



Benalla and District Inc.

Newsletter – December 2018

U3A Benalla & District Inc

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Please send all newsletter items for the newsletter to newsletter@u3abenalla.com by 25 Dec 2018

President's Report

Our last Meet & Mingle on Wednesday saw 70 members attend. Singers, recorder players and audience all enjoyed a lovely musical morning. Thanks to the singers for the delicious spread to have with our morning tea.

It has once again been a busy and successful year for Benalla U3A. Our membership is steadily growing and the courses we have on offer are attracting many new members.

The biggest of thank you's go to all the hard working and dedicated convenors. With out them Benalla U3A would not be as successful as we are.

On a personal note my thanks to the Committee for a great years work and all the support they give me.

I wish all members a Very Merry Christmas & A Happy New Year.

See you all happy & healthy at Registration Days in January.

Dorothy Webber: President



Christmas Lunch at Barnawartha Pub

Courses and Activities 2019

Full details of next year's program of courses and activities for Semester 1 will be forwarded to all members in mid December either by Email or Snailmail. Included in this information will be the Program Guide, Timetable as well as a Membership Application/Renewal form to be completed and brought with you to the Registration Days in January:

- **The Hub, Coinda**
Monday 14 January **2019** 9.30–11.30
- **Benalla Senior Citizens Community Centre**
Wednesday 16 January 2019 9.30 – 11.30 am

Group Reports

Armchair History

This course has now concluded - there will be no December session. Watch out for two new History courses next year. Meg will be presenting "An Introduction to Western Civilization" in the Friday sessions for semester one. I will offer "After the Victorians" a glimpse of the early 20th Century. I will move to the third Tuesday and offer a session per month for the year.

Terry Case

Armchair Traveller

Armchair Traveller in November provided an extraordinarily interesting presentation by Wendy Sturgess on her recent trip to South America, Argentina, the Falkland Islands and Antartica, with the penguins and seals being the main attraction. Ray O'Shannessy followed up with a DVD of mountains and fjords of Norway. Although

numbers were few a keen interest was shown in continuing the course next year. Tentatively we look forward to sessions in the afternoon of the first Tuesday on the months of March and May in the first semester.

Ray O'Shannessy

Art Appreciation

November: Broken River Potters

This local group of thirteen potters now ensconced at the Barc huts, exhibited their recent works in a stunning display of local creativity. Their range included functional wares, architectural sculptures and carved clay pieces. A broad range of techniques were used including coil construction, slabs and pinching, slip casting and wheel thrown pieces. Each potter deserves a mention, but space precludes that. I was entranced by the lovely raku works of Ruth Terry and Melissa Grimwade, whose pot "Feathers", contrasted the fragility of the decorative feathers with the sturdy rounded pot shape upon which they were placed. Figurines have been explored by many of the potters who produced models of birds and animals both real and imagined. Particularly striking were the three stark goddesses of Jo-Ellen Jackson contrasted with the funky witty ladies produced by Elspeth Keith. These hand built objects included high plain huts and the arresting totem poles of Katrina Carter made from wheel thrown pot shapes that towered over a meter and would look especially lovely in a garden. These works showed the special glazing skills of this group, who can surprise and delight viewers with their variety of visions for clay.

December: VCE Showcase

Five local schools submitted works of some of their final year VCE art students. Participating were Benalla Secondary Collage, Euroa Secondary College, FCJ Benalla, Galen College - Wangaratta and Mansfield Secondary College. In their final year, students spend two terms researching an art project that they developed into an art work in their final term. The art diaries, which are also on display are worth looking at as they capture the experimentation and detailed research leading up to the final production of a work. Some of the small experimental drawings and painting in the diaries are fine work. The exhibition successfully reveals the interests and emotions of the students as they transition towards adulthood. Personal experiences, environmental issues and social commentary formed the basis for some of the

student work. The works of the photographers were particularly fine exploring portraits, landscape and experimental techniques that utilize digital photography and computer processing of images. Well done to all the exhibitors! Well worth a visit before it finishes on 9th December.

Meg Dillon

Bird Watching



Our final activity for the year was a visit to Pauline and Brent's property at Glenrowan West, on a cool but sunny morning. Pauline led us to the bushland area of the property on a steep hillside, then to a dam with mature eucalypts and wattles providing shelter for birds coming in to drink and bathe, before we returned to the house to admire the views and enjoy a shared outdoor lunch.

Honeyeaters were a feature of the visit, with 8 species recorded. The best of them was a male Black Honeyeater feeding near the dam. This tiny bird is a rare visitor from inland Australia, perhaps driven south by drought conditions there. Others included Fuscous, Yellow-tufted, Yellow-faced, Brown-headed and White-plumed Honeyeaters. Of interest also were White-winged Trillers and White-browed and Masked Woodswallows feeding on the ground in a paddock and perched along a fence. We had good views of a pair of Black-faced Cuckoo-shrikes and an Echidna. Smaller bush birds such as Weebills, Buff-rumped Thornbills and White-throated Gerygones were more difficult to observe. There were also plenty of birds around the house with bottlebrushes and grevilleas in flower.



