



U3ACanberra

Newsletter of Canberra's University of the Third Age

www.u3acanberra.org.au

[https://www.facebook.com/
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February 2025

Volume 39 Number 1

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From the President

Welcome to 2025



The U3A Committee passes on its best wishes to all U3A members and families for a productive and enjoyable 2025. We look forward to your participation in one or more of the multitude of offerings of U3A in Canberra.

U3A enters 2025 in a position of strength with both membership and course offerings on the uptick after the uncertainty and restrictions of the

'intense' COVID period. We have also recently established strong external partnerships such as with the ANU School of Music.

Financially our strong position has enabled strategic investments to enhance members' experience by upgrading meeting rooms, new IT equipment and music instruments, and support for Tuesday Forum etc. The new Committee will focus on areas of potential investment to build the organization for the future and broaden its offerings. Member suggestions are most welcome.

The one constant item of feedback received across our Canberra membership, including in the 2024 members survey, is the value members place on social engagement. The opportunity provided by participating in U3A to catch up with friends over learning opportunities and share refreshments, be it a cup of tea or, for the Seminal Music Course at Yowani Golf Club, something stronger, are highly valued by members and underpin our success.

Whilst we currently have a number of courses/forums that run online, we don't anticipate a large increase in these as they do not offer the opportunities for social engagement that face-to-face sessions provide. However, they are popular where the format is one speaker to many and not a major focus on engagement. The courses offered by U3A Canberra are the main form of engagement and whilst our focus is around 'learning', it is interesting to observe that for many other U3As, there is a focus on 'recreational' activities such as museum visits, theatre nights, dining out, and pickleball.

A recent article in the *Atlantic* noted that many Americans are now spending more time than ever alone, and this changes personalities, politics, and even relationships to reality. Australia is not so different, and the rise of social media compounds these trends.

Supporting the value of social inclusion and strong external relationships is increasing governments' recognition of the role of continuing social engagement in maintaining the physical and mental well-being of its 'senior' population. Many governments are introducing programs to support 'active, healthy living and social inclusion'. The ACT has its Senior Grants Program to 'assist older Canberrans to participate in all aspects of city life, be it through work, volunteering, art, sport and or skills development'.

For the future, the Committee is focussing on strengthening the offerings and approaches of U3A that enhance community well-being for our membership cohort. Also, we need to ensure that in maximizing social inclusion U3A Canberra continues to promote an environment that encourages diversity, respect and inclusion.

Alex Gosman, President

From the Editor

On behalf of the Newsletter team, as classes for the year are about to start, I am pleased to welcome you back from your summer break to our first Newsletter for 2025.

Please enjoy the articles and images our contributors have offered here showing images from last year, and descriptions of things not to miss this year. We on the Newsletter team appreciate the contributions of our loyal 'regulars' but we are always keen to hear from more of you on what you've been up to.

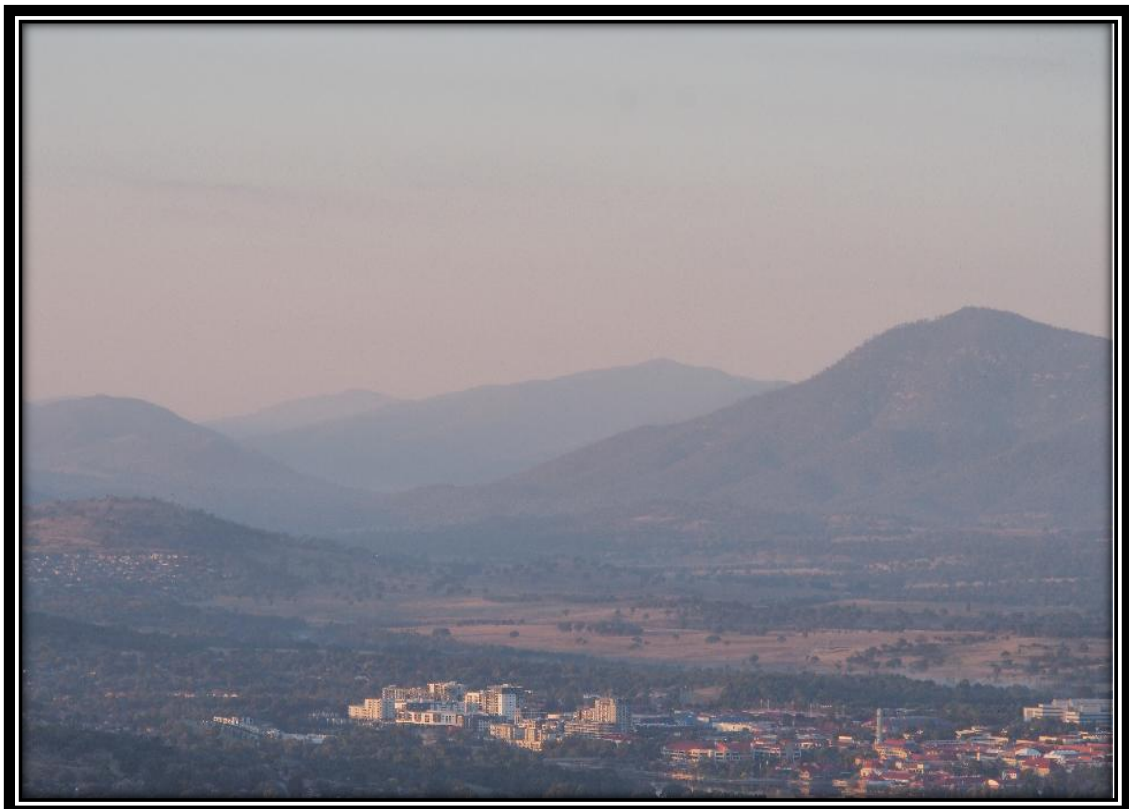
For the life they add to the Newsletter, we thank the members of the Photography Group for photos of familiar Canberra scenes and artists of the art workshops in Curtin for sharing their work.

