



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

www.u3acanberra.org.au

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

**December 2024
Volume 38 Number 6**

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From the President



I am honoured to be elected the next president of U3A-ACT, and I look to build on the hard work of my predecessors and committee members to ensure U3A remains the success it is with the member support it enjoys.

In particular, I express on behalf of all U3A members, our appreciation to the past two presidents and committee

members, Bob Nield and Lindsay Rae, for their passion, commitment and drive as president – both had to deal with Covid and lockdowns etc. Lindsay is staying on the committee and Bob, after many years, is retiring from the committee and his role as our contact with U3AA. Lindsay has been tireless in spreading the word on U3A with word of mouth apparently the most effective approach to reaching potential members.

U3A-ACT is in a stable position with strong financial reserves, steadily growing membership (reflecting a bounce back from the Covid years), and an increase in course offerings and attendance. It is great to see the diversity in offerings to members with truly something for everyone, including the recent development of new partnerships, such as with the ANU School of Music. We are always looking to opportunities for new course offerings and our friendly and professional courses team is happy to help.

Over the past year there has been turnover in some of our key volunteer positions with the well-deserved 'stepping back' of some volunteers. They go with our thanks. It is gratifying to see the contribution new volunteers bring to such critical positions as membership and web content. We remain well-served by the dedicated volunteers that keep U3A operating across its myriad activities.

From my perspective, discussions on how U3A operates should be guided by three principles:

- U3A exists to meet members' needs and expectations, and we should consistently look at our activities and approaches to affirm that we are indeed a member-focused organisation;
- U3A is a purely volunteer organisation and we must be conscious that people are giving their time for our benefit and that U3A may not be their only commitment, given travel, grandkids etc; and
- We are in a time of rapid external change, with people working longer or casually, and advances in technology which have positive (eg Zoom) and negative (cybercrime) impacts. We need to use new technologies to complement existing offerings.

It is also of considerable value to observe how other U3A are operating and to learn from their approaches in areas such as courses, adoption of technology, etc, as reflected in the recent revamp of the website.

I was reading an article recently by Joanne Earl of Macquarie University on 'are you really ready to retire'. Joanne noted that potential retirees often have a fear of being bored, are uncertain of the transition process, and struggle with a new 'identity' as work has often been their identity. This seems to indicate several areas where U3A has much to offer and how to capitalise on it is a key question for us.

*Alex Gosman
President*

From the Editor

I thought I might use a theme of 'water' for selecting photos from the Photography Group. As a keen angler, water is a constant fascination, albeit our streams could do with a top-up as we enter summer. I've sprinkled the images throughout this edition – many thanks to the photographers. Also, many thanks to the Photography Group's Rob Lee who stepped up to take the photos here from the AGM.

Congratulations to all the awardees of volunteer recognition and to the incoming/outgoing committee.

We on the team hope that everyone has a safe and enjoyable break, and comes back refreshed and eager for the coming U3A Canberra adventures. We're also hoping that you might put pen to paper, or fingers to the keyboard, and prepare some articles for the next newsletter – coming very soon in the new 'academic' year on 1 Feb 2025.

Meanwhile, please enjoy the articles our contributors have offered here – we on the team appreciate the efforts of our loyal 'regulars' but are always keen to hear from more of you on what you've been up to.

Bill Blair
December Newsletter Sub-Editor
newsletter@u3acanberra.org.au

Newsletter Timetable for 2025

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

Newsletter Edition	Deadline for copy	Newsletter placed on U3A Website
February 2025	25 January 2025	1 February 2025
April 2025	25 March 2025	1 April 2025
June 2025	25 May 2025	1 June 2025
August 2025	25 July 2025	1 August 2025
October 2025	24 September 2025	1 October 2025
December 2025	24 November 2025	1 December 2025

U3A Canberra Offices - Venue Details

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

Note that the offices will close on Friday 13 December and re-open Monday 13 January.

