



U3ACanberra

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

[www.u3acanberra.org.au](http://www.u3acanberra.org.au)

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**March 2026**

**Volume 40 Number 1**

**CONTENTS**

<b>From the President</b>	<b>1</b>
<b>From the Editor</b>	<b>2</b>
Newsletter Timetable for 2026	2
U3A Contact Details	2
<b>Members' Calendar 2026</b>	<b>3</b>
<b>U3A Course News</b>	<b>4</b>
Art at Flynn	4
New Entrepreneurs	8
Lessons for the Living	9
Pacific Class & the ANU	10
Popular Music Artists of Our Time	11
Warrani Chorale: Singing, Fun & Friendship	12
Canberra Recorder Orchestra	13
Brindabella Orchestra – Preparing for 2026	14
Photography Group	15
<b>Memories of Earlier Times</b>	<b>17</b>
<b>Like-Minded Programs</b>	<b>21</b>
Lanyon Homestead	21
National Institutions	23
Academy of Science	28
National Capital Orchestra	29
Family History ACT	30
National Trust (ACT)	32
University Research – Volunteer Opportunities	34
School Volunteer Program ACT	37

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## From the President



A recent article in the *Good Weekend* section of The Sydney Morning Herald (31 January) highlighted the importance of planning for retirement, noting that some recent retirees found themselves at a loss for how to stay engaged.

It was disappointing that U3A was not mentioned among suggested organisations such as Rotary International and Probus. This

reinforces the view that U3A remains one of Australia's best-kept secrets, with significant potential to lift its profile and membership.

Growing membership is essential. It sustains a pipeline of course leaders and volunteers, offsets natural turnover, supports new and existing activities, maintains financial strength, and brings fresh ideas. As noted in the Strategic Plan, attracting more members under 70 is particularly important to develop future leaders.

Membership growth depends primarily on the quality and range of activities, supported by awareness, affordability, accessibility, word of mouth, and an effective social media presence. Media exposure—such as a recent interview on ABC Radio Canberra – and events like the Seniors Expo generate interest, but no single initiative will drive growth alone. While U3A Canberra's membership has increased in recent years, it remains below pre-COVID levels.

Accordingly, our Strategic Plan calls for a more coordinated approach to external marketing. Priorities include strengthening social media, participating in seniors' and retirement village events, refreshing promotional materials, and broadening our reach geographically and demographically. Membership remains strong in the inner south and north, but lower in some outer suburbs. Word of mouth continues to be our most powerful recruitment tool.

To support this work, U3A Canberra is establishing a marketing team to provide strategic, high-level advice and coordination across external communications. The team will be advisory rather than operational, drawing members from areas such as Membership and IT, and including those with marketing expertise.

U3A Victoria has engaged Banksia Strategic Partners to strengthen awareness and recognition through 'Project Elevate', positioning U3A as the organisation of choice for older Victorians – and for people to recognise U3A immediately, without needing further explanation.

Finally, congratulations to our hardworking IT team on successfully trialing an online enrolment system – an initiative that will greatly benefit both members and activity providers. It reflects considerable effort and consultation.

*Alex Gosman  
President*

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## From the Editor

Welcome to the first quarterly edition of the U3A Canberra newsletter which will now come out on the first day of March, June, September and December. It was becoming difficult to source sufficient new and interesting material to fill six editions a year, with the February edition particularly challenging given the reduction in U3A activity over December and January. With the first edition for the year now published on 1<sup>st</sup> March, the vein of material is much richer.

This edition has plenty of news about various courses, including two items where the 'graduates' of two very different courses have gone on to establish new ventures that provide both personal growth and an income stream. There is information about multiple opportunities to volunteer, either in schools helping young students, or in a range of university research projects to assist some of our brightest and best university students expand the sum of human knowledge – no small feat!

There are also details about just some of the myriad opportunities that are available to Canberrans and others to enjoy and enrich our lives at various cultural and national institutions ranging from the glorious Lanyon Homestead to the National Film and Sound Archive and two very special items about earlier times.

*Glenn Davidson*  
*March Newsletter Sub-Editor*  
[newsletter@u3acanberra.org.au](mailto:newsletter@u3acanberra.org.au)

## Newsletter Timetable for 2026

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

Newsletter Edition	Deadline for copy	Newsletter placed on U3A Website
June 2026	25 May 2026	1 June 2026
September 2026	25 August 2026	1 September 2026
December 2026	23 November 2026	1 December 2026

## U3A 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](mailto:flynn@u3acanberra.org.au).

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

# Members' Calendar 2026

UC = University of Canberra, Bruce Updated January 2026

## MARCH

Monday 9: Canberra Day – Offices Closed

Tuesday 10: Committee Meeting

APRIL		MAY		JUNE	
Monday 13	Committee Meeting	Monday 11	Committee meeting	Monday 1	Newsletter published online
Fri to Mon 3 – 6 April inclusive	Easter Offices closed	Monday 25	Deadline for June Newsletter	Monday 1	Reconciliation Day Offices closed
Saturday 25	Anzac Day	Monday 25	Registration opens for Winter Term at UC	<i>To be confirmed</i>	<i>Tuesday Forums end for Semester 1</i>
				Monday 8	King's Birthday Offices closed
				Monday 8	UC Winter Term begins
				Tuesday 9	Committee meeting
JULY		AUGUST		SEPTEMBER	
Monday 13	Committee meeting	Monday 10	Committee meeting	Tuesday 1	Newsletter published online
Monday 13	Call for nominations for annual U3A awards	Monday 10	UC Semester 2 begins	Monday 14	Committee meeting
<i>To be confirmed</i>	<i>Tuesday Forums begin for Semester 2</i>	Monday 24	Deadline for September Newsletter		
<i>Monday 27</i>	<i>Registration Opens for Semester 2 at University of Canberra</i>	Monday 24	Nominations for Committee positions open		
		Friday 28	Nominations for annual U3A awards close		
OCTOBER		NOVEMBER		DECEMBER	
Thursday 1	Membership renewals for 2027 open	Wed 4	Nominations for Committee positions close	Tuesday 1	Newsletter published online
Monday 5	Labour Day Offices closed	Monday 9	Committee meeting Nominations for Committee positions close	<b>Friday 11</b>	<b>Offices close for Christmas-New Year break</b>
Monday 12	Committee meeting	Tuesday 17	AGM (Hughes)	Monday 14	Committee meeting
		Monday 23	Deadline for December Newsletter	Monday 11 Jan 2027	Offices reopen
		<i>Tuesday 18</i>	<i>Tuesday Forums end for Semester 2</i>		

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## U3A Course News

### Art at Flynn

Art at Flynn is another of our very talented painting groups that has kindly shared some of their work with us.

*Artist: Carmel*



*Artist: Vicki*

*Artist: Carmel*





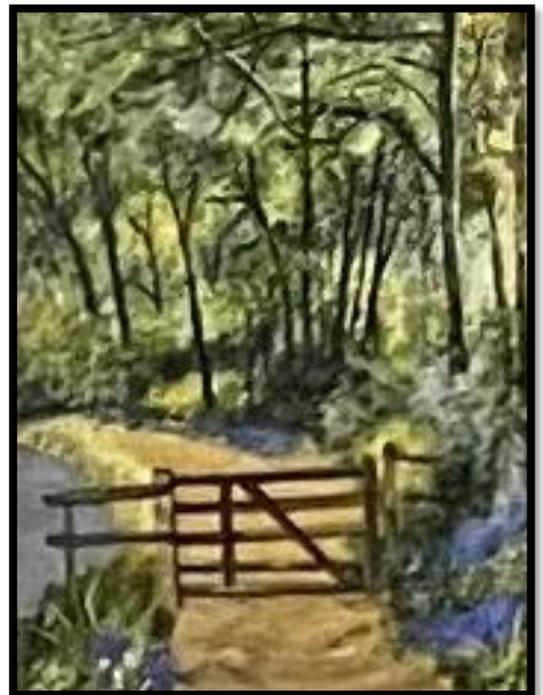
*Artist: Meryl*



*Artist: Meryl*



*Artist: Meryl*



*Artist: Carmel*



Artist: Meryl



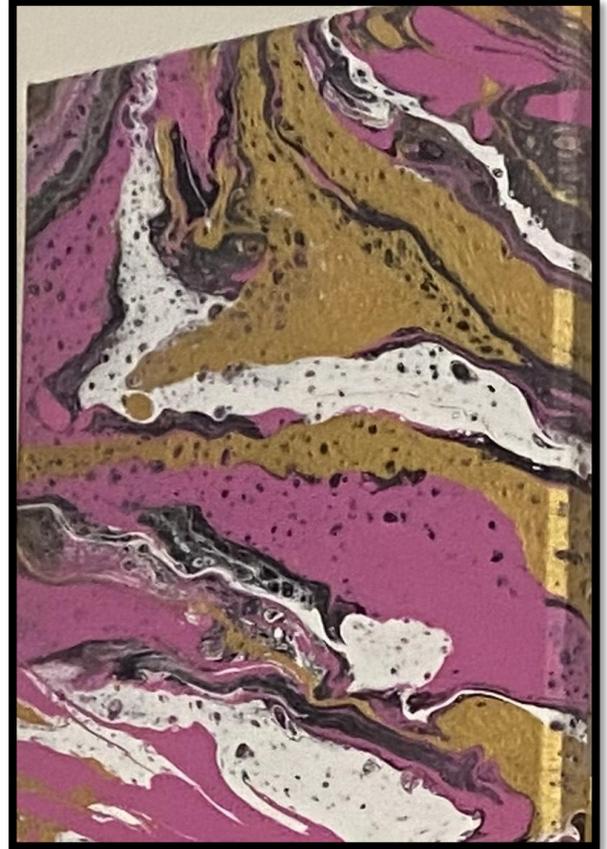
Artist: Nadia



Artist: Nadia



*Artist: Lonnie*



*Artist: Susan*

## Clear

### How to clear a room ...

To clear a room  
You first must start  
To relate the symptoms  
Of your wonky heart.

