



Newsletter of Canberra's University of the Third Age

www.u3acanberra.org.au

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August 2025

Volume 39 Number 4

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Janice Munro

Publisher Alex Gosman

ISSN (print) 2205-6106
ISSN (Web) 2205-6076

From the President



In its current strategic planning, the U3A Canberra Committee has a focus on addressing a significant challenge: the lack of new members under the age of 65. This demographic gap has long-term implications for our ability to attract and retain volunteers, course leaders, and other essential contributors. It is an issue

common to most U3As, as is the difficulty in attracting volunteers; it is a widespread challenge across many community groups.

A clear example of this issue — a kind of "canary in the coal mine" — is the Walks and Tours program. For several decades Garth Setchell has almost single-handedly managed this program. His efforts have organized trips to musical events in Sydney, to regional gardens, National Trust sites, overseas destinations, local walks, and more. Garth has done a magnificent job, and we extend our heartfelt thanks for his dedication and hard work.

However, at age 88, Garth increasingly feels the need to step down. Yet, despite repeated efforts to find someone willing to take on the overall task of conceiving, arranging, promoting, managing and delivering the Walks and Tours Program, albeit with the offer of initial assistance, nobody has yet come forward. The U3A Canberra Committee is deeply aware of the popularity and value of the Walks and Tours program and does not want to see it discontinued due to a lack of volunteer support.

We are open to exploring alternative future models for running the program. One option under consideration is to split the program into separate components — such as walks, day trips, and longer excursions — and seek individual volunteers to manage each part to make the responsibilities more manageable.

If volunteers cannot be found, we could consider engaging a commercial provider, such as a travel agent, to run selected activities. This would reduce U3A Canberra volunteer workload but could result in additional costs to be covered by participants.

This approach is similar to the Committee decision to outsource key IT maintenance tasks to a commercial provider, Bluepackets, recognizing the increasing demands of those responsibilities.

The U3A Canberra Committee remains attuned to the need for flexible and sustainable ways of operating, especially as member demographics and technological capabilities evolve. We are committed to ensuring the continued success of our programs while adapting to the changing environment.

Alex Gosman, President

From the Editors



Arboretum and beyond Photographer: Ross A

This winter edition of the U3A newsletter contains many opportunities to enjoy Canberra in the colder weather. The following pages detail opportunities to learn more about past and current courses offered for members, enjoy reading about the contribution of participants and also explore what additional activities living in the Canberra region continues to offer.

Winter in Canberra means that there are musical performances, architectural retrospectives (Taglietti exhibition), reminders about living in the seventies in Australia (National Library of Australia), Mr Squiggle (National Museum of Australia) and many other activities to enjoy, hosted by other organisations.

As many of you know, this year marks the 50th anniversary of U3A Canberra. Margaret Wright has contributed our first articles for this issue and we are keen to continue to showcase more memories of members in our next two newsletters. We welcome any stories, especially with photos, emailed to: newsletter@U3acanberra.org.au

Jan Febey and Janice Munro
August Newsletter Sub-Editors

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
October 2025	24 September 2025	1 October 2025
December 2025	24 November 2025	1 December 2025

Alex Gosman
newsletter@u3acanberra.org.au

Office Contact Details

U3A Canberra Office at Hughes (ph. 6281 6998) is in the Hughes Community Centre at 2 Wisdom Street, Hughes, ACT 2605, and is usually open Monday to Friday from 9.30 to 4.30. All general enquiries should be directed to this Office.

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

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

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

Members' Calendar 2025

UC = University of Canberra, Bruce Updated 22 May 2025

JULY		AUGUST		SEPTEMBER	
Monday 14	Committee meeting	Friday 1	Newsletter published online	Monday 8	Committee meeting
Monday 14	Call for nominations for annual U3A awards	Monday 11	Committee meeting	Wed 24	Deadline for October Newsletter
Friday 25	Deadline for August Newsletter	Monday 25	Nominations for Committee positions open		
Monday 28	UC Semester 2 starts	Friday 29	Nominations for annual U3A awards close		
OCTOBER		NOVEMBER		DECEMBER	
Wed 1	Membership renewals for 2026 open	Monday 3	Committee meeting	Monday 1	Newsletter published online
Wed 1	Newsletter published online	Wed 5	Nominations for Committee positions close	Monday 8	Committee meeting
Monday 6	Labour Day Offices closed	Wed 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

Committee Matters

Awards for 2025

Many U3A ACT members provide our organisation with dedicated and skilled services. They volunteer their time and effort to provide administrative and teaching skills and seek no recognition for the invaluable contributions they make. But we could not survive without them. And it is important that we recognise them for the work they do. This time every year we acknowledge their services in a small way by asking our members to nominate U3A volunteers who they think may qualify for a Volunteer Long Service Recognition Award or and Outstanding Services Award (OSA). See below for the criteria for both and how to nominate.

Outstanding Service Awards (OSA)

Members may be eligible for one of these limited awards if they meet the following criteria:

- have not previously been granted an OSA
- have made an outstanding voluntary contribution over a period of at least the past 10 years
- have made this contribution in any area in which volunteers make contributions, including office bearer, committee or subcommittee service, course leaders, coordinators, volunteers in offices and operational areas of U3A, or as event organisers. In exceptional circumstances the Committee may consider a nomination of a member who had made an outstanding contribution over a period less than 10 years.