U3A ACT Inc. Members' Calendar 2025

UC = University of Canberra, Bruce

Updated 28 November 2024

JANUARY		FEBRUARY		MARCH	
Monday 13	Offices reopen	Monday 3	UC Semester 1 starts	Monday 10	Canberra Day Offices closed
Monday 13	Registration opens for UC Courses Semester 1	Monday 10	Committee meeting	Tuesday 11	Committee Meeting
Monday 27	Australia Day Holiday. Offices closed	To be confirmed	Tuesday Forums begin for Semester One	Tuesday 25	Deadline for April Newsletter
Friday 31	eBulletin and password access ceases for unfinancial members				
APRIL		MAY		JUNE	
Tuesday 1	Newsletter published online	Monday 12	Committee meeting	Sunday 1	Newsletter published online
Monday 14	Committee Meeting	Sunday 25	Deadline for June Newsletter	Monday 2	Reconciliation Day Offices closed
Fri to Mon 18 – 21 April inclusive	Easter Offices closed			To be confirmed	Lunchtime Forums end for Semester 1
Friday 25	Anzac Day. Offices closed			Monday 9	King's Birthday Offices closed
				Tuesday 10	Committee meeting
JULY		AUGUST		SEPTEMBER	
Monday 14	Committee meeting	Friday 1	Newsletter published online	Monday 8	Committee meeting
Monday 14	Call for nominations for annual U3A awards	Monday 11	Committee meeting	Wed 24	Deadline for October Newsletter
Friday 25	Deadline for August Newsletter	Monday 25	Nominations for Committee positions open		
To be confirmed	Lunchtime Forums begin for Semester 2	Friday 29	Nominations for annual U3A awards close		
Monday 28	UC Semester 2 starts				
OCTOBER		NOVEMBER		DECEMBER	
Wed 1	Membership renewals for 2026 open	Monday 3	Committee meeting	Monday 1	Newsletter published online
Wed 1	Newsletter published online	Wednesday 5	Nominations for Committee positions close	Monday 8	Committee meeting
Monday 6	Labour Day Offices closed	Wednesday 1	AGM (Hughes)	Friday 12	Offices close for Christmas-New Year break
Monday 13	Committee meeting	Monday 24	Deadline for December Newsletter	Monday 12 Jan 2026	Office reopens
		To be confirmed	Lunchtime Forums end for Semester 2		

U3A Canberra Committee Matters

Christmas Closedown at U3A premises

This notice is to remind members that, as usual, U3A premises will close over the Christmas and New Year period to give our volunteer teams a well-earned rest.

Cook and Hughes

Our offices and premises at Hughes and Cook will be closed from 4:30pm on Friday 13 December 2024 and will reopen at 9:30am on Monday 13 January 2025.

Flynn

Our premises at Flynn will be closed from 6:00pm on Tuesday 17 December 2024. Flynn premises will reopen at 9:30am on Monday 13 January 2025.

For security reasons, the access codes at Cook, Flynn and Hughes will be changed when the premises close down. Site managers will issue the new codes to those needing them as appropriate.

Course leaders can still run courses in our premises during closedown by arrangement with the room bookings team at roombookings@u3acanberra.org.au. In these cases, course leaders will need to find out about access arrangements from the site manager at the site concerned.

Over the holidays you can still visit www.u3acanberra.org.au to renew your membership and to browse our 2025 Courses Listing / Find a Course.

*Louise Morauta
Facilities Manager*

U3A Membership Renewal

Your 2025 Membership

U3A's membership year runs from January to December. Members who wish to enrol in a course or activity for 2025 and maintain continuity of access to member privileges should renew their membership by 31 January 2025.

Renewal notices detailing payment options were sent to members in October 2024. If you haven't received your notice, please contact membership@u3acanberra.org.au.

To renew your membership online, go to the website: <https://www.u3acanberra.org.au/eway/renew.html>

Members do not need to use their password to renew their membership online. Just have your 2024 membership number, last name and your credit card on hand.

Members who renew online via the U3A website will receive their 2025 membership card and associated information via email.

Members can also renew in person or over the phone at either the Hughes or Cook offices.

Joint Memberships – Important: To change a current joint membership to a single membership, initially contact the Membership Secretary at the email address below to have the joint membership cancelled.

