



Benalla and District Inc.

## Newsletter – September 2017

U3A Benalla & District Inc

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Please send all newsletter items for the newsletter to [newsletter@u3abenalla.com](mailto:newsletter@u3abenalla.com) by Wednesday 18 October

### President's Report

On the 12<sup>th</sup> September, Geraldine, Lorraine and I attended a U3A Regional Meeting in Kilmore which once again showed us what a small but very active U3A we have here in Benalla. A huge thank you goes out to all our Convenors who run such an interesting and diverse set of courses. Without you we wouldn't be so successful. The Guest Speaker, Gerard Mansour, Commissioner for Senior Victorians and Ambassador for Elder Abuse Prevention spoke on the rights of seniors and how to reduce the risk of abuse. There was also a presentation from Travellers Aid which now offers a service at Seymour Station.



Executive Committee

**CONVENORS MEETING** to be held on Monday, 9 October at 2.30pm. This will be an opportunity to discuss how we are settling in.

Dorothy Webber President

### John Avery

John Avery is now back home recovering from a dog bite which became infected. A visit to Wangaratta hospital, a hospital in Melbourne and a pacemaker later he is now resting and recuperating. We wish you well John!

Terry Dillon

### Group Reports

#### Armchair Traveller

Judy Perry entertained us with 90 minutes of DVDs of her recent cruise on the Sun Princess to the islands of



Papua New Guinea. There was much entertaining by the village people dancing and singing, and many markets where crafts and food was sold. The woodwork products were generally of high quality and Judy had purchased some which she had on show. Many of the men seemed to chew the betel nut which was obvious from their red tongues and mouths. Judy highly recommended the trip as the people are still so friendly and welcoming and seemed to enjoy life.

Jane Parris

#### Art Appreciation

On Monday 4<sup>th</sup> of September the U3A Art Appreciation group was treated to a talk given by Arlene Textaqueen about her paintings that are on display in the Bennett Gallery. Arlene primarily works on paper with felt-tip marker pens commonly referred to as "Textas" in Australia. In this exhibition of her works completed over some fifteen years most of the subjects are nudes, although this is not immediately obvious. Some of her works have a cartoonish look to them. Some are of recent political figures and events. Some have very intricate backgrounds. Some refer to current political trends. There is one killer picture in the form of an Australian Newspaper front page in which Arlene sums up her philosophy and, it can

be argued, sums up the intention of all paintings in this exhibition. It is worth noting what Arlene says in this painting because it does have profound meaning and makes the viewer consider his or her own actions. During the course of her talk Arlene admitted to being a shy person even though her work does not indicate this. The subjects of her paintings appear to be extroverts and each work has an optimistic outgoing feel to it. Some are confronting, but this is deliberate.

There are also some nude self-portraits set in the Australian landscape on display.

All in all this was a very interesting talk and we thank Bryony for bringing it to us.

The next Art Appreciation Group will be **Monday 2nd October, 10am** - "Colonial Afterlives" Speaker: Bryony Nainby Colonial Afterlives considers a range of contemporary responses to British colonisation from indigenous and diasporic artists living in Australia, New Zealand, Jamaica, Barbados, Britain and Canada. It incorporates a diversity of views ranging from melancholic eulogies to passionate and sometimes scathing commentaries on the complex legacies of British occupation.

**Monday 6th November, 10am** - "Two works by Heysen & Namatjira - Where is the Art?" Speaker Neville Gibb and artist (to be confirmed)

Neville Gibb

## Bird Watching

On Tuesday 3 October, U3A Bird watching group will visit Reef Hills State Park for a morning bird walk. Please meet in the car park at the entrance to Reef Hills at 10am, bringing anything you want to eat or drink during the walk, a chair if you have one and of course binoculars.

### Directions

Reef Hills is 5 km south of Benalla, and the entrance to the park is off the Midland Highway about 300 metres past the freeway overpass, on your right.

We are hoping for some warm sunny weather, as our September outing to Chiltern to look for Regent Honeyeaters was cancelled due to cold, wet weather.

There will be no outing in November because of the Melbourne Cup day holiday. I am happy instead to run an activity on Tuesday 5 December if members are interested.

Kathy Costello

## Brain Games

Brain Games will resume on October 2

Elsbeth Maconachie

## Bushwalks

### Mid Week Walks

#### September 13

Carol and Graeme from Alexandra, and Gwenda from Bonnie Doon joined eight walkers from Benalla to start the walk from Buckland Gap. The walk was in the Stanley Forest and was designed by Doug Kneen. We started on a short track to Bates Picnic area. The



stream here has been dammed to provide water for sluicing for gold. Historic, and a very pleasant spot. We then climbed to the top of a hill to view the snow on the mountains, but there were too many clouds. Down to Six mile road to view magnificent tall trees and masses of Silver Wattles, then turned North East along the Ridge road. We turned right to walk along Rooney's track for lunch in the Clarke Corner picnic area, where we just finished eating before a heavy shower of rain. On with the wet weather gear, but it did not last long, and we walked the Lady Newton road to Murrumungee Lookout. Great views to the South with some sun and lots of clouds. Further up the track we met a very good sculpture beside the road. It was carved into a dead, burnt tree, and had "Robert" carved into one side. Am not sure whether this referred to the sculptor or the subject. We drove into Beechworth for afternoon tea beside the lake. The only down side was the lack of wildflowers due to the roadside spraying of Bracken. The walk distance was just under 10km.

