



NEWS

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

www.u3acanberra.org.au

[https://www.facebook.com/
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January/February 2019

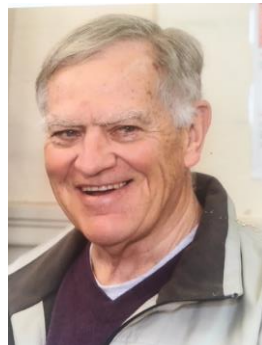
Volume 33 Number 1

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From the President



I took over as Canberra U3A President from Chris Paterson at the Annual General Meeting in November and have had to quickly put my feet under the desk. I would like to record my thanks to Chris for a job well done over the last three years. She has been generous with her time in briefing me on the issues and challenges U3A faces. I look forward to seeing Chris 'around the traps' in U3A classes and activities.

I have a new Committee with a good balance of ongoing members and enthusiastic newcomers, and we are keen to build on the achievements of the last few years. The theme for 2019 will be consolidation, as we look to bed down the new facility at Flynn, to streamline our facilities and contract management arrangements, and ensure that the information technology support we need to operate efficiently is our servant and not our master. For example, the room bookings team now use a software package known as Skedda to record course bookings, rather than the previous Excel spreadsheet and Google Calendar. The result is a more accessible and efficient system to keep our members and office volunteers informed about those three most important U3A questions: What courses are offered? Where? and When?

Speaking of Flynn, it is of interest that of the 255 courses for 2019 so far appearing on the website, 56 courses are registered for Flynn, 47 for Cook and 63 for Hughes (with the remainder in community venues). This high figure for Flynn, only 6 months after the new facility was launched, is testament to the outstanding work of the Flynn Implementation Group, whose members received well-deserved Certificates of Appreciation at the AGM. I note also the pioneering work of the intrepid Course Leaders who have handled the transfer to Flynn seamlessly and have already made it a special teaching and learning place with a character of its own.

For your convenience, a trimmed-down list of key U3A contacts is printed on the back page of this newsletter. The full list of contacts appears in the members' pages of the website under the Contacts tab.

It is timely to highlight the phasing out of the 'P' (for Prospectus) word within U3A Canberra. The term 'Prospectus' has been used for over 30 years to describe our course offerings in a printed format that appears once a year. With the shift to on-line course enrolment options, it is more accurate to refer to 'Course Listings', and as new courses are continually offered during the year, the reality is that the hard copy Prospectus is only completely accurate at the time of publication. We will continue to mail the printed Prospectus to those who ask for it, but the most up-to-date list of course offerings after December will be found on the U3A website under the 'Courses' heading. The term 'Prospectus' has not been banned as politically incorrect—it is simply that it has lost its accuracy in describing how we systematically advertise our courses to members.

Finally, I want to pay a tribute to the course leaders and volunteers who keep our organisation running so well. We need to identify and nurture new course leaders to ensure the long-term health of U3A, in addition to valuing our existing course leaders. Our members need to be aware of the hundreds and thousands of hours that go into advertising, processing and delivering our course offerings. We at U3A tend to fly under the radar around Canberra because we have no need to publicise our operations (or expand them) as we are flat out catering for the members we currently have. We are a volunteer organisation run by volunteers for volunteers. This is something we can all be proud of. If you have not done so already perhaps you could consider volunteering in one of the many volunteer roles available. You will be adding to the 'social capital' of Canberra if you do.

*Bob Nield
President*

From the Editor

The editorial team, David Wilson, Bill Blair, Penny Lockwood and Chris Wilson, wish all our U3A members Happy New Year for 2019. We look forward to a stimulating and satisfying year with U3A, and we hope to receive lots of articles about the courses and activities that members have enjoyed. We would also be glad to get more letters to the editor about issues you think worthy of comment.

It seems only the other day that we were worrying about Y2K (remember what that was?) and wondering what the first year of the new century (or the last of the old century, for the pedantic) would bring. Nearly two decades on, we have got used to being in the 21st Century, and, thank goodness, the passing of the decades means “twenty-nineteen” rolls off the tongue much more easily than “two thousand and one” or “twenty-oh-six” did.

The best New Year’s resolution I have heard recently is “Have fun and be happy”, which I sometimes interpret as being very simple but at other times think is deeply philosophical. Whatever your cast of mind, may 2019 be a good year to have fun and be happy.

Chris Wilson
Edition Editor

Newsletter Timetable for 2019

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

Newsletter Edition	Deadline for copy	Newsletter placed on U3A Website	Newsletter mailed (approx.)
Jan/Feb 2019	14 December 2018	10 January 2019	11 January 2019
Mar/Apr 2019	15 February 2019	1 March 2019	4 March 2019
May/Jun 2019	12 April 2019	26 April 2019	29 April 2019
Jul/Aug 2019	14 June 2019	28 June 2019	1 July 2019
Sep/Oct 2019	16 August 2019	30 August 2019	2 September 2019
Nov/Dec 2019	11 October 2019	25 October 2019	28 October 2019

Please note: The closing date for course proposals and/or changes is four to five days before the above deadlines, as information needs to be processed by the Courses Sub-committee before being ready for the newsletter.

David Wilson
editor@u3acanberra.org.au

U3A Offices: Addresses and Phone Numbers

The U3A ACT Office (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, and has the same opening hours.