Equipment Fund

Generous member support through contributions to the Equipment Fund has facilitated and expanded this active equipment program to the benefit of all members and groups. When renewing your membership, you might like to consider including a donation to this fund. Donations can be made at the same time as you renew your membership online or in person at the Hughes or Cook offices.

*Mary Bermingham
Membership Secretary*
membership@u3acanberra.org.au

U3A Canberra AGM

For those who were unable to attend, the main segment of the AGM was recorded (sorry, not including the awards ceremony) and is available on-line.

https://drive.google.com/file/d/1o_xq_TwmT3Kfd9Pz1pyveOfHSDfjN7Fe/view?usp=sharing

Papers, such as the constitutional amendments are here:

<https://www.u3acanberra.org.au/link/52cd937ec150ac182678e9a2168bd8be4xM7/Axnv/Y4f9Xm>

A Couple of Images



Outgoing President Lindsay Rae giving his report.

The Treasurer reported we are in good shape.



An attentive audience



U3A Canberra AGM – Award Recipients

Outstanding Service Award

Simone Clark (unfortunately absent)



Jenny Kain



Bob Nield

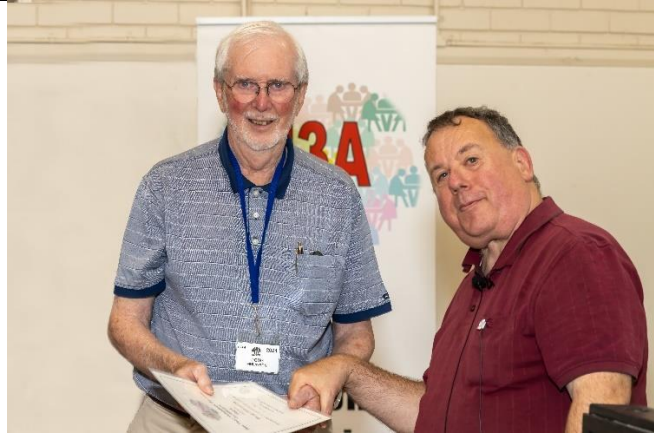


Enid Niven (also Volunteer Long Service Recognition Award 15 years)

Volunteer Long Service Recognition Awards

10 Years	15 Years
 <p data-bbox="108 1429 306 1460">Martin Bennett</p>	 <p data-bbox="810 1444 997 1476">Shirley Cramp</p>
 <p data-bbox="108 1928 268 1960">Pam Cooke</p>	 <p data-bbox="810 1928 1045 1960">Ramon Contreras</p>

10 Years



Doug Finlayson

15 Years



Mike Ilchef



Ginny Graylin



Jocelyne MacLeod



Ross Howard



Bobby Pinkerton

10 Years



Ken Johnson

10 Years



Marie Oakes



Louise Morauta



Barry Shaw



Mary-Jane Mountain



Howard Smith

Absent were: **10 Year award** Elizabeth Clement. **15 Year award** Pam Behncke, Margaret Evans, Edith Hackworthy and Marion Jones.

U3A Canberra 2025 Committee



Front Row (Left to Right):

- Andrea Hope, Vice President
- Keith Huggan, Ex-officio as Chair of the Courses Sub-Committee
- Maria Magro, Secretary
- Tom Flynn, Ordinary Member
- Christine King, Ordinary Member

Back Row (Left to Right):

- Alex Gosman, President
- Peter Sheldrake, Ordinary Member
- Paul Minogue, Ordinary Member and Honorary Legal Advisor
- Lindsay Rae, Vice President

The members missing from the photo are:

- Mary Bermingham, Ordinary Member
- Kristine Riethmiller, Ordinary Member
- Gary Davis, Ordinary Member
- Brian Weir, Ordinary Member
- Graeme Swift, Treasurer



Ann Gibbs-Jordan – ‘Get Outta Here’

Sharing the Reading Experience

Many of us enjoy curling up with a good book but how often do we take the next step and share that experience with others?

A recent article in *The Conversation* provided some interesting insights into the value of the shared reading experience. A group of La Trobe University researchers are investigating the relationship between literature and wellbeing. The aim of their research is to explore how sharing stories and poetry can help people to connect by exploring human experience.

