



U3ACanberra

NEWS

Newsletter of
Canberra's University
of the Third Age

www.u3acanberra.org.au

[https://www.facebook.com/
groups/u3a.act/](https://www.facebook.com/groups/u3a.act/)

April 2025

Volume 39 Number 2

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From the President



As of 2025, there are approximately 250 University of the Third Age (U3A) groups across Australia, collectively serving around 100,000 members. These U3As operate independently, offering a diverse range of educational and social activities tailored to the interests and expertise of their members.

Members may be interested in how U3A Canberra interacts with other U3A groups and various representational bodies. U3A Canberra, with nearly 4,000 members, is the largest U3A in Australia, approximately ten times larger than the average size of a U3A.

Until recently, Bob Nield represented U3A Canberra on the board of U3A Australia (U3AA), the national body for the U3A movement. Its mission is to foster cooperation and advocate for the U3A movement at the national level, where appropriate. Chaired by Glen Wall, its primary activity is managing the recent merger with U3A Online. Brian Weir has taken over as U3A Canberra's representative on the Board of U3AA.

I represent Canberra on U3A Network NSW, which supports local U3A branches across New South Wales by providing administrative assistance, resources, and a platform for collaboration and information exchange.

Key ongoing activities include arranging group insurances and other licenses, such as One Music, Copyright, and Screenrights. U3A Network NSW is also focusing on increasing its policy engagement with the NSW Government. U3A Canberra has supported this initiative, although our focus remains on the ACT Government where we have good relationships across all parties.

Additionally, I was successful in submitting a proposal for a series of cybersecurity seminars under the umbrella of Network NSW, funded by the Commonwealth. We also provide access to the Tuesday Forum via zoom to some 25 regional NSW U3As.

By participating in these various outside bodies, U3A Canberra provides access to the expertise and experience of many of its members at senior government and business levels, hopefully to the benefit of the broader U3A community within Australia.

*Alex Gosman
President*

From the Editor

This edition of the newsletter contains another interesting mix of articles and information as well as some beautiful images – both photographed and painted – for your enjoyment. Also included are the memories of some of our longest Canberra residents. They offer a fascinating glimpse of life in a much loved but smaller Canberra at a time when Australia itself was a much different country. I thank Kevin, Merran and Morag for sharing their memories with us. If you also have a story to tell from 50+ years ago then please consider submitting something for the next or future newsletters.

There is also an important piece from the U3A Canberra Committee about our operating principles and member obligations. This is the first of a series of items over coming editions directed at ensuring that U3A Canberra is a welcoming, safe, and enjoyable experience for everyone.

I trust you will find this edition of the newsletter informative and enjoyable.

Glenn Davidson
April Newsletter Sub-Editor
newsletter@u3acanberra.org.au

Newsletter Timetable for 2025

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

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

U3A Offices: Addresses and Phone Numbers

U3A Canberra Office at Hughes (ph. 6281 6998) is in the Hughes Community Centre at 2 Wisdom Street, Hughes, ACT, 2605 and is usually open Monday to Friday from 9:30 to 4:30. All general enquiries should be directed to this Office.

Our Cook facility (ph. 6251 8005) is in the Cook Community Hub at 41 Templeton Street, Cook, ACT, 2614 and has the same opening hours.

Our Flynn Teaching Rooms (Course activities only; NO public or member enquiry services) are at Flynn Community Hub at 21 Bingle St, Flynn, ACT, 2615.

Please note: Access to U3A at the Flynn Community Hub is from Hedland Circuit.

For more information on holding a course at Flynn please contact the course coordinator for Flynn at flynn@u3acanberra.org.au.

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

U3A Canberra Members' Calendar 2025

UC = University of Canberra, Bruce

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

For U3A Canberra Members

Operating Principles and Member Obligations

How U3A operates to serve members

There are seven key principles that guide the way we operate at U3A Canberra:

- To use the skills and abilities of members to create affordable learning, activity, and social connection opportunities
- Membership is open to all 50+ (being in their Third Age)
- Members share their knowledge, skills, and time on a voluntary basis
- Learning activities are for enjoyment and/or interest, not for qualifications or awards.
- Activities take place in a friendly, supportive, and inclusive environment that fosters the well-being of all participants
- Members promote the value of lifelong learning and the positive social and mental benefits of participating in our activities
- To be, at all times, non-political and non-sectarian in our approach.

There are three points that are important to examine in more detail.

The 1st and 3rd principles are about us being a volunteer organisation. We have no paid staff; everyone is a volunteer. This means that although there are things we would like to do, it is not always practical or possible to do so. Please consider whether you might be able to volunteer your unique knowledge, skills, or services. This could include running new courses, helping with 'back office' management (such as IT, physical facilities, or administration), or simple support tasks (such as helping with morning tea or putting away chairs).

The 5th principle is about a learning environment and culture of respect. It is an essential element of how we operate. Our Code of Conduct sets this out in more detail. The full [Code of Conduct](#) is available on [U3A Canberra's website](#).

The 7th principle is about being non-political and non-sectarian. This means that U3A Canberra will not promote, support, or advocate for any specific political or religious position or view. It does not mean a prohibition on the discussion of these topics. We will always seek to provide a range of perspectives and views and present them in a balanced way. During courses, forums, and events an external speaker may present their personal view. In this situation, we will always seek another external speaker to present an alternative view so that a balanced perspective is available for members to consider.

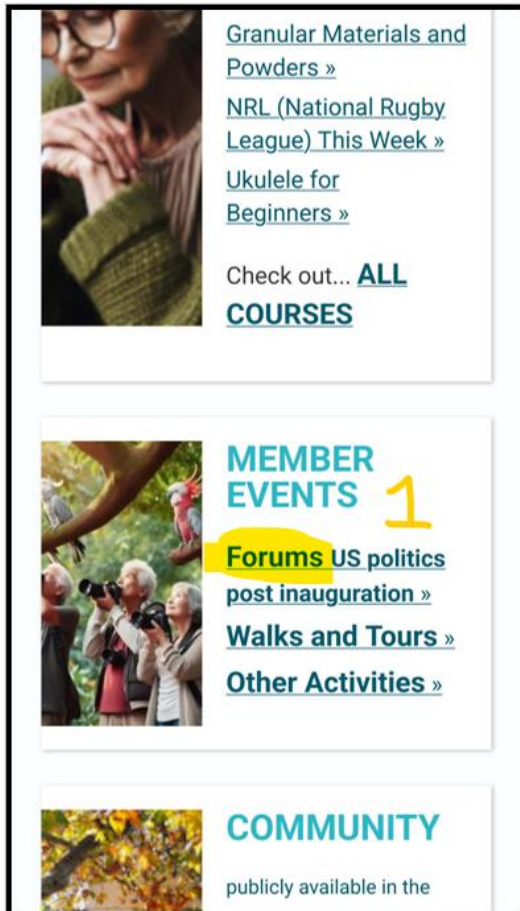
If you would like more information or clarification of the principles, you are encouraged to contact the Member Liaison Person by email to memberliaison@u3acanberra.org.au