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

Our mail address is now:

U3A ACT Inc.
Hughes Community Centre
2 Wisdom Street
Hughes ACT 2605

U3A ACT Inc. Members Calendar 2019

UCAN = University of Canberra

JANUARY		FEBRUARY		MARCH	
10 Sun	Newsletter published	11 Mon	UCAN Semester 1 starts	1 Fri	Newsletter published
14 Mon	Offices reopen	12 Mon	Committee meeting	11 Mon	Canberra Day Offices closed
28 Mon	Australia Day observance Offices closed	15 Fri	Newsletter copy deadline	13 Tue	Committee meeting
28 Mon	Registration opens for UCAN Courses Semester 1				
31 Thur	Final date for communication with members who have not renewed their membership				
APRIL		MAY		JUNE	
9 Mon	Committee meeting	6 Mon	Committee meeting	3 Mon	Committee meeting
19–22 Fri-Mon	Easter Offices closed	20 Mon	Registration for UCAN open Winter term	3 Mon	UCAN Winter term starts
12 Fri	Newsletter copy deadline	27 Mon	Reconciliation Day Offices closed	10 Mon	Queen's Birthday Offices closed
		??? Tue	Lunchtime forums commence	14 Fri	Newsletter copy deadline
25 Thur	Anzac Day Offices closed			28 Fri	Newsletter published
26 Fri	Newsletter published				
JULY		AUGUST		SEPTEMBER	
		5 Mon	UCAN Semester 2 starts		
8 Mon	Committee meeting	12 Mon	Committee meeting	9 Mon	Committee meeting
22 Mon	Registration for UCAN open Semester 2	16 Fri	Newsletter copy deadline		
	Call for nominations for annual U3A awards	30 Fri	Newsletter published		
OCTOBER		NOVEMBER		DECEMBER	
1 Tue	Membership renewals for 2020 open	5 Tue	Volunteers' Afternoon Tea 2-4 pm Hughes Hall	9 Mon	Committee meeting
7 Mon	Labour Day Offices closed	11 Mon	Committee meeting	13 Fri	Offices close for Christmas-New Year break
11 Fri	Newsletter copy deadline	?? Tue	Lunchtime forums end		
14 Mon	Committee meeting	5 Tue	Nominations for new committee close		
25 Fri	Newsletter published	20 Wed	2 pm AGM COTA Hall Hughes All members encouraged to attend		

Members should check online courses listing for specific enrolment dates for any courses in which they are interested.

Updated December 2018

U3A Canberra news

U3A Annual General Meeting

President's report to members on our AGM

We held our AGM successfully on Wednesday, 21 November 2018, in the Hughes Hall. There were 106 members present. We received the audited financial statements and other reports. We elected the following committee for next year:

President: Bob Nield
Vice President: Louise Morauta
Vice President: Anthony Patis
Treasurer: Louise Choy
Secretary: Rhonda Jolly

Ordinary Committee Members

Sherill Bell
Brian Moir
Helen Palethorpe
Lindsay Rae
Julia Rymer
Dorothy Zenz

Alison Wyse who is Chair of the Course Coordination Sub-committee did not nominate for election this year. She will serve as an *ex officio* member of the Committee under Rule 17(3).



From left: Brian Moir, Tony Patis, Dorothy Zenz, Lindsay Rae, Sherrill Bell, Julia Rymer, Bob Nield (President), Louise Morauta, Louise Choy (Treasurer), Rhonda Jolly (Secretary) (Not pictured: Helen Palethorpe, Alison Wyse)

Photo: Neva Kastelic and Barry McGloin, members of the U3A Camera Club

Chris Paterson congratulated recipients of Outstanding Service Awards (OSA) for 2018: Libby Campbell, Lois Dennis, Sheila McAlpine, Mary Pedersen, Paul Ratcliffe and Barrie Smillie. She also thanked the members of the Flynn Implementation Group who received certificates: Kerry Dietrich, Ian Dunn, Alex Gosman, Mary Pedersen, Margaret Ryan, Maurice Sexton and Keith Thomas.

As incoming President I would like to thank Chris Paterson for her wonderful work as President over the last three years and wish her well in all her future activities.

*Bob Nield
President*

Note: A list of Committee members and other Key Contacts is on the back page of this Newsletter.

Outstanding Service Awards

Six members received Outstanding Service Awards at the AGM in November.

Libby Campbell

For over nine years (since 2009) Libby has been a very active member of the Courses Sub-committee. She has been the backbone of that Sub-committee for at least the last five years. Libby was always prepared to step in and help out when others have been away or unavailable. She documented our policies and procedures and recruited and trained new Course Coordinators. More recently, Libby took on the role of course administrator for courses in non U3A venues as well as taking on a trouble shooting role when course leaders needed support.

Lois Dennis

Lois has presented at least 40 courses, dating back to 2007. The subjects of those courses range from ballet appreciation (in various contexts, to Royal Families of various countries, and to Australian and European history. The breadth of coverage in her contribution to our courses program is extraordinary and those who attend her courses speak very highly of them.



Three of our OSA recipients: From left: Libby Campbell, Mary Pedersen, Sheila McAlpine
Photo: Neva Kastelic and Barry McGloin, members of the U3A Camera Club

Sheila McAlpine

Sheila McAlpine has been a prominent member of the Courses Sub-committee for at least the last 7 years and chaired it in 2015. Initially Sheila's role was as our Database Assistant Manager – a role pivotal to the production of the annual Course Prospectus. More recently Sheila took on the course administrator for courses held in our facilities.

Mary Pedersen

Mary has been a Course Leader and Office Volunteer for 12 years. She has taken a leading role in the Non-Geeks computer chat group giving help to those using android systems. In addition, she was a tireless member of the Flynn Implementation Group.

Paul Ratcliffe

Paul has been a volunteer in the membership team for the past ten years, and Membership Secretary from 2010 to 2018. He was a member of the general committee from November 2010 to February 2015. His contribution over the years has been exceptional. Paul has been the driving force behind moving U3A's membership processing into the electronic era. His thoroughness and attention to detail has been exemplary. In accepting his nomination Paul asked that his contribution be seen in the context of the whole membership team and include Len Whyte who developed much of the software they use.

Barrie Smillie

Barrie has been presenting a course in Advanced French for U3A for the past 18 years. His nomination for an OSA came collectively and unanimously from his very appreciative class members. More recently Barrie has branched out to run a new course in the German Language.

