



# Newsletter 1st Quarter 2026



## Hearing Loss

### What is hearing loss?

Hearing loss means you don't hear as well as most people do. There are different types of hearing loss. It can be mild, moderate or complete, and it may affect one or both ears.

You can be born with hearing loss or develop it later in life. Some types of hearing loss are temporary, and others are permanent.

### What are the symptoms of hearing loss?

Hearing loss can start slowly or happen suddenly. It can affect one or both ears. The signs can be different in adults and children.

#### In adults

Hearing loss in adults can be hard to notice at first. You might not notice small changes. You may:

- have trouble hearing in noisy places
- have trouble hearing people on the phone
- often ask people to repeat themselves
- hear sounds as muffled, as though people are mumbling
- need to have the TV volume louder than other people
- hear buzzing or ringing in your ears (tinnitus)

avoid situations because you have trouble hearing  
 vitamin D supplements and better nutrition can make a real difference. With the right mix of strategies, it's possible to reduce risks and help older people in care stay safer and more independent."

### What causes hearing loss?

If you have a sudden loss of hearing, go to your local

emergency department.

There are different types of hearing loss, depending on where the problem happens in the ear or hearing pathway. Each type may be caused by different things. Hearing loss happens when there's a problem with:

- how sound travels through your ear
- how sound is sensed by your inner ear
- how your brain processes sound

### Conductive hearing loss

Conductive hearing loss happens when sound cannot travel well through the outer or middle ear. This may be caused by:

- ear wax blocking the ear canal
- fluid or infection in the middle ear (common in children)
- a hole in the eardrum
- problems with the tiny bones in the middle ear, such as in otosclerosis

### Sensorineural hearing loss

Sensorineural hearing loss happens when the inner ear (cochlea) or the hearing nerve is damaged. Sensorineural hearing loss is usually permanent. It can be caused by:

- getting older (called presbycusis)
- loud noise
- some infections
- certain medicines
- genetic conditions you were born with

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**Our Vision**  
*U3A Armadale Inc. is part of an International network which was founded in France in 1973, and now has chapters in many different countries. Our group is part of the U3A Network of WA, which in turn is part of the Australia wide U3A network which started in Melbourne in 1984.*  
*U3A provides opportunities for Seniors to stay both physically and mentally active, and to continue learning during their retirement years. To achieve this goal we provide presentations on a variety of subjects as well as group activities and outings.*

## President's Message: Sheila Shenton



Another year over and a new one already begun, as we enter our 30th anniversary. Perhaps it is time to reflect on the small group of volunteers who started U3A Armadale in 1996, and all the volunteers and members since then, along with the many activities that have taken place over the years.

Our sincere thanks to Judy and Marilyn, who have now stepped back from running the educational groups, for all the hard work they put into organising courses. A great deal of effort goes into arranging these programs. Whilst most courses were well supported, it was disappointing that some attracted only a handful of members. The Committee is now arranging courses and is trialling a variety of ideas — a mix of in-house and external learning — in the hope that members will be encouraged to give them a try.

Our first educational outing for the year took place on Thursday 19th March, when members visited the Titanic Expo – The Human Story. We met at a local train station, travelled together to Perth, and then made our way to the exhibition.

Those who attended thoroughly enjoyed both the exhibition and the day out. It was a very successful outing, and several members have expressed interest in more one-day educational excursions.

Our in-house course on mobile photography in March is being run by Tony Fareso and is shaping up to be well supported.

Very many thanks to Rose and Marie for their hard work behind the scenes in the kitchen. They do a wonderful job organising morning teas, coordinating volunteers, and arranging for plates of food to be brought to meetings. Thanks also to

Hazel, who can be found at the entrance selling raffle tickets; Veronica, who organises the monthly cinema group; Pat, who arranges the Ramblers and seeks out interesting walks; and Maureen, who organises the bus trips. Without these dedicated volunteers, our club would not be as vibrant as it is.

There are also many members who quietly give their time to set up the meeting room before each fortnightly meeting and stay behind afterwards to pack everything away. They are the silent contributors who simply get on with the job.