#### October 11

We will do the Spit walk in the Winton Wetlands. There have been a few changes here such as a new road and some "Wall Art". We will leave Benalla at 9.30 am. Please ring 5762 1980 to let me know who is walking.

Andrea Stevenson

### Easy walk Wed

#### Sept 6

After being cooped up inside by the cold and wet weather, five walkers defied the forecast and had

two great walks in the Killawarra Forest. The wattles were putting on an excellent show and seem to have increased and grown since our last visit. Most were Golden Wattles augmented by Varnish Wattles, and the Gold-dust Wattles were just starting to flower. It was a bit early for orchids but there were quite a few Blue Caladenias and one Leopard orchid. Two new bridges have been erected over the creek on the Wildflower Circuit after being washed away in the 2012 flood. After lunch we walked the shorter circuit starting from the Camp Ground. Total walking distance was 5.4 km.

#### October 4

We are returning to one of my favourite walks, the "Bike track" starting from Wenhams Camp in the Warbys. It is not too steep, or long, and has a good range of vegetation and wildflowers – particularly grass trees. We will leave Benalla at 10.00 am.

Vaughan Cowan

#### Chat n' Chew

The final meeting for the year is at Georginas at 11:45am on September 20. Please ring Shirley 5762 6768 to book.

Shirley Kearney

#### Collectors

The theme for our August meeting was jewellery. Jennifer convened the meeting and placed a large maroon velvet cloth on the table where most of the jewellery was displayed. Judith had already attached her display to a cushion which was also maroon and fitted in with the display quite well. She also had a locket and a photo of her grandmother wearing the locket which would have been taken in the early 1900's. The photo in the locket was of Judith's great-grandmother and although it was very faded she had a copy of the same photo to show to the group.

Some of our members were unable to attend because of illness and we wish them all the best. This theme presented quite a challenge but we rose to the occasion and saw many beautiful and valuable items and some very pretty but probably inexpensive costume items. Some of the items had belonged to their owner since their teens which possibly made them if not antiques then collectables. Some had been passed down in families and were treasured for that reason. It proved to be a very successful day.

The suggested theme for September is teapots, tea cosies, tea cups or similar items. A teabag will

not pass the pub test. The September meeting will be on 25<sup>th</sup> September.

Judith Borthwick

#### e-Book Group

Tobias Hill is a poet of some distinction in Britain, and also a fine writer. What Was Promised, is a beautifully constructed trip down memory lane, beginning in post war London, and ending in a somewhat different world in 1988. This quote, 'Six years of war, nine of rationing, and everywhere feels the pinch,' is the authentic voice of the East End, and accurately represents the lives of three costers, Solly, Michael, and Clarence, and their families who struggle to survive in poor accommodation and crowded conditions. The children, however, create their own imaginary lives on bomb sites. The one constant in all their lives is change, and some adapt better than others. Not all the endings are happy, yet Tobias Hill demonstrates very convincingly, the resilience of the human spirit and our need to belong in a place we can call home.

Helen Scheller

#### Exploring the Universe

##### Morning Alignment of Planets:

There have been some great planetary alignments before dawn in recent days. (No, you are not reading astrology news. These alignments will have no bearing on your future whatsoever!) Three planets and the crescent moon have aligned in the eastern sky and Rupe has been out there to view them. We seemed quite happy just to hear his description. I think we secretly gloat that we were still in our warm beds. He showed images of the crescent moon passing by the planets Venus and Mars, and then Mercury. We also viewed film of the moon passing in front of Venus, causing it to temporarily disappear from view. This is known as an occultation and no, it has nothing to do with witchcraft! This can be viewed [HERE](#).

The nuclear-powered space craft 'Cassini' has ended its thirteen-year mission studying the beautiful ringed planet Saturn. Close to running out of fuel it has been destroyed by being plunged into Saturn's atmosphere where it will have burnt up like a meteor. Saturn's moons Titan and Enceladus may be capable of evolving life, so the destruction of Cassini was to prevent any contamination reaching them from Earth.

Jan had been working on a power point presentation on the planet Jupiter showing spectacular images taken by the camera on the

Juno spacecraft recently. Some of them showed the incredible turbulence of storms caused by the rapid rotation of the giant gas planet. A day and night on Jupiter lasts only 10 hours, causing immense, violent storms that last for hundreds of years.

