



Newsletter 2nd Quarter 2026



What is AI?

There's a lot of buzz around artificial intelligence, also referred to as AI. While it can seem quite alarming, especially when you hear news reports about the risks it poses to jobs, our privacy and society in general, it also comes with many opportunities. There are ways AI can help our lives, and you may even be surprised to hear you may already be using it without realising.

In this article we provide a beginner's guide to artificial intelligence and break down what it is, examples of how AI is being used today, some of the ways it can help us and some things to look out for.

What is AI?

How does AI learn?

Examples of AI

Different types of AI

What are some of the ways AI can be used to help us?

Downside to AI

What is AI?

AI is an umbrella term that refers to machines that can perform tasks the way humans would do. Or to be more technical, AI is an engineered system that produces content, forecasts, recommendations or decisions in response to a set of human-defined tasks without programming.

Machine learning is a term sometimes used synonymously with AI, however it's not the same. Machine learning is a type of AI that uses

algorithms (or sets of instructions) to train computers to recognise patterns from enormous amounts of data to make a prediction or decision. Machine learning accounts for most of today's AI.

How does AI learn?

AI learns from being fed large amounts of data such as text, images, speech and algorithms. The data and algorithms combined allow AI to complete a task.

Take for example 'training' AI to produce a drawing of a cat. To do this, AI software reviews millions of pictures of cats so that it recognises key features and patterns that allow it to learn how to create its own version of a cat. If it gets it wrong and produces an image of a dog instead, it learns from its mistake by adjusting the algorithm to get the desired output.

Examples of AI

You are probably already interacting with AI in your day-to-day life without realising. Here are a few common ways AI is currently being used:

Recommended content on subscription services

If you've watched Netflix or listened to Spotify, you may have noticed they come up with suggestions for you on what to watch or listen to. That's AI and it's called the recommender system.

Steve Nouri, a data science leader and the founder of AI4Diversity explains, "the recommender system is an AI algorithm that understands our watching

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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



Since the first newsletter of 2026, the Committee has been busy putting into place new ideas and exploring many more.

U3A is about friendships, keeping active and preventing isolation. This can be achieved in many ways - making new friends, keeping our brains and bodies active through learning new things and remaining physically active as much as we can. But more importantly, it is about preventing isolation. As a member of the U3A WA Network Committee, we all agreed that any form of learning, no matter how small, is good for us.

It has been suggested that we have "lost" our way at U3A Armadale because we are not doing as much formal education, and are instead focusing more on having fun. My question is, isn't that what seniors want? One does not have to sit in a classroom environment like being back at school, to continue learning. The feedback this Committee has received is that members want to learn, but also have fun.

The Committee has listened to what the majority are saying.

Earlier this year, we organised a trip to see Titanic Experience - The Human Story. Eleven members joined us as we caught the train from Byford to Perth, spent an interesting morning reading the stories of those who survived the Titanic, and then enjoyed a light lunch at the Art Museum before heading home.

Sixteen members attended the Mobile Photography course at the Waterwheel Community Shed. The two-session course was led by Tony Fareso. Many of us learnt new techniques, although we all need to keep practising to

remember what we were taught!

Our four-session Food for Thought course has now commenced, led by Marilyn Harris. Twelve members have signed up for this interesting course and are enjoying learning how the food chain has changed over hundreds of years to what we eat today. This course is one of many U3A online courses, which Marilyn has adapted for members to learn together.

Another trip into Perth has been organised for mid-July to attend the Oceanic Experience. Seventeen members have already registered and paid for this outing, which looks fascinating as we explore science beneath the ocean. Like the earlier trip, members can catch the train from Byford to Perth and are invited to join us for a light lunch afterwards before travelling home.

Our old favourite sub-groups continue to operate successfully.

Maureen is doing a wonderful job arranging trips further afield. We have already enjoyed a visit to a honey farm, and Maureen is currently organising a trip on the Hotham Valley Etmilyn Train at the end of June. She tells us that a full 48 of members and visitors are booked on the 48-seater coach.

Pat continues to organise the monthly Ramblers Group on the morning of the fourth Friday of each month, exploring the local flora and fauna as the seasons change. Pat keeps the walks local, so there is no need to drive long distances, and always finishes with a friendly coffee and chat to discuss what has been seen along the way.

The Book Club, held on the fourth Friday afternoon at the Kelmscott Library, continues to be well supported by members. It is the oldest continuing subgroup in our Chapter. This is not a group that simply sits around drinking wine and chatting about anything except the chosen book! Members choose the reading list for the year and each month discuss both the book and the author. Sometimes we read books that are completely outside our comfort zones, but that is what a book club is about: reading something you may never normally choose yourself.