Kristine Riethmiller
U3A Canberra Committee

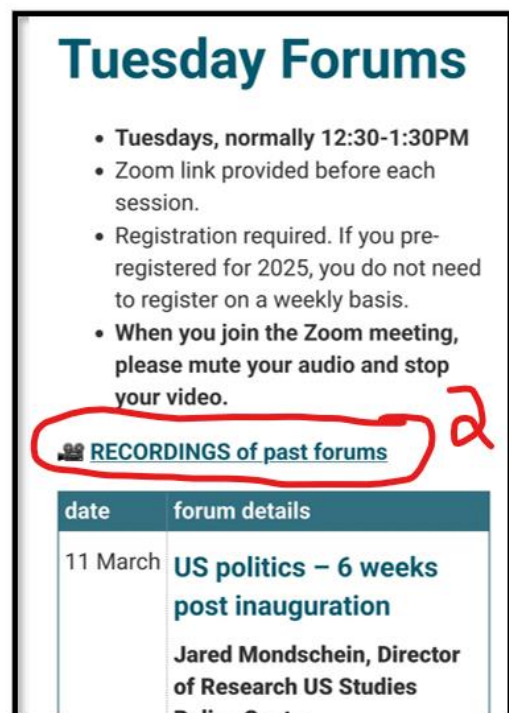
Forum Recordings

Our Tuesday forums are recorded. To access the recordings:

1. from the member home page of our website tap the **Forums** link
2. tap **RECORDINGS** of past forums
3. browse the resulting list for the forum that you want to access.



A screenshot of a website navigation menu with three main sections. The top section features a photo of a woman and lists links for 'Granular Materials and Powders', 'NRL (National Rugby League) This Week', and 'Ukulele for Beginners', followed by a link to 'ALL COURSES'. The middle section is titled 'MEMBER EVENTS 1' and includes links for 'Forums US politics post inauguration', 'Walks and Tours', and 'Other Activities'. The bottom section is titled 'COMMUNITY' and mentions 'publicly available in the'.



A screenshot of a 'Tuesday Forums' page. It lists session times (12:30-1:30 PM), Zoom link availability, registration requirements for 2025, and a request to mute audio and stop video. A red circle highlights the 'RECORDINGS of past forums' link, with a handwritten '2' next to it. Below is a table of forum details.

date	forum details
11 March	US politics – 6 weeks post inauguration Jared Mondschein, Director of Research US Studies

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

Jane
Web Manager

U3A Course News

Familiar yet Different

The photography group has been active and continue to find creative and imaginative ways to showcase the beauty around us. The following selection of photos illustrate familiar sights but with a twist as the photographers have found quirky and interesting viewpoints.

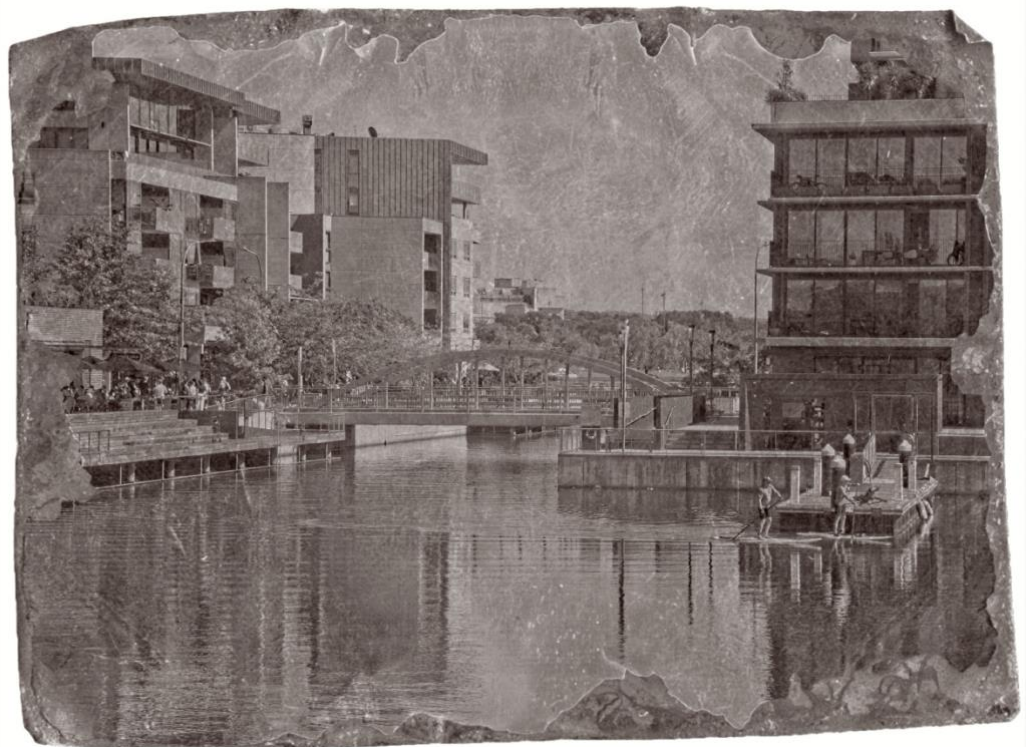
*Photo: Kim Pendreigh
Foggy Morning at the
Lake*



*Photo: Kathy Griffiths
Singular View*



*Photo: Yvonne
Milthorpe*



*Photo: David Raff
Kingston Foreshore*

*Photo: Barrie
Ridgeway Namadgi
Visitor Centre*



*Photo: Rob Lee
Parliament House*

Curious Minds

Curious Minds is a U3A group that runs for three terms of eight weeks each year. We meet on Friday mornings from 10:00am till 12:00 noon at Hughes Baptist Church (where there is loads of free parking).

We started life around 14 years ago as Acton Discussion Group but a few years ago we decided that since we didn't meet in Acton, and the focus of the group was on hearing speakers rather than discussion, it would be a good idea to update our group's name. Common consensus led to Curious Minds.

Each term, again by common consensus, we select an overall title for the coming eight-week term. Some members volunteer to give a presentation; most do not. There is no compulsion or expectation for members to do so, although the coordinator is always grateful when there are fewer guest speakers to find!

Next term – commencing on 23rd May – the title is 'I wish I'd known...'

As always, this title can be interpreted in any way the speaker wishes. This scope gives rise to a very large range of talks from week to week – something group members find stimulating. Hence our name. Many talks are biographical, but we also hear from scientists, seismologists, philatelists, musicians, and people involved in community work, to name just a few.

The cost – to cover hire of the hall – is in the range of \$25 – \$30 per term, determined by the number of participants.

Each session commences at 10:00am, has a break for morning tea (there is a roster for this but again no compulsion), and finishes around 12:00 noon. New members are warmly welcomed.

Further information is available from Vivien on 6166 0187 or at cvivienarnold@gmail.com

Healing Ourselves and Our Planet

Classes in this course are going well with over 100 attending each week from several U3As including, U3A Canberra. Term 2 starts on Tuesday 29th April, repeating on Friday 2nd of May at 9:15 for 9:30am.