Jan Febey
February 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
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



Sunrise, Tuggeranong Town Centre, Barrie Ridgeway

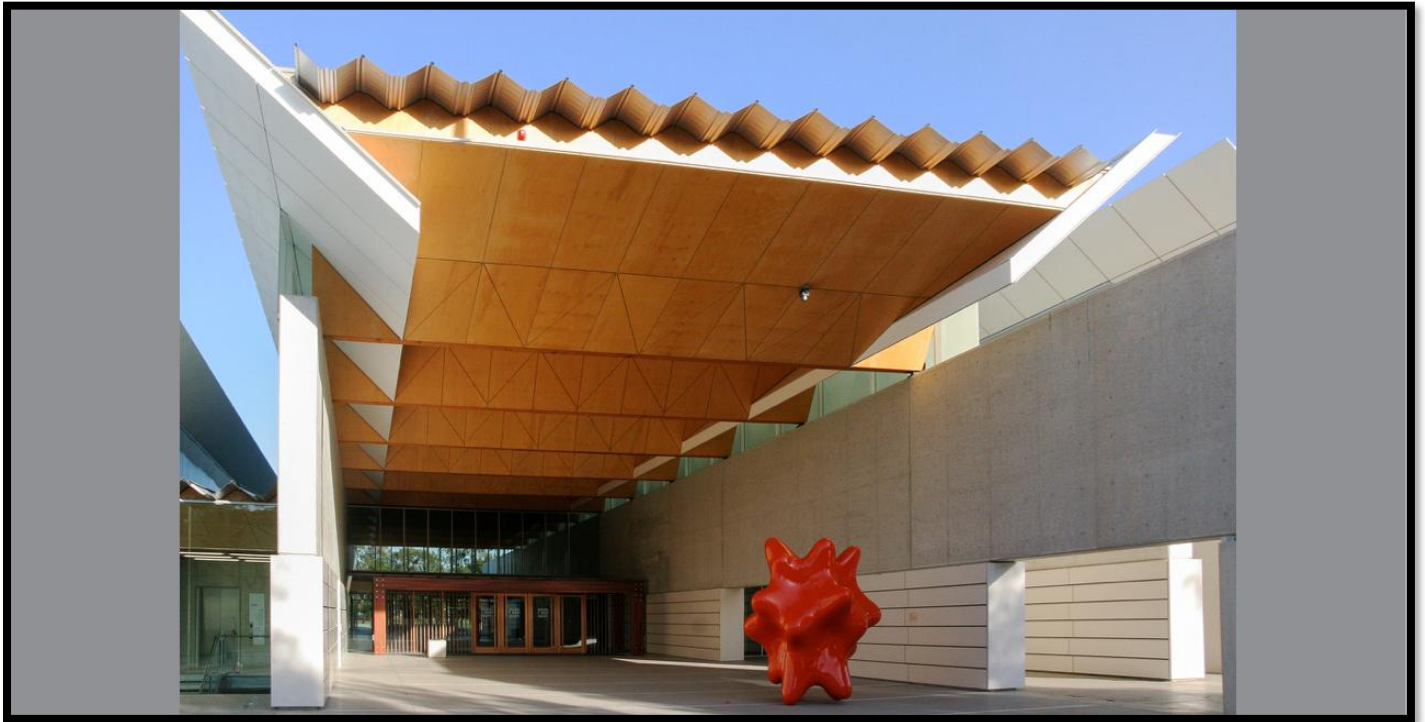
U3A Offices: Addresses and Phone Numbers

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



Rob Lee, photographer

U3A Canberra Members' Calendar 2025

UC = University of Canberra, Bruce

Updated 28 November 2024

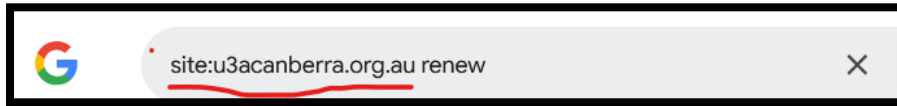
JANUARY		FEBRUARY		MARCH	
Monday 13	Offices reopen	Monday 3	UC Semester 1 starts	Monday 10	Canberra Day Offices closed
Monday 13	Registration opens for UC Courses Semester One	Monday 10	Committee meeting	Tuesday 11	Committee Meeting
Monday 27	Australia Day Holiday. Offices closed	Tuesday 11	Tuesday Forums begin for Semester One	Tuesday 25	Deadline for April Newsletter contributions
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 contributions	Monday 2	Reconciliation Day Offices closed
Fri to Mon 18 – 21 April inclusive	Easter Offices closed			To be confirmed	Tuesday Forums end for Semester One
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	Wednesday 24	Deadline for October Newsletter contributions
Friday 25	Deadline for August Newsletter contributions	Monday 25	Nominations for Committee positions open		
To be confirmed	Tuesday Forums begin for Semester Two	Friday 29	Nominations for annual U3A awards close		
Monday 28	UC Semester Two 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 12	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	Tuesday Forums end for Semester Two		