Thanks to our hosts for a most enjoyable morning. An impressive 39 bird species were recorded. Thanks to Andrea Stevenson for providing the photos

Kathy Costello

Brain Games

Participants at the November session were keen, but numbered just three and with a timeslot proving tricky to find, the convenor has decided to go into recess for at least one semester.

Elspeth Maconachie

Bushwalks

Mid Week Walks

Wednesday 14 November - Mount Buffalo

We only had four walkers because of a doubtful weather forecast for the mountain, and left early to see as many waterfalls as possible. There had been some rain during the night and the bush and flowers were glistening and magnificent. Eurobin Falls is only a short distance from the entrance to the mountain. There is a steady climb to a series of classic falls each reaching higher, to disappear towards Lake Catani. Usually these falls consist of a water course or courses surrounded by bare rocks. The rain meant all the rocks were shining as well as the waterfall and added to the splendor.



The Ladies Bath falls joins the Eurobin Falls at a lower level and is spectacular. We then drove up to Rollasons Carpark and descended in mist to the falls. There is an upper and lower falls. The lower is easier to get to and is the best. As we arrived there the mist turned into rain, so we had a quick look, and trudged uphill getting very wet. We drove to the Chalet for lunch in the car park shed before heading home

Vaughan Cowan

Easy walks

Wednesday November 7 - Bells Peak

Bells Peak, off the Tiger Hill Road back in the 19th century was a wonderful wildflower area, as well as having the wooden rail trail travelling through its lower area. Over the years the lower area has been damaged by fire wood removal with further damage by vehicles. I was excited to see the area fenced off and the track repaired. While it will take some time to get full re growth I am sure it will recover its former glory.

Even so, we found quite a few flowers I did not expect so late in the year or with so little rain.

Bells Peak looks down on the valleys towards Tatong (although it is not in view) and Sam Creek Valley to the North. The views are magnificent.

We had 6 walkers who all managed the steep section to the higher levels, and enjoyed our lunch on the peak.



Vaughan Cowan

Chat n' Chew

Chat n' Chew will recommence in February 2019. Following tradition, the first gathering for the year will be held at **The Royal Hotel** on the third Friday, which in 2019 falls on Friday 15th February, at 12 midday. Please contact Shirley on 5762 6768 by Tuesday 12th February for bookings or cancellation.

Shirley Kearney

Collectors

Collectors members visited the Memorial Hall on 12th November and were warmly welcomed by RSL members Ted Polkinghorne, Tom Heaney and Ron Burns. Ted and Tom showed us many items in their collection and explained something of their background. A very interesting item was an exercise book in which every letter and envelope received from her son during his war service was kept by a local mother. Much of the collection related to local men who had served in the wars,

two very important items being rescued from an incinerator and due to be burnt. We were treated to afternoon tea with a delicious fruit cake made by Margaret after which we adjourned downstairs where our members showed their war memorabilia to the group and the RSL men. This produced much interest from all concerned.

Many thanks to the RSL members for giving of their time after a very busy two weeks in which they had helped to sell poppies and organise the very moving ceremony at the Cenotaph on Remembrance Day.

Our last meeting for the year will be held on 10th December at our usual time of 10 am in the Seniors Community building. The theme will be 'Christmas' so bring along a Christmas themed item, perhaps a special gift you have received or a decoration etc.



Judith Borthwick

e-Book Group

Cup Day in November falls on the first Tuesday – so there is no report for e-Books this month. The group will meet again on 4th December at 10 am.

Helen Scheller

Exercises for Fun

Exercises for Fun have had a very successful year. Held each Monday morning, it is a terrific way to start a busy week. The group has maintained its attendance during the year and the members who attend enjoy the variety of exercises each class.

At the end of each session the cool down period of relaxation is very popular and finishes the morning session. Our last session in 2018 was held at the end of November with an enjoyable morning tea which we all shared.

We are looking forward to 2019 when classes commence again. Join us next year for an enjoyable way to keep fit and maintain flexibility and co-ordination.

Helen Jeffree

Exploring the Universe

A Cosmic Serpent. More Space Junk and the Soyuz Capsule landing in Kazakhstan.

At our last session for this year we viewed film from the European Southern Observatory in Chile, which captured details of an elaborate triple star system in the constellation Norma. It is sculpted by stellar winds measured to be travelling at 12 million km/hour. The surrounding dust pinwheel swirls outward at a more leisurely 2 million km/hour. This is thought to be caused by the winds travelling in the opposite direction. Can be seen on: <https://www.youtube.com/watch?v=m9CW47B2pOE>

We returned to Earth where Rupe had the figures for even more space junk collecting around the Earth from rocket launches and disused satellites. This has the potential to become a problem.