The Cinema Group, organised by Veronica on the second Tuesday of each month, usually attends the cinema in Armadale. Veronica would like to expand visits to other cinemas, as Armadale can be somewhat restrictive in what is shown. If any member has ideas or suggestions, please speak to her.

The CLT Group (Coffee/Lunch Together), held on the third Wednesday of the month, remains another favourite as we visit mainly local cafés and restaurants for a chat. Members always leave having learnt something from fellow members — whether technical, topical, newsworthy or simply learning how to make or do something new.

In May, 30 members enjoyed a buffet lunch at the

Bentley Pines Catering Training College. This was a great success, with a wonderful variety of entrées, main meals and desserts, all prepared and served by the students. The students also spoke to members about their experiences learning hospitality skills.

Phillippa continues to do a grand job organising speakers for our fortnightly meetings. Since the last newsletter, we have enjoyed two talks from Hazel James, who is both a member of U3A and works part-time at the Birtwistle Library. Hazel is a whiz on local history and kept members interested and laughing as she retold stories from Armadale's past. Hazel has kindly agreed to present a four-part course later in the year, where she will go into greater depth about the characters and buildings of old Armadale.

Ross Ellis then presented a fascinating talk on his exploration into practical textiles and art, leaving members in awe of the skills he had taught himself and the beautiful clothing and handbags he had created for his late wife.

Denise Beer also entertained members with a talk about the life of Sir Cliff Richard, from his childhood in South Africa through to show business and stardom. Denise, of course, had some of his songs ready for members to join in and sing along.

At the end of April, several members helped man a stall at the City of Armadale's "Let's Connect Seniors Expo". We all agreed that this was by far the best seniors expo. the City of Armadale has organised. Holding it in the slightly smaller hall at Kelmscott created a friendlier atmosphere, and it was wonderful to see the focus placed entirely on seniors' groups and services rather than large businesses.

There was a great deal of fun and laughter as we met seniors from all over the area and shared information about our wonderful Chapter. We collected several phone numbers from people interested in giving U3A Armadale a try. I have since telephoned each person to follow up on our conversations. Many have promised to attend a meeting soon, while others are not quite ready yet but have kept our brochure for the future.

We ended May with our Biggest Morning Tea, where members decorated the room in yellow. Kim Fletcher gave a fascinating talk on the history of the railway line from Perth to Byford. This was another enjoyable event and gave members and visitors the opportunity to come together for friendship, conversation and, of course, delicious food. \$500 was raised for the Cancer Council.

Sheila Shenton, President U3A Armadale.



Invitation To Attend an Open Committee Meeting

Are you interested in becoming a Committee member, or would you like to first see how the Committee operates?

We are holding an open Committee meeting on:

Thursday 25th June at 1.30pm
Waterwheel Community Shed,
2 Waterwheel Rd, Bedfordale.

The Committee are looking for new members to bring their knowledge, ideas and enthusiasm to the Board.

If you are interested, please contact:

Veronica (Secretary) 0414 053 421
Sheila (President) 0439 926 333
Phil (Vice President) 0429 688 844

by Monday 22nd June
for an informal chat

What is AI? (from page 1)

patterns and engagement patterns and will come up with a complex understanding of what our brain likes and what makes us interested in watching more."

The algorithm recommends what it thinks we will like, and sometimes even suggests different things that it thinks we may be interested in.

Voice assistants

Voice assistants like Siri and Alexa use voice recognition which is a form of AI technology. When you ask Siri or Alexa to check the weather, the machine learning algorithm understands and responds to your voice. You can find out more about voice assistants and how they can help you with day-to-day tasks in our short course on smart home technology.

Chatbots

Chances are you've interacted with a chatbot when you've visited a website – it's the small pop-up box that often appears in the bottom right corner of a web page that offers to help answer questions you may have. When you type in a question for the chatbot, it analyses what you've entered and tries to understand what it means by comparing it to pre-defined questions and conversations that it's been programmed to recognise.

Facial or image recognition

The later smartphone and tablet models offer facial recognition as an alternative option to unlocking your device with a PIN. Your device maps your facial features from an image you've taken then compares them with a database of faces to find a match to unlock your device.

Search engines

Search engines like Google and Bing are using AI to improve your search experience. Normally when you do a search online, you're presented with a list of related organic links and paid ads so that you can discover the answer for yourself. Search engines that use AI may provide a summary of information found online as an answer to your search query. This gives you the option of not having to read through individual websites.

