



Benalla and District Inc.

## Newsletter – April 2024

U3A Benalla & District Inc

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## President's Report to the 2024 Annual General Meeting



"2023 was a year of expansion for U3A Benalla. We went from 325 members at the end of 2022 to 403 members in October 2023, a 22% increase. This expansion was in part due to the seven new programs introduced in 2023. These programs included Ukes4Fun with Heather Wallace, Photography with Rene Martens, In the Lap of the Gods with John Barry, the Sky's the Limit with Claire Rudolph, Enjoying the internet with Dawn Stephens, the Jane Austen Book Group with Meg Dillon and the Wise Guys Book Group with David Palmer.

U3A Benalla is consistently offering our members over 45 courses to choose from each year. Each course is run by a Convenor who has a passion for the program they are involved with. My thanks to each Convenor for the time and effort they put into running their particular course. Convenors are the backbone of U3A Benalla.

I would also like to thank the Committee for the support they have been to me during the past twelve months. This support is demonstrated not only by the valued input of Committee members at Committee meetings, but also by the backroom work all Committee members do in running this organisation.

In particular, I would like to thank Geraldine McCorkell who is retiring as Secretary after two terms, and Neville Gibb who is retiring after two terms as Treasurer. I am pleased that both Geraldine and Neville have nominated as Committee members.

I would also like to thank Lorraine Knox who is retiring from the Committee this year, after many years of being a previous secretary, as well as many years on the Committee.

During 2023 the Committee commenced looking at Policies which applied to U3A Benalla. This had not been done for a number of years. The outline of these policies came from U3A Network. We also looked at completed policies from U3A Lakes Entrance who presented them in very readable form. So far, the Committee has examined and passed the Anti-Discrimination Policy, the Code of Conduct Policy, the Privacy Policy and the Grievance Policy. The Committee is continuing to examine Policies and will complete this project in 2024. The completed policies are available for members to inspect in the U3A Office.

Enrolment day in January 2024 was a huge success. My thanks to all Convenors who volunteered their time to inform new members about their courses. In 2023 we attracted 100 new members to U3A Benalla. So far this year we have 65 members who have joined U3A Benalla for the first time.

Following Enrolment Day this year we trialled opening the U3A Office each Wednesday morning in January and February so that those who were unable to come to Enrolment Day could enrol. Thank you to Ruth Jelliff, Rina Caddy, Julie McNeill, Geraldine McCorkell and Heather Wallace for opening the office. The opening of the office was well supported with many people wanting to chat about the groups they were choosing, and will be repeated next year.

Communication within U3A Benalla is very important. Our Newsletter and Website are vital parts of our communication. I would like to thank Heather Wallace and Bev Lee for the many hours they spend producing the Newsletter and updating the Website. Also, thank you to all those members who contribute photos for Bev and Heather to use.

One of the important aspects of being President is talking to other organisations about U3A Benalla. In 2023 I spoke to the Ladies Probus Club, the Benalla Rotary Club and the Group Conference of the CWA at Swan Pool. In August 2023, there was a 10-minute presentation to the Councillors of Benalla Rural City, which was followed by 35 minutes of questions from Councillors to both Geraldine and myself. I would like to acknowledge the assistance of Bev Lee in the preparation of the slides for these presentations.

In the early part of 2024, we have introduced another two courses to U3A Benalla. These are Chess and Cooking Solo. Both groups are going well. In early March 2024 we welcomed our 400<sup>th</sup> member of U3A Benalla for this year. In 2023 we reached that milestone in October, compared to March in 2024. Our 400<sup>th</sup> member this year, Veronica Bock from Glenrowan, has joined the Singing Group and Exercises for Fun. Increasingly we are finding that a number of members are coming from areas outside Benalla. We now have a member of our Wine Appreciation Group from Albury, and our German group has a member from Beechworth. The number of Members attending each group appear to be increasing, which underlines our need for another room which could accommodate 40 to 45 members.

During 2023, at our presentation to Council it was suggested that we inspect the Supper Room of the Town Hall as a possible meeting room. Unfortunately, the supper room of the Town Hall was not suitable. We have also enquired about the availability of a room at the Australian Christian College in Sydney Road, but have been told that these buildings are being decommissioned. So, we have not solved where we can find a large meeting room. We are hoping that Councillors will include funds for a room to accommodate 40 to 45 people in their Budget in 2024.

