



Benalla and District Inc.

Newsletter – April 2021

U3A Benalla & District Inc

P O Box 674

Benalla 3672

Website: u3abenalla.weebly.com

Facebook: facebook.com/U3abenalla/

Newsletter: newsletter@u3abenalla.com

President: Dorothy Webber

5762 2116

president@u3abenalla.com

Secretary: Geraldine McCorkell

P: 5762 2134 M: 0408 522 662

secretary@u3abenalla.com

Please send all newsletter items for the newsletter to newsletter@u3abenalla.com by 25 Apr 2021

President's Report to AGM



“We have experienced and survived 2020 and are coming to live the new normal.

Two days after our 2020 AGM, U3A Benalla closed for what we thought would be 3 maybe 4 months, never believing it would be 12 months.

In April 2020 some of the committee and members started to learn how to use Zoom. With this new knowledge some Convenors started Zoom Classes others stayed together on email and phone.

As the time dragged on the Committee used Zoom and when permitted face to face Meetings.

There was a lot of discussion about how we could start up but as we had no idea when this would be, it was impossible to forward plan. A lot of time was spent looking at possible venues as the Seniors Building was closed. We were offered some accommodation ideas by Council and chairs and tables. The accommodation wasn't suitable, but we have accepted the chairs and tables and these will be used in the small meeting room (the Seniors old office). Once set up this room will be used for smaller groups.

In September 2020 I was advised by Benalla Rural City Council that Grant money was available to do some more upgrades to the Seniors Community Building. I am happy that improvements are continuing as it is 4 years since U3A started using the Building and needs change with our growing numbers.

Our Membership stands at 320 with 39 new members for 2021.

44 Classes are on offer for Semester 1.

We are so fortunate to have Bev Lee who is our Website Manager. Our website is one of the reasons we attract new members each year. Thanks to Bev our webpage is always up to date.

Thanks to the Convenors who stepped aside and have helped with a smooth transition.

A special mention and thank you to Margaret Walsh who has convened Easy Walks for a number of years.

I congratulate the first time Convenors and thank them for stepping up. Without you and all our wonderful, experienced Convenors there would not be a Benalla U3A.

I won't mention individuals as I may miss some one, but over the past year we had a number of members pass away. My condolences to their families and friends. Plus, a number have moved away from Benalla and I wish them happiness for the next stage of their life journey.

Lastly my thanks to the Committee who all work towards the running of, I think, a very successful U3A.

We have two committee members retiring Bill Parris and Pat Gardiner. Bill has been my Vice-President. Thank you, Bill for all the interesting speakers you have arranged for Meet & Mingle. Enjoy your travels with Jane.

Pat has been on the committee for 16 years and has spent 11 years keeping the tea coffee and biscuit tins full, also sending out the many get well, congratulation and condolences cards, thank you Pat.

The Committee has decided to present Pat with Life Membership.

After a horrible 2020 it is my hope that our Benalla U3A goes from strength to strength in 2021.

I would like to thank all the members who have given me encouragement and support over the past year. Thank you."



Dorothy Webber, President

Group Reports

A Taste of Art

After a difficult year in 2020 when we had just begun our classes, the Broken River Painters finally resumed their 'Taste of Art' drawing and painting classes with two sessions in March.

Eight U3A enthusiastic members arrived to begin this relaxing and rewarding hobby.

A couple chose to do a pastel still life with Jan and Margaret, our pastel artists, while others chose to do some still life drawing in pencil and charcoal to get their hand in again. A couple of others then went on to do water colour with Carol and Norah, our water colourists, showing early promise. Unfortunately, a couple of class members weren't able to attend because they were ill or had another appointment.

From this group, four have already joined our club. We wish them well with their future artistic achievements.

Our next sessions will be on Wednesday 14th and 28th April from 1-30pm - 4pm at Barc Hut 11 when we hope to see everyone back again. As our club will be setting up an exhibition of our work in Wangaratta, I won't be at the club on Wednesday 14th, however other members will be there to help.

Carol Perry

Armchair Traveller

On Tuesday 6th April, train buff Wendy Sturgess will be presenting, 'Travels with Ted' on her train trips around America and Europe and on some of the historic train trips she has taken in Australia.

Wendy will also be bringing along photo books she has developed recording her trips using the 'Find Penguins' travel blog program.

Ray O'Shannessy



Art Appreciation

U3A Art Appreciation members are once again participating in the Benalla Art Gallery's '[First Mondays](#)' program of curated talks and tours, a wonderful way to see and learn about the latest exhibitions.

In March we gained an an insight into the *PHOTO 2021 International Festival of Photography* with the organisation's founder and artistic director, Elias Redstone. The session coincided with the Benalla Art Gallery's presentation of *Damien Shen: A Stone from Another Mountain*.

There was no 'First Mondays' session in April as it fell during the Easter break.

Next session: Monday 3 May 2021, 10AM

Topic: Northern Abstraction

Speakers: Ralph Bristow, Frank Burgers and Anthea Kemp

Join us after the session for a coffee at the Gallery's 'Munro and Sargeant' café.

As numbers are limited, please don't forget to phone or email the Benalla Art Gallery to secure your place - T 03 5760 2619 or gallery@benalla.vic.gov.au

Neville Gibb

'As Time Goes By' – Memoir Writing

This year we are exploring ideas about memoir writing in addition to sharing our stories. In March we considered memoir writer Louisa Deasey's recommendation to prepare a key sentence when writing memoir as a way of retaining focus, and the role of universal themes in memoir.