To clear a room  
Give an organ recital,  
Body, not music,  
And each sign is vital.

To clear a room  
You must relate  
Each doctor's report  
And every date.

To clear a room  
You must then tell  
Every cell's fault,  
Why you're unwell.

To clear a room  
You need to describe  
Your convict forebears –  
List the whole tribe.

To clear a room  
You pull out the snaps  
Of every grandchild,  
Then your dogs and cats.

To clear a room  
You use amateur skills  
To read this long poem  
See the joy that it kills.

*By Jenny Burgess*

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## New Entrepreneurs

What does Colonel Sanders of KFC fame have in common with three members of U3A Canberra?

To prove that you are never too old to start something new, Colonel Sanders franchised his 'secret recipe' for chicken at the age of 62. Reflecting that same determination, three members from the U3A course 'Who wants to be an entrepreneur – you do', have recently launched their new businesses in the Canberra region.

Students Jane Overton, Joyce Lopez, and Kaaren Sephton invested 13 weeks in the course which is designed to teach the key skills and knowledge underpinning the creation, launch, and sustainment of a new business venture.

They are part of a small, but critical, cohort of Australian mature aged entrepreneurs who launch more than 14,000 new businesses each year. Research confirms that 10% of retired people want to establish some form of 'venture' – be it self-employment or turning a hobby into a going concern.

The basis of the recent U3A course was to assist people who may have lots of ideas to start a business but no pathway to achieving them. The course adopted a step-by-step approach to all the topics, providing examples of both business success and failure, to allow each student to establish, with confidence, their unique offering – at their own pace and accepting that each person brings different experience and understanding. At its simplest, knowing what to do, when, why, and where, and how. The class investigated the core reasons behind why some business flourish whilst others collapse.

The topics studied ranged from winning, delivering and supporting business – all viewed from the various perspectives of the solution/service, customers, staffing, metrics, finance and external stakeholders ... and even the emerging use of AI.

Each week, attendees were able to put into practice the topics discussed, seek feedback and support between classes and then share and discuss their findings.

These are real companies – the participants have made their first revenue; are busy dealing with suppliers and government regulations; whilst building their new websites and 1001 other tasks.

The last class was a mixture of celebration and excitement for the future. Over a cup of tea and shortbread generously supplied by Jane's new business, the group – although very small in size but large in enthusiasm and passion – was able to confidently take the next steps on the journey with a far greater sense of confidence.

And the companies ...

Jane's company – YowieHQ. Serving a range of alcohol-free beverages for markets and events, no coffee involved.

Kaaren's company – biocollective. As a successful author, her company offers courses in writing biographies as well as assistance with self-publishing and promotion of books. Her website is [www.miamiaqld.com](http://www.miamiaqld.com)

Joyce's company – Journeys. How to holiday in comfort, see new places and have a good time. Individual/group curated with the freedom within your travel budget, itinerary, travel companions, accommodation and food preference.

If you want to explore your ideas of a successful business venture, I look forward to seeing you. The next class is scheduled to start in September and run until December.

*Stewart Rendall*  
*Course Presenter*

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## Lessons for the Living

It was when I hit 60 years old (four years ago) that I sat down and reviewed my life. I had had a fabulous time. Been married to my husband for nearly 40 years; had two wonderful children; a great career as nurse and midwife; but there was something missing...

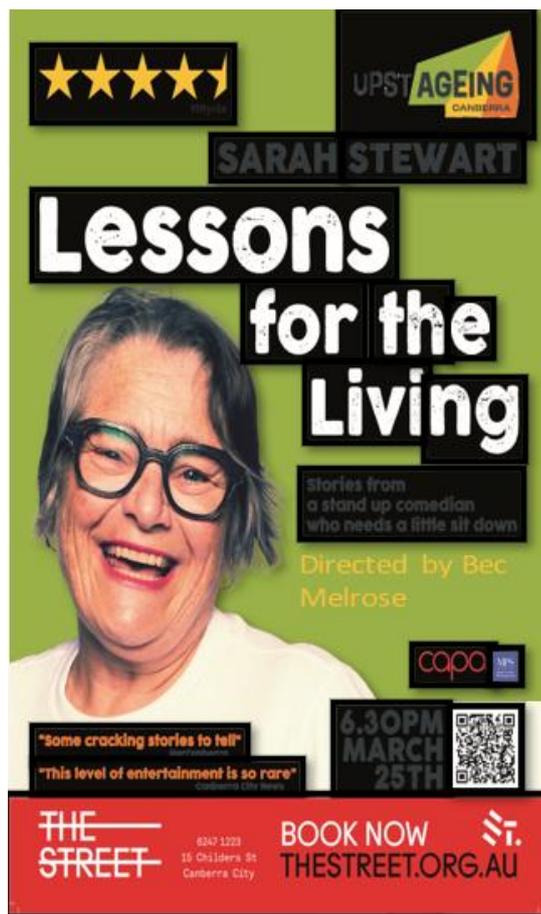
When I was a child, I wanted to be an actress but then life happened, and that creative side of me was subsumed under the responsibilities of being a wife, mother, on-call midwife and everything else. But at 60 I found myself with time on my hands. I had a 9-5 job so was no longer on call; the kids had left home; I was still stuck with hubby, but I sent him out to bowls a few times a week; it was time to unleash MY dreams and goals.

When my daughter told me she was pregnant I started to think about the stories I have to tell from my life, and how I would love to pass them on to my granddaughter. At the same time, I found out about U3A, and how they have various writing groups. I joined the Write Word Memoir group which meets every second Tuesday at the Irish Club in Weston. Someone sets the story theme for the fortnight, and we take turns to facilitate the meeting. Everyone gets to read their story out loud. I have been blown away by the diversity and quality of the storytelling displayed by the group members, and everyone has been incredibly welcoming and supportive. Sadly, for me, I am unable to attend every face-to-face meeting, so I send in a story for someone to read out. This keeps me accountable and motivated to maintain my writing on a regular basis.

It was the end of last year that I saw a call for folk to take part in the inaugural Upstageing Canberra festival whose tag line is 'Creativity doesn't retire'. This was the opportunity I was waiting for; to develop a show based on the stories I had written at U3A. I will be performing 'Lessons for the Living' on Wednesday 25<sup>th</sup> March at 6:30pm at The Street Theatre (<https://www.thestreet.org.au/shows/sarah-stewart>). I was also blessed to be given a grant from the Capital Artists Patrons' Organisation and MPS People Security to help put on the show.

To say I am nervous about this show is an understatement. I will be telling authentic stories which will potentially make me quite vulnerable. I hope to see members of U3A at the show, because I would really value the support and I have 80 tickets to sell! That said, I am very grateful to U3A and everyone in Write Word Memoir because without their encouragement I would never be achieving one of my life-long dreams.

*Sarah Stewart*



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## Pacific Class & the ANU

U3A's class on Melanesia, Micronesia and Polynesia: our Pacific Neighbours has had an involvement with experts from the Australian National University's Department of Pacific Affairs (DPA) over many years which has benefited both institutions. A growing number of the department's experts are contributing their time to our Friday morning class with presentations on a range of specialty areas. Honorary lecturers and friends of the department also make valuable contributions. The department has reported that early and mid-career researchers have said they gained enormous satisfaction out of sharing their ideas with a different kind of audience and engaging in fruitful discussion with the students, many of whom have spent significant periods of their lives living in the Pacific Islands and so brought a wealth of first-hand knowledge. Of course, U3A participants have been especially privileged to have such direct contact with world-class experts who have shared their expertise and insights.

In 2025 their presentations included Polynesian deportations; Pacific media communications; oral history; education and conflict reconciliation in the Solomons; the Kokoda trail; Melanesian war heroes; and PNG's census, women's development and independence 50th anniversary. Last semester the class was gifted a copy of the recently launched DPA publication *Fifty Years of Nation-Making: A Papua New Guinea Dictionary of Biography, Volume One* by one of its co-authors, Dr Nicholas Hoare (see photo).