Term 2 starts with a 5-week stand-alone topic entitled *Regreening the Planet for Health and Wellbeing*. We will focus on global warming and the role played by desertification of the planet by modern industrial agriculture. I put the case that modern agriculture is responsible for the destruction of the natural hydrology of the planet leading directly to global warming and increasing carbon dioxide levels; and that regenerative farming can provide a simple, low cost and sustainable solution.



If you have any questions, please call me on 0438 752 146 or email: ozebeanz@gmail.com.

New members may join as usual with your U3A, but I do appreciate new class members contacting me by email.

*Dr John Beaney
Tutor*

Warrani Chorale: Great Singing and Friendship

It was with a sense of excitement that members of Warrani Chorale gathered at Yarralumla Uniting Church for their first practice of the year on Wednesday 5th February. After the Christmas-New Year holiday break, our ladies were glad to be back to singing and catching up with their choir friends. The volume of chatter before practice began and at morning tea was testament to how much members had missed each other and singing together. It was with renewed vigour and enthusiasm that the choir started on their new pieces which will be the repertoire for our next concert on 4th June at Weston Creek Uniting Church. Again, the choir's lovely music director and conductor, Helen Swan, has chosen a delightful programme of music which includes 'Fields of Gold,' by G.M. Sumner, 'All My Trials', by Gwyneth Walker, 'Ave Maria', by Giulio Caccini and 'Thank you for the Music', by Bjorn Ulvaeus and Benny Andersson. It promises to be a great semester of singing for the choir with an excellent concert in June which you can't afford to miss!



Photo: Conductor Helen Swan leading the choir.

New members are very welcome, and the start of the semester is an ideal time to join us. Enquiries should be directed to our Membership Secretary, Liz Hoffman, email: ebh61uk@gmail.com, phone: 0427 930 410

Warrani Chorale Practice: 9:45 am to 12:00 noon, weekly on Wednesdays at Yarralumla Uniting Church.

Next Concert: Wednesday, 4th June at 10:30 am at Weston Creek Uniting Church.



*Margaret Martin
Warrani Chorale*

Photo: Warrani members singing together at their first choir practice for 2025 accompanied by Brigid Cummins on the piano

National Eight Foot Pitch Recorder Orchestra

The National Eight Foot Pitch Recorder Orchestra – NEFPRO25, organised and conducted by Margaret Wright, met for its annual day of relaxed music making on 2nd March. It was a great success!

The instruments were only the large and deep recorders: tenor; bass; great bass; contra bass; sub great bass; and sub contra bass. The name is from the length of organ pipes, and the sound is like being inside a great organ.

Musicians joined the U3A's Canberra Recorder Orchestra and Sarabande Recorder Ensemble, travelling from all over Eastern Australia, such as Adelaide, Ballarat, Brisbane, Gold Coast, Maitland, Sydney and regional NSW. There were 66 players all together.

This was not a 'workshop', but a day of playing beautiful and interesting music, renewing friendships, meeting like-minded people and enjoying the food and camaraderie.



Margaret chose music that covered many tastes, from Tudor to very contemporary. Two English composers, Ann and Steve Marshall, generously provided much of the music. It was they who, many years ago, suggested to Margaret that she introduce this type of orchestra to Australia, and so it continues. It is the highlight of deep recorder players' musical year.

From the first note, we knew what a day we were in for!

Handel's *Sarabande* was followed by Tallis's anthem, *If Ye Love Me*; these are both mellow and beautiful pieces.

We had been fortunate to have the conductor of the Berlin Recorder to run a workshop for us late last year, and he provided the score of Handel's *Lascia ch'io pianga*, a beautiful lament from the opera 'Rinaldo'.

Other highlights were Schubert's *Chor der Engel* – sumptuous music, superbly played under Margaret's exacting direction.

We rollicked through some English folk songs, then as a tribute to St David's Day (the previous day), we played *Made in Wales* which included well known Welsh songs, and felt every note of the gorgeous lullaby, *Suo Gan*.

The grandson of one of our Sydney visitors is Elliott Leahy, a composition student at Sydney

Conservatorium. He generously wrote *Rhythmosis* especially for us, and this was conducted by Margaret's sister, Judith Clingan AM. We were all thrilled with the result, and it was good that Elliott was there to hear it.

Margaret also organised a 'bring and buy' table and she was able to pass on some of her large collection of recorders and sheet music. She felt that after a lifetime of living with recorders, many needed new homes. The remainder will go to schools in Cooma and Fiji.

Days like this do not just happen. Margaret has a dedicated team of assistants who set up the hall and the huge recorders, greeted players and organised the refreshments all day. Everyone was grateful for their happy and slick organisation.



Photo: Janiece presenting Margaret with a bouquet at NEFPRO, 2nd March 2025

Some notes from participants:

'A special note of thanks to you and your team for running such a wonderful recorder day in Canberra. It is a great tradition that you have created, and I really appreciated the opportunity to join in. I do hope that I can make it again next year.'

'Many thanks for the inspiration and enjoyment we all get from the beautiful NEFPRO experience.'

'The whole day was a resounding success. It was a wonderful turnout, and a wonderful day.'

*Janiece Moylan
Happy bass recorder player*

Canberra Recorder Orchestra

The first term for 2025 is well under way and we have a wide variety of music in different styles and periods.

With Easter approaching, we are playing Easter Hymns by the German composer, Michael Praetorius (1571–1672). His family name was Schultz, meaning 'magistrate', and the Latinized form by which he is always known, is taken from the Praetorian Guard from Ancient Rome. Praetorius was the son of a Lutheran pastor, and wrote much music based on Lutheran hymns. He was organist at several important churches and ducal courts.

We are also enjoying secular madrigals by Monteverdi (1567–1643), a beautiful 'Agnus Dei' by Schubert and a modern work based on African melodies, 'Uxolo'.

One of our longer works is a Partita, 'La Chasse' by Czech composer Franz Krommer. (1759 – 1831) He worked in Vienna, and knew Beethoven. 'La Chasse' was written for horns, bassoons, clarinets and oboes as a celebration of the ducal hunt and has been arranged for recorder orchestra.

Margaret Wright

Sarabande Recorder Ensemble

This smaller group of recorder players meets in a private house, so membership is limited to 18 players. Our most recent member was squeezed in because I remembered that I had taught her to play the recorder as a ten-year-old 50 years ago! And now she is a member of U3A!! How the years roll on.

Our repertoire is mainly trios – soprano, alto and tenor – and such composers as Hyden, Handel and Telemann have written much that has been arranged for our configuration. To maintain variety, we have also added folk tunes and modern works to our playlist, including an interesting 'Midland Suite' by Paul Clark. Paul was a fine recorder teacher and wrote pieces to demonstrate aspects of recorder technique.

If we decide to have quartets, several of our members move to play their bass recorders.

Sarabande gives recitals at the retirement home of the mother of one of our members, and this is always a well anticipated event.

Margaret Wright

*Photo: Yvonne Kilgour
Silo Art, Murrumbateman*





Brindabella Orchestra First Concert of 2025

The U3A Brindabella Symphony Orchestra is busy rehearsing a great program of light classics in preparation for our first concert of 2025.