Our sharing of stories on the topics '[Too Hard Basket](#)' and '[New in Town](#)' was most enjoyable – common experiences often emerge as our stories are shared in class. Most writers overcame the problem in danger of remaining in their too hard basket, while those choosing 'New in Town' reflected on strategies used to successfully settle in, to make connections with others, when new in town.

500-word topics for our next class on Monday 26th April from 2 – 4 pm:

'A memoir which has meant something to me' Head for your bookshelf, the library or an online bookstore to retrieve a memoir which has meant something to you. When did it enter your life? How did it then, or does it now, relate to your life story? What might have been Louisa Deasey's key sentence for the book? What universal truth/s does it relate to.

Alternate topics (for newer members to class)

'Someone who shaped me' - How did you become who you are? Think about someone who has influenced your life and start writing.

Additional topic – '*Anzac Day*' – perhaps Anzac Day triggered, or often triggers, particular memories for you, or reminds you of a story you heard as a child. Share this story in 500 words.

Bev Lee

Bird Watching

On 8 April we will visit Violet Town for a morning walk along the Honeysuckle Creek in the town. Please meet at 9 am in the car park behind the Seniors Community Centre in Benalla. As usual, bring any water and nibbles you need for the morning, wear sturdy shoes and bring binoculars if you have them.

On 11 March, eleven people enjoyed an interesting wander around part of the almost dry Lake Benalla. The morning was surprisingly productive.

We had superb views of an Azure Kingfisher fishing stagnant side channels, which looked muddy and but this tiny bird dived into the murky water 3 time emerged with a small fish in its bill. Black and Dusky Moorhen had their bills in the mud at sifting delicacies from the sludge. As one of our commented, to the birds it was probably our



in one of the uninviting to us, times, and each Duck, Grey Teal the edges, members equivalent of

coffee and chocolate. Four Gang Gang Cockatoos and a flock of 15 King Parrots flew through the area. It was a good day for Kingfishers, as we also had good views of Kookaburras and Sacred Kingfishers. We were able to compare the difference between the White-throated Treecreeper and the Brown Treecreeper. And Australia's smallest bird, the Weebill, showed itself when three birds appeared in a small tree beside us.

Rupe explained that an old timber structure at the edge of the river was the remains of a weir that provided the town's water supply until about 1940. He also pointed out a large covered well nearby.

29 bird species were recorded. The bird list can be viewed at

<https://ebird.org/australia/checklist/S84038533>

Kathy Costello

Bushwalking

Easy Walks - 1st Wednesday of the month from March--all day.

Wednesday 3rd March - Beechworth

Wednesday 3rd March saw an enthusiastic group of nineteen amblers and rambles setting off for Beechworth's Lake Sambell. It was great to see some new members in the group and everyone enjoyed a relaxed walk of about six kilometres along the Lake, then turning onto the Murray-Mountains Trail and ending on the Gorge Road at Newtown Falls. Despite the recent lack of rain, the Falls made a lovely splashing backdrop to our walk along the Gorge Rd, and members marvelled at the work of the miners who had dug and blasted their way through the landscape in the gold era.

We looped around and returned via the sculpture trail, with members pacing out the labyrinth, and enjoyed a picnic lunch by the Lake.

April's Mt Pilot walk will be slightly more challenging, but equally enjoyable.



Coming up - Wednesday 7th April 2021 - Mt Pilot

We will be climbing to the Mt Pilot summit, followed by lunch at Woolshed Falls. Mt Pilot and the Falls are two of three highlights in the Chiltern-Mt Pilot National Park.

The walk commences at the intersection of C377 (Beechworth-Chiltern Rd), and Old Coach Road. From here to the Mt Pilot picnic area is about 2.7km, with a further 300m to the summit lookout, for a total walk of about 6km. Poles/walking sticks are suggested for the final 300m as it can be steep in parts. There is a parking area along Old Coach Road for those wanting a shorter trek, but the road is well formed and easy to walk. The summit lookout provides a stunning panoramic view and is a must see, for those who feel safe to do so. After conquering the summit, we will drive to the nearby Woolshed Falls picnic area for lunch. The waterfalls and pools are close to the picnic area, for those with time to explore further.

Please confirm your attendance by Sunday 4th April with Julie McNeill 0407823031 or

juliemcneill55@gmail.com, or Glen Chessells 0431201077 or gchess@hotmail.com. Remember to bring a hat, sunscreen, picnic lunch and a drink, and consider a walking stick or pole(s).

Meet at the Seniors' Complex, Fawckner Drive carpark at 9am Detailed direction to Mt Pilot and the Falls will be provided at the car park.

Looking Ahead - Wednesday 5th May, Pangarang Lookout Walk/Pine Gully Nature Trail.

These two walks in the Warby-Ovens National Park will offer members an "ambler" or "rambler" option. The Pangarang Lookout walk of 4.5km return, offers panoramic views to the west over farmland and floodplain. The formed track has a gentle slope with some low obstacles, becoming moderately steep towards the end. Amblers preferring a more easy-going option will take the 2km loop of the Pine Gully Nature Trail, with the Pine Gully Falls seen from the viewing platform. Both groups will reunite at Pine Gully for a picnic lunch. Walkers are strongly encouraged to bring a walking stick or pole for both walks, which are rocky in places. Please confirm your attendance by Monday 3rd May with Glenys Chessells 0431201077 or gchess@hotmail.com. Remember to bring a hat, sunscreen if needed, picnic lunch and a drink, and consider a walking stick or pole(s)

Meet at the Seniors' Complex, Fawckner Drive carpark at 9.15am. Detailed directions will be provided at the carpark.

