

U3A ACT NEWS

Newsletter of Canberra's
University of the Third Age

www.u3acanberra.org.au

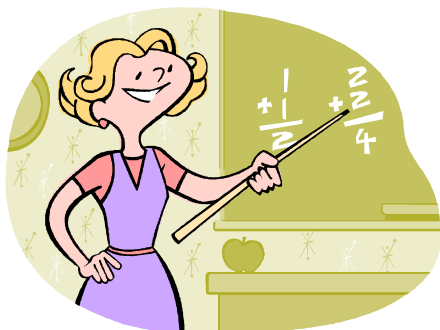
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Volume 25 Number 5

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SPECIAL FEATURE INSERT

U3A ACT is 25!

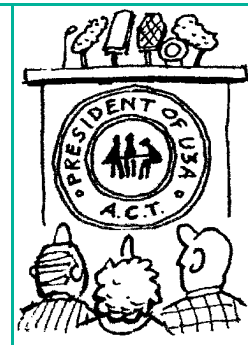


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Presidential Musings



With membership now exceeding 3800, we can surely claim that U3A ACT's first 25 years have not been wasted! Despite the occasional disappointment – such as not always being able to enrol in your course of choice – we haven't done too badly for an organisation made up totally of volunteers.

I won't dwell further on this – given that Fred Roberts has put together an excellent insert in this edition of *U3A ACT News* to commemorate our anniversary – other than to repeat the exhortation that we can only be as good as the effort that you, the members, are willing to put in!

Please, therefore, contact me if you are prepared to contemplate a stint on our U3A Committee (AGM on 30 November), run a tour or back up any of our key operatives - or ring Robyn Beetham (6290 1899) if you are prepared to run a new course or an offshoot of an existing fully enrolled course. This is our greatest need – more courses, more course leaders.

Now for achievements. Our first 'Meet Your Committee' session on 11 July drew three members with realistic concerns about the above – i.e. full courses, enrolment procedures, etc. The Committee has also been immersed in such things as developing means whereby members could pay their subscriptions on-line, preparing for an in-house planning day to focus on future needs and solutions, recognition of long-standing member and casual non-member contributors to U3A, distribution of first-aid guidelines, ongoing representations in connection with uniform legislation in respect of work safety (potentially unworkable for volunteer organisations such as U3A), checking on arrangements for the many U3A functions in the next few months, etc, etc ...

Garth Setchell.

From The Editor

With this edition we include a supplement to commemorate the 25th anniversary of U3A ACT, which falls on 16 September. It includes recollections and reflections from some of our pioneers and we hope you enjoy it.

The final Newsletter for this year will be posted to you on 2 November. Please let me have any contributions by 9 October.

Fred Roberts

Around the Courses

NOTE: At the time of printing, not all new courses had been allocated a course number

New Courses (not in 2011 Prospectus)

More Than Just Dots: AF028.01

(Aboriginal and Torres Strait Island Art and Culture) **Leader:** Marcia Fletcher
From the Top End to Tasmania we will look at the diversity of Aboriginal and Torres Strait Island art. The illustrated talks will have a socio-historical context. If members need more information, please ring Marcia.
Limit 10 - 25. Minimal photocopying costs.
Starting: Tuesday 13 September 2 - 4 pm and continuing until 11 October at Cook, Room 3
Contact: Marcia, at mmfletcher@iprimus.com.au (preferred) or on 6286 2964.

Drawing Workshop: AF029.01

Leader: Alyson Robinson
This group consists of members who have completed the 'Rock Bottom How to Draw' classes and will provide an ongoing opportunity to continue drawing practice in a workshop group. Further information is available by email.
Limit 8 - 15. Room rent is approx \$34 per two hours and this would be split amongst the members of the group for the eight-week block.
Student Materials: Art supplies to be provided by participants depending on personal interest.
Starting: Tuesday 18 October 12.30 - 2.30 pm and continuing until 6 December at Uniting Church, Curtin (Kindy room)
Contact: Alyson, at orobbo95@bigpond.com or on 6281 0842.
Enrolments from now but only via email until 23 September.

An Introduction to Computing and Word Processing: CS002.09

Leader: John O'Callaghan
This course covers the basics of using a personal computer. You will learn how to work with Microsoft Windows, how to prepare letters and other documents in Microsoft Word, and gain a preliminary understanding of the Internet and email usage.

The course uses a hands-on approach to learning. No previous experience with computers is necessary, but attendees must have a home computer running Windows and either Microsoft Word or Microsoft Works (Windows 7, XP and Vista are catered for). Although not essential, it would be helpful to have some knowledge of the layout and functions of a typewriter keyboard. Members who have attended one of these courses previously are welcome to attend again.

Limit 6 - 11. \$15 includes room rent and photocopying.

Starting: Monday 12 September 2 - 4.30 pm and continuing until 28 September at Cook, Room 1. Course to be run each Monday and Wednesday over three weeks.

Contact: Colleen Bell, colleen@exemail.com.au or on 6241 4313

An Introduction to Word Processing: CS014.02

Leaders: Les Fielke, Violeta Ingles
In this six- week course we will learn how to use Microsoft Word 2007 to produce various kinds of documents such as letters, invitations, recipes or even your own novel! We'll learn how to create, edit, format, save and print documents and how to insert tables and pictures. We will assume you will have had no prior experience with Microsoft Word but will be familiar with Windows-based computers (eg, you have completed the *Introduction to Computers* course). This is a practical, 'hands-on' course and, to get the most out of it, you will be required to complete some of the practical work at home. Therefore you will need to have a copy of Microsoft Word 2007 installed on your home computer. Further information can be emailed to enquirers.

Limit 4 - 12. \$10 includes photocopying and room rent.

Student Materials: USB flash drive.

Starting: Tuesday 11 October 10 am - 12.30 pm and continuing until 15 November at Cook, Room 1.

