



Benalla and District Inc.

Newsletter – July 2020

U3A Benalla & District Inc

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Please send all newsletter items for the newsletter to newsletter@u3abenalla.com by 25 Jul 2020

President's Report

Well, they say no news is good news, but not in our case at U3A. Council have no plans in the foreseeable future to reopen the building.

With the changes still happening daily, we can only continue as we have been for the last 3 months.

At a recent Zoom Committee Meeting we decided to get together for lunch in the gardens next to the Art Gallery on Wednesday 22 July at 12 noon. BYO lunch, tea/coffee, chair etc. This will depend on numbers that can gather, and of course the WEATHER.

Stay safe and sound and we will all survive.

Dorothy Webber,
President

Lunch in the Gardens

A great chance for U3A participants to catch up with friends

in the beautiful gardens next to the Art Gallery!

Wednesday July 22 at 12 noon

'BYO' lunch, tea/coffee/beverages, glasses, chair, cushion, rug if cold

Covid-19 number regulations and weather permitting!

RSVP Heather Wallace on 0418 353 244 by Sunday 19 July

Group Reports

'As Time Goes By' – Memoir Writing

A collection of stories responding to topics set during the Covid-18 break is now available on the "Our Stories" page on website. Our most recent topic, "[I Grew Up in....](#)", resulted in evocative stories being shared describing growing up in 'an institutional setting', Chiltern, 'the War Years', Ireland, 'a family of six', with more to come.

The task for late July is to dip into our "*Ideas Piggy Bank*". If you are new to the group or thinking of joining, the idea is to create an "Ideas Piggy Bank" in a shoe box, or treasured, perhaps decorated box, adding to it "objects and artefacts that enliven your memories, through scent and feel. Maps, menus, theatre programs, an old report card, vials of perfume, a garment, treasured photographs, a souvenir, an expired passport can

sometimes trigger a work rich with detail". (2) Select two items from this piggy bank as creative prompts – what do they mean to you? What were you doing, why; what were you thinking at the time this object related to your life? (250 words for each object). Perhaps you could attach a photo or two to the email to include with your story on the web site.

Last year, group members reminisced drawing upon objects and artefacts including two Olympic Games programs; a breakfast menu from the Ghan; a treasured family photo; a missive won as an award as a child, a pair of toe shoes worn as a 13 year old; a Brownie Box camera; a brooch; mementos of trips abroad; an imagined blue Malvern Star bike ridden on for the first time; rosary beads; a toy made by a treasured friend; a small folio of papers and newspaper articles found after a father's death; three wise monkeys and Milk Arrowroot biscuits.

An alternative topic on offer in July, is 'Car Stories' - the brief 'So many formative moments happen in cars – tell us about a memorable experience you had in yours. It could be your first taste of P-plate freedom, a revealing in-transit conversation, or how an accident, a flat tyre, or parking ticket set off a chain of events in your day...or?'

Bev Lee

Be Connected – Drop In

Whilst we have not had face to face contact, a few members have phoned Jenny Sawyer and me with computer and phone related questions. That is fine. We are only too happy to help.

During the past few days we have been told that Be Connected has some new courses available in its Topic Library. One of these courses is related to setting up a myGov account. This account is extremely handy if you need to claim on Medicare, contact Centrelink or the Australian Tax Office, find out about My Aged Care or use My Health Record.

To access myGov you need an Email address and a mobile phone number. The myGov course takes you through registration, the benefits that are available through registration and how to access the various Government departments.

In your browser put www.beconnected.esafety.gov.au Then Sign In on the top right hand side. Go to the Topic Library where you will see All Topics and New Topics. Tap on New topics and then the myGov section. If you cannot sign in for any reason, you can still access the myGov part of the Topic Library.