The results of the research indicate that ‘shared reading groups, where people from all walks of life meet regularly to read and discuss literature, can provide the kind of meaningful social connections necessary to alleviate loneliness.’

While their research involves specifically selected writings and trained facilitators, the benefits of sharing reading experiences can also be gained from less formal experiences. As a former teacher-librarian who loves sharing books I lead several book groups and I can attest that they create connections which often lead to friendships as well as stimulating discussion and encouraging new ideas.

U3A offers a wide range of book groups and reading groups which offer many of the benefits evidenced in the research cited in this article. Groups meet regularly to discuss books on a wide range of topics from crime to Shakespeare and poetry. Some encourage people to write and share their own stories.

So why not join a book group in 2025? Book groups and reading groups can be found in the Find a Course page on the U3A website under English and Literature.

Or perhaps you would like to start your own reading group. For more help check out the Course Leaders Guide on the U3A website <https://www.u3acanberra.org.au/members/courses-leaders.html> or contact our Course Leaders Assistance Team at courseleaderassistance@u3acanberra.org.au. This group of experienced volunteers can help you design your course, find a venue and provide tips on running your course.

If you would like to know more about Shared Reading, *The Conversation* article can be accessed here:

<https://theconversation.com/it-just-lifted-me-new-research-suggests-shared-reading-groups-combat-loneliness-and-the-effects-can-be-astounding-239830>

Jill Johnson
Course Leader Assistance Team

U3A Course News

Warrani Chorale: Join us for 2025

Warrani Chorale is a non-auditioned U3A ladies' choir which practices once a week on Wednesdays. Its membership of 50 ladies enjoys singing together in a friendly, supportive environment and we would love you to join us. We are very fortunate to have Helen Swan as our conductor. Not only is she a well-known musician, singer and music educator with a wealth of experience in choral work, but her lively personality and wit makes our practices doubly enjoyable as she shares with us tips to improve our singing. It is well known that singing in a choir is good for your health and members of Warrani Chorale can attest to that – they leave choir practice with their spirits raised and smiles in their hearts.

Warrani Chorale finished the year well with a concert at Weston Creek Uniting Church on November 20. The enthusiastic audience of over one hundred people enjoyed the programme of musical favourites and Christmas music and keenly joined in the sing-a-longs of Christmas songs. Choir members are now looking forward to their end-of-year party on November 27 when some of our very talented members give items which are always great fun and produce a lot of laughter.

Warrani Chorale commence practising in 2025 on Wednesday, 5 February at Yarralumla Uniting Church at 9:45 am. Practices are held weekly on Wednesday from 9:45 to 12:00 noon. New members are promised a warm welcome and good singing. For more details, please contact our Membership Secretary, Liz Hoffman, phone 0427 930 430 email ebh61uk@gmail.com

Warrani Chorale performing at their concert on 20 November



Margaret Martin



Barry McGloin – ‘Surfing spectacular’

Two exciting workshops in early 2025 for Recorder Players

Margaret Wright and the U3A Canberra Recorder Orchestra and Sarabande Recorder Ensemble are delighted to announce two early events for 2025.

1. Workshop and solo recital with Sarah Jeffery, Professor of Recorder, performer extraordinaire, and YouTube tutor.

Date: Sunday, 5th January

Venue: Hall 1, Woden Seniors' Club.

Time: afternoon; exact time TBA

2. National Eight Foot Pitch Recorder Orchestra Deep recorders only: tenor, bass, GB, SGB, SCB

Date: Sunday, 2nd March

Venue: Hall 1, Woden Seniors' Club

Time: 10:00 - 4:00

Contact for more details: *Margaret Wright* recorderteacher@hotmail.com

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 Sopranos, Tenors and Basses, but 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 for our piano accompaniment we have the wonderful Jenny Kain who recently received an award for her services to us at the U3A Canberra AGM.

First semester 2025 we plan to sing – among other things: *Turn, Turn, Turn* (Seeger); *Tebe Poem* (Tchaikovsky); *Piu Non Si Trovano* (Mozart); *How calmly the Evening* (Elgar) and *The Dashing White Sergeant*.