Contact: Les, at les@fielke.com
Enrolments from 9 September

Mediaeval Movies:**ELL061.01****Leader:** Peter Harrington

A screening of eight short films on subjects such as *The Canterbury Tales*, Geoffrey Chaucer, *The Peasants' Revolt*, and mediaeval feasts. They are relevant to the Chaucer - *The Road to Canterbury* and *Mediaeval Masterchef* courses held earlier in this and previous years. Attendance at those courses is not a prerequisite. It would be a useful prequel for anyone interested in attending a Chaucer course in 2012, or generally interested in mediaeval literature, history or sociology. Further information can be emailed to enquirers. As this is an extension to previous courses, priority will be given to previous members of the above courses. Full program given on enrolment.

Limit 5 - 29. Room rent

Starting: Tuesday 15 November 2 - 4 pm and continuing until 13 December at Cook, Room 3.*Contact:* pehar@webone.com.au (preferred) or 6288 6559*Enrolments from 9 am on 27 September***Aspects of C18th and C19th British Social History: Leader:** Marion Watt **H038.03**

Social history of C18th and C19th Britain with help from Elizabeth Gaskell, Margaret Oliphant and other contemporary female writers.

Limit 15 - 25. Club membership, photocopying.

Starting: Monday 17 October 2 - 4 pm and continuing until 28 November at the Weston Club, Liardet St, Weston.*Contact:* Marion, on 6253 9931*Enrolments from 16 September***Mindfulness for Greater Well-being and Inner-Peace: Leader,** Marie Bloomfield **SHE036.02**

This is a program introducing Mindfulness Meditation Practices: that is, a certain way of practising awareness, in the present moment, on purpose, in a non-judgemental way. We will also discuss various applications of mindfulness and cognition (CBT) to reduce stress, excessive emotions and pain, to improve sleep, calmness, vitality and happiness. The members of the group will be expected to be committed to practise mindfulness exercises daily and other appropriate exercises weekly. The course welcomes people who are inexperienced as well as those who are more experienced in meditation practices. Small group. The leader is a registered clinical psychologist.

Limit 10 - 15. \$30 to cover room rent, photocopying, a CD and refreshments.

Student Materials: Display folder and A4 Notebook
Starting: Tuesday 18 October 10am - 12.30pm and continuing until 6 December at Cook, Room 3*Contact:* Marie, on 0427 795 721 or at mariepsy-chologist@gmail.com*Enrolments from 9 September***The Digital Age:****SHE037.01****Leader:** Grahame Hellyer

For those who feel swamped by the new consumer technology - digital TV, radio, smart phones, computers, GPS, DVD, Blu-ray, I-pods, etc. The course is for those who know absolutely nothing but would at least like to know what people are talking about and how it affects them.

Limit 12 - 40. Room rent plus 50c for printed notes.

Starts: Tuesday 18 October 1:30 - 3:30 pm and continuing until 8 November at Cook, Room 3*Contact:* Grahame, on 6251 3379*Enrolments from 10 September*

Vacancies

Wednesday Southside Book Group would welcome two or three new members. We meet on the third Wednesday morning of each month in each others' homes. We discuss books provided for us by the public library system. Contact Marilyn Nelson 6281 5573 or Gwen Hartican 6281 3622.

Know Your Local Assembly

This seminar is presented for U3A members a couple of times a year by the ACT Legislative Assembly as a community service. Neal Baudinette, the Assembly officer who presents the seminar, has said that he would welcome more participants than have responded to the invitation recently.

People who have attended a session have said that they spent an interesting, informative and entertaining day, so why not try it yourself? Contact details are in the seminar advertisement on page 6.

Inviting Expressions of Interest

Asia Wakes – Australia Sleeps?**Leader.** John Donnelly

Commencing January 2012, this discussion group will examine Asia's rise and what that means for Australia.

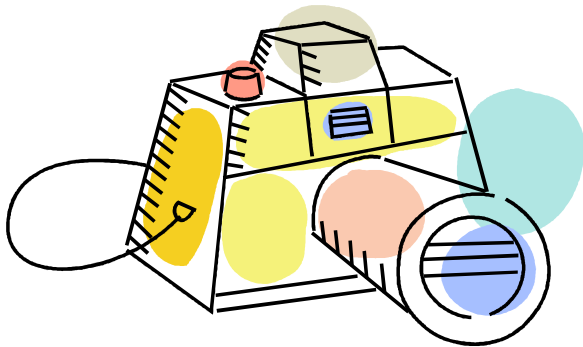
Asia ... is changing far more quickly than Australians are aware of, with consequences we haven't even begun to imagine. Meanwhile, Australia has grown rich, insular and complacent.

So says Professor Michael Wesley, head of the prestigious Lowy Institute, in his recent book *There goes the neighbourhood*. He says it's time for Australia to wake up! We will examine Professor Wesley's concerns against the background of other views, especially Robert Kaplan's observations in his book *Monsoon*.

Anyone interested in joining this course should contact John Donnelly as soon as possible to obtain a full reading list and other details.

Starting: Monday 30 January 2012 from 9.50 am to noon and continuing until 16 April in Room 5, Baptist Church, Groom Street, Hughes.

Contact: John, preferably by email on jjdonnelly@netspeed.com.au or on telephone 6286 1937.



An Epidemic of Shutter Bugs

The invention of the compact digital camera has seen a surge in interest in photography not equalled since the release of the Kodak Box Brownie in 1910. Modern cameras, of course, do much more for you than their ancestors did: auto-focus and auto-exposure mean all you have to do is look at the little picture on the back and press the shutter button. And like the Box Brownie, you can even have someone else – perhaps a machine these days – ‘develop and print’ your masterpieces.

But there is much more to taking and making a good photograph than just pointing and shooting. For the last few years I have run courses at U3A in what is called ‘editing’ of digital images using a computer program: *Adobe Photoshop Elements*. It is a good program, but after 13 or so such courses I realised that it was not ‘editing’ photographs members of my class needed to learn, but first and foremost the basic principles of photography as a powerful and creative art.

In 2012 I am proposing a course which will run

more as a number of tutorials on aspects of photography, including *inter alia*, composition, depth of field, colour management, ‘correct’ exposure and so on.