*ANU historian Nicholas Hoare gifting a copy of a recent co-edited publication to U3A course leader, Judy Johnson. Photo by class member Doug Trappett.*

Judy also sources speakers from within the class and from other Canberra institutions such as the National Gallery, the National Archives and the National Museum and she recompenses all visiting speakers with delicious Papua New Guinean coffee or Bougainville chocolate.

The course is continuing in 2026, with its first semester running from Friday 13<sup>th</sup> March to 8<sup>th</sup> May, which is planned to include presentations on diverse subjects from DPA colleagues, for example on PNG politics; 'golden passports' in a number of Pacific Island countries; and Pacific languages and music.

New participants are very welcome.

*Judy Johnson  
Course Leader  
Melanesia, Micronesia and  
Polynesia: Our Pacific Neighbours*

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## Popular Music Artists of Our Time

Looking through the U3A Canberra course list, it occurred to me that we are well provided for with courses related to popular music. After talking to a few people who attend, it seems to me that Peter Bazeos' weekly course sits in a somewhat unique niche.

Peter was a self-described latchkey kid, coming home while his parents were employed in the original Snowy Mountain scheme. It was during this stage of his development that he introduced himself to the world of music. He describes music as the soundtrack of life providing a source of entertainment, solace and stability during different stages of my life. He says he was very influenced by the singing styles of a variety of artists: Rosemary Clooney (yes George Clooney's grandmother!), Vic Damone, Bing Crosby and the artistry of Duke Ellington, Edmundo Ros and The Nat King Cole Trio (yes even before Nat decided to pursue a solo career!).



Peter brings his encyclopaedical knowledge to his students via playing video clips, back stories of the music and how he was first introduced to prompt student discussion. Presentations have been as diverse as music from the 50s and 60s to a current YouTube sensation *Life in 3D*. He has inspired me as one of his students to 'try this presenting gig' and my occasional presentations follow a similar format giving Peter the occasional break. While I am a touch younger than him, our musical tastes are very similar.

Peter commenced his course at Cook in 2014, but the lockdown during COVID saw it adapt to the Zoom format and so it has continued. The format has proven very handy with his audience able to join when travelling as far afield as Kuala Lumpur, Memphis and New Zealand – even on the Murray's bus travelling to Sydney or at Parkes in the midst of the Elvis Festival. He has one loyal student continuing to attend after moving to Melbourne.



Nevertheless, occasional face to face get togethers are considered important so a number of times per year we get together in a private room for lunch and singalongs accompanied by one of our virtuoso guitarists (we are still working on having our pianist strut her stuff).

All in all, a fun course remembering the old favourites, and being introduced to some new ones.

Bill Blair  
[billblair@u3acanberra.org.au](mailto:billblair@u3acanberra.org.au)

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## Warrani Chorale: Singing, Fun & Friendship



Photo: Rosemary Halford (left) and Liz Hoffmann performed a dance to the song 'Sisters' by Irving Berlin.

**Good Music:** Warrani Chorale is privileged to have Helen Swan as its conductor and musical director and Brigid Cummins as its pianist. Both these ladies are experts in their fields and every week they share their musical talents with the choir. Helen always makes a lovely selection of music for the choir to sing, and this is frequently commented upon by members of the audience at our public concerts. In addition, she shares her knowledge of singing and vocal performance and encourages us all to reach new heights while making choir practices very enjoyable. How fortunate we are!

**Fun and Friendship:** We are a friendly, supportive group of ladies at Warrani Chorale and enjoy spending time at choir and with each other. The last event of each year – our in-house concert and party – is a great show of togetherness with members presenting items which engender a lot of laughter and frivolity. The photos are from our 2025 choir concert show that last year was no exception.

Ladies, if you would like to experience good singing and fun and friendship, then Warrani Chorale is the choir for you and now is an excellent time to join. For further information phone our Membership Secretary, Liz Hoffmann, phone 0427 930 410, email [ebh61uk@gmail.com](mailto:ebh61uk@gmail.com).



Photo: A talented group of choir members performed a skit to the song, 'What shall we do with a drunken sailor?'

Margaret Martin  
Warrani Chorale

## Canberra Recorder Orchestra

On 6<sup>th</sup> December last year, the U3A's Canberra Recorder Orchestra joined forces again with the Canberra Mandolin Orchestra. These two fine and unusual orchestras again presented their joint concert at All Saint's Church in Ainslie to a full house of enthusiastic music-lovers. Each orchestra played individual items from their extensive repertoires and combined to play the rousing 'The Heavens Are Telling' from Haydn's Oratorio, 'The Creation'.



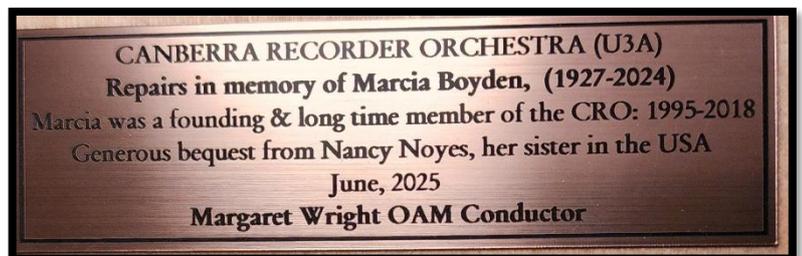
Leonie Neil Catherine Pam Terry Peter Kathryn  
 Cecelia Lynette Cathy Joan Elizabeth Frances Lynne Margaret Ailsa Heather Karin Maurie Lynn-Anne Kim  
 Janiece Ken Margaret Bronwyn Marion

The photograph shows the CRO in their performing uniform. This was designed by Marcia Boyden, who was a founding member of the U3A recorders 30 years ago. She bought the metres of cloth, and with help from some of the members, sewed the scarves for the ladies, and kerchiefs for the men. Marcia played her lovely soprano recorder with us until the age of 93, when her fingers decided it was time for her to hang up her instrument.

She died two years ago, and our distinctive uniform is her legacy.

Her 100-year-old sister in America also wished for a memorial to her in the CRO, knowing how important the recorder orchestra had been to Marcia.

Nancy sent a generous amount of money so that one of our very large instruments could be repaired with parts sent from the maker in Germany. We had a small brass plaque made to commemorate this, and it is now attached to that contra bass recorder.



*Margaret Wright*



## Brindabella Orchestra – Preparing for 2026

Some of the members from the string section of Brindabella Orchestra met together on a couple of Sunday afternoons in January for what has become their traditional 'January Strings'. This year we met at the Murrumbateman home of one of the orchestra's members. The afternoon provided an opportunity for those who weren't away travelling, or who may have been at a loose end in January, to enjoy getting together with others and playing some string quartet music during Brindabella's lengthy summer break. Both Sunday afternoons were most enjoyable as the group played through a variety of quartets by Mozart, Haydn, Leroy Anderson, Albeniz, Schubert and others. We finished our playing with a well-deserved cup of tea or coffee, with a number of members enjoying using their 'musical mugs'.



*Cheryl Pepper*  
Brindabella Orchestra  
Contact us [info@brindabellaorchestra.net](mailto:info@brindabellaorchestra.net)

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## Photography Group

The photography group take some truly magnificent photographs across a range of subjects and styles. In this edition I have exercised my sub-editor's privilege and selected some beautiful photographs of birds, three in glorious black and white, three in vibrant colour.



*Ibis on the Wing by Ann GJ.*

*Just Looking and Grazing  
by Ann GJ*



*Corella Power by Ann GJ*





*Wattlebird on Banksia by Barry McGloin*



*Kookaburra and Noisy Miner by David R*



*Sulphur-Crested Preening  
by Yvonne*

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# Memories of Earlier Times

## Barbara's Story

I was born in Canberra in August 1943, and my older siblings were also born here ten and eight years before me. Our parents came, separately, and under very different circumstances to the newly forming national capital in the 1920s.

My father, born in November 1900, in Melbourne, worked as a clerk in the Commonwealth Railways. When the Canberra Railway Station opened in April 1924 to bring the workers and later the politicians to the seat of the Federal Government, he was transferred to Canberra. As a single man he was housed in one of the government hostels built to provide accommodation to Commonwealth public servants transferring to Canberra in preparation for the opening of parliament in 1927. He attended the Opening of Parliament, and we still have his invitation.

My mother was born in December 1910, in Ballarat and, after her mother died in 1925, her father made the decision to come to Canberra in 1926 to join his brothers who had moved to Queanbeyan to work on building the new Canberra. The Mason Brothers built in both Queanbeyan and Canberra. They rebuilt the Royal Hotel in Queanbeyan in 1926.