Different types of AI

The most common form of AI that exists today is narrow AI. It's designed to focus on a defined task and is used to address a specific problem. It cannot perform tasks outside of what it's been programmed to do. For example, if a machine has been programmed or 'trained' to produce a drawing of a cat, it wouldn't be able to draw any other animal.

One of the advantages of narrow AI is the speed and efficiency with which it can perform tasks compared with humans. However, the downside is its inability to understand the wider context of the

task it performs. For example, online language translations such as Google Translate use AI to translate words, however they don't consider the meaning or nuances behind everyday language so can miss things like humour, sarcasm and emotion, which can affect a translation.

By contrast, general purpose AI is a type of AI system that has a broad range of tasks and uses. Generative AI (gen. AI) is a subset of general-purpose AI and uses machine learning to generate content such as text, video or images, or a combination of these, in response to a prompt.

Some examples of gen. AI applications include ChatGPT, a popular text-based chatbot that can be used to simulate conversations with humans, write essays, poems, or even CVs to name just a few. DALL-E is another popular gen. AI tool used to generate images instead of text.

There are other forms of AI including artificial general intelligence and artificial super-intelligence that aim to think, feel and learn like a human. However, these are still hypothetical concepts.

What are some of the ways AI can be used to help us?

AI is transforming the way some industries operate by improving efficiency and automating repetitive tasks. For example, banks and other financial organisations are using AI for fraud detection to analyse and recognise suspicious transactions that could signal fraud.

AI can also be applied in healthcare to reduce human error and help make faster and more accurate diagnosis. For example, it's being used to make more accurate predictions of alzheimers disease and completing repetitive admin tasks leaving clinicians more time to work directly with patients.

Downside to AI

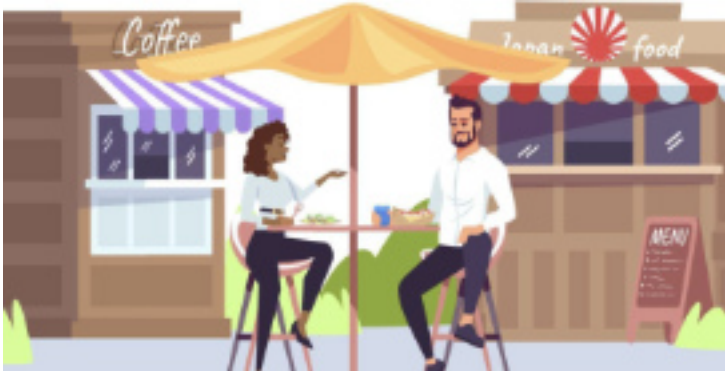
AI can be used to help our day-to-day lives, however it also poses some risks.

Generative AI tools can be used to create fake images, videos or voices of real people – also known as deepfakes - that spread fake news, disinformation, and scams. Deepfakes use footage or pictures of real people to create convincing and entirely fake photos or videos of them doing or saying something they didn't do or say.

Deepfakes can be used in scams where celebrities or public figures appear to promote a product or service which ultimately is fake. You can find out more about fake celebrity endorsements on the Scamwatch website .

While generative AI tools such as chatbots or text generators can be helpful, they can also provide inaccurate or outdated information so it's best not to exclusively rely on them as a source of truth, even when they sound believable.

Coffee / Lunch Group



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

Newcomers always welcome.

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

Positive Aging Morning Tea



Nine U3A Members, joined in the fun of a Positive Ageing Morning Tea at the Armadale Hall on Tuesday 12th May. Students from Roleystone College served the tea and coffee, all served in beautiful bone china cups, along with some yummy sandwiches, sausage rolls, scones with cream & jam all served from 3-tier cake stands.

Ladies from the local CWA helped in the kitchen to ensure everything ran smoothly.

It was disappointing to learn that many people who enrol to attend this free event for seniors, which was laid on by the City of Armadale, do not turn up. The hard work that goes into the preparation and food which is prepared, often has to go to waste.

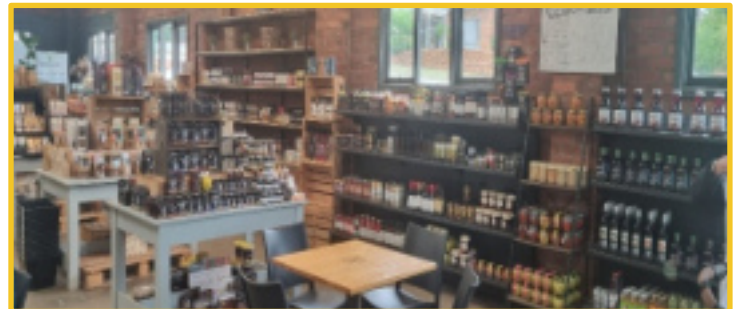
Having spoken to the Events team we hope to get extra tickets next year and have a good turn out by U3A members!!