During 2023 we promoted the idea of changing the name for this building to the Benalla Seniors and Community Centre, which we felt was more inclusive of U3A Benalla, the Benalla Bridge Club and the Benalla Social Dancing Group as well as the Benalla Senior Citizens Club. We included this idea in our presentation to Council in August 2023, and the Councillors appeared to be receptive to our idea. The suggestion has been through the Public Feedback stage, and we look forward to Council making a decision regarding the name change of this building in the near future.

In conclusion, 2023 was a very successful year for U3A Benalla. We are a growing organisation providing courses which involve physical, mental and social interaction for 400 plus members of the mature community of Benalla. It has been a privilege to be your President for the past year."

Margaret Jenkins, President  
U3A Benalla and District AGM, March 20 2024

## Program News

### Course Coordinator's Report

As Course Co-ordinator I would like to receive 'Expressions of Interest' from members for the following courses:

1. Spanish
2. French
3. Pickleball
4. Line Dancing

At the moment we have a qualified gentleman interested in teaching Spanish. If anyone knows of someone who might be prepared to teach Line Dancing, Pickleball or French, please let me know.

These courses will depend on the response of members. Hopefully we have members out there keen to participate in these courses as well as being a Convenor.

Please feel free to phone me on 0438 447 379 with your interest.

I am also keen to hear about any other courses members may find appealing.

Anne Nelson

## Group Reports

### A Taste of Art



It was great to read the Broken River Painters Newsletter article on our U3A 'A Taste of Art' group and see photos of the group at work in the Broken Rivers Painters' Studio. Thank you, Peter Thompson, for writing the article, taking photographs and letting us use them in our newsletter and on the website.

### Art Appreciation

At 'First Monday' in early March we listened to a printmaker explain his craft. Bill Young, a printmaker for several decades, has worked with several distinguished artists and etchers. Bill transforms what is already a work of art - a drawing etched on a piece of metal or some such item - into a print which displays its artistic merit.

The Gallery will not be holding a First Monday session on Monday 1st April due to this being Easter Monday and a Public Holiday.

First Monday's will resume on Monday May 6th, when gallery staff will "join in conversation with [Janet Leith](#), about her exhibition, *Melancholia*, showing in the Simpson Gallery. Following the loss of her father, Janet used the human figure to explore her own emotional and physical world....The figures are depicted as vulnerable and stark against bold backgrounds; the large, cropped bodies, torsos and busts are de-identified through fabric wrapping of the face and body."

We hope to see you then.

Neville Gibb

### 'As Time Goes By' – Memoir Writing

Discussion of Andi Stevenson's amusing 'slice of life' in the March *Tatong Tattler* began this month's session. Andi, (who now has pierced ears), reflects upon shifting from always having viewed earrings as a problem to seeing them having great potential - as mobile-numbered ear tags identifying her movements and protecting her through years of forgetfulness!

Heather Hartland's thoughtfully written story tracking the progress of equality for women in the defence forces then led us into '**Her Story**' - a group of stories celebrating women in our lives.

Barry reflected on his mother's generation and the role his mother and aunts played during and after the war. Carmyl's mother Florence (Beth) played a less high-profile role but was no less influential. The conclusion to her father's tribute to Beth in the newspaper said much: '*So loved, so loving, so lovely*'.

For Ray, 'Auntie Kath' provided a major reference point for his life and for the joy missing from much of his formative years. In a second memoir, through the threads of his life, "Your God's" grace was a frequent feature.

Jocelyn's career frustrations were an impetus for her son James' later academic achievements. 'Born in the wrong generation', her career aspirations as a teacher were put on hold to support her farmer-husband. Later writing her life story and volunteering abroad, she offered James the incentive to see visions and dream dreams.

Graham wrote his introduction to his mum, Joy, in the first person. 'Joy' articulated and scoped her heritage which would be the foundation for her later achievements in the business world. His cousin Heather's many quality features were enumerated by Neville, as was the influence of her family heritage. 'Generous to a fault', Heather was honored through Neville's memoir.