This will be in our rehearsal space, the large hall of the Weston Community Hub, corner of Gritten and Hilder Streets, Weston. It's the former primary school.

The concert will be on Sunday afternoon, 4th May, starting at 2:30pm. Tickets are \$5.00 – \$15.00.

Some of the highlights of the program include works by Rossini, Grieg, Coates and Offenbach.

The U3A Brindabella Symphony Orchestra began 25 years ago with just 7 musicians. Since then we have grown to cover all the sections of an orchestra.

Our conductor is Shilong Ye, a well-known musician around Canberra.

We look forward to welcoming new faces, as well as our large faithful following, to a relaxed and happy musical afternoon.

Margaret Wright and David Stone.

Violin section.

Contact us info@brindabellaorchestra.net

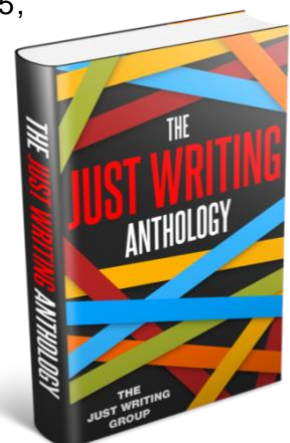
Just Writing Group

The Just Writing Group has gone into print!!

A collection of work by 11 members of the group, 32 pieces in all, is now available on Amazon for \$10.78. The writing styles are varied and include poetry, biography, and fiction. A big thank you to Dianne Williams who has spent many months collecting, editing, formatting and submitting the book to Amazon. So exciting to see our work in print.

Just Writing is a creative writing group which has been offered as a U3A class for over 25 years. Initially begun by Sally, then continued by Soraya Barkhordar until her retirement in 2015, Christine Hobbs took over in 2016.

Several of our members have had books published, either poetry or biography. We welcome all types of writing. One of our members writes songs and will occasionally sing his contribution to the group. That's a special treat! It's always a very special privilege when members share their personal stories. We have laughed and cried with them on many occasions.



*Christine Hobbs
Convenor*

Make a Mark 1 (MaM-1)

MaM-1 is a U3A group of like-minded individuals who enjoy sharing their explorations/adventures in art. The group has been operating for approximately 14+ years. While there have been some changes to participants over the years, a solid core still meet for an adventure every Monday of school terms in Room 3 at Cook.

In earlier days the group would install an exhibition of framed art pieces in the main corridor of the facility. However, recently we have utilised the blank wall in Room 3 to exhibit our efforts – at the end of each Art Adventure the participants' contributions are reviewed by the group. On a rotating basis, each member will nominate a subject and medium and lead the group in the next art adventure.

Below are recent photos of the display wall with some of the latest art produced by the group.

*Paul Humphrey
Convenor MaM-1*



Like-Minded Programs

U3A NSW Network Conference

The U3A NSW Network Conference this year is being hosted by Orange U3A from Monday 7th April to Wednesday 9th April.

The program is available [here](#) and includes presentations by guest speakers, including:

- Glen Wall, Chair of U3A Australia Inc, and David Davis, President of the U3A Network NSW, talking about 'What's New?'
- Sara Tabbs talking about the Police Program
- Nan Fogarty talking about Mental Health
- Sue Field talking about Ageing and the Law

There are also two workshop sessions with a choice of four topics, including:

- Jean Lewis: Communicating and Publicity – getting the message out there
- Laurene Mulcahy: The 3 Rs – resources, recruitment, renew
- Andrea Aught-Hamilton: Road and transport issues as we grow older
- Lorraine McEwan-McKenzie: Teams working together



U3A NETWORK CONFERENCE

U3A
UNIVERSITY OF THE THIRD AGE

ORANGE NSW

7TH – 8TH – 9TH APRIL 2025

Come Together in Unity

**Orange Ex-Services Club
- Workshops - Guest speakers
Meet your regional representative**

**Register here –
<https://www.trybooking.com/CYSZS>
Registration includes conference + six meals
Closes 9.00pm Sunday 16th March 2025
Email - u3aorangensw@gmail.com**

National Library of Australia

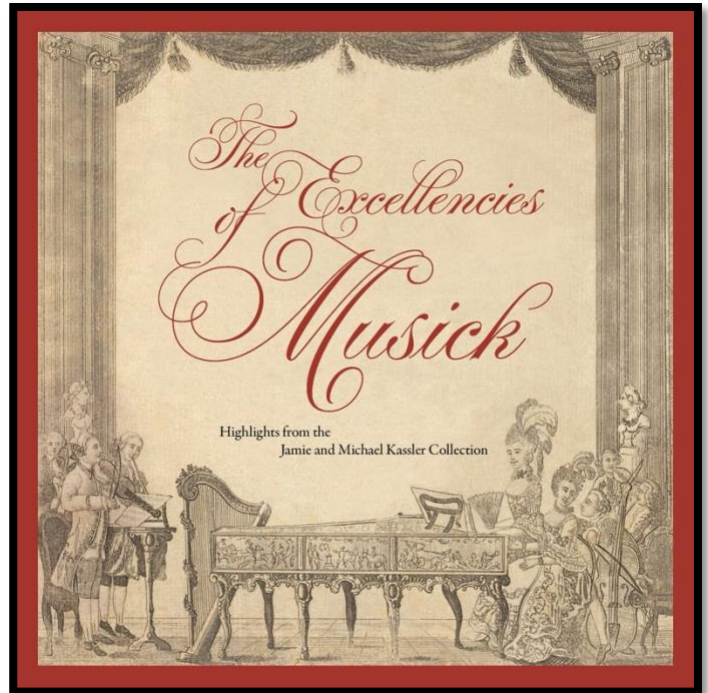
The Excellencies of Musick: Highlights from the Jamie and Michael Kassler Collection until 17th August 2025

Enter the musical world of Stuart and Georgian Britain, a world of concert-going, music-makers and thinkers, of printers and publishers.

The exhibition features exquisite and intriguing, rare prints, rare books and manuscripts dating from seventeenth to early nineteenth century Britain. It will delight anyone interested in the history of music and the history and technology of books and printing.

This exhibition showcases highlights from the collection of musicologists and longstanding National Library patrons Dr Jamie Kassler and Dr Michael Kassler. Assembled over 50 years, their collection reflects their interests.

Entry is free, no booking required. More information is available [here](#). (Source: National Library of Australia, www.library.gov.au)



National Gallery of Australia

Ethel Carrick – until 27 April 2025

Ethel Carrick (1872–1952) was a pioneering artist who forged new ground in the early twentieth century with her bold and vibrant post-impressionist works. She was a truly transnational artist who was born in Britain and lived and worked primarily in France and Australia.

Comprising 140 works, this will be the first retrospective of Carrick's work for nearly half a century and an opportunity to assess her work in a new light.



Ethel Carrick, *Esquisse en Australie*, (Sketch in Australia) 1908, National Gallery of Australia, Kamberri/Canberra, Purchased 2023

Entry is free, no booking required. More information is available at [here](#).