Dot's Cafe



11 Members met at Dot's Café for a roast lamb lunch in March. There was plenty of chatter and exchanging of ideas on a variety of subjects. Staff were very helpful and ensured our meals were delivered together.

Willow Springs Orchard?



Unfortunately, due to a sudden storm on the morning of our arranged coffee morning, our meeting at the Willow Springs Orchard had to be cancelled within 2 hours of going, as they do not yet have undercover seating. So, with a quick phone around, The Shed at Raeburn Orchard, welcomed us for a delicious choice of cakes and coffee. The staff were very accommodating and friendly. Despite the Orchard being up for sale, we were assured that the café will remain with the new buyers. Definitely a place to be recommended. We will be back!

Bentley Pines Buffet Lunch



Thirty members from our Chapter met at the Bentley Pines Training Restaurant on 20th May for a delicious buffet lunch prepared, cooked and served by the students of the training college.

Members enjoyed a wide variety of dishes for entrée, main course and dessert — all of which certainly did nothing for our waistlines! The students should be congratulated on the quality of both the food and the service provided throughout the afternoon.

At the conclusion of the meal, several members were invited to complete a short questionnaire about their lunchtime experience. Everyone agreed that it had been a wonderful outing and gave the experience a definite thumbs up.



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

Project Hail Mary



A small movie group this week went to see Project Hail Mary (2026). This is widely praised as an excellent emotionally resonant, and visually stunning sci-fi film. It features a standout performance by Ryan Gosling as a fantastic, loveable character named Rocky. With a 95% critic and 97% audience score on Rotten Tomatoes, it is considered a must-watch, high-stakes space

adventure. Well worth seeing if you're into Sci-Fi.



U3A WA
Network Gathering 2026
Celebrating Achievement



14-15 September, ANZAC House, Perth

40 Years of U3A in Western Australia

REGISTRATIONS OPEN

Join us for the 2026 U3A WA Network Gathering,
two days of the best of U3A.

WHEN: 14-15 September 2026
WHERE: ANZAC House, 28 St Georges Terrace, Perth
TIME: 10.00 am

Early Bird : \$70
After May 31st: \$95

Registration includes:
Entry to all sessions,
Lunches & Refreshments

Be early as places are limited!

To register for the Gathering and for
more information visit u3aperth.au
or scan the QR-code



Technical Helper Wanted

As many of you may have noticed I have been doing the technical setup of sound and pictures for some years now, but the time has come to look forward to handing this over to another enthusiastic member of U3A Armadale!

The task is not arduous, but requires the volunteer to be at Evelyn Gribble for 9am, and to stay until all is packed up and away around 12noon.

You would only be required to do the full setup as a back up to start with, incase I were to be away, otherwise it a "on the job" learning situation.

Please contact me if you feel you could "give it a go"!

Phil Aked (Vice-President)



Book Club



Date	Title	Author	Proposed
26 th June	Daughters of Batavia	Stefanie Koens	Hazel
24 th July	The Children Act	Ian McEwan	Maureen
28 th August	The Island of Sea Women	Lisa See	Marilyn
25 th September	The Lost Bookshop	Evie Woods	Sheila
23rd October	Matthew Flinder's Cat	Bryce Courtney	Hazel
27 th November	The Washerwoman's Dream	Hilarie Lindsay	Jenny

The Book club meets on the fourth Friday from February to November, at Kelmscott Library, from 1pm to 3pm. All books are chosen by members of the Book Club, and each book and the author is discussed in a friendly and respectful manner. Come along and give us a try, its great fun! New members welcome. Please call Sheila – 0439926333

