1 December 2026

U3A ARMADALE
UNIVERSITY OF THE THIRD AGE

Elder Fraud Is Rising – Here's How to Protect Your Family



Elder fraud – where seniors are deliberately targeted due to this demographic having lower rates of tech literacy – is becoming a growing problem in the US.

According to Incogni's analysis of FBI data, 72% of elder fraud cases in 2024 were enabled by victims' personal data being exposed online, accounting for $4.2 billion in losses.

How these scams work

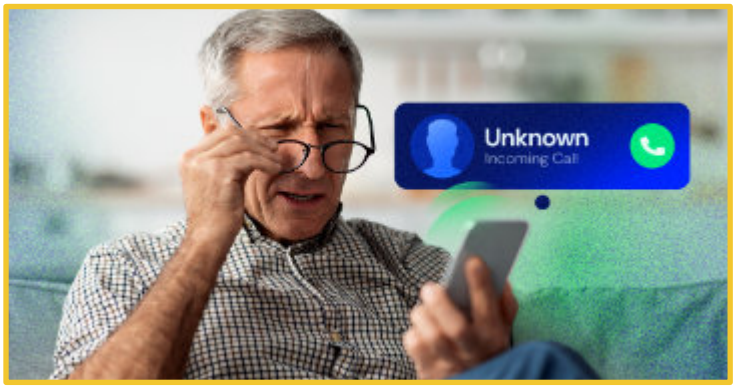
Family chat groups can be a goldmine for scammers. Everyday updates ranging from doctor visits to travel plans provide personalised information scammers can use to make it much easier to convincingly impersonate family members in trouble.

Given that iMessage, WhatsApp, and most other messaging apps use end-to-end encryption, you might assume this information is completely safe, but that isn't always true. One of the most dangerous tools employed by scammers is what's known as SIM swaps.

With this, they'll use whatever personal information they can find from public sources in order to convince a mobile carrier that they are the person they are targeting. They claim the phone has been lost or damaged and ask the carrier to switch the mobile number to a new SIM card they have purchased.

If the carrier is fooled, then all texts sent to the victim will instead be received by the scammer. This includes SMS-based two-factor authentication codes to reset passwords, access bank accounts, and more. It is this capability that can give the scammer access to family chat groups.

The combination of the personal data they've already found online with the additional details they can glean from the chats gives them everything they need to convincingly persuade their victim that they are a family member in need of urgent assistance. This includes voice notes providing the audio required to create deepfake speech that appears to be the voice of the family member.



How to protect your family

There are three main steps you can take to protect your family members against this type of attack.

First, minimise the personal data a scammer can

In This Issue:

	Page
President's Report	2/3
Discussion Group 2027	3/4
Age Is Just A Number	5
Coffee/Lunch Group	6/7
Cinema Group	8
Meet Your Local Community Group	9
Network Gathering	10/11
Melbourne Cup	12
Report Peel Manor House	13
Optus Stadium	14/15
Noor Scores Gold / Bird Flu	16
The History of Armadale	17/18
Recreational Ramblers	19/20
A Jaunt on Jull Street	21
Speakers	22/23
Kitchen Roster 2027	24
Committee	25

President's Message: Sheila Shenton



Gosh, another year is coming to an end! It doesn't seem that long ago that I was writing my Christmas message last year. Where does the time go?

So much has been happening, both behind the scenes and within our membership, and it has certainly been a busy year for U3A Armadale.

One of the major tasks undertaken by the Committee has been updating our Constitution to reflect the technology we now use and, hopefully, make it easier to read and understand. The proposed Constitution was presented to members at the AGM, where it was unanimously accepted. It has since received approval from Consumer Protection.

The Committee is now working on updating our Committee Handbook to reflect the changes to the Constitution and our new working practices. We hope to have this finalised before the end of the year, leaving us more time to concentrate on new ideas and activities for 2027.

We have also seen a couple of changes to the Committee. Judi stepped down due to ill health, while Phillippa had to reduce her committee commitments because of work. However, Philippa has kindly agreed to continue finding speakers for our fortnightly meetings. This is not always an easy task, but with suggestions and recommendations from members, she has done a fantastic job this year and already has some great speakers lined up for 2027.

Patrick Bartlett has joined the Committee and has kindly agreed to help Phil with setting up the technology at our meetings. He did a great job in October when Phil took a well-earned break. We also welcome Margaret Harris, who has stepped into David Spicer's shoes as Membership Officer. Margaret spent several weeks shadowing David to learn the system and is now doing a very competent job. This is a good example of how any member can become involved in the Committee, with the opportunity to shadow an existing member and learn the role.

Unfortunately, we have had to suspend our Book Club for the time being due to a lack of participation. Having operated since 2014, it has had a good run, with many books read and interesting discussions along the way. However, nothing stays the same forever, and perhaps this gives us an opportunity to explore some new groups and activities.

Maureen has also stepped down as Trip Organiser after several years of arranging interesting outings for our members. Thank you, Maureen, for all your hard work and the many enjoyable places you took us. We hope to see you joining us on future trips as our new Educational Travel organisers take over.

The Educational Travel group has certainly made a good start. In October, members enjoyed a fantastic day at Optus Stadium, with a guided tour taking us around the stadium and behind the scenes, followed by a light lunch at one of the many cafés.

Our next outing is a Christmas Lights ferry trip in Mandurah in December, which promises to be another enjoyable day (and evening!). Several members are even planning to stay overnight, or for a couple of nights, to make the most of their visit.

The aim of our Educational Travel group is to find interesting places to visit without placing too much strain on members' pockets. Wherever possible, we will make use of our Seniors Card for travel on trains, buses and ferries.

We have also been fortunate to receive a $2,400 grant from the City of Armadale, which will help reduce the cost of an educational outing planned for next year. The organisers will be finalising the details over the next few months, with more information to be provided when we return in February.

As we look towards 2027, there will undoubtedly be more changes, new ideas and opportunities for members to get involved. U3A is about learning, friendship and enjoying new experiences together, and it is the willingness of our members to contribute that keeps our organisation going….