(Source: National Gallery of Australia, www.nga.gov.au.)

National Portrait Gallery

Ryan Presley: *Paradise Won* – until May 2025

Ryan Presley is a Marri Ngarr artist whose work challenges traditional power structures and questions how portraiture has historically been used to reinforce ideologies of conquest and Empire building.

In *Paradise Won*, Presley builds on narratives and imagery he has been working with since 2020. The scenes in this mural are based on the lived experiences of the artist's friends, family and community. Here they are reimagined using references to art history, drawing attention to political and social issues including youth incarceration, deaths in custody, urban displacement and mining on Traditional Lands.

Entry is free, no booking required. More information is available [here](#).



Joan Ross: *Those trees came back to me in my dreams* – until 27th April 2025

Joan Ross: Those trees came back to me in my dreams is a vibrant and dynamic exhibition by acclaimed contemporary artist Joan Ross. In a practice that spans collage, printmaking, sculpture and video animation, Ross probes the ongoing consequences of colonisation in Australia with wit and wry critique. Transforming scenes from colonial artworks through a digital 'cut and paste' technique and her signature fluorescent yellow, Ross explores critical issues like climate change, greed and consumerism.



M'lady Ikebana, 2015 Joan Ross

Entry is free, no booking required. More information is available [here](#). (Source: National Portrait Gallery, www.npg.gov.au)

National Archives of Australia

20 Years of Australian Geographic Nature Photographer of the Year – until 27 April 2025

For 20 years, the Australian Geographic Nature Photographer of the Year competition has provided a platform for emerging and established photographers to capture the most remarkable flora, fauna, and landscapes of Australia, New Zealand, Antarctica and New Guinea.

Visitors can explore how photographic techniques have evolved over the past two decades, from when digital cameras were limited to one category to today's advanced technologies like smartphones and drones.

This free exhibition showcases shifts in focus and themes, illustrating how photography is a powerful medium for capturing and understanding our natural world. More information is available [here](#). (Source: National Archives of Australia, www.naa.gov.au)

*Near Miss (2013 Overall Winner).
Photographer David Rennie*



Museum of Australian Democracy

Behind the Lines – until November 2025

Behind the Lines 2024 celebrates the year's best political cartoons.

Featuring established and emerging cartoonists from across Australia, this exhibition highlights the significant contribution they make to cultural and political debates through witty, insightful and often poignant satirical drawings, paintings, GIFs and sculptures.



Megan Herbert, Political Cartoonist of the Year 2024

For 2024, our Behind the Lines exhibition theme is 'No guts, no glory', reflecting a year where the Olympic and Paralympic Games were held, and in Australia's daily news sporting analogies were drawn between politics and the issues affecting our everyday lives.

Entry is free. More information is available [here](#). (Source: Museum of Australian Democracy, www.moad.gov.au)

Canberra Museum and Gallery

Sylvia Curley: Woman on a Mission – until 18 May 2025

Sylvia Curley was born in 1898 and grew up on the Duntroon Estate and Mugga-Mugga Cottage.

Qualifying as a general nurse in 1925, Sylvia began her career in rural New South Wales before being appointed at the Canberra Community Hospital in 1938. She arrived to find a hospital in disarray, with poor standards of care and low staff morale.

Always up for a challenge, Sylvia worked tirelessly to modernise the hospital and improve nursing education. Sylvia remained at Canberra Hospital until 1966, witnessing amazing developments in medicine such as the introduction of penicillin.

Her passion for Canberra and its history led to her gifting Mugga-Mugga Cottage to the people in 1995 – it now forms part of the Galleries, Museums and Heritage portfolio of the ACT Government.

To celebrate her achievements and the recently acquired Canberra Hospital Collection, CMAG presents objects, uniforms and photographs alongside personal items that belonged to Sylvia from the Curley Collection of ACT Historic Places.

This is a free exhibition. More information is available [here](#).

(Source: Canberra Museum and Gallery, www.cmag.com.au).



*Photo: Kim Pendreigh
Canberra From Above*

Family History ACT

2025 E.M. Fletcher Writing Competition

The award is named in honour of Society Fellow Eunice Fletcher.

- 1500–2000 words on a family history theme
- Prizes of \$1,000 for the best story, \$500 for the runner-up, and a bonus \$100 prize for FHACT Members
- Open to individuals over 18 years
- Entry fee of \$20.00 for FHACT members and \$30.00 for non-members
- No limit on the number of entries
- Terms and Conditions and Entry Form are available at



www.familyhistoryact.org.au or by e-mail from writingcompetition@familyhistoryact.org.au

Competition closes 15th July 2025

2025 Judges

Dr Rachael Weaver: Rachael is an ARC Future Fellow in the School of Humanities, University of Tasmania, and a 2024-25 Visiting Scholar at the State Library of New South Wales. Rachael has edited and authored several books, most recently *Colonial Adventure* (Miegunyah/MUP, 2004).

Susan O'Leary: Following a career in research, Susan has developed her passion for family history research in retirement. She has been inspired to publish family stories through her blog: www.historynoop.com

Chris Oyston: After joining the Navy at 15, Chris spent 25 years as a naval engineer, culminating in roles researching and arguing the government case on environmental issues related to the development of ADF facilities projects. This gave Chris a taste for turning his family history research into interesting stories that captivate and entertain readers.

Contact Details

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41 Templeton Street, Cook, ACT
PO Box 152, Jamison Centre, ACT, 2614

Website: www.familyhistoryact.org.au

Telephone: 02 6251 7004
secretary@familyhistoryact.org.au

Writing competition committee
writingcompetition@familyhistoryact.org.au



University of Canberra

Research Institute for Sport and Exercise seeking volunteers

The University of Canberra Research Institute for Sport and Exercise is currently conducting a study on how Long COVID impacts balance and mobility.

They are seeking volunteers (both individuals with Long COVID and healthy controls) for a one-hour session that involves completing a few questionnaires, undergoing visual, vestibular, and somatosensory testing, and participating in physiotherapy mobility assessments.

Who they are looking for:

Healthy Controls (40+ years old)

- No COVID-19 infection, concussion, or lower limb injury in the past 12 months
- No history of post-viral illness (e.g., Long COVID) or conditions affecting the nervous system (e.g., vestibular disorders, seizures)
- Not currently on any medication or substances that might affect nervous system responses

Adults with a diagnosis of any Post Viral Conditions, including Long COVID (18+ years old):

- No other conditions affecting the nervous system (vestibular disorders, seizures etc.)
- No concussion or lower limb injury in the last 12 months
- Not currently on any medication or substances that might affect nervous system responses

UNIVERSITY OF CANBERRA DEFINITIVE BY DESIGN

Call for research volunteers!

Are you a healthy adult?

This study seeks to investigate how long COVID and other post viral conditions affect how we move!

OR

have you been diagnosed with any post viral condition, including long COVID?

What will it involve?
1 hour data collection session at the University of Canberra that includes:
Questionnaires.
Physio mobility assessments.
Visual, vestibular and proprioception testing.

Scan for more information!