Members will also be expected to download from the internet one or more of the free or share-ware editing programs (or, if they wish, buy more powerful software) and learn how to use these to optimise their photos. We will also spend at least half of the class's time on constructive criticism not only of members' own photos but also those created by masters of the art.

If you would like to discuss this proposed course further, please email me at bob4236@gmail.com.

At the moment I am suggesting 10 two-hour weekly sessions starting in August or thereabouts.

Proposed Course on Practical Photography

This invitation is to gauge the level of interest among members in participating in a series of courses/presentations/lectures on actually taking a good/excellent photo/picture. Subjects could include such matters as landscapes, seascapes, sports and nature or ‘Why do your photos of your relatives and grandchildren’ appear more suited to being hung in the Wanted Section of the local Post Office and not placed on your mantel. I am more interested in taking the photo right in the first place and not relying on manipulation to produce the final product – although manipulation does have its place.

I intend, if enough interest is shown, to write a ‘Lesson Plan’ well before the end of the year and distribute it to those who contact me so that they may gauge the value of the course before committing themselves. I prefer email contact, but may also be reached by telephone after 5 pm.

Jake Jacobs Email: jake.jacobs@mac.com or on 6258 1621



Reminders: Courses starting in the next couple of months

7 September

SBS001.03 *Personality: 'The Four Temperaments'*

Leader: Robyn Jenkins

2 - 4 pm HCC Room 2

8 September

CUA021.01 *Making Air Travel Safe*

Leader: Martin Augury

2 - 4 pm Cook Room 3

13 September

H063.02 *The Pacific War 1937 - 45*

Leader: Bob Coombs

2 - 4 pm Cook Room 3

16 September

AF011.05 *Understanding and Using Digital Cameras*

Leader: David Raff with assistance from Sheila Jurgens

2 - 4 pm U3A Cook Room 2

20 September

SHE035.01 Day visit to local private conservation property to study the natural heritage and ecology.

Leader: Ian Anderson

9 am - 3 pm Private conservation property

22 September

M066.01 JS Bach: *The Incredible Universe of Bach's Sacred and Secular Cantatas, Motets and Oratorios*

Leader: Garth Mansfield

9:45-12 noon Wesley Music Centre, Forrest

12 October

SHE020.01 *All About the Human Hand*

Leader: Cedric Mims

2 - 4 pm Hughes Room 2

14 October

H039.02 *The Discovery of Australia, Part II*

Leader: Lois Dennis and Rupert Barnett

10:15 - 11:45 am Canberra Raiders Club, Cnr. Gozzard and Hibbertson Sts, Gungahlin

14 October

R015.05 *Introduction to Lawn Bowls*

Leader: Terry Bell

9.30 am - noon Canberra North Bowling Club, Cnr McCaughy and Condamine Streets, Turner

17 October

R011.04 *Developing Cryptic Crossword Skills*

Leader: Marion Jones

10 am Hughes Room 3

19 October

SHE022.01 Understanding Science

Leader: Robert Pearson

2 - 4 pm Cook Room 3

19 October

ELL004.04 *Belconnen Shakespeare Reading Group*

Leader: Michael Dwyer

10 am - noon Cook Room 3

20 October

SHE021.01 *Anthropogenic Climate Modification - the Science.*

Leader: Robert Pearson

2 - 4 pm Cook Room 3

20 October

AF027.01 *The Art of the Book*

Leader: Terence Uren

10 am - noon (may change after week one). Private home in Yarralumla

20 October

M011.04 *The Royal Ballet Company*

Leader: Lois Dennis

10 am - 12.15 pm Private home in Gungahlin

25 October

H101.01 *The Social Impact of New Technologies. 1870 to 1918*

Leader: Bob Dunstone

10 am - noon Hughes Room 3



Legislative Assembly for the Australian Capital Territory

Strategy and Parliamentary Education Office

KNOW YOUR LOCAL ASSEMBLY!

University of the Third Age Seminar

Date: Wednesday 23 November

Time: 9.15 am – 3:30 pm

Venue: Reception room, ACT Legislative Assembly (Entry via Civic Square)

To register: email joanne.cullen@parliament.gov.au

For information: Neal Baudinette 6205 3016

PROGRAM

Time	Session	Presenter
9:15 – 9:30 am	Welcome by Speaker	Mr Shane Rattenbury, Speaker, ACT Legislative Assembly
9.30 – 10:00 am	Who's who in the Assembly? Film – One of a Kind	Joanne Cullen, Assistant Education Officer, ACT Legislative Assembly
10 – 11:00 am	How do we elect our representatives? Role play of a Hare-Clark election	Education Officer, Elections ACT
11 – 11.30 am	Morning Tea (provided)	
11.30 am – 12:00 pm	What are Assembly committees?	Committee Office
12:00 – 12:15 pm	How can citizens engage with the Assembly??	Discussion led by Assistant Education Officer
12.15 – 12:45 pm	What are the roles of the Government, the Opposition and Crossbench?	Panel of MLAs
12:45 – 1:30 pm	Lunch	
1.30 – 1.55 pm	What happens in the Chamber? Papers and procedures	Tom Duncan Clerk of the Assembly
1:55 – 2.30 pm	Question Time	Chamber
2.30 – 3:00 pm	Questions, discussion and evaluation	Education Officer

Our Christmas Party

To help celebrate U3A's 25th year in Canberra, this year's Christmas Party on 7 December will have an extended format.

A morning concert from 11 am for an hour with the U3A Orchestra, Conchordia Choir and Warrani Chorale.

A local school will be providing a barbecue lunch as a fund raising activity. Cost of the lunch will be advised later.

An afternoon concert from 1:30 or 2 pm for an hour with the U3A Recorder Orchestra, Con Brio choir and the Play Readers *and* an all day art show with works from U3A art groups.

Members will be free to attend all the events or the morning and afternoon concert or just visit the art show or just turn up for the lunch as they please.

Further details in the next Newsletter.