From page 2

Thank you to everyone who has helped, participated, suggested ideas or simply turned up and joined in throughout the year. It is very much appreciated.

I wish you all a very Merry Christmas and a happy, healthy New Year. I look forward to seeing you all again in February for another year of learning, laughter and friendship.

Discussion Group 2027



From page 1

find online. Scammers use data broker sites to obtain information like family names and phone numbers, as well as information like hobbies and travel history. There are literally hundreds of different data brokers, and getting personal data removed from all of them is a mammoth task. Fortunately, Incogni can do it for you.

Second, ensure that two-factor authentication (2FA) is switched on for all messaging apps, social media, and more. The bottom line is that any time you are offered the opportunity to use 2FA, you should accept it. If you're offered the choice between text message and authenticator app to receive the codes, always choose the app. This is your best protection against SIM swap attacks.

Third, always contact the family member by a different method in order to verify that it really is them. If you get a text message, for example, then email them in response. If you get an email, then phone them. The more communications channels a scammer has to compromise, the lower the chance of them succeeding.

Finally, agree a secret family password which will be used to verify identity during emergency calls. If you receive a call claiming to be a family member in need of urgent assistance, always ask them for the password, even if you think you recognise their voice and they know seem to know lots of personal things. This is the final layer of protection against a scammer who has access to a family member's phone number, email account, and more.

At our first meeting, we discussed what members would like from the group and identified two areas of interest: a study group and a topical discussion group. As a result, we'll meet on the 2nd Monday of each month for study sessions and the 4th Monday for topical discussions.

These meetings will be member-led, with each person taking a turn to facilitate a session. Our first topic is **Trees of WA**, and we've included some discussion points to explore and research over the Christmas break.

If you'd like to join us, please contact Sheila on 0439 926 333. Attendance is free, with members simply purchasing their own tea, coffee, or food from the venue.







Western Australia has a remarkable variety of native trees, many of which are found nowhere else in the world. They provide habitat for wildlife, protect the soil, store carbon and help define the character of our unique landscapes.

Jarrah – a hardwood eucalypt of the south-west, with dark, rugged bark.

Karri – one of Australia's tallest trees, growing in the wetter forests of the south-west.

Tuart – a coastal eucalypt found around Perth and the Swan Coastal Plain.

Wandoo – recognised by its pale trunk and found in the south-west and Wheatbelt.

Banksia – an important source of nectar for birds, insects and other wildlife.

Salmon gum and gimlet – distinctive trees adapted to the drier conditions of the Wheatbelt.

These trees face threats from land clearing, urban development, mining, drought, disease and changing fire patterns. Protecting remaining native bushland is important because newly planted trees cannot quickly replace the wildlife habitats and ecological systems of established forests.

The importance of trees

Apart from providing shade and beauty, what benefits do trees bring to people and wildlife?

Why are mature trees so valuable, and can newly planted trees ever replace them?

How important are native trees to birds, possums and other Australian wildlife?

Do you think people appreciate trees more today than they did in the past?

Should everyone be encouraged to plant native trees in their gardens, even if they have small blocks?

Development versus conservation

Should mature trees be protected when land is cleared for new housing, roads or shopping centres?

Is it acceptable to remove trees to provide more housing for a growing population?

Who should have the final say about removing trees on private property — the owner or the local council?

Should developers be required to retain existing trees rather than simply plant replacements?

Have we lost too much of Western Australia's original bushland through farming and development?



Discussion Group - Church Cafe, Jull Street, Armadale. 10am to 12noon

Monday 8th Feb 2027	Monday 22nd Feb 2027
Monday 8th March 2027	Monday 22nd March 2027
Monday 12th April 2027	Monday 26th April 2027
Monday 10th May 2027	Monday 24th May 2027
Monday 14th June 2027	Monday 28th June 2027
Monday 12th July 2027	Monday 26th July 2027
Monday 9th August 2027	Monday 23rd August 2027
Monday 13th Sept 2027	Monday 27th Sept 2027 (Public Holiday)
Monday 11th Oct 2027	Monday 25th Oct 2027
Monday 8th Nov 2027	Monday 22nd Nov 2027

✷ Age is just a Number ✷

— Bringing a Little Magic to Everyday Life —

Vol. IX No. 2714 | TUESDAY, FEBRUARY 02 2027 | Price: 2 Coppers

★ *Special Community Announcement* ★

U3A ARMADALE

Murray Hall to present

"Age Is Just A Number"

TUESDAY 2ND FEBRUARY 2027

BOY RIDES INTO LEGEND!

★ *Bicycling Prodigy Spotted Soaring Toward a Magical Future* ★

WIZARDS DECLARE: *"He's a Natural!"*



Renowned wizards across the realm are in agreement: this delighiful yoong fellow possesses a rare and mystical gift – the ability to find joy in the simplest of things.

"A true enchantment," said Merlin of the Silverwood. "The world is brighter because of him."

FLYING COW SPOTTED AGAIN!



BICYCLE BRINGS GOOD LUCK!

Experts Say Two Wheels Lead to Happiness

In a surprising twist, local experts confirm what many have long suspected: bicycles are the key to a joyful life!

"Pedal your way to wonder," advises Professor Hootenboggle, noted scholar of the Arcane Arts.

MAGIC FOUND IN CHILDHOOD

Laughter, Adventure

MYSTICAL ANNOUNCEMENTS & COMMUNITY NOTICES

LOST & FOUND

LOST: One deliquescing fairy dust pouch. If found, avoid breathing. Reward offered.
FOUND: One dragon's tooth cufflink on Elm Street. Please claim at the Chronicle office.

CLASSIFIEDS

FOR SALE: Slightly used broomstick (non-levitating model, good for display).

WANTED: Experienced toad tamer. Must be familiar with common hexes.