OR contact the primary investigator via email: Michaela.McGrath@canberra.edu.au

The project has been approved by the University of Canberra Human Research Ethics Committee (2022)

canberra.edu.au

The research would be invaluable in helping us better understand how Long COVID has impacted balance and mobility. This research also aims to investigate the effect of healthy aging on balance and mobility. For more information or to express interest you can contact Michaela.McGrath@canberra.edu.au

School Volunteer Program ACT



The **School Volunteer Program ACT** connects mature age adults as volunteers to work with young people in schools. This is our 20th year of operation!

If you have some spare time and are wanting to find a way to give back to your local community, this could suit you. You need to have one hour per week available **DURING SCHOOL TERMS ONLY!**

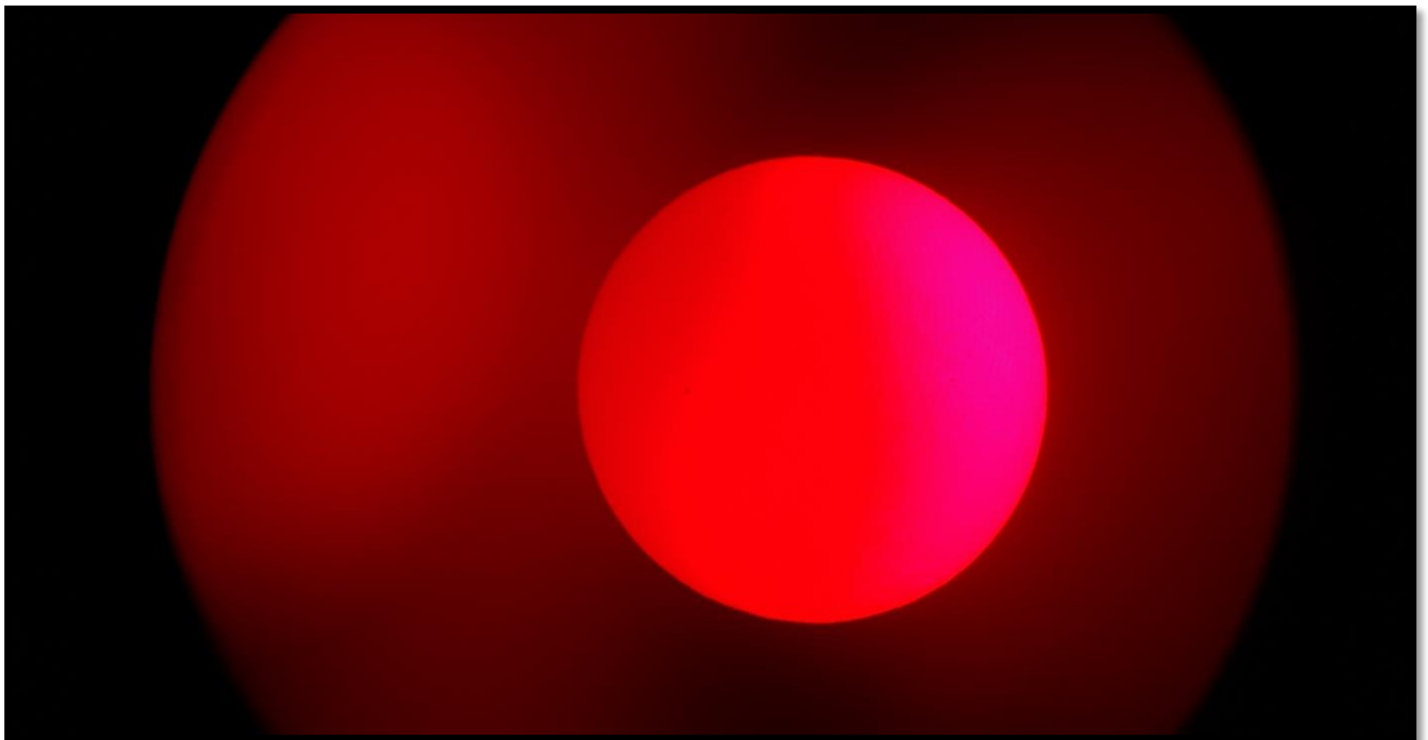
We need many more mentors to assist students to build Meccano models. We also need many more mentors to help struggling readers and/or students who are lacking confidence.

You will need to have lots of patience **and** a current Working with Vulnerable People Card.

We are planning to run an information session for potential volunteers on Monday 4th April from 10:00am – 12:30 pm. The seminar will take place in Meeting Room 11, which is upstairs at the Hedley Beare Centre on Fremantle Drive, Stirling.

If you are Interested, please contact Nola Shoring on 0434 537 555 to book a place or send an email to shoringnola@gmail.com

More information about our program is available on our website svpact.org.au



*Photo: Anne GJ
Hot Star – The Sun*

National Trust (ACT)

7 Day Western Victoria Tour, Monday 8th to Sunday 14th September

After our popular 2024 tours to Tumut and the Sapphire Coast, this year's multi-day coach tour will take us into Victoria. A fabulous itinerary taking in The Grampians, homesteads, gardens, museums, silo art, Tae Rak Aquaculture Centre, The Stick Shed, Seppelt's Great Western Winery and more. Email events@nationaltrustact.org.au to find out more and secure your spot!



Dr Bob Brown at our ACT Heritage Oration, Wednesday 23rd April 2025



Don't miss out hearing from this prominent Australian environmentalist, politician, and medical doctor. He is a former Senator, and former parliamentary leader of the Australian Greens. Having retired from politics in 2012, he dedicates his time to environment and human rights activism. Come and hear about the current state and future directions of our natural heritage. Free, but please book to help us with catering through

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

*Linda
Communications,
National Trust (ACT)*



ACT CHIEF MINISTER'S SENIORS CONCERT

Join Ageing ACT for an unmissable show by the Band of the Royal Military College Duntroon at the historic Albert Hall.

Thursday 3 April - two concerts only!

Morning session: 10:30am

Afternoon session: 1:00pm

Bookings essential through:

<https://cotaact.org.au/events/chief-ministers-concert/> or 6282 3777.



Thu 3 April
10:30am and
1:00pm



COTA
Ageing ACT

Memories of Long-Term Canberra Residents

Memories of A Childhood in Canberra and The Causeway by Kevin Joseph Gill

My Father (Joseph Walker Gill) arrived in Australia by ship from England in 1929, his migration having been supported by the Salvation Army. I understood that initially Joe worked as a jackaroo and by the 1940s he found himself working in Canberra for the Department of the Interior (which then effectively controlled much of what went on in this fledgling city) as the cook at the Causeway Mess. The 'Mess' originally housed and fed many of the single male workers who helped build the national capital. As World War II progressed, the Government relaxed the age limitations for enlistment and Joe ended up in Toowoomba with the Army Survey Corps before seeing service in PNG.

Joe met Jean Imelda Cameron in Toowoomba, where they married. Post-war, Joe moved back to his job at the Causeway. Jean eventually travelled from Queensland 'to the end of the world' to join Joe in the ACT. My older brother Ron Gill was born in 1943, me in 1947 and my younger brother, Ray and sister Jeanette arrived in the early 50s.

