



Benalla and District Inc.

Newsletter –November 2018

U3A Benalla & District Inc

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President's Report

As the beautiful weather is with us and members are returning home, our classes are as active as ever.

Following is part of a letter sent to all U3a members

'I am delighted to share with you the news that the U3a Movement in Victoria has won the Age-Friendly Victoria award, for an organisation in our State that promotes active ageing. The awards were presented on 9 October at Government House by the Honourable Linda Dessau AC. Governor of Victoria. We at Network were thrilled that our movement has been recognised during the Seniors Festival as playing such an important role in the lives of seniors.

Network Victoria President Susan Webster'

We should all feel justly proud.

Dorothy Webber President

CHRISTMAS LUNCHEON HUB 62, CHILTERN



It's not too late to book for our Christmas luncheon on Wednesday 28 November 2018. The bus leaves the Benalla Bus Depot at 11 am. Please ensure that your registration reaches us by Wednesday 21 November.

Registration sheet and details have been included at the back of this newsletter. This event is a much anticipated outing for many U3A members and friends. We look forward to seeing you there.

Celebrating Seniors Month

U3A Network win Age-Friendly Victoria Award



U3A Benalla's delegate to U3A Network Victoria, Margaret Jenkins (centre) and other network members at Government House after U3A Network Victoria received the Age-Friendly Victoria Award.

U3A Morning Tea and Bush Poetry



On Thursday 25th October, the Committee created a festive atmosphere for our 2018 Seniors Month celebration—a delicious morning tea with an engaging performance by accomplished bush poet, Rhonda Tallnash, pictured here with Judy Borthwick.

Group Reports

Armchair History

We continue our review of the end of The Wars of the Roses and Henry Tudor's rise to power.

Terry Case

Art Appreciation

This week we had a poorly attended meeting but it coincided with the Gallery starting to hang the anniversary exhibition. Consequently, we had little to look at except for a video installation relating to East Berlin. Bryony explained her plans for the upcoming anniversary and advised us that the Nolan Tapestry will be rehung. She also showed us some Nolan prints that will be on show.

We look forward to the anniversary celebrations.

Neville Gibb

Bird Watching

A small but enthusiastic group headed to Reef Hills State Park for some springtime birding on 11 October. Despite the dry conditions, there were plenty of birds to be seen. A group of White-winged Choughs was drinking at a roadside puddle, and further down the road we had good views of three Dusky Woodswallows. A pair of White-browed Woodswallows and a White-bellied Cuckoo-shrike were difficult to see as they flew ahead of us, but a Wedge-tailed Eagle and a Little Eagle were spotted soaring overhead. We found an area in the south west of the park which had lots of bird song and good numbers of small bush birds, including Red-capped Robin, Western Gerygone, Varied Sittellas, Fuscous Honeyeaters, Grey Fantails, White-throated Treecreeper, a few thornbills and best of all a Turquoise Parrot. Although we didn't walk very far, from a birding point of view it was a very successful morning as we recorded 32 species. For details, please see eBird checklist

<https://ebird.org/australia/view/checklist/S49409368>

Our final outing for 2018 will be held on Thursday 8 November, when we will visit Pauline's property at Glenrowan West. Please meet at the Seniors building car park at 9.30 am. Following our bird walk around the property, we are invited to stay on for a picnic lunch while enjoying the superb views from the property, so please bring a plate to share. As usual, also come with a hat, water and binoculars, and wear sturdy shoes. It promises to be a most enjoyable way to finish the year.

Kathy Costello

Brain Games

There was no session in October so I hope to have a good turn up on cup eve to wind up the year.

Elsbeth Maconachie

Bushwalks

Easy Walks

Reef Hills - Wednesday 3rd October

Five walkers enjoyed fine weather to explore the northern part of the main section of the Reef Hills. We had morning lunch at the junction of Indian's and Johnston's roads before heading down Indian's road. This area had a very good display of wattles during late winter, but they were passing their best. At Tower road, we headed up a track near the Pistol Range to return to the cars. A pleasant walk, with interesting Mine Shafts and dumped rubbish.

We drove to the Picnic Area for lunch before looking for wild flowers nearby. There were quite a few in the area, but the dry winter has had a dramatic negative effect.

Wednesday November 7th – Belles Peak

Belles Peak is off the Tiger Hill road near Tatong. It is a very attractive area which we have not been to for some time. There is a short stretch of steep climb (which we will take slowly) but otherwise easy. We will leave Barkly Street car park at 9-30am. Please ring 5762 1980.