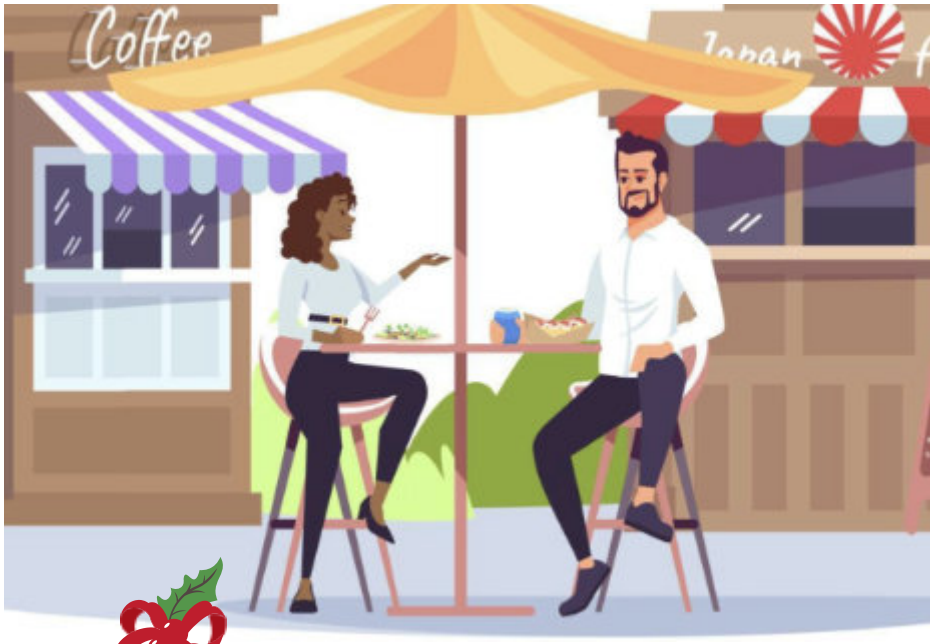
WEEKLY FORECAST

MON: High probability of random rainbow incursions.
TUE-WED: Optimal spell-casting hours (Full Moon phase).
THU: Minor gravity anomalies reported near Clock Tower.

UPCOMING EVENTS

July 21: The Annual Gnomish Steeplechase (Bicycles only). Register now.
August 3: Merlin's Silverwood Lecture: Advanced Broomless Levitation.

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.





Coffee / Lunch Group Dates 2027

Wed 17th February	Coffee 10am-11.30am	Pink Café, Melody Street, Kelmscott
Wed 17th March	Lunch 12 noon	Last Slice, Albany Highway, Kelmscott
Wed 21st April	Coffee 10am-11.30am	Cozy Corner Book Café, Croyden Rd, Roleystone
Wed 19th May	Lunch 12 noon	Brook 508, Brookton H'Way, Roleystone (TBA)
Wed 16th June	Coffee 10am-11.30am	Azzurri Gardens, 94 Brookton H'Way, Kelmscott
Wed 21st July	Lunch 12 noon	Kiln Ale House, South West H'Way, Byford
Wed 18th August	Coffee 10am-11.30am	The Dome, Gosnells
Wed 15th September	Lunch 12 noon	Thai Restaurant, Pioneer World (TBA)
Wed 20th October	Coffee 10am-11.30am	River Rd Deli, 42 River Rd, Kelmscott
Wed 17th November	Lunch 12 noon	Last Drop Elizabethan, 25 Canns Rd, Bedfordale

For further information, please contact Sheila 0439926333 or email hello@u3aawa.tidymail.co

Lifang Valley Chinese Restaurant

18 members came together for a Chinese meal at Lifang Valley Chinese restaurant on Wednesday 16th September. The staff mixed and joined oblong and circular tables together, so we were all sitting within talking and sometimes 'calling' distance of each other. We had a variety of food to choose from, whilst prawn crackers filled plates along the centre for everyone to pick at.







Orchard Expresso - Roleystone – Coffee and Chat

Nine members met for coffee and a chat at the Orchard Expresso in October. The staff were very friendly and accommodating, helping to make it an enjoyable get-together. Conversation around the table covered a variety of topics, including ready-made meals for seniors – which ones were worth trying and which were best avoided – possible venues for the group to visit in 2027, and the advantages and disadvantages of house-sitting.

As always, the topics were varied and interesting, with plenty of helpful information and experiences shared. These informal gatherings are a wonderful way to catch up, exchange ideas and enjoy each other's company.



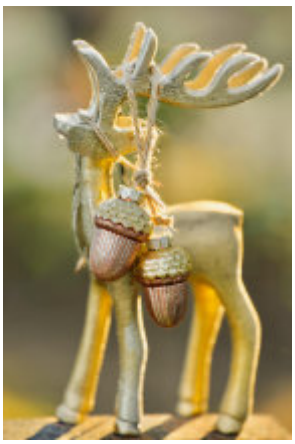
Cinema Group



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



Heart of the Beast



Tuesday movie day for October, **HEART OF THE BEAST.**

Only a small turnout, but what a lovely movie. Wilderness adventure with a very moving story. Had me with tears by the ending. And not a swear word used in movie which is rare nowadays. Well worth a watch!

Forgot to add Hazel is showing off her ice cream, not singing 😀

Tony Fareso

Meet Your Local Community Groups





On Saturday 5 September our President and volunteers attended the “Let’s Join” event organised by the City of Armadale in the old shopping centre.

Five local groups were represented, all of whom supplied information on their various groups to shoppers.

U3A Armadale had quite a bit of interest with half a dozen prospective new members showing interest.

Many thanks to those who helped man the table from 9am to 2pm, and may have received a free coffee after visiting all the tables!

