



Benalla and District Inc.

Newsletter – October 2023

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Please send reports for the newsletter to newsletter.u3abenalla@gmail.com by 25 Oct 2023

President's Report



The exciting news is that U3A Benalla now has 400 members! This is a 22% increase in membership from 2022. It reflects the variety and number of courses which we offer our members. My thanks go to each and every Convenor for the time and effort they put into making their courses so interesting and attractive.

Our presentation to the Mayor, Councillors and CEO of Benalla Rural City Council on 30 August went very well. Geraldine and I expected the ten-minute presentation to be followed by 5 minutes of questions. However, we had about 35 minutes of questions, and Geraldine helped with quite a few questions which was great.

The Councillors related to the presentation. Cr King saw a photo of his grandmother in one of the slides, whilst another Councillor told us there were a couple of U3A groups that he thought he would like to join.

To sum up the questions, the Councillors were not interested in spending money and building on this site. They wanted current council buildings to be better utilised. To this end, Geraldine and I are going to be given a tour of the Town Hall to see if the supper room would be a suitable larger meeting room. A lift services the supper room from the ground floor. Most programs would continue to operate out of 18 Fawckner Drive.

Another aspect of our presentation was that we told the Councillors that there were acoustic problems with the Auditorium. Council is looking at applying for a grant for a Hearing Loop for the Auditorium.

The Mayor and Councillors were receptive to the idea of changing the name of this building from the Benalla Senior Citizens Building to the Benalla Seniors and Community Centre. In the presentation I stressed to Councillors that relations with the Senior Citizens had improved, and that U3A felt the current name did not reflect U3A use of the building. The mayor asked for a formal letter signed by me on behalf of U3A and Val Burke on behalf of the Senior Citizens saying that both organisations were in favour of the name change. This letter was handed to the Customer Service Department of BRCC on Thursday 14th September.

October is **Come and Try Month**. If you would like to try a new or different U3A course to what you are currently enrolled for, please contact the Convenor of the course you would like to try, and go along to it. Likewise, tell your friends about U3A Benalla, and bring them along to something which interests them during October. There is no charge, and your friends may get the same enjoyment from U3A that you do.

Geraldine took part in the *U3A Regional Meeting* on Wednesday 12 September. Some U3A's are finding 5 to 8 weeks courses are popular, including a First Nations Course. A Tutor data base is being launched sometime in September. However, this is more applicable to suburban U3As than regional ones.

The guest speaker for **Meet and Mingle** on Wednesday 18 October is Fiona Kleinitz from the *Stroke Foundation*. This will be followed by morning tea. At 11.30am Leading Senior Constable Lisa Atkinson will give a 30-minute presentation on 'Scams', after which we have a BBQ lunch which is part of Get Online Week.

This is supported by a grant we obtained from the Good Things Foundation. We have also asked Jenny Sawyer and Robyn Lukey to talk about the Be Connected program they have been involved with.

Finally, two dates for your diaries. Wednesday 15 November at 10am is the **U3A Concert and Patchwork display** in the Auditorium. The program will feature the Recorder Group, the Ukulele Group as well as the Singing for Fun Group to entertain you. Please bring your friends as we want as many people as possible to enjoy the morning.

The second date for your diaries is Friday 17 November which will be our **Christmas Lunch** at the Red Stag at Myrtleford. Cost is \$50 per head for the two-course lunch. There will be a bus leaving Benalla Bus Lines for those who do not wish to drive. The flier with details is included at the end of this newsletter.

Margaret Jenkins, President

Group Reports

A Taste of Art

Broken River Painters member Leon Pappas is offering additional workshops in drawing and painting as part of the Taste of Art program in October. Leon is an experienced artist who works in acrylic and graphite.

The workshops will be held on Wednesdays 4th and 18th October from 1.30 - 4pm at the Broken River Painters Studio, Barc Hut 11, Airport Precinct. Any present or new U3A members are welcome to attend. All materials will be provided. Please let me know on 5762 2373 or email bc_perry@yahoo.com.au if you would like to attend.

Carol Perry

Art Appreciation

At our last session we were introduced to the exhibition entitled *Always and Altered*. These are several works inspired by the Art Galleries idyllic position between the artificial Lake and the Benalla Botanic Gardens. The curator of this exhibition Dr Suzie Baker who acquainted us with her recent setting up of Artists in Residence at Dookie College. The provider of one of the exhibits on display Jen Valender explained the meaning in her video. The video is of an installation in the Dookie Quarry and shows two snakes slithering up and down two camera tripods held together with harp strings that hum with the wind and noise is amplified through sound boxes attached to the top of the tripods.

There is an installation of items gathered at Winton Wetlands and a series of photographs some history of Winton Wetlands. It is interesting to note that Winton Wetlands was recognised as being the most productive land in the area by both settlers and indigenous.

On Monday October 2 Art Appreciation members will meet at 10am for Benalla Art Gallery's 'First Monday' presentation *'The Back of the Painting'* by painting conservator Linda Waters, followed by a coffee and catch up at the gallery's wonderful Munro and Sargent Cafe.

Neville Gibb

'As Time Goes By' – Memoir Writing

Two stories set in 1967 set the theme for September's first segment 'What were you doing in 1967?' Phil's story featured the trials and tribulations he experienced after arriving in Australia as a 14-year old 'Pommy' immigrant in 1967, while Barry's story 'I Met You' described serving Olivia Newton John and Pat Carroll as a relieving bank teller in Brunswick – "As a young 19 year old lad I was very impressed". Carmyl described being a young, pregnant mother; Ray getting married and honeymooning in the Blue Mountains; Neville a move to London; Lou a brief period as a member of a bikie gang! Bev reflected on studying at Monash University at the time of the hanging of Ronald Ryan; an event from 1967 also remembered vividly by Neville, Jill and others. A video of Olivia and Pat singing 'September in the Rain' rounded off our 1967 retrospective!

September's '**Adventure**' stories included Carmyl's 'slow moving' journey in 1961 to Aceh in Northern Sumatra to work as a volunteer graduate in a scheme to replace Dutch public servants until Indonesians graduated and took over. Jill's story of travelling in Papua New Guinea in 1976 also had a political element, as this was the year following PNG's independence from Australia. James wrote about his adventures working in a Kibbutz, then travelling in Europe following Frommer's 'Europe on \$10 a Day', while Ray wrote about his joyful 'musical' adventure participating in FCJ College's 'Find Your Voice' project. Phil's story 'It happened in Scotland' was also about venturing into the unknown.

A story about Phil's Austrian hat, symbolizing a time in his life when he was travelling overseas, resonated with both James and Lou, as James has a similar, badge covered hat and Lou's childhood lederhosen outfit featured a similar hat. Lou went on to share an amusing vignette relating to his career as a disseminator of inventions.

Neville and Bev's catch-up stories of '**Retirement**' again featured more complex, less planned and/or less joyous transitions than are often viewed as typifying retirement.