Volunteer Long Service Recognition Awards (VLSRA)

Members are eligible for these awards if they:

- have consistently and frequently serviced in a volunteer capacity for at least 10, 15 or 20 years
- continue to be members of U3A at the time of nomination, and
- have not previously been awarded a VLSRA for one of these service periods.

Note that the period of service is cumulative and need not be consecutive.

Nominations

Members who wish to nominate a volunteer or a course leader for either award can do so by clicking on one of the links below to download a nomination form(s) from our website. Forms are also available from the Cook and Hughes offices.

You will find the VLSRA nomination form at: www.u3acanberra.org.au/get/127705.docx

You will find the OSA nomination form at: www.u3acanberra.org.au/get/127691.docx

Nominations should be emailed to the [Awards Working Group](#) by 29 August 2025 or lodged at the U3A office at 2 Wisdom Street, Hughes ACT 2605

Trial of Affiliate Program

The Affiliate program is designed to attract new members to U3A Canberra and to assess the level of interest in online-only engagement. The initial target group is aged 50-65, a group that has a very low level of representation in U3A membership.

It will start on 1 August and run until the end of the year. It will be advertised on Facebook and will not be open to current U3A members, who already have access to all our courses and activities. People can sign up the trial program and try out a small sample of online-only courses for a modest fee. They will not have access to the full range of online courses or any face-to-face courses, activities, services or other benefits of being a member.

It's a great way for people to try out some of the courses we offer. It will also give them a chance see that U3A offers a mix of opportunities for learning, sharing interests, participating in discussion groups, and keeping up to date with today's hot topics, as well as having fun! For those who prefer virtual engagement it is a great opportunity to connect with our community.

Members are encouraged to tell their friends who may be interested in 'trying out' U3A Canberra before they commit to being a full member.

For any questions or more information please contact Kristine Riethmiller at kristiner@u3acanberra.org.au

Course News

Warrani Chorale



Warrani Chorale at their recent concert on July 4.



Warrani chorister Noelle Boyle who sang the solo section of the song "Thank You for the Music"

An appreciative audience of 120 strong left Weston Creek Uniting Church after Warrani's concert on Wednesday, 4 July humming the words of the last song – "Thank You for the Music" by Bjorn and Benny. Conducted by Helen Swan and accompanied on the piano by Brigid Cummins, the choir gave an excellent performance of a wide variety of music that delighted those attending and sent them scurrying home to mark Warrani's next concert on November 26 in their diaries.

Flautist Ngaire Hoskings joined the choir for "Ave Maria" (attributed to Caccini, arranged by Liebergen) and gave a solo performance of Gluck's "Lente and Andante" (Ballet suite #2). She was accompanied by Helen Swan on the piano. To round off a most enjoyable morning of music, the audience added their voices to the choir in a hearty sing-along of several well-known songs.

Warrani Chorale began Semester 2 on July 30 and is already busy practising for their final concert of the year on November 26. Newcomers are most welcome, and the start of the semester is an ideal time to join the choir. Practices are weekly on Wednesday mornings for two hours and are held at Yarralumla Uniting Church. Anyone interested should contact our Membership Secretary, Liz Hoffman, phone 0427 930 410, email ebh61uk@gmail.com

Margaret Martin, Convenor

Dickson History Group

This year the Dickson History Group enjoyed a wide variety of talks from both the members of the group and visiting speakers. Topics have varied from:

Early Australian Aviators
An Introduction to Australian Jewish history
AB Weigall and Sydney Grammar School
Women of Uriarra
Frank Gardiner and
The Rum Rebellion.

Generally, powerpoint slideshows are used. Presenters can use their own computers, or if a USB drive is a preferred option, one of our group brings her personal laptop.

As one of our guest speakers, we are hoping that Peter Stanley will chat to us about his latest book before the end of the year.

Our friendly group welcomes new members to learn about the people, places and events that make up Australian History. We have members from a wide variety of backgrounds, including ex-teachers, ex-public servants and people just interested to learn about our past history.

We meet at the Dickson Baptist Church Hall on Cowper Street on Tuesday mornings from 10.00 am to midday. Please contact John Bury on 0427 040 720 or buryjw@yahoo.com.au for more details.

John Bury Convenor

Brindabella Orchestra Concert

Please join us for our second concert of the year on Sunday 10 August at 3pm at Weston Community Hub.

The program will take you on a musical journey through 'Your favourite music flavours', a tapestry of sounds that reflects a wide range of cultural and musical forms, from evocative classical pieces to vibrant contemporary works.

- Egmont Overture - Beethoven
- Overture to The Magic Flute - Mozart
- Enigma Variations nos 8 and 9 - Elgar
- Forrest Gump Suite - Silvestri
- The Phantom of the Opera - Lloyd Webber
- In the Steppes of Central Asia - Borodin

Date: Sunday 10 August 2025

Time: 3:00 PM

Venue: Weston Community Hub, Corner Hilder & Gritten Street, Weston

Tickets: \$5-\$15 on TryBooking [BOOK HERE](https://www.trybooking.com/DDCFJ)



Whether you are a long-time supporter, hearing about us for the first time, or perhaps considering joining and playing with us, we hope to see you at the concert!

More information: <mailto:info@brindabellaorchestra.net>.

