder Ensemble and the U3A Canberra Recorder Orchestra are enjoying a well-earned break as I write this.

Sarabande

When we resume on Tuesday, 23rd July, Sarabande will prepare in earnest for the concert at Calgary Retirement Village in August. This is a return visit, and we'll play our especial love – Baroque music, with Handel and Telemann as favourites.

We'll add a bracket of folk songs, especially from Olde England, as many of the residents enjoy singing familiar songs from their school days.

U3A Canberra Recorder Orchestra (CRO)

The CRO will be presenting an unusual concert at All Saints' Ainslie on 29th September. This will be in conjunction with the Canberra Mandolin Orchestra, and we are looking forward to our first joint rehearsal to hear the combined sound. Our harpsichordist, Bronwyn will accompany one of the pieces, a delightful work by Heinrich Biber.



Invitation: Recorder playing opportunity on our very large instruments.

We invite recorder players who would like to join the CRO to play our spare very large instruments – great bass, contra bass, and the rare sub-great bass and sub-contra bass. The sub-great bass and sub-contra bass do not feature in every piece, but some of our repertoire calls for them. The sub-great bass and sub-contra bass are possibly too large for full-session playing, but they are available for players to switch to when needed.

The recorders in the photo are all contra basses and are made in the style of Renaissance instruments. The one at the far right is turned to show part of the long brass tube to blow down, the holes and the butterfly key. All recorders today require the right hand to be used for the bottom keys or holes, but the butterfly key means that either left or right hand can be used to press a 'wing'.

If you would like to play one of these instruments, please contact Margaret Wright at recorderteacher@hotmail.com.

Recorder workshops in Canberra with world-renowned Recorder people

The U3A Canberra Recorder Orchestra and Sarabande Recorder Ensemble are thrilled to be hosts for two very famous people in the recorder world.

Simon Borutzki, conductor of the Berlin Recorder Orchestra, will run a workshop on Wednesday, 9th October in Hall 1 at the Woden Seniors' Club. Simon's recorder orchestra is a marvellous example of this genre. We'll benefit greatly from his exemplary approach to recorder orchestral playing.



Berlin Recorder Orchestra

Then on Sunday, 5th January 2025, Sarah Jeffrey will run a workshop, followed by a recital, in the same venue. Sarah is English, lives in Holland and is a member of the Dutch recorder ensemble, Royal Wind Music. She is also very well known for her recorder tutorials on Youtube. She is second right in this photo of Royal Wind Music.

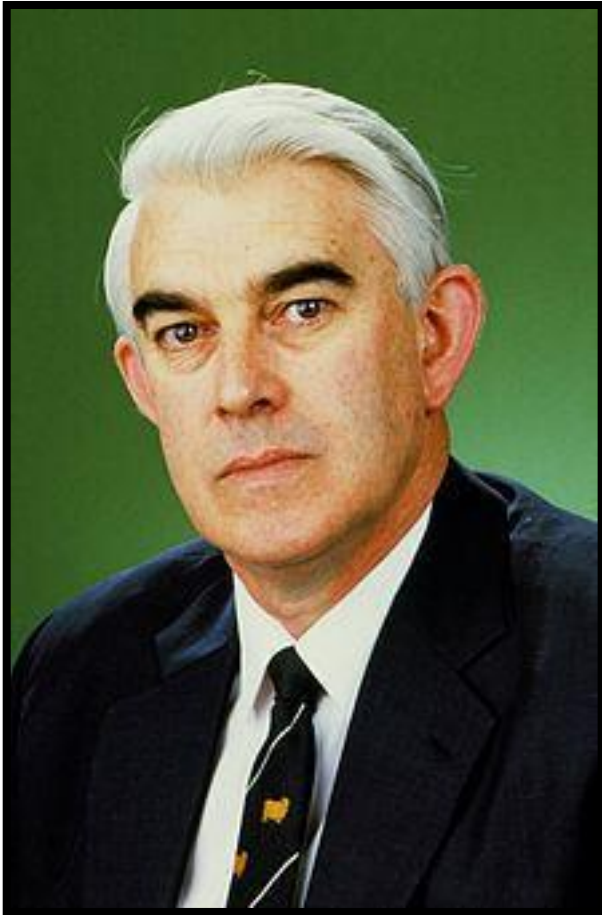


Royal Wind Music, The Netherlands

We'd like to invite all recorder players to join us for either or both of these great opportunities. Please email Margaret Wright for details: recorderteacher@hotmail.com

Margaret Wright
recorderteacher@hotmail.com

John Kerin Memorial Forum



Many members would have known The Hon. John Kerin AO, not only a successful minister under the Hawke/Keating government, but also a strong supporter of U3A. John, with his friends Ian and Alex, ran for a number of years a course looking at the great policy reforms of the past fifty years. It was always a privilege to hear John's insights of how policy was framed and developed for some of these reforms. In addition, John was a passionate and at times outspoken environmentalist – a passion he maintained to his death in early 2023.