June Timetable 2026

Day	Date	Time	Details	Subject	Location
Monday	1st				
Tuesday	2nd	9.30am	Lynley Barnett	Grandparents supporting family	Evelyn Gribble Comm Ctr. Ninth Rd Hilbert
Wednesday	3rd				
Thursday	4th				
Friday	5th				
Sat/Sun	6th/7th				
Monday	8th	10:00 am	Food For Thought	Educational course	Waterwheel Community Shed, Bedforddale
Tuesday	9th	TBA	TBA	Movie Tuesday	Armada Cinema
Wednesday	10th				
Thursday	11th				
Friday	12th				
Sat/Sun	13th/14th				
Monday	15th	10am	Food For Thought	Educational course	Waterwheel Community Shed, Bedforddale
Tuesday	16th	9.30am	Dr Ian Abbott & Dr Andrew Burbidge	Island Jewels	Evelyn Gribble Comm Ctr. Ninth Rd Hilbert
Wednesday	17th	10am	Coffee/Lunch group	Coffee	Cozi Corner Book Cafe, 124 Croydon Rd, Roleystone
Thursday	18th				
Friday	19th				
Sat/Sun	20th/21st				
Monday	22nd				
Tuesday	23rd				
Wednesday	24th				
Thursday	25th	1.30pm	Committee Meeting		2 Waterwheel Road, Bedforddale
Friday	26th	8.30 am	Ramblers	TBA	
Friday	26th	1:00 pm	Book Club	Daughters of Batavia by Stefanie Koens	Kelmscott Library
Sat/Sun	27th/28th				
Monday	29th				
Tuesday	30th	8:00 am	Coach Trip	Hotham Valley - Etmilyn Train	leave Evelyn Gribble Comm Ctr. Ninth Rd Hilbert

Vale

2026 has not started off too well for U3A Armadale with the loss of three long-term members, who each contributed greatly to our Chapter over many years.

The passing of Val, Eve, and Margaret is deeply felt within our U3A community. They will each be remembered for the friendships they shared, the contributions they made, and the lasting impact they had on us all.



Val Jarrett-Crowe had been a member for 14 years and served on the committee on and off for around 10 years in several positions, including the final seven years as Treasurer. Val was dedicated, organised, and always willing to contribute to the growth and smooth running of the Chapter. She had recently moved to Brisbane to be closer to her family.



Eve Day had been a member for almost 28 years. While not a founding member, she certainly became one of the Chapter's well-known personalities through her quick wit, storytelling, and enjoyment of life. Eve wrote several books recalling her experiences growing up in the United Kingdom and her journey by ship to Perth. She brought warmth and humour to many conversations and activities over the years.



Margaret Nielsen was one of those gentle and easy conversationalists who was loved by all who knew her. Like Eve, Margaret was not a founding member of our Chapter, but she had been part of U3A Armadale for many years and greatly enjoyed the many activities and friendships the Chapter offered. Margaret had recently moved with her husband Graham to Hayloft Nursing Home, where she enjoyed meeting new friends while always appreciating visits from old ones.

Bus Trips for 2026



June 30th 2026 Dep. 8am Ret. 4pm
Hotham Valley- Etmilyn Train
Cost: \$115 inc. lunch

We make our way directly to Dwellingup where we enjoy our traditional Club 55 Morning Tea before boarding our train. The historic Dwellingup Forest Train will take you 8 kilometres eastward from Dwellingup to Etmilyn along the state's last surviving lightly built developmental railway. At the end of the line, you have free time to do the 25 minute walk trail through the beautiful plant life and seasonal wildflowers. On our return we will be taken to lunch at Jetty's in South Yunderup where we choose from the Senior Lunch Menu. Still to be advised of menu choices.

Meal selections need to be advised when booking.

After lunch we make our way home stopping to buy fresh strawberries.



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.

Maureen Pease (Trip Organiser)

Report from The Hive at Little Eden





Hi, this is Lexie reporting on behalf of Maureen for U3A bus trip on Tuesday 31st March 2026.

We hit the road by 8.15am and headed to Gingin, after a small detour at Muchea due to accident on Brand Highway we arrived at Granville Park in Gingin about 10am for morning tea. Granville is situated centrally, is a beautiful park which has a waterway, and a huge waterwheel which is a key feature of the towns heritage preservation. The Waterwheel is a replica built in 1070 using original machinery from a former Mill in Gingin.

We had a small hiccup with the morning tea arrangements, but Maureen soon sorted it out. This resulted in us having morning tea at the quaint "CU@Park Cafe" situated in Granville Park just above the waterwheel. Everyone enjoyed it, in particular the muffins, which were perfect and had by a quite a few.

Back on the bus, and after a short detour around town to turn around we headed off to "Little Eden Honey farm" situated in Mooliabeenee, a 30 minute drive.