Brindabella Orchestra Team
[website](https://www.brindabellaorchestra.net) & [Facebook](https://www.facebook.com/brindabellaorchestra)

Tuesday Forums

Today Canberra, Tomorrow the World

The weekly Tuesday Forum continues to grow in popularity across the U3A network in Australia. Attendees are now drawn from U3As stretching from Mackay to Hobart, Kempsey to Bunbury, and many points in between. Recent promotional efforts have attracted new members from Queensland, Western Australia, and New South Wales. As a result, the forums now engage participants from over 35 different U3As, either attending live or accessing the playback recordings. Average attendance consistently exceeds 100 participants weekly. A recent Cybersecurity Forum attracted over 500 attendees for the initial session and around 200 for the follow-up.

This remains the only Australia-wide online program of its kind within U3A, and we continue to receive overwhelmingly positive feedback on the quality and topicality of the speakers. Many regional U3As note that they don't have the ability to identify and attract the quality of speakers offered by the Forums. Smaller U3As, such as those in Oberon and Mackay, have noted that the Tuesday Forum provides

their members with their first access to an online forum, inspiring them to consider running their own virtual events.

Managing distractions remains a challenge, particularly reminding attendees to turn off their video feeds. In response, we plan to shift to a Zoom Webinar format in 2026, where all participants will be automatically muted and have video disabled by default.

We've also received a number of proposals from members interested in giving talks on relevant issues, particularly around current affairs. We encourage more members to come forward—offering a large audience helps us secure high-profile speakers, such as the **Hon. Justice Michael Kirby**, who is scheduled to appear soon.

Alex Gosman, Convenor

Tuesday Forums: Cyber Security

Are we 'older Australians' at risk or up to date with cyber security?

There seems to be a never-ending list of scams and never-ending alerts and warnings of the risks that we, as 'older Australians', face on the internet. As I am writing, I am wondering about this morning's email from Qantas advising that I was one of the thousands whose details have been 'compromised' by a cyber-criminal attack on a customer servicing platform. My name, email address, phone number, birth date and Frequent Flyer number have been 'compromised'. Those are details I can't just hop on to the internet and change. But Qantas has set up a dedicated webpage and a dedicated support line offering specialist identity protection advice (bit late I'm thinking...) and recommends that we remain alert and cautious of emails or calls asking for personal information or passwords.

Each time I log on to internet banking I am alerted to current scams, given advice on how to take care of my personal information, and encouraged to remain alert and cautious in managing my banking. The eSafety Commissioner has specific guidance for older Australians, as does NIH (the National Institute for Health), and many other government services. Thirteen years ago, in 2012, a Parliamentary enquiry into older Australians identified that a lack of knowledge about cybersecurity could make us vulnerable to myths and scams and recommended support and training.

I guess there has been support, but the nature of the risks has been changing too rapidly for most of us. This year U3A ACT stepped into the space of providing support and training, running two very popular and well attended Tuesday forums on cyber security. These are available now for those who missed the sessions, on the U3A website, at <https://www.u3acanberra.org.au/activities-other.html>

The digital era has intruded further into my life recently when my most used internet search engine (Google Chrome) introduced AI into my everyday life. It now presents me, with an AI summary answer to any internet query. This week in a search for a recipe for lime marmalade, the AI summary took up the screen, before I could see links to the sites I was looking for, perhaps a recipe site with an actual lime marmalade recipe!

It can all seem a bit overwhelming.

So, I was interested in this link:

<https://www.aiinmotion.com.au/why-digital-literacy-is-essential-for-21st-century-skills/>

The article focuses on how the move into AI is gradually transforming our everyday lives. It stands out by describing AI changes in the digital era as a challenge and an opportunity for older Australians. We are all familiar with 'the challenge', but the idea of an opportunity is appealing. The article firstly describes AI tools that can improve life for older Australians – through health monitoring, smart home

assistance, new learning, and reduced social isolation. Then it introduces the idea of older Australians taking on an AI 'Translator role', bridging the gap between technical AI developers and the user community. The article describes this as an opportunity for the use of lifetime developed problem-solving skills, interpersonal skills, and clear communication skills to serve as connectors between technical developers and community users. Much more positive than alerts about new scams!

So, I tried to find more information through an internet search. Immediately I had the AI summary! It lists challenges with language and culture issues but also comments that 'Collaborating with community members and organizations is essential for ensuring that AI translation tools are developed and used in a way that meets the specific needs of the community.' Perhaps there is an 'older Australian' role in AI. Want more information? Check out the link above from *AI In Motion*.

Thanks to Tuesday Forum presenter, Alex Gosman, for giving us an opportunity for further training and support through Tuesday Forums, and for providing us with a link to an article with a more positive take on the future for older Australians and the digital era!

Jan Febey, co-editor

The Poetry Appreciation Group



The Poetry Appreciation group has been meeting since 2007. It operates much like a book group. Usually, one member chooses a poet, or a theme and leads discussion about poems they have circulated. We have tackled forms from sonnets to free verse, from prose poems to tanka and haiku.

We have floated with the poetry of Mary Oliver and Ada Limon, tussled with John Donne, been in awe of Elizabeth Bishop, John Keats and Edward Thomas, cried or laughed with Billy Collins,

giggled and suffered with *archi and mehitabel*, leapt into Janet Frame's 'goose bath', stared into a well with Seamus Heaney and watched out for the 'Dropbear' with Evelyn Araluen, kept up with finalists in Australian Poetry Review and considered a selection of Best of Australian Writers edited by first nation writers.

