



Benalla and District Inc.

Newsletter – August, 2019

U3A Benalla & District Inc

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Please send all newsletter items for the newsletter to newsletter@u3abenalla.com by 25 August, 2019

President's Report

The Be Connected BBQ was a great social event. Most of the 34 members who attended have continued with the Be Connected Program. Save the date! Convenors Workshop - Friday afternoon, October 25th at 1:30pm The final word on Car Pooling - \$ 7.00 return trip. Please use common sense if it's a short trip (eg to the Reef Hills).

Dorothy Webber, President

Group Reports

Armchair Traveller

In July we welcomed a new member from Wangaratta, Ian Maver, who has indicated that he is prepared to provide details of his travels at future sessions. Thanks Ian and welcome to our group.

Also at that meeting Brian Greed presented a DVD of his Kimberley seaside visitation and a trip to China. Enthralling.

August 6th will see John Ellis give a presentation of his recent trip to North America.

Ray O'Shannessy

Art Appreciation

At our last Art Appreciation gathering we listened to a lecture by Artist and Curator Yhonnie Scarce.

Yhonnie explained her intention of illustrating her perceptions of what methods the Colonial Powers used to keep the Indigenous people submissive. She has researched her family history and has used glass to record their various experiences. In particular she has portraits of several close relatives inside glass. Other glass sculptures portray embryos on stainless steel hospital trolleys. There is also a large scale photo of the child section of the Woomera Cemetery showing the high incidence of Indigenous children interred there.

Yhonnie was born in Woomera, South Australia, and belongs to the Kokatha and Nukunu peoples. She holds a Master of Fine Arts from Monash University.

Yhonnie describes her work as 'politically motivated and emotionally driven' and incorporates her personal histories and research with artefacts from the past.

Neville Gibb

'As Time Goes By' – Memoir Writing

Our July topic, '*Your Different Drummer*', began with discussion in which we teased out the meaning of the concept, reflected on an ABC series shown some years ago titled 'A Different Drummer' and then shared some stories about our 'different drummers'. Betty Milligan drew out and shared stories about two items from her 'Ideas Piggy Bank', a missive won as an award as a child and a pair of toe shoes worn as a 13 year

old. We asked Betty to share one of the poems she read recently at the Chiltern Festival – Betty chose 'My Half Plate', a funny and engaging poem which resulted in smiles all round.

Our topic for August is *"Fear of Failure" - What flops, embarrassments and incomplete endeavours in life slowed you down and which ones fortified your resolve? What did you learn from them and how did you cope? What role does 'fear of failure' have in your life now?* We resume a 2 to 4pm time slot on Monday 26 August, as 'Publishing Your Writing' is moving to its own time slot on the third Monday in August.

Bev Lee

Birdwatching

Goulburn Valley U3A Birdwatching group to visit Benalla

Goulburn Valley U3A Birdwatching Group, based in Shepparton, will visit Benalla on Wednesday 21 August 2019. They will spend most of the day at Reef Hills State Park on the southern edge of Benalla. Our Benalla U3A Bird-watching group has been invited to join them for the morning, and to stay on for lunch and beyond if interested. I will accompany the group for their visit, and bring my own lunch and a chair. If you would like to join our GV visitors, please meet at the Rose Gardens near Weary Dunlop at 10am.

Our own bird-watching program resumes on Thursday 12 September, with two more outings in October and November. Details will be provided in the September newsletter

Kathy Costello

Brain Games

Tip of the month: twiddling your thumbs is good brain exercise, as long as you also twiddle each pair of fingers, backwards and forwards, in turn. Physical exercise like gardening is also good for the brain -see Garden Team below

Elsbeth Maconachie

Bushwalks

Easy Walks

July - Rail Trail Walk from the old Tarrawingee to Everton railway stations.

These old stations have now been converted to picnic areas with a comfort stop - the buildings have been designed to look like steam engines.

Eight walkers set off on the 5 km trek from the old Tarrawingee station stop through the peaceful paddocks to the next old station site at Everton

Upper. Here the walkers stopped for a picnic lunch and rest before continuing on for another 2.5kms downhill to the road just near the Everton Pub. A most pleasant walk on a lovely sunny winter's day. On the way home, a stop was made at the Milawa Bakery for afternoon tea



Wendy Sturgess

August – Glenrowan and Hamilton Park – August 7

On Wednesday 7 August, the Easy Walk group will go to Glenrowan to explore the historic railway station precinct then take the walking trail to Hamilton Park before returning to the cars at Glenrowan township. Please meet at 9.45am in the car park behind the Senior Citizens Centre. To confirm attendance, contact Wendy on 0403226649 or email wendes47@bigpond.com by the Monday prior to the walk.