The Flynn Implementation Group



From left: Kerry Dietrich, Maurice Sexton, Mary Pedersen, Ian Dunn, Keith Thomas (Chair), Alex Gosman (Absent: Margaret Ryan)

Photo: Neva Kastelic and Barry McGloin, members of the U3A Camera Club

Membership Matters

Christmas and New Year Closedown at U3A

As usual our U3A premises will close down over the Christmas period to give our volunteer teams a well-earned rest. The offices at Cook and Hughes will be closed from 4.30pm on Friday, 14th December 2018 until 9.30am on Monday, 14 January 2019.

Our premises at Flynn will be closed from 4.30pm on Monday, 17th December 2018 until Monday, 14 January 2019. The code for the key box at Flynn will be changed at 4.30pm on Monday, 17th December 2018. A new key code will be issued to those needing access in January.

As always, members will be able to renew their membership on line and find information on our courses through our website at <https://www.u3acanberra.org.au/> during the close down period.

Sue Gavin, Kathy Hedger, Rae Lorenz and Lindsay Rae

New Safety Presentations for Courses in U3A Premises

From the beginning of 2019 the committee has asked that a short safety presentation be given at the beginning of each course held in our premises at Cook, Flynn and Hughes. The aim is to ensure that members using our premises know about the emergency procedures and particularly what to do if the fire alarm sounds. This is part of our duty of care for members and the requirements under the Work Health and Safety Act 2011.

The presentations are very short (2-3 minutes) and can be given at the beginning of introductory remarks for each course. The presentations are being managed at Cook and Hughes by the Facilities team and at Flynn by the Flynn Coordinator. We would like course leaders to give the presentation themselves using a short script (around 400 words) provided for each venue. The script will be provided both as a document and as a power point.

We will be in touch with course leaders with courses commencing in January and February at each venue with the relevant script in mid-January. For courses starting later we will provide the script in the previous month. If any course leader feels unable to give the presentation, the facilities team or the Flynn coordinator will provide someone to give the presentation.

If you have any questions about this process please contact me on facilities@u3acanberra.org.au or the Flynn coordinator, Lindsay Rae, on flynncoordinator@u3acanberra.org.au.

Louise Morauta
Facilities and contracts manager
facilities@u3acanberra.org.au

New Gallery at Flynn

Hanging System for Two Dimensional Works of Art

The common area at Flynn is now equipped with a hanging system for two dimensional works of art. Leaders of art classes in 2019 might like to consider using this space for exhibitions of works produced by their classes. The viewers would be mainly U3A members attending classes at Flynn although classes could organise a launch of their exhibition. A booking system will be set up to share the space equitably.

A set of Guidelines can be obtained from flynncoordinator@u3acanberra.org.au and interested leaders can arrange a viewing of the area early in the new year.

Self Help and the U3A Website

You can help our U3A volunteers by using some of the 'self service' options described below:

- Manage your own membership details easily, by clicking on the "Member Login" tab on the U3A website (www.u3acanberra.org.au) This page enables you to keep your contact details up to date and enables subscriptions to the eBulletin and newsletter to be managed. It also allows your membership financial status to be checked and provides access to viewing and printing your payment receipt and membership card. You will need your password.
- Save paper and postage by using email: More than 90% of members who provide an email address can keep up to date with the latest news on U3A courses, events and program changes by subscribing to the emailed eBulletin, and by viewing the newsletter and courses information on the U3A website, instead of requesting a mailed hard copy of the newsletter. It is easy to change your subscription options: Visit the U3A website, click on "Member login" and follow the prompts.
- Renew your membership online. See below for helpful instructions.

Renew your Membership Online

You can access the members' area by clicking on <https://www.u3acanberra.org.au/eway/renew.html>

Note: A password is not required to renew your membership

You can renew your membership if:

- You are a current U3A Canberra member
- You intend to pay by Visa or MasterCard CREDIT card, or by a debit card which does not require a PIN.

Please note: AMEX and Diners cards, and debit cards which require a PIN are NOT accepted

Enter your current membership number and last name (exactly as displayed on your current membership card) then click 'Renew' to proceed. A box, as below, will be displayed, with a place to put your Member Number and your surname. For Joint Memberships, either membership number and its associated last name may be entered.

Click on "**Renew**" and the website will take you to a secure page for payment.

Member No: <input type="text"/>	Surname: <input type="text"/>	<input type="button" value="Renew"/>
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If you have an email address registered with U3A, your receipt, renewal letter, and membership card will be sent by email to that address. We hope you will then be able to print your membership card yourself. If you get the email but you can't print your own membership card, you will be offered the option to ask for your renewal letter and membership card to be printed by U3A and posted to you.

If you don't have an email address registered with the U3A, your renewal letter and membership card will be printed and posted out to you.

Note: If you are expecting your renewal email from the U3A and it hasn't arrived in good time, then please remember to look in your SPAM folder, because the email containing your membership card may have been directed by your computer into your SPAM folder instead of your IN box.

Please email membership@u3acanberra.org.au if you require more information, or have further questions. Comments, feedback and suggestions on any membership issue are always welcome.