U3A Warrani Chorale news

Despite a freezing June morning, a very large (full house!) and enthusiastic audience showed their appreciation for the Chorale at the Open Morning on 22 June. The program, as enjoyable to sing as to hear, was guided expertly by Pixie Gray and Rodney Clancy. Some of the talented members sang solos or duets while our two accompanists, Barbara and Natalie, also played a duet.

The generous spread laid out for morning tea was totally consumed, along with copious amounts of hot tea and coffee. The Chorale appreciates the support and interest of those who were able to attend.

There are a few other dates on the agenda for the group - in particular, participation in the Snowy Mountains Choral Society (SMCS) Choir Festival in Cooma on September 10. Soon after you read this, Warrani, as one of a number of groups from Canberra and other regional towns to be involved, will have enjoyed a somewhat different experience. The main item on the agenda is a performance of Gilbert and Sullivan's *Trial by Jury*.

Other future involvement: Yarralumla Uniting Church - 28 August; Woden Seniors – October (date TBA); U3A end-of-year celebration – 7 Dec
After a four week rest, new and not-so-new mem-

bers reconvened on 3 August for another enjoyable and challenging semester.

Sandra Gray

Conchordia News

Conchordia Choir commenced its third term in line with the school term, as is its routine. It was good to see the group back and in good voice, keen to rehearse and add some new songs to the repertoire and keep our concert audiences happy.

Our door is always open to potential members. Ladies, just come along to the Uniting Church complex at Kippax on a Wednesday afternoon. You are welcome to listen first if you wish, or jump right in and enjoy a fun afternoon. Rehearsals start at 1.30 pm and finish at about 3 pm, after which members are invited to meet for coffee at the Kippax shops.

Robyn Johnson

Would you like to be a Volunteer Reading Tutor?

Volunteers for Isolated Students' Education (VISE) was founded in 1989 by Mike and Colleen Stock to assist families in remote Australia with their education programs where the mother must teach her own children using papers from a School of the Air. VISE members are mainly retired teachers who still feel they have something to offer.

Following approaches from some ACT schools we are seeing if we can recruit interested retirees with a passion for reading to become part of a 'literacy army' to assist local students with reading problems.

Once a student develops a reading problem the only real answer is one-to-one, face-to-face tuition and this is beyond the financial capacity of a school.

We wonder if any U3A people would be interested in assisting a student.

Naturally we will give applicants a course in reading methodology. (Mike Stock lectured reading method at Canberra TAFE for the best part of 20 years so he will be running the training). The course involves a weekend reading workshop learning the Duffy Method and then working with a child two hours a day for the next week to put the

(Continued from page 7)

method into practice.

There is nothing more satisfying than seeing a non-reader suddenly 'crack the code' and to see the difference it makes to them personally.

Please get back to Mike Stock if you need further info. He can be contacted at 6259 3030 or at ceo@vise.org.au

Black Mountain Wildflower Ramble

9.30 am sharp to 12 noon (or later) - Saturday 15 October

Belconnen Way entry, just before Caswell Drive turnoff (look for the balloons). Join wildflower lovers to enjoy the spring diversity on Black Mountain and celebrate the 40th annual Burbidge/Chippendale wildflower ramble.

Black Mountain is the jewel in the crown of Canberra Nature Park and has a rich flora. This will be an easy guided walk with leaders Laurie Adams, Isobel Crawford, Peter Ormay and Jean Geue. It's a great way to celebrate the spring and find out how to look for our sometimes cryptic wildflowers.

Bring your friends, especially those who are new to plant identification. Booking is not necessary as we have four leaders and can spread out along well marked tracks. BYO morning tea, hat, sunblock, water and stout shoes. Contact Jean on 6251 1601.

Position Vacant

Assistant Hospitality Officer

With a number of catered functions each year, and the vagaries of illness, holidays, etc, it is important that we appoint an assistant to support the Hospitality Officer, Denise Seddon, as soon as possible.

The role is not onerous. It just involves some planning and organisational skills, as well as a passion for catering. Our many other helpers will do the rest.

Be brave! Give it a fling! Ring Garth Setchell (6290 1100) if interested.

U3A ACT's 25th Anniversary Anniversary Luncheon

We have had an excellent response to the 25th Anniversary Luncheon to be held in the Lakeside Marquee at the Canberra Southern Cross Yacht Club, Yarralumla, starting at 12.30 pm on Friday 16 September.

By the time you receive this Newsletter, there is only a small chance that we will be able to accept further bookings. However, if you are kicking yourself for not having acted sooner, you may like to ring either Pam Behncke (6248 6682) or Garth Setchell (6290 1100) by c.o.b Friday 9 September to try your luck. The cost of \$50pp includes a generous two-course lunch with bread roll, some wine or juice and tea or coffee.

Housesitters available

Retired U3A member (female) is available to housesit in Canberra or Queanbeyan. Looking after pets or plants is no problem. Can provide reference. Please phone 0432 235 171 if you are going away and need a house-sitter.



Kind, active U3A lady, non-smoker. Available September, October, November 2011 and also taking bookings for 2012. No cost to home owner. Pets loved and cared for as my own. Ten years continuous house-sitting experience. Phone and written references available from U3A members.

Please contact Joy Reddey 0439 464 734. Email: joyreddey123@dodo.com.au

John Holmes

One of U3A Canberra's longest-serving presenters has had to retire. Ill health last June forced John Holmes to bring an end to his teaching role in our organisation and to his many other community activities.

It was some 20 years ago when John started a class at the Goodwin Homes in Farrer. He spoke about classical music and played recordings, and gained quite a following. When the group grew to a size where larger premises were needed, John transferred the class to the Italo-Australian Club; and for the past several years it has met in the Wesley Music Centre in Forrest.

For some 70 years, music has been John's hobby and his passion. He began collecting records when they were shellac 78s and he often had to import them direct from Britain. From 78s he moved on to LPs, and he now has a CD collection of amazing size.