For our final story in celebration of International Women's Day, Bev chose to recognize journalist and documentary maker Anne Deveson. Anne's memoir 'Tell Me I'm Here', which recounts Anne's experiences with her son Jonathon, who had paranoid schizophrenia, became a pivotal text for Bev's understanding of a blended family tragedy and her work as a social worker.

Our main '500 words' topic for our April session is *'The (eg Best, Worst, most memorable, ...) Holiday/s I ever had'...* A chance to write about the best, happiest, worst, or most memorable holiday (or holiday period) you ever had. Lead us through the events which shaped your view of the holiday, allowing us to share in your elation or disappointment. Alternatively, you can choose to reminisce about memories of memorial days or religious events, such as Anzac Day or Easter, which have stayed with you over time.

Graham Jensen

## Australian Shares & Stock Market

Another good rollup to our second meeting, with one visitor - welcome Brian G, good to see you again.

We had a look at the Top dividends & Upcoming dividends on the Market Index web site. During the months of February and March most ASX stocks reported their six-month financial returns and dividends. The whole market was positive during February, however Lithium in 2024 is no longer sought after due to oversupply, hence spot prices are down 50% on 2023. Energy companies appear to be gaining most with a handout of BOS energy.

Our Long-term selections are again a little mixed, however Wende was a clear winner with a \$7,841 gain with her selection of WC8. Colin, Barbara, John, & Bill also had gains of over 20%.

On our Monthly selections, there was a mixed result overall. Four people selected a new stock for March. The best result for February was achieved by Nola, with a gain of \$5,228 with AGY.

Our Bendigo Watchlist was in positive territory, with Graeme providing his selection for next meeting's review.

Our Real Time selections report needs careful row review, with the adding of capital gains and dividends making for more discussion. A good example on this sheet was the selection by Jan in February of CBA that paid a dividend, then sold all the net value less \$40 to purchase WOW that paid a late dividend on 28th February. This was cited as trying to gain on capital gain with dividend cumulative sum. Only four transactions per year per person can be allowed for as the report sheet will become too deep. You can sell or buy at our meeting. This can be nominated by noting week one sell (S1) week two (S2) etc on the sheet, so you can sell or buy (B1), (B2) during the weeks between meetings. This can mean gaining a dividend or selling when the stock hits a high. One stock CUE was noted with a dividend of 2 cents with stock price of 6 cents on 22nd February. With an ex-dividend date of 21 March, they are now trading at around 11 cents. We still have several big companies and ANZ & NAB banks to report over the next 8 weeks, which will allow you to sell or buy on this work sheet.

Our next meeting will be **Friday 5<sup>th</sup> April at 2 pm** as Easter Monday is a Public Holiday.

Malcolm Sanders

## Be Connected – Android

In March we looked at emails – blocking unwanted emails and unsubscribing from organizations sending emails we no longer wish to receive.

Also, for a change, we shared some favourite "tricks" to get to the settings that we prefer to have on our devices, for example how to access verification codes sent to us.

We used the "Be Connected" website to learn how to receive, and use, escripts from our doctors.



Following suggestions from our group we will look at photos during April. Not only how to enhance our photos but also how best to store them to suit our individual preferences.

We continue to invite class members to suggest topics and issues they would like help with.

Ruth Jelliff

## Birdwatching

A successful first outing for the birdwatching group in 2024 was held on Thursday 14 March. We managed to fluke a mild morning for our Ovens River walk in Wangaratta.

Fourteen people attended including a few new members.

We recorded 21 bird species along the river; a highlight for me was a pair of Azure Kingfishers perched on a log, just above the water. They are beautiful little birds.



Andi also got this great shot of an immature male Superb Fairy-wren in full song.



Other birds of note were 2 Little Pied Cormorants, flocks of White and Straw-necked Ibis in an adjacent paddock, and several Kookaburras and Grey Fantails.

The walking track has good views of the river and showcases some of the massive River Red Gums that line its banks.

Some people stayed on in Wang for shopping, and the rest of us enjoyed coffee at a nearby café.