We were welcomed by the staff where we were seated for a lunch of either Lasagne, Fish & Chips or Quiche, all of which was very enjoyable. After lunch the owner did a short talk about the bees – this was very informative and interesting. We then had a honey tasting of about 6 of their honey products, and were then served a delicious dessert. I think it was a South African Peppermint tart in a jar. I am sure the lunch was enjoyed by all, and the service was excellent.

We then had the opportunity to go shopping in their little store, a few purchases were made, then off for a walk around the property surrounding the restaurant/shop. Loads of turkey, hens, and roosters wondering around freely – I did not know that turkeys were very noisy. The gardens were very rustic and countrified, and very well maintained.

We were then rounded back up on to the bus to head home. The weather was great, and not too hot.

Thank you Maureen for again organising a very enjoyable and relaxing day.



Raffle Winners for Easter



Congratulations to our lucky raffle winners in our pre-Easter raffle. Patrick and Patsy won a Chocolate Easter Bunny, with Margaret taking the main prize of a bottle of Irish Cream Liqueur.

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

Phillippa Walks in Style



The 2026 Australian Masters Athletics Championships were held in Canberra from March 6 - 9. A team of 35 Western Australian Masters Athletics track and field competitors travelled to Canberra to compete in this annual event.

This was my first National Championships. I began competing in WAMA State competitions in 2021, just after COVID. Unfortunately, I underwent knee surgery in 2023, and it still gives me some grief—particularly when running. As a result, I transitioned to Race Walking and I really enjoy the longer distances.

In Canberra, I competed in the Women's 65–70 age group. I placed 1st in the 1500m walk and 2nd in the 10km walk, both within my age group.

Looking ahead, with excitement - the 2027 Australian Masters Athletics Nationals will be held in Perth in April, and the Oceania Championships will take place in Christchurch in January.

Phillippa Bennett

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.v

If you wish to join the group please contact

Pat: 9390 6640 / 0422 020 044

Ramblers First Walk 2026

U3A Ramblers 1st walk for 2026 was along the Canning River behind the Gosnells Library so we could walk in the shade as this time last year it was in the high 30s.

What a contrast. Five hardy souls set off around the board walk until the rain picked up and we cut the walk short in favour of the Dome and a hot coffee. We stayed in there chatting much longer than we walked. Patsy did the walk but not the coffee.



large tree over the brand new bridge, then around the oval to the cars. Once again, no flowers.

Refreshments were at what was Masa Cafe where Kevin joined us.



Second Walk 2026

U3A Ramblers 2nd walk was around Palomino Reserve and 7 walkers set off on a fine morning but rain overnight had made the grass wet so we all suffered the same fate, wet feet. I went back a week later and the grass had been mowed. This year we walked between the hobby farms and had a close up of the horses, sheep and dogs, just don't lean on the electric fence. We came back along the river stopping off for a photo under the



Tony's Phone Photographic Course

On Monday 16th March we held the first of two sessions hosted by our own Tony Fareso, the subject being "Photography for Mobile Phones".

In the first session Tony took us all through the multiple settings that can be applied to your humble mobile phone (both Apple and Android), to help better use them to take superior pictures.

It proved to be a very informative and fun course, but we had to leave with some homework!

Tony will be taking us through part 2 in two weeks time in which we will learn how to manipulate and present our pictures.

Right, it's now off to install an App, learn how it works and take some award winning photos!

Monday 30 March we held the second of the two part course on digital photography using a phone.

Unfortunately a few we unable to attend due to illness, but the remainder throughly enjoyed Tony's session on editing and enhancing the photographs we took as homework between the to sessions.

Extremely informative and well presented. I now know how to remove those thumbs that keep appearing in my pictures!



"No - I said hold the phone well away from you, and then tilt your head onto your right your side."



Lets Connect Senior Expo

A Day of Connection, Community, and Opportunity

Members from U3A Armadale attended the “Let's Connect – Seniors Expo”, organised by the City of Armadale on Thursday 30th April at Kelmscott Hall, River Road. Many who attended agreed it was one of the best local seniors' expos we've experienced.

There was a wide variety of stalls covering home care, health services, community support, and activities for seniors offering something of interest for everyone.

Thanks to the office of Tony Buti for kindly assisting with printing, U3A Armadale was able to showcase a comprehensive range of information. This included our monthly events calendar, educational programs, subgroup activities, trips, membership details, and information about the U3A WA Network's "The Gathering" in September.

We were also delighted to receive an interview with Heritage FM, and an invitation to join one of their Sunday morning radio slots to share more about what we offer. Along with a visit to our stall by the Mayor of Armadale Ruth Butterfield who has shown an interest in our Chapter, and who has always supported us.