We have also explored poetry on a particular theme such as winter, travel, Aussie rules football, marriage and the poetry of ancient Egypt. We have even looked at poetry in the physical form of street art. From time-to-time local poets discuss one or two of their recent publications. We are forever revisiting the questions: Is this really a poem? What makes a good poem? How does this work? What does this really mean? ...and inevitably what this reminds me of is

Our meetings, for the remainder of this year will be on the 3rd Wednesday of the month, from 2-4 pm, and we presently meet by Zoom. We moved to Zoom meetings post-Covid, at first twice monthly, and have since tried face to face but for this year the group selected Zoom, and monthly meetings. However, on the 3rd December we will meet face-to-face socially for Seasonal Festivities and to discuss plans for 2026.

New members are welcome and can be assured that there are leaders in the group committed to these sessions, so they will not find themselves put under pressure to lead a session this year. Contributing to the discussion is what counts. Please contact Janne if your are interested on jannedgraham@gmail.com

Janne Graham, Convenor

Harmonia Monday

U3A Choral Studies Group

U3A Canberra's groups (courses) include several choirs. Only one of them is a choir for "mixed" voices, i.e. both men and women (soprano, alto, tenor and bass). This is the U3A Choral Studies Group, a U3A course of long standing better known as Harmonia Monday. It presently comprises about fifty members.

Harmonia Monday welcomes all U3A members who wish to enjoy the stimulation, satisfaction and socialising that come from singing in a choir. Some choral experience is desirable but not essential. Ability to read music is highly desirable. The group meets every Monday morning during each of the two semesters of the year, extending from February to November with a four-week break in between. It does so under the guidance of two conductors, Sheila Thompson OAM and Oliver Raymond OAM, with the invaluable support of its accompanist, Jenny Kain OAM.

The group sings a wide variety of mostly classical choral music, both sacred and secular, from the western tradition ranging from about the 16th century to the present day.

Each Monday, vocal warm-ups begin at 9.45am. Two singing sessions ensue, each of an hour under the guidance of first one conductor, then the other. Proceedings end at noon. We meet in the Yarralumla Uniting Church Hall, Denman Street, Yarralumla. A small fee is charged (presently \$45 per semester) to pay for the venue and sheet music needed. On the final Monday of each semester an Open Morning is held at which friends, family and indeed anyone else interested are invited to hear the choir sing the music it has been practising during that semester.

To give an example, at the Open Morning on 30th June 2025, the choir sang a diverse program of choral music both sacred and secular including:

Mozart's *Missa Brevis* K.140,

Mozart's part song, *Piu non si trovano*,

Russian church music by Tchaikovsky (*Tebye poyem*) and Bortniansky (*Cherubic Hymn No.7*),

six choral songs by Schubert, Brahms and Elgar,

The Dashing White Sergeant by Hugh Robertson,

a choral arrangement of Pete Seeger's *Turn! Turn! Turn!* and

a brief excerpt from Haydn's oratorio, *The Creation*.

The photo below shows Sheila conducting the choir at the Open Morning.



If you click on the highlighted links below you will see and hear renditions of three items.

Firstly, *Piu non si trovano*

https://drive.google.com/file/d/1QNXq5icxDLNSVzuWqd2GyQ-4GM96X_kS/view?usp=sharing

Secondly - *Cherubic Hymn No.7* [https://drive.google.com/file/d/1CnqIQQk-](https://drive.google.com/file/d/1CnqIQQk-HPD9NuTotBgrd1Y3rn6pXo1c/view?usp=sharing)

[HPD9NuTotBgrd1Y3rn6pXo1c/view?usp=sharing](https://drive.google.com/file/d/1CnqIQQk-HPD9NuTotBgrd1Y3rn6pXo1c/view?usp=sharing)

and Thirdly -

Turn!Turn!Turn!: <https://drive.google.com/file/d/1AEV3xHf2TdNR287Fac8dCk2YIJTpfRqx/view?usp=sharing>

Second semester 2025 we plan to sing - among other things: Laudate Dominum (Mozart) with flute soloist; Goin' Home (Dvorak, from New World Symphony); Sure on this Shining Night (Barber) and the Hallelujah Chorus (Handel).

If you'd like to join (there's no audition!), please email me at: mcarey@netspeed.com.au.

Marilyn Carey
Convenor

The Write Stuff Course

ENTER STAGE RIGHT by Len Power

Hidden out of sight in the wings, I could hear the murmur of the audience waiting for the play to start. Looking down in front of my feet, I watched the light from the auditorium slowly dimming as the opening music began.

It had been six weeks of solid rehearsal for this play. There was no time to think of much else with at least three rehearsals a week and more as we approached opening night.

My role was a complex one with many lines and the part had to be learned quickly. Only when those lines were committed to memory could you really start building a part and becoming the character.

I remembered the audition a few weeks before we started rehearsing. Unusually, I had been called by the casting director and asked to audition. I had been aware that the play was being cast, but I did not think there was a role that suited me. He insisted that I audition, and I must admit my actor's ego was flattered.

I knew the director by reputation but had not met him before. I read the pages of the script confidently, as I felt that it suited the type of character in the play, and I had always been a competent sight reader. Usually, I would have worked on the part prior to an audition to show that I could bring colour and depth to the role. I was not nervous as I did not expect to be given the role when I had done so little work on the part. The director thanked me, and I drove home thinking I had done a reasonable audition despite the short notice.

Five days later I was informed that the part was mine.

Studying the extent of the role in the script, I realized there was a huge amount of work ahead of me. The play was by Moliere and set in the seventeenth century in France and was to be a traditional-looking production. Luckily, I was familiar with the acting technique that would be required. The script was written in verse, so it presented many of the difficulties of a Shakespeare play. The character I was to play was the sensible brother who had a temper and little patience with those around him. It would have to be played strongly, but not in a dominating way.