Mid Week Walks

Reef Hills – Wednesday 10th October

We returned to a different section of the Reef Hills with a mostly different crew. This time there were 10 walkers on a circuit of about 5.7km starting from the Picnic ground. We started through the bush to follow a creek bed and track towards the start of Indian's road near the highway. This area had some spectacular mines, including one obviously still being used.

From here we had a short road walk to reach the South ridge track, more rubbish dumps, but a few more wildflowers. Halfway across the ridge we found an extensive mine where we had lunch.



We crossed the ridge and walked a short distance along four mile road to the cars.

We were happy to find a handsome *Gompholobium*



Wednesday November 14th – Mt Buffalo

We hope to tour a series of waterfalls. The snow melt and recent rain should provide an interesting walk. I have an alternative if needed. The falls are Eurobin, Rollasons and Dickson's.

We will leave the Barkly Street car park at 8.00am. Please ring 5762 1980.

Vaughan Cowan

Collectors

Reminiscing about our school days and examining mementos was very enjoyable at our October meeting. Members of our group had attended schools in many locations around Australia and in New Zealand. Three of our group had attended Benalla East Primary School, both in its original position – a lovely old building next to the present High School in Barkly Street--and in its current position in Avon Street, as well as attending Benalla High School.

We had a lovely collection of swap cards, which was a great play-time activity, school reports, text books, exercise books, and more. A prize winning painting of a clown, a smocked babies dress, and exercise books with sewing samples all proved of interest. Several school photos were also on display.



The text books included Dacomb shorthand, Fitting and Turning, a handbook of Home Management, and a very old dictionary. Also included was a Certificate of Registration of a

Hairdresser and various other items which provoked much discussion. First and Second readers provided much interest and the story of the Hobyahs we agreed was rather horrifying for six and seven year olds.

Our November meeting involves a change of time and venue. We will meet on Monday 12th November at 2.00 pm at the RSL rooms in Nunn Street where we will view the RSL collection.

Judith Borthwick

e-Book Group

Free Food For Millionaires by Min Jin Lee, about Korean Americans in New York in the 1990's has all the ingredients of a soapy - a large cast, and some high drama. The story opens with a slap, given by an irate traditionalist Korean father when his feisty daughter Casey refuses to take up an offer from the prestigious Columbia University. This is followed by the confrontation when Casey finds her current boyfriend Jay in bed with two other women. Finally, there's the discovery when our heroine finds out that her new beau Chul is a compulsive gambler. In the meantime her bestie's marriage ends, and her mother is raped by the choir director. However, like any soap opera, *Free Food For Millionaires* is superficial, and when Casey decides not to pursue a business career with her Ivy League friends, and make hats instead, we are not surprised, and, indeed, we don't care. PS: Just a reminder that we meet again on Dec 4th, and to please bring a plate for our usual end of year celebration. Also, could those with Kindles please remember to bring them so that the 2019 list can be added.

Helen Scheller

Exercises for Fun

Our Exercises for Fun Group is a friendly and fun environment. We get our bodies moving, and experience the benefits of exercise, improving our co-ordination and balance and general enjoyment of life.

Members are welcome to join us on a Monday at 9.30am for warm up exercises, marching and dancing exercises with lots of laughter and camaraderie.

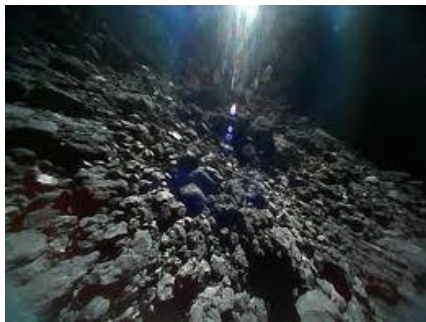
Cuppa and chat after. Have fun!

Helen Jeffree

Exploring the Universe

Japanese Robots land on an Asteroid between Earth and Mars Can you imagine what it would be like to stand amongst the boulders and space

rubble on a small asteroid only one km in diameter as it tumbles through space?



The Japanese Hyabusa 2 spacecraft sent back brilliant images from its 2 tiny hopping robot landers when they touched down on Asteroid Ryuga.

Ryuga orbits the Sun every 16 months between Earth and Mars so is a good candidate for study. Latest theories suggest that not only water but the recipe for life may have been delivered to Earth by collisions with asteroids.

We viewed video of the mission

<https://www.youtube.com/watch?v=nXKgL7XCkkE>

and also interviews with NASA Chief Scientists in which Ellen Stofan spoke of the exciting discovery of organic material found on asteroids that contain the letters of our DNA and also other DNA letters that life on Earth doesn't utilise! So are there life forms elsewhere that utilise this different DNA?

Rocket Booster Failure sends Astronauts hurtling back towards Earth.