There has been much conjecture here lately on what happens to the astronauts on their return to Earth from the International space Station, when the Soyuz capsule they have travelled in actually lands on the steppe of Kazakhstan. How do they get out? Can they walk after so long in zero gravity? The following film shows them being lifted from the capsule, taking their first breaths of fresh air as they are carried to an area where they have immediate medical checks. Later they are walking and are welcomed in a very colourful traditional Kazak ceremony before flying to Moscow for the official Russian ceremonies and debriefing. Well worth watching on:

https://www.youtube.com/watch?v=Slr_szNPcTs

We finished the year with an interview with Professor Brian Cox by Lee Sales on the ABC and the wonders of The Veil Nebula as pictured by the Hubble telescope.

<https://www.youtube.com/watch?v=ZKZPu51QQDo>

Plans are underway for a joint evening with Astronomy Benalla with a night sky viewing at the airport to be followed by a Christmas supper.

We wish everyone a very happy and peaceful Christmas and all the best for the New Year. Why not join us next year? You would be very welcome.

Bev Morton

Film and Literature

Our November film was *The Wife*, screened at BPACC from mid October. Then we met at our scheduled time to discuss the movie.

We had a great time discussing the movie. Everyone enjoyed the movie. Some found it was

slow to start, but then found it held their interest. Perhaps it could have been shorter?

Comments on the performances of the leading characters were very positive – Glenn Close as Joan Castleman and Jonathan Pryce as her husband, Joe. Pryce's performance was excellent, portraying the arrogant and pompous Joe well. Glenn Close's character was well played, although there was comment that Joan did come across as bit weak – why did she not stand up to Joe earlier? Was this because she found creative satisfaction in her writing? Maybe it was Joe's "put down" that she did not write that was the final straw. The inclusion of their son, David (played by Max Irons, son of Jeremy Irons) was also discussed, deciding he was there to show more of Joe's character.

The rating for the film varied between 3.5 and 4 out of 5.

Our December class will be the last for the year. We will each talk about our favourite movie for the year. This may or may not be one we have watched together, as many have seen other movies either at the theatre, on a DVD or on television. We are also bringing afternoon tea to share.

For 2019 we will be focussing on movies being screened at BPACC, and then meeting on the second Wednesday at a café to discuss the movie. The first movie for the year will be a remake of the movie *Storm Boy* which will be screened at BPACC from the end of January.

Joy Shirley

Garden Appreciation



The Garden Appreciation group's end of year lunch at Geraldine's was a very happy and enjoyable event, despite rain necessitating us to be inside instead of enjoying sitting in Geraldine's beautiful and interesting garden. You can see from the photo that there was a lot of chat! The food was delicious.

Sandie Chrimes

Garden Team

Jane and Bill kindly gave up their slot so that in late October we did a collective good deed, working in the garden of an injured U3A member. With our contact, Kathy Izard pitching in as well (and Lois staggering by between medical checks!) we had a large set of helpers who pruned, weeded and mulched.



The November session was an easy one with a more than usually festive afternoon tea at Marcus and Kirsten's and the accustomed cheerful conversation with a hint of mutual congratulation on a year of useful tasks achieved.



Elspeth Maconachie

Investment

At the November meeting of Investment we examined the marked downturn in the Share Market during October 2018. We noted that there had been two distinct times, in the middle and also at the end of October where the Australian market followed the US lead and fell by nearly 3% in a day. Overall for October the All Ordinaries index fell by 8.2% and was at its lowest point for 2018 at the end of October.

Our second topic for the afternoon was the Buy Back of Rio Tinto shares which opened on October 9 and ran until November 9 2018. We examined how the Tender Price is calculated, and discussed what is meant by a Minimum parcel of shares for buying back as well as special conditions of the Buy Back. From understanding these terms it will be easier for members of the group to assess other Buy Backs in the future and whether they want to participate or not.

The final topic of the afternoon was the demerger of Wesfarmers which will be voted on by their shareholders in November 2018. Wesfarmers are a relatively popular share and the demerger of Coles from the conglomerate has caused quite a deal of interest.

Margaret Jenkins

Let's Talk Books

Cup Day falls on the first Tuesday – so there is no report for Let's Talk Books for November. The group will meet at the Library from 2 to 4 pm on Tuesday 4 December.

Geraldine McCorkell

Lifeball

This is the possibly our last newsletter for the year, seeing Christmas is on our doorstep.

We have changed our start time during the summer weather to 9.30am, probably only till Easter, because the hall becomes too uncomfortable for playing.

So - to everyone who plays, or hopes to play at some stage - we begin at 9.30am!!

We complete our year with our breakup game on December 10, followed by lunch at the Golf Club. If partners wish to attend, they will be required to pay the cost of the meal, but numbers have to be finalised very soon.

Our games will recommence, after a Christmas recess, on January 14, again at 9.30am. This is because so many players are eager to resume as early as possible, and don't wish to have an extended holiday break. Which is wonderful, of course, and shows the level of commitment to our great game!