It has been agreed that as part of the Tuesday Forums to hold annually a 'John Kerin Memorial Forum – State of the Environment'. This pays tribute to his support of U3A Canberra and the environment. The first forum will be held on 20th August and discuss 'The State of the Climate Science' and insights into the challenges of achieving international action (via UNFCCC) and the role for individual action.

Fitting with such a talk, we have two highly credentialed speakers – Dr Steven Crimp, Senior Research Fellow, Deputy Head of Climate, Crawford Institute (ANU) and Gregory Andrew, former Department of Environment representative at various UNFCCC. Gregory will at the

time be on a bike ride from the west to east of Australia to draw attention to the climate challenge and will join us from the outback.

More details will be provided via the eBulletin nearer to the 20th including registrations details (from 13th August).

ANU Research Project

The ANU School of Medicine and Psychology has benefited previously from the participation of U3A members. Currently a PhD student is seeking further assistance of U3A members for her study. Participants in this study will receive \$20 per hour and access to free parking.

Please note this study was also advertised in the February and April newsletters and thank you to those U3A members who subsequently participated. This is a renewed call for those members for whom the previous timing of the study was unsuitable and may consider this additional extension of the opportunity to participate.

Association between Cognitive Lifestyle & Task-Switching in Young & Older Adults (1 hour):

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 past neurological conditions. Contact Xuanning He (Xuanning.He@anu.edu.au).

Leslie Andrews
Leslie.Andrews@anu.edu.au

Like-Minded/Joint Programs

ANU: Musical Reflections

The first semester of the Musical Reflections Course concluded at Llewelyn Hall on 4th June with a fantastic performance by the duo, Apeiron Baroque: John Ma (Violin) and Marie Searles (pianoforte). The course, a product of the partnership between the ANU School of Music and U3A, has been highly successful with over 100 members attending over the four sessions. Some of their feedback is recorded below.

The second semester of Musical Reflections will commence in mid to late August with another four presentations, including some of the 'favourites' from the first session. Course details, including the registration information, will be advertised once the dates are confirmed. It has been a privilege to work with the professional team at ANU Community Music in organising the four talks.



Kristine Riethmiller and Peter Sheldrake with Marie Searles and John Ma from Apeiron Baroque

'Such an inspirational and informative talk, the humour was an added bonus. I loved every moment and am now much more aware of the enigma of Baroque music'

'I have found the musical reflections course quite superb – the knowledge, insights and sheer musicianship of the presenters have been exceptional, and I've learnt so much from them.'

'An enriching and enthralling experience. The series offered a wonderful opportunity to learn about the latest research in music, delivered by scholars and performers of the highest calibre.'

'U3A members were enormously privileged to attend the recent Musical Reflections sessions at the ANU: Tobias Coles' knowledge and his infectious delivery on the 300th celebration of Handel's opera Julius Caesar was superb and the music he offered the audience, sublime. In session 2, the talented singing teacher and global performer Lisa Keane, delivered a hugely entertaining talk (with song) on the differing styles of 2 famous women singers, Sarah Vaughan and Ella Fitzgerald, while in session 3 Sarah Mann ensured, via her excellent research that we will from now on listen to the soprano voice with much greater understanding and appreciation – it was riveting! The final session, with its focus on music and instruments of the Baroque era – delivery by the exuberant John Ma and accompanist Marie Searles – was a stellar climax to this wonderful experience for U3A members.'

Alex Gosman

vicepresident2@u3acanberra.org.au

Manning Clark House

A place for ideas

Music and Words – The Art of Song

A vocal concert with Fleur Millar, Soprano; Richard Orchard, Baritone; Thompson Quan Wing, Tenor; and guest artists.