Dorothy Zenz
U3AMembership Secretary
membership@u3acanberra.org.au

U3A Films of the Past

7 February - 18 April 2019

Thursdays 1:45pm

Rainbow Room downstairs, Southern Cross Club Woden

A term fee of \$25 applies

7th February	The Lady Vanishes. 1938 96 mins. Dir. Alfred Hitchcock. Starring Michael Redgrave, Margaret Lockwood: <i>En route</i> back to England by train from Switzerland, an old lady disappears and two young people investigate. One of Hitchcock's last British films.
14th February	Singing in the Rain. 1952 102 mins. Dir. Gene Kelly, Stanley Donan. Starring Gene Kelly, Debbie Reynolds: Comic musical, regarded by some as one of the best Hollywood-on-Hollywood movies
21st February	Lady from Shanghai. 1948 87 mins Dir. Orson Welles. Starring Orson Welles, Rita Hayworth: Bizarre murder mystery with the famous hall of mirrors scene as the climax.
28th February	King Kong. 1933 99 mins. Dir. Merian C Cooper and Ernest B Schoedsack. Starring Fay Wray, Robert Armstrong: A movie going must with the final sequence on top of the Empire State Building now cinema folklore
7th March	Where the Sidewalk Ends. 1950 95 mins Dir. Otto Preminger. Starring Dana Andrews, Gene Tierney: A moody crime melodrama, a good illustration of film noir.
14th March	Don's Party. 1976 90 mins. Dir. Bruce Beresford. Starring Ray Barrett, John Hargraves: Set on election night 1969. At time of writing, this may or may not be timely for the expected Federal election.
21st March	Some Like It Hot. 1959 119 mins. Dir. Billy Wilder. Starring Marilyn Monroe, Jack Lemmon, Tony Curtis: Mixture of slapstick and screwball with Oscar winning clothing by Orry-Kelly.
28th March	Strange Cargo. 1940 113 mins. Dir. Frank Borzage. Starring Clark Gable, Joan Crawford: Allegorical and strange drama about escaped convicts. At the time it created controversy amongst conservative religious groups.
4th April	Top Hat. 1935 99 mins Dir. Mark Sandrich. Starring Fred Astaire and Ginger Rogers: A "knock-out" of a musical with Astaire and Rogers at their best
11th April	The Maltese Falcon. 1941 100 mins Dir. John Huston. Starring Humphrey Bogart, Mary Astor: Detective drama, Bogey as Dashiell Hammett's Sam Spade and Huston's directorial debut.
18th April	Jedda. 1955 87 mins Dir. Charles Chauvel. Starring Ngarla Kunoth, Robert Tudawali: An influential film in the development of Australian cinema. Jedda is an Aboriginal child raised by a white woman but who wants to learn about her own culture.

Contacts: Megan Curlewis 0417468563 and John Taylor 0415 191754

All prints courtesy of the National Film and Sound Archive.

Premises courtesy of the Southern Cross Club.

Late Course Information

Why is it So?

SHE084.02 — Beresford Stock

Why Is It So? will present weekly sessions of 2 hours each, headed by a talk from an expert in her or his field, who will then answer questions from the floor. Morning tea will follow, then a short talk by a group member on some entertaining or provocative topic, or a debate on a topic of general interest. The course aims to be informative, participative and social. No special knowledge needed.

Starts Thursday, 7 March, ends Thursday, 30 May 2019, 10-12 noon, at Harmonie German Club, Jerrabomberra Avenue, Narrabundah. **Contact: Chris Wilson: 6161-9072 or 0402-057-670**

Annual National Eight Foot Pitch Recorder Orchestra (NEFPRO '19)

Sunday, 3 March 2019

The Canberra Recorder Orchestra invites all (deep) recorder players to our third annual Eight Foot Pitch Playing Day, conducted by Margaret Wright OAM.

The beautiful, deep and mellow tones of the 6 deep recorders (tenor, bass, great bass, contra bass, sub great bass, sub contra bass) have to be heard to be believed! This is a rare opportunity to play in such a group. Music is especially written for these instruments, and the tenors take the top line (at last!). All sizes are available to borrow on the day (with antiseptic wipes).

- Date: Sunday, 3rd March, 2019.
- Time: 10:00 – 4:00
- Venue: Hall 1, Woden Seniors Club, Corinna St., Phillip.
- Cost: \$15 (rental and music.)

BRING: recorder(s), music stand, 2B pencil, music in folder (will be sent electronically) plate of nibbles to share, own lunch.



Accommodation is available at several hotels/motels nearby (Abode (walking distance) Ph. 13 38 10; Statesman, Curtin, a short drive away. Ph. 6281 1777). You might like to combine this visit with one to the National Gallery of Australia to see the collection of Pre-Raphaelites from the Tate in London (until 28 April 2019).

Come along and enjoy the music and the company of recorder-lovers from near and far. Please contact Margaret Wright for more details (such as the level of music for you) and to enrol.

Margaret Wright
recorderteacher@hotmail.com

University of Canberra Semester 1 2019 Enrolments

Would you like to attend the University of Canberra (UC) to listen to a wide range of subjects? UC generously allows current members of U3A-ACT to attend and 'audit' lectures at no cost under a formal agreement between the two organisations. No credentials are provided as members do not undertake assessment nor exams.

Access to these subjects supplements those subjects offered by our course leaders with members having studied a diverse range of units, ranging from legal, maths, management, health, nutrition, design, history, and including topics such as screenwriting, reading movies, creative writing, cultural material and landscape policy. The most popular units are grammar, Indigenous studies, history and social policy.

Members must be 2019 financial members and can enrol using the link below during the shown dates, for a maximum of three units. Some units are unavailable to members, so check that link on the registration page.

Registration for enrolments opens on **Monday 28 January** and closes on **Friday 8 February 2019**. During this time, the registration form will be "live" at <https://www.canberra.edu.au/about-uc/learning-at-uc/university-of-the-third-age-u3a-members/unit-registration>. Semester 1 starts on Monday 11 February.

These lectures are at tertiary level, so require commitment from attendees. Further information on our Agreement with the University is available on our website under courses once you have logged into the website.

Julia Rymer
U3A Committee member/ UC liaison

Other News

Mamsahb Musings: “Boxed In”

I confess I have had a fascination with boxes from a very early age. It is where I kept my treasures and still do to this day. So it was only natural that my nomadic London life of the seventies was aided and abetted by boxes and bags, as I moved from one group house to the next. In fact, I was known affectionately as the ‘bag lady’. Well, I think it was a term of endearment.

So I was in familiar territory when Open Studio decided to end 2018 with a final burst of creativity into art boxes. Surprisingly, the resultant small display in the Cook Hub Art Gallery must have resonated with visitors, because they whipped out their smart phones and snapped away.