Wendy Sturgess

September - Euroa Arboretum & VC Memorial Park – September 4th

The Euroa Arboretum sits on 27 hectares that was previously a sheep farm. During the construction of the Hume Freeway the area was used by the RCA. Since the 1990's the area has been developed into a parkland specialising in growing Australian plants & trees indigenous to the area. The interesting VC Memorial Park & Track follows the Seven Creeks. Please confirm your attendance with Margaret Walshe,

ph: 57623906 or 0427005202 by Monday, 2 September. Meet at the Seniors Complex, Fawckner Drive at 9.45 am.

Margaret Walshe

Mid Week Walks

Benalla Bushwalking Club's Warby's walk was enjoyed by members in late June - up to Chick Hill and back to the cars via track and road, a total distance of 8kms. "What a stunningly clear blue sky day it was, with the warm sun at our backs during the lunch break at the Warby Tower, with its 360° view over the Wang flats to the distant snow-capped Alps. Welcome to Marion from Mooroopna. Hope to see you again soon. Thank you to Helen Spinks for organising and leading this walk." *Bev Thornell*



Wednesday August 14 - Mt. Meg S – 3 – 4

This circuit walk goes through the Mt Meg Conservation Park bushland to the summit and looks out over the Dookie and Thoona areas. The walk starts at the carpark, climbs up Mt Meg and then descends towards farmland before returning to the carpark.

Leader: Helen Spinks 5762 3223

John Boehm

Chat n' Chew

We will meet again at *The Golf Club* for Lunch on Friday August 16th at 11:45am. This is due to popular choice. Contact Shirley on 57626768 by Tuesday August 13th.

Shirley Kearney

Collectors

The theme for our July meeting was *Pincushions and Bookmarks*, but before we showed these Dorothy welcomed the President of U3A Wangaratta who is going to start a Collectors group in Wangaratta in second semester.

Robyn showed up a slide show of our first four months of Collectors. We were so impressed we asked her to show them again. Many thanks, Robyn. Our guest was also very impressed and wished she had someone with similar skills in her group. We are looking forward to seeing the slide show of our whole year, complete with music, in November.

Our bookmarks and pincushions were many and varied, ranging from a silver one to homemade but very effective ones. Many were souvenirs from holidays. However most of us agreed that we usually grabbed what was handy to use as a bookmark.

Our theme for August will be *Toys and Games*.



Judith Borthwick

Creative Writing

Our starting challenge this month was different to previous classes. We each talked about a book we had read recently, told a true fact about ourselves, and a false fact about ourselves. The class was then asked to guess which fact was true and which was false. The challenge was to use our imagination particularly to find a false fact, but also to find facts that the rest of class would not find easy to guess.

Most of the class wrote about the “The Man’s face glared down from the picture frame on the wall” with many varied stories developing. These ranged from a picture falling off a wall when there was no-one near, and showing no sign of damage to the hook or the string, to a painting of an estranged father.

One member of the class wrote on the topic “We smelled the smoke before we saw the flames”. This was an excellent effort, with some great pictures created of being caught in a bushfire and the steps taken to survive.

Our topics for 14 July are a choice between:

- The voice on the phone was warm and convincing.
- “When was the last time you saw him?”
- The jewels sparkled in the sunlight.

We are now starting our session at 2:30pm.

Joy Shirley

e-Book Group

The *Tattooist of Auschwitz*, by Heather Morris

What should have been the powerful and moving story of an unlikely romance between Lale, the tattooist of Auschwitz, and Gita, the young woman he falls in love with, fails utterly to impress. The narrative is simple to the point of banal, and glosses over the horror of camp life, the fear, the hunger, and the misery, so that a sugar coated love affair can take centre stage. Now, more than ever, when there are so few survivors left of the holocaust, it's important to tell their stories to new generations who may not know much, if anything about this period of history. So that, even if this novel is flawed, it has some merit for that reason alone.

Helen Scheller

Exercises for Fun

Our friendly Exercise Class braves the Winter Chills and is very well attended these very cold mornings. We warm up with mild exercises to music, then marching and a few foot tapping dances, which burn off energy and help us stay fit & healthy. We have a 9.30am start every Monday in the Senior Citizens hall. All welcome. Have fun!