Getting to know a director's style and method of working was often the first hurdle to get over in rehearsal, but I found him clear in his direction, supportive and approachable. I had worked with several of the cast members previously, but I was a little nervous to be working with the actor playing the leading role. I had seen him on stage before and admired his work, but I had never acted with him before. We had several key scenes to play together, and I felt I would have to work very hard to come close to his usually high standard of performance.

First rehearsals were relaxed as we blocked the moves and discussed character motivations. Over the next few weeks, there were some hilarious moments as actors missed lines or forgot moves, but it was all falling into place quite nicely. Working with the lead actor was very productive. He was a generous actor, giving me and other cast members the right level of emotion to play against. Some actors can make you look good with the intensity of their playing, and I felt I was achieving something special in my interactions with him.

About mid-way into rehearsals, though, I found myself unable to break through and find the right level of pent-up anger that the character required. I left some rehearsals feeling dispirited and worried.

I expressed my concerns to the director, who made several suggestions, but I still did not feel that I was reacting honestly. It felt like I was 'acting', a sure sign that something was not coming together. The director seemed unconcerned and assured me that the break-through moment would come.

The costume designer brought my costume to one of the rehearsals for me to try on. It fitted fine and I was just about to take it off when the director suggested I wear it during the rehearsal that evening. I noticed that the buttons down the front made it feel a bit tight, which I would have to mention to the designer later. I was already wearing the shoes that I would use on stage.

Suddenly, in mid-rehearsal, I sensed that the character restraint that I had been feeling was gone. The tightness in the costume and other features of its design required me to move with a more upright posture than before. It was using that posture that gave me the clue to the archness of my character. I suddenly felt a freedom and truth in my playing and knew that I was now on the right track.

When the rehearsal ended, the director came forward and put his hand on my shoulder. I knew I had made the break-through.

Now it was opening night. I had positioned myself in the wings early, even though I would not be entering until the start of Scene Two. I would have the first page and a half of lines onstage on my own, addressing the audience directly. Time now to centre myself and achieve the right level of concentration before going on. Some actors can joke and laugh right up until they go onstage, but I was not one of them.

The play started. I listened for the first laugh. The audience erupted and I smiled to myself. Good, they were with us! I felt a trickle of sweat under the powdered wig I was wearing. Concentrate!

There was applause at the end of the first scene, followed by a very quick scene change. I stood completely still, my breathing slowed, and my character took over.

I looked down at the floor, watching for the lights to come up again on the stage. With the first glimmer of light, the buckles on my shoes gleamed. One deep, steady breath and I stepped forward, entering stage right.

*Len Power, Author
Group: The Write Stuff*

Board Games & Cards

Looking for a bit of friendly competition? A group of us meet at Hughes twice a month for social gaming. There's usually three or four tables of players. A range of games are available for play; choice is by each table on the day.

Games include Rummikub, Ticket to Ride and Catan.

Recently a table of us have been playing Hand and Foot which is a Canasta variant involving three to six decks of cards. Julia and Thelma are expert tutors and it's a lot of fun.



This is an ongoing interest group, and you are welcome to join at any time of the year. For details visit u3acanberra.org.au/members/courses.html and search for **board games**.

Jane Mackie

Norfolk Island Trip

Pam Behncke has been taking U3A groups to Norfolk Island for many years, and a suggestion that 2025 might be the last prompted a number of members to sign up.

The tour followed the well established pattern of historical visits, excellent food, cultural exposure, more excellent food, and so on for one week. The accommodation was excellent along with the tour service. The group received much exposure to the Norfolk Island origins - polynesian, convict settlement and finally the move of the descendants of the Bounty Mutineers from Pitcairn.



Museum visits were actually overshadowed by the personal stories of the people we met - so many of them trace their ancestry back to Pitcairn and so give a human dimension to the story.



Radio Norfolk Island heard of Pam's arrival, and back story, so invited her for an on-air interview where we learnt that as well as 23 U3A tours, Pam first arrived as a two year old, later at 18 and even had her honeymoon on the island - a strong connection indeed.

U3A Canberra owes Pam a generous vote of thanks, and can only hope we can convince her to "to do one more" in 2026.

Bill Blair, happy participant

Sarabande Recorder Ensemble

The Sarabande Recorder Ensemble is rehearsing for its annual concert for the residents of Calvary Haydon Retirement Community at Bruce.

The 100 year old mother of one of our members lives there, and enjoys hearing our latest repertoire. We'll play a selection of well-known folk songs from the British Isles, and the audience often enjoys singing or humming along. Then we shall play a selection of music by Handel, Haydn and Telemann. The most well-known would be a selection of melodies from Handel's 'Water Music'. Handel wrote this music in 1717 to be played by 50 musicians on a barge sailing along the Thames to entertain King George I and friends travelling on the nearby Royal Barge from Whitehall Palace to Chelsea.

The music was so delightful, that the king asked to hear it over three times. The musicians played from 8:00pm until midnight, with a short break when the king went ashore at Chelsea.

We have no intention of overstaying our welcome, so our concert will be very much shorter. Our visits are always welcome, and we enjoy lunch in the cafe in Bruce at the completion of our recital.