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

U3A WA

Network Gathering 2026

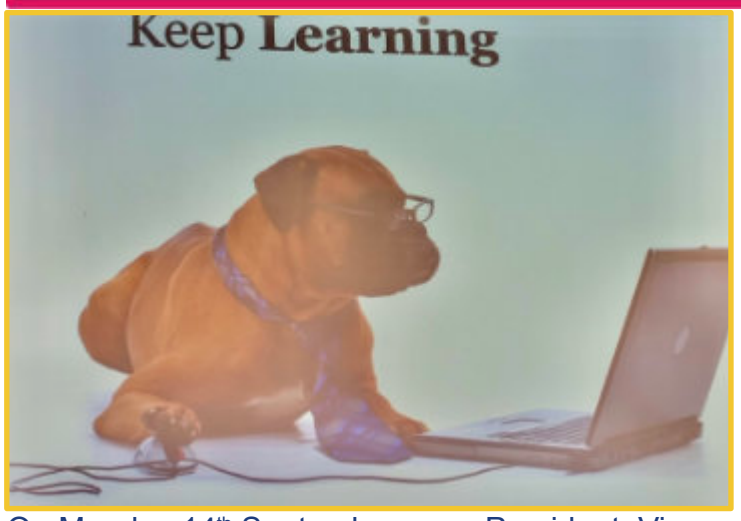
Celebrating Achievement

14-15 September, ANZAC House, Perth

U3A WA 2026 Gathering



40 Years of U3A in Western Australia



On Monday 14th September, your President, Vice-President, Val, Ray and Phillippa attended "The Gathering" hosted by U3A WA at ANZAC House in Perth.

Not knowing what to expect, I can report that the two days were excellent, with a variety of speakers on various subjects, the theme being "Keep Learning".

After the formal opening by His Excellency, the Honourable Chris Dawson AC APM, Governor of Western Australia and the National Anthem sung by children from Spearwood School, day one unfolded with an interview with Kellie Properjohn.



Kellie Properjohn served 36 years with WA Police, rising to Assistant Commissioner and leading major reforms in strategy and technology. She later became a Partner at Deloitte, specialising in public sector transformation and justice reform. Kellie has served on several boards, including P&N Bank and now Rangelands NRM, bringing a high level of experience and leadership expertise.



This was followed by a very entertaining talk given by Sandra Harris Ramini, who took us through her life as a television reporter and celebrity.

All through her very amusing talk she dropped the names of many famous and interesting celebrities, giving some insight on their world and expectations.

This was followed by an excellent lunch, where some could sit on the balcony and enjoy the wonderful views of the Swan.



After lunch the proceedings continued with a short musical interlude given by the U3A Melville Ukulele Group. Very enjoyable.



The third talk of the day was given by three final year ECU Film Students and described their making of a short film entitled "Spring Fling" and

explained all the various roles of those involved in making a film. This was followed by a screening of the film and an explanation of how it was produced.



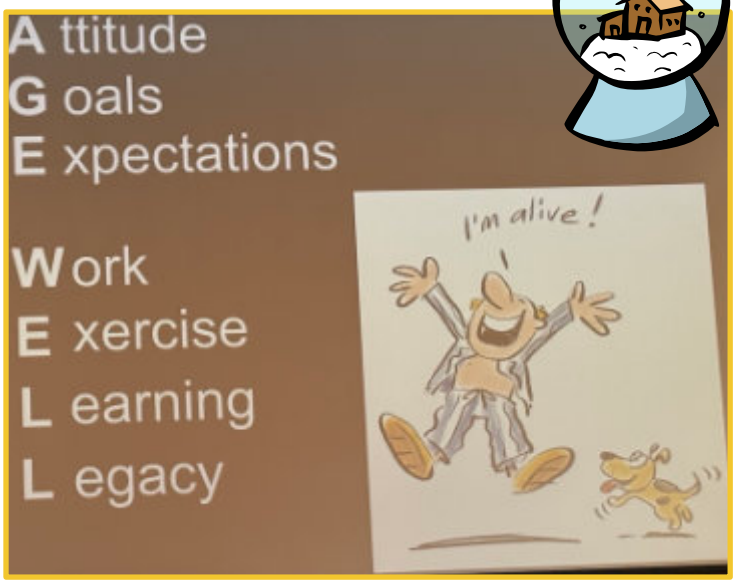
The final talk for the day was given by David Beard titled “Age Well”.



David has been speaking and presenting to companies and groups about health and wellbeing since he first started work in the mid-1980s.

In his first job on returning from the United States, where he earned his Masters Degree in Exercise Physiology, he helped HBF develop corporate health programs for clients and companies. This required taking complex physiology knowledge and distilling it into understandable, practical and applicable information so clients can take away messages they can apply.

Throughout his varied career, from working in aged care to being a director of a multi-disciplinary allied health clinic, David prides himself on providing practical, real-world advice and guidance to clients. His presentations are designed not just to educate and motivate, but to provide information that people can apply directly to their life.



His theme was ‘have a goal and work towards it and never let the things you can’t do stop you from doing the things you can do!



Day 2 was a more active occasion with visits by different groups to the Old Fire Station Museum, Street Arts and Artists, St George’s Cathedral, Government House Gardens and Home Base Level 6.



This was followed by a discussion about new U3A initiatives, and then a very good lunch.

During lunch a 40th Anniversary cake was cut by Dr Maureen Smith.

The day continued with a video introducing Glen Wall from Melbourne, a tribute to long serving members, a talk on the early days of U3A given by Merv Hill and Peter Flanigan, with the conference closing with songs from the U3A Choir.

An extremely useful and interesting conference.

Melbourne Cup Day



Numbers were down a little for this year's Melbourne Cup, but very enjoyable for those attending - especially our race and raffle prize winners!

The morning went without a hitch and members were treated to a plentiful supply of delicious food, supplied by members!

Congratulations to all our winners, but winning the race sweep and a raffle prize or the best dressed, did not embarrass some of our members in the slightest.

Many thanks to Neville for organising the horse sweep - you can see him lurking behind the race winners, Hazel and Mike.



First Place



Second Place



Third Place



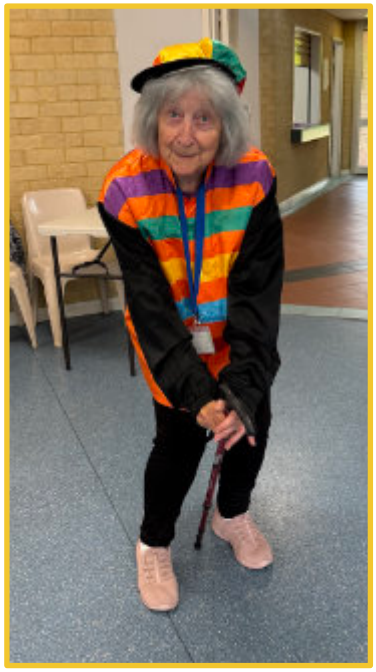
"Best Dressed" Winners

Raffle Winners









Report from Peel Manor House



Maureen had us meeting at Evelyn Gribble centre by 8.30am, a clever ploy as we were all there ready to roll, but bus didn't show till just prior to 9am! Might I mention Maureens dedication was arriving at 7.30am to ensure we parked so as not to impede the bus, and hand out info with meal choice tickets.