We must also acknowledge Margaret and Judy, who assist Tina, our Treasurer, on the front desk to process payments, whether by cash or card, before meetings commence.

Finally, thank you to the Committee for your support and time in helping to run the Chapter during these challenging times. Dave, our Membership Officer, has done a tremendous job taking on the Secretary's role in a pro tem capacity.

Phil, our Deputy President, continues to manage all things technical, edits the newsletter, and supports Dave in the secretarial role. Phillippa works tirelessly researching and organising speakers for our fortnightly meetings. Without these volunteers, we would not have the vibrant U3A Chapter we enjoy in Armadale.

For this reason, we are asking members to consider joining the Committee. We hope to hold an open Committee meeting around April/May to invite any member who may be interested but unsure, or who has never served on a committee before, to come along and see how it all works. It is not rocket science, and it is a wonderful opportunity to help shape our Chapter for the coming years. If you would like to attend, please speak to any Committee member.

Many members have served on the Committee over the years, and the current Committee is no exception including myself, having been "recycled" as President! We are now looking for new members with fresh ideas who are willing to lend a hand.

The City of Armadale has invited U3A to participate in their "Let's Connect" Day for Seniors on Thursday 30th April at Kelmscott Hall, River Road. We are seeking a few volunteers to help staff our stall between 9am and 3pm. In previous years, we have rostered two members at a time for two-hour shifts. If you are interested in helping, please let me know your preferred times. A notice has been placed on the whiteboard at our meetings showing the available time slots.

I hope you all enjoy the year ahead and look forward to seeing many of you at the various events we have planned.

**Sheila Shenton - President U3A Armadale**

Asymmetrical hearing is hearing loss in one ear. It happens when there is a problem in the inner ear or the nerve that sends sound to the brain. This kind of hearing loss can happen for a range of reasons, such as:

- Meniere's disease
- a tumour near the hearing nerve
- exposure to loud noise
- getting older

### Mixed hearing loss

Mixed hearing loss is when someone has both conductive and sensorineural hearing loss at the same time.

### Neural hearing loss

Neural hearing loss is caused by problems in the hearing nerve. It can be due to conditions, such as an acoustic neuroma (a type of tumour) or damage from infections.

### Central hearing loss

Central hearing loss happens when the brain has trouble processing sounds. It can be caused by problems in parts of the brain, such as a stroke or multiple sclerosis. A type of central hearing problem in school-aged children is called auditory processing disorder (APD).

### What does it mean if I suddenly lose my hearing?

Sudden onset hearing loss is when you suddenly lose hearing, usually within 3 days. It may be conductive or sensorineural. This is an emergency. It may be caused by many things, including:

- infection
- stroke
- head injury
- certain medicines

### When should I see my doctor?

See your doctor if you are concerned about your hearing. If you experience symptoms of hearing loss, see an audiologist for a hearing test.

### When to seek urgent care

If you have a sudden loss of hearing, go to your local emergency department.

Seek urgent care if you have sudden hearing loss. It may feel like your ear is blocked or that you suddenly can't hear on one side. This is an emergency and you should see a doctor straight away.

### Also seek urgent care if you notice:

hearing loss with dizziness, ear pain or ringing in the ear (tinnitus)

hearing loss after a head injury or loud noise

hearing loss with nerve symptoms, such as facial weakness or numbness

**FIND A HEALTH SERVICE** — The Service Finder can help you find doctors, pharmacies, hospitals and other health services.

### How is hearing loss diagnosed?

Hearing loss is diagnosed through a physical exam and hearing tests. Sometimes your doctor will recommend imaging tests, such as an MRI scan or blood tests, to find out the cause.

**ASK YOUR DOCTOR** — Preparing for an appointment? Use the Question Builder for general tips on what to ask your GP or specialist.