Margaret Wright, Convenor

Magic Moments over 50 years

Canberra U3A Recorder Orchestra



The idea of recorder groups in U3A Canberra was started by Colleen Phillips well over 30 years ago. She apparently had to use all her powers of persuasion to convince the then Committee that learning to read music and play recorders was indeed an 'intellectual' pursuit, suitable for inclusion in the prospectus of Canberra U3A.

The recorder classes became very popular, and in 1995 I was asked to take on some learners. Eventually I had 150 people in 5 graded groups, meeting on a different day each week.

The idea of an orchestra of recorders became a reality as we gradually acquired all ten sizes, from the tiny garklein to the huge and deep-sounding sub-contra-bass. Composers were by then writing for recorder orchestras and arranging well known works to include the larger sizes replicating the sound of cellos and bassoons of symphony orchestras.

A professional recorder player must master two different fingering patterns and different clefs to enable playing on all of the recorders, as the music requires. A number of U3A members are able to do this.

The Canberra U3A Recorder Orchestra was the first in Canberra, and possibly the first in Australia. Our repertoire ranges from music from the Renaissance and Baroque, to Romantic and contemporary. Several composers write works especially for us.

We have just received a generous bequest in memory of one of our original members, Marcia Boyden. She played with us until 2018, and died last year, aged 98. Her sister in USA (aged 100!) sent money to be used as a memorial to Marcia, and our first move was to have a contra bass repaired. The parts arrived from Germany, and a member, Maurie, did the repairs.

The photo shows the plaque on the repaired contra bass recorder.

We have a number of the larger recorders waiting to be played.

If you would like to move from a smaller size to a larger one, please email Margaret at recorderteacher@hotmail.com for an appointment.

Margaret Wright, Convenor

The Recorder Group 1998

Margaret Wright also recently found an article from March 1998, 27 years ago, in which Ian Warden highlighted the enjoyment of "fourteen enthusiastic mature-age recorder players", performing together as part of their U3A Canberra course in the Canberra Times. Of these keen people who appear in the picture below, three players are still together in 2025, along with many other new members.



Recorder Group 1998, The Canberra Times, 12 March 1998

Second from right is Margaret Malikides, 4th from right is Margaret Wright, 7th is Ailsa Lawton, also still playing with us and 5th from right is Marcia Boyeden, who played with us until she retired in 2018 aged 93. Ian Warden wrote in the article in 1998:

"We are used to the recorder being used in primary schools as an ideal first instrument, but Ms Wright, once a primary-school teacher who got her pupils excited about music through the instrument, says that the recorder is "a wonderful starting instrument" for everyone, and "an exquisitely beautiful instrument anyway."

"Most of these people", Ms Wright explained, as her people took a break from the Baroque to enjoy afternoon tea..."wish that they had learned music when they were young and wish that music wasn't the mystery that it is to most people."

'Reading those dots on the lines is just a huge mystery, and so what I did as a primary-school teacher years ago, and what I am doing now, is demystifying those dots on the five lines.'

In the process, she is sure, those learning the recorder, passing time in good company, have their marbles kept a'rolling."

Margaret Wright, Convenor



*Eucalypts in the Mist – Mt Tennant
Barry Ridgway photographer*






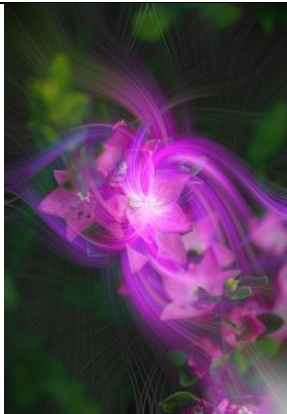
*Gang Gang
Kim Pendreigh photography*

Like-Minded & Joint Programs



Botanic Gardens – An Invitation

The Friends of the Australian National Botanic Gardens are again running a Photographic Competition for students. The competition aims to allow young people to capture the Gardens through their eyes and be inspired by the science and beauty of the native flora and fauna.

			
<i>Muncher</i> by Anna Henderson First Prize Secondary Monochrome 2024	<i>Pimelea physodes</i> with leaf-like petals by Mako Takakusagi, First Prize Primary Colour 2024	<i>Magpie's eyes</i> by Emily de Bono First Prize Primary Monochrome 2024	Flower Swirl, by Ari Matthews, First Prize Secondary Altered Reality 2024

There are several categories including black and white, and colour, divided into groups of primary (Years 3-6) and Secondary and College (Years 7-12), and altered reality for the Secondary and College years, with great cash prizes for each.

Images can be digitally uploaded to the competition portal from 1 July 2025 to 29 August and will be judged by a panel of experienced photographers from the Canberra area, including representatives of the Friends of the Australian National Botanic Gardens Photographic Group.

Schools benefit as well, from cash prizes, with a special prize of a native tree or other plant for their school grounds awarded to the schools with entries that win first prize.

The Friends are looking forward to seeing the images young people take in the Gardens. In past years they have found the images are often wonderfully unexpected, taken from a different point of view, and inspired by unique features of the gardens.

Keen to share with young people you know? Want to find more information?

Visit https://www.friendsanbg.org.au/activities_schoolsphotocomp

Linda Beveridge, President



U3A members are welcome to participate in the latest presentation from Family History ACT at their monthly meeting on **TUESDAY 5 AUGUST 2025 - 7pm – 9pm.**

The topic is: **People of Old Queanbeyan**

The Guest Speaker is **Nick Swain** from the Canberra & District Historical Society (C&DHS). This presentation gives a slightly different perspective of the lives of some of Queanbeyan's early residents, using old photographs from the C&DHS collection, including those taken by the famous travelling photographer Henry Beaufoy Merlin and his assistant, Charles Bayliss, in 1870.