Packed on board and off we went, first stop was the site of the SS Kwinana wreck. This happened in 1922 when the ship broke its moorings on a stormy night. Little did I know this is how town got its name! its easy to stand on the cement pad and wonder where's the wreck, you're standing on it! There is only a few rusty bits showing and site has been preserved by this concrete pad. Morning tea was timed with the weather clearing as was pleasant, but seagulls loomed waiting for our left over crumbs.

Next off to the Catalpa Memorial site a little further down the coast. Plaques showed some segments from the Wild goose journals of the Fenians voyage to WA. Next was Point Peron or should I say Cape Peron lookouts, the closest was a cantilever with a nice 270 degree view.

Getting closer to lunch time we proceeded to Peel Manor house, well, the main entrance was too small an entry for our bus. I knew a delivery entrance was on a bit further and with great skill Barbara our driver showed brilliant manoeuvring skill in getting in and avoiding gate and tree overhangs. With a small amount of staff the 31 meals were presented. I then announced to all with Prosh's help (the concierge) about the "Secret Scented Sunken Garden" out in the back lawn. Worth a look as in construction around the year 2000, some Pinnacle type formations were found and a little loop pathway.

Back on the bus and a very short ride to Peel Estate wines, where many partook in samples and a few bought for later enjoyment at home. I have to mention a moment I witnessed. Sally, one of the extra bus fillers from Roleystone, bought a bottle chosen with great care, and presented it to Maureen as a thank you. First time I've seen Maureen speechless! Meant of course with very best of sentiment. Well done, trip very much enjoyed.

I've attached a hyperlink for you all to view the video/photo collection taken on trip. Click the link here in blue if you are reading the newsletter electronically or paste it into Youtube to view.
https://youtu.be/0BQR_WcWZS0

Member Tony Fareso

Optus Stadium Visit 27/10/2026



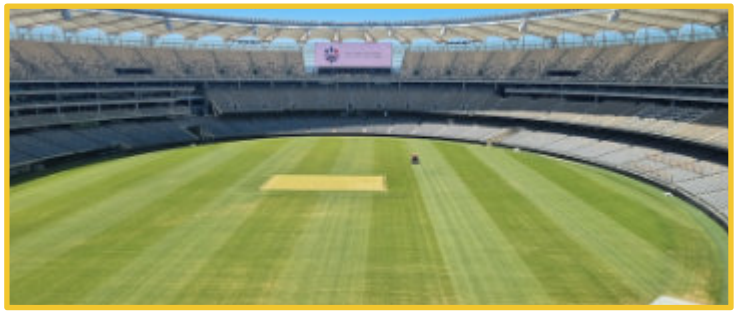
On Tuesday 27 October, fifteen members of U3A gathered outside Gate D at Optus Stadium for 11:30am, after arriving by train.

Here we were met by Lindsay of the Stadium staff who took us on a very comprehensive and enjoyable 1 ½ tour into every facet of the stadium's setup.



After a journey up in one of the many lifts we arrived a level 1 where Lindsay gave us a history of the site and the building of the structure.

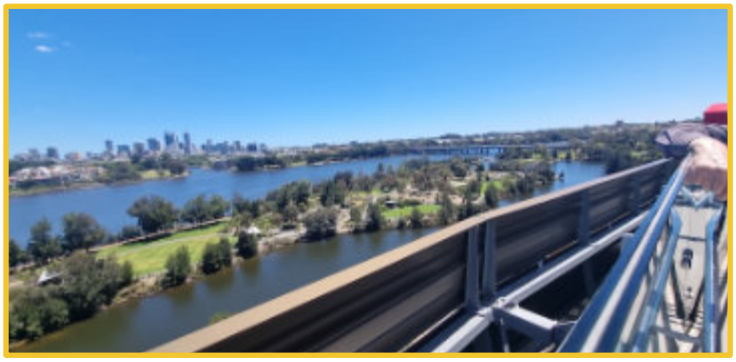
If you have never been there for a sporting event, the playing area is something to behold. At no point is anyone's view of the pitch obstructed for the entire 61,266 visitors! (1000 standing)







After having all the team areas pointed out and how the stadium operates we were taken to the outside gallery of the v.i.p. area to observe the stunning views of Perth City and the Swan River.