We had a beaut time when we played recently in Rutherglen. Both Colleen and Brian were there, and we were delighted they could make the effort, as Colleen is battling cancer, and is undergoing treatment for that, while Brian is trying ever so hard to overcome his knee problems, and possibly will never play again. But he has not lost his power of speech or sense of humour and will be available to assist with umpiring training if needed. We certainly send them both our love and prayers for better health in the New Year, so they can continue working with Lifeballers all over the place, as they have done so selflessly during past years.

So, we look forward to 2019, still wondering where 2018 went!.....

Marg Merriman 5762 2967

Meet and Mingle

This year's annual Meet and Mingle showcase featured the premiere performance of the U3A Recorder Group, who delightfully rendered five pieces to open the Meet and Mingle concert this year. Singing for Fun's three conductors then led the singers through a varied program of songs which gladdened the hearts of those listening. After the performance members mingled over morning tea, with a number taking the opportunity to take a closer look at the Patchwork group's beautiful display of quilts.



Music Appreciation

Friday 9th November

Our presentation here was an overview of the Strauss dynasty – Johann I, Johann II (Son of Johann I), the sons of Johann II (Edward I & Josef), Johann III (son of Edward I) and Edward II (grandson of Edward I)

Musically our programme for this session was mostly about Johann II - we devoted the first half to his works and divided the second among works by the other members of the family. The selections chosen for our listening were mostly compositions that had some historical significance more so than plain popularity, although our morning's programme did conclude with the time-honoured tradition of the Viennese New Years Day Concerts with the older Strauss' "Radetzky March".

Programme notes for this session with information on the Strauss dynasty and the music presented can be found in the Music Appreciation web page.

Friday 23rd November

Our most recent session saw us delve into the life and music of Percy Grainger. Incredibly eccentric in his behaviour, dress, and many of his views (he claimed to be the world's ninth best composer - below Delius but above Mozart and Tchaikovsky), he was absolutely brilliant and wide ranging in

musical ability, and ahead of his time in the technological side of musical presentation (he was the first to use a phonograph to record folk songs, tried unsuccessfully to develop a synthesiser, but jumped on the duo-art pianola bandwagon soon after they were invented so that he could arrange for music (his and other composers') to be transcribed on to pianola rolls). With a lifelong aim to see himself remembered as Australia's foremost composer Grainger established and endowed the Grainger Museum in Melbourne which is still in operation today.

More detail of Grainger and his music together with the music presented can be found in the programme notes for this session posted on the Music Appreciation web page.

NOTE: The final Music Appreciation session for this year will be on **Friday 14th December at 10am**

Bill Squire

Patchwork

It has been a very busy time for Patchworkers! From entering table runners in the Benalla Show in mid-October, to completing quilts for the annual display at November 21st's Meet and Mingle(see above), to participating in a '5th Thursday' workshop with a focus on making a Christmas project, and there's more to come!



On Thursday December 6th patchworkers will share a Christmas lunch and hexagon patchwork 'Chris Cringle' projects, to be followed by a workshop with Vivienne Sheppard from 'Vivienne's Retreat' on Saturday 8th and/or Sunday 9th December. If you are interested in attending the workshop with Vivienne, please ring Dorothy on 5762 2116 or 0412263071

Dorothy Webber

Play Reading

We had an hilarious time with our November class. The play we read was... wait for it... **"The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society's Production of Macbeth"**.

This is quite a mouthful! The scene was the dramatic society's production of Macbeth and all the pitfalls along the way. In reading the play we needed to be aware of when we were playing a member of the society and when that member was playing a character in Macbeth. With the first act the set had been set up in reverse, so the actors were playing with their backs to the audience. And when the actor to play Lady Macbeth got lost on the way to the theatre, the male stage hand (the only male in the cast) was forced into playing the part. Lots of mistake along the way with people forgetting lines, repeating lines, and our mis-reading of some of the lines only added to the hilarity. We all enjoyed a light very funny play to end the year.

Our Christmas breakup is morning tea on 5 December, meeting at the Art Gallery at 10:30.

Joy Shirley

Politics and Current Affairs

The State election almost ends our year, time to analyse and discuss the fortunes of the parties before our final session in December.

Terry Case

Recorder Group

With a brilliant patchwork display as our background, the Recorder Group opened the November Meet and Mingle's Singing For Fun Concert.

We gave them French - "Ah! Vous Dirai - Je Maman, " "Au Clair de la Lune "and the beautiful "La Mourisque". We gave them Australian - the famous "Kookaburra" that we all learnt in Primary School. The Irish got a look in with "Brian Boru's March" and the Hungarian component was "Hungarian Dance No 5."

They gave us wonderful clapping and a delicious morning tea. Best of all we got to listen to amazing singing and piano playing, all with three different conductors. Brilliant!

Pat Treleaven

Singing for Fun

At our last Thursday morning meeting for the year Joyce Borschmann congratulated the group on the quality of their performance at the 100 years Commemoration of the End of World War 1 in the Benalla Town Hall on 11 November 2018. Joyce said that she had received congratulations from many members of the public regarding the U3A Singers.