A link to our '**Retirement**' story collection will feature on the website during Seniors Month in October. Would you like to share your story of retirement with us (aiming for the 500-word limit if possible)? Email your story to bevee47@gmail.com! Or perhaps you'd like to 'come and try' (it's okay just to observe) our session on Monday 16 October at 2pm? Class members will be sharing stories on **This (.....) Life** 'A chance to explore a feature of your life!' or '**Right Here, Right Now**' 'A time capsule of the present. Write a story about a situation currently unfolding in your life, right here, right now.'



Bev Lee

Bird Watching

We enjoyed a fine sunny morning on 14 September, when 7 of us travelled to Killawarra Forest, in the northern section of the Warby Owens National Park. The forest has large stands of ironbark eucalypts, so is quite different from the Warby Ranges to the south. We didn't have to walk far to see a good variety of birds. A Shining Bronze-Cuckoo was hunting caterpillars in a Golden Wattle. It is an attractive small cuckoo, with an iridescent green back. We had good views of a pair of Jacky Winters flying overhead and perching close by. They are active grey and white flycatchers. Eastern and Crimson Rosellas and a King Parrot were also recorded. Honeyeaters present included Brown-headed and White-plumed Honeyeaters and a Noisy Friarbird. We found Wood Duck and Black Duck at a small dam on the edge of the forest and enjoyed a display of orchids nearby.

It wasn't until later that I identified one bird that made a number of loud calls when we first arrived at Killawarra. It was a Pacific Koel. Quite a surprise to hear it in native forest, as it has become better known as a regular summer migrant to urban areas and towns in Victoria, including Benalla. On our way back to Benalla we stopped for a very welcome late morning tea the Mokoan Café.



We recorded 29 bird species for the morning.

Here is the link to our list on eBird <https://ebird.org/australia/checklist/S150627448>

Our next outing will be to private property at Upotipotpon, west of Benalla, on Thursday 12 October. Please meet in the car park behind the Seniors building at 9.30am bringing the usual things – hat, water, sturdy shoes, binoculars/camera. It's a lovely property, well worth a visit.

Kathy Costello

Brain Games

Numbers usually need addition but sometimes are just patterns. Trying to figure out which, keeps firing creation of new pathways, as does letting the imagination dance around words and what-ifs. Memory is often a matter of strategy and concentration, requiring practice and habit. The brain has vast capacity and can be improved, especially when it's sociable, challenging fun.

Elsbeth Maconachie

Bushwalking – Easy Walks

September Report: Kinnairds' Wetlands, Numurkah

Twelve walkers set off in mild conditions for the day out at Numurkah, stopping for a break at the beautifully maintained park on entering the town, and then driving on to the Wetlands. A hidden gem on the edge of housing estates, the forest is fed by flows from the Muckatah catchment, and our birdwatchers were kept busy counting. Returning to Numurkah Park for lunch, we followed up with a stroll through the parklands, and an inspection of the newly painted Katamatite silo on the way home, a total walk of approximately 7.5km (thanks, Andi!).



Wednesday 4th October: Warby Ovens National Park: Friends' Track and Wildflowers

At the risk of jinxing this several-times delayed walk, we will anticipate fine weather and set off from Wenham's Camp, taking the Friends' Track with a diversion to Kwat Kwat lookout with views over the Ovens Valley to the Alps. Lunch will be a BYO picnic at Wenham's Camp, and there will be a supply of wildflower brochures to help us identify our finds.

Meet at the Seniors' carpark at 9.30am, with confirmation to Julie by text, email or phone message on 0407823031 or juliemcneill55@gmail.com. Remember drinks and a picnic lunch. Car sharing is usually available for a small contribution.

Wednesday 1st November: Killawarra Wildflower Walk

For our final walk of the year, we will explore this gentle walk through the forest, starting from Killawarra Forest Camp. Walking a total of about 5km through Box Ironbark forest, we will look forward to a picnic lunch and some bird and wildflower spotting.

Meeting details as above, at Seniors' carpark.

Wednesday 6th December: Christmas lunch

While there is no planned walk for this day, we may do some strolling around Tatong either before or after our lunch at the Tatong Tavern at 12.30pm. Further details later. Confirmation for lunch to be provided to Julie as above by Mon 27th November-partners welcome.

Julie McNeill

Chat n' Chew

Chat & Chew will be held at the *Benalla Bowling Club* on Friday 13th Oct (lucky day). If your name isn't in book and you would like to come ring Lorraine on 0427376991 and leave your name and number. 🌸

Lorraine Knox

Coin Collectors

Our coin/topic of the month for September was about mintmarks on pre-decimal half pennies and pennies. Most of these mintmarks are in the form of small dots generally located on the reverse (non-head side). These mint marks indicate where the coins were minted. The first Australian penny was minted in 1919 with George V mintmark. The mint location was denoted by a dot on the reverse side of the coin and had three variations.

Melbourne Mint – no dots or dot below bottom scroll

Sydney – dot above top scroll and below bottom scroll

Prior to 1919 pennies were minted in (H) Heaton UK 1912 and 1915 only; (I) India Calcutta 1916.1917 and 1918 only. The first Australian Penny was minted in 1911 at the Royal Mint London. Pennies with the reverse

kangaroo from 1938 (George VI to QE II) to 1964 often had a dot after the word Y or A. denoting the Perth Mint.

Data at a glance – Penny

Issued 1911 to 1964: not issued 1937 and 1954

Key dates: 1937 very rare, 1930 rare, scarce 1920 (not dots) 1925, 1946

The first Australian minted halfpenny was in 1923. It's mintmarks are similar to the penny.



Data at a glance – Halfpenny

Issued 1911 to 1964: not issued 1937, 1956, 1957, 1958

Key dates: 1916 mule very rare, 1923 rare, scarce 1915, 1918, 1939 kangaroo reverse.

Have a look through your old stash of halfpennies and pennies you may be surprised by what you find.

The topic for our October meeting will be the humble 50 cent piece and its various designs and metal compositions and finishes.

Happy noodling.

Doug Smith

Collectors

There were two topics for the September meeting – *'Something from the Shed'* and *'Bags'*.

The usual tools were presented: hammers belonging to a late dad and a late husband; tin snips, chisels, pinchers, screw drivers and an old Imperial metal tape measure made in Canada. Not tools, a Dr. Pat old tobacco tin contained an assortment of devices/pins to hang pictures; a corrugated iron sign; and a very old wooden box that had previously held chalk. There was also a discussion on shoe lasts.

A collection of shiny horse bits were shown – a snaffle bit, thumb bit, racing bit and bits for training, racing and soft mouth sensitivities.

Fabric patchwork bags were presented often made from scraps with handy pockets to hold sewing essentials. There were two evening purses – one beautifully beaded and the other made from men's ties. Three Orotan handbags were shown, and an old crocodile skin handbag made in Madras.



The theme for the gathering on 2nd October is *'Baby/Childhood Photos of oneself'*.

Janet Gourley

Community Singing

A group of 23 singers was present for the September get-together.