My mother and her father lived in Eyre Street, Kingston. My mother was a very talented pianist and organist, and she played the organ at the initial site of St Paul's Anglican Church at the Causeway and later, after the permanent church was built in Manuka in 1939, she became the organist and choir mistress for nearly thirty years. She also played for the silent movies in Queanbeyan.



My home ~ 3 Grant Cresc.

I grew up in Grant Crescent, near Manuka, in the house which my parents initially rented from the government and later took the opportunity to purchase, as many people did. Growing up in Grant Crescent was, for me, growing up in a HOUSE FULL OF MUSIC and a STREET FULL OF TREES. My mother created the environment that surrounded me with music, and I was a TREE CHILD who just loved climbing trees. My memories are flooded with my listening to all the piano students who came to our home daily and the vocalists who came for my mother's accompaniment.

My memories of my 'tree life' were of the cubby houses and the challenge to climb those wonderful Grant Crescent elm trees which became a golden archway when the early frosts of Autumn came to tint the Summer green leaves.

Other memories include swinging on the swing which my father made to hang from the ceiling of the garage. We didn't have a car in there until I was seven – a green Hillman Minx. I would swing there while he worked on his hobby, woodwork. I still have a table he made.

Also watching my father chop and grade wood in his woodshed for our lounge room fire, kitchen oven and laundry copper; waiting for the baker to come with

his horse and cart so I could run out to collect our loaf; putting out the billy at night on the front steps for the milkman to fill the next morning; watching the 'ice man' delivering a block of ice for our ice chest; going with my mother on Saturdays when I would stand in the organ loft to watch the brides coming along the aisle while she played the organ; playing hockey on the grounds that are now under the lake and going with my father to watch my brother play for the Manuka Australian Rules Football team.

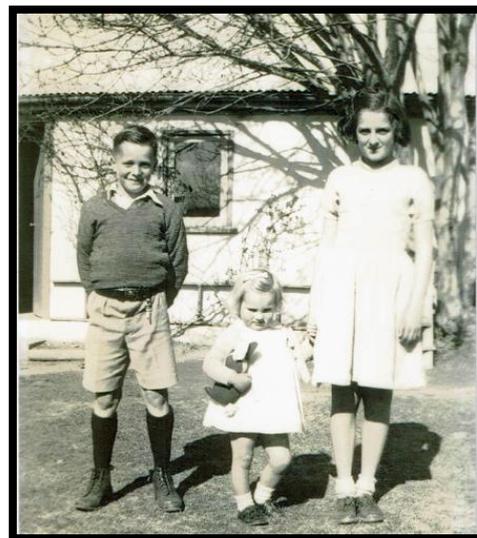
When he was younger, my father played for the Eastlake Football Club. Watching my brother and his friend building a canoe which they painted dark green and named it 'TRADE WINDS'. When finished he took me for a ride along the Molonglo River – no lake then!

I started kindergarten at Telopea Park Primary School in 1948 and spent lots of time in Telopea Park as my grandfather lived right opposite the park on the corner of Tench Street.

In 1954 I walked with my father all the way to Commonwealth Avenue to wave to Queen Elizabeth on her first visit to Australia. I was then a 'BROWNIE' and we, with the older 'GIRL GUIDES' formed a guard of honour along the entrance road to Government House.

Building a bonfire with my brother and other children in the street and saving my pocket money to buy fireworks. Building a snowman in Winter – we did have snow in Canberra back then!!

During my childhood there were no supermarkets, just separate grocers, butchers, bakers and delicatessens. No TV until 1956 and, of course, no computers or mobiles. I can still remember our telephone number – 91203 and our first car's number plate – 4875. I never heard of drugs or terrorists. Life certainly seemed more simple back then!!!



Kindergarten, Telopea Park, 1948. Barbara ~ Bottom row 2nd from right.



3rd Class, 1952. Barbara ~ top row, far right.

*Barbara Langeveld (nee Wrigley)*

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## Margaret's Story

I had a number of pen friends in my teenage years, and yes, we had to write by hand, fold the paper to put into an envelope, seal and address it, and attach a stamp before posting it in one of the many letterboxes scattered around the town.

My pen friends during the 1950s were in Finland, Iceland, Paris and Berlin. This was all part of my great plan to one day visit the world and have friends to show me around their places. I found my pen friends in Finland, Iceland and Paris through a pen friend agency that advertised in magazines in Sydney in the 1950s. I also asked for a pen friend in Tristan da Cunha and Easter Island. What was my 13-year-old self thinking? Apparently, none was available in either place, so I was happy with my European friends. We exchanged photos and I have them all still – clean-cut beautiful teenagers smiling across the years.



*Margaret Wright née Clingan at age 14.*



*Erika Winter in 1954 in Berlin*

My pen friend in Berlin was found by my Sunday school teacher, who had been to a Lutheran-Methodist conference there in 1953. She arrived back in Sydney with a wad of names and addresses of teenagers she had met in schools in West Berlin. All were learning English.

I wrote to Erika Winter in Charlottenburg, a suburb in West Berlin, at the time when the whole of Berlin was encircled by East Germany. She described West Berlin as 'like an island in a dark ocean'. My letters about my siblings, pets, bush walks and school must have been very tame to a girl in that great divided city, observing the rebuilding after the wartime damage. We wrote until about 1958, when we both became busy with tertiary studies and life generally. Our letters gradually petered out. This also happened with Liliane in Paris, Magnus in Iceland and Matti in Finland. Our late teens caused us to become lazy correspondents. What would I do when I finally reached Europe?

Finally, in 1964, I was in Europe, travelling by car with my school friend, just as I had planned back in 1953. Somehow, Iceland and Finland seemed impossible, and Liliane in Paris was just a distant memory. All that forward planning had come to naught. Berlin was not in our itinerary, much as we would have liked, as Museum Island with the Ishtar Gate and Nefertiti in East Berlin beckoned with memories from our high school history of art classes. However, knowing how constrained our finances were, we had our consoling mantra when things were missed: 'Next time!'

Waiting at the poste restante in Athens was a letter from the English Pools lottery to say my friend had won a nice sum. We had a celebratory retsina to toast: 'Berlin, here we come!'

At the Australian embassy in Bonn, we applied for visas and were given sheets of instructions (which I still have) about the perils of East Germany and East Berlin, and that Australia had no diplomatic representation there, so we were going at our own risk. I remembered Erika's name and address in West Berlin so had written from a village in Bavaria with the expected date of arrival. We made it!

On her parents' apartment door was a note from Erika's mother, saying Erika had married the boy upstairs, Jurgen Schnackenberg, and moved away to Bavaria, to the village from which I had written. Her mother had gone to visit them that day. So that was that. Still, there was a museum to see, so we braved Checkpoint Charlie to cross into East Berlin, with our little Mini thoroughly searched – engine and boot – and even a mirror was poked underneath on our departure, checking that we were not hiding hapless East

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Germans wanting to escape to the West.

When I returned to London, I married and had children. We moved to Canberra at the end of 1969. Then in 1999, when my husband and I, happily retired and travelling again, were in Palermo, Sicily, I joined a couple in a tiny lift in the hotel. I laughingly said, "You travel light" as I compared their very small bags with my away-for-two-months-sized bag. The reply was, "Well, we are only away for one week." It was impossible to miss the strong German accent, so I asked where they were from. On hearing 'Berlin', I asked which suburb. When they said Charlottenburg, I said the only person I knew in Germany was from Charlottenburg, in Steifensandstrasse, that I had a pen friend there in the 1950s, named Erika Winter who had married Jurgen Schnackenberg, but by 1958 we'd lost touch.

They were astounded, stopped in their tracks, and said they were their very good friends. The only person in Germany that I knew! We exchanged addresses, and I added my maiden name and Sydney address to remind Erika.

A letter was waiting for us when we arrived back in Canberra, beginning: "It is a miracle that we have met again ...". After details of life and children, the letter concluded, "This letter is being written by my son because I have multiple sclerosis and Parkinson's disease, and can't talk, can't write, can't eat, can't walk."

So, through this chance meeting, because I am a chatterbox, we re-established contact, and we began a renewed correspondence. We were invited to stay with them in a small town south of Mannheim when we visited Germany in 2003, a detour on our way to Dublin for our son's wedding. We were met at the railway station by Jurgen and grandson, and driven to their lovely, spacious house. Across the front was a banner reading: WELCOME MARGARET AND PAUL.



We were thrilled to finally meet, and Erika, on her hospital-style day bed, overlooking their own lovely woods, was holding the first letter I had written to her, 50 years before. We didn't stop talking, and Erika was able to listen and obviously enjoyed every moment. When we left the following day, Jurgen hugged me as he said, "Yesterday I didn't know you. Now I feel I've known you all my life."



*Erika and Margaret reunited in Germany*

Erika died several years later. We still visit Jurgen when we are in Germany, and their children and grandchildren are fascinated as to how two families, from opposite sides of the world, have such a close friendship.