On October 11th a Russian Soyuz rocket blasted off from the Baikonur Cosmodrome in Kazakhstan, carrying American Astronaut Nick Hague and Russian Cosmonaut Alexey Ovchinin en route to the International Space Station.

Two minutes into the flight a rocket booster failure triggered the emergency mechanism which separated their space capsule and sent them hurtling forward away from the boosters and into a ballistic re entry back to Earth. Experiencing the weight and thrust of 7 G's and then weightlessness, they landed unharmed on the steppes of Kazakhstan where rescue crews were already waiting for them. We watched the dramatic live video footage of the launch and the emergency and also pictures of their rescue.

<https://www.youtube.com/watch?v=c0l5QBmqQoI>

The Russian Soyuz rocket system is the only way to transport astronauts to the I.S.S. There are currently only three crew at the Space station. They have a space capsule they can use in an emergency but the Soyuz will not fly again until after the inquiry into the failure of the rocket.

Russian authorities have instigated an enquiry into criminal negligence!

Bev Morton

Film and Literature

Our October film was *Christopher Robin*, screened at BPACC from late September. Then we met in our normal time slot to discuss the movie.

The movie is based on the adult Christopher Robin, played by Ewan McGregor, and his self-discovery in revisiting his life with Pooh and his friends. A working-class family man, Christopher Robin, encounters his childhood friend Winnie-the-Pooh, who helps him to rediscover the joys of life.

Some of us were familiar with the AA Milne stories around Christopher Robin and his friends, and it was fun to revisit the stories and poems during our discussion. Included was reading the poems *Buckingham Palace* and *The King's Breakfast*.

It was good to see Christopher Robin's friends, his stuffed toys, represented as stuffed toys rather than animated characters. This created a great contrast between the actors and the toys. Another contrast was between the business world and a balanced and joyful approach to life.

Another topic for discussion was the issue of sending children to boarding school – or other institutions; it was planned to send Christopher Robin's daughter to boarding school.

Performances of the actors were good, with people enjoying the portrayal of Christopher Robin by Ewan McGregor, and of his boss, Giles Winslow, played by Mark Gatiss.

Our November movie will again be at BPACC to watch *The Wife* (screening from 25 October), starring Glenn Close and Jonathan Pryce. A wife questions her life choices as she travels to Stockholm with her husband, where he is slated to receive the Nobel Prize for Literature. We will discuss the movie at our 14 November class.

Joy Shirley

Games

A small group of enthusiastic players have been enjoying trivia. We have had our last for the year-think about joining us next year. FUN & LAUGHTER

Dorothy Webber

Garden Appreciation

A Seniors Week morning tea organised by U3A meant Garden Appreciation did not have an outing in October. For our last gathering on the 22nd November we will meet behind the Seniors at

10.00 a.m. and visit the garden of Robyn and Les Maclean for morning tea before heading out to McCorkell's farm at 686 Samaria Road, a 10 minute drive. Lunch will be catered for at \$12 per person so please let Gwen (5762 7017) know the week before if you are able to come. This will be our last meeting for 2018.

Geraldine McCorkell

Garden Team

It was the usual pleasant social gathering, this time at Val's, where useful work was done and there was, of course, a delightful afternoon tea.

Elsbeth Maconachie

Hot Topics

Hot Topics went local this month with guest speaker Cr. Barbara Alexander outlining the work of Benalla's Community Plan Implementation Steering Committee. The group then discussed what Benalla needs for a future growing rural city from a caravan park to another Bridge.

There will not be another Hot Topic session in November as Carole's grandson is being married that afternoon.

It has been great fun running Hot Topics but we'll leave it to others for 2019. If you are interested in the subject and willing to take the subject (it is only once a month) please contact Terry Case.

Carole Marple and Joan Laing

Investment

At the October meeting of Investment we discussed the presentation by Shaw and Partners, Stockbrokers from Melbourne, who spoke at Benalla on 18th September 2018.

We also looked at the interesting question of "Will rising US interest rates drive stocks down"? From the data shown stocks in the US had risen in 10 out of 11 cycles when interest rates in the US had been rising.

The final item for the afternoon was an article by Shane Oliver on "Five charts to keep an eye on regarding the global economy". This article studied global business conditions, global inflation, the US Yield Curve, the US dollar and World Trade Growth. It came to the conclusion that on balance these indicators suggest the outlook remains okay. Later in October we have observed an increased volatility in markets which will provide discussion for our November meeting which is on Friday 2nd November at 1.30pm in the U3A room.