Brian Greed was in good form on the piano and provided accompaniment for us. It doesn't matter what the song, Brian knows it, and plays it 'by ear'. We started off with 'Pack up your troubles' and concluded with 'Now is the hour'. Kieran Smith, in his usual jovial manner, capably led us.

It was heartening to see some new faces!

If a U3A member feels inclined to sing-along, then Community Singing is just the place for you, on the 4th and 5th Thursday of the month. The Venue? The HUB at Coinda.

Ray O'Shannessy

Creative Writing

We had a great session discussing writing tips as well as providing feedback on the stories.

Hints: Before the class formally started, there was conversation about how hard it was to find something to write, or to continue after writing the first paragraph/s of a story. I had recently found some thoughts about conquering writer's block from the *Rural Publishing Company* and shared these at the start the class. We then went on to hints around self-editing our work, and the traps we can fall into. For example, we often see what we think we have written, and by putting the work aside for a period of time, we come with fresh eyes and identify mistakes more easily.

Simple word challenge: The challenge this month was a very simple word challenge – identifying several words starting with 'au' from a definition and number of letters.

Examples: The person who wrote the book. (6) **AUTHOR**

Different people might have a different coloured one. (4) **AURA**

Our stories: All stories had good beginnings, flowed well and generally had an ending that wrapped up the story. Writing styles (often known as the writing voice) are developing. A common theme is providing fauna, flora or inanimate objects with human personalities or reactions. This month was no exception, with two pieces telling stories from a dog's perspective, and an orb that reacted to the thoughts of the person holding it. Fun to read, and with feedback as to ways to improve the story.

Prompts: The prompts for our October class are:

- Call me anytime.
- Trying to thread the belt through the buckle, it soon became apparent that it wasn't long enough.
- We'd always agreed on the important things until ...

If you are interested in being part of the discussions, we always welcome new members to the class.

Joy Shirley

Demystifying Psychology



In 2020 Donald Trump's leadership style was viewed by many as a passing worry. Others, many in the lower income brackets, welcomed the support and understanding of their plight by this galactically rich man. Three years later, and after losing the last USA election to Biden, Trump remains a viable leadership option for many Americans. September's course content (see PDF and PowerPoint on the website) attempted to unravel some of this enigma. Topics covered:

1. Family Trumps. (PDF Pages 2-9)
2. 2020 political and reporting climate.
3. Trump psychology.
4. Diagnostic Statistical Manual (DSM) sections:
 - Narcissism
 - Disagreeableness
 - Grandiosity
 - Gas-lighting
 - Authoritarianism/Fascism
 - Misogyny
5. Has Trump changed the ideas about leadership?
6. Characteristics of Trump supporters.

We powered through this content to enjoy the final 30 minutes of agreeable and eclectic conversation.

The topics for next month are “Addiction” and a “Day in the Life of a Residential Rehabilitation Centre”.

Next meeting: Tuesday 17 October 2023 – U3A room at Senior Citizen building Fawckner Drive.

Jane Rushworth

Demystifying Psychology Discussion Group

Andrew McFarlane, now retired, has a long and fascinating association with the commercial flying world. In this discussion session, and within the context of recent changes in Qantas leadership, Andrew described some of the back story to such changes. He explained early days of the Australian aviation industry, the positive culture and pioneering spirit among staff, a strong camaraderie, a sense of adventure, loyalty to the industry, and changes in management focus across eras. Then Covid arrived and, acting as catalyst to management opened the door for leadership to prioritize cost-cutting measures, and strain relations with employees due to layoffs and wage freezes. It seemed staff loyalty was severely bruised, if not lost, and the leadership team was under a cloud. Recent media coverage of Qantas suggests staff and customers have reason to feel a loss of loyalty to an iconic airline.

The purpose of the discussion group is to apply theoretical frameworks to everyday occurrences. In this case we pondered on the concepts of “Loyalty” and “Leadership”.

Loyalty is a strong feeling of support or allegiance (Oxford).

- How is it earned?
- When is it lost?
- Can it be restored, and if so, how?

Leadership is varied and is the ability of an individual or a group of people to influence and guide followers or members of an organization, society or team (Oxford).

- How would we describe the recent Qantas leadership style?
- What leadership style are we most attracted to and why?
- Do leaders need to be likeable?

Enjoy listening to a conductor talk about leadership in [Lead Like the Great Conductors.](#)

The next group will meet on Thursday 19 October, 2-4pm, Ruby Blue Café – 67 Nunn Street Benalla.

Jane Rushworth

Exercises for Fun

Exercise is for everyone, regardless of shape or size. You are more likely to stick to a routine, if you’re completing it with someone else. Come along and bring a friend to try out our Exercise Class, because the month of October is “Come and try” month.

We would love to see you there in the Senior's Hall at 9.30am every Monday.

Helen Jeffree

Exploring the Universe

Dark Energy. Spacecraft to a Metal Asteroid. Mars and the James Web Satellite Telescope.

In September we delved into Dark Energy. ‘Dark’ as in a mysterious force, unseen, unknown, that comprises a constant 68% of the Universe. The opposite of Dark Matter it defies gravity and pushes outwards, causing expansion of the Universe.

The discovery that the universe is expanding was made in the 1920’s but more than 30 years later the Hubble Space Telescope and other ground-based telescopes found this expansion had been happening for billions of years. Scientists speculate that space contains a fixed amount of dark energy, so if you double the size of the universe, you double the amount of expansion of the universe. We watched lectures from the New Scientist Academy, NASA and The Dark Energy Survey.

<https://www.youtube.com/watch?v=m5DKtuZHK1Q>



Spacecraft to study a Metal Asteroid. Asteroids are made up of space debris left over from the formation of the solar system; dust, rocks, ice and rubble.

From radar data and thermal inertia scientists have discovered an asteroid made mostly of metal. On October 5 a Space X Falcon Heavy rocket with more than 5 million lbs of thrust will launch NASA Spacecraft Psyche on its 450 million km journey to the Asteroid belt between Mars and Jupiter to study this metal world named Psyche 16. It is thought to have a core made of iron and nickel. Video 'NASA's Psyche Mission to an Asteroid.'
https://www.youtube.com/watch?v=y_vwRQ3PVg

The James Webb Space Telescope analysing the atmosphere of a planet about 120 light years away, with several times the radius of Earth, discovered a "Hycean World." (Hydrogen + ocean.) It has a thick hydrogen atmosphere and probably a thick liquid ocean that could be a 100 kms deep!

Curiosity Mars Rover reaches Gediz Vallis Ridge. The rover has been steadily climbing Mars Mount Sharp for 9 years. With a video made from 136 images taken by Curiosity's mastcam and stitched together into a mosaic we were able to explore a ridge containing a huge debris field of large boulders that had been washed down the mountainside 3 billion years ago. An amazing view of a mountain on another planet.
<https://www.youtube.com/watch?v=sIfLkcFaFQY&t=>

Bev Morton

Family Research - Advanced

At our September session, Canberra family historian Alan Henderson drew upon the lives of key people in the Henderson family when describing his research methods, sources, and journeys in Scotland and around the Victorian goldfields.