Over time, Joe transferred jobs (managing local tips e.g. by the Molonglo River where Bowen Park is today) and then becoming the cleaner of southside shopping centres (such as Manuka where he had a work shed near the former 'heritage' hockey ground and pavilion (where Coles supermarket is today); and finally supervising such work. As a 'Blue Collar Worker' in a 'White Collar Town' Joe was delighted in 1971 to win a lottery prize of \$40,000 (equal to 2.5 houses then). Joe was an old-fashioned Labor supporter anticipating eagerly an ALP win in December 1972. Unfortunately, heart attacks took him from us a few short months before the election of Gough Whitlam.

In my early years, my family lived in the staff quarters at the 'Mess' at the Causeway before moving to a 'two beddie, double brick, semi-detached govvie' in Frome Street Griffith (where we watched the rise and rise of St Edmond's College).

I remember the Causeway Mess being made up of a series of unremarkable weatherboard buildings, a large central block and an ablutions block surrounded by many small, hut-like buildings. Down the back was a yard where used beer, wine and spirit bottles were stacked in banana boxes ready to be transported by train to Sydney. The bottles were collected by Slom, the bottle-o and his horse and dray. Sometimes I rode on the dray on Slom's slow journey around the town, including visits to the Hotels Kingston, Canberra, Civic and Ainslie. In a successful sideline to bottle collection, Slom also collected food waste from the hotels and other dining establishments to sell to local pig farmers. I was interested in his silverware collection – many engraved pieces with the markings of Canberra hotels, and even Parliament House, all retrieved from the slop buckets!

Mayhem at the Causeway

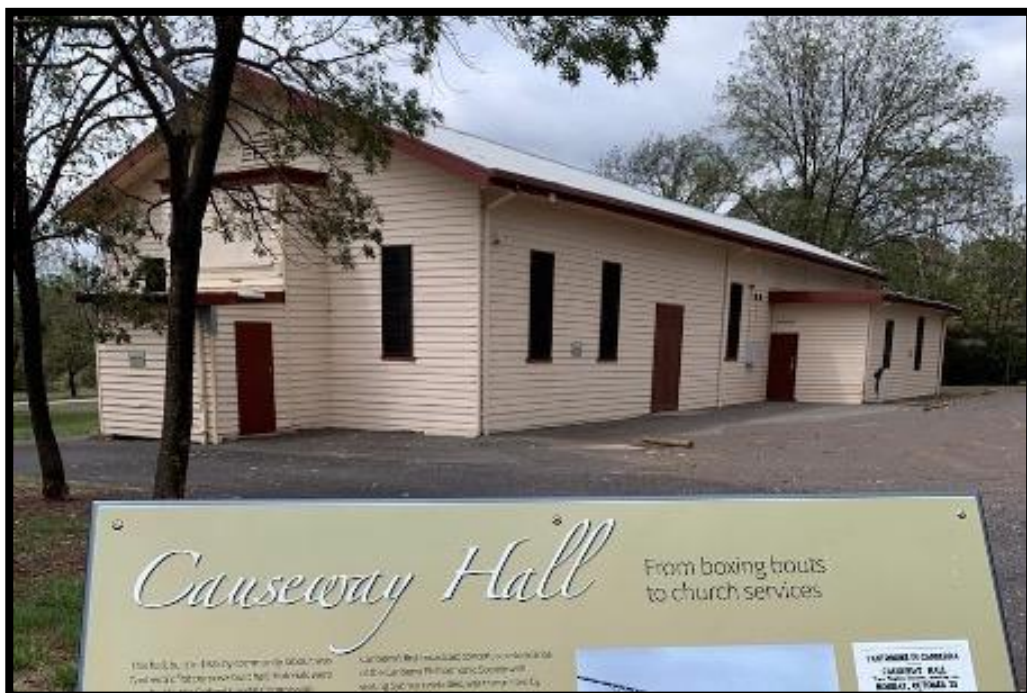
I recall, in the early 50s, when living in the staff quarters at the Mess at the Causeway, a day with the sound of the train pulling out of Canberra Railway Station, and men in rough soiled clothes milling around between trees on the Causeway side of the tracks. My Dad was there, and he had two pennies in one hand, with a bit of wood and a few quid in the other.

A couple of blokes were calling out, and the others were quite excited, but then a young fella from the Causeway, (the Cockatoo), rushed through the trees shouting warnings that caused mayhem. The men scattered, our two great Danes barked their heads off, and Slom the bottle-o tried to calm his horse. I couldn't understand why there were Salvation Army Officers scrambling out of small black cars and chasing the Causeway men. It was much later that my mum told me that this was my first experience of a two-up school raid, and the 'Sallies' were in fact Federal Capital Policemen.

The Prime Minister and the Butcher

Canberra was a small town in the 1950s, and my father's work for a time was cleaning the shops of Manuka. It meant that our family heard lots of what was going on in the town. This is one anecdote that I have always remembered. There weren't so many phones in those days; most families would walk to a public phone box if they needed to phone someone. It so happened in that small pool of private phone numbers, there was only one-digit difference between the phone numbers of the prime minister and that of a Manuka butcher. The story goes that a local phoned the butcher one day to order her meat supplies but misdialled the number. The Prime Minister may have been surprised to be asked for 2lbs of sausages and a lamb roast, but he made no complaint and phoned the butcher to relay the order.

A similar article was published in the National Trust of Australia (ACT) Newsletter November 2012



A Canberra Heritage by Merran Martin

Not only was I born and raised in Canberra, but my ancestral roots go deeply into the soil of this region. I am a descendant of several pioneer families who arrived as free settlers from Britain and Ireland in the mid-1800s, namely the Keeffes (1841), the Currans (1843), the Carneys (1849) and the Gribbles (1857). Most of them were farmers and graziers in the Ginninderra/Hall district. My great great grandparents, Tom and Kate Gribble farmed at The Valley and the ruins of their house can be seen behind Burgmann College in Gungahlin. My great grandmother, Ann Keeffe was a housemaid at Yarralumla station, now the Governor General's residence. My great grandfather, Harry Curran, was the blacksmith of Ginninderra and his blacksmith's shop on the Barton Highway near Federation Square is heritage protected. My grandfather, William Carney was an Anzac, who returned from the Western Front after World War I to take up a soldier-settler block on Wallaroo Road near Hall. My mother's people became part of the fabric of this place, well before the city was built.



Photo: Great Great Grandparents, Tom and Kate Gribble in retirement circa 1919

My father, Les Smith arrived from Sydney as a young man just before World War II and, after being called up to serve, returned to Canberra after the war to become a foundation officer in the Department of Immigration. There he met my mother, Mauva Carney, who was head of the typing pool in the same department. They married at St Christopher's in Manuka in 1947 and after a period of waiting, were allocated a government house in the new suburb of Turner. I was born in 1948 in the old Canberra Community Hospital, a site now overlooking Lake Burley Griffin.