Margaret Jenkins

Let's Talk Books

A smaller group than usual gathered at the Library with some good swapping of books, telling of dreams and a few jokes to round off the session. *Four Respectable Ladies seeking part time Husband* provided a few laughs - this was set after the First World War when prospective husbands were scarce. *The Last Chord* written by Lisa Genova author of *Still Alice*, provided an insight into a concert pianist with MND, the books written by Lisa all have a theme of medical issues. *The Ninth Hour* by Alice McDermot begins with suicide and ends with murder and life that involved nuns in a convent, a very good read. *The Girl with all the Gifts* is a science fiction story which, interestingly, was written as a monthly blog and became a book. Lorraine had a good month reading mysteries by Camilla Lackberg, James Paterson and Jo Nesbo, didn't enjoy the last author very much. Shirley produced a book from 1898 titled *Humorous Life in a Village* by Honore De Balzac, a different method of writing to the current form. A biography of Edna Walling provided an interesting insight into her life. *In Cold Blood* is a non fiction novel by American author Truman Capote, we agreed it drew parallels with *Gone Girl*. After missing our November 6th meeting because of the Melbourne Cup day holiday, we will gather at the Library for our last meeting for 2018 on the Tuesday 4th December at 2.00 p.m.

Happy reading!

Geraldine McCorkell

Lifeball

With several folk missing last month, we had to play half court, which initially can be very confusing, but that being said, it is quite hilarious. Sometimes we demand there must be 2 (or 3 or 4) throws in a section before the ball can go to the next section before a goal can be scored. Thus the confusion is compounded, so the laughs come thick and fast under slightly compromised circumstances. It is also a great workout, and although running is completely banned, we can still move quite quickly to proceed the ball to the next area. It really is Laughball!!!

On October 24, we have been invited to Rutherglen for their annual Fun and Friendship day. There is only 1 court available, but because of some slick organisation, the teams are on and off the court quickly.

Unfortunately, this year we were unable to play at either Wangaratta or Albury due to their respective difficulties, which we hope will be corrected for next year. We were all very disappointed because the days at both venues are such good fun. Never mind...next year, we hope!!

Already we are nearly in December and we find it quite amazing the year has flown past so quickly!

Our beloved Gwen, who can no longer play due to health problems, still turns up every Monday morning, and does a great job of umpiring, and keeping us toeing the line according to the rule book, and we are so grateful to her! We love her dearly!!! Thanks Gwen!

We also learned that the Great White Chief in Albury, Colleen, has been diagnosed with breast cancer, and we collectively and individually, wish her every prayer that she will be able to deal with this wretched affliction. Get better, our friend!!!

Marg Merriman 5762 2967

Meet and Mingle

Our speaker in October, Bronwyn Pitty, is part of the Benalla and District Anzac Commemorative Committee which has been providing weekly articles to the Ensign for the last five years on the events of World War I. Each article has reported on key events in the war and events in Benalla at that time 100 years ago. Bronwyn also spoke on events planned for Armistice week, culminating on Sunday 11th November with a memorial celebration at the Cenotaph in the Benalla Gardens, a 'Concert of Songs' at the Town Hall at 2.30 pm at Benalla Town Hall and an Ecumenical Service at St Joseph's Catholic Church at 7.30 pm. An Exhibition of Memorabilia from the Great War is on display at the Sir Edward 'Weary' Dunlop Learning Centre in Fawckner Drive from 24th October to the 12th November.

Next month's Meet and Mingle will include a concert by our Singing for Fun group and the annual display of work by the Patchwork Group. This year, for the first time, our new recorder group will also be performing several tunes. We look forward to seeing you there.

Bill Parris

Music Appreciation

October 12 - Last Works and Last Words by famous composers.

This morning we listened to a selection of last works. As all composers by this stage of their lives had reached a certain level of expertise all works

were extremely competent and pleasurable to listen to. The composers last words do not always relate to their work.

Richard Wagner Last Work Parsifal

Last Words "I feel Lousy"

W A Mozart Last Work Requiem

Last Words "The taste of death is upon my lips"

Joseph Hayden Last Work Emperor String Quartet Op 76

Last Words "Children be comforted, I am well"

Franz Schubert Last Work Piano Sonata in D flat major

Last Words "Here, here is my end"

Richard Strauss Last Work Four Last Songs

Last Words "I would have given anything to have written Mozarts Clarinet Concerto"

Frederic Chopin Last Work Sonata for Cello and Piano

Last Words "Now is my final agony. No more"

Ludwig van Beethoven Last Work New Finale to String Quartet in B flat major

Last Words "Pity. Pity, too late" (This referred to a late wine delivery)

Other examples of 'Last Works and Words' provided during the session by presenter Bill Squire can be found on the Music Appreciation page on the website. Bill is the new Convenor of the Music Appreciation group.