Art boxes are not new. Joseph Cornell is famous for creating art boxes back in the early 1930s. Here is a snapshot for enquiring minds:

https://www.youtube.com/watch?v=1r_CXS7bXtw. And of course, Shrines can be found world-wide.

The concept of putting items into a variety of boxes is not alien to us and how we are trained to make sense of our world. We live in boxes, work in boxes and, in U3A, we hide away in boxes to indulge in secret education business. The whole idea of categorising everything “into its correct box” seems to be the obsession of the 21st century. Even the U3A Admin arm is abreast of this new age trend as they streamline and pin and tuck the organisation to fit the common concept of being a ‘real university’.

The first philosophical question facing aspiring teachers in training in the early 1970s was “Do teachers actually teach?” And close on the heels of that thorny question was, “What is the value of lectures”. But the big question was and still is “What is Education?” And this latter question is one to be addressed whilst examining (unpacking is the modern term) the philosophical statement that underpins the University of the Third Age. It is printed on the cover of the Prospectus hard copy and seeks clarity by using uncomplicated language. It is an interesting statement, deceptively simple, and one to consider carefully before we can ever contemplate whether or not it can actually be boxed.

In the meantime, the statement is Out of the Box and on the table for you to ponder during star-filled night skies of January 2019. And if you have not seen the statement, here it is:

The University shall consist of a body of persons who undertake to learn and help others learn. Those who teach shall learn and those who learn shall teach.

The Talking Wall is installed in the Cook Hub Gallery for you to share your musings. I look forward to the conversation.



MamSahb at Open Studio 2014
openstudio@gmail.com

Australian History Christmas Lunch at Bungendore



The War Memorial Hall in Bungendore was the venue for the Australian History A group’s Christmas lunch, on Tuesday, 27 November 2018. Sixty members attended, some arriving by the local train, and others by private car. The weather was perfect. Our lunch was well catered for by the local delicatessen proprietor, Garth, from “Food Lovers”, assisted by Darren and Sylvia. Several members commented on their way home that it was one of the best Christmas lunches they recall having celebrated.

Let’s hope that Bungendore might entice more members to venture to the village in the future.

Vanessa Lauf

U3A Walks & Tours Program

DISCLAIMER

Most activities involve some element of risk. Bushwalking, in particular, is an inherently dangerous activity and requires an appropriate level of fitness. Whilst 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's OWN WALKS & TOURS PROGRAM

Comprehensive leaflets, covering all relevant activity details, are mailed or emailed to those who have sought bookings. To check on availability, or to book, please contact Peter van Rens (ph 0418 633 586 or email peter.christine.vanrens@gmail.com) for the Googong walk. For all other listed activities, please contact the U3A ACT Tours Officer, Garth Setchell, on tours@u3acanberra.org.au (or ph 62901100 if necessary).

Wednesday 20 February 2019 – Googong Foreshore and London Bridge

Peter van Rens, who led last September's walk from Kambah Pool to Pine Island, is now offering a morning walk at the southern end of the Googong Foreshores Reserve. The walk will commence at 9.00am and the first, undulating but relatively easy section, all on track, will take you from the London Bridge Woolshed to the former Homestead and then to the beautiful natural arch of London Bridge itself. At this point, those who wish may return to their cars around 10.30am.

The second, steeper and rockier part of the walk, will take those who are more energetic from London Bridge to the confluence of Burra Creek with the Queanbeyan River, before returning to the cars around midday. These participants may care to bring a picnic lunch to enjoy at the Woolshed.

Prior booking through Peter is essential. A \$2pp charge will be collected on the day.



London Bridge and Burra Creek

London Bridge homestead



Friday 29 to Sunday 31 March 2019 – Millthorpe and Carcoar

Only a few places remain for this 3-day coach tour to a weekend of private house inspections, arranged by the Central West Regional Women's Committee of the National Trust NSW, in the Millthorpe/Carcoar area, near Orange.

The itinerary includes a visit to the Japanese Gardens plus lunch in Cowra on Friday, followed by an afternoon visit to the Age of Fishes Museum at Canowindra and to the summit of Mt Canobolas. Two night's B&B accommodation has been booked at the Central Caleula Motor Lodge in Orange, including Friday night dinner there and Saturday night dinner at Duntryleague.

The Saturday program will commence with a visit to Ophir, where gold was first discovered in Australia, and then inspections of four private homes in the Millthorpe area, where a boxed lunch is also included. The Sunday program will commence with a visit to a private home in Carcoar, plus a tour of the third oldest inland town in Australia. This will be followed by visits to two rural properties a little to the west of Carcoar, with a BBQ lunch. Return to Canberra will be via Trunkey, Tuena, Crookwell and Gunning.

The all-inclusive tour cost is \$680pp dbl/tw or \$800pp sgl for U3A members, with a \$20pp reduction for applicants who are current National Trust members. Subject to you having first confirmed availability through Garth Setchell, places can be secured by payment of a \$150pp deposit with the balance by 27 Feb.

Monday 22 to Saturday 27 April 2019 – Anzac Aurora Rail Tour

As on two previous occasions, U3A has come to an arrangement with St James Rail of Sydney to offer connections, to Yass Junction and home from Sydney, for up to 8 U3A ACT members interested in joining this special train journey ex Sydney to/from Broken Hill for Anzac Day. Travelling via Cootamundra, the first night is in Parkes or Forbes, then 3 nights in Broken Hill, with the final Friday night in Parkes, before returning to Sydney over the Blue Mountains. Apart from luxury travel in first class heritage carriages and two licensed 'Southern Aurora' lounge/bar cars, the all-inclusive tour includes two sunsets (on the Menindee Lakes and Mundi Mundi Plains), the Line of Lode Museum, Pro Hart Gallery, Silverton Pub and Desert Sculpture Park plus the Parkes Radio Telescope, as well as Broken Hill's Anzac Day service. All overnight accommodation is in 3.5 to 4-star motels with en suites.