It is a useful tool. Hope you find it useful too

Margaret Jenkins

Bird Watching

Report of June outing to Winton Wetlands

Seven people attended our outing to Winton Wetlands on Thursday 11 June 2020. We were lucky to have a mild sunny morning for our walk along part of the dam wall, near the outlet channel. The birding was surprisingly good, even though waterbirds were few - just some Black Swans and Black Duck on one of the ponds. We saw quite a few birds in the red gum saplings below the dam wall: Eastern Rosella, Red-rumped Parrot, Superb Fairywren, Striated Pardalote, Yellow-rumped Thornbill and White-plumed Honeyeater. The most surprising find was a covey of nine Brown Quail sunning themselves on the rocks of the dam wall, until we disturbed them, and they flew down into the long grass below. Another good sighting was a Golden-headed Cisticola, a bird that lives in long grass or reeds in wetland areas. It is a tiny bird, about the size of a fairywren. We also recorded several Zebra Finches and 3 Black Wallabies.



Altogether 21 bird species made it into our eBird list for the morning.

<https://ebird.org/australia/checklist/S70372923>

It was good to enjoy a morning walk with friends after weeks of COVID19 lockdown. Five of us went on to have lunch at the recently reopened Mokoan Hub café.

U3A Birdwatching outing - Thursday 9 July 2020

After our successful outing in June, there will be another birdwatching activity on Thursday morning 9 July. Due to the latest COVID19 restrictions, **the group will be limited to 10 participants**. We will walk a section of the bike track to Winton Wetlands, starting on Sydney Road where runs beside the old inlet channel about 4km out of town, and before the Yarrowonga Road turnoff. We will meet at 10am in the car park on the left, opposite Price Road. This section of the bike track has well established native shrubs along the channel so it provides habitat for a number of native birds, and the adjacent paddocks can be a good area to see raptors. As usual bring any food and water you need for the morning, and binoculars if you have them.

Please book with me by 6pm on Wednesday 8 July if you would like to attend. Ph 5762 5755, Mobile 0447 625755, email coskoy@bigpond.com

Kathy Costello

Bushwalking

Easy Walks

On Wednesday 17 June 2020, the first Easy Walk since the COVID lockdown was held. Although sunny in Benalla, it was overcast and cool in **Wangaratta** when 16 participants walked part of the trail along **One Mile Creek**. Two groups were formed and walked separately about 3.5 kms from the Scout Park at Vincent Road to just north of Rowan Street in Wangaratta West then returned to the Scout Park. It was an interesting walk with lots of birds such as Ibis and Cockatoos in particular in the wetland areas



The driveway into the Scout Park was lined with large boulders so the group was able to use them to maintain proper social distancing while having their lunch at the conclusion of the walk.

These modified walks will be held fortnightly until other U3A classes resume.

On Wednesday 1st July (1st Wednesday), we explored the **Honeysuckle Creek Walking Track in Violet Town**. We really appreciated a relaxing and convivial walk on a beautiful, sunny day. (More news in the next newsletter.)

On Wednesday 15th July (3rd Wednesday) we will explore the **Dookie Rail Trail**. Attendees need to bring their own lunch to have at the conclusion of the walk as the pub is not open for lunch on that day. Please notify Wendy Sturgess on 0403226649 (leave a message if necessary) or email wendes47@bigpond.com no later than Friday 10 July if you would like to attend as there will be a limit on numbers. Meet at the Senior/U3A Car Park at 9.45 am for a 10 am departure.

On Wednesday 29th July (5th Wednesday), it is proposed to walk **a section of the Winton Wetlands Trail to the Mokoan Hub**. Winton Wetlands is the largest restoration project in the Southern Hemisphere! Lyn Hawken and Margaret Walshe will take two groups of 10, maximum 20 walkers from the Dam Wall to The Hub, distance approximately 6 kms, car shuttle required. Wendy Sturgess has offered to take other walkers on a shorter walk around The Hub including The Woodland Walk. There are interpretative signs explaining the history and features of the area along the tracks. As the tracks will be wet, wear appropriate footwear, walking poles maybe applicable. For further information go to: www.wintonwetlands.org.au Lunch will be BYO or purchase a hot take-away from The Hub Cafe; further details when COVID19 Restrictions are known. Meet at Senior/U3a carpark 9.45am for departure at 10.00am Participants please contact Margaret Walshe by Monday, 27 July '20 ph: 0357623906/0427005202 or mwalshe20@gmail.com