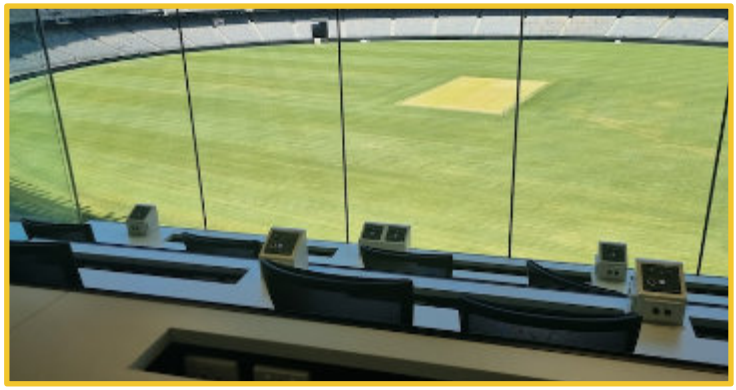


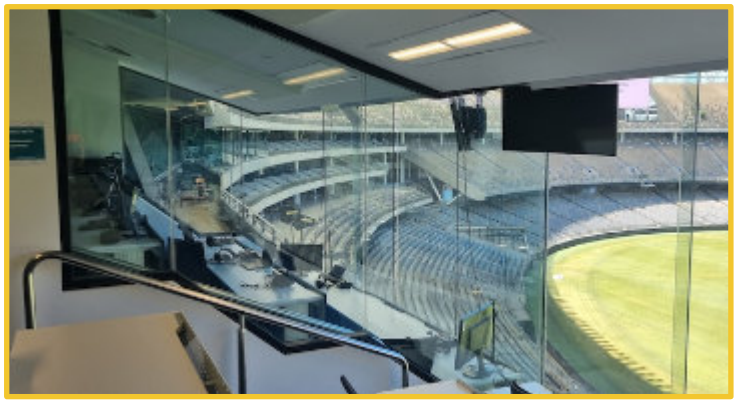
The tour continued with visits to the private boxes, on levels 3 & 4 which seat between 12 to 24 guests, boardroom boxes for up to 14 and outside boxes for 8 to 10. Some boxes are fully catered where others only provide a bar. Incase you were thinking of hiring one, save your pennies as a 24 person suite can cost up to $13,776 for one game!

Optus Stadium Visit 2



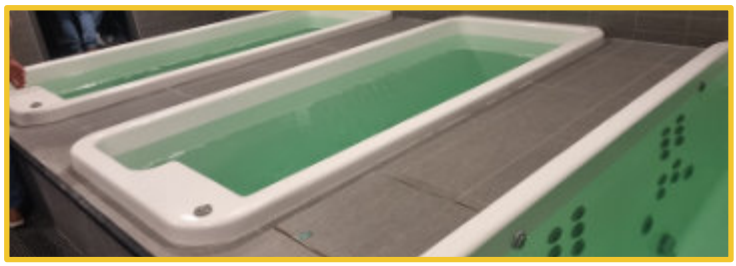
It was then onto the media areas where the tv is broadcast from, podcasts and radio are made, and you see the icon pictures of coaches smashing the phone on the counter top!

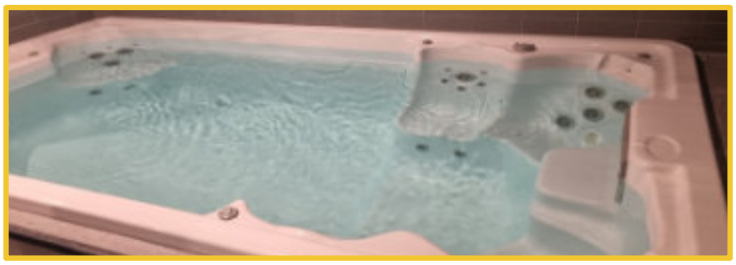




From there we continued onto the pointy end of the two host teams locker rooms and physio areas.

Apart from numerous massage couches, we were lead past the hot and cold plunges to help players recover in the intervals.





The locker rooms - go Dockers!





The day was made complete with a very enjoyable lunch in the Stadium Cafe where the food was good, the company even better and the seating a great relief after our 1 ½ hr walking tour!

To see more pictures check out the website under Program/Courses.

An excellent visit.



Noor Scores Gold!



On 4th October 2026, myself, my daughter Krysia and my granddaughter Ellie took part in the Perth Kilt Run, which was part of the Armadale Highland Gathering Festival. The Perth Kilt Run is the only kilted fun run in Australia. We took part in the 2.5kms Classic route.

Prior to 2020, my daughter and I were part of a fun run group. Every weekend, we would run 5kms at different locations around Perth. The group was disbanded due to COVID.

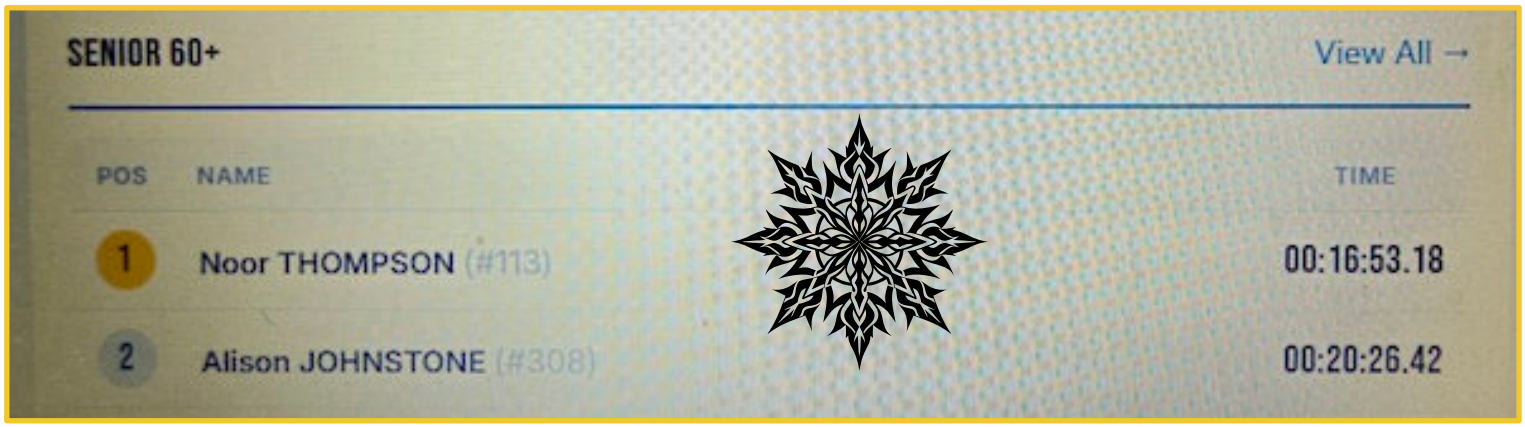
Since then, I have not been running or training.