At an all-inclusive cost of around \$3380pp dbl/tw or \$3,860pp sgl (payable direct to SJR), plus possibly 100pp to U3A for the forward and return connections, this is not bad value for a unique experience. For more details, contact Garth Setchell. Only a few vacancies remain.

Wednesday 25 September 2019 – West Side Story

Bookings are now being taken for this one-day coach tour to a matinee performance of Opera Australia's production of Leonard Bernstein's 'West Side Story' at the Sydney Opera House. The coach will pick up from Deakin (7.15am), Civic and Ainslie, returning between 9.00 and 9.30pm. The tour price of \$265pp for Premium-Reserve seats and \$185pp for A-Reserve seats also includes morning tea, return coach travel and dinner at Mittagong on the way home. Places can be reserved on payment of a \$50pp deposit, with the relevant balance payable by Friday 2 August.

Friday 18 and Saturday 19 October 2019 – The Marriage of Figaro

Bookings are also now being taken for this two-day coach tour to Sydney, focused upon the opening night of Opera Australia's performance of Mozart's classic comedy 'The Marriage of Figaro' plus a Saturday matinee concert by the Sydney Symphony Orchestra, conducted by Donald Runnicles, of Messiaen's 'The Forgotten Offerings' and Bruckner's Symphony No 7. On the way down on Friday, we will be following the old Hume Highway where it still exists (Berrima, Mittagong, Picton, Camden, Liverpool and Ashfield) on a journey down memory lane. Overnight accommodation has been booked at the North Sydney Harbourview Hotel. The Saturday morning will include a guided tour of historic Goat Island. The tour prices for dbl/twin accom are \$685pp or \$625pp (for A or B-Res opera/concert seats respectively). For sgl accom they are \$785pp or \$725pp (for A or B-Res opera/concert seats respectively). Those prices also include Friday refreshments and lunch, plus Saturday dinner on the way home. Places can be reserved on payment of a \$100pp deposit, with the relevant balance payable by Friday 30 August.



THE FOLLOWING ACTIVITIES ARE PART OF THE NATIONAL TRUST (ACT)'S PROGRAM

Further details can be obtained from, and bookings made through, Liz McMillan in the National Trust office, ph 62300533 (Tue to Thu 9.30am to 3pm) or email info@nationaltrustact.org.au. Do NOT apply through U3A ACT.

Thursday 14 February 2019 – Meroogal and Bundanon Day Tour

This one day coach tour to the Nowra area includes guided tours of the 1885 house museum 'Meroogal' in Nowra and of Arthur Boyd's residence 'Bundanon', a few km to the north-west of Nowra. Morning tea, lunch and afternoon tea are included in the tour price of \$95pp for NT/U3A/FNLA members or \$105 for non-members.

4 to 17 November 2019 – Autumn Splendour in Japan

Expressions of interest are now being invited (up to 31 January) for this prospective autumn colours and cultural tour to Honshu (Tokyo, Sendai, Matsushima, Kanazawa, Kyoto and Nikko) to be led by NT life member and immediate past President of Australia-Japan Society ACT, Mike Hodgkin. An approximate price of \$8000pp dbl/tw or \$10200 sgl would include all accommodation, breakfasts and internal travel, plus a limited number of other meals. The cost of travel from Australia is not included. As some walking is involved, reasonable fitness is required. The group size will be limited to between 10 and 20 participants.

Garth Setchell
tours@u3acanberra.org.au

Hunter gathering: Joint U3A/National Trust trip, 19-22 October 2018

U3A ACT members may not be aware that our Tours Officer, Garth Setchell, is a very long-standing member of both the NSW and ACT National Trusts and has served in many capacities with both of them. This has enabled him to persuade the Women's Committee of the NSW National Trust to allow a busload of Canberra U3A and National Trust members to attend some weekend house openings that wouldn't normally be open to us. The only requirement is that approximately half the participants are National Trust members.

Thus it was that 26 U3A ACT and 19 National Trust (ACT) members enjoyed a 4-day trip to Newcastle and the Hunter region in October, organised around inspections of private homes and other properties around Newcastle that were being opened over the weekend of 20-21 October specifically at the request of the Women's Committee.

The travel arrangements and destinations on the Friday, the Sunday afternoon and the Monday were organised separately by Garth who always ensures that "coming" and "going" are not simply a matter of travel.

Our first main stop, on Friday's journey from Canberra to Newcastle, was at Old Government House in Parramatta. We were all very glad to get off the bus whose air-conditioning was not working! After a light lunch, we were treated to a guided tour of the main building by National Trust volunteer guides. I think most of us were surprised to realise that the exterior is not, in fact, stone but wood or rendered brick painted to look like sandstone. There simply weren't the resources available at the time of construction to make a more substantial building.



Approaching Old Government House, Parramatta

Saturday was largely occupied with visits to four of the properties being opened for the National Trust. First though, we enjoyed a scenic drive from our accommodation at Williamstown, in our new bus, the bus company having sent a replacement bus up from Canberra. We all breathed a sigh of relief at the pleasant, cool air on the bus. The two properties visited during the morning were both in a suburb called The Hill, one of the older, inner suburbs of Newcastle. The first was a tiny cottage hidden away, while the second, Hill House, was a grand 2-storey house with a view over the ocean. It was built for the first mayor of Newcastle.



Hill House, Newcastle

Lunch had been ordered for us and was provided at the Anglican Cathedral. It was slightly odd to be sitting in a pew, munching on sandwiches, home-made cakes and fruit. There was plenty of time to look around the cathedral, inside and out, and to appreciate the scale of the repairs made following the earthquake in 1989.



Newcastle Cathedral, altar cloth

After lunch and another scenic drive, this time with views of Nobby's Head and various Newcastle beaches, we arrived in the suburb of Merewether to visit another cottage. Both the cottages we saw had modern extensions filled with light – and, as it happened, art, both sets of owners being keen collectors. This was followed by a very different kind of building, the Soque Apartments in the suburb of Islington, where the historic woolstores have been converted into 96 upmarket warehouse apartments. Owners of two apartments had opened their homes, and it was fascinating to see the different uses that had been made of the spaces.