Bev showed a film taken by the “Smarter Everyday Team,” a group of young Americans who explore the world using science. This film taken at a reservation in Wyoming featured the transit of the space station across the face of the sun, just before the recent total solar eclipse seen across the U.S. on 21-08-2017. We then witnessed the following solar eclipse filmed from the top of a stack of round hay bales with the sun disappearing and the sky darkening during totality. The laconic Wyoming farmer’s response when asked what he thought of it was that he was glad when the old Sun came back again. This can be viewed [HERE](#).

Bev Morton

## Film and Literature

This month we watched *Saving Mr Banks*.

**Genre:** Biography, Comedy, Drama

**Plot:** Author P.L. Travers reflects on her childhood after reluctantly meeting with [Walt Disney](#), who seeks to adapt her Mary Poppins books for the big screen

**Key Characters:** Major characters are P.L. Travers (Emma Thompson); Walt Disney (Tom Hanks); Ginty (Annie Rose Buckley); Travers Goff (Colin Farrell); Ralph (Paul Giamalli)

**Filming Location:** California, but story setting included Australia, London as well as California.

**Review:** This was enjoyed by the group. The performance by Annie Rose Buckley as Ginty (the young PL Travers) was considered as outstanding. It provides some history to the making of Mary Poppins, as well showing a lot of the linkages between the author’s early years in Australia and the story she tells in her books. These include a lot of references to flying, the umbrella her aunt brought when helping the family, references to the wind, even the tuppence that Michael wants to use to buy food for the birds is similar to the tuppence the author’s aunt gave her. When discussing who we would recommend the film to, we decided it would be suitable for anyone. We rated it as 5 out of 5.

**Other comments:** The author’s real name was Helen Goff, but wrote under the name P L Travers – her much loved father’s name was Travers Goff. There were some aspects of Australia that we felt

were not quite correct, for example, a kangaroo on a lead. If made today, could it be improved by filming the relevant parts on location in Australia? While based on the early life of the author, as is often the case, there are some inaccuracies, one of which is the author’s age when they moved to Allora in Queensland. In real life she was only three, but the movie has her as considerably older.

**For information:** A movie that is topical now is called *I Am Michael*, recommended by one of our group as worth watching. It is available from the library and for streaming on Netflix.

**Our September session is on 11 October.** We will be watching *Barefoot in the Park*, filmed in 1967 and starring Jane Fonda and Robert Redford.

With all the movies we watch, we look at them as literature – literature in a different medium, that of film. This helps to focus the discussion, covering ideas around genre, characters, plot, but also adding the aspects that relate to film, such as cinemascope, music and atmosphere.

Joy Shirley

## Garden Appreciation

### SEPTEMBER 28<sup>th</sup> – “CHANGE OF VENUE”

Due to an accident to the owner of the garden we were to visit Gwen has organised a new venue.

Meet at the car park at the back of the Seniors building at 9.30 a.m. Please bring something for morning tea to share, tea, coffee and milk will be provided, but bring your own mug and hot water in a thermos.

Morning tea will be in Yarrawonga at one of their parks or on the foreshore. We will then move onto *Rich Glen Olive Estate Garden and Café 734 Murray Valley Highway Yarrawonga*. There is a very nice garden to see with a gift shop. Lunch will be in the Café at the Estate.

### OCTOBER 26

Meeting in the car park behind the Seniors at 9.30. We will visit Valda Martins farm and Cherry Orchard in Ruffy. The Cherry trees will be in flower. Valda has a great display of patchwork and quilts, as well as her garden and orchard.

As usual bring morning tea to share, tea coffee and milk will be provided but bring your own mug and hot water in a thermos. Lunch to be arranged. Please phone Gwen on 5762 7017 or 0438627010.

Gwen Turner

## Garden Team

Violet Town tamed thanks to ivy interrupter, lavender lopper, wisteria wrestler et al!

Meet next at Nth Arundel St.

Elsbeth Maconachie

## In the Mood for Opera

Opera will resume in October. Meg will email participants on her return.

Meg Dillon

## Investment

The Reporting Season in August showed a satisfactory result overall for companies listed on the ASX, and provided an interesting topic for the September meeting of Investment. We looked at specific features of the reports of primarily larger companies but also included a couple of companies which had shown very good returns recently. These features of the reports often influenced the subsequent share price of those stocks in the days following the report.

The second topic of the afternoon was an insight into How to Start Sizing Up Companies that you may be considering buying shares in. The five steps talked about in this process were then applied to our long-term selections as a process of demonstrating the strategy.

The next meeting of Investment will be on Friday 6<sup>th</sup> October 2017 at 1.30pm in the U3A room at the Seniors Complex.