Joyce is retiring as Convenor of the Singing for Fun and Harmony groups after 13 years at the helm but is remaining as a valued member of the sopranos of our group. Margaret Jenkins is going to convene Singing for Fun and Harmony in 2019.

As this is the last Newsletter for the year we would like to thank our three talented conductors Faith Hicks, Brian Greed and Margaret Merriman who have encouraged and improved the group throughout the year. We thank them for their time and expertise. We would also like to thank Gwen Barnes for her assistance on the piano during the year. It is a big job to learn and play so many songs so regularly for the group.

Also thank you to Ian Grace for opening up every Thursday that we meet, arranging the chairs, and also for closing up at the end of each session. Morning tea is an important social part of our group and thank you to Trish Roe for overseeing the morning tea and coffee throughout the year – we regularly have 30 people at our sessions and Trish and her team always have a smile and know who likes what.

Lastly but not least. What a performance we gave at Meet and Mingle on Wednesday 21 November for other members of U3A and the public. Our group really do seem able to lift themselves when singing out with excellent diction and expression added to most songs.



The three conductors are to be congratulated for putting together a varied program of songs, and the performance was excellent. Well done everyone.

Our final Sing Out will be on Thursday 6 December 2018 at 10.30am at Cooida, with our Christmas lunch at the Golf Club to follow. For those singing at Cooida could you please be there at 10.15am. Hope to see you all again next year!

Margaret Jenkins

Stock and Land

With Stock and Land's class falling on Cup Day we have no report for Stock and Land for November. However we will be meeting on December 4th at 10 am when Alison Earp, a hop producer from Myrhee, will talk about growing and using hops.

David Palmer

Tech Savvy

iPad for Beginners

Our 'Drop In' sessions for members keen to finish additional 'Be Connected' continued in November with most members now confident they will be able to draw upon Be Connected modules to meet their learning needs.

Be Connected is continuing in January next year as a 'summer school' on Wednesdays 9th, 16th, 23rd and 30th January from 10 to 11am, with each session followed by a catch up coffee and chat. Come along to work on Be Connected modules with support from Jenny Sawyer and mentors.

We would like to thank Jenny Sawyer for delivering Be Connected and the upcoming Summer School. Jenny's enthusiasm knows no bounds!

We would also like to thank Margaret Jenkins for her work in accessing funding via the Be Connected program, monitoring progress and results and assisting Jenny with report backs to Be Connected. These funds have been put to excellent use in enabling our office and meeting room computers to be updated. Margaret's work on the Benalla Age Friendly committee has also resulted in three new iPads which will be made available to members in next January's summer school.

Thanks also to the 'Be Connected' mentors, Marg Jenkins, Helen Jeffree, Pat Treleaven and Margaret Walshe and – last but not least - thanks to 'Be Connected' participants for their interest, patience and preparedness to help each other out.

Bev Lee

Tech Savvy Projects

Each year we try to come up with 'the answer' in terms of delivering 'hands on' Tech Savvy courses such as Tech Savvy Projects to meet the needs of U3A members with confident computer skills who are keen to develop or update them. We are still searching - and are keen to hear from members interested in offering courses to intermediate level members. Next year only one intermediate level session will be offered in Semester 1. 'Tech Savvy Projects – Family History Projects' will continue, meeting monthly on the 4th Thursday from 1 to 2.45 before Tech Savvy Talks meets at the Northo. I'm looking forward to seeing the growth in participant's family trees using Ancestry.com and other online programs, and to reading their travel blogs when they visit family history sites.

Bev Lee

Tech Savvy Talks

This month in a rather packed session we looked at some digital assistance technology. Bev demonstrated her Google Digital Assistant for us and fun was had by all in giving it instructions and its response to those requests. We even had some music from Scotland as well as episodes of Late Night Live, as a result of requests of it. Videos of other assistance technology were shown for example Alexa, Amazon's version of a digital assistant where you can actually order products from Amazon, by instructing Alexa. Unfortunately Alexa sends only what she thinks is appropriate. Of particular interest to older people was Apple's latest digital watch. Apart from telling the time (it seems a minor requirement for a watch now) it can detect when you have had a hard fall and if you don't respond within a minute it will ring an emergency number for you. Other health features apart from the usual such as heart rate, include monitoring atrial fibrillation which would be of interest to some. Another convenience is that it can be paired to your mobile phone service, and can be used as a phone. Useful for those who don't have their phones welded to their hand.

We brought ourselves up to date with the latest in driverless cars and discussed the things that lead up to the death of a woman wheeling her bike across a four lane highway in Arizona. She was [struck by the Uber autonomous car](#) (with a driver on board). After about a seven month investigation Huber have put in place a much more rigorous testing regime. RACWA have purchased a level four autonomous vehicle at a cost of \$500,000 for trial in Western Australia. The small bus which was purchased has an unusually large

number of sensors, including three costly Lidars, six cameras, radars and ultrasonic sensors. The trials should lead to legislation for the operation of autonomous vehicles in that state. It is something of an anomaly that the first level three autonomous car is available for sale in Australia but is disabled due to lack of required legislation.