*Margaret Wright*

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## Like-Minded Programs

### Lanyon Homestead



Harvest Day Out offers a thoughtful and engaging autumn day at Lanyon Homestead, combining heritage, horticulture and lively discussion in one of the ACT's most significant historic landscapes.

The program is rich in talks and demonstrations suited to those who enjoy learning something new. Join Ngunawal Traditional Custodian Tyrone Bell for a talk on traditional Aboriginal plant use and bush foods, with opportunities to see, touch and taste native ingredients. Senior Curator Dr Hannah Paddon will speak about a recent acquisition by early surveyor Robert Hoddle and its significance to Lanyon and the district's early mapping.

Garden enthusiasts can tour the homestead gardens with head gardener James Marshall, exploring orchards, vegetable beds and the stories behind them. Practical workshops include growing leafy greens at home with educator Fiona Buining, while Dr Anna Wong demonstrates jam making using a historic recipe from the Calthorpes House collection, complete with a take-home copy to try yourself. There is also the opportunity to experience an Aboriginal fibre weaving workshop with artist Jessika Spencer, offering a mindful, hands-on introduction to traditional techniques.

Harvest Day Out is a relaxed and stimulating way to spend the day, with time to wander the grounds, explore the homestead and enjoy live music, market stalls and conversation in a beautiful rural setting.

Register for Harvest Day Out and Book Workshop tickets through this link – <https://collections.humanitix.com/harvest-day-out-2026>



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## Stitching Stories: 50 Years of Canberra Quilters

Canberra Museum and Gallery 14 February – 24 May 2026

In 1976, two women placed an advertisement in *The Canberra Times* seeking fellow patchwork enthusiasts. From that modest beginning in a Curtin living room, Canberra Quilters became Australia's first quilting group and one of the most influential creative communities in the country.

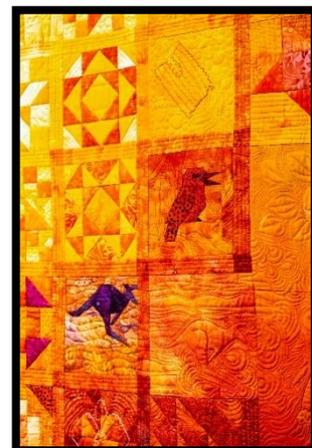
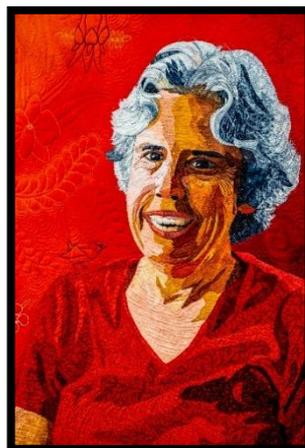
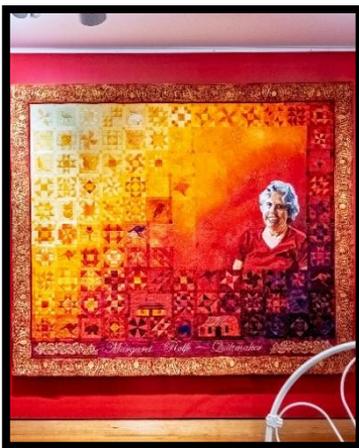
**Stitching Stories: 50 Years of Canberra Quilters** traces the evolution of quilting in Canberra from its revival in the 1970s to the development of a distinctly Australian approach to design. The exhibition explores how knowledge was shared when books and materials were scarce, how friendships formed through making, and how quilting became both an art form and a social record.

A highlight is *The Quiltmaker* (2012), a 220 x 260 cm portrait by internationally recognised artist Jenny Bowker honouring Margaret Rolfe AM.

Rolfe founded Canberra Quilters and played a central role in shaping contemporary Australian quilting through her teaching, publishing and historical research.

For those interested in social history, craft traditions and the ways communities sustain learning across generations, this exhibition offers a rich and thoughtful perspective on fifty years of creativity in Canberra.

More information at - <https://www.cmag.com.au/exhibitions/stitching-stories-50-years-of-canberra-quilters>



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## National Institutions

### National Gallery 5<sup>th</sup> National Indigenous Art Triennial: *After the Rain*

The 5th National Indigenous Art Triennial: *After the Rain* features 10 large-scale, immersive and multidisciplinary installations that celebrate intergenerational legacies and cultural warriors of the past, present and future.

The National Indigenous Art Triennial brings together commissioned work by established and emerging First Nations artists from across Australia, creating an important platform for art and ideas. Each iteration of the Triennial is led by a First Nations curator with an original vision. Artistic Director for the 5th National Indigenous Art Triennial is Tony Albert, Girramay/Yidinji/Kuku-Yalanji peoples, one of Australia's foremost contemporary artists.

Albert weaves together projects by Alair Pambegan, Aretha Brown, Blaklash, Dylan Mooney, Hermannsburg Potters, Iltja Ntjarra Art Centre and Vincent Namatjira, Jimmy John Thaiday, Naminapu Maymuru-White, Thea Anamara Perkins, Yarrenyty Artere Artists and Grace Kemarre Robinya, and Warraba Weatherall to tell stories through the universal language of visual art. These projects resonate with ideas about rebirth and cycles of cleansing.

Following its presentation in Kamberri/Canberra, *After the Rain* will tour nationally. Entry is free, no booking required. More information is available [here](#).

(Source: National Gallery of Australia, [www.nga.gov.au](http://www.nga.gov.au).)



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## National Portrait Gallery: John Brack X Noel McKenna

*John Brack x Noel McKenna* brings together the work of two influential Australian artists. Presented as a playful exchange of more than 90 works, the exhibition maps the clear aesthetic and thematic lineages between the artists who worked almost half a century apart. This exhibition offers new ways of thinking about each artist's work and the echoes that reverberate between them.

Both artists draw on the texture of modern life, offering a social commentary that is at times satirical, and always wry, yet tempered by sympathy and compassion. More explicit connections slyly emerge the longer you look: the personalities of the racetrack; figures in sparsely furnished interiors or apparently unremarkable suburban landscapes; and their shared tendency towards compositional flatness. These artists have carved their own paths, operating outside artistic trends. Concerned with the interior and interiority, Brack and McKenna have each pursued a portraiture practice that is nuanced and emotionally astute, carrying tenderness that cuts through with humour that is dry and deadpan but still delights.



*Dr Joseph Brown with Two Typists*, 1996 Noel McKenna. © Noel McKenna/Copyright Agency, 2024. John Brack 'Two Typists' 1955 is kindly reproduced with permission from Helen Brack

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

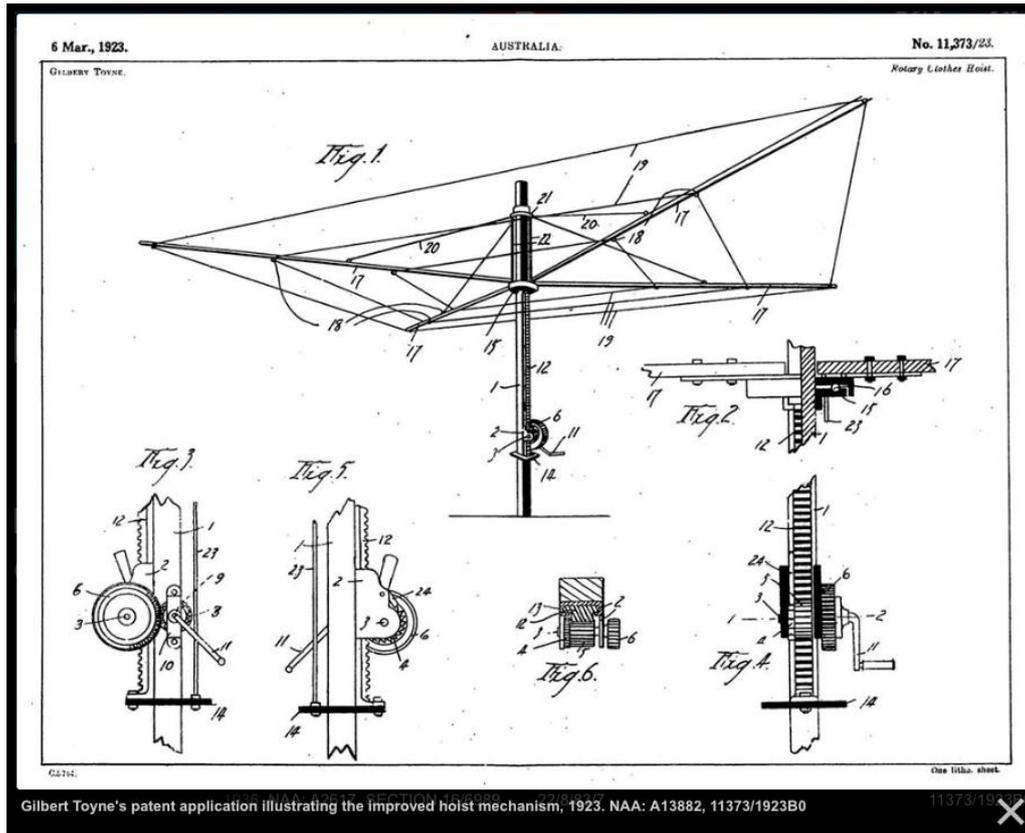
## National Archives: *In real life: inventors, innovators and opportunists*

Celebrate Australian innovation at National Archives' latest exhibition in Canberra, *In real life: inventors, innovators and opportunists*.