For U3A Canberra Members

Using Our Website

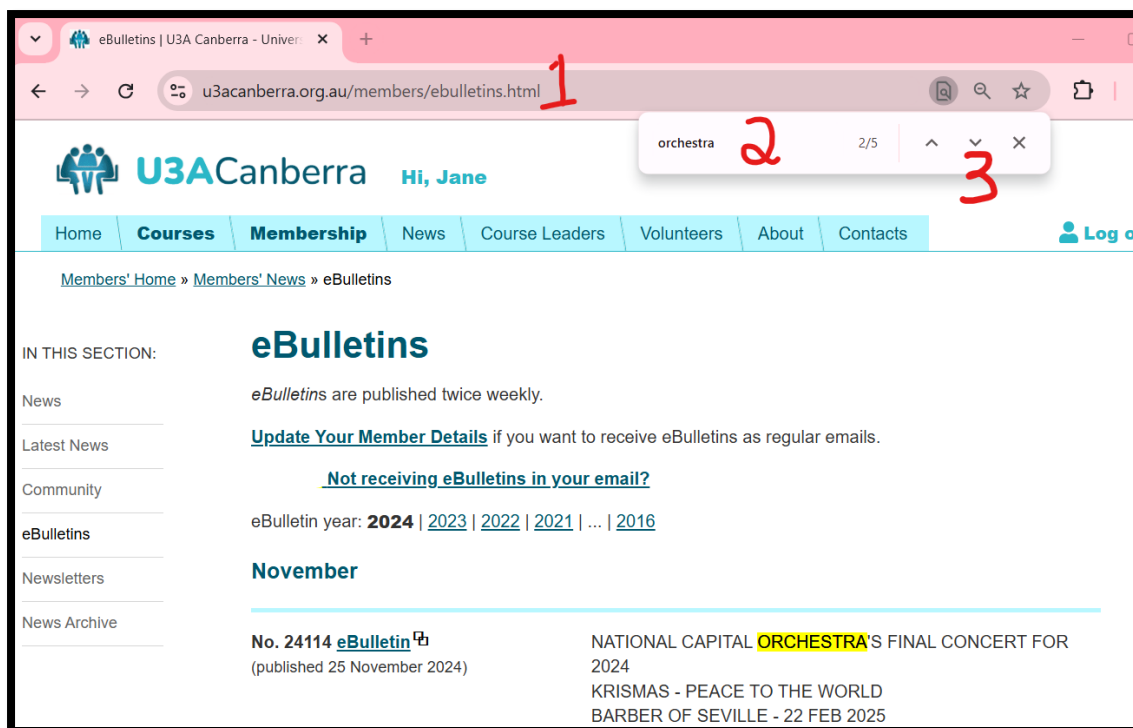
To search the pages of our public website:

Prefix your google search words with **site:u3acanberra.org.au** as per the following



To find a specific eBulletin item:

1. visit <https://www.u3acanberra.org.au/members/ebulletins.html>
2. **Ctrl+F** and enter the search text eg. orchestra
3. arrow up/down through the set of results



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

Jane
Web Manager

U3A Course News

Art Workshops in Curtin

Throughout this newsletter are photos of a selection of artwork created by the groups who met at Curtin in the hall during 2024.

In the last weeks of the term, we gathered for some Christmas celebration and held a casual exhibition of our work. Although several of our members were already off travelling on a summer break, as usual, the work exhibited shows that the subject matter, style and media of our artists is diverse.

Some of our members like to find inspiration from established artists, some find their own subjects, and some look for lessons in basic skills.

*Alyson Robinson
Convenor*

Tuesday Forums 2024: Report

For the U3A Canberra Tuesday Forums, 2024 was a very successful year. There were over 30 well attended Zoom sessions with average attendance exceeding 100. Feedback on the topics and on the quality of the discussions was extremely positive. For a talk on the Middle East, 170 members zoomed in. Other popular forums included the ACT election, 2024 in review, politics in Australia, ACT Right to Die legislation, and elections in India and Indonesia.

Moving to Zoom has enabled us to attract interstate speakers, such as star guests Michael Kirby and Jenny Hocking, as well as many fantastic local community identities. It has reduced the administrative requirement on the two members who run the forums and significantly reduced the need for volunteers in an environment where it has been difficult to attract volunteers.

As well as members from U3A Canberra (over 500 pre-registered participants), the Forums attract welcome attendees from around 25 regional U3As, primarily in NSW. Talks are now recorded for those unable to catch them live.