John lived in a number of countries before returning to retire in Canberra, and in all of those countries he pursued his musical interests in many ways. He attended a vast number of concerts and talked with many famous performers and musicologists. He arranged concerts and looked after visiting musicians. His main interest was in conductors and he was the author of a 735 page book about 'Conductors on Record'. Published in 1982, it gained extensive international recognition and was, at that time, regarded as the authoritative work on this subject. Some considered it strange that such a work should come out of Australia and not out of Europe or the United States. It was a magnificent achievement.

In recent years, in addition to his U3A class, John has written widely for international music journals, not only producing articles drawing on his very extensive knowledge of composers and performers but also reviewing new CDs as they were issued. Among his many activities as a speaker, he for a long time introduced concert performances in Canberra including those of the Canberra Symphony Orchestra, for which he also wrote program notes for many years. Happily for the U3A, John's much regretted departure has not brought an end to the class that he ran for so long. Following the self-help principles of U3A, it is being maintained by several members of the group. They include Margaret Oates, George Owens, Alison Craswell and Sydney Hamberger. It is to continue in 2012, still on Tuesday afternoons and still at the Wesley Music Centre - with the continuing co-operation of Garth Mansfield, its Director, to whom the group remains very grateful.

The class plans to use its last gathering for the year, on Tuesday 13 December, to thank John for his huge contribution to their knowledge and enjoyment of music, and to the learning and pleasure of what must now be many hundreds of Canberra people who at one time or another attended his U3A class. In the Australia Day Honours List of 2006, John received the award of the Medal of the Order of Australia. Those who have been the happy beneficiaries of his teaching over even a part of the past 20 years know how fully merited that award was.

Donald Kingsmill

Yass Art Exhibition

The Yass U3A Art Group will be displaying members' work at an exhibition at the Yass Library from 5 to 12 November.

The exhibition will be open during Library hours.



News from the Courses Sub-Committee

Outcome of the Surveys of Course Leaders and U3A Members

The Courses Committee is very appreciative of those who responded to its surveys, and particularly, too, those who graciously expressed appreciation for being asked for their views. But the survey is not the only opportunity for course leaders and members to make their views known. They are welcome to relay their views to the Chair and/or other members of the Committee at any time.

Summary results from the **Course Leaders' Survey** as at 12 August 2011 were as follows:

- 65 (34 per cent) of 191 course leaders responded to the leaders' survey
- 29 leaders (45 per cent) had rejected applicants, predominantly due to limits on class size and/or room sizes
- 11 had rejected more than 10 prospective students
- only one course leader indicated they had a potential leader in their course

Responses ranged from one leader's expressed intention to run more courses to cope with demand, to suggestions including:

- locating courses closer to transport hubs;
- rotating leadership within a group to relieve the pressures on leaders;
- participants being more supportive of leaders by sustained attendance, and support with administrative roles;
- limitations on room sizes;
- fostering more courses, for example, by offering coaching to potential leaders;
- not advertising full courses until vacancies arise;
- greater recognition being given to course leaders and the effort they put into being course leaders;
- duplication of courses at Hughes and Cook; and
- closer communication between the Courses Sub-Committee and course leaders.

The Courses Sub-Committee is yet to fully consider its response, but the critical challenge is clearly the need to generate more courses, particularly in the popular fields (English Language and Literature; History; Languages; Music, and Current Affairs), though rejections in various numbers are occurring across the board.

From the Committee's point of view, the survey has been a very worthwhile exercise, clearly illustrating the need for the Committee to find effective ways of maintaining closer contact with leaders, for example, by inviting Course Leaders to meet with the Committee periodically through the year. But the results also point to the need to further consider ways in which we can foster more course leaders.

Results of the Survey of Members

Number of Members: 3763 at the end of June 2011

Number of member survey responses received as at 12 August – 170 (i.e. 4.5 per cent of members).

Of those who did respond, 46.0 per cent had been rejected when trying to access a course. The courses identified as rejecting surplus applicants were essentially those identified above as high demand courses, as might be expected.

Suggestions for new courses:

Suggestions for new courses included: astrology; lunch-time forums on the arts; and conducted U3A group visits to national institutions.

Other Issues

The Courses Sub-Committee is working with those updating U3A information systems to improve the functionality of our data base. In the broad context of this exercise but also to help increase the efficiency of course data entry, the Committee has recently introduced a new Course Proposal form (available from the website and in our Hughes and Cook offices).

Course proposals for inclusion in the Prospectus should be submitted to the Course Administrator at courses@u3acanberra.org.au or PO Box 5550, Hughes, ACT 2605 by 16 September 2011.

The Courses Committee is also looking for two new members to help ease the load on existing course co-ordinators but also to increase its capacity to do more developmental work with a particular focus on fostering more course presenters (see separate advertisement).

Robyn Beetham
Chair, Courses Sub-Committee.

VIEWS INFORMATION FUN

Keep that grey matter ticking

Join your friends of U3A and COTA, and bring other friends along regularly to this year's series of

U3A/COTA BYO Lunchtime Forums

Main Hall, Hughes Community Centre

Every Tuesday, June to October, 12.15 to 1.45 pm

Attendance fee \$1. Free tea and coffee provided. You need to bring your own cup.

There is a hearing loop – people with hearing aids should adjust them to the ‘t’ position

13 September: Our Bodies - Giving it all away

Producer: Rosemary Ganly

Presenters: Lynne Calman, Educator/Organ Donor Coordinator, Donate Life ACT; Riccardo Natoli, Research and Body Donation Coordinator, Medical School ANU; Maria Hartley, Bone Bank Coordinator.