Margaret Jenkins

## Let's Talk Books

Our September meeting at the Library provided a great deal of laughter, I am sure we all went home in very good spirits. Apart from chatting about the books we have read we had to name our favourite author and book. To Kill a Mockingbird by Harper Lee came out on top, others were Pride and Prejudice, Wuthering Heights, The Outlander Series by Diana Gabaldon, Cloudstreet by Tim Winton, All the Light we Cannot See, Scoop by Henning Mankell, Cold Comfort Farm by Kent Haruf and Love in a Cold Climate written by Nancy Mitford. Black Beauty was a childhood favourite as was Enid Blyton.

Some of the books read by our group included The Queen, Rupert and Me by Desmond Zwar from Beechworth quite entertaining. My Name is Lucy Barton by Elizabeth Strout, the reader found this a bit disjointed. The Dressmaker of Dachau by Mary Chamberlain, tells of a seamstress in London in 1939 who lived with nuns in a convent until the

Germans took her to work for them. A book that many of us read and enjoyed was Our Souls at Night by Kent Haruf, it is now being made into a movie starring Jane Fonda and Robert Redford, we look forward to seeing it. A great variety of books were read, but remember you don't have to read a book to come to our group, it is very entertaining listening to what others have read and enjoyed. See you all in October at the Library.

Geraldine McCorkell

## Lifeball

Lifeball continues to grow....this past Monday, we had 20 players. We have one new player, Judy, who is really keen, and another possibility, a friend of Marie. Tonight I had a phone call from another prospective player, who intends to call in to see how we play our beaut game. You should do it as well.....

At the end of August, we held an umpire's training and refreshing umpire's day, and as a result, we now have 6 prospective new umpires, who can assist with our games each week. It was a most successful day, culminating with 4 different soups and fresh bread for lunch. Well earned!!

On October 25, we have been invited to Rutherglen for their Fun Day - numbers unknown as I write, but I hope we may have 6 others to accompany Rupert, Anne and me, for yet another great Lifeball day.

With our new umpires, our game takes on a new aspect, as they find their feet, and put their new-found skills into practice. And we all try to help, some at the most inappropriate times.....we have to get used to them as well!!!

As others come to investigate our game, why don't you come and investigate us as well? Who knows, you may be another convert!!

Marg Merriman 5762 2967

## Meet and Mingle

Our September Meet and Mingle with guest speaker Jacqui Cox, Home Care Case Manager at Cooina Village, was very well attended. Jacqui's presentation concerned the two types of "in home" care - "Home Care Packages" and "Fee for service". "Home Care Packages" are government funded and include a Case Manager. They are granted on the basis of need as ascertained by an Aged Care Assessment team provided from Wangaratta, and are also means - tested. "Fee for service" -pay as you go. The services are aimed at enabling clients to stay in their own homes longer by providing necessary assistance in all daily living

activities. Until recently the packages were limited in number, and only available to residents of Coinda Village. Now all Benalla residents who qualify under the criteria above are able to access the unlimited number of packages. Jacqui provided brochures for members' interest.

At our October meeting, Neville Gibb will co-present a session on China with Yushan Luo, who he heard speak about the meaning of Chinese characters at the Benalla library some time ago. Neville's presentation of photos and signs from his recent of trip to China will provide a springboard for Yushan to explain something about Chinese language and the meaning of Chinese characters. All welcome.

Bev Lee

## Music Appreciation

### 25 August 2017

In John's absence the programme was organized by the members present, as follows:

- Les played a CD entitled 'Transcription of Pictures at an Exhibition' by Mussorgsky from the piano version to organ by John Victor Arthur Guillou. Juag played the Organ at the Touhalle Concert Hall in Zurich.
- Joan's offering was Tchaikovsky's Romeo and Juliet played by the Cleveland Symphony Orchestra.
- Neville then selected from 'you tube' the following:
  - Bach's Brandenburg Concerto No.4
  - Mozart's Psalm 117, Cecilia Bartoli, Soprano
  - a Trio singing 'Aria' from Mozart's Opera, Cosi fan Tutti
  - Mozart's Exultate Subilate
  - Handel's Coronation Anthem
  - Handel's Zadok – The Priest
  - Mozart's Aria's from The Magic Flute

### 8 September 2017

John is still indisposed – we wish him a speedy recovery. In his absence the group presented various music segments.

- Neville presented a CD of Maria Callas – a number of her famous Arias, concluding with the Love Ballad from Tristan and Isolde.

- His next choice was Ludwig Beethoven's Symphony No.6 'Pastorale' – a portion played.
- Bill presented a Trumpet Concerto by Franz Anton Hoffmeister (1754 – 1812) played by Sergei Makariakov, born in Russia - May 10, 1977, a world famous Trumpeter.
- Tchaikovsky's 1812 Overture, played by the Gottenburg Symphony Orchestra
- To conclude the session, Joan presented a short selection of Chopin's favourites played by Vladimir Ashkenazy.