On Wednesday 5th August (1st Wednesday), the following week, the plan is to walk **another part of the Winton Wetlands Trail**, this time from Benalla out to the Yarrowonga Road. Meet at Senior/U3a carpark 9.45am for departure at 10.00 am. Please notify Wendy Sturgess on 0403226649 (leave a message if necessary) or email wendes47@bigpond.com no later than Friday 31 July if you would like to attend as there will be a limit on numbers. Meet at the Senior/U3A Car Park at 9.45 am for a 10 am departure.

Wendy Sturgess and Margaret Walshe

Mid Week Walks

WEDNESDAY JUNE 10: WANDILIGONG Leader: John Boehm

Another stunning winter's day...and our group of 8 Benalla Bushwalking Club walkers (energised by coffee from a cute new cafe in Bright) left our cars at Dougherty's Bridge, just out of Bright, and began following the 6km return Wandi Walk, along pristine Moses Creek, to Alpine Park. We diverted through the quaint town of Wandiligong and down to the historic Gold Diggings area by the creek. It is wonderful to be able to walk across the original Chinese Bridge, which has information boards in English and Chinese, explaining the history of this interesting area.



Lunch in the sunny rotunda in Alpine Park was followed by a return stroll along the Creek trackback to our cars. Afternoon tea (more food!) was shared in Howitt Park in Bright. Thanks to our leader John Boehm for a lovely 8km walk in a picturesque area. A special welcome to Kay and Gordon, on their first outing with the Benalla Bushwalking Club: hope we gave you a taste of the pleasures of Bushwalking...

Bev Thornell

WEDNESDAY 8 JULY: LAKE KERFERD BEECHWORTH S-3-3

Start at Lake Sambal walking through gold diggings and then along the pipeline track to Lake Kerferd. A gentle undulating 10 km walk.

Meet at the Tennis Courts Barkly St (behind Aldi) at 8.45 am, leave Benalla at 9.00 am

Leader: Beverly Thornell Phone: 0447 193244

John Boehm

Creative Writing

Our Creative Writing class has continued with members selecting from a list of topics to write a story and then share with the class. After reading the stories, the members are providing feedback to the authors.

The topics for our 8 June class were:

It's not unusual to find odd bits of paper tucked into library books for a bookmark, but this time it was a letter.

Henry looked guilty.

Yesterday I would never have guessed that this could be true

The stories were varied, with all topics used by at least one member of the class. Some stories include more than one of the topics. It seemed the most popular was around finding a letter. One of these took a different slant – use of the letters of the alphabet. This could form the start of a very interesting spy story!

Some members continue to also write entries for the Australian Writers' Centre Furious Fiction over the first weekend of the month. This month one of the criteria was to use the phrase "missed the boat". While the missing of an event or passage was a common theme, one story included a story of retired seafarers missing their lives at sea – missing sailing on the boat/s.

Our next class is scheduled for 13 July with a choice between the following topics:

Can you ever forgive me? (an idea from a class member)

She gazed at the box, fascinated and horrified.

He did indeed look very far from gloomy

We will continue to share our stories and feedback via email. If anyone else would like to write on any of these topics, please send them to me at jshirley@internode.on.net and I will forward to the class, and also share the stories from the class with you

Joy Shirley

Demystifying Psychology

Confidence with zoom is soaring in the Demystifying Psychology discussion group. Zooming is becoming the “new normal”. Sessions now run over two 40-minute blocks with a short break for a cuppa in between. It was great to see Heather and Rae sharing. This is a great way to socialize C19 style, as also for non-techs to join discussions.