### How is hearing loss treated?

Hearing loss can be managed in different ways, depending on how severe it is and what the cause is. This may include:

- hearing aids
- cochlear implants and other implantable devices
- surgery

### Living with hearing loss

Hearing loss can affect many parts of daily life — from talking with family to understanding people at work or in social situations. Even mild hearing loss can make communication harder, especially in noisy places or during fast conversations.

Support and treatment can make a big difference and help improve hearing and communication. Learning sign language, how to read lips or using visual alerts can also be useful.

### What are the complications of hearing loss?

Untreated hearing loss can lead to more than just trouble hearing. It may lead to:

- social isolation
- depression and anxiety
- falls, especially as you get older, as balance and movement can also be affected

### Can hearing loss be prevented?

Hearing loss isn't always avoidable, but some types can be prevented. Here are some tips that may help you:

Protect your ears from loud sounds — use earmuffs or earplugs, especially in noisy workplaces or at concerts.

Limit the amount of time you spend in loud environments, such as clubs or gyms with loud music.

Look after your health and quit smoking.

While routine hearing checks aren't recommended for people without symptoms, having a hearing test can help if you notice changes.

You can also call the Healthdirect helpline on 1800 022 222 (known as NURSE-ON-CALL in Victoria). A registered nurse is available 24 hours a day, 7 days a week.



## Coffee / Lunch Group



**Back by popular request,**  
an evening at the **Rahi Indian Restaurant,**  
1/2844 Albany Highway, Kelmscott  
(next door to the Vacuum House, ex Godfreys  
location)

Date: **Thursday 12th March**

Time: **5.30pm**

**BYO**

**Pay as you go:** Choose from a great selection off the menu.

Bring a friend and come along and enjoy each other's company!

Please let Sheila know before Friday 6th March, to enable booking your seat.

**Sheila: 0439 926 333 or at a U3A meeting.**

**The Coffee / Lunch Group** meets every third Wednesday of each month, from February to November.

If you would like to join the group please contact:

**Sheila: 0439 926 333 or Denise: 0414 779 115**  
**Newcomers always welcome.**



The CLT group met for the first time in 2026 at the Church Cafe in Armadale. The staff were very friendly and had prepared some freshly cooked scones with jam and cream. YUM!

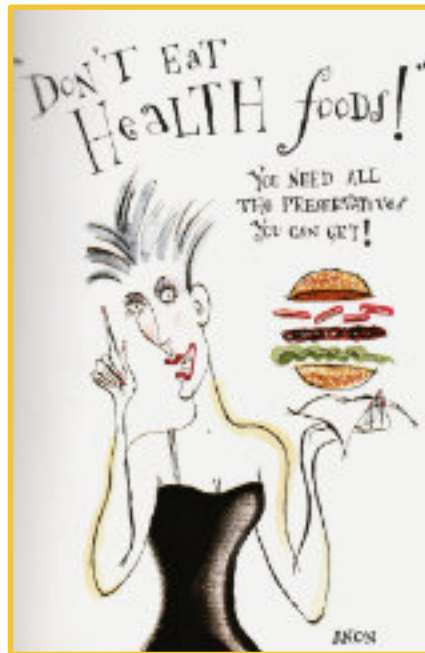
The conversations flowed around how do we, as seniors, cope with new technology, scams and coffee! It was a good morning with plenty of laughs and getting to know each other as members.

This CLT group is a good way to meet fellow U3A members, who we may see at the fortnightly meetings, but do not get time to stop and chat, to make new friends.

Below is a list of places the CLT group hope to meet throughout the year. If you are interested in coming along, please contact Sheila on 0439926333, or you can speak to her at one of the fortnightly meetings.