We meet on Monday mornings from 9:30 to 12:00 at the Yarralumla Uniting Church, and resume for 2025 on Monday 3 February. We only charge a small term fee to pay for the venue and sheet music needed.

Enquiries to Merylyn Carey mcarey@netspeed.com.au

Sue Beatty
Publicity Officer for Harmonia Monday U3A choir



David Wilson – 'Cinque Terre storm'

Music Maker's Recent Performances

A few years ago, our Music Maker's group restarted after losing our long term leader and, although now a smaller group, we are still enjoying our music sessions together. With the help of some new members, we have successfully managed to work together and share ideas to make the group productive and gratifying. New members are welcome and enrolments will be open in the New Year.

We have recently resumed performing at various Aged Care facilities and these concerts have been most rewarding. We've had concerts at Fred Ward Gardens in Curtin, Warragul Aged Care in Hughes and, most recently, at Goodwin Aged Care in Farrer. It is always lovely to see the joy our music brings to the audiences and to hear them singing and clapping along to the songs. There are smiles all round, especially when we play their favourite 'oldies' which remind them of times gone by.

At our recent gig at Goodwin, it was delightful to see an elderly gentleman get up and start dancing. He was soon joined by two ladies – one even dancing with the aid of her walker. It was so good to see the obvious fun they were having and it lifted everyone's spirits.

A December visit is now being planned for Goodwin and no doubt it will be happily received and we can spread some very merry Christmas cheer to the residents.



Intermediate French Conversation Belconnen Group



The Intermediate French Conversation Belconnen Group visiting the Australian National Botanic Gardens for a tour in French

Members of U3A language groups may be interested to know that you can arrange a foreign language tour at the Australian National Botanic Gardens. I don't know which languages they offer, but French is certainly one of them. My French conversation group enjoyed a guided tour at the ANBG today, where we learned, (in French of course), about the uses of native plants by aboriginal peoples. Last year we enjoyed a similar tour and learned about native trees for Canberra gardens.

Our tour today was followed once again by refreshments and socializing in the Pollen café. I hope other groups can take advantage of this wonderful opportunity to further their language skills.

Norma Vernon



Judy Wilson – ‘St Helens’

Art at Flynn

Art at Flynn recently had an excursion to Orange in NSW to see the exhibits from the 2024 Archibald Prize. It is the most celebrated and often controversial art award, open to all artists in Australia and New Zealand. It is a ‘portrait’ competition meaning that all the artworks must be painted from life.

To do this, means that the subject and the artist meet for at least one sitting so that the artist can translate what they see and experience into paint. As the winner receives \$100,000 in prize money, it is a competition that interests most artists. This year’s winner was an oil on linen portrait of Australian author, Tim Winton, by Laura Jones.



The trip away was also a great opportunity to form friendships and have some exciting experiences, like staying in a converted shearing shed and enjoying the beautiful countryside while sightseeing. We fitted in visits to Mount Canobolas, Lake Canobolas and the See Saw Winery. Great fun was had by everyone!



Carmel Ackroyd

Two orchestras, two conductors, one concert. U3A Canberra Recorder Orchestra and Canberra Mandolin Orchestra

On 29th September, the U3A Canberra Recorder Orchestra and the Canberra Mandolin Orchestra collaborated in a beautiful concert of Baroque and Early Classical music in the historic church of All Saints in Ainslie.



Margaret Wright (CRO) and Michael Hardy (CMO) with John Smiles (solo flute) and Bronwyn Roberts (harpsichord accompaniment).

Editor – we have to apologise to the Canberra Recorder Orchestra – a rather charming photo of the group assembled for the concert with the Canberra Mandolin Orchestra arrived just a moment too late to appear in the October Newsletter – included here.



Keith Penhallow – ‘Sydney Dawn’



Kim Pendreigh – ‘Last Light at the Lake’

Canberra Recorder Orchestra and Sarabande Recorder Ensemble

We were delighted and privileged to welcome Simon Borutzki, the conductor of the Berlin Recorder Orchestra, to Canberra to conduct a workshop for us.