With Colin Forbes, Piano and Sam Row, Piano

Sunday August 11 at 3.00 p.m. Manning Clark House, 11 Tasmania Circle, Forrest

This opening concert in the Manning Clark House (MCH) Music series for 2024 will explore the work of Schubert and his great muse, the poet Goethe, by celebrating the union between words and music – the art song. Goethe's poems were a great inspiration for art song of the 19th century and in this concert, they provide a springboard for singing beautiful art song throughout the ages. This concert will include professional, semi-professional and advanced students of classical voice, singing a mainly art song repertoire, accompanied on piano by Colin Forbes and Sam Row. Music includes Fleur Millar singing Schubert and Goethe's song, *'Gretchen am Spinnrade'*. Richard Orchard and Colin Forbes will interpret Beethoven's *'An die Ferne Geliebte'*, with poetry by Wilhelm Muller, illuminating how Schubert, a contemporary of Beethoven, was influenced by the great artist and made the style his own. There will also be some early Italian bel canto song of Bellini in which words and music flow together, sung by Thompson Quan Wing, the Italian bel canto being an inspiration for the German artists.

Future MCH Music concerts will include students from CIT and The Canberra School of Music; a concert of 18th Century vocal music by Rameau, including excerpts of the work *'Les Indes Galant'*; a concert showcasing Canberra Chamber Music; and finishing the year with a concert of Canberra's 'Rising Stars'.



Fleur Millar holds a BMUS Music Perf in Voice, VCA Melbourne University and is Director of Music at MCH. Her work includes Canberra School of Music, CIT, and the Canberra Street Theatre.

A music graduate of Sydney Con, Colin Forbes' work includes the Sydney Symphony Orchestra, Australian Chamber Orchestra and Essen Hochschule Germany.

Sam Row is a graduate of the Queensland Con and his work includes the National Opera and Art Song Canberra.

Richard Orchard was Cantor at St Xavier's, Goulburn and is currently studying for LMus in Voice with Colin Forbes.

Thompson Quan Wing returns to singing having sung with companies, including Canberra City Opera, and lessons with David Parker.

There will be a discussion after the concert followed by high tea.

MCH members \$15; concession (Gov't Support and full-time students) \$15; Non-members \$20.

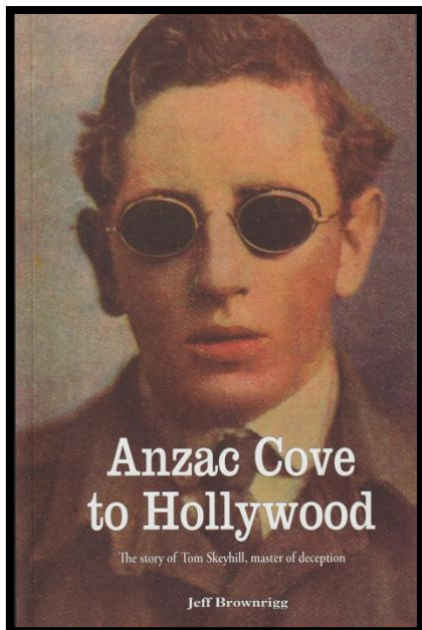
Tickets available at <https://www.trybooking.com/CTMUP>

Fleur Millar
Director of Music, Manning Clark House
fleurmillar@yahoo.com

National Film and Sound Archive (NFSA)

Free sessions but bookings essential.

Two further sessions, relating to the collection of audio and visual historical material, will again be offered to U3A Canberra members. These sessions are presented by the NFSA Owls, formerly known as NFSA Alumni. NFSA Owls comprise former staff and associates of the NFSA. Activities include research, storytelling, writings, lectures, conferences, colloquiums and community activities.



Session 1: Anzac Cove to Hollywood – The story of Tom Skeyhill, master of deception

Drawing on his extensive research, and based on his book of the same title, Dr Jeff Brownrigg will explore the life and antics of Tom Skeyhill, a would-be hero and creative conman. Tom's road from Anzac Cove to Hollywood is little known and fascinating. His story is deserving of elevation in the annals of Aussie characters.

Date & Time: Friday 23rd August 10am – 12:30pm with a tea break

Venue: NFSA Theatrette, McCoy Circuit, Acton

Presented by: Dr Jeff Brownrigg

Session information and booking: Available [here](#).