Alan (pictured second from right) began by describing examples of surprises and luck in his family research journey. Most family historians would almost die for an album of ancestors carefully compiled with names on all photographs as serendipitously came Alan's way!

His reflections on issues such as 'we hope our ancestors are good people', 'setting the record straight' and whether to 'publish and be damned' gave us much to think about.

Alan encouraged us to think outside the square, explaining he had checked the moon cycles for a date when a family member reputedly walked quite a distance to find it would have been possible - there was a full moon that day! Alan also spoke about recently reading Anna Funder's book, *Wifedom*, leading him to reflect and research more deeply into the role of women in his family.

Alan's book, *Boots Gold and Wool*, which follows his Henderson great grandfather's line, is an excellent example of an approach to writing family history which is both engaging and academically written. He has left a copy with us which is available for borrowing. He provided a list of references, and we are hoping to add his power point presentation to the website in the coming weeks for those who were unable to attend. A most enjoyable and informative session which left us with much to think about!

At our next session on Thursday 26 October at 2pm, bring along stories written for September 'Setting the Record Straight' or 'Family Mystery – the Case of the' and/or October's topics 'Contact with a local Historical society' or 'An Interview with a family member'. Check the Family Stories Topic List 2023 for more details.

Bev Lee and Jane Rushworth

Family Research – Beginners

Shared learning on a range of topics made for an interesting and enjoyable first session. We drew on Deb Saunders instructions ['Adding a Website Link to a Person's Profile on ancestry.com'](#) to review adding web



links on ancestry and took another look at the colourful and informative chart discovered by Judy to review– [‘DNA - how many centimorgans do you share with relatives’](#).

Prompted by Mary's quest to find out more about a family residence at 184-186 Elgin Street, we watched a video from the State Library of Victoria: [‘If these walls could talk: Uncovering the History of Houses and Buildings’](#). Useful handouts by Judy Barry on [Property Information for Family Research](#) and the State Library on [‘Researching your Family Home’](#) were then shared, with Judy providing insights into locating information about property titles and maps using resources on the internet.

A wonderful collection of letters written by her grandfather when he twice returned to Scotland to live after his wife's death was brought along by Robyn. One blue airmail letter, written to then 6-year old Robyn, included pictures of the cats in the house he was staying at, all named, on the border.

At the second session Deb worked with Phil on relationships, sources and how they link to facts within an ancestry.com tree. Clicking on an attached source such as a census document will create link lines to the people in your tree that are listed in the census. This is great for cross-checking family details. An estimation of birthdates is often based on this information but needs to be followed up with other references. Errors in ‘which child belongs to which parent’ can be sorted out by clicking edit, choosing edit relationships, adding the correct parent and deleting the incorrect information.

Bev Lee, Deb Saunders and Judy Barry

Family History – Intermediate

September's theme of *‘Craft-y ideas for family historians’*, began with a ‘show and tell’ by Bev of a crocheted lace doily made by her milliner Great Aunt Victoria (b 1887) later surrounded by ribbon lace roses and framed by her daughter.

Guest speaker Jan Brown then shared her chosen method of presenting her family story - Scrapbooking. A keen scrapbooker for many years, Jan's album of thoughtfully and creatively presented photographs, documents, newspaper clippings was most engaging. We also checked out an article from crafty [‘do-it-yourself’ ideas for family historians](#).



Robyn is continuing to add to her ‘Family Stories’ collection and read through a draft of her next story ‘Contact with a Local Historical Society’. We followed up Robyn's query about adding family photos in a row in a word document, with the suggestion to use ‘insert’, then ‘insert table’, then ‘insert picture’/s into the table's cells, then remove the table grid lines.

On last month's theme, ‘Correspondence, Robyn's story is now on the website. We also looked at [Jacquie Lawson e-cards](#), which Bev has found a delightful way of corresponding on special occasions with family members met while undertaking family research.

At the end of the session, we watched a [September 2023 Ancestry.com Update](#) which included their recent introduction of a fan chart.

Bev Lee

Film Discussion Group

Our initial focus this month was on **“Barbie”**, then we went on to discuss other films screened at BPACC up until 3 September, when the cinema there closed. The new purpose-built cinema attached to the Visitor Information Centre is now open – a new experience for our community.

“Barbie”, based around a crisis experienced by “Stereotypical Barbie”. It was a bit fanciful in parts but has some very strong messages – no-one needs to be subservient to anyone else. The cinematography, acting, costumes and set were very good. It was a very popular film around the world. Rating: 3-3.5/5.

“Chevalier”, based on the life of Joseph Bologne, a talented mixed-race composer and violinist at a time leading up to the French Revolution. The film showed the culture of the time, including hypocritical attitudes to mixed-race people. It was well researched with great costuming and music. Rating: 4/5.

“The New Boy” is the story of a nine-year-old Indigenous Australian orphan who arrives at a remote monastery run by a renegade nun. It explores the different approaches to spirituality between the indigenous and Christian faiths. The performance by Aswan Reid who played the “new boy” was outstanding. Rating: 3.5/5.

“Mission Impossible” is an action film starring Tom Cruise. It is entertaining with good action and athleticism. Rating: 3/5.

“Oppenheimer” is the story of Robert Oppenheimer, his talent for theoretical Physics, his role in the development of the atomic bomb, and impacts on his life. Cillian Murphy’s performance as Oppenheimer was amazing. Rating: 3-4/5.

With the opening of the new cinema, and the program released on a weekly basis, we will discuss all films that class members have seen during the month at our class in October.

Joy Shirley

Garden Appreciation

We visited Sophie Arendt’s beautiful garden on Thursday 28th September. Forty-two of us were greeted to the most amazing garden and a wonderful morning tea - thank you, Sophie, Dawn and Fay. We went on to *Sandra’s Nursery* in Witt Street (some of us leaving with more plants), then lunched at the Benalla Golf Club. It was great to catch up with you all again after a break!



On Thursday October 26th we will meet at U3A car park 9.30 to visit the Yarrawonga garden of Betty Seymour, 4 Gilmore St, Yarrawonga, opposite the main gate at show grounds. I have been told Betty’s Garden is one of the best in Yarra. Lunch at Tame Café, Belmore Street, Yarrawonga. Please let me know you are attending to assist with morning tea arrangements.

I hope you are all enjoying our spring weather.

Gwen 0438627010 gwenturner243@gmail.com

Garden Team

It was refreshing to see a new garden. We trimmed, weeded and conquered kangaroo paw and took home small clumps, also some from Helen’s variety of potted cuttings, and left her looking forward to finding new plants for some gaps, behind neatened edges.



The afternoon took on the look of Henty field day, or a curly Casterton, when her dogs showed they were also keen workers, going through hoops and around and over obstacles in their training circuit.

Helen’s years of tree planting demonstrated the progress possible in a few decades and made a lovely backdrop to the generous spread we shared on the front verandah.