20 September: Military History - The Sinking of the HMAS SYDNEY

Producer: Rosemary Ganly

Presenter: Tim Lyon, Naval Architect and Member of the Military Historical Society of Australia

27 September: Ethics - Do they still matter?

Producer: Vernon Kronenberg

Presenter: Catherine McLoughlin, Ethics Committee Australian Catholic University

4 October: Motorised Scooters - Should you have a licence to drive one and should they be registered?

Producer: Paul Flint

Presenters: Ms Alison Flint, Occupational Therapist, and Paul Flint, Executive Director COTA

11 October: Medical Research - How can I help? Why does it take so long and does anything ever happen?

Producer: Gabrielle Watts

Presenters: Associate Professor Paul Craft, Staff Specialist in Medical Oncology ANU Medical School, Mr Danuska Wijesundara, Post Graduate student John Curtin Medical Research Centre ANU

18 October: Memory - Why do we lose it and what can we do about it?

Producer: Martin Newman

Presenter: Prof. Kaarin Anstey, Director, Ageing Research Unit, ANU

25 October: ‘People have such fear of food’ Julia Child

Producer: Vernon Kronenberg

Presenters: Janet Jeffs, Director and Executive Chef, Ginger Catering Old Parliament House

For further information: Rosemary Ganly, 6251 7972; email: rosemary.ganly@bigpond.com

Advent, 1916

There is poetry of which one never tires - to be enjoyed, maybe challenged by again and again. There is also enormous pleasure, even excitement, in discovering new poets and their poetry. So it was for our *Appreciating Poetry* group. We had decided that we would read and discuss a selection of War Poems for one of our April gatherings. None of us was familiar with poems of this genre by women poets and we would like to share with interested readers a 'gem' by Eva Dobell.

Eva Dobell had published a book of poetry before World War I when she enlisted as a nurse and served on the battlefields of France. She wrote a number of poems born of her experiences tending the wounded soldiers – concerned for their suffering and their prospects. *Advent, 1916* is a sonnet which deserves to be more widely read - no heroic theme, no biting satire – but extraordinary sadness that once more it had come to this.

To those who do not know this poem, we hope you enjoy it as much as we did.

Janne Graham

Advent, 1916

I dreamt last night Christ came to earth again
To bless his own. My soul from place to place
On her dream-quest sped, seeking for His face
Through temple and town and lovely land, in vain.
Then came I to a place where death and pain
Had made of God's sweet world a waste forlorn.
With shattered trees and meadow gashed and torn,
Where the grim trenches scarred the shell-sheared plain.

And through that Golgotha of blood and clay,
Where watchers cursed the sick dawn, heavy-eyed,
There (in my dream) Christ passed upon His way,
Where His cross marks their nameless graves who died
Slain for the world's salvation where all day
For others' sake strong men are crucified.



War does not determine who is right, it determines who is left

TRAVEL OPPORTUNITIES

General Disclaimer

Most activities involve some element of risk. Bushwalking, in particular, is an inherently dangerous activity and requires an appropriate level of fitness. While both U3A ACT Inc. and the National Trust (ACT) maintain public liability insurance and will endeavour to protect your safety, they cannot remove all the dangers. Both organisations must also assume that participants, by booking, consider themselves to have appropriate levels of fitness and mobility. Those undertaking activities should therefore be aware that they participate at their own risk.

The following activities are part of U3A ACT's own walks and tours program

Thursday 6 October — Wombeyan Wonders

Wombeyan Caves are often overlooked by ACT residents who are unaware of their considerable beauty.

With our usual three pick-ups (the first from Deakin at 8 am), this one day tour includes a morning tea stop at Goulburn. The two ticket prices also allow a choice of cave inspection – the Wollondilly Cave (wonderful but involving a number of ladders) or the self-guided Figtree Cave (for the less supple). You will need to bring your own picnic lunch unless you use the small kiosk (which sells only hot pies and coffee), and in the afternoon we will enjoy a moderate 3km return walk to the Tinted Cave, in a stunning setting overlooking the gorge of Mares Forest Creek.

Our return, via Crookwell, includes a late afternoon tea at Gunning. We should be back in Canberra by 6 pm.

Travel will most likely be by small coach.

The price is \$85pp for the Wollondilly Cave - \$80pp for the Figtree Cave.

For queries, or to book, please ring the Tour Leader, Garth Setchell – 6290 1100. Bookings close, and payment in full is required by, 29 September.

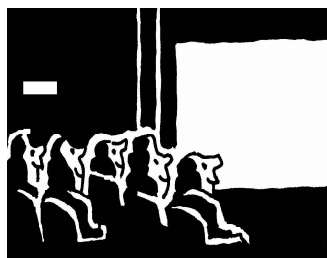
Saturday 22 October — 'DON GIOVANNI'

Although bookings will have closed, and opera tickets paid for, by the time you receive this News, late cancellations due to illness do occur.

If you wish to be placed on the Wait List, please ring the Leader, Garth Setchell, on 6290 1100.

(Continued on page 14)

FILM GROUP



Film Group

*Screenings every Wednesday
at 1.45pm at the Southern Cross Club, Woden.*

Note: a term fee applies

October 12 *A Place In The Sun* (US, 1951. 121 mins) Montgomery Clift, Elizabeth Taylor.

October 19 *Newsfront*. (AU, 1978. 111 mins) Bill Hunter, Wendy Hughes.

October 26 *Gentlemen Prefer Blondes* (US, 1953. 91 mins) Jane Russell, Marilyn Monroe.

Plus. *Blue Of The Night*. (US, 1933. 15 mins) Bing Crosby.

November 2 *Treasure Island* (US, 1934, 102 mins) Jackie Cooper, Wallace Beery.

All films courtesy of the National Film and Sound Archive

The following activities are part of the program offered by the National Trust (ACT)

The National Trust (ACT) reserves a few spaces on each of its tours and events for U3A members, who are entitled to book for these activities at the same price as Trust members. Non-members of either organisation must pay the non-member rate. U3A ACT Inc advertises these activities in good faith but accepts no responsibility for their outcome. Please make cheques payable to National Trust (ACT) and do not send payment to U3A.

Persons wishing to book or to obtain further information can do so by ringing the National Trust office (6230 0533) during business hours. Leaflets, giving all necessary information about each activity, are posted to applicants prior to the event. Payments can be made by cash, credit card or cheque to National Trust (ACT), PO Box 1144, Civic Square ACT 2608. If paying in person, the office is on the First Floor, SE corner of North Building, Civic Square. When booking, please ensure that you give your full name, address and home phone number, any dietary/mobility/pick-up requirements plus the names of others you may be booking for.