Neville Gibb

28th September - Leonard Bernstein at 100 and 'Opus 1' Works

As composers go, Leonard Bernstein probably attracted more divided opinion during his lifetime than any other. His music, his sexuality, his politics, his outspokenness; they all attracted comment. Despite this, was an amazing energetic man who remains a commanding figure in twentieth-century classical music.

Perhaps his best-known work is the Broadway musical, West Side Story; inspired by Shakespeare's, Romeo and Juliet and with lyrics by Stephen Sondheim, the musical explored rivalries between two 1950's New York gangs (the Jets and the Sharks). The 1961 musical film version won ten academy awards. Originally it was going to be about an Irish Catholic family and a Jewish family living on the lower east side of Manhattan – but this idea was discarded for the Puerto Rican vs Whites story that we now know. Phew!

Despite the controversies, Bernstein was one of the most acclaimed and 'in demand' conductors in the world; almost undoubtedly because of the energy and passion he gave to every performance. *(You can read more of the material presented on Bernstein on Music Appreciation's web page)*

'Opus 1' works

Just as in the first of this month's programmes we listened to the final works of a number of well-known composers, so in the second we listened to the "Opus 1" works of the same composers. These are not by any means their first compositions but more or less their first works to be published. "More or less" because in some cases a composer might "sit" on piece of music for a number of years before offering it for publication, and again not everything a composer wrote made it to publication. Or again, an early work not submitted may not come to light until after the composer's death. Confusion is magnified because publication numbering might depend on who the publisher was, give that a composer might hand his composition to more than one publisher.

Also, before the music publishing industry really got into overdrive, some composers eg: Mozart, would have only published a handful of their works, so even referring to them by their opus number is not all that helpful in determining chronological order. While some more well known composers have had their works catalogued, and may more often than not be referred to by their catalogue number, these numbers serve only to identify the piece of music and not necessarily the order of composition.

Nevertheless an enjoyable listening experience of music comprised of excerpts from the following composers' works recorded as their "opus 1":

Wagner	Sonata in B flat
Mozart	Violin Sonata in D major K 306
Hadyn	String quartet in B flat major
Schubert	Erkönig
R Strauss	Festmarsch
Chopin	Rondo in C minor
Beethoven	Piano Trio in E flat major
Dvorak	String Quintet in A minor
Grieg	Four Piano Pieces
Mendelssohn	Piano quartet in C minor
Liszt	24 Etudes in C major
Tchaikovsky	Scherzo à la Russe
JS Bach	6 Partitas BWV 825 -830.

Bill Squire

Patchwork

I hope you all are aware we will exchange an Hexie gift bag at our Christmas breakup lunch on Thursday 6th December if you have been away phone me 0412 263 071.

We have received lots of lovely feedback on the wall hanging.

The roll of wadding is now kept in the seniors building and is available for any charity quilts.

Our annual display will be at Meet & Mingle on Wednesday November 21st.

Dorothy Webber

Play Reading

This month we completed reading "Witness for the Prosecution". With several people away, it was a small group reading the remainder of the Act 2 and Act 3. Still we managed to cover all the parts, with the major characters allocated between us, and someone always ready to jump in to cover some minor parts. Everyone found it a fun play, with an interesting twist at the end.

Joy Shirley

Politics and Current Affairs

The Wentworth election was held on the Saturday prior to our session. Despite early claims of victory by political pundits the outcome was still not resolved when we met. The election provided much to talk about. I did not think I would have sympathy for a millionaire ex banker and ex-PM holed up in his New York house, yet whatever he did was twisted by his critics. Turnbull had made sure he would not be a distraction to his party, yet the very people who had carried out his political assassination were now claiming he should have helped the Party in this election.

Mr Rudd, another ex-P.M. could not stay out of the lime light and muscled his way into the act to promote his new book and himself. Of course his downfall was not his fault, and despite his protests that he has moved on he is yet another political assassin lurking in the shadows.

We now will wait for the results of the US mid-term elections in November, time to witness more of the Trump factor at work!

Terry Case

Recorder Group

A small but dedicated band met for October Recorder. As chance would have it, each learner this day had a descant recorder, so it was a

different but charming sound without the lovely bigger recorders.

“The Skye Boat” song, in three parts was delightful as was “Bransle,” especially when Tomoko took on the challenge of those difficult top notes.

Of course we played some of our favourites but then Janet had some new songs for us - “Annie’s Song” which we recognised from our John Denver days, and “Allemande” a tune from the 16th century.

Multicultural that we are, we finished with Schubert’s “German Dance” and Brahms’ “Hungarian Dance.”