We had afternoon tea at Stockton, with views across the river back to the city centre. After a brief break at the hotel, we set off for Nelson Bay where we had dinner at The Wharf restaurant.

On Sunday morning, there were three properties to be inspected:

- the very modern and innovative NeWSpace building belonging to the University of Newcastle;
- Coutt's Sailors Home – an even larger grand home than Hill House, originally built to provide accommodation for sailors while on shore (to keep them out of the pubs) and now largely restored from an almost derelict state; and
- Tomago House, a National Trust property built in the 1840s as the homestead for a large agricultural estate.



University of Newcastle NeWSpace Building



Lunch at Brough House and Grossman House

These visits having completed the Women's Committee's programme for the weekend, we headed immediately for Maitland where lunch was waiting for us. The Trust owns two adjoining properties here, Brough House and Grossman House, the two being mirror images of each other. We had lunch in the garden of Brough House and then looked over Grossman House which has been restored as a Victorian gentleman's town house. It was then quite a long drive to our overnight stay in Mudgee.



Old cottage, Hill End

On the drive home on Monday, we called in to Hill End for morning tea and to Mayfield Garden for our boxed lunch (no-one starves on Garth's trips) and a quick walk around the main part of the garden.

As usual, we packed in a lot in a short time. Thanks are due to Garth, not only for twisting the arms of the ladies on the Women's Committee, but also for organising the journeys up and back, and for informative commentary (and lollies) along the way.

*Wendy Whitham
U3A and National Trust member*

Yass Tour, 29 November 2018

57 participants (and there were still more on the waiting list!) enjoyed a sunny day out in Yass and rural surrounds on Thursday 29 November. The recently refurbished Yass and District Historical Museum had an extensive collection of items of historical interest from Yass and district and included a recently opened exhibition “Threads of the Past”, a selection of children’s clothing and toys spanning the period 1820-1960, giving a glimpse into the lives of children as seen through clothing for “best” and “play”.

Many of the Museum volunteers then dashed to the National Trust property “Cliftonwood” to serve a delicious morning tea before we began a tour of the house and surrounding outbuildings. A demonstration of vintage machinery fascinated many, followed by a talk on Watson’s Bottle, a huge 8-metre-deep underground grain storage tank dug into the gradual rise behind the house. Sacks of grain would be hoisted from the Bottle by tackle pulled by a horse and taken to a steam mill on the river

below the house. The Wade family have lived at Cliftonwood since 1948, and the current owner’s enthusiasm and passion for preserving and restoring this historic property was evident from the moment we entered the gates and long drive leading down to the home.

Back into town to the beautiful gardens of Margaret and Ken Reidy. Despite the heavy rain and gale force winds of the previous day, the roses were still spectacular! Interesting garden art is dotted throughout the gardens and rear courtyard. Ken Reidy, as a founding member of Classic Yass, has numerous cars in his garage dating back to the 1950s, in addition to racing cars that he has built from parts sourced from scrap dealers, eBay and other places, which he races at GEAR Wakefield Park Goulburn.



Machinery at Cliftonwood



Watson’s Bottle



Reidy garden



Lovat Chapel, Bunning organ

A picnic box lunch enabled us to wander around Riverbank Park before visiting Lovat Chapel (the former St Augustine’s Church) where we heard about the history and restoration of the Chapel, and, of particular interest, the painstaking restoration, over a period of nine years, of the 1912 Taylor pipe organ. This has been undertaken by U3A ACT member Trevor Bunning, who treated us to a musical interlude to demonstrate the symphonic sounds of the pipes.



Merryville garden

We then visited “Merryville” historic homestead, near Murrumbateman on the Dog Trap Road, where we enjoyed a guided tour of the 1903 bluestone house, and wandered around the extensive surrounding gardens, both listed by the National Trust. Merryville’s land was more than 4000 acres in total at the time of Sir Walter Merriman’s death in 1972 and established Murrumbateman as the place to breed champion merino sheep. Ning and Rob Clark were wonderful hosts for our visit, and to relax under the trees in their beautiful garden enjoying a delicious afternoon tea was a fitting end to a great day out! As with any tour, there’s always insufficient time at each of the places visited but it provided a taste of the surrounding area, well worth a longer visit in one’s own time!

*Pam Behncke
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tours@u3acanberra.org.au*

U3A Easy to Intermediate International Folkdancing—A Retrospective

The lovely Russian dance *Sibirski Chorovod* was largely instrumental in my decision in 2005 to start Canberra's U3A Easy to Intermediate International Folkdancing (IFD) Group. I'd enjoyed learning this dance at the workshop given by Andre van de Plas in 2004 when I was also attending a U3A course on the famous Russian dramatist, Anton Chekov. That course was held on Thursday afternoons at ANU's University House, where I also attended a Thursday lunchtime IFD class run by Paula Reid OAM. It occurred to me when Paula's group was doing *Sibirski Chorovod* that the U3A Chekov group would enjoy seeing this dance.

Shortly after the Chekov group had seen us dancing *Sibirski Chorovod* and a Greek dance, *Zvarniara*, members of that group urged me to start a U3A IFD course, drawing on the experience I'd had dancing with CIFDA (Canberra International Folkdancing Association) since 1976. This was a challenge for me, but because I'd benefitted from a number of courses since joining U3A in 1994, I felt it would be consistent with the U3A ethos to accept the challenge.