(Travel Opportunities — Continued from page 13)

6th Reid Open Houses and Gardens

Sunday 16 October 1.30–4.30pm

This popular event is to be held again in collaboration with the Reid Residents' Association. The program features a guided walk and visit to three different Reid houses and gardens in this heritage listed residential precinct, which have been selected for their sympathetic restoration or renovations.

An introductory talk on Reid and its heritage significance by a heritage expert and the opportunity to hear the owners provide a short talk on their homes and gardens which can then be inspected at leisure are included, as well as a delicious afternoon tea at the Reid Pre-school.

Cost: \$25 members, \$30 non-members.

Meet: Cnr of Dirrawan Gardens and Currong St, near the Reid Tennis Club Pavilion. A guided walking tour with a total distance of about 1.5kms (return).

Bookings essential: 6230 0533 or book online

www.nationaltrustact.org.au – click on *Bookings* under Events and Meeting tab.

Blandfordia 5 Heritage Precinct, Griffith and Forrest

Sunday 23 October 2.00pm – 4.30pm

Enjoy strolling through the meandering streets of this heritage enclave. Distinctive early Canberra houses are set amidst private gardens and public parks which are at their best in spring. Hear the stories of the area and then join together over coffee and cake. Tour leader: Brendan Priess.

Cost: \$25 members, \$30 non-members

Meet: *Canberra Tracks* heritage sign at the Lawns, Bougainville Street, Manuka.

Booking essential: 6230 0533 or book online

www.nationaltrustact.org.au – click on *Bookings* under Events and Meetings tab.

Upcoming Tours 2012

'Convicts and Colonists'

Friday 27 April 2012 – Saturday 5 May 2012

A fascinating tour of Tasmania focusing on the heritage of the early settlers and convicts – we will visit historic

towns such as Oatlands and Ross and convict establishments at Port Arthur and Sarah Island in Macquarie Harbour. A number of National Trust properties such as *Runnymede*, *Home Hill* and *Clarendon* and a private garden with a fortified barn will be included in the tour. We will also ride a steam train on the West Coast Wilderness Railway from Strahan to Queenstown, walk among the trees on the Tahune Airwalk and visit Tasmania's newest attraction, MONA (Museum of Old and New Art) in Hobart. The tour will start and end in Launceston.

Cost: \$2760 member, \$2860 non members. Including single supplement: \$3911 members, \$4011 non-members.

Expression of Interest: 6230 0533 or email

info@nationaltrustact.org.au

World Heritage Tour of Italy and Sicily

September 2012

This tour will experience the long history and archaeology of Italy by concentrating on many of the UNESCO listed World Heritage places dating from modern times back to the ancient past.

Draft Itinerary subject to change: Beginning in Rome the tour will take in the famous sites of the capital city including the mysterious Etruscan sites. Staying in beautiful Sorrento we will visit the famous archaeological sites of Pompeii and Herculaneum, take a day trip to Naples to visit the National Archaeology Museum and take a drive along the world famous Amalfi coast. Sicily is next where we will be exploring the history and culture of the island including Syracuse, Palermo and the archaeological area of Agrigento. After leaving Sicily, the tour will make its way north along the eastern regions of the mainland stopping to experience the sites of Alberobello, Assisi, Venice, Pisa, Florence, Siena and the northern lakes area. While in the north we will visit the Valcamonica Cave art in the Alps. The tour will depart Italy from Milan.

Cost: TBC

Expression of Interest: 6230 0533 or email

info@nationaltrustact.org.au

The following activity is not part of either the U3A or National Trust programs

U3A ACT Inc advertises these activities in good faith because they might be of interest to U3A members, but accepts no responsibility for their outcome. Do not send payment to U3A. Persons wishing to book or to obtain further information should follow the instructions.

A Tour of Egypt

For U3A members and their friends — February 2012

After the warm reception given to his *Cairo to Aleppo* and *A Day in Old Cairo* courses, Patrick De Gabriele is delighted to offer U3A members and their friends a tour to one of the great civilisations of the world.

Tourists are returning to Egypt in numbers, and the emphasis of this trip will be on safety and comfort. The 15-day tour will include the Pyramids and Sphinx, medieval Cairo, the Egyptian Museum, a four-night Nile cruise taking in the incomparable West Bank of Luxor (the Valley of the Kings), the temples of Edfu and Kom Ombo, the magnificent pair of mortuary temples at Abu Simbel, and the relaxed city of Aswan. We will also spend two nights in the Mediterranean city of Alexandria.

The group will be escorted by Patrick, and we will have the services of a qualified Egyptologist. The pace will be unhurried, and the weather at that time of year (the Egyptian winter) is perfect.

Please come along to an information session (details below), to look at slides, ask questions, meet the staff, etc. Everyone is welcome, and no booking is necessary, but an email or phone call in advance would be appreciated.

Information session: Tuesday 20 September at 2 pm
HAGSOC Room
Cook Community Hub
41 Templeton Street, Cook

Interested? Contact Patrick on 4464 1289 or pdegabriele@shoal.net.au

Letter to the Editor

My name is Rebecca Bishop. I am working on a study as part of my Honours degree in Health Science at Monash University that focuses on how people are supported by each other and what reasons may explain why some people turn to others for support while others do not. Dr Nikos Thomacos, Senior Lecturer with the School of Primary Health Care, is supervising my research.

Research completed to date has examined how adults under 60 years of age use and feel about social support, and we now wish to explore how people aged 60 and above use support and their experience of supportive relationships.

Participation in this study is anonymous and involves you completing a number of questionnaires relating to your use of support, as well as the people you know and your relationships.

To participate in the research you need to be 60 years of age or older and able to complete the surveys in English without assistance.

If you would like to participate, you can complete the questionnaires online by clicking on the following link.

http://www.surveymonkey.com/s/Social_Support_in_People_Aged_60_and_over

Should you want any more information about the research, please contact me at rbis1@student.monash.edu, or my supervisor at nikos.thomacos@monash.edu or on (03) 9904-4873. Finally, if you know of any other people like yourself who you think might be interested in participating in the research, please feel free to forward this email to them.