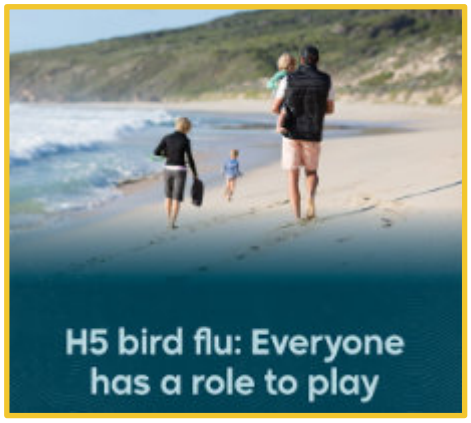
On the day of the run, knowing that my granddaughter was in good hands, I decided to jog. The highlight of my jog was when I caught up and over took Matt Keogh, Federal Member for Burt😀

Results of the run were released the next day and to my surprise, I was first in the female over 60 years category clocking 16 minutes and 53 seconds!!!

I was over the moon😀

I wonder what would happen if I actually run and do training...nah...that would be too hard...where is the fun in that!!!





The Federal Government is monitoring recent detections of H5 bird flu around parts of Australia.

It's important to note:

In WA, detections have been in individual, wild migratory seabirds and there have been no detections in poultry Australia-wide

Bird flu is low-risk to people, as transmission requires close contact with infected birds or animals, or contaminated environments

Bird flu is not a food safety risk for chicken meat and eggs if they are handled and cooked correctly

You can help protect our wildlife by: Avoiding contact with sick or dead birds or marine mammals : Taking a photo (if it's safe to do so) and noting the location : Reporting it to the Emergency Animal Disease Hotline on 1800 675 888

If you're visiting parks, reserves or other wildlife areas, it's always a good idea to prevent pets from interacting with wildlife. Every report helps authorities monitor the situation and respond quickly if needed. Thank you for helping protect WA's wildlife.

Department of Primary Industries and Regional Development are leading the State response, so for more information visit **https://buff.ly/PSmd6ty**

The History of Armadale



The first of our four part Study Group met at the Waterwheel Community Shed to explore the rich and varied history of the district of Armadale. This was presented by Hazel James from the Birtwistle library, who led us on a fascinating journey through the early days in the forming of Kelmscott, and how it nearly never happened.

Part 2 of our journey through the history of Armadale discussed the way children grew up and what organisations and interests were available to them. No screens, tablets or phones, just good old fashioned outdoor pursuits with the greater good in mind. Remember days when your Mum said “Be back by the time the street lights come on” and you managed to amuse yourself all day without major mishaps!





Part 3 of the History of Armadale took us down the road of entertainment.

This included early Balls and dances, theatres including the Roleystone theatre, talking pictures and cinemas, and village entertainments such as the Pioneer & Elizabethan Village,

To conclude we learned about the inception of many community events in and around Armadale.





The History of Armadale 2



Part 4 and the conclusion of our talk on the history of Armadale covered the area of immigration.

Hazel took us on the journeys of four immigrant families and how they came to call Australia home.

She took us through the history of migration to Australia over the last 200 years and the methods people from all over the world used to secure their place in their new home.

The history of the “ten pound pom” was throughly discussed (it should be “pome” - prisoner of mother England) as Hazel was one of those herself.

Following the conclusion of Hazel’s talks our President Sheila presented her with a Bird House Feeder made by the Waterwheel Community Shed which Hazel noticed in a previous session.

I’m sure I speak for all those who took part in these talks that they were very well presented, full of local knowledge and historical facts. Our thanks to Hazel for giving her time to impart all her knowledge.

If you would like to know more about your local area a visit to the Birtwistle Local Studies Library would not go amiss or search online by going to: https://library.armadale.wa.gov.au/birtwistle-library and click the button top right hand corner “Search Catalogue” where there are over 2000 pictures local citizens, events and buildings along with information about them.

Thank you Hazel for an extremely interesting and enlightening four talks.



Before class



Class in session!



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

Sixth Walk 2026

U3A Ramblers 6th walk was in Korung National Park at the end of Ferguson Rd.

Due to appointments and celebrations, only five of us braved the cold but fine morning.

The Bossiaea aquifolium (photo below) was in full flower and we did find a jug orchid, catkin grevillia, prickly Moses wattle, and couple of snottygobles - though not flowering. We did have to hurry along to refreshments at the Shed Cafe.





Seventh Walk 2026

U3A Ramblers 7th walk was in Cardup Nature Reserve, Byford.The morning was fine and 10 walkers set out to find Blue Lady and Cowslip orchids, Holly leaf grevillia, Coral pea, blind grass, fountain triggers and the usual Hibbertia (at least 2 species) always welcome for their bright yellow flowers, common name buttercups.

Morning coffee was served at the Fig @ Ivy Cafe in Byford





Recreational Ramblers 2





Eighth Walk 2026

U3A Ramblers 8th walk was along the Canning River at Maddington.

There was a downpour before we set off but fine for the walk and nine walkers set off under Burslem Drive and across Canning River. The track was not under water this time and we had a leisurely stroll under huge flooded gums (eucalyptus rudis) to the concrete path and back to our cars. Hazel did sterling job with her walker!

At Pinjarra Bakery Noor and Kevin were waiting for us. AND pies and cakes are being served on china pates again.

Event Calendar February 2027

Day	Date	Time	Details	Subject	Location	Contact	Phone
Monday	1st						
Tuesday	2nd	9.30 am	Murray Hall	Commonwealth Games	Evelyn Gribble Comm Ctr, Ninth Rd, Brookdale		
Wednesday	3rd						
Thursday	4th						
Friday	5th						
Sat/Sun	6th & 7th						
Monday	8th	10am	Discussion Group	Trees of WA	Church Café, Jull Street, Armadale	sheila	0439926333
Tuesday	9th	TBA	Cinema group		Armadale Cinema	Veronica	0417755235
Wednesday	10th						
Thursday	11th						
Friday	12th						
Sat/Sun	13th& 14th						
Monday	15th						
Tuesday	16th	9.30 am	Cyril Ayris	Perth Journalist	Evelyn Gribble Comm Ctr, Ninth Rd, Brookdale		
Wednesday	17th	10am	Coffee/lunch group	Coffee	Pink Café, Melody St, Kelmscott	Sheila	0439926333
Thursday	18th						
Friday	19th						
Sat/Sun	20th & 21st						
Monday	22nd	10am	Discussion Group	Topical talk	Church Café, Jull Street, Armadale	Sheila	0439926333
Tuesday	23rd						
Wednesday	24th						
Thursday	25th						
Friday	26th						
Sat/Sun	27th &28th						

A Jaunt Along Jull Street



Five members of U3A Armadale joined local community residents on Wednesday 28 October for an interesting walk, "A Jaunt Along Jull Street". This was organised by the City of Armadale.