Explore the history of Australian invention, from First Nations creativity to 150 years of patents, designs and trademark registrations.

See life-changing inventions, iconic designs and household brand names with original design drawings and trademarks from the national archival collection alongside their real-life counterparts.

Australians from all walks of life have pursued their ideas in the laboratory, at the drafting table and in the humble backyard shed.



Gilbert Toyne's patent application illustrating the improved hoist mechanism, 1923. NAA: A13882, 11373/1923B0

Learn about the innovators behind advances such as the baby capsule, spray-on skin and the stump-cam.

Discover the origins of everyday products and national icons such as the Victa lawnmower, Hills Hoist and 'goon bag'.

From pedestrian crossing buttons to dual flush toilets, see how the Australian Government played a vital role in supporting inventions and designs that you regularly see, hear, use – and flush.

Spark your own imagination and be inspired by stories of bold dreams, determination and Australian ingenuity.

Want to expand your experience? Join us for our daily gallery talks at 11:10am and 1:10pm, where we delve deeper into the stories behind these innovations. Bookings not required.

This exhibition is supported by the National Collecting Institutions Touring and Outreach Program, an Australian Government program aiming to improve access to the national collections for all Australians.

More information is available [here](#). (Source: National Archives of Australia, [www.naa.gov.au](http://www.naa.gov.au))

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## Museum of Australian Democracy: Behind the Lines 2025

This year's exhibition is a tragedy, a drama and a comedy all in one: a tragi-dramedy? The cinema, and Hollywood in particular, has often been called a 'Dream Factory', offering escapism from the humdrum of our daily lives, through aspirational or larger-than-life characters and fantastical plotlines.

2025 has flipped the script. A dream for some, and a nightmare for others – the year's political events in Australia and abroad were chockfull of villains and heroes, disasters and soaring triumphs. Who needs Hollywood?

Spoiler alert! This year's federal election saw the Labor government emphatically returned for another term. But we expect you knew that already, given it was one of the biggest stories of the year. Like a monster in a horror franchise that refuses to be defeated, some pressing issues continued to haunt us, such as the cost of living, energy policy, interest rates, housing security, the economy and climate change. It was also a big year for international news: Donald Trump began his second term as US president, there is still war in the Ukraine and Gaza, and our relationship with China continues to make headlines.

Standing up to the villains, and giving us heroes and humour, are the political cartoonists. 2025's Political Cartoonist of the Year is Matt Golding, who together with the rest of his talented colleagues has continued to deliver great work, some of the best of which appears here.

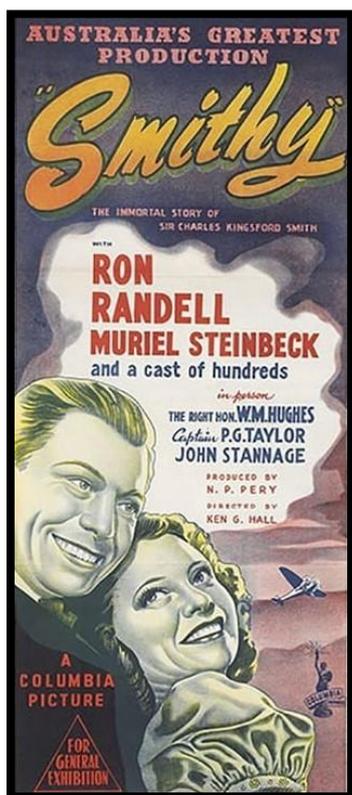
Whatever your favourite genre, Australia's cartoonists have got you covered.



David Rowe, The Australian Financial Review, 1<sup>st</sup> April 2025

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

## National Film and Sound Archive: Film Archaeology



What was Australia's first successful screen musical? And why did its original negative end up in the back room of 'The House of Time', an old, suburban clockmaker's shop? How did it find its way to the NFSA?

The film was *His Royal Highness*, produced in 1932 by Melbourne's Efttee Studios during the pioneering years of the 'talkies'. It's a Ruritanian fantasy which marked the feature film debut of beloved comedian George Wallace. Like so many Australian films, especially from the first half of the 20<sup>th</sup> century, the back story of its survival is as intriguing and entertaining as the film itself.

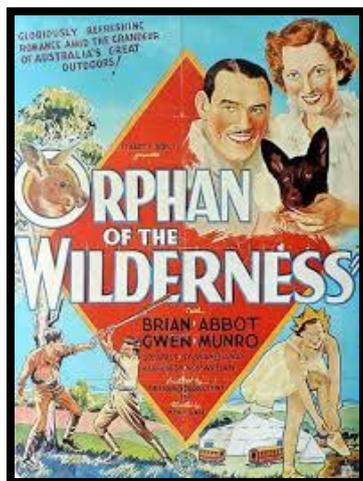
Australia has no legal deposit system for films. Every film acquired by the National Film and Sound Archive must be individually negotiated. That's one reason why so much of our film heritage, especially from the early years, is missing. Those that have come down to us often survived as a matter of luck, or through the vigilance of private collectors and other interested individuals.

Late last year the Friends of the NFSA collaborated with NFSA programmers to present a series of three films – *The Sentimental Bloke* (1919), *The Flying Doctor* (1936) and *Mr Chedworth Steps Out* (1939) – which had only survived through remarkable, and fortunate, circumstances. Before the screening, each film was given a historical and critical introduction, and then the survival back story was revealed and discussed in a Q&A afterwards.

The Friends will offer a further three 'films with back stories' at NFSA's Arc cinema during its Autumn season:

- Smithy* (1946) – Saturday 14<sup>th</sup> March at 2:00pm
- His Royal Highness* (1932) – Saturday 4<sup>th</sup> April at 2:00pm
- Orphan of the Wilderness* (1936) – Saturday 9<sup>th</sup> May at 2:00pm

*Smithy* stars Ron Randell and Muriel Steinbeck. It's a biopic about Sir Charles Kingsford Smith, who made the first trans-Pacific flight in 1928 in his aircraft, the *Southern Cross*. It features some historic figures – former Prime Minister W.M. Hughes, radio operator John Stannage and *Smithy's* co-pilot P.G. Taylor – *playing themselves* in the drama and doing so very capably!



*Orphan of the Wilderness*, filmed in the now lost Burratorang Valley, was the first feature film to star a kangaroo – years before Skippy! Admired for its opening pastorelle, it was for two decades a favourite at childrens' matinees, and that's how it will be presented: in the traditional manner accompanied by a serial – an episode from the classic *The Adventures of Captain Marvel*.

Want to take a deep dive? You can preview sequences from each of the films online. You can also read the accompanying curator notes for background, and to understand the importance of each film in the long sweep of Australia's film history.

<https://aso.gov.au/titles/features/his-royal-highness/>

<https://aso.gov.au/titles/features/orphan-wilderness/>

<https://aso.gov.au/titles/features/smithy/>

Bookings can be made on the NFSA website <https://www.nfsa.gov.au/events-experiences/nfsa-arc-cinema> or through these direct links – [Smithy | National Film and Sound Archive](#), [His Royal Highness \(35mm\) | National Film and Sound Archive](#), and [Adventures of Captain Marvel + Orphan of the Wilderness | National Film and Sound Archive](#) and you can discover more about the Friends at <https://www.archivefriends.org.au>.



Ray Edmondson  
President, Friends of the NFSA

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## Academy of Science



Each year the Academy holds a series of public talks at the Shine Dome to engage, inform and inspire! In 2026, our series is titled [Bright Minds, Bold Voices](#). Each event in the series will feature a notable public figure, with a top scientist, researcher or innovator to explore the big issues shaping our future on topics such as STEM education, health and wellbeing, food security, climate change, and more. Expect boundary-pushing ideas, sharp insights into challenges, and fresh perspectives on what matters.

Each event will communicate fascinating science to a general public audience, facilitated by ABC's Lish Fejer.

The first event in the series titled '[Reimagining how we fly](#)' will explore the future of air travel, thanks to a homegrown collaboration between Qantas and the Charles Perkins Centre at the University of Sydney. Project Sunrise is Qantas' bold leap into the future of ultra-long-haul travel, reimagining in-flight lighting, movement, nutrition and sleep to reduce jet lag and improve travellers' wellbeing with scientifically measurable benefits. Hear from Vanessa Hudson (Qantas CEO) and Professor Stephen Simpson (University of Sydney) to explore this groundbreaking partnership which is set to change the way we travel the world.