On Monday, we met him at Canberra airport, and on the way into Civic, George drove us up to Mount Ainslie Lookout so that we could show Simon the panorama of Canberra and the lake from that height.

The following day a small group of us met at the Carillon, where Julie gave a marvellously informative tour of the bells then a beautiful recital.

After a leisurely lunch by the lake, we visited Parliament House to admire the impressive building and to see the ancient Magna Carta, unfortunately not on display now.

We ended the day's adventures with a leisurely cuppa and cake in the Members' Lounge at the Art Gallery.

On Wednesday, in the hall at Woden Seniors' Club, members of the U3A's Canberra Recorder Orchestra and Sarabande Recorder Ensemble were joined by other recorder players from Canberra, as well as from Sydney, Albury and several NSW regional centres.

Our giant recorders were set up, and we settled down to 6 hours of tuition and direction from Simon. I was pleased to have the chance to play my tenor for a change!



Simon Borutzki from Berlin with Margaret Wright and the U3A Canberra Recorder Orchestra's Sub contra bass recorder

Simon's method is very different from other conductors and tutors, but we took deep breaths and knuckled down to concentrate on his directions. He laced these with humour and interesting snippets. The music he chose was gorgeous – not technically difficult or fast; it was all in the interpretation and

beauty that we had hitherto only been able to dream of. I think we came close to what he was seeking.

Simon Borutzki leading the day-long workshop



We then adjourned to the nearby Hellenic Club to enjoy a relaxed dinner and much chatting.

What a wonderful experience we all had!

Simon enjoyed his time in Canberra very much, and I'd like to thank our band of generous drivers (George, Joan, Roz, Heather, Mary) who made his stay so easy. Thanks to all the assistants and participants who came together to create such a happy afternoon with delicious food and magnificent sound.

Margaret Wright



Rob Lee – 'Canberra Lake Burley Griffin'

The MaM-1 (Make a Mark) Art Group

Each Monday morning of the school terms a dedicated group of amateur, but enthusiastic artists meet in room 3 Cook to continue their weekly pursuit of artistic brilliance. There are variations in medium – acrylic, water colour, water colour pencils etc.

At the end of each project, the participants display their efforts on a 'display wall'. It makes an interesting history of our endeavours and our progress.



Recent Arty adventures.

*Paul Humphreys
convenor of MaM-1*

Like-Minded and Joint Programs

Audit (attend) units at the University of Canberra

Did you know that U3A Canberra members can sign up to audit (attend) lectures at the University of Canberra? We can watch lectures, whether in person or online, and access reading lists for units, without all 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.

There's 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-members>. 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 1 starts on Monday 3 February 2025 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

U3A Members Participation in Research

U3A Canberra is often contacted by health-related institutions seeking volunteers for various research projects, clinical trials and as 'subjects' for those persons studying to be a medical practitioner. U3A offers a fairly homogeneous population (of those over 60), often still active both physically or mentally, literate and community focussed. The latter point is important in that members are prepared to give of their time generously to assist community activities – just look at how many U3A members work on the Lifeline Bookfair.

Examples of recent activities where U3A has been approached to advertise to members include:

- cognitive tests at the ANU school of Medicine and Psychology
- volunteering at the ANU School of Medicine to be 'subjects' for first or second year students
- University of Canberra – volunteers at the School of Physiotherapy to discuss experiences as 'senior' athletes
- participants in clinical trials for new medical treatments



More recently the UC Research institute for Sport and Exercise approached U3A to advertise for members who still exercise and who might be interested in a project that aims to determine the relationship between regular physical activity and individual resilience to a simulated heat wave. Within two days of its advertising nearly forty U3A members volunteered to participate for a project that required considerable time and some discomfort of participants (entailed six hours in a heated room (43 degrees) undertaking a slow walk every ten minutes). The information gained from this research will be used to determine whether physical activity can be key determinant in improving our resilience to heat waves and the increasing temperatures associated with climate change. Quite a range of measurements were taken as part of the project including echocardiograms, core temperature measurements and venous blood draws.