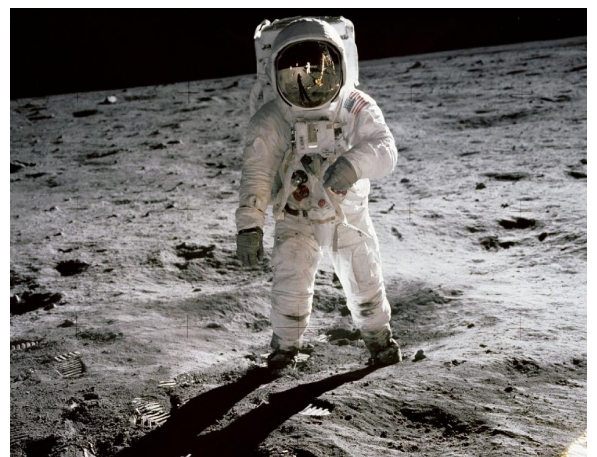
Helen Jeffree

Exploring the Universe

We celebrated the 50th Anniversary of the Moon Landing with a film compiled from some of the many historic films and transcripts from NASA’s Lunar Space Journals of the Apollo 11 mission. They can be accessed at : <https://www.hq.nasa.gov/alsj/a11/a11.html>

These archival films were shot by the astronauts with back up cameras attached to the Command Module and Lunar Excursion module. Mike Collins who piloted the Command module filmed the Lunar Module’s undocking and descent to the moon’s surface with Neil Armstrong and Buzz Aldrin.

We watched actual film of the landing on the Moon as seen by the astronauts themselves and listened to their conversation with the control room at NASA. Suddenly there was a “202 alarm” and their computer screen went blank. Armstrong and Aldrin had no idea what was causing this, but NASA said they were “Go” on that alarm. It reoccurred frequently caused by a computer overload but there was no time for explanations. We heard from a story that Buzz Aldrin had written of his feelings on their descent



into the unknown. What was that alarm, would the lunar surface support their weight? Neil Armstrong, not satisfied with the chosen landing area as it was strewn with boulders, took over the controls and flew manually across the Moon's surface. NASA was calling that they had only a few seconds of fuel left in the descent tank and how many seconds it was to "Bingo Call" when they would hit the red button and be shot back into space. They landed with 15 seconds to spare and the rest is history.

https://www.youtube.com/watch?v=RONIax0_1ec

Once on the Moon there was no time for sightseeing, they were following instructions from NASA and carrying out scientific experiments.

When it came to take off they had 50/50 expectations that it would be successful and jettisoned all unnecessary equipment. Meanwhile, Collins orbiting 60 miles overhead wrote that he would be a marked man forever if he returned without them.

After a successful re-docking with the command module the lunar module was jettisoned. A very rare film recorded through a module window of their fiery re-entry through the Earth's atmosphere shows the flaming hot plasma tail of their descent. They returned to a hero's welcome on Earth.

The vast improvements to all our lives from the inventions for the space program are too numerous to mention.

Bev Morton

Film and Literature

We had two films for discussion at our July class. These were *Poms* and *Men in Black: International*.

Poms is a comedy about a group of women who form a cheer leading squad at their retirement community, proving that you're never too old to 'bring it!' It starts with Martha, terminally ill, moving to the retirement village with the intention of dying without joining any activities. Her neighbour is the total opposite, always looking to have good time. Martha is the one who ends up establishing the squad. There are many contrasting characters, reflecting the range of people we come across in life – downtrodden wife, elderly mother whose son has control of her finances, women who want to live their dreams. These are in contrast with some who want everyone to toe the line in a prescribed way. There is also the contrast between the older women and the teenage cheer leading squad. Some good performances and an entertaining film showing that you are never too old to find yourself, and that family is not necessarily those related by blood. It is a fun film, generally well liked. We could not agree a rating with opinion ranging from 2.5 to 5 out of 5.

Only two people were able to see the second film – *Men in Black: International*. This is the latest film in the Men in Black franchise. For the genre it was a reasonable film with some good performances. It started slowly, but once things started happening it improved, even though there were holes in the plot. In hearing the comments about the film, it sounded very much like the old style "Goodies and Baddies" films of an earlier era, brought into the future. Science fiction, with good use of CGI. It was rated as 3 out of 5.

Our film for discussion at the 14 August class is a *Red Joan*, (with Judi Dench, Sophie Cookson and Stephen Campbell Moore) which screens at BPACC between 18 July and 30 July

Joy Shirley

Garden Appreciation

August is our Winter break, so no Garden Appreciation

September 26th

Meet at U3A car park at 9.30. We will be going to Julie Wells farm garden at 52 Box Hill Lane Upotipotpon. Please bring morning tea to share. Milk, tea, coffee and hot water will be provided. Lunch will be at Violet Town Hotel, 16 Cowslip Street Violet Town. This will be at your own cost.