The meeting is held in the Education Room at Cook Community Hub, 41 Templeton Street Cook. It is also possible to participate via Zoom. See the options for registration below.

Please Register to attend through one of the following online options

FHACT ACT Member – via Family History ACT Website <https://www.familyhistoryact.org.au/>

Non FHACT Member - In Person at Cook, or <https://www.trybooking.com/DDMCF>

Non FHACT Member – Via Zoom <https://www.trybooking.com/DDMCJ>

The phone number is 02-62517004

Dr Michele Rainger, President

Scratch for Seniors at CIT Tuggeranong for National Science Week!

As part of National Science Week 2025, which runs from August 9 – 17, we will again be running creative computing workshops for seniors using [Scratch](#).

Aimed at people over 55 years of age, the workshops will let you unleash your imagination to produce amazing, colourful, musical, moving creations, that can be shared with anyone. It's fabulous for keeping the brain active and all you have to know to get started is how to use a mouse.

Two free workshops, with lunch provided, will be held at CIT Tuggeranong from 10am to 1pm on August 9 and 16, 2025, but registration is essential. Please use the relevant link below.

August 9 Session: <https://www.scienceweek.net.au/event/creative-computing-for-seniors-workshop-using-scratch-8/greenway/>

August 16 Session: <https://www.scienceweek.net.au/event/creative-computing-for-seniors-workshop-using-scratch-9/greenway/>

Tom McCoy, Canberra Institute of Technology

National Gallery of Australia tours

The National Gallery of Australia will be conducting tours for U3A members and the first tour we have scheduled is for the current exhibition **Cezanne to Giacometti**. Two dates are currently available:

1. Tuesday the 12th of August at 11am and
2. Thursday the 4th of September at 2pm.

Both tours are limited to 15 attendees, and are free of charge.

To book for this tour, please contact David Needham davidneedham3@gmail.com.

For more details please follow the link: [Cézanne to Giacometti - National Gallery of Australia](#)

Andrea Hope, Program Development Team

Seniors & Better Ageing Expo



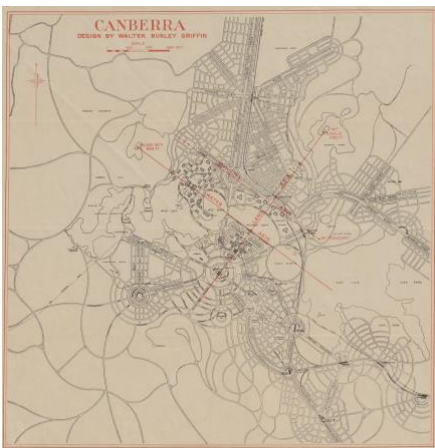
The ACT Seniors and Better Ageing Expo is on again in 2025 and its location will be the Old Bus Depot Building in Kingston, 10am to 3pm on Wednesday 24 September, 2025.

U3A Canberra will have a stand at this year's Expo, so come by and say hello.

If you'd like to volunteer on the day by spending one or two hours of your time at our stand speaking positively about your U3A Canberra experiences, send an email to Mary Bermingham at membership@u3acanberra.org.au

Mary Bermingham, Membership Secretary

The National Trust (ACT) offerings



Unlocking History through Maps and Survey Plans

Maps and survey plans contain a wealth of historical information if you know how to interpret them. Jeff takes you on a historical journey through the maze of historical maps and survey plans produced in NSW and ACT since colonisation starting with Major Michell's Map of the Colony (1834) and progressing through maps produced by state agencies and local governments. These include County Maps, Parish Maps, Valuer General Maps, Estate Sales Plans, Town Maps, Portion Plans, Federal Territory Feature Maps, 1918 Walter B. Griffin Plan, plans of Canberra Nomenclature and Topographic Maps. Jeff will show some links to where many of these maps and plans can be found on-line. Refreshments will be served.

Date: Wednesday 13 August 2025 6:00 - 7:30 PM

Location: Chambers Pavilion, Australian Centre for Christianity and Culture, Blackall St, Barton ACT

Bookings: <https://www.trybooking.com/DCSQC>

Queanbeyan Heritage Walk

Queanbeyan was the town that early residents, of what became the ACT, visited for shopping, business and train travel. In 1828 the first European settlers arrived and established a settlement named 'Quinbean' on the banks of the Molonglo River.

Our tour takes us along this river starting at Riverside Cemetery, where the oldest tombstone dates from 1847, down to the Swing Bridge. On the way are old buildings including churches, hotels and cottages. In 1838 Queanbeyan was officially declared a town and in 1972 granted city status. It is one of the most rapidly growing cities in NSW.

Date: Sunday 24 August 2025 9:30 - 11:30 AM

Location: Riverside Cemetery, 40 Erin Street, Queanbeyan

Bookings: <https://www.trybooking.com/DCSQE>

A Day Out Around Yass

Would you like to visit some of the historic homes around Yass? Join us on the coach which will pick up at Deakin (8.30am) or Lyneham (9am) and deliver us to our first stop at **Cooma Cottage**. This was the home of Australian-born explorer, Hamilton Hume and, as you probably know, it is a National Trust (NSW) property. It will be very interesting to see the restoration work completed last year. We will have guided tours and morning tea there.



The coach will take us into Yass for a short drive around some heritage sites and then stop for a delicious light lunch, provided by Clementine Bakery, Yass, at **Rose Inn**, the oldest home in Yass, built around 1837.