We are currently selling series passes and individual tickets to attend in-person at the Shine Dome. Tickets include:

- Wine and cheese before each event
- Priority for Q&A session
- Access to all event recordings
- Complimentary onsite parking.

**Date:** 14<sup>th</sup> April 2026

**Time:** 5:30pm – 7:00pm (5:30pm – 6:00pm for wine and cheese, 6:00pm – 7:00pm for the talks)

**Venue:** Shine Dome, 15 Gordon Street, Acton ACT (parking available onsite)

**Cost:**

- Series Pass: \$95 (students \$75)
- Individual event: \$22 (students \$17)

Tickets are available [here](#).

Other events will be hold on 9<sup>th</sup> June, 11<sup>th</sup> August, 13<sup>th</sup> October and 8<sup>th</sup> December.

*Jamie Evans*  
Events Manager  
[Jamie.evans@science.org.au](mailto:Jamie.evans@science.org.au)

# National Capital Orchestra

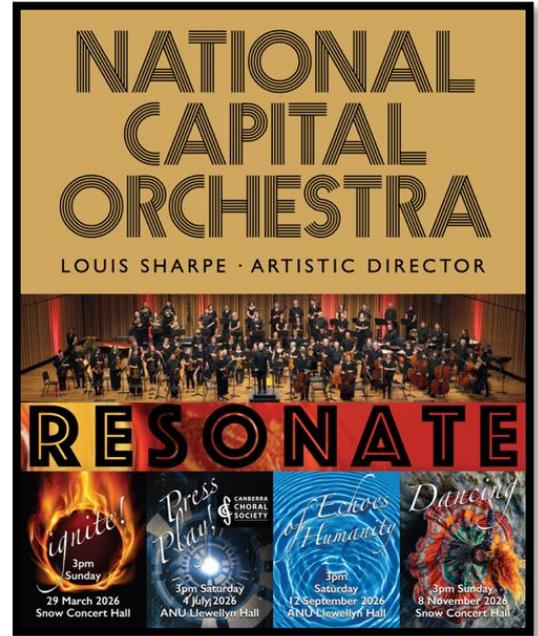
## Season Launch Gala 29<sup>th</sup> March – *Ignite*

The National Capital Orchestra warmly invites U3A members and friends to its 2026 Season Launch Gala, *Ignite*.

Conducted by Artistic Director Louis Sharpe, *Ignite* offers an enriching afternoon of music that speaks to both heart and mind – combining beloved classics with vibrant Australian composition.

The concert opens with *Sonic Boom* by Australian composer Natalie Williams, an energetic and colourful contemporary work. Acclaimed Canberra-born violinist Mia Stanton returns home to perform Mendelssohn's Violin Concerto, admired for its lyricism, elegance, and emotional depth. The program concludes with Saint-Saëns' magnificent 'Organ Symphony', featuring distinguished organist Marko Sever, in a work renowned for its grandeur and thrilling finale.

The National Capital Orchestra is proud to be a community orchestra, bringing together dedicated local musicians and outstanding guest artists. Concerts offer both musical enjoyment and the opportunity to engage with Canberra's vibrant cultural life.



**Date:** Saturday, 29 March 2026

**Time:** 3:00pm

**Venue:** Snow Concert Hall, Red Hill

**Bookings:** [Book Here](#)



Also, mark your calendar for three other NCO concerts in the Resonate Season:

**4<sup>th</sup> July** – *Press Play: The Game Music Spectacle*, with the Canberra Choral Society, Llewellyn Hall

**12<sup>th</sup> September** – *Echoes of Humanity*, Llewellyn Hall

**8<sup>th</sup> November** – *Classical Pops: Let's Dance!* Snow Concert Hall

We warmly welcome first-time attendees. Join us for *Ignite* and experience the inspiration of live orchestral music as we launch our 2026 season, *Resonate 2026*.

Jenny Robinson  
NCO Publicity  
[info@nco.org.au](mailto:info@nco.org.au)

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## Family History ACT

### Sunday 8<sup>th</sup> March, 2:00 – 5:00 pm – 1063 Beginning Family History

Join us at 'Beginning Family History': your first step to uncover your ancestral roots

Join our family history course and journey to uncover your ancestral roots. Designed for beginners, this course will introduce essential research techniques, key historical records, and tools to help you build your family tree. Learn how to navigate archives, explore online databases, and piece together your ancestors' stories. And what to do when you hit a brick wall!

The course is in two parts: the first on 8<sup>th</sup> March from 2:00pm – 5:00pm. This will be followed in May by a face-to-face session for Canberra-based participants and, separately, a Zoom session for those outside Canberra. If you are Canberra-based, we expect that you will come to the second session for an introduction to the library and its research tools, plus a one-on-one personal follow-on for your own research. The Zoom session for external participants will also address these aspects from an on-line perspective. We will tell you more about the second sessions on 8<sup>th</sup> March.

Registration via the [FHACT website](#) is essential. A registration fee applies.



## FAMILY HISTORY ACT

### Monday 23<sup>rd</sup> March, 7:00pm – 1064 Tell me about... the National Library of Australia

Discover what the National Library of Australia has to offer family historians.

The National Library of Australia collects, protects and provides access to millions of physical items and billions of digital records about Australia and Australians. But did you know the library has a Family History Coordinator?

Join Leisa, the library's family history coordinator for a family history-themed Zoom session aimed at helping us get the most from an online visit to the National Library of Australia. The session is for family historians of all experience levels.

Leisa will help us explore the hidden stories of our heritage. She will show us how to navigate the library's website, what resources are available, how to make best use of the catalogue, share some Trove search techniques, explain the available services and more. Don't miss it!

Registration via the [FHACT website](#) is essential. A small registration fee applies.

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## 2026 E.M. Fletcher Writing Competition

*The Award is named in honour of Society Fellow Eunice Fletcher*

- 1500 to 2000 words on a family history theme.
- Prizes of \$1,000 for best short story, \$500 for 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 \$35.00 for non-members.
- No limit on the number of entries.
- Terms & Conditions and Entry Form available at [familyhistoryact.org.au](http://familyhistoryact.org.au) or by email from [writingcompetition@familyhistoryact.org.au](mailto:writingcompetition@familyhistoryact.org.au)



**Competition closes 15th July 2026**

### 2026 Judges

**Terry Fewtrell:** A former public servant then consultant. Terry is now active in Australian identity movements, even writing a highly commended family history book on the subject. He is also active in Catholic Church reform.

**Barbara Broad:** Barbara is a founding member of the E.M. Fletcher Writing Competition Committee. Her enduring interest in family history is reflected in her short stories, memoirs, and blog [Cook Books and Memories](#).

**Margaret Clough:** Margaret, a long-time Canberran, has taught across sectors, published five books, travelled widely, supported refugees, volunteered for conservation, and earned E.M. Fletcher recognition.

### Contact Details

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

Website: [familyhistoryact.org.au](http://familyhistoryact.org.au)

Telephone: 02 6251 7004  
[secretary@familyhistoryact.org.au](mailto:secretary@familyhistoryact.org.au)

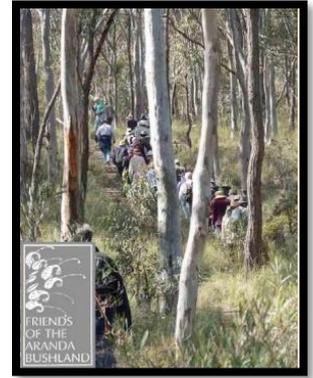
Writing Competition Committee  
[writingcompetition@familyhistoryact.org.au](mailto:writingcompetition@familyhistoryact.org.au)

## National Trust (ACT)

### Aranda Bushland Walk: Sunday 29 March

Members \$15, Non-members \$20

Explore the ACT heritage listed Aranda Snow Gums area with the Friends of the Aranda Bushland providing expert commentary. Home to critically endangered woodlands and grasslands, threatened bird and plant species. A great opportunity to learn about local conservation efforts and commune with nature in this special piece of Canberra's natural heritage.



### Open Day at Gungahlin Homestead: Saturday 11 April

Crace Holdings, owners of Gungahlin Homestead, have generously allowed the Trust to open the doors of this heritage gem to the public for our annual Open Day.

There will be guided tours of the Homestead, and we are preparing a program of entertainment, refreshments and stalls. Many organisations enjoy participating in the Open Day with stalls and activities to share information about themselves or demonstrate their skills. It is also an opportunity to promote other events during the Heritage Festival. Previous Open Days at Gungahlin Homestead

have proven very popular so if you are part of, or know, a heritage trade, craft or other organisation which would like to participate in the Open Day, please contact us at [events@nationaltrustact.org.au](mailto:events@nationaltrustact.org.au).

We will also be calling for volunteers to help at the Open Day so please note the date.