Gwen Turner 0438 627 010

Garden Team

Much useful pruning and weeding was done at new recruit, Terry's garden, earlier this month.

Our fifth Monday may be a first Monday of the following month, and that may necessitate holding off our usual second Monday session. If that's confusing you, please look out for a clarifying email from Elspeth

and if you still can't work it out try joining the Brain Games gang - we use both hemispheres to work out problems (see above).

Elsbeth Maconachie

German – Intermediate level

Most people intending to continue in the Spring were able to attend the planning session. We will continue to meet on Mondays 12 -1 fortnightly; on the second and fourth Mondays of the month. Dates are therefore September 9 & 23, October 14 & 28, November 11 & 25.

We will meet at the library. Please note the change of venue.

Whereas Basic German was delivered in English, Intermediate level will be in German. U3A members who already have a good grasp of the fundamentals of German language or who are fluent in it and did not register at the beginning of the year, may now like to consider joining us. Please contact me if that is your case. The format will be informal.

Additionally, we fleshed out the content according to everyone's needs. Thanks to all for their input and intention to be involved in the conduct of the group.

Pauline Bailey

History: After the Victorians

Our July DVD covered the Versailles Treaty negotiations where Australian PM Billy Hughes was an outspoken advocate wanting Germany to become a subservient nation paying massive fines. This together with the formation of new European countries, led to WW2.

In our next session we will see how the Middle East was carved up in the scramble for oil resources.

Terry Case

Investment

June Report

At the June meeting of Investment we welcomed two ex-work colleagues of Margaret Walshe who were staying with her for a few days. At the end of our meeting these ladies spoke quite enthusiastically about our group indicating that there was no such group in either the Eastern suburb or Geelong U3A's to which they belonged.

The fact that the share market is up over 10% since December 2018 provided the first topic that we considered at the meeting. Initially we looked at which sectors had shown the most increase. Then we delved into those sectors, including Information Technology, Communication, Industrials and Health Care, and brought up the graphs of the stocks which had shown the most increase over the past twelve months.

The second topic for the afternoon was on Assessing Shares before the end of the Financial Year. Whilst each member of our group has their own aim with being interested in the Share Market, the overall aspiration is to make money during the year. Being the last meeting before the end of the Financial Year we then spoke about balancing our individual capital gains with any capital losses that may have been incurred during the year.

July Report

July was the first meeting of Investment after the End of the Financial Year 2018-2019. Hence we looked at the returns the various ASX capitalisation indices provided to investors over the past twelve month period. We noted that there had not been the same increase over all the ASX capitalisation indices, but a more significant increase in the ASX 20 especially compared to the ASX Midcap index or the small ordinaries index.

In the week prior to our July meeting the Federal Reserve had cut interest rates to 1%. Brian Vial started off a discussion at our meeting as to where to find the best investments in the future due to the declining rates being offered for Bank Term Deposits. Several ideas were suggested by various members of the group. We also heard what some of our members aimed at as a reasonable return on their investments.

The next meeting of Investment will be on Friday 2nd August at 2pm in the U3A room at the Seniors Centre.

Margaret Jenkins

Let's Talk Books

A smaller group for Let's Talk Books on the first Tuesday of July, I guess the lucky ones have gone away seeking warmer weather. Quite a few books are doing the rounds after recommendations from our group, who are always willing to lend a book to another. It is interesting to listen to the different opinions given about the content of the books swapped and lent. *The Cardinal* (George Pell) was lent and read, leading to more comments about this situation. Laurie, our Talking Books guru, listened to *The Dry* by Jane Harper and thoroughly enjoyed the novel.

Colours of Gold by Kaye Dobbie. Annie an Art Restorer in Melbourne finds a painting in a cellar of two young girls. The book goes back to 1867 when a Paddle steamer captain found a girl half drowned in the Murray River, his wife named her Alice. Alice had a gift of seeing an aura around people. Eventually she runs away to the Goldfields with her friend Rosie, but there is always a man in a dark coat. Annie the Art Restorer is determined to find out more, but always sees the same man in the dark coat. A very good read. *Hells Trail*, a thesis written by John Williams in 1972 about the Irish Convicts and Van Diemens Land, was of historical interest. *Mary Celeste* the American Merchant ship discovered adrift and deserted in the Atlantic. A Canadian brigantine found her in a dishevelled condition under partial sail with the lifeboat missing. One of those mysteries worth having a look at. *The Legend and the Life of Coco Chanel*, great pictures, sex and excitement, this book had it all. A beautiful picture book of *Queen Mary's Doll House*, complete with miniature furnishings, this is on display at Buckingham Palace. There were a few crime novels and a couple of books 'not worth reading'. So sit by the fire and read and have a lot to talk about in August.