## Coffee / Lunch Group Dates 2026

Wed 18th March	Lunch	12 noon	Dot's Cafe, 65 Dorothy St. Gosnells
Wed 15th April	Coffee	10am-11.30am	Willow Springs Orchard, 408 Albany Highway, Bedford
Wed 20th May	Lunch	12 noon	Bentley Pines Training Restaurant, Hayman Rd. Bentley
Wed 17th June	Coffee	10am-11.30am	Cozzi Corner Book Cafe, 124 Croydon Rd. Roleystone
Wed 15th July	Lunch	12 noon	Delhi Flavours, 30/10 Orchard Ave, Armadale Center
Wed 19th August	Coffee	10am-11.30am	Dome Cafe, Kelmscott
Wed 16th Sept	Lunch	12 noon	Lifang Valley Chinese, Brookton Highway
Wed 21st Oct	Coffee	10am-11.30am	Orchard Express, 7/22 Jarrah Rd, Roleystone
Wed 18th Nov	Lunch	12 noon	Taste of Italy, Forrest Rd, Armadale



## Cinema Group



The Cinema Group meet at Armadale Cinema on the 2nd Tuesday of each month. The film title and time will be advised in the week before.

If you wish to join the group please contact **Veronica: 0417 755 235**

# Titanic - The Human Story



Today U3A Armadale "Salty Dogs" went in search of adventure on the high seas. The story didn't end well though, as we were going to board the Titanic!

Well, the real story is eleven of us attended the Titanic Exhibition - the Human Story, in Perth at the Northbridge Centre ([titanicexhibition.com.au](http://titanicexhibition.com.au)).

As you slowly wandered around, the exhibits and narrative brought home the human story behind many of those involved with this ship. From the very wealthy to the poorest of poor, many these souls were looking forward with hope of new beginnings and a new life in a far away land.

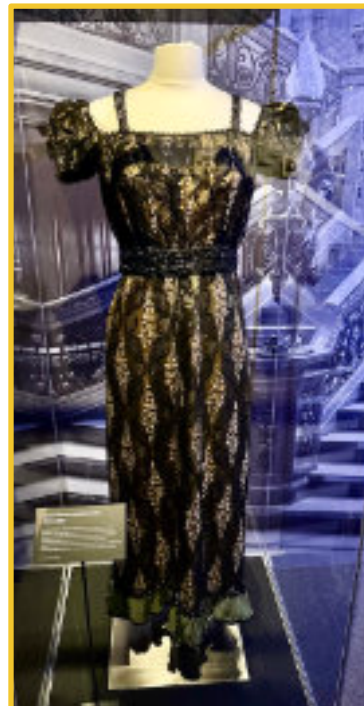
Tragically many did not survive, particularly the 3rd Class passengers and the crew. Your chances of survival in the early 1900's definitely increased for those of a higher status.

An "unsinkable" ship sank, despite the technology of the time. Something to consider even now.

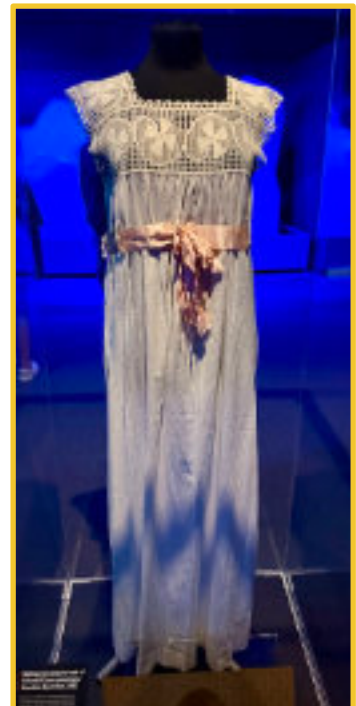
A great day out with excellent company - well worth the visit.



A lifejacket recovered from the wreck area after the Titanic sank.



What an elegant lady of the 1900's wore to be dressed for an evening in First Class Dining.



In her nightgown a second class passenger's clothes beneath her lifejacket.



How your class dictated your position.



The main export was people.....



...to all parts of the world.



Private Suite Dining Room



Private Suite Sitting Room with Comforts



Private Suite Bedroom Room



Public Cafe Dining!

Ah!. Lunch at last!

## Book Club

The Book Club met on the fourth Friday of each month throughout 2025, with an average of 6 -10 members attending each group meeting. Participants met in a friendly, relaxed atmosphere to share their thoughts on the book they've just read, discuss the author, and provide as much detail as they feel comfortable sharing.