If new members are unsure of their ability for these walks, please check with convenors Glen Chessells as above, or Julie McNeill 0407823031, juliemcneill55@gmail.com. Please also add convenors' numbers to your mobile. Car sharing is usually available, with a small contribution to costs.

Glen Chessells and Julie McNeill

Mid Week Walks

Report - Wednesday March 10 - DELATITE RIVER

A lovely Autumn day saw a group of 14 head out to walk the Delatite River, the river was running fast so it was great to see the water flowing over all the rocks, was very surprising to see the size of some of the rocks, with all bridges built over the river crossings we didn't get any wet feet. The site of Tree Ferns in a cluster was rewarding to see. These ferns must have been years old by the size of them. The track was very well maintained so was easy walking with covers of shade and sunspots. There were a few bits that got the heart working but not for long distances. Very lucky to see very old Gum trees. It was great to welcome some new walkers to the group. Thanks to John again for being a Leader of this walk.



Gwenda Tait

Next Mid-Week Walk – Wednesday 14 April - BRIGHT – AUTUMN LEAVES S – 3 - 3

Two pleasant walks – the Canyon Walk and the Cherry Tree Walk. If there have been early seasonal frosts, the Autumn leaves around Bright should be at their colourful best - to enjoy and photograph. Meet at Barkly St tennis courts 8.00 am. Leave Benalla at 8.15 am
Leader: Bev Thornell 0447 193 244k

John Boehm

Chat n' Chew

April's Chat n' Chew will be held at the Benalla Bowling Club on Friday 16 April from 11.45 am. It is important to 'RSVP' each month if you are going to attend or have a booking you would like to cancel. Please contact Lorraine Knox on 5762 1531 by Tuesday 13 April for bookings or cancellations.

Lorraine Knox

Collectors



At our first meeting of the year, we showed a few of our favourite things, things we will find it hard to give away.

It is always wonderful to hear the stories and love we all have of the treasures we show.

As our next meeting will fall on Easter Monday, we won't meet till Monday 3rd May at 10 am. Teapots will be on show.



Dorothy Webber 0412 263 071

Community Singing

Community Singing in March was played for by Brian Greed using the organ located in the Hub for the first part and the piano for the second part.

In the first part Brian chose songs from Sammy's Old Time Sing-Along Book Part 2 whilst in the second session he used the Tram Menu of Song Book.

Once again Community Singing provided the opportunity for everyone to sing in a relaxed atmosphere.

We are starting to have morning tea at all our singing sessions. If you could please bring your own cup with you it would be much appreciated. Tea, coffee, milk, sugar and biscuits are provided.

Everyone gave Brian spontaneous applause at the end of the session showing how much his session of Community Singing is appreciated!

Margaret Jenkins

Creative Writing

With the U3A room available for our March class we were at last able to meet. It was exciting to meet one another again and to welcome new members. We shared most of the stories by email ahead of the class, and then discussed and provided feedback when we met.

The March writing topics were:

- **But the letter was dated 9 years before**
- **The waterfall cascaded to the depths below**
- **Who would have thought that...**

It was not surprising that several stories this month were nature based, given the topic around the waterfall. In some cases, the water had a healing effect. We also had a poem from a member of the class. One of the stories was about a retirement village for pigs, and the new resident, a wolf going through transition to a female pig. It incorporated aspects of the old tale of the Three Pigs, as well as current over the top idiocy with a push to replace the term “breastfeeding” with “chest feeding”. A fun piece that we all enjoyed. And we had a piece of historical fiction which was well received by the class.

Each of the stories incorporated good imagery, providing a clear picture of the location and emotions.

The topics for our April class are:

- **“I wonder if I can do it”**
- **He/she/name was back, everything would be alright**
- **He/she/they wrinkled his/her/their nose in distaste when the smell first hit them**

For our 12 April class, we will again share the stories via email ahead of the class, allowing time for preparation for feedback discussion when we meet.

Joy Shirley

Demystifying Psychology

Rich and varied discussions continue. We have discovered the group has a handy cross section of preferred coping styles. Each of the “types” - eagle, owl, dove, and peacock – are evenly spread amongst us. We discussed how to make the most of these preferred coping styles in various settings such as work, home, and committees. You might hear family or friends comment about an “owl moment” or the need for a “peacock” for a particular task.

Ever the thinker, Mary Bridgland pondered on “coping styles”, especially the “How” of the development of our preferred coping styles resulting in a wonderful presentation by Mary and discussions on the “Influences on Coping Style”. Mary began with this curiously ambiguous picture. What do you see? <https://www.illusionsindex.org/i/young-woman-or-old-woman>



Mary continued to describe the dual impacts of our sense of self and well-being and external influences on our preferred coping styles.

The content focus into April is a gentle consideration of the disturbing facts of family violence (FV). The aim of Demystifying Psychology (a lighthearted look at psychology) has been temporarily abandoned in favor of increasing our understanding of the characteristics of FV and how we might help someone we suspect is experiencing FV. In Australia 1:4 women and 1:13 men reported experiencing intimate partner violence. So, the chances are high that you know someone who has experienced/is experiencing family violence.

(Source: <http://dvvic.org.au/understand/about-family-violence/>).

Topics covered in March and April will include:

- Types of abuse in families.
- Patterns of control.
- Perpetrator psychology.
- Perpetrator presentation.
- Cycle of abuse.
- What to do when you suspect abuse.