In exciting news, the U3A Canberra Committee recently agreed to provide the annual funding for the operating costs of running the Tuesday Forums – Zoom costs and charity donations (to thank speakers) and possibly minor IT assistance. This decision was made in recognition of the 'broad benefit of the Forums across both U3A Canberra and regional U3As that, unlike courses, are not restricted to those who are course members.' The Forums are frequently cited as the 'premium' use of online facilities across the U3A network in Australia.

Another example of a successful online course has been 'Conversations' held on alternate Fridays via Zoom which attracts over 100 members drawn from both Canberra and regional NSW, with an average attendance of 30. The range of speakers has covered local community, art and culture, politics and current affairs.

Members unfamiliar with the technology have been assisted to set up Zoom so they can join in online offerings. We may expect to see a gradual increase in online offerings, potentially capitalising on those from other U3As, to meet an increase in membership interest in online courses where they complement traditional face to face offerings and are not a substitute. They are ideal for lecture-type talks where one speaker addresses many and social interaction is not a primary aim.

*Alex Gosman
Tuesday Forums Convenor*

Hughes Ukelele Group

The Hughes Ukelele Group (HUG), under the direction of Anna McCormack and Roz Townsend, had an exciting year in 2024 developing their skills.

Many in the group had not played before, yet they were able to entertain the children and staff at the Marlee Early Education and Childcare Centre in Narrabundah with fun renditions of some favourite Christmas songs.



The all-fun, no-stress approach to playing in this group – not to forget the coffee and chat after our sessions, has made for wonderful friendships and improving musical ability.

We are grateful to U3A for their help in facilitating this activity.

*Hughes Ukelele Group (HUG)
2024*

*Roz Townsend and Anna McCormack
Convenors, Hughes Ukelele Group*

A musical coup for Canberra Recorder players!

Canberra Recorder Orchestra and Sarabande Ensemble invited renowned recorder expert, Professor Sarah Jeffery, to conduct a workshop in Canberra on 5th January. Sarah lives in Amsterdam, where she teaches and performs (she is a member of Royal Wind Music). She commutes to London where she is Professor of Recorder at the Royal College of Music. She is well known all over the world for her 'Team Recorder' videos on YouTube.

Our members were joined by recorder players from all over Eastern Australia and some local players. We assembled in the large hall of the Woden Seniors' Club for an afternoon of musical wonders. We were delighted with the choice of music from Purcell to modern film music, taught with Sarah's well-known skill, knowledge, enthusiasm and vibrant personality.

I enjoyed replacing my baton with my tenor recorder, and together we produced marvellous music. When we had packed our instruments away, we settled down to Sarah's solo recital. It was recorder playing by a rare virtuoso, and we were enthralled. Everyone who attended was absolutely delighted to have met her, had an afternoon of tuition, and heard her recital.

About thirty of us then adjourned to the nearby Hellenic Club for dinner and more socialising. This was, indeed, a day to remember.

Margaret Wright



Canberra Recorder Orchestra and Sarabande Ensemble with invited recorder players from across eastern Australia in their workshop with renowned recorder expert, Professor Sarah Jeffery.



Jan Henderson

Jan Henderson, artist

Brindabella Orchestra



The Brindabella Orchestra celebrated a special milestone on Sunday, 24th November 2024, with a concert marking its 25th anniversary.



The orchestra's journey began in 1999 when a small group of 15 musicians came together to share their love for music. These founding members laid the foundation for what has become the vibrant ensemble we know today. Before the concert began, founding member Margaret Wright shared a poignant moment with the audience, displaying a photo of the nine original musicians and offering a brief history of how the orchestra started and grew into its current form.



Margaret Wright: Founding Member

Photo: Frank Ingwersen

Brindabella Orchestra has been guided by a number of talented conductors, and today it is led by Shilong Ye, whose leadership has continually elevated the orchestra's musical standards to new heights.



Shilong Ye: Conductor

Photo: Frank Ingwersen

For the anniversary concert, the Weston Community Hub was beautifully decorated with helium balloons and a collection of photos featuring orchestra members, adding an extra touch of nostalgia and warmth to the occasion.

The concert opened with the beloved classic *The Sound of Music*, which was met with enthusiastic applause. The program also featured works by Brahms, Dvořák, Elgar, Rowley, and others. The hall was filled to capacity, and the audience showed their appreciation with generous applause after each piece, clearly enjoying every moment of the performance.

The Brindabella Orchestra is composed largely of members from U3A, along with several younger musicians who have joined the ranks over the years. Whether you're a retired musician or a younger player looking for an orchestra to join, we invite you to visit us for two or three weeks to 'try us out'. The orchestra is welcoming and friendly, and we are always eager to meet new members. Currently, we are especially in need of string players – violins, violas, cellos, and double bass – as well as brass musicians. For more information, please visit our [website](#).

Finally, here are our 2025 dates for your calendar: Rehearsals start Saturday 8th February, Concert 1 Sunday 4th May, Concert 2 Sunday 10th August, and Concert 3 Sunday 23rd November.

Contact us info@brindabellaorchestra.net

Music Makers at Hughes

Music Makers had a very successful and enjoyable 2024 playing music and having fun.

We have performed at several Aged Care facilities and plan more visits this year. The residents loved our music and invited us back as soon as we can manage it.

We meet on the 1st, 3rd and 5th Fridays (where there is one) of the month at 1:30pm at the Hughes Community Centre and we are always looking for new members with musical skills that will fit with our type of music.