Session 2: What a Goal! Australian Women in Sport & Physical Activities 1896-1956

With a deserved focus on women in sport and national identity wrought by the Matildas, it is appropriate to consider an historical perspective. 2024 is an Olympic year so what better time to consider the track taken by Australian girls and women in the six decades from our earliest film of sporting events in 1896 to the extraordinary achievements of our women's team at the Melbourne Olympics of 1956.

There is much to consider: costume as an inhibitor to women's physical activities; and custom that saw laws against mixed bathing; and for too long, a distinct lack of acknowledgment of women's real sporting prowess.

There is surviving film footage of pioneer advocate for physical fitness, Annette Kellerman; there are galloping girls of the bush; and there are newsreel items of women rowers and footballers and athletes, hampered by sexist and joking commentary. However, there are also images that reveal the ongoing endeavours and achievements of our women in sport and physical activities giving them a deserved place in Australia's social history.



Date & Time: Friday 30th August 10am – 12:30pm with a tea break

Venue: NFSA Theatrette, McCoy Circuit, Acton

Presented by: Marilyn Dooley

Session information and booking: Available [here](#).

Andrea Hope

andreahope@live.com.au

Canberra Stamp & Coin Show 2024

12-15 September 2024

The Stamp Club of Canberra is showcasing the world of stamp and coin collecting – the source of many hours of relaxing pleasure as you research, refine, organise and seek out further items for your collection. It is an interesting and intellectually stimulating life-style choice and an aesthetic hobby. Collectors regularly meet at national and international gatherings to trade and research their specific interests as well as socialise with like-minded people.

The Canberra Stamp and Coin Show is a national level exhibition of stamp and postal history items with material from private collections that is seldom seen in public. Many of these displays have won national and international awards for their quality and rarity. Some key exhibits include railway parcel stamps; early Australian stamps; stamps commemorating Florence Nightingale and Martin Luther King Jnr, for example; airmail between Australia and America, plus a wide range of worldwide postal material.

Over 25 national and international dealers in stamps coins, banknotes etc. will be showing their material available for purchase, including Craig Chappell Stamps, Shields Stamps & Coins and Burstamp who have confirmed they will be buying material so call at their show booths and have your material assessed.

The **Canberra Stamp Club** will have a range of show souvenirs for sale plus Australia Post will be present with unique show material for sale plus daily show postmarks.

The **ACT Coin Club** will also have a daily changing display of coins, banknotes and related material from their members' extensive collections.

Visitors can vote for their favourite display in the People's Choice Award as well as go into the People's Choice Prize draw. This prize is sponsored by Pacific Facilities Group. And there are daily lucky door prize draws.

Facilities include an ATM, toilets, refreshments and light meals available on site. There is ample free parking with disabled access to all areas. The site is also accessible by public transport, including the light rail which stops just 700 metres from the venue.

Entry charge: \$5

Show Times

Thursday 12:00 – 5:00pm

Friday & Saturday 10:00am – 5:00pm

Sunday 10:00am – 3:00pm

Location

Thoroughbred Park, 1 Randwick Road, Lyneham, ACT,

Come along and have a browse!

Find out more at canberrastamps.org or Secretary@canberrastamps.org



Note: There are 20 free Family Day Passes to the Canberra Stamp and Coin Show 2024, available for U3A members. They can be collected in person from the Hughes office, one per person, first come, first served.

ACT Region Heritage Symposium 2024

Planning for Heritage

Saturday 17 August 2024, 9am

Forestry Building (Building 48),
Linnaeus Way,
Australian National University

Change in the built and natural environment is both inevitable and necessary. Factors such as land development, increased housing demand, climate change and regulation of land use, can have a significant impact on heritage values and heritage places and landscapes.

Whilst these drivers can threaten heritage, they also provide opportunities to strengthen it against decay and destruction through restoration and, where relevant, adaptive re-use. Planning policies and processes are vital determinants of our social, economic and environmental fabric and if leveraged effectively can significantly advance heritage recognition and protections.

Join us for the 2024 ACT Region Heritage Symposium to explore the following questions:

- What role does planning have in managing and preserving our cultural heritage?
- In what ways can heritage facilitate positive planning outcomes?
- How can development and conservation partner to enhance our communities?
- How can we facilitate involvement of residents/local communities in planning for heritage?
- How can we ensure that First Peoples history and culture are adequately respected and protected in future planning?
- What lessons in heritage protection should we have learned from practice in the ACT, elsewhere in Australia and overseas?