To begin, we did an activity I hope you will also do. On your phone, tablet, laptop, or desktop -

1. Type **1800RESPECT** into your search bar.
2. Choose <https://www.1800respect.org.au/>
3. Scroll down to "Supporting someone".
4. Scroll back to the top of the page.
5. Click on the word **EXIT** on the upper right of the page. What just happened? This is a quick safety option now used on many FV support websites.
6. Check your browsing history. Did this site show up?
7. Finally, click the left return arrow found next to your web address bar. What happened?

Thank you for participating and for "not looking away".

Power Point presentations can be found on the [Demystifying Psychology](#) page of the website.

COMING in Demystifying Psychology meetings:

1. Discussion Group (face to face) at Cooina 10-12 noon on Tuesday 6 April (third Tuesday of the month).
2. Content Group (face to face) at Benalla Seniors Building 1-3pm Friday 16 April (third Friday of the month)

Call

[1800 737732](tel:1800737732)

1800RESPECT

National sexual assault, domestic family violence COUNSELLING service.

- ✓ NRS: 1800 555 677
- ✓ Interpreter 13 14 50
- ✓ Online chat

Jane Rushworth

Exercises for Fun

For the last 9 weeks we have held our Exercise classes in the Benalla Town Hall, but from Monday 5th April (Easter Monday) we will be back holding our classes in the Seniors Community Centre Hall.

We have had very good attendances, with 40 plus people attending every week.

It is very satisfying to know that so many of us are enthusiastic to become a little more active and improve fitness, whilst enjoying each other's company.

See you Monday 9.30 am.

Have fun!



Helen Jeffree

Exploring the Universe

To the Red Planet and the door of the Sun.

It was great to be back at 'Exploring the Universe' after a year's recess. We also welcomed our amateur astronomer Rupe Cheetham back to the team again this year.

After a basic introduction for new members and a brief history and definition of astronomy we viewed a film on the vastness of space measured in light years. Light travels at 300, 000, 00/ second.

For the past year Space Agency supercomputers have been studying the nature of the Covid 19 virus and working towards a vaccine. Space programs were also delayed by limitations and a reduced workforce. But Earth wasn't going to slow down for a pandemic. It was speeding towards its closest proximity to Mars for two years. The spacecrafts that were heading to Mars had to be launched in July to save distance, time and rocket fuel.

All three spacecraft have reached their destination and been placed into orbit.

Six years ago, at Exploring the Universe, I showed a film to the class that left them looking very surprised and there was no comment. It was the announcement from the United Arab Emirates (UAE) that they would send a spacecraft to Mars in 2020. They had no experience and they have achieved what they said they would. The United Arab Emirates has now succeeded in putting its Hope Spacecraft into orbit for their 50th anniversary.

China's Tiawen-1, orbiter has sent back high definition images of Mars craters and the poles.

We watched a compilation of films on the successful insertion into orbit of the UAE Hope probe. China's orbiter arriving at the Red Planet and NASA's Perseverance rover fitted with cameras filming the landing on Mars. This rover also has a microphone so we heard the hum of the rover and the sound of the Martian wind and the laser analysing a rock. The panorama of Jezero Crater filmed by the rover was also accompanied by the sound of the wind.

We all live within the atmosphere of a star; our own star, the Sun. Rupe took over for the last half of the program with a very interesting lecture and power point presentation of the Sun. To round off the afternoon we tramped outside to view the Sun through Astronomy Benalla's solarscope. There are eight spacecraft currently studying the Sun.

Why Mars Now? <https://www.youtube.com/watch?v=aLnHTtL8hV8>

UAE Mission announcement <https://www.youtube.com/watch?v=ZHen3W3gOKO>

UAE Hope probe enters orbit in first Arab Mission

<https://www.youtube.com/watch?v=n351j86kyUo&t=12s>

China's Tiawen -1 goes into orbit around Mars. https://www.youtube.com/watch?v=EXb_cacnmsl

Perseverance rover descent and touchdown. <https://www.youtube.com/watch?v=4czjS9h4Fpg>

Perseverance deploys wind sensors on Mars. <https://www.youtube.com/watch?v=MbYxKyDe14A>

Bev Morton

Family Research

On Monday 29 March 2021, ten enthusiastic participants met for the second family research session. They were joined by special guest Judy Perry.

Those who had been unable to attend the previous month outlined their objectives for the year and their areas of interest. The other members then spoke about their progress during the last month. There was much laughter as newly discovered family scandals and intrigues were revealed.

Wendy Webster brought along the folders of work she has completed already towards her Winton Pioneers project. These were of great interest to new member Pat McDonald, who has Winton pioneers among his ancestors.

Judy read out a very poignant eulogy she had written for the loss of her husband 20 years ago. There wasn't a dry eye in the room. She also read another piece she had written which gave people an idea of the types of family research story styles which could be utilised.

The writing topic for the month was on a family treasure that the owner would find hard to let go of.

Items were varied with a beautiful bowl, an embroidered postcard, a tiny compass, a hand-made lace cloth, letters/documents of significance, telegrams, treasured photographs, beautifully bound old books of Shakespeare and a drawing done by an ancestor during their school days.

Given the task of dating an old photo, Wendy Sturgess explained the techniques she used from comparing the



costume worn to catalogues dating costume styles to particular eras and the use of a facebook group to help.

The three-hour session passed very quickly. The next session is scheduled for Thursday 22 April from 1pm in the U3A room at the Senior Citizen's Centre.

Topic of the Month for April: Describe your relationship with a grandparent using a fond memory.

Wendy Sturgess and Bev Lee

Film as Literature

We discussed two films at our March class. These were "A Call to Spy" and "Penguin Bloom".