Geraldine McCorkell

Lifeball

Lifeball numbers have been down somewhat recently. People have been ill (me included), or are travelling to where the climate is more accommodating, so we have been playing half court....a bit more like "keeping off" really, with hilarious results. It is such good fun, and a real workout. It could be that with half a court, the game would be simpler - not so - it requires more energy and thinking more cleverly to achieve any result at all. So by cuppa time, everyone is pleased to have a break. It is such a stimulating game, and such good fun, whether the whole court is utilised, or just half, it doesn't matter. It is always such fun, and we all love it!!

Marg Merriman

Meditation

Meditation is a wonderful way to start the day. It creates a calming effect on both the body and mind. Meditation with some controlled movements of exercise is what is explored with this group. Come along and learn how to enjoy each moment. The Group meets on the 1st and 3rd Monday of each month at 4.00pm.

Caroline Sims

Meet and Mingle

Our August speaker on August 21st will be Carmel Williams, Finance Information Service of the Department of Human Services. The topic will be *Aged Care Fees and Assessments*.

The Aged Care System is quite complex, Carmel will assist us to navigate the system and offer alternatives or options that may help.

Bill Parris

Music Appreciation

Richard Wagner

Mention the name 'Wagner' in some circles and likely responses will include 'opera', 'Bayreuth' and 'Hitler'. The first two are 100% correct and third only in part. Richard Wagner was widely known for his revolutionary activities and anti-Semitic views, and years after his time Hitler adopted him as his favourite composer.

But as one commentator has said: "forget about the stories and the politics, the music is what matters most". Wagner's impact on the musical and theatrical world has been immense, with lasting

consequences to this day. A revolutionary in more ways than one, Wagner wanted to bring together all of the artistic disciplines — poetry, music, movement and design — in a powerful theatrical experience. To this end he had a special theatre designed and built at Bayreuth in which to present his operas a kind of multi-sensory musical adventure, which has been described as a sort of forerunner to virtually reality.

Hence both sessions for July have been devoted to his music. In the first we looked at his six major operas outside of the “Ring Cycle”, while the second was devoted to the four operas of the “Ring”.

Even so, so immense are his works that little more could we do than appreciate a sample of his output.

Do feel free to explore more about the man and his music in the programme notes for both sessions which are posted on the Music Appreciation page of our U3A website

Bill Squire

Patchwork

Don't forget the 5th Thursday 29 August 9:30 —4pm. Bring small scraps of fabric and your imagination.

Dorothy Webber

Play Reading

Undeterred by the cold mornings, ten of our members participated in a reading of David Williamson's thought provoking play, *After the Ball*. Williamson, in his writings, frequently highlights the complexities of relationships and the emotions that are evoked whether in business, sport or family and he never fails to touch a chord of recognition with his audience.

Recalling memories of the past, siblings Stephen and Jud, who live on opposite sides of the world, are reunited at the bedside of their dying mother in Australian suburbia in the 1990's. During this time they relive their family times from the 1960's with all its highs and lows, disappointments and achievements and bewildering changes both socially and in their own relationships.

At times hilarious, at times emotional, a deeply moving play which was voted one of our best yet, with the reading by some of the participants achieving a great portrayal of the characters. New members always welcome.

Jenny McKenna

Politics and Current Affairs

Trump & Boris, the “Dream Team”? I am sure Boris will fix Brexit, after all our PM believes in miracles. The Americans are asking us to send warships to the Persian Gulf, “how good is that!”

Terry Case

Publishing Your Writing

'Publishing Your Writing' is a development from *'As time goes by' – Memoir writing* and aims to assist in the editing, amending and/or preparing writing for publication. It was initially advertised as *'Writing and Publishing your Memoirs*, however *'Publishing Your Writing'* is a better fit. The group is timetabled for the third Monday of the month 2 – 4pm, commencing 19th August.

The group has been looking at memoirs of established writers and biographers – their presentation, readability, even like-ability! What tricks can we learn and apply to our own writing, presentation and flair. Be daring with your work and take the next step! All welcome.

Noelle McCracken

Recorder

Another hardworking session with lots of learning opportunities. Some new songs, some favourites, some songs that “have potential “ which is music speak for...”will sound good when we get it right.” Time spent starting and finishing together, getting the breathing right and most importantly appreciating some lovely recorder melodies and harmonies. Who knew the recorder could sound so good!