Another productive session and one step closer to the end of the year concert.

Pat Treleaven

Singing for Fun

Our three leaders Faith Hicks, Brian Greed and Margaret Merriman have been finalising their selection of songs for our Sing Out sessions. These performances will be on Wednesday 21st November at 10am at U3A Meet and Mingle and at Cooina on Thursday 6th December at 10.30am.

We are performing two songs “I Vow to Thee my Country” and “Finlandia” at the 100 Years Commemoration of World War 1 on Sunday 11 November at 2.30pm at the Benalla Town Hall. Members of the Benalla Dramatic Society will also be participating in the program with other choral items.

Margaret Jenkins

Stock and Land

Dr Dennis O’Brien, former head of the University of Melbourne’s Dookie campus and currently with wife Gail, a Wagyu cattle breeder at Stewarton, spoke to our October meeting about animal welfare. After graduating in agricultural science at the University of Sydney, Dennis worked for five years on development projects in the Philippines and Indonesia. He also worked in seven other Asian countries until 1985.



Quoting a US definition, Dennis said animal welfare means how an animal is coping with the conditions in which it lives.

“An animal is in a good state of welfare if (as indicated by scientific evidence) it is healthy, comfortable, well nourished, safe, able to express innate behaviour and if it is not suffering from unpleasant states such as pain, fear, and distress. Good animal welfare requires disease prevention and veterinary treatment, appropriate shelter, management, nutrition, humane handling and slaughter”.

Dennis said the big animal welfare issues in Australia were mulesing, castration, live export, slaughter techniques, intensive systems, tail docking of cattle, dehorning and others.

Another is lack of appropriate shelter for many paddock raised animals. In the last few decades farmers have increasingly adopted Landcare tree planting techniques not only to care better for their land but to also to maximise livestock production.

On the other hand Dennis said a group of visiting Iowa farmers, could not understand Australian farmers’ increased focus on planting trees and shrubs, when in their state they planted no trees on their farms.

Dennis highlighted country (farmers’) versus city (consumers’) attitudes to animal welfare.

Farmers: “What do city people know about farming?” City people: “Farmers are bastards!” Farmers: “They’re greenie, leftie do gooders; they don’t understand ... let us get on with it. We are the custodians of the land; we love our animals.”

Mulesing wrinkly Merino sheep’s breeches is a contentious Australian and international animal welfare issue Dennis addressed.

Responses to the controversy include: Don’t respond; it needs to be done to prevent fly strike; do it but with anaesthetic; genetically select within the breed for unwrinkled breeches; use pegs (clamps) to “rubber ring” wrinkled breeches and select a breed with clean breeches or one that sheds its fleece.

One picture Dennis showed of the mulesed area of a sheep surrounded by a much larger area that was badly fly blown, highlighted to this writer the futility of the technique.

Dennis has shared his slide show with us - you can find it on the Stock and Land page on the website.

David Palmer

Tech Savvy

Tech Savvy Beginners – 'Be Connected'

In early October a number of 'Be Connected' participants attended our drop in session to work on their modules. On October 17th, it was time to celebrate 'Be Connected's 'Get on Line Week'. The theme was #try1thing . Our President, Dorothy, led the activity, describing how she had learnt to use her phone as a credit card when shopping using a new app. Dorothy then helped people install the app on their phones for possible future use. Dorothy seemed very comfortable teaching tech savvy to beginners– we are keeping this in mind for future guest spots! Bev demonstrated her Google Home Assistant - the group happily asked 'Hey Google' questions, giving instructions and listening to various radio stations.



'During Be Connected's 'Get On Line' Week activity everyone was encouraged to #try1thing.'

Tech Savvy Projects

The members of Tech Savvy Projects working on family history projects are continuing to make discoveries. This month Jan Brown returned from her travels, bringing to class the beautiful photobook she has developed using text and photos from her Find Penguins travel blog.

A number of Tech Savvy Projects members have now created a Photobook using Find Penguin's easy to use template. The books are wonderful to look at and soon become highly treasured reminders of travel experiences.

Bev Lee

Tech Savvy Talks

Les was indisposed this month so we didn't have our regular meeting. However Tech Savvy talkers met at the Northo later in the month with the topic for discussion - the evolution of the mobile phone into a smart phone, it's now a device - what's next? Can it be a replacement for the NBN with or without 5G?

Les Rodgers

Towards a Sustainable Future

It's almost time to think about classes for next year! Towards a Sustainable Future has operated for the past 11 years as a 'readings' based class in which our facilitator, John Lloyd, presents articles for discussion selected on the basis of sound research on current developments. The group isn't an activist collective, however it is very clearly made up of older people concerned about climate change and a sustainable future for their grandchildren. Members talk about strategies they use which work towards sustainability, practices including installing solar panels; reducing use of single use plastic; retrofitting homes, and more.