Joan Visvader

## Over There

John Barry's course 'Over There' continues to fascinate and provoke us all. At our August session John drew upon the experiences of Australian troops a century ago in Poziers, Ypres and many other battles to explain his thinking about why the generals, including Haig, behaved with such little imagination. In September John drew upon a range of resources to explore areas of false mythology surrounding Australian soldiers under the theme 'Australians Behaving Badly'. Stories and legal cases abounded as he explored themes including discipline; views of Australian soldiers; compulsory military service and the impact of venereal disease on soldiers. We were shocked to discover that, although his wife wouldn't have been told why, a soldier's pay, and therefore the allowance received by his wife and family, stopped as soon as the soldier received a diagnosis of VD. In all sessions John has incorporated the home front in a most engaging way, such as when attributing the widely held false belief that all soldiers in the North East were Light Horsemen to the fact that the umbrella unit for all local military service was a Light Horse Regiment. At our next session John will introduce the technological advances associated with the Great War.

Bev Lee & John Barry

## Patchwork

My medical appointments have been keeping me away from our sessions but I hear a lovely birthday was celebrated at our last get-together.



Dorothy Webber

## Play Reading

'Dear Venus', described by Deniliquin's U3A Play Readers as 'very funny', was chosen by Keith and Heather for our September/October play reading. An Australian play written by Glen Wilson, it was first performed at the Clayton Civic Centre in 1983. Set in the family room/kitchen of Benji Smith's house on his cut-flower farm at Cranbourne, Victoria, it features Benji along with a space-ship/UFO; Venus or R-U 146, a beautiful space traveller; Mrs Pinacelli (Benji's Part Time Housekeeper) and her contractor husband Tony, amongst others. It could be described as 'Dimboola' meets 'I Dream of Jeannie'! We suspended belief as we read that a UFO had been seen near, and had in fact landed, on Benji's market garden in Cranbourne, containing Venus R-U 146 and her beautiful companion robot Emmy or M-E. It is proving to be an intriguing play which evokes memories of Victoria in the 70's – of fear and fascination with UFO's and robots; of relationships between now well established Italian migrants and their Australian born neighbours and workmates, and more. Next session we will read the final act. As this is quite short, we agreed that next session will incorporate a 'poetry reading – in which will each person read a poem which has meaning to them to the group.

Bev Lee

## Singing for Fun

Joyce Borschmann welcomed back Marjorie and Doug Geeson after three months in New South Wales at the Harmony meeting in September. Unfortunately, the number of sopranos at Harmony was depleted due to various members being unwell. We hope to see them back very soon.

Faith Hicks introduced us to "I Got Plenty o' Nuttin'" which appeared to be enjoyed by all.

Members are reminded that there are not very many weeks until our concert which will be on Wednesday 15<sup>th</sup> November 2017 at Meet and Mingle. So it would be great if everyone could attend all our October meetings.

The next meeting of Singing for Fun will be on Thursday 5th October at 10am in the U3A room at the Seniors Centre.

Margaret Jenkins

## Tech Savvy

### Tech Savvy Beginners

In September we completed the final two sessions for Apple Beginners this year.

We looked at reading on our devices; first exploring the iBooks app into which we downloaded a free book from the iBooks store. Other portals for reading are the News App and the Kindle App. Also we looked at purchasing both real and virtual books.

The final session was devoted to games on our devices. We shared games that we currently use and explored the App Store for more. We like to think that engagement with Apps such as Words With Friends is helping to keep us as sharp witted and intelligent as ever!

In October we commence the final series for Tech Savvy Beginners Android.

The first session is an informative talk and discussion about electronic access to money and accounts with guest presenter Margaret Jenkins from Benalla U3A Investors group.

### Dates for Android Beginners

Wednesday	October 4th
	October 18th
	November 1st
	November 15th

Jenny Sawyer

### Facebook for Mentors

'Facebook for Mentors' is a short course for people with basic Facebook skills who mentor or coach older people in using the features of new technology. It aims



develop the understanding and skills to enable mentors to better assist older people beginning to use Facebook and will have a particular focus on learning how to use Facebook safely.

The first of two funded Facebook for Mentors courses is now almost complete— we began with a registration and pre-course session in the U3A meeting room and have just completed the envisaged two session course with GOTAFE trainer Christine Nicholas. We are planning to meet again for a post course follow up session in which we will translate what we have learnt into practice in supporting others to use Facebook. Another course has been scheduled for in late October/November—applicants will be contacted soon with further details. Places are still available

– contact Bev for an application form 5762 8171 or [bevlee47@gmail.com](mailto:bevlee47@gmail.com)

Bev Lee

### Tech Savvy Plus

There is no Tech Savvy Plus during July, August & September. Terry will contact participants in September.