Two of the U3A participants were Rod Harrod and Alex Gosman, both with a running/triathlon experience. Both volunteered as they have the time and Alex said he also volunteered partly because as Chair of the

Triathlon Australia Sustainability Advisory Group it provided a personal opportunity to assess the impact of a changing climate on the ability to participate in sport. He did find the seven hours in the chamber somewhat 'draining' by its end but enjoyed the cognitive tests and welcomes the opportunity to assist in such research projects.

Rod commented that his personal desire to keep learning is as strong as ever, and so the opportunity to be involved in a piece of research while learning something important about myself was quite motivating.

'I'm certainly not comfortable in hot situations (or cold ones for that matter), which meant that I was interested to get a sense of my own resilience to heat.

There were times when I wanted to call it quits but once the time ticked over to the final couple of hours I started to feel a lot more comfortable.'

Probably the most challenging part of the day was the cognitive test done before the heat chamber and then repeated in the last 30 mins.

Dr Brown, the Research Project lead at the UC commented: In our warming world, we know that older adults are disproportionately affected during extreme heat events, and it is becoming increasingly important that we look to longer term strategies to improve one's resilience to extreme heat. We are hoping this exploratory study can be the first in a series of investigations that will lead to promoting a healthier population in the face of climate change. The advertisement from the U3A allowed us to gain a massive interest from within a population that, in some cases, can be difficult to recruit, which we are incredibly grateful for! Moreover, the enthusiasm and dedication shown by its members is something I have been truly appreciative of over the last few months. As we come to the end of data collection for the study, I hope those who have participated have not only found the study interesting, but find their data valuable. As we look to the next step for our area of research (recruitment beginning early next year) I will very much look forward to reconnecting with some of the U3A members.

Alex Gosman



Ross Anderson – 'On the Bench Tuggeranong'

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.

2025 Opera Tours

Two one-day coach tours to matinee performances by Opera Australia at the Sydney Opera House are being offered in 2025:

- **Sat 22 Feb – ‘The Barber of Seville’**
- **Sat 6 Sep – ‘La Boheme’**

Departure for both tours is at 7:30am from Deakin, followed by Civic and Ainslie. Return to Canberra for both tours, after an included two-course dinner with a drink at Mittagong, should be between 8:30 to 9:15pm.

The total cost for each tour is \$440pp for A-Reserve opera seats, or \$395pp for B-Reserve opera seats – both offering good views of both stage and surtitles.

Bookings close for ‘The Barber of Seville’ on 3 Jan and for ‘La Boheme’ on 10 July. A \$50pp deposit will reserve your place for ‘La Boheme’.

Bookings should be made as soon as possible through tours@u3acanberra.org.au, making sure you include your name(s), email address, phone number, desired pick-up point and any special dietary/mobility requests. You will then be sent a tour leaflet, detailing payment options, etc.

Garth Setchell
tours@u3acanberra.org.au

Key Contacts within U3A

COMMITTEE MEMBERS AND KEY CONTACTS – 28 November 2024			
Committee Members	Name	Email	Phone
President	Alex Gosman	president@u3acanberra.org.au	
Vice President	Lindsay Rae	vicepresident1@u3acanberra.org.au	
Vice President	Andrea Hope	vicepresident2@u3acanberra.org.au	
Treasurer	Graeme Swift	treasurer@u3acanberra.org.au	
Secretary	Maria Magro	secretary@u3acanberra.org.au	
Ordinary member	Mary Bermingham	membership@u3acanberra.org.au	
Ordinary member	Gary Davis		
Ordinary member	Tom Flynn		
Ordinary Member	Christine King		
Ordinary member	Paul Minogue		
Ordinary member	Kristine Riethmiller		
Ordinary member	Peter Sheldrake		
Ordinary member	Brian Weir		
Ex officio member	Keith Huggan	chaircsc@u3acanberra.org.au	
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	
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	
IT/AV problems: Cook		helpdeskcook@u3acanberra.org.au	
IT /AV problems: Hughes	Brian Kensey	helpdeskhughes@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.