Supported by



This symposium is supported with funding made available by the ACT Government



Keynote speaker - Dr James Lesh

Dr James Lesh is the founding director of conservation practice Heritage Workshop, which offers boutique heritage strategy and advice. He is a prominent industry thought-leader and has published widely on the practice, theory and history of urban heritage. He holds a PhD in history and heritage from Melbourne University and has researched and lectured at Melbourne, Sydney and Deakin Universities and King's College London. His recent book 'Values in Cities: Urban Heritage in Twentieth-Century Australia' is the first major scholarly examination of the Australian heritage movement.

Tickets:

<https://www.trybooking.com/CSOKZ>



National Trust (NSW)

Spring at Cooma Cottage, Yass

There is a busy program of events at Cooma Cottage, Yass over the next few months ...

En Plein Air Workshop

Explore the world of watercolour in the picturesque grounds of Cooma Cottage. As spring starts to unfurl, join local artist Jeannine Andrews for a unique *en plein air* watercolour workshop at idyllic Cooma Cottage in the beautiful Yass Valley. Beginners welcome: no previous knowledge or skill required.

Following an intimate workshop, and under expert tuition, participants will be invited to find a quiet space from where they can capture a scene that inspires them – whether picturesque country, historic building or rustic garden.

Morning tea and a light lunch are included.

Event details

Join us from 10am – 3pm on Saturday 14th September 2024.

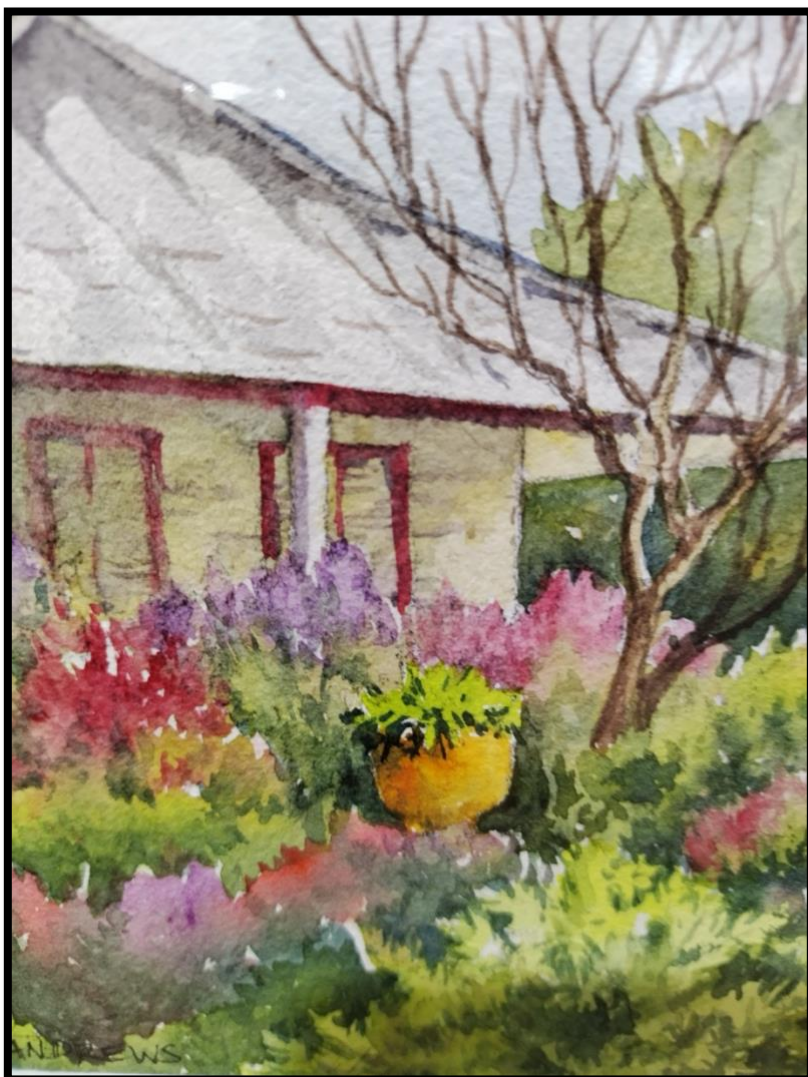
Note: Materials not included. Recommended materials list will be supplied.