Pat Treleaven

Saturday Session – Cards - ‘500’

This activity is open to members keen to learn and refresh their skills when playing this card game. This activity takes place in the U3A Rooms at the Senior Citizens building on the 1st and 3rd Saturday of each month from 1.30pm to 3.30pm. Come along and enjoy the fun. You will be most welcome.

Heather Wallace

Singing for Fun

June Report

At the first meeting of Singing for Fun for June we had a short talk by Jan Osmotherly who is the Evaluator of Age Friendly Benalla. Jan distributed cards from Age Friendly Benalla which asked for our member's opinions on what could be improved in Benalla to make it a more Age Friendly community. The cards can be directly returned to Benalla Rural City Council office in Bridge Street, or brought back to Singing for Fun for return.

At the second session of singing for fun in June our pianist Gwen Barnes was away on holiday. We enjoyed a different format with Brian Greed playing the piano for his selection of songs and also for Lois Jackson to introduce some rounds to the group. Faith Hicks then accompanied her own selection of songs which included “Viva Mexico” which was new for the group.

The final segment of that morning was a great session of Community Singing. Our roughly 35 members turned their chairs 90 degrees so that they could see the words projected on the end wall. Brian Greed played for the Community singing and everyone joined in for the twenty or so songs of the 1950s to 1970s projected on the wall. Several members of the group indicated afterwards that this segment had been really enjoyed.

July Report

July has seen variable attendance at our Thursday morning sessions due to three main reasons. Some of our members have gone north to enjoy more sunshine than what is in Benalla at the moment whilst some members have gone overseas to visit family and friends. The third reason is that there has unfortunately been some winter colds around which have seen members needing to stay at home and recover.

Our three conductors Faith Hicks, Margaret Merriman and Brian Greed have been choosing a variety of songs which all those attending have enjoyed.

Our pianist Gwen Barnes has returned from holiday and is providing us with great accompaniment on the piano.

The next Singing for Fun will be held on Thursday 1st August at 10am in the U3A room at the Seniors Centre.

Margaret Jenkins

Stock and Land

‘Sykes beyond politics’

Bill Sykes, local farmer, veterinarian and former Victorian National Party politician, talked about life after politics and some experiences as a vet.

Bill took us via PowerPoint through his and his wife Sally's trips to Venezuela, Panama, China and Cuba, after he left parliament. Not surprisingly, animal pictures – even a featherless chook – popped up regularly in their travel pictures.

Later in reply to a question, Bill spoke about working as a visiting vet in Yorkshire, to help control foot and mouth disease during a major UK outbreak.

That involved day long slaughtering of largely cattle and sheep with the disease or those close to an infected area and likely to catch it. Vet students were co-opted for the task too and Bill said a generation of vet students were probably lost to veterinary science, because of the hundreds of lambs and calves they had to kill.

But some farmers made considerable money from the compensation they were paid. “Initially there was a modest payment from the British government, but then the EU kicked in with considerably more. Suddenly an old ewe which had been worth practically nothing alive, was worth 250 pounds when killed,” he said.

So Bill said there was considerable trade in foot and mouth infected material “and there was quite a bit of animosity aroused when that was suspected and people a considerable distance from an outbreak, were paid compensation”.

But he said in one area, he argued strongly for the preservation of about 20 rams and they survived the massive slaughter for the long term benefit of the sheep farmer and speedy genetic improvement in district flocks, after the outbreak ended.

However there was often considerable friendliness from farmers whose flocks and herds Bill had slaughtered; one couple, the day after he had killed on their farm, even invited him to their son’s wedding.

But he said the massive slaughter got to him. Every time he sees a slab sided grain truck on the road here, he thinks of similar lorries in Yorkshire, full of dead animals.

Our next session on Tuesday August 6, will be conducted by Dr Dennis O’Brien, who previously exercised our minds last year about being kind to animals.