If you think this could be for you, come along, have a listen and a chat. You would be most welcome. Our first session this year starts on 7th February.

*Graham Parkins
Convenor*



Music Makers playing at Goodwin, Farrer in December 2024

January Strings 2025



During Brindabella Orchestra's long summer break, members of the string section met on consecutive Sunday afternoons in January at the home of one of its members and enjoyed playing string quartet music together. Eighteen musicians participated in what we call the January Strings.

The afternoons were very pleasant and more like a reunion for everyone. Music by Mozart, Gershwin, Vivaldi, Bach, Scott Joplin, Percy Fletcher and others were thoroughly enjoyed by all present. After a couple of very satisfying hours of playing

together, we were beginning to wilt just a little and were more than happy to stop for a very social cup of tea.



Many thanks to Cheryl Peffer for organising the afternoons and selecting the music, and to Margaret Wright for her kind hospitality in allowing us to have the event in her home.

*David Stone
Publicity for Brindabella Orchestra*

Make a great start to 2025: Join Warrani Chorale!

If you enjoy singing and you are looking for good music, fun and friendship then Warrani Chorale is the group for you. This non-auditioned U3A ladies' choir practises weekly on Wednesdays at Yarralumla Uniting Church Hall from 9:45 am to 12 noon. The 58 strong choir is conducted by well-known Canberra musician, singer and music educator Helen Swan, and accompanied by pianist Brigid Cummins.

At the last Warrani event of 2024, the in-house concert and party on November 27th, the choir acknowledged the debt we owe these two talented ladies who are pictured below with their floral presentations.

If you are interested in joining us at Warrani Chorale, please contact our Membership Secretary Liz Hoffmann for details: Phone 0427 930 430 email ebh61uk@gmail.com

Our 2025 year starts on Wednesday, February 5.

*Margaret Martin
Convenor*



Conductor Helen Swan (right) and pianist Brigid Cummins with flowers presented by the Warrani choir members

Judith Wardhaugh (left) and Pam Piper performing at the Warrani Chorale in-house concert on November 27.



2025 Tuesday Forums: Starting 11th February

The Tuesday Forums run by U3A Canberra will commence for 2025 on Tuesday 11th February. The Forums will be via Zoom and run from 12:30 – 1:30. There will be some extended breaks this year when organisers are away, including April and September.

The talks will be recorded but rather than contacting the organisers for a copy, they will be available on-line on the U3A website to reduce workload. Further information on accessing the recordings will be provided but it is a simple process – you do need to be a member to access the website where the recordings will be stored.

We again have a selection of top-class speakers covering an eclectic range of topics sure to attract interest amongst members. Noting that as a federal election is to be held in 2025, a number of the initial Forums will focus on major issues for the election, including immigration, housing policy and nuclear power.

For pre-registered participants, details of the Forums will continue to be provided weekly (on a rolling three-week basis) including the log in details. The option to register only on a weekly basis remains based on the information set out in the eBulletin. If pre-registered, you do not need to attend all Forums.

To pre-register, please provide your name and membership number to forums@u3acanberra.org.au.

February – March Program

Note that all sessions are via Zoom and start at 12:30pm

11 February: *Micro Forests*. Edwina Robinson, Landscape Architect, The Climate Factory.

18 February: *The 2025 election – major issues and possible outcomes*. Simon Banks, Hawker Britton, Paul Chamberlin, TPG and David Quilty, National Advisory.

26 February: (NOTE WEDNESDAY*) *The four traditional migrant settler nations – USA, Canada, Australia and New Zealand – why do they appear to be at a crossroads on immigration policy?* Abul Rivzi (former Deputy Secretary, Department of Immigration)

4 March: *An update on developments in the supply of nuclear energy and technology.* Dr Robert Parker, Nuclear for Climate Australia.

11 March: *US politics – six weeks post President Trump’s inauguration.* Jared Mondschein, US Studies Policy Centre.

18 March: *Developments in Artificial Intelligence.* Wayne Custodio (Former Partner, Deloitte)



Helen Modrack, artist

Curious Minds

'Curious Minds' meets at Hughes Baptist Church (heaps of free parking available) on Friday mornings from 10:00 – 12:00

We have three sessions of eight weeks each across the year. Each of these has an overarching title which speakers are welcome to interpret as they wish. Our next term – which commences on 14th February – is all around five Cs: circumstance; coincidence; conspiracy; crisis and consequence.

If you have a talk that you think would tie in with any or all aspects of these 5Cs, or if you would like to join us on a regular basis (there is no expectation that group members need to give presentations), please contact Vivien on 6166 0187 or cvivienarnold@gmail.com

There is a small cost for each term to cover room hire.

*Vivien Arnold
Convenor*



Pam Bryce, artist

National Eight Foot Pitch Recorder Orchestra – NEFPRO '25.

This much anticipated annual get-together of recorder players is fast approaching.

Date: Sunday, 2nd March.

Time: 10:00 – 4:00

Venue: Hall 1, Woden Seniors' Club, Corinna St., Phillip.

Cost: \$15 Pay on the day: exact amount in named envelope, please.