Here is a link to the eBird list for our walk. <https://ebird.org/australia/checklist/S165091467>

## Next outing Thursday 11 April to Winton Wetlands

Please meet at 9.30am in the car park behind the Seniors building. The water at Winton Wetlands is receding, but it is still well worth a visit. Some birds really enjoy feeding in the muddy shallows. I expect we will also see a few birds of prey as they hunt over the water or the open grasslands. As usual, please wear comfortable walking shoes, a hat and carry water and any food you need for the morning. Binoculars are always recommended if you have them. I hope we will have time to enjoy a cuppa at the Mokoan café afterwards.

Kathy Costello

## Brain Games

Verbal, numeric, visuo-spatial and lateral skills were exercised, and some participants might be googling Brain Gym for extra challenges.

There are various motivations which include honing memory and learning habits of problem solving and flexible thinking.

Are you stuck in habitual patterns? Try putting on the other shoe or sleeve first. It can free up thinking. This was February homework.

March was a hard slog, but I think we're ready for Mensa membership, as long as they accept team entries!

Elsbeth Maconachie

## Bushwalking – Easy Walks

A run of warm weather and a sultry, 35-degree day in Shepparton saw the cancellation of our walk along the Goulburn to the Botanic Gardens. We'll try again in June!

### Wednesday 3rd April: Jamieson autumn walk.

The leaves seem to be drying and falling rather quickly this year, but we'll hope there are a few left both for this walk, and for our May walk to Bright-both being towns known for blazing autumn colour. Situated at the confluence of the Goulburn and Jamieson rivers, the Island walk has been a popular destination in the past. We will have a picnic lunch by the river and then explore the town's historic buildings, as well as watching the locals at their favourite fishing spots.

Meet at the Seniors' carpark, Fawckner Drive, to leave at 9.30am, with confirmation to Julie by text, email or phone message on 0407823031 or [juliemcneill55@gmail.com](mailto:juliemcneill55@gmail.com). Remember to bring drinks and a picnic lunch, and car sharing is available for a small contribution.

### **Wednesday 1st May: Cherry walk, Bright**

Starting at Howitt Park, in the centre of Bright, we will head along this well-known walk in an area once devastated by mining dredges. Now a pretty walk full of historical interest, we will complete the loop and return for a picnic lunch at the park-and maybe a coffee or ice cream from one of the many cafes.

Confirmation to Julie as above, and we will leave at 9.30am

Julie McNeill

### **Chat n' Chew**

Our April 'Chat n' Chew' lunch will take place at the **Kim Wah Chinese Restaurant**, 118 Bridge St East, on Friday 12<sup>th</sup> April, arriving at 11.45 for a 12 midday start.

Members who have enrolled in Chat 'n Chew need to let me know each month if they wish to attend. If I'm not available to answer the phone when you call, please leave a message-also, don't forget to include your name in the message, not just the phone number.

If you wish to attend the April Lunch at Kim Wah, please contact me on 0427 376 991 by Tuesday 9th April.

Lorraine Knox

### **Community Singing**

At the March Community Singing we welcomed back Joyce Borschmann who had been away for some weeks. We also congratulated Patsy Bollard on her 89<sup>th</sup> birthday next Sunday, starting the morning by singing Happy Birthday to her.

Brian Greed played the piano for us and used the Tram Song book for the first half, and Sammy's Song Book No 1 for the second half. Thank you, Brian for your playing which you seem to do so effortlessly without any music. Thank you also to Kieran for leading the singing.

We are not having Community Singing on the fourth Thursday in April because it is Anzac Day. However, there will be Community Singing on both the 23<sup>rd</sup> and 30<sup>th</sup> May at the Hub at Coinda at 10am.

Margaret Jenkins

### **Cooking Solo**

The class has now settled with 10 regular enrolments. Unfortunately, this is the maximum capacity for the venue, and we apologise to those on the waiting list.

Thanks to Lin, Nicole and Rina for your assistance when unforeseen illness has occurred. This has allowed "cooking as usual" and tasty lunches continue to be enjoyed.

Eggs featured in Week 2. We made 2 Frittatas – one using fresh vegetables (eg. tomato, capsicum, onion and basil), and the other with roast vegetables (suitable for left-overs). These were served with coleslaw. This was followed by apple pie and boiled custard.