It was encouraging to meet many seniors who had not previously heard of the U3A movement, and showed genuine interest in joining. Others who were already aware of us expressed their intention to come along and "give us a go", especially after learning that a first visit is free.

A sincere thank you to our wonderful volunteers — Val Preston, Roberta Sherrard, Marion Shoppee, Pat Emmitt, and Anne Bushell who helped staff the stall throughout the day. It was a rewarding experience, filled with great conversations, new connections, and even a few reunions with long-lost friends.

Author: Sheila Shenton



Kitchen Roster Semester 2 2026



DATE	KITCHEN HELPERS	PLATE	PROVIDERS
7th July	Lyn Cornell	Phil Aked Phillippa Bennett	Gail Barr Valerie Bartlett
21st July	Patsy Eastough	Caroline Crawshaw Pam Caffrey	Sharron Cammock Dennis Cooper
4th Aug	Anne Griffiths	Dene Choyce Elly Ederveen	Denise Crouch Judy Damon
18th Aug	Margaret Hall	Lesley Dabelstein Tony Fareso	Norma Furniss Roy Hamilton
1st Sept	Lexie Johanson	Geoffrey McKeberry Derek Hall	Pat Holton Ian Harris
15th Sept	Mary Marsh	Arthur Mortimer Val Preston	Colin Ostle Marilyn Harris
6th Oct	Caroline McKeberry	Mike Reed Sheila Shenton	Roberta Sherrard Noor Thompson
20th Oct	Adrienne Summer	Marianne Williman Marion Shoppee	Hazel Stephen Marian Smith
3rd Nov	Moira Mullins Maureen Mortimer	Melbourne Cup Day All members bring a plate	Melbourne Cup
17th Nov	Jenny Wardlow	Helen Frichmuth Sally Fareso	Patrick Bartlett Tina Betts

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.

Food for Thought Course



Monday 18 May we started the first of four U3A Online sessions titled "Food for Thought" at the Waterwheel Community Shed.

The course has proved popular with twelve attending for the first get-together, hosted by our own tutor Marilyn, who really made the participants think about the role of food from the dawn of civilisation.

Session 2 was held on Monday 25 May, at which all the participants divulged the knowledge they had researched on the history of food in their various assigned countries.

It was incredibly interesting to hear how in some countries food had developed into sophisticated cuisine, where as some had basically continued in there historical ways, with the addition of a few new items form the "new world" and other nearby cultures.

We break for the public holiday but look forward to session 3 on 8th June.

Speakers 2nd Quarter 2026

John Rando Making the Most of Adversity



Tuesday 17 March our guest speaker was John Rando, a colourful Subiaco character who credits his Sicilian "outlaw" father for two of his great loves, music and the law. John graduated as a barrister and solicitor in 1972 and practised law for over half a century at Rando Solicitors, Morley.

John is also a musician, singer, plays keyboards and also the piano accordion. He has played in numerous bands around Perth over many years. He also writes monthly articles for a Perth newspaper, which has kept John busy since retirement and gives him much enjoyment.

His talk reflected his trials and tribulations during his childhood, but focused on his ultimate triumph over adversity.

From his hat to his colourful shoes, a very entertaining talk from a very colourful character!

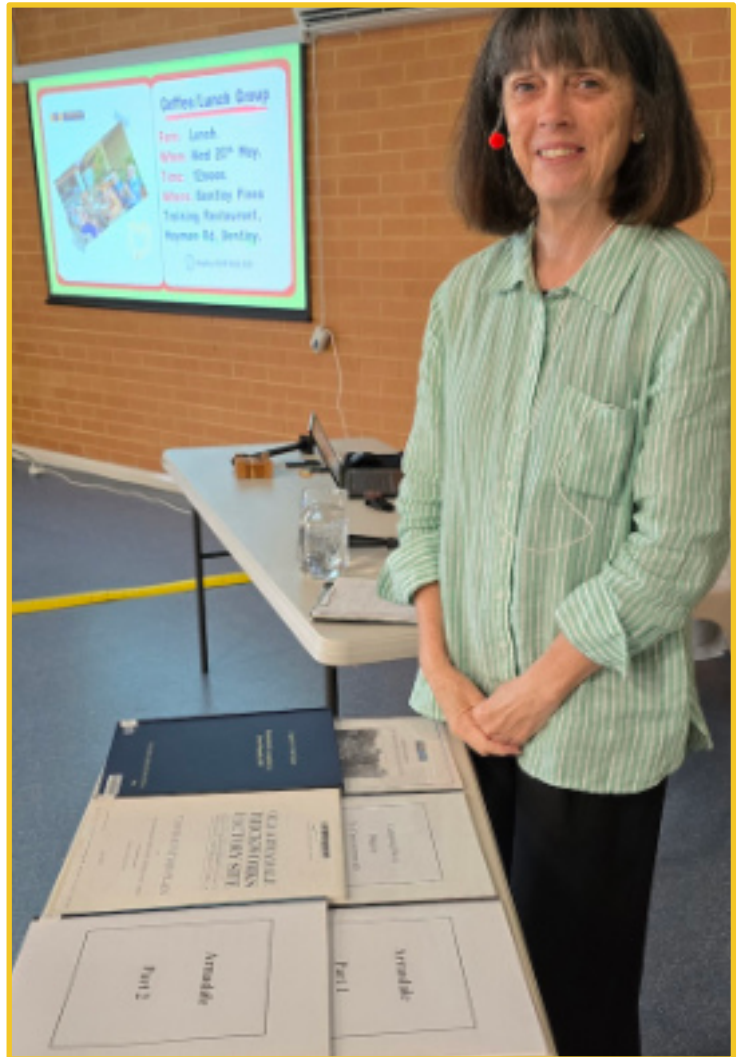
Denise Beer "The Dreamer"