Elsbeth Maconachie

German

The German group has now reached the stage where simple conversation can be held during our session, the result of two years of effort to acquire a good knowledge of vocabulary and reasonable grammar. It all happened without any pressure but willingness by everyone to learn. I am proud of the group.

Horst Gunther

Jane Austen Book Club

Meg is in Dublin as the newsletter goes to press! Jane Austen's thought-provoking Gothic parody novel *Northanger Abbey* featured in September, with the watching of an engaging [film adaptation](#) of the novel. The film *Persuasion*; discussion of both *Northanger Abbey* and *Persuasion*, and a summing up of the group's experiences of Jane Austen and her works are included on Meg's course agenda for October and November.

In the Lap of the Gods

In September's session, titled "What is a Good Life?" we explored the hidden and relentless competition that lay behind the pursuit of a good life or excellence - 'arete' if you were a Greek or 'virtus' if you were a Roman. Others judged your excellence within a social context. Your own assessment of your own worth was irrelevant. It was how others saw you that was all important.

No wonder Romans liked the arena. There, they could see this competition out in the open. They could also judge how well a man died – one of the indicators of a man's worth. No wonder too that Romans spent their own money in building public buildings. This generosity to their community improved their excellence, their value, in the eyes of others.

At this time, any moral code was limited to achieving the best image of yourself within society, a dutiful worship of the Olympian gods as part of this and looking after your family.

This pursuit of being the best as others perceived it was the absolute goal in life for men. Women were expected merely to behave chastely and modestly. Greek men even veiled their women in public much like the Afghani do today. Only prostitutes and Spartan women were free of this veiling.

In the relentless competition by men to be the best, the 'aristos', there were many who came second in this great contest. For them, there was nothing but heartbreak, shame and self-loathing.

In the fourth century BC, all began to change. The four ancient philosophy schools outlined the beginning of a moral code. Sadly, this code tended to be adopted only by the intellectual elite. Also, at this time, Aristotle in his *Nicomachean Ethics* outlined a softer 'arete' that incorporated virtues, other than those of excellence particularly in war. These were values like justice and self-restraint. However, these were values that were still judged only within a social context.

The most important change around this time was the rise of the various Mystery Religions. The most famous was the Eleusinian Mysteries held once a year at Eleusis near Athens. Everyone who was anyone, who could speak Greek and who could afford the trip became an initiate. Women, men and even slaves became initiates of a Mystery Religion. The Eleusinian Mysteries revolved around Persephone and her time in the underworld as the unwilling bride of Hades. (Pictured: *The Return of Persephone*, Frederick Leighton 1891). Others revolved around the death and resurrection of Dionysos.

Because a rigid secrecy imposed about all their ceremonies, we know little about the Mystery Religions except that they changed an initiate's view of life and death forever. We know from initiates that the Mystery Religions gave them a certainty of a personal afterlife before eventual rebirth. Perhaps, more importantly, the Mystery Religions offered a means of validation and value to an individual that was personal to the individual. The Mysteries did not depend on social perceptions to give value to a person's life.

Emperor Theodosius I banned the Eleusinian Mysteries in 396AD after more than six hundred years of the Mysteries' existence.



John Barry

Investment

We had look at listing of Ex Dividend dates and pay dates for September as most companies have now reported their annual accounts and many have already paid out their dividends. Most of the banks have paid a reasonable dividend however the Bank of Queensland and the Bendigo bank still offer good returns that are 100% franked.

We had a look at stock graphs for MAD, MIN and ORE for the month and for the year they are still positive and increasing. Many of our long-term selections have decreased. Margaret J and Margaret W however are still leading with positive gains with XRF & NXT respectively. The share market has fluctuated this year and until or if, China resumes purchase of iron ore and grains our market will remain flat.

After the break we started this segment by again visiting short selling as we had the example of CXO – Core Lithium which was head of the list of the most shorted stocks, retreating from No 1 to No 13 on the list. This was the result of price drop when the company announced a share purchase plan at a low price to attract money for further development.

The ‘shorts’ had anticipated this and took their advantage to sell. The message is to consider the ‘short list’ before you buy. You can find a Shorts listing on web site “Market Index, Popular Pages, ASX short sale data”.
<https://www.marketindex.com.au/>

The lithium market was then viewed, in particular LTR-Liontown which has received its 4th takeover offer from Albemarle at \$3.00 per share.

Franked Dividends were then discussed, in particular BHP at 8.6% and Woodside at 9.94% which are very healthy returns from two major companies.

Qantas promoted general discussion, also the debacle of Snowy 2 blowout from \$2 billion to \$12 billion.

There were a couple changes in the monthly listing by four members.

Again, thanks to Margaret and Les who ran the August meeting.

The next meeting of Investment will be on Monday 2nd October at 2.00pm in our U3A room No.1.

John Hanlon and Malcolm Sanders

Let's Talk Books

Thankyou Patsy for another poem from your *Comic and Curious Verse book*, we do look forward to, and enjoy your recitation every month. Patsy also read the memoir of Alan Bennett *Keeping On and Keeping On*, Alan wrote *The Lady in the Van* which was made into a film and stage play. *Amanda Heart wrote The Moongate* a story covering 3 generations of love, war and mystery between Tasmania, London and Kerry during 1939, 1975 and 2004. *Jack de Crow* by AJ MacKinnon was a delightful book. AJ MacKinnon took off from the school where he was a teacher and rowed a dingy, aptly named Jack de Crow from Yorkshire to the Black Sea with many adventures along the way. *Richard Osman author of The Thursday Murder Club* was discussed and recommended the first book be read before the 2nd and 3rd. Lyn has been dipping into Utube with great interest and we do enjoy the magazines Lyn brings along to our group. John Grisham, James Patterson and Harlem Coben, occupied our reader along with *Before You Judge Me: Being David by David Oldfield* former Australian politician from the One Nation party, interesting reading and written more in the style of conversations. Murder and mayhem took the interest of our reader with *Drugs, Guns and Lies by Keith Banks and Murder Mayhem* thrown in for good measure. *Double Shot of Happiness* is Tim Sharp's extraordinary journey from being diagnosed with Autism to becoming an international renowned artist, and his mother's struggle to support him. *Dear Dolly by Dolly Alderton* and the many letters written to her in her career as an agony aunt journalist, *Anthony Callea: Behind the Voice* gave the reader an insight into his life. *Lipstick Bureau by Michelle Gable*, proved a very good story about a real life female spy who challenged convention and boundaries. *A Nearly Normal Family* is a novel by M.T. Edvardsson when a teenage girl from a respectable family is accused of murder, where does that lead? Award winning Australian author Vikki Petraitis has written *The Unbelieved*, well worth the read as was *River Sing Me Home by Eleanor Shearer*, a mother's journey across the Caribbean to reclaim her stolen children. *Rough Justice by Robin Bowles* revisits the mysterious Falconio murder in the N.T. and Phillipa Gregory has made an appearance in *The White Queen*, always enjoyed. I can't wait until October to see what everyone has read this month.