Starting at the new Armadale Railway Station, the group made their way along Jull Street and through Minawarra Village, finishing at the historic Armadale Town Hall.

Our guide shared fascinating stories about some of the characters who shaped the area and the properties that were built along the way. We also explored how Armadale grew from a small country town into the city it is today. This certainly gave us something to think about - has this growth been for better or worse? A thought-provoking walk that gave us a fresh perspective on our local history!





Speakers 4th Quarter 2026

Salvatore (Sam) Russo
My Life's Journey



To start the first day of Spring, today's speaker was a local resident Salvatore (Sam) Russo.

Sam shared with us his life's journey from a small village in Sicily to Western Australia, and his career both as an accountant and a property developer.

He took us through all his life's significant milestones, culminating in a short film made about his restoration he carries out on his parent's house situated on the north coast back in Sicily.

When he decided to carry out the restoration, he was approached by an Italian film company to make a program about his endeavour.

His talk concluded with an extract from the program showing the transformation he managed on the house and what it meant to him and his family.

Sam's hopes to be able to open his present home at the bottom of Brookton Highway to the public once permissions are in place, where you can sample a slice of genuine Italian hospitality.



Narelle Lamar
Diabetes WA



Narelle Lamar from Diabetes WA was our guest speaker for Tuesday 15th September on the subject of Diabetes.

Diabetes is common. Approximately 37.3 million people in the United States have diabetes, which is about 11% of the population. Type 2 diabetes is the most common form, representing 90% to 95% of all diabetes cases.

About 537 million adults across the world have diabetes. Experts predict this number will rise to 643 million by 2030 and 783 million by 2045.

Narelle's very comprehensive talk covered both type 1 & 2, as well as Gestational Diabetes.

Aided by her stalwart 'felt man' she described how each type of diabetes affected the body and what the present treatment for it was, as well as side effects.

A very informative and comprehensive talk.



Brian Langley - Bush Poetry



On Tuesday 6th October we had a treat of listening to Bush Poetry courtesy of Brian Langley, the “Bush Poet”.

Brian kept the audience entertained with his unique view of life in Australia.



In Brian’s own words “I have, over the past few years taken the opportunity to present my style of Bush Poetry to people from other countries. In general, the Poms and the Irish love it, the Yanks aren't quite sure as some of the terminology throws them (I had to explain "blokey", "dunny" and a few other common Aussie words). The Chinese, Dutch and Germans clap but I don't think they understood much at all.”

To follow some of Brian’s wonderful yarns please visit http://www.brianlangley.id.au where you will find his life story and his books and products for sale.

A very entertaining morning!

Alison Cook - Migration



For our last talk before the Melbourne Cup next meeting, we had Alison Cook from the Australian Red Cross where she is in Community Education.

Alison is a human rights practitioner with over twelve years experience and provides program and project management.

She currently works within the Migration portfolio at Australian Red Cross, where she leads the flagship community education program, In Search of Safety.

Her talk was extremely informative, if not very frightening, as she explained the plight of a large section of the world’s population, who are forced to seek safety outside their own countries due to war, violence, conflict, or persecution based on race, religion, nationality, political opinion, or membership in a particular social group.

Thank you Alison for a very enlightening talk.



Kitchen Roster February / June 2027



MONTH	HELPERS (Arrive by 9am)	PLATE PROVIDERS
FEBRUARY 2nd	Moira Mullins	Tony Fareso, Anne Griffiths Cliff Cammock, Lesley Debelstein
FEBRUARY 16th	Margaret Hall	Roy Hamilton, Margaret Harris Jennifer Haines, Marilyn Harris
MARCH 2nd	Valma Powell	Terry Holton, Lexie Johansen Mary Marsh, Geoffrey McKebery
MARCH 16th	Val Preston	Sally Pannell, Andrew Pratt Maureen Pease, Warwick Powell
APRIL 6th	Adrianne Sumner	Brian Powell, Val Reed Veronica Reid, Marian Smith
APRIL 20th	Noor Thompson	Hazel Stephen, Roberta Sherrad Bob Sutton, Sheila Shenton
MAY 4th	Annika Van De Hayden	Jenny Wardlow, Ray Webb Marianne Williman, Phil Aked
MAY 18th	Jillian Barrett	Phillippa Bennett, Patricia Bensley Tina Betts, Sylvia Byrne
JUNE 1st	Valerie Bartlett	Pam Caffrey, Denise Crouch, David Carroll, Carolyn Crawshaw
June 15th	Sally Fareso	Terry Corker, Sharon Cammock Dennis Cooper, Dene Choyce

Please Note: Any member is welcome at any time to bring along a plate of food to share at our morning teas on a Tuesday. However, 4 members are rostered as a food plate provider for morning tea at each meeting. It is only necessary to provide one large plate of food each e.g. a cake, biscuits, party pies, sausage rolls or whatever else you would like to bring.

If you are rostered as a kitchen helper, you are asked to help organise food as it arrives, as well as clear up and wash up after morning tea. You do not need to provide any food as a kitchen helper.

Contact **Rose McBride** if you cannot attend on your rostered day: **0427 087 436**

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

Committee Members



Welfare	Patrick Bartlett
Membership	Margaret Harris
Raffles	Hazel Stephen
Webpage	Phil Aked - 0429 688 844
Newsletter	
Kitchen Co-ordinators	Rose McBride Marie Borg
Guest Speakers	Phillippa Bennett



Contacts

Mailing Address:	PO Box 291, Kelmscott, WA 6991
Website:	https://www.u3aarmadalewa.org.au
Facebook:	https://www.facebook.com/profile.php?id=61592483770019
Contact email:	hello@u3aawa.tidymail.co
Contact Phone Message:	0414 053 421

Proudly sponsored by

CITY OF Armadale

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