David Palmer

Sustainability

The following information published on the Benalla Rural City website is likely to be of particular interest to members unable to get to the Benalla Landfill and Resource Recovery Centre, particularly those downsizing! "Small items can be disposed of at the Council's Customer Service Centre at a cost of \$1 per item. These include the following items of e-waste - Toasters, Kettles, Mobile phones, Clock radios, Irons, Hairdryers, Drills, Saws, Laptops, Remote controls, Radios, ...Any similar sized electrical items"

Source: <http://www.benalla.vic.gov.au/Your-Community/Landfill-Waste-Recycling/E-waste>

Tech Savvy Beginners--Be Connected

U3A Benalla welcomed thirty-four people to the BBQ held on Wednesday 3rd July to mark the beginning of the Be Connected course. Cooking for the BBQ was capably done by Benalla Lions Club in the carport near our U3A entrance. Those who came to the BBQ enjoyed sausages, beef or chicken hamburgers, fried onions with various sauces and cold slaw followed by tea or coffee and small cakes. Everyone settled in the U3A room to enjoy their lunch with plenty of chatter and a great atmosphere. We had Meg from the Benalla “Ensign” there with her camera, and a good report of the event appeared in the “Ensign” the following Wednesday.

The Be Connected course is being promoted by the Federal Government in an aim to get more senior Australians familiar with the Internet and doing things online. U3A Benalla applied for and received a Community Engagement Grant to hold the BBQ on 3rd July. The BBQ was to encourage not only U3A members but all people over 55 in Benalla to come and be part of the Be Connected program.

U3A Benalla is conducting the Be Connected course using the overhead projector in our U3A room every Wednesday from 2pm to 4pm. We are fortunate to have five mentors who are helping the participants get online and find on their devices what is being shown on the overhead projector. Originally the course was aimed at those people who had Android Tablets. Lin Ryan, Dorothy Webber and Geraldine McCorkell kindly offered to help these people. However, about a third of the participants have Apple iPads so we have Pat Treleaven and Jenny Sawyer on board to assist those individuals who have Apple iPads.

During July we have looked at two online learning modules. The first one was “*The Absolute Basics*” which included information on what is a tablet. The next Wednesday we studied “*Getting Started Online*” which talked about using the Internet and getting around online. The next topic is Email, which is a great means of communicating with family and friends.

Be Connected is running every Wednesday at 2pm, so if you want to pick up some helpful tips to help you online, come along.

Margaret Jenkins

Tech Savvy Projects

The **Tech Savvy Projects ‘Family History’** group met on Thursday afternoon 27 June. Four people spent the afternoon working on their individual projects on Ancestry.com. As is the usual case with this type of research, it is time consuming with many brick walls to overcome. Working in a group allows for

idea/experience sharing and celebrations when a 'find', no matter how small or large, is made. Bev Lee was taking a well-earned break but will return next month to continue to lead the group

Tech Savvy Projects 'Family History' and 'Community Projects' are small group sessions held monthly for members keen to master computer skills required to complete projects in either family history or for community volunteering. There is also the opportunity for 'one to one' support in either of these areas on an as needs basis. For more information, contact Bev on 5762 8171.

Wendy Sturgess and Bev Lee

Tech Savvy Talks

The emphasis of July's session was how artificial intelligence can be used to enhance human capability rather than replace it. We looked at a number of TED Talks which reflected that.

The first was about the incredible inventions of intuitive AI

www.ted.com/talks/maurice_conti_the_incredible_inventions_of_intuitive_ai

The third referred to a device which allows mind and machine to work together with extraordinary results. There is much research in this area by people like Elon Musk and the usual suspects from the Tech giants

www.ted.com/talks/arnav_kapur_a_breakthrough_device_that_combines_mind_and_machine?language=en

We also saw how the future of surgery might be affected by AI

www.ted.com/talks/nadine_hachach_haram_how_augmented_reality_could_change_the_future_of_surgery

Les Rodgers

Wine Appreciation

This month's U3A Wine Appreciation Group visited Jones Winery & Vineyard in Rutherglen. Whilst perhaps not as well-known as other local Wineries, nevertheless this Winery was first acquired in 1927, and subsequently managed by six generations of the Jones family. Now, manager Arthur and his winemaker sister, Mandy, create superb French style wines, red and white, and several fortified, all made from their vines planted more than 112 years ago. Our group was welcomed into the charming, heritage listed Wine Cellar Door by our host



Laura, who was kept on her toes offering wine tastings, whilst sharing information on the winery. We were charmed by the rustic Cellar Door and its Dining Area. Equally charming was the whimsical and imaginative Garden Art on display outside. The adjacent Gallery housed more of local Helen Hay's work. Our group was treated to another example of local historic buildings, as we lunched at the iconic Poachers Paradise Hotel. Enjoying the ambience, great food, charming and efficient service in this historic Hotel, topped off an enjoyable day out. Heather and Keith - you had researched and planned this day for us to enjoy. Thank you so much!

Bev Thornell

Coming up on August 28 – Myrtleford's Michelini Winery and Café Fez

The Wine Appreciation group is going to Michelini Winery in Myrtleford in August. Please note that that Michelini *may* charge a tasting fee of \$2.50.