Hydrogen power for electric fuel cell cars has had a boost with CSIRO research into the production of hydrogen from the use of metal membrane technology using ammonia. The idea is to transport liquid ammonia to your local garage where it would be converted to hydrogen on site in a simple process. A number of fuel cell vehicles is being trialled in Australia, including Melbourne, at the present time. A video proposing wide scale use of hydrogen was discussed. The advantage of hydrogen is that its use produces zero greenhouse gases. Ideal for backup of intermittent renewable energy.

Finally we viewed a video of a [TED Talk by Tom Gruber](#), the designer of Apple's Siri. He is urging the development of AI as an enhancement of human capability rather than a competitor to it. This prompted some interesting discussion. It is interesting to note the timeline for an implant to ameliorate the effects of dementia is slated for 2030. That would be good to bring forward!

Links to more [videos shown during this session](#) can be found on the Tech Savvy Talks web page.

Les Rodgers

Towards a Sustainable Future

This month we discussed the future of our group. We decided that it was sustainable and would continue, albeit with a change of title to the 'Sustainability' group. 'Towards a Sustainable Future' can be rather a mouthful! Included among the many topics discussed this month— a look at the take-up of electronic vehicles in Australia and an article 'Australian students plan school strikes to protest against climate inaction', an issue young people in the United States have mounted legal action in the courts to address. A particularly engaging discussion was held in response to an article titled 'Our No 1 Recycling Mistake? It's in the bag'. Apparently the number 1 mistake is to throw soft plastics, which get caught up in sorting machines, into the kerbside recycling bin. Soft plastics such as bread bags need to be dropped off at Coles and Woolworths stores in the REDcycle bin. Another common mistake— putting recyclables into bags, which get picked out manually and put into landfill. We

should keep items loose when placing recyclables into the recycling bin. It seemed from the article and our discussion that we all get rather anxious about some of the decisions we need to make regarding 'red', 'green' or 'yellow' bin contents! We also talked about two events being supported by BSFG's Renewable Energy Benalla action group, a Solar and Battery Offer by Mondo Power which closes on December 7 and a seminar 'Electrifying Industry-showcasing how industry can move to 100% renewable energy'.

Bev Lee

Wine Appreciation

On Wednesday 28th November, Wine Appreciation hosted the Christmas breakup at the iconic Barnawartha Star Hotel. What a find this Hotel is. It's affable owners, Rod and Ann Hawking, are in the process of renovating the interior's grand proportions and transforming the small Beer Garden area outside the French Doors. We spotted quite a few weary Victorian Great Bike Riders seeking refuge in or outside the Hotel for a well earned drink and a break. Our 2-course Christmas meal was delicious and service prompt and efficient. The Hotel has an extensive wine list of local wines to accompany meals. Our thanks must go to Noel, Heather and Keith, Benalla Bus Lines and of course Barnawartha Hotel for a very enjoyable break up. We hope to return.....

Bev Thornell

Writing Workshop

Creative Writing

We were pleased to welcome two newcomers to our Creative Writing session this month. We had four topics relating to rain/weather to inspire us. Each of the topics was used by at least one member of the group. We were treated to three stories that had an element of humour – a blind date, camping when the tent was flooded because of a tap not turned off and a Halloween trick gone wrong. There were also some more serious pieces with the loss of a husband and a victim of domestic violence.

Our December topic is presents/presence...or any variation of these words

Anyone who might be interested in joining the Creative Writing group next year is welcome to join us at our final session and Christmas break up at 'The Northo' on 10 December to get a taste of how we are encouraging one another to write a piece of fiction.

Joy Shirley

Memoir Writing

It has been another very enjoyable year, meeting monthly to share stories about 'people who shaped us', 'family rituals', 'scary moments', 'days at work we'll never forget', 'meeting a kindred spirit', 'our back yard' and more. Congratulations to Betty Milligan for receiving third prize in the Benalla Festival's Writing Competition for her 'Our Back Yard' themed poem. In November we will be sharing memories of 'Endings', of a time when something important in our lives ended and how it affected us. In December we will gather at the Northo at 1.30pm to celebrate the end of the year with the Creative Writing group, who will be sharing their December challenge. Our summer break challenge is to write a 500 word story about a 'Family Trait' we inherited and how this plays out in our lives, ready to share at our first session in February. Next year we will have a new title 'As Time Goes By'-Memoir Writing!

Bev Lee

Member News

A Retirement Thank You

Joyce Borschmann

After 13 years as Convenor of Singing for Fun and Harmony Groups, Joyce Borschmann is retiring as Convenor of the groups at the end of 2018.