Geraldine McCorkell

Lifeball

With the return of our travellers, we were again able to play a full court game. Having had a mixture of half and full court games over the year, as numbers fluctuated, there was quite a bit of laughter as we tried to get the rules straight, and the game was, as always, great fun.

Lifeball is played weekly at Benalla Indoor Recreation Centre at 10am Mondays. It is a modified game for anyone who has enjoyed netball or basketball in the past, or who would just like to stay fit in a team sport. No skills or experience are needed! Convenor Marlene can be contacted on 0428210944 for more information

Julie McNeill

Meet and Mingle



The guest speaker at the September Meet and Mingle was Lou Sigmund who gave us a very interesting talk about the *Men's Shed*.

Lou told us that there were 1300 Men's Sheds in Victoria. There are about 35 members at the Benalla Men's Shed. Lou mentioned that there are also two other organisations in Benalla who have attached the Men's Shed to their name to procure funding for their organisation.

Originally the Men's Shed was housed in a Poultry Shed, the problem with this being that the men had to move out every time there was a poultry display such as at the Benalla Show. This was inconvenient and caused quite a deal of disruption to the Men's Shed members.

As President of the Men's Shed, Lou was instrumental in obtaining a grant worth \$80,000 to build the current Men's Shed. This new shed enables members to follow what their interests are. Lou spoke about members hoping to build a kitchen as part of the shed in the future.

Many of the men have worked in trades such as being Electricians or Plumbers before they retired. There are also many former farmers in the group.

Lou said that his members are interested in assisting the Benalla community where they can. Whilst they will not take work away from current tradespeople, they are very capable of changing washers on taps, changing batteries in smoke detectors, and even mowing the odd lawn where they find that the older person has been overcharged for the service.

There was a lot of humour in Lou's presentation particularly relating to men concentrating on one task at a time, whereas ladies often multitask. Thank you, Lou for a great talk. You have a wonderful way of connecting with people.

The guest speaker at October's Meet and Mingle on Wednesday 18 October will be Fiona Kleinitz from the *Stroke Foundation*. This will be followed at 11.30am by a talk on *Scams* by Leading Senior Constable Lisa Atkinson, which in turn will lead into a BBQ lunch as part of Get Online Week. Everyone is welcome to come to Meet and Mingle, stay for Lisa's talk and then lunch.

Margaret Jenkins

Music Appreciation

"It simply wrote itself", commented Sergei Rachmaninoff on the melody that comprised the major theme of his 3rd Piano Concerto. Perhaps that could be the wish of many of us as we get older and brain fade tendencies seem to increase! That melody, however, was to grow into one of the towering masterpieces composed for the keyboard and formed the centrepiece of the first of our September sessions. Unlike Rachmaninoff, Tchaikovsky could relate to some degree of brain fade. Struggling to compose his 5th Symphony, he frequently complained of 'writer's block' and began to wonder whether he has simply run out of ideas. History demonstrates, of course, that nothing was further from the truth. This symphony with its

theme of “ultimate victory through sacrifice”, was ordered to be played during the World War II Siege of Leningrad in an endeavour to keep up the spirits of the city’s population, thus ensuring its popularity. One performance was broadcast live to London and listeners could hear the sounds of bombs exploding as the musicians played on. This symphony was the central item for the second of our sessions this month - but without any added sound effects of bombs. A Spring Festival Overture by Chinese composer Li Huanzhi and Schumann’s Spring Symphony helped put spring into our step as we celebrated the arrival of the new season, while Smetena’s romantic “The Moldau” and Bruch’s 1st Violin Concerto with its dreamy adagio movement, proved a perfect foil to the drama of Tchaikovsky Symphony. The video recordings and explanatory notes for each performance can be accessed via the Music Appreciation page on the website.

Bill Squire

Page Turners

September’s book *‘Lessons in Chemistry’* by Bonnie Garmus, was enjoyed by the class. Set in California in the 1960’s, the thought-provoking main character, a scientist, became a chef on television and, with her chemistry background, encouraged women to pursue their goals. “A tale of female disempowerment in the 50s and 60s gets a culinary tweak in this sweet revenge comedy” ([The Guardian 19 April 2022](#)).

October’s book, *‘Camille’s Bread’* by Andrea Lohrey, is set in a ‘Sydney steamy summer in a terrace house where mother’s new partner tries to win over young daughter Camille’.

Bev Lee with Pat Treleaven (Meg is in Dublin!)

Patchwork and Craft

Dates for your diary: We will be having our annual display on Wednesday 15th of November at Meet & Mingle. Quilts and Craft Items can be dropped off to me before the day or need to be dropped at the rooms by 9-30 am on the Wednesday. Also, our lunch this year is on Thursday 16th November the Thursday (the day after the display) at 1 pm. A gift of \$10 value to exchange.



See you in October!

Dorothy Webber

Photography

It was good to start up again in September for the second half of the course (well for me it was!) and to see the turn out to the Photography class on Thursday.

We talked about the photos that were sent to me before sitting back to watch the videos (I hope the lollies I brought helped everyone to stay awake!) We discussed the use of soft boxes and also the framing in the photos. Hopefully this has helped you to look further into how you want to take some photos. Always remember the importance of really 'seeing' what you want to grab and not just grabbing a photo.

The videos watched during the session all stimulated further thought and discussion about photography:

1. **'Forget the Rule of Thirds'** [Forget the Rule of Thirds, do this instead](#)
2. **'iPhone Settings'** [Use Your iPhone Like a Professional Photographer \(Full Camera Guide\)](#)
3. **'Smartphone Photography'** [13 Smartphone Photography tips & tricks](#)

We had some issues with some of the speech speeds of the presenters. I am glad these are on video so they can be watched again to hear what the presenter has to say. It can also be helpful to go into Settings at the bottom of the YouTube screen and change 'Playback Speed' to .75. We will look at another video which didn't work on the day at a future session.

Remember you can always check out [Photo Submissions](#) and [Session 5 Resources](#) on the website.

Great to see everyone and hope you all will come to the next session in October.

Rene Martens

Play Reading

'*Brighton Beach Memoirs*', our play in September, is a semi-autobiographical play by Neil Simon, the first chapter in what is known as his *Eugene Trilogy*. It precedes *Biloxi Blues* and *Broadway Bound*.

Neil Simon (July 4, 1927 – August 26, 2018) was an American playwright, screenwriter and author. He wrote more than 30 plays and nearly the same number of movie screenplays, mostly film adaptations of his plays.

The play is set in the Brighton Beach section of Brooklyn, New York in September 1937. It is a comedy focused on Eugene Morris Jerome, a Polish-Jewish American teenager who experiences puberty, sexual awakening, and a search for identity as he tries to deal with his family, including his older brother Stanley, his parents Kate and Jack, Kate's sister Blanche, and her two daughters, Nora and Laurie, who come to live there after their father's death. Jack's health suffers as he works two jobs to support the extended family. Stanley faces problems with his own job, when he stands up to his somewhat tyrannical boss; cousin Nora, whom Eugene has a crush on, is eager to be a paid dancer in a Broadway musical, though the family's circumstances do not allow it; and the younger cousin Laurie has heart problems and is a source of annoyance for Eugene.