### ACT Heritage Oration with Tim Ross: Tuesday 28 April

National Film and Sound Archive

Hot off the back of his sold-out February shows, Tim Ross will be back in Canberra to deliver the 2026 Heritage Oration for the National Trust on his passion – modernist architecture.

More information and booking details are available at <https://australianheritagefestival.org.au/events/act>

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## Southern Highlands Day Tour: Tuesday 26th May 2026



In the afternoon, there will be a rare opportunity to visit the historic **Golden Vale Homestead**, a grand sandstone home surrounded by English-style gardens, pictured here. We will have a guided tour of the house and time to enjoy the beautiful estate gardens. Golden Vale is a National Trust property which is only open for tours.

In the morning, we will visit the fascinating **Mittagong Mushroom Tunnels**, where disused railway tunnels now provide the perfect environment for cultivating gourmet mushrooms! An informative guided tour will tell us how mushrooms are grown and harvested, and about the tunnels' wartime and railway history.

We will enjoy lunch at Sutton Forest Inn and travel in comfort with Potter Travel on this tour. Pick-up in Deakin, City or Lyneham.

Price: \$265 pp members of the National Trust, Friends of the National Library and U3A (\$275 non-members)

**A deposit of \$50 is required to reserve a place by 8<sup>th</sup> March.** When we have sufficient bookings, you will be advised how to pay the remaining amount which will be due by **Friday 24<sup>th</sup> April.**

You can reserve a place through Trybooking <https://www.trybooking.com/DJSOM>

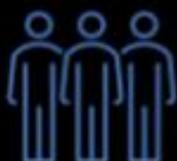
If you have any questions please contact Mary Johnston, [events@nationaltrustact.org.au](mailto:events@nationaltrustact.org.au) or on 0427 381 380.



# PARTICIPANTS NEEDED FOR HEAT THERAPY STUDY.



The effects of heat therapy on both cardiovascular health and heat acclimatisation.



- You must be aged 65-90 years.
- You must be healthy.
- You must not have any chronic medical condition that requires medical therapy.



The heat therapy will be 8 weeks in duration, visiting the University of Canberra 3x a week for 45 mins each visit.

Participants will also complete:

- 1x treadmill-based exercise test ( $VO_{2max}$ )
- 1x body composition assessment (DXA)
- 2x treadmill-based exercise heat response test.



Participants in the intervention group will receive a \$250 gift voucher to thank you for your time.

Interested in participating or have any questions? email [Alex.Hansen@canberra.edu.au](mailto:Alex.Hansen@canberra.edu.au) or call 0406 837 663



Australian  
National  
University



# Participants Wanted

Are you between 60 - 75 years old and interested in participating in a study that aims to improve your cognitive and physical health?



## Participating in this study will involve...

Participating in physical training, cognitive training, or a combination of the two, for 12 weeks.

At the start, end, and three months after the end of the study:

- Cognitive and physical fitness assessments
- Tasks in our driving simulator
- A blood draw



If you're interested in participating, or would like more information, contact our research team via email:

[PhABHeaD@canberra.edu.au](mailto:PhABHeaD@canberra.edu.au)

This research has been reviewed and approved by the University of Canberra and Australian National University's Human Research Ethics Committee (#11846)

# Shape the Future: Help Us Design a Mindfulness Intervention!



Photo credit to "Meditation" by Mah. Mui. Sin is licensed under CC BY 2.0

Are you aged over 60 and have noticed decline in your thinking and memory? Would you like to help design a mindfulness intervention?



Photo credit to "meditation" by sashameel is marked with CC0.1.0

## What does the study involve?

We are creating a new mindfulness intervention for people aged over 60 who have noticed decline in their thinking and memory, or been informed by a health professional that they have memory or cognitive difficulties. We are looking for assistance from you to share your ideas through an online survey about the content and length of the mindfulness program, and potential modifications for it.

**This study is a part of a PhD project at Griffith University**  
GU ref no: 2025/916

Scan here the QR Code

(Open your phone camera and click on the link shown)



## Interested?

Email us:

ranil.acharige@griffithuni.edu.au

or

Phone or text:

044 900 6363

We will send you the link

or

If you are reading on a computer or mobile screen, click this link -> <https://www151.griffith.edu.au/redcap/surveys/?s=VhQ7EKHDy77MKPYX>

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## School Volunteer Program ACT



Schools got underway on 2<sup>nd</sup> February, but they won't be ready to get volunteers in to assist until they have had time to get to know the students.

Our first Information session for potential volunteers will take place on:

Friday 13<sup>th</sup> March from 12:30pm – 2:30pm and repeated on

Monday 16<sup>th</sup> March from 10:00am – 12:00 Noon

You only need to attend one of these sessions so choose the date and time that suits you best. These events take place in Meeting Room 11 at the Hedley Beare Centre in Fremantle Drive Stirling.

Many of our volunteers assist students who are struggling readers. In 2025 a kit was developed to support volunteers working in this role. I will be demonstrating the kit and its contents at the session on Friday 20<sup>th</sup> March from 10:00am – 12:00 Noon.

### Annual General Meeting

Friday 13 March

3 – 4 pm

Meeting Room 11 Hedley  
Beare Centre, Fremantle  
Drive Stirling

Contact: Nola Shoring

0434 537 555

Our next big event is our Annual General Meeting, which is taking place in Meeting Room 11 at the Hedley Beare Centre on Friday 13 March from 3:00pm-4:00pm, directly after the Information session. Please come along and enjoy a delicious afternoon tea and meet up with other volunteers.

Our volunteers are amazing people, but Simon Baker deserves special mention for the work that he does for children in Cambodia:

#### **Recreating Play School in Cambodia by Simon Baker**

*As a volunteer in the School Volunteer Program ACT, my Wednesdays begin with kindergarten children at Lyneham Primary School reading stories to me. Later in the day, I focus on recreating Play School in Cambodia.*

*My journey with Cambodia started as a volunteer teacher back in 1992, and now, as a retired educator, I continue to nurture my connection with children both here in Australia and in Cambodia. You can read more about Simon's work on our website.*

I look forward to seeing many of you at our AGM in March.

*Nola Shoring, President SVPACT*

Mobile 0434 537 555



Would you like to meet new people and forge new activities? Omnia Adventurers and Social Club could be the place for you! Our activities include drinks and dinner on Friday nights, regular walks around town, bushwalking, movies, gallery outings and more!

We are a welcoming group of people over fifty-five who would love to meet you. Please come and join us!

Further information and application forms –checkout our website at <https://oaasc.memberjungle.com/>



*Photo: Ross A – Two Men and a Wise Dog*

**COMMITTEE AND KEY CONTACTS for 2026**

*As at December 2025*

<b>Committee Members</b>	<b>Name</b>	<b>Email</b>	<b>Phone</b>
President	Alex Gosman	<a href="mailto:president@u3acanberra.org.au">president@u3acanberra.org.au</a>	
Vice President	Kristine Riethmiller	<a href="mailto:kristiner@u3acanberra.org.au">kristiner@u3acanberra.org.au</a>	
Vice President	Vacant		
Treasurer	Graeme Swift	<a href="mailto:treasurer@u3acanberra.org.au">treasurer@u3acanberra.org.au</a>	
Secretary	Maria Magro	<a href="mailto:secretary@u3acanberra.org.au">secretary@u3acanberra.org.au</a>	
Ordinary member	Mary Bermingham	<a href="mailto:membership@u3acanberra.org.au">membership@u3acanberra.org.au</a>	
Ordinary member	Gary Davis	<a href="mailto:gary.davis@u3acanberra.org.au">gary.davis@u3acanberra.org.au</a>	
Ordinary Member	Christine King	<a href="mailto:christine.king@u3acanberra.org.au">christine.king@u3acanberra.org.au</a>	
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Ordinary member	Brian Weir		
Ordinary member	John Anglely		
Ordinary member	David Needham		
Ordinary member	Louise Oldman		
Ex officio member	Keith Huggan	<a href="mailto:chaircsc@u3acanberra.org.au">chaircsc@u3acanberra.org.au</a>	
<b>OUR SERVICES FOR MEMBERS</b>			
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Enquiries: Hughes	Office volunteer	<a href="mailto:officeservices@u3acanberra.org.au">officeservices@u3acanberra.org.au</a>	62816998
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Suggestions		<a href="mailto:suggestions@u3acanberra.org.au">suggestions@u3acanberra.org.au</a>	
Tours	Garth Setchell	<a href="mailto:tours@u3acanberra.org.au">tours@u3acanberra.org.au</a>	6290 1100
Tuesday Forums	Alex Gosman	<a href="mailto:forums@u3acanberra.org.au">forums@u3acanberra.org.au</a>	0414 258 745
UC enquiries	Karin Hosking	<a href="mailto:ucanberra@u3acanberra.org.au">ucanberra@u3acanberra.org.au</a>	
New volunteers	Julie Polson	<a href="mailto:volunteerliaison@u3acanberra.org.au">volunteerliaison@u3acanberra.org.au</a>	
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