Bring: deep recorders (tenor, bass, great bass, contra bass, sub great bass, sub contra bass) music in folder, music stand, water bottle, own lunch, nibbles to share.

Teas, coffee, juices on tap all day.

Music will be sent electronically. Some larger instruments will be available to borrow, with antiseptic wipes.

All players of the deep recorders are warmly welcomed by the U3A Canberra Recorder Orchestra and Sarabande Ensemble.

Please let all the recorder players in your world know of this event.

The music is chosen carefully to cover most levels of playing, and the gorgeous sound of the very deep

instruments has to be heard to be believed.

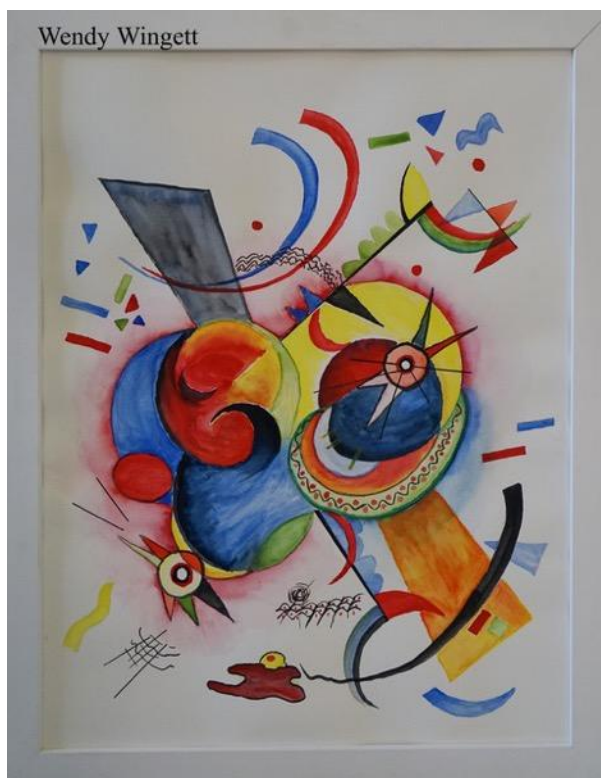
Everyone is welcome to attend from 3:30 to hear the day's results and enjoy our concert with a cuppa and biscuit. NO charge, of course, but please let me know if you'd like to come and specify recorder(s) you'll play.

To enrol: Margaret Wright at recorderteacher@hotmail.com Ph 6286 2428

Margaret Wright
Convenor



Matthew Young, artist



Wendy Wingett, artist

Carol Flynn: Understanding your Superannuation

The Understanding your Superannuation U3A course runs twice a year from March and September.

As one 2024 participant said: *'Information about superannuation entitlements and rules is required knowledge for people our age if we want to have financially secure lives.'*

These are reasons other participants attended:

- *'I felt paralysed around dealing with my superannuation, and I was hoping to simply gain a better understanding of what superannuation is and how it works.'*
- *'I wanted to make sure that I understood Australia's superannuation system, rather than just think that I understood it.'*
- *'I was hoping to better understand the relationship between my PSS pension and the additional Super Fund I joined after starting work following my retirement from the APS.'*

For 2025, the first ten sequential session course will run from Tuesday 18th March to 27th May 2025, and has 25 vacancies. The content is comprehensive and gives participants the knowledge and skills to *'make the most of it for your own situation'*. The topics covered fall under four headings:

1. What is Superannuation and how does it work? Where do you fit in?
 - a. Why understand your Superannuation?
 - b. The way superannuation works
 - c. The superannuation industry
2. The rules of Superannuation: what you can and cannot do
 - a. The two stages of your superannuation and the rules
 - b. Superannuation retirement income streams and more complex rules
3. Understand your Financial Adviser, their ways of working and their recommendations
 - a. Basic investment principles and risk/returns. Your risk profile
 - b. Talking to your Financial Adviser
4. Retirement income streams and your retirement journey
 - a. Your retirement income streams
 - b. Planning your retirement journey.
 - c. Your Will and your superannuation (Lawyer)

The course is available in person in Room 1 at the Flynn Community Hub and live on Zoom on Tuesday mornings, from 18th March 2025. This is to allow Northsiders, and particularly U3A members from Gungahlin, to attend closer to home, although everyone is welcome, and we usually have some interstate participants. Some participants only attend in person and some only on Zoom; many choose which best suits them week by week.

'So glad Zoom was an option when work meant I couldn't attend in person' and 'So handy to be able to join by Zoom and I never felt I was missing out'.

A recording available to enrolled participants was well used:

'I loved being able to watch each session again' and 'Worked very well – delivered quickly after the session, clear audio, advantage of increasing/decreasing speed.'

Overall, the course is rated as excellent, comments include: *'Excellent pedagogy'* and *'You presented a superb course on personal investment in relation to retirement and superannuation.'*

Enrolments open on Monday 3rd March 2025 by contacting Carol Flynn on cpf64@gmail.com

Carol Flynn
Convenor



Sumi Ranjitkitmar, artist

Time to get that book out of your head

Have you ever wanted to write your own book? Maybe it is your family story. Maybe it's a novel. Maybe it's what you've learnt in your profession. Maybe you've already started. You might have done a writing course at U3A. Well, why not move on to the next stage?