For lunch...“We hope to dine at Café Fez, which is part of the Red Ramia establishment. It gets good reviews.”

Meet at the tennis court car park (behind Aldi) in Barkly Street at the usual meeting time of 10 am. Please ring Heather and Keith on 5762 4086 by Sunday 25 August to enable catering numbers to be finalised.

Heather and Keith Rogers

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What's On

Thursday, 1 August

- 10:00 Singing for Fun
- 13:00 Patchwork

Friday, 2 August

- 09:30 Sustainability
- 14:00 Investment

Saturday, 3 August

- 13:30 Saturday Session - '500'

Monday, 5 August

- 09:30 Exercises for Fun
- 10:00 Lifeball
- 10:00 Art Appreciation
- 13:30 Games
- 16:00 Meditation

Tuesday, 6 August

- 10:00 E-Book Group
- 10:00 Stock and Land - Dr. Dennis O'Brien
- 12:00 Beginners' Patchwork
- 14:00 Armchair Traveller - North America
- 14:00 Let's Talk Books

Wednesday, 7 August

- 09:30 Play Reading
- 09:45 Bushwalking - Easy Walks - Glenrowan
- 14:00 Tech Savvy Beginners - Be Connected

Thursday, 8 August

- 10:00 Harmony Group
- 13:30 Executive Committee Meeting

Friday, 9 August

- 10:00 Music Appreciation

Monday, 12 August

- 09:30 Exercises for Fun
- 10:00 Collectors - Toys and Games
- 10:00 Lifeball
- 14:00 Garden Team
- 14:30 Creative Writing

Tuesday, 13 August

- 10:00 Politics & Current Affairs
- 14:00 Brain Games

Wednesday, 14 August

- 09:00 Recorder - 'Learning New Notes'
- 09:30 Bush Walking - Mid Week - Mt. Meg S-3-4
- 10:00 Recorder - 'Full Group'
- 11:00 Tech Savvy Talks
- 13:30 Film and Literature - The Film: Red Joan
- 14:00 Tech Savvy Beginners - Be Connected

Thursday, 15 August

- 10:00 Singing for Fun
- 13:00 Patchwork

Friday, 16 August

- 09:30 Sustainability
- 11:45 Chat n' Chew - Golf Club
- 13:00 Tech Savvy Projects - Community Projects

Saturday, 17 August

- 13:30 Saturday Session - '500'

Monday, 19 August

- 09:30 Exercises for Fun
- 10:00 Lifeball

- 14:00 Publishing Your Writing

- 16:00 Meditation

Tuesday, 20 August

- 10:00 History - After the Victorians
- 14:00 Exploring the Universe

Wednesday, 21 August

- 10:00 Birdwatching – Reef Hills with Kathy and U3A Goulburn Valley group
- 10:00 Meet and Mingle – 'Aged Care Fees and Assessments'
- 14:00 Tech Savvy Beginners - Be Connected

Thursday, 22 August

- 10:00 Member Services Group
- 13:00 Tech Savvy Projects - Family History
- 15:00 Tech Savvy Talks at the Northo

Friday, 23 August

- 10:00 Music Appreciation

Monday, 26 August

- 09:30 Exercises for Fun
- 10:00 Lifeball
- 14:00 As Time Goes By - Topic: Fear of Failure
- 14:00 Garden Team

Tuesday, 27 August

- 10:00 Politics & Current Affairs
- 13:00 Beginners Patchwork

Wednesday, 28 August

- 10:00 Wine Appreciation - Michelini Wines, Myrtleford
- 10:00 Recorder
- 14:00 Tech Savvy Beginners - Be Connected

Thursday, 29 August

- 09:30 Patchwork - 'Collage' - all day session

Monday, 2 September

- 09:30 Exercises for Fun
- 10:00 Lifeball
- 10:00 Art Appreciation
- 13:30 Games
- 16:00 Meditation

Tuesday, 3 September

- 10:00 E-Book Group
- 10:00 Stock and Land
- 12:00 Beginners' Patchwork
- 14:00 Armchair Traveller
- 14:00 Let's Talk Books
- 14:00 Member Services Group

Wednesday, 4 September

- 09:30 Play Reading
- 09.45 Bushwalking - Easy Walks - Euroa Arboretum & VC Memorial Park
- 14:00 Tech Savvy Beginners - Be Connected

Thursday, 5 September

- 10:00 Singing for Fun
- 13:00 Patchwork

Friday, 6 September

- 09:30 Sustainability
- 14:00 Investment