Sue Miller leading Pata Pata (South Africa) at 2009 Tea Dance

Although I'd had only limited experience teaching for CIFDA, I'd become an IFD enthusiast. Much of the appeal stemmed from the great variety of rhythms, moods, themes, formations, voice and instrumental combinations. I'd been uplifted and energised by this variety, being able to move to music that ranged from being energetic and boisterous to being elegiac and hauntingly beautiful. The fact that partners are not needed for most dances was also important for me as a singleton. I believed it was therapeutic active relaxation and it would surely be a most worthwhile endeavour to introduce this special enjoyment to other Third Agers, many of whom are now single and, in some cases, coping with social isolation. When the IFD course started in 2005, it included four members of the Chekhov group: Pauline Snowie, Joycelyn Maclean, Jan Druce and Pat Brown; Pauline is still a valued member. From an initial enrolment of 16, the class has grown to 40 plus in recent years, and we have had waiting lists.

The group meets once a week on Tuesday mornings from 10 am to 12 noon for three or four eight-to-ten week sessions a year. The initial venue was the Hughes Baptist Church Hall, but since 2006 it's been the Yarralumla Uniting Church Hall. In the early years I did most of the teaching, but was most fortunate to have assistance from time to time from two good CIFDA friends, Paula Reid and Sue Miller. Sue started the IFD group in Canberra in 1976 that became known as CIFDA. Since 2009 Sue and I have been co-leaders of the U3A group. I am most grateful to her, not only for her friendly personality and teaching expertise but also for her computer literacy. Thanks to her we introduced a significant operational change, the use of a laptop computer complete with an iTunes library containing all of our dance music. This made life so much easier. Previously I'd used cassette tapes and my elderly radio/cassette player.

I must also thank Paula Reid for her teaching assistance throughout the group's existence. Paula joined CIFDA in 1982 and ran lunchtime classes at ANU from 1992 to 2013, continuing with the ANU group (then all retirees) for another four years at the Weston Creek Community Centre, until 2017. Paula is indeed a remarkable 91-year-old, still with a cheeky sense of humour, still dancing with panache and attracting the admiration of many younger dancers.

For short periods in 2008 and 2012 Carol McNally from CIFDA and also a member of U3A, ran the group with assistance from Paula Reid. More recently, other members of the U3A IFD group, such as Lyn Woodbury and Janelle Chalker, have occasionally helped with the teaching.

From the beginning we've had an emphasis on dances from the Balkan countries, with a sprinkling from the USA, the UK, Western Europe, China and Japan. For some years now it's been the practice to start each weekly session with an easy mixer dance that doesn't need much teaching, e.g. *Samba Mixer* (Germany), *Mrs Baily Mixer* (USA), *Grand Colonel Mixer* (USA), *Lord of the Dance* (England), *Vesylaya Kadril* (Russia), *Dunedin Festival Dance* (Scotland).

Sometimes a few of these dances can go awry, usually accompanied by wholesale mirth and frivolity, making it difficult at times to hear the music. During each session we usually teach eight or nine dances.

In the 14 years of the group's existence, some 240 new dances have been introduced, drawn mainly from the CIFDA repertoire and workshops given by overseas teachers such as Andre van de Plas and Yves Moreau, and Dance Delis run by Kaye Laurendet and Margaret Connor, the leaders of the Sutherland

and Bowral IFD groups, respectively. New dances are usually taught for two to three weeks. We also encourage requests from class members for the following week. The dance requested most often has been *Hole in the Wall* (England). Other favourites include *Koce Berberot* (Macedonia), *David Melech* (Israel), *Hit the Road Jack* (USA), *Ivushka* (Russia), *Hora fun Moldova* (Moldova/Israel), *Musette Waltz* (France) and *Beautiful Greece*. The group has also enjoyed some of my particular favourites, e.g., *Siciliano* (Italy), *Tou Paradeisou Lemonia* (Greece), *Karamfil* (Bulgaria), *Hora Veche* (Romania), *Rokdim al Hamayim* (Israel), *Opa Cupa* (Serbia), *Oj Devojce Pirocance* (Serbia), *Florence* (France), *De Seceret* (Romania).

When Sue Miller was CIFDA's Co-Ordinator in 2006, she suggested CIFDA and the U3A IFD group should jointly host a special Tea Dance as part of CIFDA's 30th Anniversary celebrations. A jointly hosted annual Tea Dance has continued each year since then. At the 2007 Tea Dance we remembered Margaret Walker OAM, a passionate pioneer of folk dance in Australia. On that occasion we were delighted to have a solo performance by Rita Sheehan of *Espani Cani*, a traditional Spanish gypsy dance, which she had also taught to the U3A group.

Since 2009 the proceeds from the annual Tea Dances have been donated to various worthy causes, such as the Hamlin Fistula Project in Ethiopia, the ACT Cancer Council, UNHCR and, in 2018, UNICEF's Indonesian Tsunami Appeal. Approximately \$16,500 has been donated to these causes, with about \$9,500 going to the Hamlin Fistula Project. For all of these fundraising dances, CIFDA made its donation by paying for the rent of the Hall.

In 2011 and 2014 at the start of first term, Sue Miller and I ran a three-week IFD course for Beginners. A number of participants then joined the main group. More importantly, however, in 2017, a U3A course for Beginners lasting two terms was run by two of our members, Lyn Woodbury and Janelle Chalker. This course was very well attended, attracting some 50 participants, possibly indicative of publicity given in recent years to the positive effects of dancing, especially for older people. Lyn and Janelle still belong to our main group and in recent years have also become members of CIFDA and Folk Dance Canberra. This is also true for other members of our U3A group.

Sue and I and a small group of our members performed at the annual U3A Christmas parties in 2013 and 2014. We were all pleased with the audience response, especially with their participation in *Lord of the Dance*.

Over the years our aim has been to provide class members with a joyful, non-competitive experience, promoting healthy ageing and a sense of well-being. We've had much positive feedback and have been enriched by the experience.

Glenys West



Ladies in the U3A group making knitted patchwork shawls for fistula sufferers in Ethiopia. Hundreds of these shawls have been sent to the Hamlin Fistula Project in Addis Ababa.

Key Contacts Within U3A

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<i>Role</i>	<i>Name</i>	<i>Email</i>	<i>Phone</i>
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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.