Rebecca Bishop.

Committee Members & Office Holders — 2011

NOTE: The U3A ACT Office (ph. 6281 6998, PO Box 5550, Hughes, ACT, 2605) is in the Hughes Community Centre, and is usually open Monday to Friday from 9.30 to 4.30. All enquiries should be directed to this office.

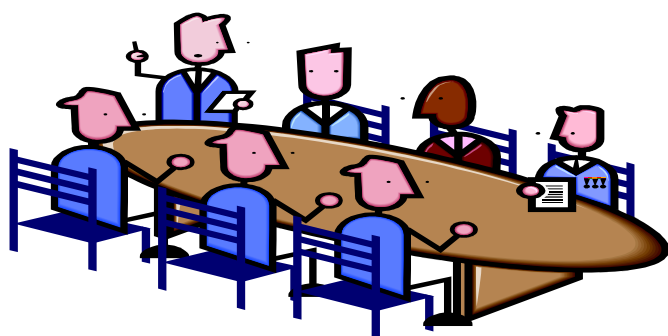
(The Cook facility, located in the Cook Community Hub, 41 Templeton Street, Cook, has the same opening hours and has its own phone number: 6251 8005.)

GENERAL COMMITTEE

President	Garth Setchell	6290 1100
Vice President (Forward Planning)	Jim Nichterlein	6282 1372
Vice President (Courses)	Robyn Beetham	6290 1899
Treasurer	John Rosser	6161 6598
Secretary	Marlene Dixon	6286 5209
Committee Members	Pam Behncke	6248 6682
	John Brook	6253 1128
	Sue Gavin	6258 3042
	Dennis Millar	dandl@aapt.net.au
	Paul Ratcliffe	6281 0828
	Barbara Scott	6259 0090
	Maurice Sexton	6288 3699
	Eleanor Whelan	6257 7749

COURSES SUB-COMMITTEE

Chair:	Robyn Beetham	6290 1899
Bookings for rooms and equipment at Hughes and Cook:	Mike Burr	6161 5422
Course Data Compilers:	Jenifer North	6286 1545
	Sheila McAlpine	0406 379 688
Course Coordinators: responsible for liaising with leaders in specific locations:	Viggo Pedersen	pedersen@pcug.org.au (Computer courses – Cook Room 1)
	Mary Ann Bandharangshi	6251 0406 (Cook Room 2)
	Patricia Woolcock	6251 1246 (Cook Room 3)
	Richard Groves	6251 1885 (Belconnen, Gungahlin and Yass)
	Jo Bothroyd	0408 439 070 (University House and Canberra North)
	Lynne Conway	6281 2006 (Hughes, Room 2)
	Maurice Sexton	6288 3699 (Hughes, Room 3)
	Trevor Bruhn	6282 1214 (Hughes, Hall and Library)
	Libby Campbell	6259 1080 (Woden)
	Lyndall Kerins	6231 2418 (Weston Creek/ and Tuggeranong)
	Wendy Fitzgerald	6161 7608 (Canberra South and Queanbeyan)
Members:	Peter Pearson	6295 3878
	Jane Hyden	6287 1020



OTHER U3A CONTACTS

Archivist	Eleanor Whelan	6257 7749
Assets Officer	Tony Elliott	6278 4190
Banking Liaison	Kathy Bretz	6287 2552
Computer Training	Viggo Pedersen	6254 2676
Desktop Publishing	Greg Ramsay	6286 1564
Future Directions	Tony Sayer	6255 8060
Hospitality Officer	Denise Seddon	6258 4809
Newsletter Editor	Fred Roberts	6281 3681
Deputy Newsletter Editor	Jack Sandry	6258 4809
Office Manager, Cook	Sue Gavin	6258 3042
Office Manager, Hughes	Jocelyne MacLeod	6281 4471
Public Officer	John Brook	6253 1128
Publicity Officer	Colin Blair	6281 6934
Special Events	Bob Sutherland	6288 4139
Technical Support Manager	Dennis Millar	dandl@aapt.net.au
Tours Officer	Pam Behncke	6248 6682
Tuesday Forums	Rosemary Ganly	6251 7972
U3A Online	Dorothy Braxton	6259 2407
Webmaster	David Briese	6286 3479

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President	president@u3acanberra.org.au
Publicity Officer	publicity@u3acanberra.org.au
Secretary	secretary@u3acanberra.org.au
U3A Online	enquiries@u3aonline.org.au
U3A Rooms & Equipment Bookings	bookings@u3acanberra.org.au
Webmaster	webmaster@u3acanberra.org.au

The Extra Page

Film Group

Southern Cross Club, Woden, each Wednesday at 1.45 pm

October 12 - *A Place In The Sun*

October 19 - *Newsfront*

October 26 - *Gentlemen Prefer Blondes + Blue Of The Night*

November 2 - *Treasure Island*

U3A/COTA Lunchtime forums

Tuesdays from 12.15 to 1.45, Hughes Community Centre Hall

- | | |
|--------------|---|
| 13 September | <i>Our Bodies - Giving it all away</i> |
| 20 September | <i>Military History - The Sinking of the HMAS SYDNEY</i> |
| 27 September | <i>Ethics - Do they still matter?</i> |
| 4 October | <i>Motorised Scooters - Should you have a licence to drive one and should they be registered?</i> |
| 11 October | <i>Medical Research - How can I help? Why does it take so long and does anything ever happen?</i> |
| 18 October | <i>Memory - Why do we lose it and what can we do about it?</i> |
| 25 October | <i>'People have such fear of food' Julia Child</i> |

Walks and Tours

Thursday 6 October — Wombeyan Wonders

Sunday 16 October — 6th Reid Open Houses and Gardens

Saturday 22 October — *'Don Giovanni'*

Sunday 23 October — Blandfordia 5 Heritage Precinct, Griffith and Forrest