"A Call to Spy" is based on true events. During World War II, Churchill orders his new spy agency to recruit and train women as spies. The film is based on the lives of two of the women, Vera Atkins and Noor Inayat Khan. There were a series of short interactions, helping to build the tension. Vera, who had a wooden leg, proved to be extremely proficient in building a strong resistance cell. When her identity and cell were revealed by a double agent, she escaped walking across the alps. She retrained as a radio operator and returned to Europe. Noora was a radio operator. When caught she was tortured but refused to reveal any locations and was executed. Performances were excellent, depicting the bravery of these women. Scenes that stood out were the crossing of the Alps, and the performance of Noora's mother when she learned of Noora's death. *Members who watched the film rated it as 4 out of 5.*

"Penguin Bloom" was also based on a true event. Sam Bloom is injured in a fall in Thailand and ends up a paraplegic. She is the mother of three sons and struggles to find her identity as she cannot do all the things she had done as a wife and mother. Her eldest son, Noah, believes the accident was his fault and his mother blames him. When Noah finds an injured baby magpie, he brings it home to nurse. The magpie is named Penguin – hence Penguin Bloom. Noah asks his mother to care for it while he is at school. This is the start of Sam's journey out of depression. She then learns to kayak. The scenes provide a clear picture of her awakening, as well as the emotions of the key characters. These were all relevant to the relationship to Sam. The class particularly enjoyed the down to earth approach of the kayak instructor, as well as the actions of the two younger boys who came across as "real boys". Perhaps the greatest performance though was by the various magpies who played Penguin. *The class rated the film as between 3.5 and 4/5.*

Our April discussion will be on a range of films screening at BPACC on during the remainder of March. These include "A long Story Short", "The Nest", "Wild Mountain Thyme" and "Minari".

The things we will watch for in viewing the film include:

- Did you enjoy the film? What in particular did you like?
- Was there anything that you did not like?
- What did you think about the cinematography?
- What did you think of the performances? Any strong performances that stand out? Any weak performances that spoil the film?
- Overall rating out of 5.

Joy Shirley

Games

No games afternoon for April. I look forward to seeing you all on Monday May 3rd.

Dorothy Webber 0412263071k

Garden Appreciation



Thursday 25 March was spent in Beechworth, where we went to Peter and Amanda Rucins' beautiful garden, Beechworth Galleries. Lots of shopping, little birds and more.



Coming up:

22nd April - Bus trip to **Royal Botanical Gardens Cranbourne**. Meet at Benalla Gardens near Royal Hotel at 7.30 am, before boarding the Bus lines Coach to Cranbourne. Cost \$40 per person. Morning tea included. Cranbourne lunch own cost **Payment is due** and can be left at the RedB4 Bookshop, next to Hides Bakery, in an **Envelope with Your name and 'Garden Appreciation for Gwen Turner'** written on it. If you would like to attend just give me a call. Morning tea included.

27th May - **Euroa Arboretum and Nursery**. Meet at U3A Carpark 9.30am. Morning tea and lunch to be arranged.

Gwen Turner 0438 627 010

Garden Team

There was plenty of cheerful energy brought to Shirlie's garden which provided a lush green backdrop to a well deserved afternoon tea.

Ray joined us again and Vicki and Deborah were new recruits who compensated for several apologies from travellers Jane, Bill, Kirsten and Marcus, and Frank (who we hope feels fit again).

On our fifth Monday, March 29th, we will be at Terry's place and on April 12th we will gather at 29 Arundel St (northern end).

Elsbeth Maconachie

German

The topic for the second session of the year was written communication. We began with a piece of dictation, which proved to be unanimously challenging. Members self corrected against the original. The goal is that by year's end the number of errors will be greatly reduced or eliminated!

We then dissected the piece and discussed strategies for making sense of the writing.

Everyone in turn then read successive paragraphs aloud, having pronunciation corrected at the end and a group discussion about the translation.

In an effort to extend our vocabulary beyond the basic, the topic of the built environment was chosen for the second session of the month. We began with housing, then different other buildings and finished with a historical piece about the construction and subsequent opening of the Mont Blanc tunnel in 1965. Mt Blanc is the highest mountain in Europe and the 11.7 km tunnel crosses the border between Italy and France.

Our next session is on Tuesday 13 April, 12.15- 1.45 p.m.

Pauline Bailey

Investment

Members of Investment enjoyed the first face to face meeting of Investment in March 2021 for 12 months. We noted that the Materials and Financial sectors had shown the strongest growth in the past month, whereas the Information Technology and Materials sectors had shown the greatest growth over the past year. We discussed how this growth was contributed to by some shares in each sector and not others.

In view of the record low interest rates, we discussed whether Property or Shares was the more appealing investment at the moment. We looked at the potential for growth, income provided from both, maintenance and transaction costs and the advantages of investing in both Property and the Share market. Members also talked about the risk of an investment in both Property and the Share market.

We have started our Monthly and Long Term Selections for 2021 with some interesting stock selections. No doubt we will enjoy following what has been selected.

Unfortunately, we are not having an April meeting due to Good Friday being on the first Friday in April.

The next meeting of Investment will be on Friday 7th May at 2pm in the U3A room at the Senior's Centre.

Margaret Jenkins

Let's Talk Books

What a mixed bag of books we read last month and much discussion on topics related to them.

Lost Girl by D C Gray, a mystery and romance that bring past and present colliding.