Our course leader, David Whitbread can help you develop your content, then prepare it for publication with up-to-date editing and design suggestions. He will also guide you on how to get it printed and get it to your readers. You can just come along to hear about the process, or you can immediately start preparing your book.

Comments from 2024 attendees included:

- 'David is very knowledgeable and engaging'
- 'Very useful for amateurs'
- 'The handouts were excellent and engaging'
- 'Course was professionally presented'
- 'Demystifying the process of preparing manuscript for printing'
- 'The guest presenters were also very good'
- 'I really enjoyed the course – it was a learning experience and fun'

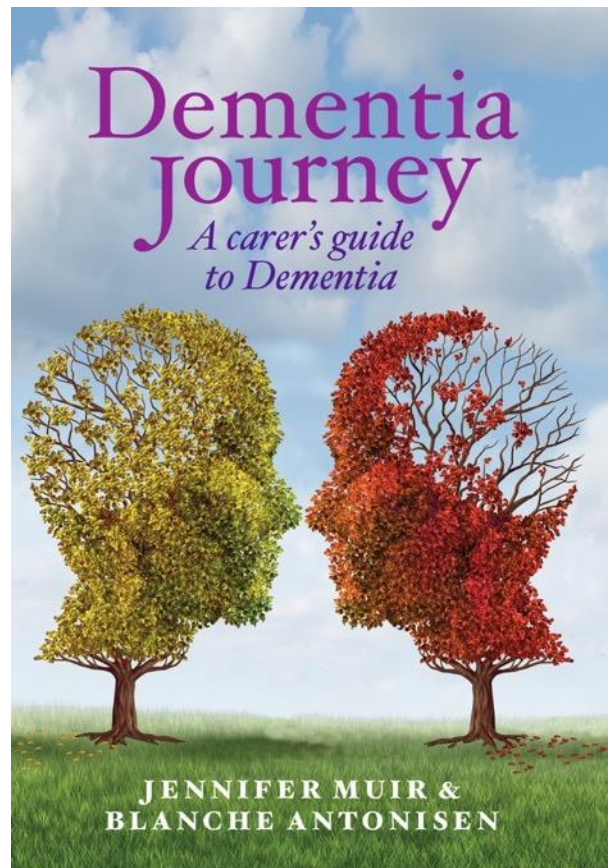
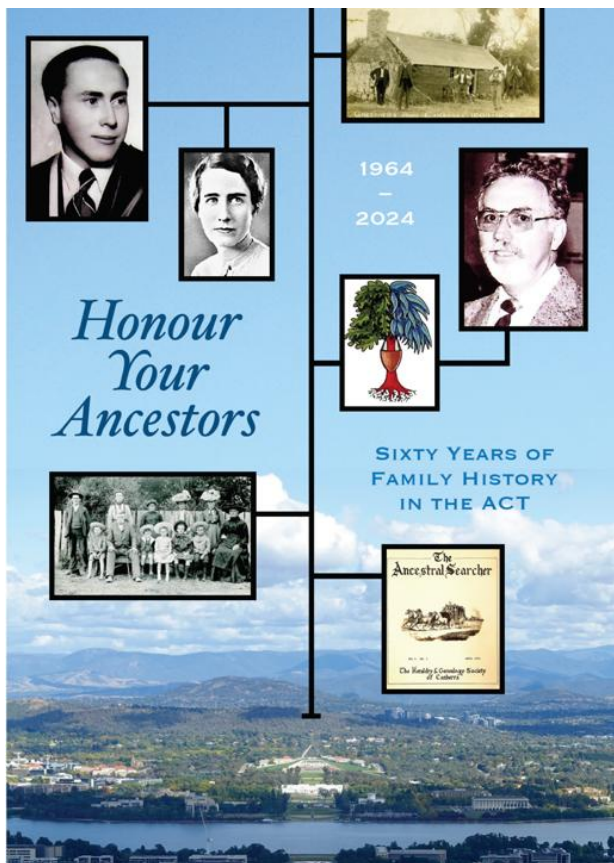
David is a designer who has written and edited books and magazines for 40 years. In the last year alone, he has edited and designed three history books. Two were heavily illustrated organisational histories – coming in at 220 and 440 pages. Both were released late last year. Another was a 48-page book on historical walking trails in Canberra. And already in 2025 he has completed writing, editing and designing a new 240-page history book which will be launched in February!

Throughout the term David invites guest presenters to show and tell how they do what they do, including in the very first session. This includes authors, printers and recently published U3A authors that attended this course in 2021 or 2024. The printers also usually offer a tour of their printing establishment which has proven very popular – and is optional in week 11!

You can just bring along a note pad, your ideas and your project if you have one. You might like to purchase David's new edition of *The Design Manual* (at 25% discount for you – so only \$60 instead of \$79 RRP), but it is not essential. There will be handouts provided weekly.

'How to write, edit, design and publish your own book' is running on Thursday mornings for 10 weeks in Term One at Hughes from 10:00am to 12:00 noon. It starts on Thursday 6th February 2025. To ensure a place, email David@TheDesignManual.com or text David on 0459 761 162.