New group members are always welcome.

Please contact Sheila: 0439 926 333



### U3A Book Club list for 2026

Date	Title	Author
27 <sup>th</sup> Feb	Wild Dark Shore	Charlotte McConaghy
27 <sup>th</sup> March	Last One Out: No One Stays Forever	Jane Harper
24 <sup>h</sup> April	The Jam Maker	Mary-Lou Stephens
22 <sup>nd</sup> May	Home to Biloela	Priya Nadesalingam & Rebekah Holt
26 <sup>th</sup> June	Daughters of Batavia	Stefanie Koens
24 <sup>th</sup> July	The Children Act	Ian McEwan
28 <sup>th</sup> August	The Island of Sea Women	Lisa See
25 <sup>th</sup> September	The Lost Bookshop	Evie Woods
23 <sup>rd</sup> October	Matthew Flinder's Cat	Bryce Courtney
27 <sup>th</sup> November	The Washerwoman's Dream	Hilarie Lindsay

This year members of the Book Club chose Australiana with authors or books with an Australian theme, which made for interesting reading. Not every book went down well, and some members of the group found a few books very challenging. However, that is the fun of Book Clubs, to take us out of our comfort zone and read books we either have never heard about or very different to our normal choice. All books are chosen for the year by members of the Book Club

Our group discuss the book we have just read, and find out about the author. All meetings are held respectful of each other's thoughts. Come along and give us a try, it's great fun! New members welcome.

The Book club meets on the fourth Friday from February to November, at Kelmscott Library, from 1pm to 3pm

Please call Sheila: 0439 926 333 for further information.

## Suggested Bus Trips for 2026



**March 31st 2026**

### **The Hive at Little Eden Farm**

**Cost: \$95**

Includes Morning Tea at Granville Park Gin Gin. Travel to Little Eden Farm a hidden gem in Perth picturesque countryside ( no further details at this time) 2 Course Lunch at The Hive. Walk among many species of feathered friends after an enlightening talk about bees.. Free honey tasting, then Honey and other products for sale at farm shop, Home 3.30pm



**June 30th 2026**

### **Hotham Valley Etmilyn Train**

**Cost: \$95 + cost of lunch**

Morning Tea at Dwellingup before boarding train, Travel 8km eastward to Etmilyn. Free time to walk the 25minute Forest Walk Back in Dwellingup time to purchase lunch Or lunch arranged at Jetty's in South Yunderlup. Then stop for strawberries before home at 4pm



**September 29th 2026**

### **Peel Manor House**

**Cost: \$110**

Travel south to Wells Park site of Kwinana wreck for morning tea then travel along coast to Catalpa Memorial site of largest escape from Fremantle Prison, continuing along coast we visit Point Peron and view the new outlook of Shoalwater and Safety Bay. Time now to make our way to Peel Manor House Georgian Mansion for lunch. On way home if time permits we visit Peel Estate Wines for some wine tasting.

Comment and suggestions please to:

**Maureen Pease (Trip Organiser)**

## The Hive at Little Eden

**Tuesday 31st March 2026**

**Departs: 08.15am**

**(Please be ready 15mins before departure)**

**Evelyn Gribble Community Centre**

**140 Ninth Road, Brookdale**

**Returns: 16.00 pm**

**Price: \$90 per person**

**Bookings Open Tuesday 3rd February 2026**

Begin your day with morning tea at the charming Granville Park

in Gin Gin, where you can relax and take in the peaceful views overlooking Gin Gin Brook. From there, your journey continues to The Hive at Little Eden Farm, a hidden gem nestled in Perth's picturesque countryside. At The Hive, lunch is a delightful affair with choices to please every palate. Savour their perfectly prepared Fish and Chips, indulge in home style Lasagne, or enjoy a freshly baked Vegetarian Quiche—each served with a

fresh salad. Save room for dessert, as their signature Peppermint Crisp Tart provides a sweet finale to your meal. You will be entertained by the farm's feathered residents. Peacocks display their magnificent plumage, while guinea fowl, chickens and various other birds wander freely through the surrounding gardens, creating a truly immersive farm experience. The adventure continues with an enlightening journey into the world of bees. Learn about these remarkable insects and their vital role in our ecosystem through an engaging talk. Your taste buds will be treated to complimentary honey tastings showcasing the farm's own golden harvest. Before departing visit their onsite shop, where you can take home a piece of Little Eden Farm, with their premium products available for purchase. The entire experience is enhanced by the dedication to exceptional customer service and their commitment to providing the highest quality products in this stunning countryside setting.