This is a study of the various relationships within families, between the siblings (Eugene and Stanley, Nora and Laurie, and Blanche and Nora). After Kate and Blanche had a major row, Blanche realises the need for self-respect rather than self-pity. And a row between Blanche and Nora also results in a much-improved relationship. During all the ups and downs, Jack is the wise father/uncle who holds the family together. An underlying theme is the need for conversation as otherwise resentments can fester.

Having enjoyed '*Brighton Beach Memoirs*', we will be reading '*Rumours*', also by Neil Simon, at our October meeting on Wednesday 4th October, 9.30 am to 12, Classroom 1.

Joy Shirley

Politics and Current Affairs

Join us as we dissect local, state, federal and world affairs – Tuesday 10 & 24 October, 10 – 12, Classroom 1.

Brian Harker and Neville Gibb

Recorder Group

This month the recorder group played at a concert organised by Benalla Rose City Band, which was showcasing local music. I couldn't be there as I was already committed to playing at another concert. The group did a wonderful job of getting prepared, including scheduling an extra rehearsal. A good deal of thought is needed to bring it all together for a live performance. I received some lovely feedback about the concert, so congratulations to them all!



Janet Douglas

Singing for Fun

September has seen lots of great songs by all the Leaders. Kieran focussed on some Al Jolson songs one morning, whilst Margaret chose a series of 'partner' songs at one session which were challenging but the group coped well. Brian chose some of our favourite songs during the month, whilst Carmyl had some Scottish songs one morning.

Thank you, Gwen for accompanying the variety of songs which have been chosen.

We are starting to work toward the U3A concert which will be held on Wednesday 15th November at 10am in the Auditorium of the Benalla Seniors and Community Centre. The singing group will entertain for 30 minutes this year, due to the Recorder Group and the Ukelele Group also performing at the concert. It will be great to have all the musical talent of U3A Benalla on display. We do hope that lots of U3A members and also their friends will come along and be part of the audience.

The next meeting of Singing for Fun will be on Thursday 5th October at 10am at the Hub in Cooinda.

Margaret Jenkins

Sky's the Limit

September's Tocumwal Aviation Museum Visit – *'Matt and Karen Henderson had a Dream'*

Leaving the world of high finance to build and establish an aircraft museum requires serious vision, and money [lots of it], and enthusiasm [lots of it], and courage [lots of it], and resilience and perseverance – you have guessed it [lots of it], and amazing research skills, collecting ability, patience [years] and commitment.

The museum hanger was specially built and decorated for the aircraft on display [most of the display is airworthy and flies regularly]. The display changes depending on the flying program. The result is amazing.

We had just come in from the 'Drome Cafe' [where everything was delicious] and pondered on the changes, here, over the years – The first landing in 1919 –commercial regional airlines in the 1930's - #7 Operational Training Unit B-24 Liberators during WW11 – the largest aerodrome in the southern hemisphere in 1942, and the largest base that the RAAF have ever operated.

As a group we have many and varied aviation experiences and stories, so to stand in this very clean and well-lit hanger, immersed within aviation history, was amazing, and to visit the secret bunker and see how things worked there – well, history is alive and now.

In 1964 one of our members started skydiving. One of his favourite aircraft was the Dominie Rapide (DeHavilland 89) - and there it was – in the hanger looking like new – super excited!

To everyone reading this—make the effort and go and visit – the Drome Cafe is very good and the history here is something to experience.

Our speaker on Tuesday 3 October at 2pm is retired Qantas pilot Richard de Crespigny. Richard is famous for successfully piloting an Airbus 380, Qantas flight QF32, when it suffered a catastrophic uncontained engine failure just a few minutes after departing Singapore in November 2010. The crew managed to bring the airplane back to Singapore for a successful landing. Richard wrote a book *QF32 and Its Aftermath* about that & *FLY! The Elements of Resilience*. Before Qantas he flew for 11 years with the RAAF.

Andrew McFarlane and David Palmer

Stock and Land

Dennis O'Connor of *Mistletoe Limousins*, Greta South, talked about his three decades of breeding Limousin cattle and until 2005, combining it with a teaching career. He said when he began with the breed, Limousin were renowned for being a bit wild and flighty. Nowadays they are much easier to handle and at Mistletoe they are rated with a docility score.

Dennis joins their 70 breeders to about 20 bulls accessed by semen from breeders all over the world. But he is suspicious of some overseas bulls which have poor legs and feet and could not easily cover the distances necessary on many Australian farms.

A high point in 30 year's breeding, was in April when Dennis and wife Pam's Mistletoe Sweet Cake, was supreme exhibit at the Limousin National Show and sale at Holbrook.

Another high point in the O'Connor family life, was when Dennis and his three sons, demonstrated whip cracking at the opening ceremony of the 2000 Olympic Games in Sydney. Dennis gave us a modest demonstration of that when he cracked a whip inside the U3A room.

For the next Stock and Land on Tuesday October 3, we will visit Dom and Joanne Bayard's *Global Reproduction Solutions* Wagyu beef genetics farm, at 256 Peck Road, Goorambat. Dom spoke to the group in Benalla in April and invited us to visit the farm. Details of the visit will be emailed to participants in late September.

David Palmer



Tech Advice

Don't forget that if you reach a stumbling block on your iPad or iPhone, you can contact Jenny on 0409 545 182 for a one-to-one appointment. If you use an Android phone or tablet or Windows laptop, Robyn 0403 164 931 is the person to call.

Jenny Sawyer/Robyn Lukey

Tech Savvy Beginners – Android

Topics covered in September included -

- [Creating a gift from a personal photo](#). (BeConnected)
- What you can do with your photos ([BeConnected](#))
- Using [SnapFish](#) or [Vista Print](#) to create gifts eg Books, Calendars & Mugs etc.
- What is AI? We tried [ChatGPT](#), asking some questions to generate content and discussed whether we should use AI to generate English content.
- [Find Penguins](#), a Travel Tracker and Travel Journal App which creates a travel journal, combining text and photographs in a travel blog which can be made into a book. It is simple and easy to use – you just need to have your phone in your pocket.
- [Hotpot AI](#) - a valuable tool for enhancing photographs, thanks to its image editing capabilities. It's equipped with features like the picture restorer, which can refine and restore the quality of portrait photographs. It has an option for editing photos quickly, and there is a free version.

Robyn Lukey

Tech Talks

At our last Tech Talks we devoted the session to bringing us up to date on new developments in **Li-Fi**. Li-Fi utilizes light to transmit data between devices. This is, in effect moving digital communication from the Microwave spectrum to the visible light spectrum. This is extremely interesting and has been made possible by the development of LED light globes. In terms of its end user, the technology is similar to Wi-Fi – the key technical difference being that Wi-Fi uses radio frequency to induce an electric tension in an antenna to transmit data, whereas Li-Fi uses the modulation of light intensity to transmit data. Li-Fi is able to function in areas otherwise susceptible to electromagnetic interference (e.g. aircraft cabins, hospitals, or the military).