While sometimes John laughs that the group gets rather 'grumpy', we do look for good news stories and find many of them!

John has asked us to consider the future of this group – is it sustainable with some of our long term members now finding it more difficult to attend meetings on a regular basis?

Bev Lee

Travel Group

Werribee Zoo was an exciting day trip with Benalla Buslines for the few who attended.

At our last meeting we heard stories from Jan Brown's recent trip to the UK, Scotland and Ireland. Then from Jennifer Campbell on her tour of China (including efforts to climb the

Great Wall) and the good weather there. Malcom Sanders had some great tips on self navigating the water canals in UK which was all fascinating to listen to.

Finally Brian Greed gave us some advice on booking on the net, cheap cruises and affordable package bus tours. Well done all.

Sadly, this was our last meeting of Travel Group with quite a few of us going to keep in touch informally next year and hopefully share some travel together.

It has been an interesting year and the program was a good try out. I thank everyone for your attendance, input and the chance to share good company in various places.

We will get together soon for a Christmas lunch locally and I wish you all a safe Christmas and some exciting adventures in your travels in the future.



Rhonda and Dave Barry at Werribee Zoo

Judy Perry

Wine Appreciation

La Cantina Winery, visited in late October, has an interesting family history; Gino Corsini, father of Peter & grandfather of Reuben, migrated from Bagni Di Luca, Tuscany to Australia in 1952, aged 19 years. The wine making techniques follow the traditional Corsini Family traditions, with no preservatives added and no filtration, retaining the full characteristics of each wine. The interesting Cellar Door building was built by Gino & Carmel Corsini in 1997 from Glenrowan granite rocks in traditional Tuscan style.

Marg Walshe



Photo: Terry Dillon

On Wednesday 28 November, Wine Appreciation hosts the Christmas lunch at Hub 62 in Chiltern!

Writing Workshop

Creative Writing

It was a small group this month with a few people away. We found the topic more difficult than in previous months - choose a headline and write a story resulting from the headline. The challenge was finding a headline that encouraged the creative juices. However, in the end we were able to complete the task. It may be something to attempt again next year.

For next month there is a selection of topics, all relating to rain/weather - or are they? The topics are:

Character 1: "Listen to the rain pounding on the roof!"/>
Character 2: "That's Not rain."

"Share my umbrella, lady?"

10

"I thought you said this tent was waterproof!"

After two hours of brain-numbing, thud-swish of windshield wipers, Carol stopped her car.

Anyone interested in joining the Creative Writing group is welcome to join us on 12 November at 1.30 pm to get a taste of how we are encouraging one another to write a piece of fiction.

Joy Shirley

Memoir Writing

Our October session featured poetry readings by local poet Seamus Foley *'Return to Spoonbill'* and *'Now that Ned is home again'*. To mark the Benalla Festival's theme we shared *'Our Backyard'* stories, most of which lovingly celebrated the places and spaces we treasure in Benalla and its environs and were entered into the Benalla Festival's writing competition. Keen for some feedback, Seamus then shared with us a courageously written, deeply moving short story about his childhood in Ireland. We all agreed it was well worth his completing and publishing.

The theme for our next meeting on Monday 26 November at 1.30pm is 'Endings' - the brief *'Our lives are made up of many phases that shape who we become. Reflect on a time when something important in your life ended, and how it affected you'*. Choices for the session also include bringing along stories we have yet to read to the group from this year's list of topics, or something else we would like to share.

Bev Lee

Program News

Advanced Care Planning 2

Following a successful session on Advanced Care Planning in October 2017 and requests from members, U3A Benalla is offering a single session course, **Advanced Care Planning 2**, on Friday 30 November between 9.30 am and 12 noon in the U3A Room at the Benalla Senior Citizens Community Centre. The session is designed to continue the conversation with professionals regarding pre determined care options, enabling people to better communicate their wishes with family and allied professionals. The course is being offered in conjunction with Damian Feehan, Funeral Director, N.J.Todd; Brendan Smith, Smith Dossier Accountants; and Benalla Health's Palliative Care and Loss and Grief Counselling services. Enquiries regarding the session may be made by contacting Margaret Walshe on 5762 3906 or email margaretwalshe@bigpond.com.