A Forest of Souls, Carla Banks. Psychological thriller taking the reader from 21st C Britain to the dark days of war torn Eastern Europe. A tale of hidden truths. Recommended read. Dorothy read the *Gold Miners Sister* questions arose as to where it was set, The Lakehouse and Pretty Sally were both mentioned. *Man's Search for Meaning* by Viktor E Frankl. What is the meaning of life? Viktor recounts his experiences in the Concentration Camps of WW11 and the school of therapy he invented to help us confront this very question. *The Getting of Garlic*, book by John Newton, Australian food from bland to brilliant, how our food has changed, includes some Indigenous food as well. *Florence Swims Forever* by Rachel Beanland, set in Atlanta in 1934 tells the story of a Jewish family struggling to conceal the drowning of a cherished daughter for fear that her pregnant sister will lose her baby. *The Dictionary of Lost Words* reveals a lost narrative hidden between the lines of a history written by men a remarkable book by Pip Williams. This book was enjoyed. *A Room Made of Leaves* by Kate Grenville provided differing opinions from the group, a good discussion. *Greatest Mysteries of the Modern World* by John Pinkney. A whole swag of strange vanishings, a ship found with no crew on board, mysterious murders, all outlined in short chapters. *The Bookshop of Yesterdays* by Amy Meyerson. A woman inherits a bookstore from an eccentric uncle, a good read. *The Dickens Boy* by Tom Keneally was very good as was *The Return of the Dancing Master* by Swedish crime writer Henning Mankell. Crime novels are a popular read among our group, and apparently women writers excel as crime writers. There were quite a few more really interesting books read by our group.

Geraldine McCorkell

Lifeball

Mondays, weekly, 10am-11.30am

Benalla Indoor Recreation Centre, Ackerley Ave

After a year off the courts, Lifeball has returned with renewed energy and new convenors. Thanks go to previous convenor Max Powell and other players for holding it all together while we did our time in lockdown.



There is a lot of laughter on and off the court as we refresh our game strategies. Lifeball is a game for anyone who has ever enjoyed team sport, and for those who have never played any sport at all. If you can walk, you can play - the game is designed as a fun, but safe and active way of keeping fit, and is great for concentration.

We'd love to see some new players. Anyone interested is welcome to come and watch a game on Mondays at 10am. Convenors, Marlene Pitts 0407240943 and Julie McNeill 0407823031 are also happy to talk through any questions. All you need are safe, non-slip shoes, so give it a go!

Julie McNeill

Meditation

The benefits of Meditation in the current world climate has been comfort to the various populations around the world. Our class helps you to relax the body and the mind and can become an important tool to enhance our day to day living and understanding of emotional concerns.

Caroline Sims

Meet and Mingle

Benalla Historical Society member Robyn Sadler gave an interesting presentation at Meet and Mingle after officiating at the AGM on March 17th.

Robyn provided a history of the development of the Museum to date and described the impact on the group of the renovations and further development of the Museum precinct. Historical society members will clearly have a major task ahead to pack up the contents of the museum until the Museum reopens in approximately 12 months.

Benalla Rural City Council Mayor Danny Claridge also attended the meeting, responding to Robyn's presentation from a Council perspective.



At Meet and Mingle on Wednesday 21st April Brian Vial will explore the topic 'World War II - Was there ever a battle for Australia??' Some military historians say YES while others insist NO. On the 26th of June each year the Australian War Memorial holds a ceremony in honour of this battle. Should this remembrance be discontinued? Brian will discuss the merits of both views.

Music Appreciation

A bright and varied start to get our year rolling. As mentioned in the previous newsletter our music is being selected from the concert programmes of the same month of the Melbourne and Sydney Symphony Orchestras. Our first session for the month of March saw us start off with the Overture to Mendelssohn's "A Midsummer Night's Dream"; followed by the major work for the morning: Mozart's Clarinet Concerto The "Mother Goose Suite" by Ravel and a couple of different approaches to JS Bach's "Orchestral Suite No.3". rounded off proceedings.

The major work to focus on for the second of our sessions was Dvorak's Violin Concerto - with a scintillating performance by violinist Ann-Sophie Mutter. It was preceded by the overture to Mozart's "Il Seraglio" (the opera is an hilarious story), and Gabrieli's "Canzona par Sonar in Echo Duodecimi 10"; with the rest of the programme moving over to more contemporary works: Samuel Barber's "Mutations from Bach), Lauridsen's "O Magnum Mysterium", and Max Richter's "On the Nature of Daylight", before closing off with a small portion of "The Last Words of Christ" by Haydn. If you would like to look at/listen to the any of the recordings, the YouTube links and the Programme Notes are published on the U3A website.

Bill Squire

Page Turners

Our read this month was Garry Disher's book - Consolation. Disher is well known for his crime novels and this book is the third in a trilogy featuring Paul Hirsch, a country cop in a small town near the Flinders Ranges in South Australia. Hirsch solves mostly minor misdemeanours in a town he knows well but his mettle is tested by a build up of snowdropping (stealing women's underwear), saving a badly neglected young girl locked in a caravan, dealing with the fallout of the collapse of the Stock and Station Agency and a criminal on the run. Meanwhile he is being stalked by a high school teacher and having to step up and do his boss's job while she recovers from a broken leg. Whew! Who says not much happens in small towns? Our readers loved his descriptions of the towns and landscape of his area but felt there were a tad too many characters to keep track of. A good read for a winter's day.

Meg Dillon

Patchwork

Patchwork is held on the 1st and 3rd Thursday each month commencing at 1pm till 4pm, with an all day session on the fifth Thursday. Thursday April 29th is our first all-day session for the year. Held from 9:30 - 4pm, this is always a great chance to bring along your machine and really achieve or continue with your hand work. BYO lunch & morning or afternoon tea to share. There is always someone on hand to give a hand.