Neville Gibb

Ukes4Fun

The group has been practising for our first concert which will be during October's Get On-Line week BBQ lunch at 12 noon on Thursday 18th October. The group has selected a group of songs which should appeal to all who will be in attendance.

Heather Wallace

Wine Appreciation

Our morning of wine tasting was held at Gracebrook Winery located in the lovely King Valley. Set on the side of a hill, the cellar door is in the old, converted stables and we looked out across the vineyard with the vines just barely coming into bud. There was much clinking of bottles as people headed for their cars – so the wines were good. Lunch was at the Mountain View Hotel in their very relaxing garden.

October (20th) winery is Chambers Rosewood Vineyard on **Barkly St Rutherglen**. Our Tasting is booked for 1100 and there is a \$5 tasting charge. Lunch will follow at the Quartz Cafe in Cofields Winery (previously called Footsteps) 341 Distillery Rd, Wahgunyah.

This will be our last outing as a group until March 2024, so I look forward to catching up with you all and our wayward travellers.

We will meet in the **SENIORS** car park at **10.00**. RSVP by Sunday 15th October to phone/text 0428 696 408 or email nicnakmac90@gmail.com. Until then, stay safe and have fun.

Nicole McFarlane





U3A Benalla and District
CHRISTMAS LUNCH/BREAKUP
Hosted by the U3A Wine Appreciation Group

WHEN: Friday 17 November 2023

WHERE: **The Red Stag Restaurant,**
 324 Hughes Lane, Eurobin

COST: \$50 per head for two-course lunch
 Meal and Bus \$60.00 - own transport \$50.00

The bus will leave from the Benalla Bus Depot at 10.30 am sharp!

Name 1: _____ Ph: _____

Name 2: _____ Ph: _____

By Bus: \$60 pp No: _____ Cheque: _____ Cash: _____ EFT: _____

Own Transport: \$50 pp No: _____ Cheque: _____ Cash: _____ EFT: _____

Please return completed form together with your payment - either:

- Post to **U3A, PO Box 674, Benalla, 3672** (cheque only)
- Leave form with payment at **RedB4 Bookshop** (next to Hide's Bakery) in an envelope marked U3A Christmas Lunch with your name and Phone Number on the envelope.
- EFT payment - Scan & email completed form to Corrie Witlox cwitlox02@bigpond.com
 Make EFT payment to **Goulburn Murray Credit Union. (GMCU)**
Account Details: BSB: 803 078 Account: 137131
Reference 'Your Name (Surname First)'. Record receipt # for your own record.

Payment to be received by no later than **Wednesday 8th November.**

For further information: **Corrie Witlox: 0357 62 8225**

What's on in October?

Monday, 2 October

- 09:30 Exercises for Fun
- 10:00 Collectors Baby/Childhood Photos of oneself
- 10:00 Lifeball - Marlene 0407 240 943
- 10:00 Art Appreciation - 'The Back of the Painting'
- 12:00 Ukes4Fun
- 14:00 Investment
- 14:00 Let's Talk Books

Tuesday, 3 October

- 10:00 Page Turners - 'Camille's Bread'
- 10:00 Stock and Land - Global Reproduction Solutions Wagyu Beef at Goorambat
- 12:15 German
- 14:00 Sky's the Limit – Richard de Crespigny, former Qantas pilot and author

Wednesday, 4 October

- 09:30 Easywalks - Friend's Track - Wildflowers!
- 09:30 Play Reading - 'Rumours', by Neil Simon
- 13:30 A Taste of Art Workshop with Leon Pappas
- 14:00 Cards '500'

Thursday, 5 October

- 10:00 Singing for Fun
- 10:00 Tech Savvy Beginners - Android
- 13:00 Patchwork and Craft
- 14:00 Family Research – Drop In

Friday, 6 October

- 10:00 Sustainability
- 14:00 'In the Lap of the Gods'

Monday, 9 October

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0407 240 943
- 12:00 Ukes4Fun
- 14:00 Creative Writing
- 14:00 Garden Team

Tuesday, 10 October

- 10:00 Politics and Current Affairs
- 12:15 German
- 14:00 Jane Austen Book Club - 'Persuasion'
- 14:00 Tech Talks

Wednesday, 11 October

- 10:00 Recorder Group
- 14:00 Film Discussion Group

Thursday, 12 October

- 09:30 Birdwatching - Upotipotpon
- 10:00 Singing for Fun
- 10:00 Tech Savvy Beginners - Android
- 13:30 Executive Committee Meeting
- 14:00 Family Research - Beginners

Friday, 13 October

- 10:00 Music Appreciation
- 11:45 Chat 'n Chew - Benalla Bowling Club
- 14:00 Armchair History

Monday, 16 October

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0407 240 943
- 12:00 Ukes4Fun

- 14:00 As Time Goes By - Memoir Writing – 'This (...) Life' or 'Right Here, Right Now'

Tuesday, 17 October

- 10:00 Demystifying Psychology Course #4
- 12:15 German
- 14:00 Exploring the Universe

Wednesday, 18 October

- 10:00 Meet and Mingle – The Stroke Foundation
- 11:30 Get On-Line Week – 'Scams' - guest speaker
- 12:00 Get On-Line Week BBQ Lunch
- 13:30 A Taste of Art Workshop with Leon Pappas
- 14:00 Cards '500'

Thursday, 19 October

- 10:00 Singing for Fun
- 10:00 Social Chess (to be confirmed)
- 13:00 Family Research - Intermediate
- 13:00 Patchwork and Craft
- 14:00 Demystifying Psychology Discussion Group

Friday, 20 October

- 10:00 Wine App'n - Chambers Winery Rutherglen
- 10:00 Sustainability

Monday, 23 October

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0407 240 943
- 12:00 Ukes4Fun
- 13:30 Coin Collectors - 'The Humble 50c Piece'

Tuesday, 24 October

- 10:00 Politics & Current Affairs
- 12:15 German
- 14:00 Brain Games

Wednesday, 25 October – newsletter reports due!

- 10:00 Recorder Group
- 14:00 Wise Guys Book Group

Thursday, 26 October

- 09:30 Garden App'n - Betty's Garden, Yarrawonga
- 10:00 Photography
- 10:00 Community Singing
- 14:00 Family Research - Advanced

Friday, 27 October

- 10:00 Music Appreciation
- 14:00 Armchair History

Monday, 30 October

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0407 240 943
- 12:00 Ukes4Fun
- 14:00 Garden Team

Tuesday, 31 October

- 12:15 German

Wednesday, 1 November

- 09:30 Easywalks: Killawarra Forrest-Wildflowers!
- 09:30 Play Reading
- 13:30 A Taste of Art
- 14:00 Cards '500'

Tech Advice** – one-to-one sessions by appointment for members experiencing problems operating mobiles, tablets or laptops – Contact **Robyn** (Android Devices) **0403 164 931** or **Jenny** (Apple Devices) **0409 545 182 Referral on will be suggested if necessary.