**Meal selections need to be advised when booking.**

## Recreational Ramblers

U3A Ramblers is a group of people who take a stroll in the great outdoors for 1 hour every 4th Friday of the month. This activity benefits both physical and mental health, something we have all known forever. However, recently it has been "discovered" by some psychologist, and has been rebranded as "forest bathing". I guess people will pay for that, and now it is the latest thing.

We meet at 8.45 and commence walking at 9.00. After our workout we head for the nearest coffee shop for refreshments and a chat.

The **Recreational Ramblers** meet on the 4th Friday of each month, place and time to be advised in the preceding weeks.

If you wish to join the group please contact

**Pat: 9390 6640 / 0422 020 044**



## Ramblers Last Walk 2025

U3A Ramblers 9th and last walk for 2025 was in Settlers Common and was attended by 10 walkers. At the entrance I asked everybody to keep an eye open for 2 Red Tailed Cockatoos that were regularly seen in the area and they dutifully kept an eye on the treetops.

Flowers were scarce but we did find a Fringe Lilly with enough half dead flowers to identify it as a branching Fringe Lilly - *Thysanotus Dichotomus* (that is why I stick to common names).

The 2 cockies were found on the ground as beautiful sculptures made up of gum nuts, pebbles, pieces of grass tree trunk and burnt wood. I went back a week later and there was no trace of them, it was as if they had been vacuumed up.

A visit to Organic Circle for morning tea where we were joined by Phillipa and Ann as Hazel had kindly picked her up, and I was gifted a lovely box of chocolates. Thank you all for coming out to play each month. I hope to see you again on the 4th Friday of March 2026.



## Books, Jigsaws, D.V.Ds



Members, please remember to visit our library which contains a range of books: fiction and non-fiction, DVDs, listening story tapes, and jigsaws.

These are for your use, to borrow and return. You don't have to sign in, so please browse and make use of this opportunity. We have had a request for large print books, so if you have any you can donate to assist, they will be gratefully received.

Contact: **Jenny Wardlow: 0414 652 619**

# Guest Speakers Semester 1 - 2026

MEETING DATE	SPEAKER	TOPIC
3rd February	Stephen J Luke	"My Life in Submarines"
17 February	Jaya Nair Waste Workshop Armoury	"How to Reduce Waste Generated in the Home"
3rd March	Hazel James – Birtwistle Local Library Studies Armadale	<i>The History of Armadale, Part 1</i>
17 March	John Rando – Social Scientist	"Half a century as a lawyer, musician, existential philosophy and making the most of adversity".
7th April	Denise Beer	"The Dreamer"
21 April	Hazel James	<i>The History of Armadale, Part 2</i>
5th May	Robert (Bob) Russell Brown	"Is it a Hearing Loss or Speech Perception Difficulty?"
19 May	Kim Fletcher	"History of the Railways"
2nd June	Lynley Barnett	"Grandparents supporting family members grandchildren facing divorce/separation"
16 June	Dr Ian Abbott & Dr Andrew Burbidge	"Island Jewels" the Natural History of Western Australia's Islands,