Varied topics under the banner of Forensic Psychology have been fabulous “starters” for discussion. Topics include:

- Eyewitness testimony – variously described as flawed and reliable.
- Reconstructive memory theory and factors impacting on fluid memory.
- When is memory most efficient?
- Memory of extremely stressful events can be accurately recalled months later.
- Forensic interviews – their structure and laws giving the right to interview.
- Mistaken identification.
- How to spot a lie.
- Wrongful convictions. The top eight factors include professional misconduct, fraudulent science, bad professional behavior and lying witnesses.

Try these links for more details: -

- How to Spot a liar - https://youtu.be/pni_kDv9BsU
- Wrongful Convictions - <https://pdfs.semanticscholar.org/b51e/86f01c9180270883932dffda887f6fe18d92.pdf>
- Eye-witness testimony - <https://www.simplypsychology.org/loftus-palmer.html>
- Reconstructive Memory - <https://www.simplypsychology.org/eyewitness-testimony.html>
- Why Eye-witnesses get it wrong - <https://www.sciencedaily.com/releases/2011/09/110930153048.htm>

This is a screen dump of the group in action on 19 June. Thank you, Andi.



Hope you can join us on the first Wed of the month (10am to 12noon) and/or the third Friday of the month (1pm to 3pm).

Use this link/password/meeting ID for every **Third Friday PM** discussion group

Join Zoom Meeting

<https://us04web.zoom.us/j/77011313324?pwd=eU5FUWNxQjNoQUhranJFNEQxSIFndz09>

Meeting ID: 770 1131 3324 Password: 6Fq8Ce

Use this link/password/meeting ID for every **First Wednesday AM** discussion group

Join Zoom Meeting

<https://us04web.zoom.us/j/72159430694?pwd=WkVwUXI3ckJvWlc3dW1ZZm5mZzRhUT09>

Meeting ID: 721 5943 0694 Password: 4MysKx

Call me if you need help with zoom ... it is easy, trust me!!

Cheers Everyone,

Jane Rushworth 0437 621 575

Exercises for Fun

This Pandemic has certainly shut down our Exercise Group, with no hint of when we can resume.

I hope you are all getting some kind of exercise while we are in isolation. Maybe walking round the neighbourhood, admiring the winter gardens, or walking around the Lake, even doing some bike riding! Some of us may have created our own Indoor Exercise Regime.

Whatever has been happening in your house, I hope you are all coping, and like me, looking forward to the day when we can resume our Exercise Class again.

Stay safe, and hoping we can re-open and meet again soon

Helen Jeffree

Exploring the Universe

A Newborn Star Shoots out Jets of Heat and Light.



This is an interesting image taken by the NASA and European Space Agency's Hubble Inspace Telescope.

It shows a newborn star cocooned in cloud shooting out jets of light. This star has evolved in a turbulent area of gas and dust that produces new stars, known as the Orion B molecular cloud complex, 1,350 light years away in our Milky Way galaxy.

(Remember that light travels at the rate of 300,000 kms/second.)

The young "protostar" is feeding on cool molecular hydrogen that has collapsed under gravity to form a rotating flattened disk of gas and dust encircling the star. As the young star engorges from the gas, superheated material is shot outwards in opposite directions from the two escape routes of the star's rotation axis. Just to the right of the

obscured star are two other young stars. Planets will later form from coalescing micro grains of dust within the dust of the surrounding disk. Fascinating to think that our star the Sun and planet Earth developed in this same way!

The Hubble telescope sees mainly in the light that is visible to our eyes but also in some of the near infrared range. This image was taken in the infrared to penetrate the surrounding clouds of dust and gas that gave birth to the star.

The new James Webb Telescope has a greater capacity to penetrate these areas. Scientists estimate that it will observe light emitted from the very first stars and galaxies that formed in the universe some 13.5 billion years ago. That is if it ever leaves Earth. After many delays it was rescheduled to launch in March next year. The latest expected delay to launching is from staff reductions due to Covid 19.