Tuesday 7th April the subject of our guest speaker was a little different, especially if you like Cliff Richard!

Denise Beer gave us a very musical talk based on Cliff Richard's life story "The Dreamer". Denise, a firm fan of Cliff's, took us through the ups and downs of his career, and sprinkled her talk with quite a few tracks of his most famous songs. A very entertaining and foot tapping session. Thank you Denise.

Hazel James History of Armadale Part 2



On 21st April we welcomed back Hazel James of the Birtwistle Local Studies Library, to continue her talk with "The History of Armadale Part 2". This brought us up to the start of the 20th Century in the development of Armadale and its' surrounds.

Once again, an extremely interesting and well delivered talk, which we enjoyed immensely. So much so, that Hazel has agreed to run a four/five part course for us later in the year. We are looking forward to getting to know our local area and its' history even better. Thank-you Hazel.

Ross Ellis Practical Textile Art



Tuesday 5th May our guest speaker was Ross Ellis giving a talk on "My Explorations into Textile Art".

Ross, a member of the Embroiderers' Guild of Western Australia, showed us some wonderful examples of his work, both quilting and dress making with embroidery. After retiring as a physiotherapist, Ross taught himself to sew and quilt, and is described as one of the very few male members of the WA Quilters Association. He has won many prizes for his work at numerous shows, not only in sewing and quilting, but woodwork and art pieces as well. He does it all for the love of it and doesn't sell his work, but enjoys giving talks.

A true artist who produces exquisite work. Thank you for sharing with us Ross.



Cancer Council
Australia's Biggest
Morning Tea



On Tuesday 19th May, over 60 members from U3A Armadale joined together for the Biggest Morning Tea. There was a lot of scrumptious food, which had been bought in by members. The hall had been decorated in yellow and a lot of members had found in their wardrobes, items of yellow clothing of all shapes! \$500 was raised for the Cancer Council of WA. Well done to all those who attended and made it a fun morning.





Kim Fletcher History of the Railways

To compliment the “Biggest Morning Tea” the assembled audience were treated to a talk by Mr Kim Fletcher on the history of our local railways leading up to today. Due to a technical error (we lost the personal microphone - but found it later!) Kim was obliged to use a hand held device, which

along with the remote slide control, and some finger problems, provided the audience with a very entertaining and informative talk. Very many thanks Kim.

A very enjoyable session for a great cause.



Officers & Committee



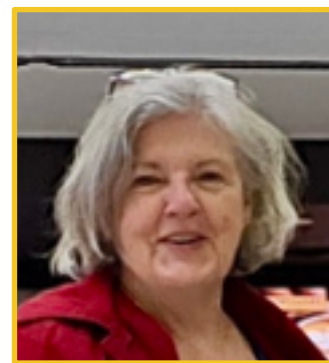
Sheila Shenton
President



Tina Betts
Treasurer



Phil Aked
Vice-President



Veronica Reid
Secretary

Contact the Committee 0414 053 421 / hello@u3aawa.tidymail.co

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Welfare	Judith Damon
Guest Speakers	Phillippa Bennetty
Raffles	Hazel Stephen

Kitchen	Rose McBride
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U3A Armadale would like to thank Dr Tony Buti's Office for their kind support in printing this newsletter.