Here are some covers of books created by people who have done this course before:



David Whitbread
Convenor

Harmonia Monday Choir

If you can sing in tune and hold a part, come and join us! We will be especially pleased to see Sopranos, Tenors and Basses, but Altos are also welcome. Being able to sing from music is highly recommended, but you don't need to have a really great voice, and we don't audition.

We sing (in four-part harmony) a wide range of mostly classical short pieces from a range of periods. Our leaders are Oliver Raymond and Sheila Thompson, and for our piano accompaniment, 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 3rd February. We only charge a small term fee to pay for the venue and sheet music needed.

Enquiries to Marilyn Carey mcarey@netspeed.com.au



Sheila Thompson conducting the choir at our last open morning Nov 2024

*Sue Beatty
Publicity Officer
Harmonia Monday U3A choir*

Like-Minded Programs

Canberra Forest Alliance: Art Auction 15th March 2025

The Canberra Forest Alliance and Conservation Council ACT are organising an art auction on 15th March 2025 at the Capital Brewery in Fyshwick.

The main aim of the auction will be to support campaigns to protect our beautiful native forests – those surrounding ACT, those in Southcoast NSW forests and the endangered ecosystems in the ACT. All proceeds will go to the Conservation Council.

The Canberra Forest Alliance are looking for artists, or people with art in their homes, who would be willing to donate artworks featuring the native forests and the amazing animals and plants living in these forests. Birds like the Swift Parrot and Gang Gang and mammals like the Greater Glider and Quoll.

U3A Canberra members that are interested please email Simon Copland, Executive Director of the Conservation Council ACT at director@conservationcouncil.org.au

text

*Simon Copland,
Executive Director,
Conservation Council ACT*



Invitation to history lovers

Date and Time: Monday, 3rd February 2025 at 5:15pm

Event: 2025 Trendall Lecture: Household archaeology and the domestication of empire

Cost: The event is free

Location: Coombs Lecture Theatre, Australian National University

Professor Caitie Barrett, from Cornell University, is a leading archaeologist specialising in the ancient city of Pompeii. She is travelling to Canberra from the USA to present the lecture, which will draw on her fieldwork and excavations from Pompeii that illustrate the complex relationship between the Roman Empire and Egypt.

If you are interested in attending please [register your interest](#) here.

*Abra Pressler
Communications Manager*

Friends of the National Library Events

The Friends of the National Library are offering Friends membership prices for in-person and livestream tickets for U3A members, **using the code U3AFRIEND** at checkout. You can attend this event in-person or watch the online livestream. The livestream link will be sent a week before the event and again one day prior to the event.

Author Talk - Frank Moorhouse: Strange Paths with Matthew Lamb

Date: Wednesday 12 February

Time: 6.00pm – 7.00pm

Join biographer Matthew Lamb for 'a ramble in the mind of an adolescent' as he delves into young Frank Moorhouse's life, exploring how this critical period shaped the author and why adolescence deserves more attention in literary biography. [Book now](#)

Discovering Millicent Armstrong with Dianna Nixon

Date: Wednesday 19 March

Time: 6.00pm – 7.00pm

Dianna Nixon will share her 9-year journey uncovering the life and bringing to the stage, the work of playwright Millicent Armstrong (1888-1973), a World War I veteran and soldier-settler farmer, awarded the Croix de Guerre by the French Government for bravery on the Western Front, who returned after the war to farm a property between Gunning and Goulburn in New South Wales, and write award-winning plays.

https://www.stickytickets.com.au/f8uyf/discovering_millicent.aspx

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.

Saturday 22nd February – ‘The Barber of Seville’

Unfortunately, if you haven't previously booked, this tour is fully booked. Contact tours@u3acanberra.org.au if you are praying for a late cancellation.

Saturday 6th September – ‘La Boheme’

Some places are still available for our second one day coach tour to the Sydney Opera House – this time for the matinee performance of Puccini's ‘La Boheme’. Including return coach travel, morning refreshments and a 2-course dinner at Mittagong, the price for an A-Reserve opera seat in the Circle is \$440pp – or \$395pp for a good B-Reserve seat. Places can be reserved by paying a \$50pp deposit. The coach departs Deakin at 7:30am (followed by Civic and Ainslie), returning by 8:45pm.

Bookings to tours@u3acanberra.org.au

Search for a replacement Tours Officer

It is becoming increasingly important that somebody offers to take over the promotion and management of U3A's popular Walks and Tours Program. At almost 88 years of age, Garth can't expect to remain in good health forever. Whilst his replacement would obviously want to arrange and lead some activities within his or her own field of interest, many other U3A members have arranged and led individual walks or tours over past years – they just need some guidance, encouragement and promotion from the Tours Officer, plus support with the taking of bookings and the payment of suppliers. Garth will still be available to guide any newcomer through the early stages of taking over management. Questions and expressions of interest may be addressed to Garth on 62901100.



Lake Tuggeranong, David Wilson, Photographer

Committee Members & Key Contacts

15 January 2025

Committee Members	Name	Email	Phone
President	Alex Gosman	president@u3acanberra.org.au	0414 258 745
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Ordinary member	Tom Flynn		
Ordinary Member	Christine King		
Ordinary member	Paul Minogue		
Ordinary member	Kristine Riethmiller		
Ordinary member	Peter Sheldrake		
Ordinary member	Brian Weir		
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