Bev Morton

Film and Literature

We have continued watching a film of our own choice and then sharing our thoughts on the film with the class via email. There were a variety of films watched across many genres, with a number based on real-life characters. The films watched were:

Florence Foster Jenkins (based on a true story of someone without talent who wanted to be a singer)

Parasite (a Korean black comedy around class conflict)

The Sound of Music Live! (live performance filmed in a studio)

The Frightened City (B&W film that led to Sean Connery's James Bond roles)

The Best of Enemies (based around desegregation of schools in 1971 in North Carolina)

The Kitchen (watched by a fan of MasterChef)

Red Joan (based on the life of Melita Norwood)

Downsizing (classified as a social satire)

A Lady of Letters (a monologue performed by Patricia Routledge)

The class members continue to enjoy the process and we will continue with this approach until we are able to resume our usual class sessions. I expect that over recent weeks many others have watched various films and we would be happy to receive your thoughts on a film you have watched. You can send me a message on jshirley@internode.on.net and I will share your thoughts with the class. Also let me know if you agree to share your email address with the members of the class.

Joy Shirley

Garden Appreciation



Hope you are all doing well. By the time you read this we will be halfway through Winter. Some of us have been able to meet with family and friends, but no sign of us getting back to visiting Gardens. Photos are of my garden art by Kevin Green - the little bird is from Beechworth Gallery's Metal & Garden Sculptures. Happy Gardening. Stay Safe! I miss you all.



Gwen Turner

German – Conversation

Building on the good work of Pauline over the last years, I have attempted this month to make members aware that there is a distinct difference in the pronunciation of the English and German ABC. Because of the limited time I was acquainted with the members and due to the Corona virus non meeting restrictions, I had no knowledge of how advanced different members were. So, I sent my weekly coaching lessons via E-mail in 2 parts, for beginners and advanced members, making good use of German lesson YouTube contributions and my weekly general German writings, so members could pick according to how advanced they felt. I have heard no complaints, so I assume everyone is satisfied with that approach.

The second act of Romulus was issued by Pauline, giving members an enormous amount of new vocabulary. Hopefully, my pronunciation coaching will help to achieve a nice clear reading of the comedy in the spring-time. It's a pleasure to help out as much as I can. I learn a lot, too, doing this.

Horst Gunther

Investment



During June we have had two Zoom Investment meetings with eight members attending each meeting. We have been able to use the Screen Share facility of Zoom and show our members CommSec as part of the meeting. This makes the Zoom meeting much more like our previous face to face meetings and seemed to be appreciated by everyone.

In the second session we looked at the use of conditional trading and discussed the benefits and downside of using it as a tool in share trading. We also mentioned that the end of the financial year was approaching, and that this was a suitable time to assess any capital gains.

We mentioned the volatility index which this year showed a large spike in March and a smaller more recent spike in June. These spikes are as a result of the economic disruption caused by the COVID pandemic. It will be interesting to see if the volatility index settles back to a more normal pattern later this year.

The next Zoom Investment meeting will be on Friday 3rd July 2020 at 2pm. An invitation to the meeting will be sent out the previous day

Margaret Jenkins

Let's Talk Books

Those of us who like reading have found great solace in the last few months in books, they are a welcome distraction from the mayhem around us. I have enjoyed *Bring Up the Bodies* by Hilary Mantel more than Wolf Hall and Shirley Roberts said the same, although Shirley has tackled the third in the series *The Mirror and the Light* and thinks the book could be condensed as the author seemed to get carried away with words. I am about to start *Where the Crawdads Sing*, by Delia Owen so I will give an opinion next month on that one. Shirley has also enjoyed Jeffrey Archer's *As the Crow Flies* a typical Jeffrey novel. Heather has listened to a few audiobooks, one in particular *Nanberry* by Jackie French, set in 1789, in which John White, Australia's first surgeon, adopts an aboriginal boy to raise as his own, was very much enjoyed. Heather has also enjoyed *Growing up Aboriginal in Australia*, childhood stories of family, country and belonging. This anthology is edited by author Anita Heiss. Maxine has read a few spy books but also a book of short stories written by Alice Munro, a Canadian author who won the Nobel Prize in 2013, Maxine is looking forward to reading *The Redhead by the Side of the Road* by Ann Tyler. Janet chose two books to tell us about *Blind Justice the True Story of the Death of Jennifer Tanner* by Robin Bowles. In 1984 Laurie Tanner finds his wife dead on the family farm with a gun in her hand, an apparent suicide, but the discovery of human remains on the same farm a few years later sets in motion queries about the suicide. Janet also enjoyed *The Convert* by Stephen Hertmans, a journey across medieval Europe and forbidden love. The author lives in a village in Provence where people have spoken of ancient pogroms and hidden treasure. Sounds a good read, I think I will look for this one.