Dorothy Webber 0412 263 071

Play Reading

The curtain rose in March for our first gathering for the year. Seven participants keenly took part as we read from the chosen play, "But Why Bump Off Barnaby?" by Rick Abbot. A comedy thriller with a variety of characters. Readers quickly adapted to the part they were reading, showing their talents with aplomb as they portrayed their particular role. There were challenges galore, the play required heroes, baronets, detectives, movie stars, maids, butlers and more from whence people were poisoned, vanished and murdered before the murderer was eventually unmasked! Talent and laughs abounded! Next month the chosen play is "Crown Matrimonial", an engrossing play detailing the story of Edward the Eighth and his abdication. We look forward to another morning of good company and good cheer.

Jenny McKenna

Politics and Current Affairs

Recent events in Canberra dominated discussion at our last Politics and Current Affairs session. Lots of discussion occurred relating to male / female relationships within the Political establishment.

We fleetingly discussed the visit to Benalla by the Deputy Prime Minister.

Terry Case

Recorder Group

We are enjoying playing a mix of old favourites and new repertoire from across the centuries. In acknowledgement of the current mice plague in Eastern Australia, one of our latest pieces is "Mice Running Around". Tricky rhythm! Just like the little creatures themselves. We have also been extending our range of notes, heading into the stratosphere at times. All good fun!

Janet Douglas

Saturday Cards – 500

Playing 500 is such a fun game. Apart from the playing of the game with the aim to be the first to achieve 500 points, laughter is part of the package on the day. The two-hour session goes so quickly, and everyone has a tale to tell on what they should have done to win the game. It is also good for 'brain training' trying to work out what cards each player has in their hands.

As there was no session on Easter Saturday, an extra session has been scheduled on Saturday 10th April from 1.30 - 3.30 pm. I look forward to seeing you then and at our next regular session on Saturday 17th April at 1.30 pm.

Heather Wallace

Singing for Fun

March has seen us become more accustomed to seeing our Singing for Fun and Harmony Groups meet at the Hub at Cooina. The room is working well. My thanks to Doug Williams and the Hub Committee for all their assistance in getting us going this year at the Hub.

We are enjoying our Singing segments with our new Leader Kieran Smith as well as the segments with Brian Greed and Margaret Merriman.

Thank you to Gwen Barnes for her great work on the piano for both the Singing for Fun and Harmony sessions.

We are starting to have morning tea at all our singing sessions. If you could please bring your own cup with you it would be much appreciated. Tea, coffee, milk, sugar and biscuits are provided.

Our former leader Joyce Borschmann has been away sick for a few weeks. We hope it is not too long before we see you again at Singing Joyce.

Margaret Jenkins

Singing for Fun – Harmony Group

Our Harmony group has attracted some new experienced singers with a total of 25 people attending the Harmony session in March. We hope that our new members enjoy their time with us and become regular members of the group.

Margaret Jenkins

Stock and Land

Guest speaker at our next Stock and Land class on Tuesday 6th April at 10 am will be Alana Johnston, a member of a fifth-generation farming family, breeding cattle and growing trees near Benalla. A pioneer in rural women's leadership in Australia, Alana is a founding member of Australian Women in Agriculture and former President of the Foundation for Australian Agricultural Women.

David Palmer

Tech Savvy Beginners – 2021 Apple

During our first session we spent our time acquainting ourselves with all the buttons ports and camera lenses on our iPads. Then we actually fired up our devices and explored inside the Settings App and each person could see how much iCloud storage they have and how much they have used. On the bar usage was colour coded and most of the used storage was for photos and videos. Newer devices usually have larger storage capacity. All Apple devices come with 5GB of iCloud storage.

The next session was devoted to searching the Internet. What a great website Benalla U3A is. Lots and lots of information accompanied by fabulous photos.

Everyone was able to put the Benalla U3A weebly website onto our home screens for quick and easy access. In our searching we found out that there is a bus service from Benalla to Bendigo (which is a lot quicker than train) and that to walk from Benalla to Bendigo would take us 33 hours. I'm definitely going to catch the bus.



Jenny Sawyer

Tech Savvy Beginners (Android)

Tech Savvy Beginners (Android) is now underway on the third Wednesday (after Meet and Mingle) from 12.15 to 1.45 pm.

The course operates in a relaxed small group format to allow for individual learning needs. While the focus is on Android phones, tablet and laptop users are also welcome.

The next session is on Wednesday April 21st at 12.15 pm. There are still places available - contact Robyn Lukey on 0403 164 931 or email robynluky51@gmail.com if you would like to attend.

Tech Talks

At our last session we watched several videos. One of particular interest was a documentary on the construction of the Snowy Mountain Authority Those of us of a certain age grew up when this large construction project was in full force and was well publicised in the newspapers of the time. There were many familiar images shown of dams, turbines, tunnels etc being built which we could all remember. Certain veterans of the scheme were able to bring us their own particular reminiscences.

We also saw a video of a new form of propulsion which may be the answer to long term space travel.

Our next session is on Tuesday 13th April. We will be discussing Quantum Computers and Hydrogen Fuel Cells.

Neville Gibb

Wine Appreciation

The second Wine Appreciation Day for 2021 took a group of connoisseurs to the Milawa Wine Region.

The visit to the picturesque John Gehrig Winery at Oxley allowed everyone to hear about the history of wine making and development of the Gehrig Wineries.