**ARMADALE**

UNIVERSITY OF THE THIRD AGE

## U3A Armadale Event Timetable March 2026

Day	Date	Time	Details	Subject	Location	Contact	Phone
Sun	1st						
Monday	2nd						
Tuesday	3rd	9.30 am	Hazel James	History of Armadale - part1	Evelyn Gribble Comm Ctr. Nineth Rd Hilbert		
Wednesday	4th						
Thursday	5th						
Friday	6th						
Sat/Sun	7/8th						
Monday	9th						
Tuesday	10th	TBA	Movie Tuesday	TBA	Armadale Cinema	Veronica	0417 755 235
Wednesday	11th						
Thursday	12th	5.30 pm	Rahi Indian Restaurant	Indian meal	1/44 Albany HW, Kelmscott	Sheila	0439 926 333
Friday	13th						
Sat/Sun	14/15th						
Monday	16th	9.30 - 11	Mobile Photography	Course by Tony Fareso	2 Waterwheel Rd Bedfordale	Sheila	0439 926 333
Tuesday	17th	9.30 am	John Rando	Making the most of Adversity	Evelyn Gribble Comm Ctr. Nineth Rd, Hilbert		
Wednesday	18th	11.30am	Coffee/Lunch group	Dot's Cafe	65 Dorothy St. Gosnells	Sheila	0439 926 333
Thursday	19th						
Friday	20th						
Sat/Sun	21/22nd						
Monday	23rd						
Tuesday	24th						
Wednesday	25th						
Thursday	26th			Committee Meeting	Waterwheel Community Shed, Bedfordale	Sheila	0439 926 333
Friday	27th	AM	Rambiers	TBA		Pat	0422 020 044
Friday	27th	1.00 pm	Book Club	Last One Out by Jane Harper	Kelmscott Library	Sheila	0439 926 333
Sat/Sun	28/29th						
Monday	30th	9.30 - 11	Mobile Photography	Course by Tony Fareso	2 Waterwheel Rd Bedfordale	Sheila	0439 926 333
Tuesday	31st	8.15	Bus Trip	The Hive at Little Eden Farm	Evelyn Gribble Comm Ctr Nineth Rd Bedfordale	Maureen	0420 856 309



## *SAVE THE DATE*

**WHEN:** 14-15 September 2026  
**WHERE:** ANZAC House, 28 St Georges Terrace, Perth  
**TIME:** 9.30am Registration  
Start Time: 10.00am

**PROGRAM:DAY 1**– Four guest speakers – all high achievers in their field. Finish the day with a Happy Hour.

**DAY 2** – Choice of walking tours of historical city sites.  
Alternative program for mobility challenged  
Celebration of 40 years with special guest,  
Life Member Dr Maureen Smith

**INCLUDED:** Buffet lunch on Day 1. Sit down lunch on Day 2.

**WATCH FOR EARLY BIRD REGISTRATION. COMING SOON**

This event is for U3A members only



With financial support from U3A Perth, U3A Network WA, U3A Western Suburbs, U3A Melville, U3A Cambridge.

# Christmas Lunch at Gosnells Golf Club 2025





## Kitchen Roster 2026



Date	Kitchen Helper	Plate Providers
<b>3 February</b>	Maureen Mortimer	Nissa Aked, Teresa Cameron, Phillipa Bennett, Lyn Cornell.
<b>17 February</b>	Marianne Williman	Dene Choyce, Tina Betts, Cliff Cammock, Judy Damon.
<b>3 March</b>	Roberta Sherrard	Sandra Dennett, Carolyn Crawshaw, Patsy Eastough, Pam Craffey.
<b>17 March</b>	Trish Smith	Pat Emmitt, Helen Frischmuth, Anne Griffiths, Beverley Glass.
<b>7 April</b>	Marion Shoppee	Roy Hamilton, Margaret Hall, Marilyn Harris, Margaret Harris.
<b>21 April</b>	Annika Van der Hayden	Terry Holton, Mary Marsh, Lexie Johansen, Geoff McKebery.
<b>5 May</b>	Jenny Frayne	Joy Murphy, Pauline Oldfield, Sally Pannell, Judy Marston.
<b>2 June</b>	Sharon Cammock	Moira Mullins, Maureen Pease, Maureen Mortimer, Warwick Powell.
<b>16 June</b>	Sally Fareso	Robert Smith, David Spicer, Sheila Shenton, Ray Webb.