So, as we struggle on with the virus and social distancing, enjoy your reading and let me know of any 'can't put down' books you have read

Geraldine McCorkell

Music Appreciation

The Melbourne Symphony Orchestra was a little light on this month in terms of us trying to emulate the works they had planned to perform. Only five composers to choose from, so naturally all were selected, plus an extra Beethoven work to "make up the numbers" so to speak. Nevertheless, some interesting works as well as a couple of old favourites.

Check them out on the U3A Music Appreciation page – there you will find the notes for each session plus links to YouTube for the performances. If you like what you see and haven't joined up with our group as yet, either email me at wsquire68@bigpond.com or give me a call on 0429 626 334 and I will only be too happy to include you in our twice monthly electronic mailout or provide another means if the computer is not the best medium for you. I know this is not best way of doing what we do, but because it doesn't look as though we will be back in our normal venue for a while yet, we must do something..... for, as the ABC FM presenters keep telling their listeners: "..... life's better with music". So, tune into your favourite music station at least, and keep well and keep safe.

Bill Squire

Politics and Current Affairs

Trump is doing what few other Presidents have achieved, getting the military to speak out against him!

Ex-Defence Secretary and Marine General James Mattis condemned Trump's handling of protests accused Trump of dividing US and ordering military to violate constitutional rights of Americans.

Mattis, who resigned as Secretary of Defence in December 2018 to protest Trump's Syria policy, has, ever since, kept studiously silent about Trump's performance as president. But he has now broken his silence, writing an extraordinary broadside in which he denounces the president for dividing the nation.

Other Generals and the Admiral who is the current Chief also spoke out against the President, whilst ex-Chief of Staff General Colin Powell says Trump is not fit to be President because of his constant lying. Another

General found himself being part of a photo opportunity when Trump had protestors cleared in front of a church so he could be photographed holding a bible with an entourage behind him.

After reflecting on being dragged into this political theatre (Trump defender of faith) the General held his own press conference to say he should not have been involved and Trump had illegally issued an order.

I find it amazing that military leaders have criticised their President so publicly, it shows a fierce protection of the constitution and a horror of the military being dragged into politics.

The target of the photo op were the evangelical voters that formed part of Trump's power base in his election as President. But it backfired as some evangelical leaders said they were aghast, watching the event unfold.

"Pelting people with rubber bullets and spraying them with teargas for peacefully protesting is morally wrong," said Russell Moore, president of the Ethics & Religious Liberty Commission of the Southern Baptist Convention. "What we need right now is moral leadership – from all of us, in the churches, in the police departments, in the courts, and in the White House. The Bible tells us so. So do our own consciences."

The staunchest of evangelicals, 90-year-old televangelist Pat Robertson, decided to split from Trump.

A record 81% of white evangelicals voted for him in 2016, and he only narrowly won the presidency. Trump was reminding them that in exchange for their votes he has packed the courts, including the Supreme Court, with conservative judges who agree with evangelicals on social issues. Trump was therefore annoyed that the Supreme Court had supported LGBT rights.

So, after massive and prolonged demonstrations in many states over the killing of George Floyd what does Trump say? He tells the nation that at Floyd's funeral that George will be in heaven looking down and saying this is the best day ever!!!! Why the best day? Because the stock market showed signs of picking up. Meanwhile he offers no leadership to alleviate concerns of the demonstrators. He abandoned taking charge of the virus suppression passing it off to State Governors. Trump has a limited attention span and his only long-term focus is on Obama and Clinton, whose reputations seem to drive him mad with envy!