The range of white and red wines made at the winery were tasted and their qualities discussed. Wine was purchased for later enjoyment with family and friends.

A delicious lunch followed at the Milawa Hotel. Another successful day was enjoyed by all.

Wendy Sturgess



We have booked into [Dal Zotto's Winery](#), Whitfield for our outing on Wednesday, 28th April. We will leave the tennis court car park in Barkly Street behind Aldi at 10.00 am. Please have \$5 per head ready at the car park for the winery visit – this is a discounted rate as it is usually \$10. Please let us know by Sunday 25th April if you will be attending. SMS (preferred) or call 0429 876 999. We will be dining at the [Whitfield Hotel](#).

Keith & Heather 0429 876 999 or 5762 4086

Program and other News

Convenor's Meeting – Wednesday 21 April 2021 – 11.45 am

Following the April Meet and Mingle meeting on Wednesday 21st April, a meeting for Convenors will be held at the Seniors Building, commencing at approximately 11.45 am.

This meeting is to discuss the role of the Convenor, as well as giving Convenors a voice to bring to the attention of U3A any concerns that they may have.

It is beneficial to all Convenors to attend and keep up to date with changes, how to operate the photocopier and recording equipment etc.

U3A Benalla and District – Executive Committee (2021-2022)

President – Dorothy Webber

Vice President – Margaret Jenkins

Secretary – Geraldine McCorkell

Treasurer – Neville Gibb

Membership Officer – Len Jeffers

Publicity Officer – Wendy Sturgess

Newsletter Editor – Heather Wallace

Welfare Officer – Lorraine Knox

Terry Case

Julie McNeill

Anne Nelson

Corrie Witlox

What's On

Friday, 2 April – Good Friday

Monday, 5 April – Easter Monday

09:30 Exercises for Fun @ the Seniors Centre

Tuesday, 6 April

10:00 Demystifying Psychology Discussion Group @ The Hub

10:00 Page Turners - 'A Room Made of Leaves' by Kate Grenville

10:00 Stock and Land - Alana Johnston

14:00 Armchair Traveller - Train 'Travels with Ted' - Wendy

14:00 Let's Talk Books

Wednesday, 7 April

09:00 Easy Walks - Mt Pilot

09:30 Play Reading – 'Crown Matrimonial'

14:00 Be Connected

Thursday, 8 April

09:30 Birdwatching – Honeysuckle Creek, Violet Town

10:00 Harmony Group @ The Hub

13:30 Executive Committee Meeting

Friday, 9 April

10:00 Music Appreciation

14:00 Armchair History - The Hub

Saturday, 10 April

13:30 Saturday Cards – 500

Monday, 12 April

09:30 Exercises for Fun

10:00 Lifeball

14:00 Creative Writing

14:00 Garden Team – 29 Arundel Street

Tuesday, 13 April

10:00 Politics & Current Affairs @ The Hub

12:15 German

14:00 Tech Talks – Quantum Computers & more

Wednesday, 14 April

08:00 Mid-Week Walks – Bright 'Autumn Leaves'

10:00 Recorder Group

13:30 'A Taste of Art'

13:30 Film as Literature

14:00 Be Connected

Thursday, 15 April

10:00 Singing for Fun @ The Hub

13:00 Patchwork

Friday, 16 April

09:30 Sustainability

11:45 Chat 'n Chew – Benalla Bowling Club

13:00 Demystifying Psychology - Course Session

Saturday, 17 April

13:30 Saturday Cards - '500'

Monday, 19 April

09:30 Exercises for Fun

10:00 Coin Collectors

10:00 Lifeball

16:00 Meditation

Tuesday, 20 April

10:00 The News - Fact or Fiction

14:00 Exploring the Universe

Wednesday, 21 April

10:00 Meet and Mingle – Brian Vial

11.45 Convenors' meeting – U3A Meeting Room

12:15 Tech Savvy Beginners (Android Phones)

14:00 Tech Savvy Beginners 2021 (Apple)

Thursday, 22 April

07:30 Garden Appreciation - Cranbourne's Royal Botanical Gardens

10:00 Community Singing @ The Hub

13:00 Family Research

Friday, 23 April

10:00 Music Appreciation

14:00 Armchair History

Monday, 25 April – Newsletter Reports Due

Monday, 26 April

09:30 Exercises for Fun

10:00 Lifeball

14:00 As Time Goes By - Memoir Writing

Tuesday, 27 April

10:00 Politics & Current Affairs @ The Hub

12:15 German

14:00 A Different View of German History

Wednesday, 28 April

10:00 Wine Appreciation – Dal Zotto/Whitfield Pub

10:00 Recorder Group

13:30 'A Taste of Art'

14:00 Tech Savvy Beginners 2021 (Apple)

Thursday, 29 April

09:30 Patchwork – full day session

Saturday, 1 May

13:30 Saturday Games - '500'

Monday, 3 May

09:30 Exercises for Fun

10:00 Collectors - 'Teapots'

10:00 Lifeball

10:00 Art Appreciation – 'Northern Abstraction'

13:30 Games

16:00 Meditation

Tuesday, 4 May

10:00 Demystifying Psychology Discussion Group @ The Hub

10:00 Page Turners

10:00 Stock and Land

14:00 Armchair Traveller

14:00 Let's Talk Books

Wednesday, 5 May

09:15 Easy Walks – Warby-Ovens National Park

09:30 Play Reading

14:00 Be Connected

Thursday, 6 May

10:00 Singing for Fun

13:00 Patchwork

Friday, 7 May

09:30 Sustainability

14:00 Investment