Terry Dillon

### Tech Savvy Talks

At our September Meeting Marcus Bolger gave an excellent presentation to the group about his work as a Patents Attorney. There was no shortage of questions for Marcus from class members, many with backgrounds in science, technology and engineering. Thank you for a most informative presentation, Marcus!

Tech Savvy Talks sessions usually incorporate a TED Talk on a technology related topic. [TED talks](#) are video podcasts of the best talks and performances from TED Conferences around the world in which the world's leading thinkers and doers give the talk of their lives in 18 minutes (or less). There are talks on science, technology, entertainment, design, business, global issues, the arts and much more. This month Les recommended a particularly thought provoking and informative TED Talk '[How a Driverless Car Sees the Road](#)' by Chris Urmson, a roboticist and until recently head of Google's self driving car project. You can see it via the Tech Savvy Talks page on our website, along with some articles for further reading.

Driverless or autonomous cars are very different from cars with Advanced Driver Assistance Systems which are now readily available. They are not something in the distant future and in fact a number of manufacturers expect to have level 4 cars available for sale by 2020. Level 4 means that the car can drive autonomously but may hand control back to a driver under some circumstances. Therefore, controls such as steering wheels accelerator and brake controls will still be present. Level 5 autonomous cars will have no controls or steering wheel in the car. A major benefit from autonomous cars is the reduction in loss of life from motor accidents currently at over a million per year worldwide at present.

Our next TED Talk will be in similar vein, but about advanced robots, as presented at this years TED Talks conference.

Unfortunately there wasn't time to continue with the series about cells at September's meeting so the next part will be shown in our meeting room

at 2.00 pm prior to our next Coffee at Rustik get together.

Bev Lee & Les Rodgers

### Towards a Sustainable Future

With John Lloyd overseas, Brian Howard took responsibility for shepherding us thoughtfully into our most recent session, commencing with a Lateline segment in which 'Bob Katter and Anthony Albanese visit Bob Katter's electorate on a renewable energy 'power trip' . If you would like to know more about pumped hydro as an alternative option for baseload energy, this extremely watchable video ([available on the Lateline webpage](#)) is a good place to start. Kathy brought along two excellent articles on demand reduction, which we followed up with a recent Leigh Sales interview with Christina Figueres, former UN climate chief, discussing the Government decision to pressure AGL to stay in coal. Bev then introduced an article which described climate change as a highly complex 'super wicked' problem. Frank, a scientist, put the view that climate change is clearly happening and must be dealt with, whether or not time is spent philosophizing about it as 'a super wicked problem'! Our final video for the day – from '[The Business' on electric vehicles](#) , included discussion of the impact of the growth in demand for batteries for electric vehicles on Western Australia's lithium mining capacity. Our next session will include 'a touching and thought provoking documentary about two raging grannies which challenges the idea that we must continue to shop, consume, amass and keep the economy growing'. On a final note, 'Spring into Sustainability' was celebrated at the Library last week with a screening of the 'Before the Rains' documentary narrated by Leonardo Di Caprio. Our own 'Spring Into Sustainability' elephant stamp was awarded via the website to U3A Vice President Bill Parris for always keeping the reusable cup he acquired during a walk at Cradle Mountain on hand!

Bev Lee



## Wine Appreciation



### Wednesday 27 September 2017

Meet at 10.00 am for travel to Rutherglen and Stanton and Killeen wines.

Lunch is at Tuileries Café.

### Wednesday 25 October

Locally this month. Meet at 10.30 am to visit Baileys Taminick.

Lunch is at Thoona Hotel.

Noel 5762 3149 Keith & Heather 5762 4086.

### Members and friends:

#### Coming up soon

U3A Christmas Luncheon at Remel 185 Whorouly on Wednesday 22 November 2017.

Bus will leave Benalla Bus Lines at 11.00 am.

Keith & Heather 5762 4086

## Writing Workshop

Our upcoming September topic 'Fish Out of Water' promises to be as interesting as our August topic 'Odd One Out'. The brief for September - Have you had a unique experience when you were a 'fish out of water'? A time when you:

- Felt totally out of your element
- Felt like an outsider
- Were a foreigner traveling or living in a new country
- Were a rookie on the new job
- Were in another unfamiliar and uncomfortable situation

Share your experience in 500 words".

In October we will be sharing stories on the topic for the Benalla Festival's Writing Competition – 'Good Vibrations'. Alternative angles through which to write on 'good vibrations' began to emerge during our coffee catch up and stories are well on the way. Our current list of 'back up' 500 word topics (to draw upon if we are stuck or are in the mood for more writing) includes 'My Brilliant Career'; 'My Career Went Bung' (Miles Franklin's follow up to My Brilliant Career); 'If Only I'd...' and

the latest - 'I used to ....., back in the day!'