Now Trump is in election mode, keep watch on the size of crowds at the rallies. There were many empty seats at the first rally, they might resort to crowd cut out posters like our football!

In Australia the issue of deaths in custody re-ignited, leading to people struggling with their conscience to seize the moment and get some of the political spotlight to stop the ongoing deaths here. Over 430 Aboriginals & Torres Strait Islanders have died in custody since the issue of the Royal Commission Report, that was ignored by our political class. Protestors were willing to risk their health and others to grasp this opportunity to vent their frustration. The right of free speech v community safety. But if you keep ignoring a section of the population you are going to create worse problems. Do you remember James Baldwin's Fire next time? That book was written after the LA Riots in the 60s.

Marcia Langton summed it up when she said, "It's simple, stop killing Aboriginals."

If any politics group members wish to comment on current issues, send your contribution to Heather for the next newsletter.

Terry Case

Singing for Fun

Whilst we are still not able to participate in Singing for Fun, various members of the group have been walking around Benalla doing their shopping or exercising. It has been fun to say hello to Rae and Len who were out riding their bikes, Deidre who was shopping, Keiran walking through the park and Patsy and Hamish who were looking for a book.

Then there have also been the phone calls with lots of people saying hello to each other.

Keiran reminded me (with social distancing) that choirs have been recognised for projecting their voices and possibly spreading droplets as a result. We are so lucky in Benalla that apart from three cases of COVID from returned travellers, we have not had a single case in the last eight weeks.

Let's hope that this fact will be used in the assessment of when we can return to the Senior's Facility in Fawckner Drive.

In the meantime, stay safe and look after yourselves.

Margaret Jenkins

Sustainability snippets...

Did you know that it's Plastic Free July! The [Plastic Free July](https://www.plasticfreejuly.org/get-involved/what-you-can-do/) campaign encourages us to reduce our use of plastic and to set an achievable goal or two which results in reduced consumption of Plastics. Find out more at <https://www.plasticfreejuly.org/get-involved/what-you-can-do/> Thinking of going for a drive? Consider a trip to Glenrowan via Winton to check out the construction of the new solar farm near the Electricity Sub-station. It's quite impressive.

Tech Savvy Community Projects

A course involving one-to-one contact which clearly does not meet social distancing requirements, Tech Savvy Community Projects is in hibernation. I have, however been continuing to work away during the Covid-19 break on my own community projects, largely involving websites and social media for local community groups (including U3A Benalla). It is a lonelier task than usual, as there are fewer meetings and activities to report on, however it is so important to stay positive. Phoning people up about items to include, questions which need answering, brings me joy as they are always so ready to talk about the possibilities and help.

I have been privileged recently to read and give feedback on U3A member Judith Borthwick's wonderful community-oriented project on hospitals in Benalla during the first three decades of last century and the nurses in charge of them. Judith began this project some years ago as part of a U3A course, making a number of presentations based on it then, and is now working to produce a document for use by others who would like to continue to research into this area.

It has been wonderful to observe as a bystander the way in which a group of U3A Benalla convenors and committee members have taken on the challenge to learn how to use Zoom during the Covid-19 break. From early 'play' with lots of rehearsals emerged an advertised session on Zoom for convenors; liaison with U3A Network Victoria and subsequent involvement with a regional mentor; two regular Zoom classes - Demystifying Psychology Discussion Group and Investment - and regular Committee meetings using zoom. Learning to use Zoom has entailed a learning experience for most if not all members participating. All in the space of a few months! Congratulations to all involved.

Beverley Lee

VALE - Ken Whan

Ken Whan was a man for the people. He had a very full life working with many groups both on Council and in industry, but he never forgot the community itself, being there to offer advice and general support when needed. He was very approachable, had a listening ear and provided encouragement where necessary.