After lunch we head to Highclere Farm - the impressive 1895 Homestead, formerly

known as **Blackburn**, has a long and rich history. The estate spanned 60,000 acres during the Australian Wool Boom under a succession of pioneering figures. It has been at the heart of the Yass community and the thriving Australian wool industry across three centuries and multiple generations. The house is unusually large for the district and demonstrates the success of its owner George Weir. No doubt we will learn a lot more about its history, the work of restoring it and its current use from the owners Ed and Lee.

We will return to Canberra by approximately 5.10 pm at Lyneham and 5.30 pm at Deakin.

Cost: Members (National Trust, U3A and Friends of the National Library) \$120, and non-members \$130.

Note that entry to Cooma Cottage is free for National Trust members (bring your membership card) and \$12 for others (NOT included in tour cost so please come prepared if you do not have a National Trust membership card).

Date: Thursday 25 September

Bookings: Via Trybooking, opening soon.

Linda Roberts, Communications

Exhibitions in Canberra

Ernesto Taglietti AO: Life in Design

Canberra Museum and Gallery



"We should strive for development that nurtures Canberra's SOUL the very SOUL, that too many developers, politicians, and ill-informed people proclaim does not exist."
E. Taglietti

The Canberra Museum and Gallery, on London Circuit, is presenting an exhibition celebrating the work of this renowned Canberra architect. It runs until 22 February, 2026.

Dr Taglietti was an architect from Milan who fell in love with Canberra aged 30 and moved here with his interior designer wife, Franca, in 1956. He continued to design homes, schools, motels, cultural centres, churches and embassy buildings in Australia's capital city and beyond for another 50 plus years. He was initially excited by the opportunity to contribute to the 'blank canvas' of Canberra, always adhering to the intentions of the Griffins' original plan

Many U3A members will have memories of visiting, attending or working in some of his iconic buildings. In the 1960s and 1970s some members will have enjoyed a special meal at his creation for the Moteliers group, Noah's restaurant. The restaurant (named for its imagined resemblance to the ark) was adjacent to his distinctive Townhouse motel (unfortunately both now demolished). Others may have delighted in watching a movie in the 500-seat underground theatre, part of Taglietti's famous Centre Cinema building, with four floors above ground for offices and Charlie's restaurant. Taglietti's design was considered revolutionary at the time for achieving such an impressive and functional building with such a small footprint. Designs for private homes in Aranda, Cook, Hughes, Red Hill, Watson, Weetangera, Wanniasa and Lake George were also celebrated for his originality in liaising his sculptural organic style with the landscape and providing an artistic and functional interior to suit each individual client.

Members may also have enjoyed visiting his Dickson Library to borrow a book or may have family members who attended or worked at Giralang, Latham, Flynn or Gowrie primary schools, all designed by Dr Taglietti. Perhaps you may have joined the crowds at the open days at the War Memorial's Storage and Conservatory Repository in Mitchell, another of Taglietti's creations or watched sporting events from the Phillip District Oval Grandstand.



Some members may even have been invited to events at Taglietti designed embassy buildings for the Italian, Pakistani or Saudi Arabian country representatives in Canberra. A wonderful exhibition!

Janice Munro, co-editor



(L-R): Bruce Howard, *Maria's Café, Geraldton, Western Australia*, ca. 1975, nla.obj-147718610; John McKinnon and Australian Information Service, *Women on the march wave their placards at the International Women's Day march, Melbourne*, 1975, nla.obj-137045864; Wolfgang Sievers, *Children on a swing at Tom Price, Western Australia*, 1975, nla.obj-160837526; Australian Information Service, *Gough Whitlam speaking on the steps of Parliament House, Canberra*, 11 November 1975, nla.obj-147274349.

Source: <https://www.library.gov.au/news-media/new-exhibition-opening-soon-1975-living-seventies>

NLA 1975 Living in the Seventies

This new exhibition will open at the National Library of Australia from 14 August 2025 to 1 February 2026. Entry is free, no booking is required. The announcement details from their website are as follows:

"50 years on, the National Library of Australia looks back on this amazing year and reflects on what it was like to live in the seventies.

Jaws and *The Rocky Horror Picture Show* filled cinemas and *Picnic at Hanging Rock* and *Sunday Too Far Away* proved that Australians wanted to see their own stories on the big screen. Australia's favourite television show *Countdown* provided a soundtrack for suburban life with glam rockers Skyhooks and the infectious pop of Swedish Eurovision champions ABBA.

Flared jeans, platform shoes and burnt orange dominated fashion, all gloriously rendered on brand-new colour television sets.

Overseas, the war in Vietnam finally ended, Papua New Guinea became independent, and conflict erupted in East Timor. At home, Prime Minister Gough Whitlam struggled with rising energy prices, unemployment, and economic stagnation while also introducing major social reforms including universal health care and no-fault divorce.

The year ended dramatically when Governor-General Sir John Kerr dismissed Whitlam's government on 11 November, quickly followed by an election in December ushering in Malcolm Fraser as Australia's new prime minister.

The exhibition brings together a range of objects exploring politics, conflicts and disasters, as well as popular culture, food, fashion and sport, in a colourful celebration of iconic seventies design."

More details at <https://www.library.gov.au/whats-on/exhibitions/1975-living-seventies>

Source: <https://www.library.gov.au/news-media/new-exhibition-opening-soon-1975-living-seventies>

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29 June 2025

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