If you think are thinking of joining Writing Workshop one day, consider attending a taster session – either at our regular session in the U3A meeting room on the 4<sup>th</sup> Monday from 1.30 to 3.30pm or at the Northo on the second Monday from 2.30 to 3.30 pm.

Bev Lee

## Program News

**'Legal Matters'** The second session in this popular short course on Wills, Powers of Attorney and Online Banking offered by retired lawyer John Barry will be held on September 26 from 1.30 to 3.30 pm in the U3A Meeting Room. To join in contact Margaret Jenkins on 5762 6944 or email [margaretjenkins@bigpond.com](mailto:margaretjenkins@bigpond.com)

Bev Lee

## Advanced Care Planning Course

Benalla U3A is offering a single session course on Advanced Care Planning in conjunction with Benalla Health on Monday 9 October 2017 between 10am and 12 noon in the U3A room at the Seniors Community Centre. The session is designed to start the conversation regarding pre-determining Care options for when the recipient is not able to communicate their wishes with family and health care professionals. Two videos will be shown as well as discussion led by Ms Deb Smith, Community Health Nurse, Benalla Community Health. Enquiries regarding the session may be made by contacting Margaret Walshe on 5762 3906 or email [margaretwalshe@bigpond.com](mailto:margaretwalshe@bigpond.com)

Margaret Walshe

## Network News

The 2017 Network Victoria Conference 'Communities Learning Together', held recently at the Rendezvous Hotel in Melbourne, featured high quality presentations on 'U3A and the Community' (September 4) and 'The Power of Your Community' (September 5). In planning the conference, convenor Elsie Mutton had clearly asked people she had been impressed in her role as Network Victoria's President to speak. Presenters spoke tellingly about the power of the community and of community partnerships; the need to have excellent relationships with local councils; the benefits of seeking upgraded shared accommodation and of working with competitors; the benefits and strategies of drawing upon ABS statistics in advocating for our U3A's, and

strategies for improved promotion/marketing of U3A in our community. Many of the themes resonated with U3A Benalla's experiences over the past year in working with the council to achieve upgraded shared accommodation at the Benalla Senior Citizens Community Centre. While the 2017 Network Victoria conference did not incorporate coverage of program and practice issues so valued two years ago, it was definitely thought-provoking in terms of reflecting on the 'big picture' and well worth attending.

Bev Lee

## Community News

### Information Centre - Call for Volunteers

Volunteers play an important role as ambassadors for the Benalla area. Tourism is going through an exciting growth period in the region and volunteering presents an excellent opportunity to contribute to the local community and help visitors make the most of their stay. You do not need to have lived in Benalla for a long time to volunteer. If you enjoy meeting and speaking with people, learning about the region and have time to give then join our enthusiastic, fun and text friendly team. Please contact the Tourism Coordinator on (03) 5760 2627 or stop by the Visitor Information Centre in Mair St and have a chat about volunteering (Open 9am to 5pm daily).

Jenny McKenna

## Recorder Group

If you are interested in being part of a recorder group next year please contact or phone Terry D on 0419 343 129.

Terry Dillon

## Housekeeping

### Surplus Equipment

When the dust settles on our move to the new location we will be stocktaking our equipment. Surplus or outdated equipment will be offered to members. Watch this space.

### Tables in U3A Meeting Room

There's a 'knack' to unlocking the tables for use-contact Dorothy if you or your classes are having difficulties in unfolding/moving them. A demonstration will be arranged.

## Wi Fi Modem – new procedure

The modem is to be unplugged from the power supply after use as it may overheat. Please return it to the devices box with the mouse and remote for use by the next class. Further info: 5762 8171.

### Use of the Urn

The urn can be used for larger groups. It is also possible to use the boiling water system in the smaller kitchen if necessary.

### iPad and Tablet Loans

iPads and Samsung tablets are available for short term loan to members Contact Bev on 5762 8171 if you are interested.

### Facebook Page

We now have a Facebook page - link to it by clicking on 'FB' on website's top menu. As of September 20 we have 28 followers!

Bev Lee

## Seniors Week

Seniors and other interested people are invited to come and sit on any courses they might be interested in that are conducted by U3A from September to Enrolment Day in January.

So why not come and join us and see if there is anything you are interested in and meet like-minded people.

Committee and Members of U3A

## What's On

### Monday, September 25

10:00am Collectors - 'Teapots'  
10:00am Lifeball  
1:30pm Writing Workshop - 'Fish out of Water'

### Tuesday, September 26

10:00am Politics & Current Affairs  
1:30pm Legal Matters - Powers of Attorney and more.