What's On

Thursday, 1 November

10:00am Singing for Fun

1:00pm Patchwork

Friday, 2 November

9:30am Towards a Sustainable Future

1:30pm Investment

Monday, 5 November

9:30am Exercises for Fun

10:00am Lifeball

10:00am Art Appreciation

1:30pm Brain Games

Tuesday, 6 November

Public Holiday – Cup Day

Wednesday, 7 November

9:30am Easy Walks - Belle's Peak near Tatong

9:30am Play Reading

1:30pm 'Be Connected' Follow Up #3

Thursday, 8 November

9:30am Birdwatching - Glenrowan West property

10:00am Singing for Fun - Harmony Group

1:30pm Executive Meeting

Friday, 9 November

10:00am Music Appreciation

1:30pm Armchair History

Sunday, 11 November

2:30pm 'Singing for Fun' are performing two songs at the 100 Years Commemoration of World War 1 Concert - 2.30 pm at Town Hall

Monday, 12 November

9:30am Exercises for Fun

9:30am Lifeball

1:30pm Creative Writing - 'Rain/weather'

2:00pm Garden Team - Marcus and Kirsten's

2:00pm Collectors - RSL, Nunn St, Benalla

Tuesday, 13 November

10:00am Politics & Current Affairs

1:30pm Tech Savvy Projects - Family History

3:00pm Be Connected @Tech Savvy Projects

3:00pm Tech Savvy Projects - 'Other Projects'

Wednesday, 14 November

8:00am Mid Week Walk - Mt Buffalo - waterfalls

10:00am Recorder Group @ North East Artisans

10:00am Tech Savvy Talks

1:00pm Film & Literature - 'The Wife' - discussion

Thursday, 15 November

10:00am Singing for Fun

1:00pm Patchwork

Friday, 16 November

9:30am Towards a Sustainable Future

11:45am Chat n' Chew Lunch Group

Monday, 19 November

9:30am Exercises for Fun

9:30am Lifeball

Tuesday, 20 November

10:00am Armchair Traveller

1:30pm Exploring the Universe

Wednesday, 21 November

10:00am Meet and Mingle - Singing for Fun's annual 'Sing Out' concert; Patchworkers' Annual Display; Recorder Group

1:30pm 'Be Connected' Follow Up Session #4

Thursday, 22 November

10:00am Garden Appreciation – Robyn and Les McLean's garden then lunch at Geraldine and Gary McCorkell's farm

1:00pm Tech Savvy Projects

3:00pm Tech Savvy Talkers @ The Northo

Friday, 23 November

10:00am Music Appreciation

1:30pm Armchair History

Sunday, 25 November

12:00pm Newsletter Deadline

Monday, 26 November

9:30am Exercises for Fun

9:30am Lifeball

1:30pm Writing Workshop - 'Endings'

Tuesday, 27 November

10:00am Politics & Current Affairs

1:30pm Tech Savvy Projects - Family History

3:00pm Be Connected @Tech Savvy Projects

3:00pm Tech Savvy Projects - 'Other Projects'

Wednesday, 28 November

11.00am U3A Benalla's Christmas Luncheon, Hub 62, Chiltern. Bus leaves Benalla Bus Depot 11 am

Thursday, 29 November

10:00am Patchwork (full day)

Friday, 30 November

9:30am Advanced Care Planning #2

Monday, 3 December

9:30am Exercises for Fun

9:30am Lifeball

10:00am Art Appreciation

Tuesday, 4 December

10:00am E-Book Group - Please bring a plate - those with Kindles, bring them for reloading

10:00am Stock and Land

2:00pm Let's Talk Books

Wednesday, 5 December

9:30am Play Reading

Thursday, 6 December

10:30am Singing for Fun - 'Sing Out' at Cooina

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

Friday, 7 December

1:30pm Investment

Christmas is coming.....



U3A BENALLA CHRISTMAS LUNCH/BREAKUP

Hosted by the U3A Wine Appreciation Group

When: Wednesday 28th November 2018

Where: Hub Sixty Two at Chiltern

Meal: Two courses with tea/coffee
Fixed main with 3 meats on plate and two sweets served alternately

Drinks: BYO alcohol – wine glass supplied
Soft drink available at your cost

Cost: Meal and bus \$40.00 – own transport \$30.00

The bus will leave from the Benalla Bus Depot at 11.00 am sharp.

Name/s: _____

By Bus: \$40 pp _____ **Cheque:** _____ **Cash:** _____

Own Transport \$30 pp _____ **Cheque:** _____ **Cash:** _____

Please return completed form together with your payment - either:

- Post to U3A, PO Box 674, Benalla, 3672
- Leave at RedB4 bookshop (next to Hide's Bakery) in an envelope marked U3A Christmas luncheon
- Bring to U3A Meet and Mingle on Wednesday 21st November

Payment to be received by Wednesday 21st November