Tickets

Tickets: General admission \$160 + booking fees. Tickets strictly limited.

Enquiries

coomacottage@nationaltrust.com.au



Hume & Hovell 200th Anniversary Celebration

Set in the idyllic Yass Valley, Cooma Cottage invites you to celebrate the 200th Anniversary of Hume & Hovell's expedition with live music, demonstrations, stalls, guided tours and more.

Immerse yourself in history as we mark the occasion of this epic journey with a special open day at historic Cooma Cottage – the site where the explorers and six fellow travellers camped overnight on 18th October 1824, and where Hume would later reside.

Marvel at heritage trade demonstrations of wood working, bee keeping and blacksmithing.

Join a guided tour of Cooma Cottage and meander through the historic gardens and grounds, boasting beautiful views and offering unique access to the rarely opened stables.

Grab a drink or bite to eat from one of the food stalls and browse an array of eclectic stalls selling jewellery, aprons, shopping bags, jams, sauces and fresh flower bouquets.

Face painting and activities provided by the Yass Library will entertain the children.

Some of the descendants of the convicts who accompanied the explorers on their epic journey will also be in attendance, as well as a number of special guests.

Event details

Join us from 10am – 3pm on Saturday 12th October 2024.

Tickets

Tickets: \$5 entry. Guided tours available \$5.

Enquiries

coomacottage@nationaltrust.com.au



Spring High Tea

Gather your loved ones and enjoy live music and fine food with friends amidst the spring beauty of the Yass Valley.

A full selection of high tea favourites including gourmet sandwiches, pastries, cakes and other goodies, together with local jams, tea and coffee will be served in the Long Room. Background acoustic music will set the mood.

Free entry to historic Cooma Cottage is available for all guests and our friendly team of volunteers will be available to take you on a tour of the property.

Event details

Join us from 11am – 1pm on Wednesday 30th October 2024.

Tickets

Tickets: \$60 + booking fees. Tickets strictly limited.

Enquiries

coomacottage@nationaltrust.com.au



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.

Historic Bathurst

Although some minor details are still being finalised for this 3-day coach tour to the Bathurst area, which will link with a weekend of private house inspections being arranged by the Women's Committee of the National Trust (NSW), our price of \$1050pp single and \$860pp double/twin has been settled, reduced to \$1005pp single or \$815pp double/twin if you are a National Trust member and quote your membership number. These prices cover coach transport, National Trust entry tickets, 2 nights B&B accommodation, 3 lunches, 1 dinner and regular refreshments. The properties to be visited include 'Alloway Bank', 'Blackdown', 'Kellosiel', 'Miss Traill's House', 'Stratford', 'Millford' and 'Macquarie'. The forward journey will be via Boorowa, Wyangala Dam and Carcoar. The return journey will be via Oberon, Taralga and Goulburn. Whilst priority will be given to those who have already expressed interest, some places remain if you are quick and express your interest through tours@u3acanberra.org.au. In doing so, make sure you include your name(s), phone and email address, desired pick-up point (Deakin, Civic or Ainslie), accommodation needs (single, double or twin), National Trust membership number if relevant, and any special dietary or mobility needs.



'Blackdown'

Replacement Tours Officer Needed

At 87 years of age, and having performed the role since 2007, Garth Setchell clearly must soon step down. We therefore urgently need someone else to step forward and take on leadership of U3A Canberra's walks and tours program. Garth is willing to assist during the early phase of the takeover process and can be contacted on 62901100.

Garth Setchell
tours@u3acanberra.org.au

Key Contacts

COMMITTEE MEMBERS AND KEY CONTACTS – 2 July 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
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	
SERVICES FOR COURSE LEADERS			
Chair Courses Sub-Committee	Keith Huggan	chaircsc@u3acanberra.org.au	
Proposals for new courses		courses@u3acanberra.org.au	
Course changes or cancellations		coursesdata@u3acanberra.org.au	
Room bookings: Cook, Hughes, Flynn		roombookings@u3acanberra.org.au	
Equipment bookings		equipmentbookings@u3acanberra.org.au	
Assistance		courseleaderassistance@u3acanberra.org.au	
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IT /AV problems: Hughes	Brian Kensey	helpdeskughes@u3acanberra.org.au	
IT/AV problems: Flynn		helpdeskflynn@u3acanberra.org.au	
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.