Photo: Family home in Turner, 1949

My schooling was at St Patrick's Primary School in Braddon and the Catholic Girls' high school, which is now called Merici College. After leaving school I trained as a language teacher and worked for the Department of Immigration as a Shipboard Education Officer.

In 1974 I married a local Maths teacher, Kevin Martin and we bought a house in Evatt, where we raised our four sons.



Photo: Mauva Smith (nee Carney), Merran, and Harry Curran at the Hall Show (precursor to the Canberra Show) in 1950



Photo: Migrant English class at CIT in the 1990s

In 1985 I was fortunate to return to work as a teacher in the Adult Migrant English Program conducted by CIT and spent the next 25 years assisting migrants and refugees to settle in their new city. It was a career I loved.

Students marvelled at the beautiful environment and clean air and most of all, they appreciated Canberra's security and peace. It was most rewarding to see them succeed and adapt to life here.

In retirement, I enjoy all the advantages that Canberra has to offer, including activities such as U3A. My favourite course is a Current Affairs class, which offers a talk given by stimulating speaker each week, followed by Q&A. Always sitting next to me is a person I worked with at CIT and another with whom I went to preschool in Turner at age four – that's Canberra for you!

Apart from a few years of living overseas and in other parts of Australia, I have lived here all my life. I feel privileged to have seen many beautiful places in the world, but in my eyes, none can compare to my birthplace, Canberra. Whenever I return, I get a wonderful feeling of wellbeing to see this familiar city nestled among the hills. My bush capital home is like no other place on earth.

My Canberra Memories by Morag Lokan

I have been a resident of Canberra since 1966.

Canberra is a great place to live. I love the green space and the fact that the commute is a fraction of what it would be in other cities. I did my schooling here, went to university, married, got a job, and brought up a family in Canberra. I am now happily retired.

In 1966, my parents bought a 2-storey house in Hughes for \$25,000. My husband and I bought our first house in 1985 for \$82,000. Our biggest challenge housing-wise was coping with a 13% interest rate in the Howard era.

My memories of Canberra in those years include: seeing cows grazing where we now have the Woden Plaza; catching the bus for 2 cents; milk being delivered daily for the students to drink at recess (it was always warm); watching the moon landing sitting cross legged in the corridor of my primary school; when I purchased my first car, petrol was 23 cents a litre (a later car used leaded petrol and didn't have air conditioning); taking my first trip on an aeroplane in 1975; taking a helicopter ride over the site of the new parliament house while under construction; and living through the 2003 bushfires in Canberra and watching with dread as bushfire smoke rolled in in January 2020.

Canberra has changed a lot since 1966. My biggest regret is that I never got out and took photos of our changing city.



Photo: Smoke from the 2020 Fires.

U3A Walks & Tours

DISCLAIMER

Most activities involve some element of risk. Bushwalking, in particular, is a potentially dangerous activity and requires an appropriate level of fitness. Whilst U3A ACT Inc maintains public liability insurance and will endeavour to protect your safety, it cannot remove all the dangers. It therefore assumes that all participants, by booking, consider themselves to have appropriate levels of fitness and mobility, in respect of which they participate at their own risk. More details from tours@u3acanberra.org.au.

Saturday 30 August: 'Carmen'

Given the announcement that Opera Australia will be staging three evening performances of 'La Boheme' at the Canberra Theatre in July, the planned one-day coach tour to the matinee performance at the Sydney Opera House on Saturday 6th September has been cancelled. Instead, we are now offering a one-day coach tour to the matinee performance of 'Carmen' at the Sydney Opera House on Saturday 30th August 2025.

The same ticket price of \$440pp for an A-Reserve opera seat in the Circle, or \$395pp for a B-Reserve seat, will apply. These prices also include return coach transport, morning refreshments and a two-course dinner with a drink at Mittagong on the return journey. Our normal coach pick-up/set-down arrangements at Deakin, Civic and Ainslie will apply with departure from Deakin at 7:30am and return around 9:00pm.

Expressions of interest should be sent to tours@u3acanberra.org.au, supplying your name(s), contact details and any special requests (e.g. dietary, mobility needs, etc). You will then be sent a tour leaflet giving full details of the tour and arrangements for payment, etc. Those who had previously booked for 'La Boheme' have either been transferred to the 'Carmen' tour or cancelled, in which case they have been fully refunded for any payments made.

Search for a replacement Tours Officer

It is becoming increasingly important that somebody offers to take over the promotion and management of U3A's popular Walks and Tours Program. At almost 88 years of age, Garth can't expect to remain in good health forever. Whilst his replacement would obviously want to arrange and lead some activities within his or her own field of interest, many other U3A members have arranged and led individual walks or tours over past years – they just need some guidance, encouragement and promotion from the Tours Officer, plus support with the taking of bookings and the payment of suppliers. Garth will still be available to guide any newcomer through the early stages of taking over management. Questions and expressions of interest may be addressed to Garth on 6290 1100.

Committee Members & Key Contacts (15 January 2025)

Committee Members	Name	Email	Phone
President	Alex Gosman	president@u3acanberra.org.au	0414 258 745
Vice President	Lindsay Rae	vicepresident1@u3acanberra.org.au	
Vice President	Andrea Hope	vicepresident2@u3acanberra.org.au	
Treasurer	Graeme Swift	treasurer@u3acanberra.org.au	
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Ordinary member	Mary Bermingham	membership@u3acanberra.org.au	
Ordinary member	Gary Davis		
Ordinary member	Tom Flynn		
Ordinary Member	Christine King		
Ordinary member	Paul Minogue		
Ordinary member	Kristine Riethmiller		
Ordinary member	Peter Sheldrake		
Ordinary member	Brian Weir		
Ex officio member	Keith Huggan	chaircsc@u3acanberra.org.au	

OUR SERVICES FOR MEMBERS

Enquiries: Cook	Office volunteer		6251 8005
Enquiries: Hughes	Office volunteer		6281 6998
eBulletin	eBulletin team	ebulletin@u3acanberra.org.au	
Facebook	Julie Polson	facebook@u3acanberra.org.au	
Newsletter	Newsletter team	newsletter@u3acanberra.org.au	
Member Liaison Person	Christine King	memberliaison@u3acanberra.org.au	
Membership enquiries	Mary Bermingham	membership@u3acanberra.org.au	
Suggestions		suggestions@u3acanberra.org.au	
Tours	Garth Setchell	tours@u3acanberra.org.au	6290 1100
Tuesday Forums	Alex Gosman	forums@u3acanberra.org.au	0414 258 745
University of Canberra enquiries	Karin Hosking	ucanberra@u3acanberra.org.au	
New volunteers	Julie Polson	volunteerliaison@u3acanberra.org.au	

OUR SERVICES FOR COURSE LEADERS

Chair Courses Sub-Committee	Keith Huggan	chaircsc@u3acanberra.org.au	
Proposals for new courses		courses@u3acanberra.org.au	
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Equipment bookings		equipmentbookings@u3acanberra.org.au	
Assistance		courseleaderassistance@u3acanberra.org.au	
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Facilities Team		facilities@u3acanberra.org.au	0452 602 009