### Wednesday, September 27

10:00am Wine Appreciation - Stanton and Killeen wineries, Rutherglen  
1:30pm Member Services Group

### Thursday, September 28

Lifeball - Umpire Training Day  
9:30am Garden Appreciation - Rich Glen Olive Estate Garden and Cafe  
2:00pm Tech Savvy Talks - 'Cells' Episode 2  
3:00pm Tech Savvy Talks at Rustik Cafe

### Monday, October 2

10:00am (Benalla Computer Club)  
10:00am Lifeball  
10:00am Art Appreciation - 'Colonial Afterlives'  
1:30pm Brain Games

### Tuesday, October 3

10:00am Birdwatching - Reef Hills State Park  
10:00am E-Book Group  
10:00am Member Services Group  
2:00pm Let's Talk Books

### Wednesday, October 4

9:45am Play Reading - Act II of Dear Venus and Poetry Reading  
10:00am Easy Walks - 'The Bike Track', Warby Ranges  
1:30pm Tech Savvy Beginners - Android - Money Online

### Thursday, October 5

10:00am Singing for Fun  
1:00pm Patchwork

### Friday, October 6

Lifeball - Fun and Friendship Day in Albury  
9:30am Towards a Sustainable Future  
1:30pm Investment

### Saturday, October 7

10:00am Birchwood Open Garden - NEA Exhibition and Sales

### Sunday, October 8

10:00am Birchwood Open Garden - NEA Exhibition and Sales

### Monday, October 9

10:00am Advanced Care Planning - Single session course  
10:00am Lifeball  
1:00pm Creative Writing Workshop  
2:00pm Garden Team 2:30pm Convenors' Meeting  
2:30pm Writing Workshop at the Northo

### Tuesday, October 10

10:00am Politics & Current Affairs

### Wednesday, October 11

9:30am Bushwalking - the Spit Walk, Winton Wetlands  
10:00am Tech Savvy Talks - Advanced Robots and more  
1:00pm Film & Literature - 'Barefoot in the Park'

### Thursday, October 12

10:00am Harmony Group - Singing for Fun  
1:30pm Executive

### Friday, October 13

10:00am Music Appreciation  
1:30pm Armchair History

### Monday, October 16

10:00am (Benalla Computer Club)  
10:00am Lifeball  
1:30pm Brain Games

### Tuesday, October 17

1:30pm Exploring the Universe

### Wednesday, October 18

10:00am Meet and Mingle - China - language, characters and culture  
12:00pm Newsletter Deadline  
1:30pm Tech Savvy Beginners - Android

### Thursday, October 19

10:00am Singing for Fun  
1:00pm Patchwork

### Friday, October 20

9:30am Towards a Sustainable Future  
11:45am Chat N Chew - Georgina's Restaurant  
1:30pm 'Over There'

**Monday, October 23**

- 10:00am Collectors
- 10:00am Lifeball
- 1:30pm Writing Workshop - 'Good Vibrations'

**Tuesday, October 24**

- 10:00am Politics & Current Affairs

**Wednesday, October 25**

- Lifeball - Rutherglen Fun Day
- 10:30am Wine Appreciation - Baileys' at Taminick
- 1:30pm Member Services Group

**Thursday, October 26**

- 9:30am Garden Appreciation - Ruffy

**Friday, October 27**

- 10:00am Music Appreciation
- 1:30pm Armchair History

**Monday, October 30**

- 10:00am Lifeball
- 2:00pm Garden Team

**Contents**

President’s Report ..... 1

    John Avery ..... 1

Group Reports ..... 1

    Armchair Traveller ..... 1

    Art Appreciation ..... 1

    Bird Watching ..... 2

    Brain Games ..... 2

    Bushwalks ..... 2

        Mid Week Walks..... 2

        Easy walk Wed ..... 2

    Chat n’ Chew..... 3

    Collectors..... 3

    e-Book Group..... 3

    Exploring the Universe ..... 3

    Film and Literature ..... 4

    Garden Appreciation ..... 4

    Garden Team ..... 5

    In the Mood for Opera ..... 5

    Investment..... 5

    Let’s Talk Books ..... 5

    Lifeball ..... 5

Meet and Mingle ..... 5

Music Appreciation..... 6

Play Reading ..... 7

Singing for Fun ..... 7

Tech Savvy ..... 7

    Tech Savvy Beginners ..... 7

Facebook for Mentors ..... 7

    Tech Savvy Plus..... 8

    Tech Savvy Talks ..... 8

Towards a Sustainable Future ..... 8

Wine Appreciation..... 9

Writing Workshop ..... 9

Program News ..... 9

    Advanced Care Planning Course..... 9

Network News ..... 9

Community News ..... 10

    Information Centre - Call for Volunteers..... 10

Recorder Group ..... 10

Housekeeping ..... 10

    Surplus Equipment ..... 10

    Tables in U3A Meeting Room ..... 10

    Wi Fi Modem – new procedure ..... 10

    Use of the Urn ..... 10

    Facebook & “Facebook for Mentors” ..... 10

What’s On ..... 11

Contents ..... 12

Thank you to Steph Ryan and her staff  
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