If you are unable to attend or provide a plate, please contact Rose: 0427 087 436 as soon as possible so that a replacement provider can be found.

Thank you.

Correct as of 19th November 2025

## Stephen Luke My Life in Submarines



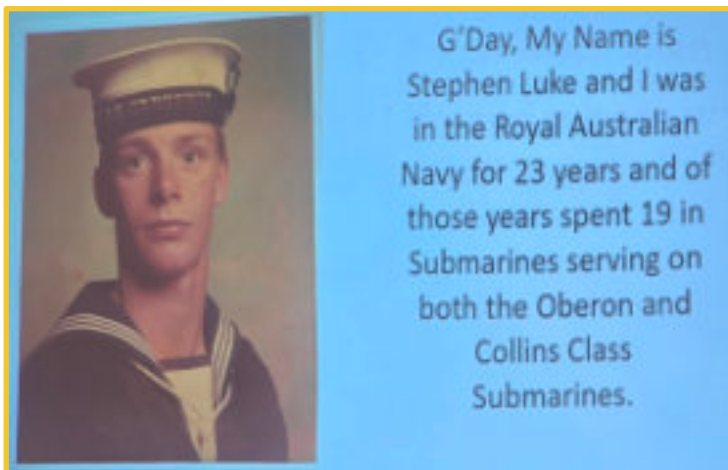
To start 2026 our first speaker of the year was Stephen James Luke RAN Rtd.

Retiring with the rank of Warrant Officer, Stephen a RAN veteran with 23 years service, 19 of which were in submarines, gave us an extremely interesting and informative talk on his career in the Royal Australian Navy.

Stephen served on many ships, but in particular the submarines HMAS Otama, HMAS Oxley, HMAS Orion, and HMAS Collins.

The final years of Stephen's naval career were spent with the Submarine Sea Training Group (SSTG)—an elite team of highly experienced submariners charged with ensuring Australia's submarines were ready to go to sea.

An excellent talk, very well delivered.



## Jaya Nair How to Reduce Waste in Homes



Today's talk was given by Jaya Nair, who is a program officer with Switch Your Thinking, a sustainability initiative of the City of Armadale, City of Gosnells and the Shire of Serpentine Jarrahdale. The program delivers community education workshops and corporate programs that implement sustainable action.

The core mission of SYT to encourage and enable people to live and work in a way that meets their needs without jeopardising the ability of future generations to meet their own needs. Since 2002, they have helped their program partners and community to reduce greenhouse gas emissions by 339,700 tonnes of carbon dioxide equivalent which is the same as putting 790,000 barrels of crude oil back in the ground. Jaya's talk covered all the aspects of how a normal household can help achieve these goals. A very informative talk.



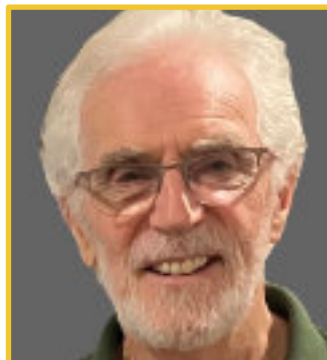
## Officers & Committee



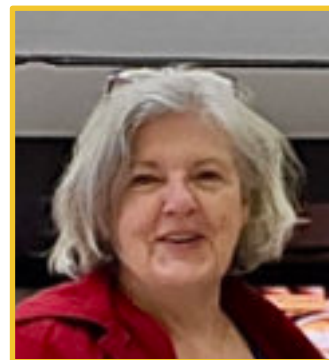
**Sheila Shenton**  
President



**Tina Betts**  
Treasurer



**Phil Aked**  
Vice-President



**Veronica Reid**  
Secretary

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## Committee Members

<b>Membership</b>	David Spicer
<b>Welfare</b>	Judith Damon
<b>Guest Speakers</b>	Phillippa Bennetv
<b>Raffles</b>	Hazel Stephen

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<b>Kitchen Co-ordinators</b>	Rose McBride Marie Borg
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