Joyce and her late husband Bob were original members of U3A Benalla when it commenced over 20 years ago. The Singing for Fun group started in Helen and Graham Mitchell's previous home in South Street Benalla before moving to the CWA Hall for a few months. From there Singing for Fun and Harmony progressed to the Chapel at Cooina before calling the Baptist Church in Bridge Street home for several years. Eighteen months ago Singing for Fun and the Harmony Group moved to the U3A room in the Senior Citizens' building.

One of Joyce's attributes is as a great organiser. She has successfully used this skill to allocate various tasks over the years to her willing band of helpers in the group. Joyce has a beautiful soprano voice and everyone will be delighted to know that Joyce is continuing as part of the soprano singers.

With a background in producing dramatic performances, Joyce has been able to impart some of her skills in this area to the participants of Singing for Fun. The other skill she has is excellent communication. Joyce has used this very

successfully encouraging new people who join the group to feel part of the group very quickly.

Singing for Fun is one of the larger groups in U3A Benalla. We thank you Joyce for a great job over many years.

Margaret Jenkins

Program News

ADVANCED CARE PLANNING 2



This session, presented on Friday 30th November 2018 to 33 U3A participants, was the second in the series on Advanced Care Planning.

Brendan Smith From Smith Dossier Accountants/Financial Planners, outlined and provided a copy of a framework for consideration of retirement and end of life issues.

Damian Feehan from N J Todd Funeral Directors discussed the roles and responsibilities of funeral agencies and the need to preplan and communicate preferences prior to this stage of life.

Jo O'Brien and April Betheras from the Palliative Care Service outlined their roles and once again emphasised the need for people to record their care options/choices under certain scenarios when they are actively able to consider them. They outlined how this can help care givers and families at a time when communication becomes impossible.

Wendy Sturgess and Margaret Walshe

Useful Resources:

From Palliative Care, Benalla Health
https://www.advancereplanning.org.au/resources/case-studies/case-study-8-tips-for-living-and-dying-well?utm_source+facebook

From U3A member Judy Perry: <http://cotavic.org.au>

'BE CONNECTED' SUMMER SCHOOL

Attention to all members with portable computing devices

- smart phones
- tablets
- iPads
- laptops

During the summer break, there will be continuing **Be Connected** sessions. If you weren't able to attend any or all of the previous sessions last semester and you would like to extend your computing knowledge and skills we are running four sessions in January on Wednesday mornings at the U3A room.

Be Connected has added some extra modules to their course. They are:

- Online Hobbies
- Apps
- Games

Dates - JANUARY Wednesdays 9th, 16th, 23rd, 30th Time - 10:00am - 11:00am

Jenny Sawyer Phone 0409 545 182

NEW COURSES IN 2019

A number of new courses are being offered in 2019. There are alterations to times for a number of subjects, please check to see if times have changed for groups you enroll with! These changes are to enable us to run more classes. Terry Case case.terence@gmail.com.au

A Night at the Opera – French Style 2nd Wednesday 7 pm Presenter Meg Dillon

This season we will take a look at some of the great nineteenth century French composers like Berlioz, Debussy, Ravel and Poulenc who were interested in opera as a musical form. Lovely arias, tuneful music, great singers and performances.

As usual the group meets at the presenter's house on a Wednesday evening at 7pm. Drinks and light refreshments are offered. Maximum of 10 participants can be seated.

Beginners' Patchwork 1st Tuesday 12 – 2pm and 4th Tuesdays 1 to 4 pm Presenter Heather Sloan

The course will cover the basics of patchwork and quilting whilst making a small panel. It is designed for people with no experience of patchwork, and does not require a sewing machine. By the end of

the semester participants will have the skills to make a basic quilt.

Booker reading group 3rd Friday 2-4pm Presenter Meg Dillon

The annual Man Booker Prize is awarded to the novel deemed best by an extensive panel of judges in Britain. Writers in both America and post-colonial countries can also enter. Each year the search is narrowed to a Long List of 13 books, then the Short List of 6 from which the winner is chosen.

These novels are not for the faint hearted! They often explore contentious contemporary issues or the lives of families or individuals experiencing the difficulties of modern life.

The judges said of the Long List: *All of these books – which take in slavery, ecology, missing persons, inner-city violence, young love, prisons, trauma, race – capture something about a world on the brink. Among their many remarkable qualities is a willingness to take risks with form.*

The 2018 winner of the Booker was The Mars Room by American writer Rachel Kushner. You can google the **2018 Man Booker Long List** to see the complete list.

If you are curious about some of the best contemporary fiction of the last year...please join us.

You will be expected to obtain your own copy of the books the group chooses to read, either by buying an e-book version, borrowing from a library, or purchasing a hard copy.

German for Beginners Mondays, 12 – 1pm Presenter Pauline Bailey

This course should give you a good understanding for basic communication in German. There are no set texts, but a small German-English dictionary would be useful. Notes will be provided at each session.

The first 10 weeks will provide the vocabulary and grammar underpinning the language. After a winter recess, we will resume for more advanced learning.