Ken was an active member of U3A, with a sense of humour and a hint of cynicism. His input into the activities he attended was always welcome.

Ken served on the Benalla Shire Council (and was Shire President from 1991-1994), and Delatite Shire (and was Delatite Mayor in 2000). As a Councillor, Ken believed in Local Government and the need to develop more accessible lines of communication between residents and council.

Not only was Ken involved in U3A he had many and varied interests in Benalla and was associated with the Benalla Library, Friends of BPACC, Friends of the Art Gallery and Warby Ranges Landcare.

His list of achievements was also very impressive – being a member of the United Dairy Farmers Vic (1961-1985); Save Mokoan Committee; Elder and chairman of Benalla Uniting Church Parish; Historical Society Secretary; Mens Probus member. These are only a few of his achievements over the years.

Ken was one of the very few Councillors who worked with the then Management of Winton Motor Raceway when they approached the State Government for the rezoning of the Planning Amendment for the Raceway and surrounds, ensuring the future of the circuit and the benefits that it brings to the Benalla Rural City.

Ken will be greatly missed by the Benalla community and especially by the long list of friends and acquaintances he has been associated with over the years.

Ken had time for everyone – we will miss his friendly smile and quick wit.

Our condolences to Val, who has supported him for many years, and the Whan family. RIP Ken.

U3A Benalla Get Together

Wednesday 22 July 2020

At a recent Zoom Committee Meeting it was decided that it is now time for all U3A participants to take the opportunity to catch up with one another, so it is proposed to have lunch with our U3A friends in the gardens next to the Art Gallery on WEDNESDAY 22 JULY at 12.00noon

U3A members are asked to 'BYO' lunch, tea/coffee/beverages, chair, cushion, rug if cold and make the most of this wonderful opportunity to discuss what we have been doing during our time away from attending U3A activities. This will depend on numbers that can gather, and of course, the WEATHER.

If you are looking to be part of this activity, please contact Heather Wallace on 0418 353 244.

Lunch in the Gardens

A great chance for U3A participants to catch up
with friends

in the beautiful gardens next to the Art Gallery!

Wednesday July 22 at 12 noon

'BYO' lunch, tea/coffee/beverages, glasses, chair,
cushion, rug if cold

Covid-19 number regulations and
weather permitting!

RSVP Heather Wallace on 0418 353 244

by Sunday February 23rd



What's On?

Covid-19 Calendar

Wednesday, 1 July

- 9:45 am Easy Walks - Violet Town
- 10:00 am Demystifying Psychology Zoom Discussion Group

Friday, 3 July

- 2:00 pm Investment - Zoom Meeting

Tuesday, 7 July

- 7:30 pm 'Who do you think you are?' - Tech Savvy Family Research

Wednesday, 8 July

- 8:45 am Mid-Week Walks - Lake Kerford, Beechworth S-3-3

Thursday, 9 July

- 10:00 am Birdwatching--Winton Wetlands

Friday, 10 July

- 10:00 am Music Appreciation

Monday, 13 July

- 2:00 pm Creative Writing

Wednesday, 15 July

- 9:45 am Easy Walks - Dookie Rail Trail

Friday, 17 July

- 1:00 pm Demystifying Psychology Zoom Discussion Group
- 3:15 pm Investment - Zoom Meeting

Sunday, 19 July

Lunch in the Gardens - RSVP due

Wednesday, 22 July

- 12:00 pm 'Lunch in the Gardens'

Friday, 24 July

- 10:00 am Music Appreciation

Monday, 27 July

- 2:00 pm 'As Time Goes By'

Wednesday, 29 July

- 9:30 am Easy Walks - Winton Wetlands Trail #1 to Mokoan Hub

Wednesday, 5 August

- 9:45 am Easy Walks - Winton Wetlands Trail #2
- 10:00 am Demystifying Psychology Zoom Discussion Group

Friday, 7 August

- 2:00 pm Investment - Zoom Meeting