History: After the Victorians 3rd Tuesday 10 -12 Presenter Terry Case

The 20th century saw enormous changes in the period from 1900-1939. From the Boer War and Federation in Australia we then look at the White Australia policy and the fear of Japan as a world power. Germany and the USA overtook Britain as the leading industrial and military power. The Bolshevik Revolution was a turning point not just

in W.W.1, but in European history. Socialism, Fascism and Communism challenged existing orders. The British Empire reached its peak in the 1930s, but the belief that Britain had a right to rule was challenged by Gandhi and others. DVD's will be used to illustrate the sessions.

History: An Introduction to Western Civilization 2nd & 4th Friday 2-4pm, Semester 1 Presenter Meg Dillon

History helps us understand some complex issues, even though it can't and doesn't predict future outcomes. Today our Western Civilization is strongly attacked as corrupt, militaristic and nihilistic.

But is it? How did it evolve and what aspects of should we embrace and be proud of?

These history sessions will look at the current situation, then briefly explore those past cultures that have created our complex Western world.

Ancient Greece: it all started with the Greeks and their vast cultural agenda. Art, sculpture, philosophy, science and much more was developed by this squabbling, argumentative but lively group of city states and colonies, known as the Greek World.

The Romans: masters of war, engineering and administration. Their Pax Romana (The Roman Peace) was spread across Europe in the largest ancient empire prior to the British Empire. The Romans would colonize and civilize other cultures but would brutally suppress any rebellion.

The Italian Renaissance: The rich Italian city states of the thirteenth century rediscovered the Ancient World of the Greeks and Romans through their discoveries of surviving sculptures and ancient manuscripts. The result was a reintroduction of many of the achievements of these cultures that had been lost in the previous 1000 years. The Italians built on this foundation advancing both the practice of the arts and that of diplomacy in an era that was fractured by minor wars between the city states and the Papacy.

The Reformation: In the early sixteenth century Martin Luther started a vast religious movement protesting against some of the corruption and excesses that had developed in the Catholic Church. The succeeding growth of Protestantism turned many parts of Europe into mercantile hubs where vast wealth started to be made by a merchant class, while more austere religious and communal practices were adopted by whole populations in Northern Europe.

The Enlightenment: The age of science burst into being in the eighteenth century in England and France. Gentlemen 'scientists' started to look at the way the physical aspects of our world worked. In France the French Revolution in 1787 followed naturally from this development as the middle classes refused to accept the older corrupt rule of King, Church and nobles. This was the start of our era in which science and government would dominate our thinking and lead to Western democracy as we know it and the vast scientific knowledge that has changed our world and lives. Discussion and suitable video and other images will be used to convey some of the key attributes of these major historical influences that have formed the Western world.

Meditation 1st & 3rd Monday 4-5pm. Presenter Caroline Sims

What's On

DECEMBER

Monday, 3 December

9:30am Lifeball

10:00am Art Appreciation

Tuesday, 4 December

10:00am E-Book Group - Please bring a plate & Kindles for reloading for 2019 (if applicable).

10:00am Stock and Land- 'Producing Hops'

2:00pm Let's Talk Books

Wednesday, 5 December

10:30am Play Reading Break up - Art Gallery Cafe

Thursday, 6 December

10:15am Singing for Fun - 'Sing Out' at Cooina

12:00pm Singing for Fun - Lunch at Golf Club

1:00pm Patchwork - Christmas lunch & exchange of hexie bag

Friday, 7 December

1:30pm Investment

Saturday, 8 December &/or Sunday 9 December

Patchwork Workshop with Vivienne Sheppard

Monday, 10 December

9:30am Lifeball - breakup game

10:00am Collectors - 'Christmas' theme

12:00pm Lifeball - breakup lunch at the Golf Club

1:30pm Writing Workshop--Creative Writing & Memoir Writing--joint session at 'The Northo'

Tuesday, 11 December

10:00am Politics and Current Affairs

Wednesday 12 December

1:00pm Film & Lit "Our Favourite Movies of 2018"

Thursday, 13 December

1:30pm Executive Meeting

Friday, 14 December

10:00am Music Appreciation

JANUARY

Wednesday, 9 January 2019

10:00am 'Be Connected' Summer School - Week 1

Thursday, 10 January 2019

1:30pm Executive Meeting

Monday, 14 January 2019

9:30 – 11.30am Enrolment Day--Cooinda

9:30am Lifeball

Wednesday, 16 January 2019

***9:30 – 11.30am Enrolment Day--Seniors ***

10:00am 'Be Connected' Summer School - Week 2

Monday, 21 January 2019

9:30am Lifeball

Wednesday, 23 January 2019

10:00am 'Be Connected' Summer School - Week 3

Thursday, 24 January 2019

9:30am Convenors' Meeting

Friday, 25 January 2019

12:00pm News Bulletin Deadline

Monday, 28 January 2019

9:30am Lifeball

Wednesday, 30 January 2019

10:00am 'Be Connected' Summer School Week 4



**MERRY CHRISTMAS
TO ALL U3a
MEMBERS**