*What did the egg do when it heard a joke? It cracked up.*

Ten participants and four volunteers took part in our third session.

We were fortunate to have Guest Speaker Jill Cook, Community Care Dietician, and two student dieticians in their last year of training join us. They were most popular with the solo cooks, who asked many relevant questions. Indeed, we had to call it a halt after an hour!



This was again a very happy social session, and an invitation to return was gracefully accepted by Jill.

Everyone took part in preparation of the meal of corned meat, sauce made from the stock, and a variety of vegetables. Sweets were diced fresh fruit salad and ice cream.

At our fourth session nine participants enjoyed Lamb Casserole and foil baked potatoes demonstrated by Val, and Lin's delicious Goulash with dumplings. These were followed with baked Apricot Sponge. Another tasty, tummy filling lunch!

Gwen Mildren and Val Whan

## Creative Writing

**Hints:** The discussion this month was around the importance of grabbing the reader's attention at the start of the story. The first sentence could start at a point of action or moment of change, introduce the main character/s or pose questions that hook the reader. The back story, stereotypical openings, information dumps and long descriptions should be avoided at the start. Anything important can be sprinkled later throughout the story.

**Our challenge:** After talking about the use of words in the February class, the challenge this month was a follow up. The class were given a list of words with three possible meanings for each word. Some of the words were familiar, others were quite new. For example:

FULSOME: Fat, satisfied, **flattering**

INSOLATION: **Sunstroke**, rudeness, kindness

Insolation was not familiar, but one class members used the 'sola' and correctly guessed Sunstroke as the answer. But by incorporating some unfamiliar words, we were able to review the discussion from February around the value and problems in using unfamiliar words.

### Some of our Stories:

**Distinction:** A café scene where the barista identified regular customers by their order rather than name or features. Could have been titled 'The Almond Latte'.

**The Scream:** The neighbourhood peace is shattered by maniacal laughing, then screaming and a murder scene with all the hallmarks of a B grade melodrama.

**Marcus Passes the Day:** Marcus is a ghost with both mischievous and caring characteristics – teasing the dogs but stopping a runaway pram.

**The View from the Hill:** Returning to his childhood village, a young man climbs a hill in the snow. Descriptions of the cold and damp create the atmosphere as he relives trauma from the past.

**Little Cabin Boy:** The story of a little cabin boy starting life on a barge, and his later life.

### Prompts:

The prompts for our 8 April class are:

- I knew that sound. Dragons.
- Breathing at this altitude was harder than I thought it would be.
- Margot closed the book she was reading and turned out the light.

Joy Shirley

## Demystifying Psychology Course

This month we tackled Part 2 of the introductory session. The purpose of this session is to introduce participants to some of the key concepts used in Psychology. Once completed, participants are eligible to join the Psychology Discussion Group. We revisited evaluation tools used in psychology and in other disciplines - for example, a Pre and Post Evaluation tool. This simple and effective tool has many functions, one is to assess the soundness of a tutor's (U3A Convenor's) session content design and group discussions. If a course group initially reports low confidence in a topic and completes the term with the same low level of confidence, then the course content and delivery warrants review. We also considered:

- DSM - The diagnostic statistical Manual. Clinical Psychological and Psychiatric assessments are made by qualified and registered practitioners. The DSM manual, first published in 1952, lists criteria for various potentially disordered mental health presentations and the criteria for assessing each. The DSM is also something of a social and mental health history. For example, mid-20th century "disorders", eg. homosexuality, are no longer listed.

- Ethics in Psychology have evolved for the better, are now strictly enforced with clear research approval guidelines, and conducted under strong supervision. However, ... prior to these changes some pretty diabolical research was undertaken. An interesting video is at <https://youtu.be/zZ3l1jgmYrY>
- A history of Psychology and its genesis in philosophy dating back to Plato.
- Self-assessment using the D. Hunt "Preferred Personalities and Coping Styles" inventory/survey - a fun exercise that offers insight into how individuals might cope at their best and worst moments, and how the different personalities can work collaboratively to achieve goals. The casual application of the "Preferred Personalities and Coping Styles" in this U3A group hardly compared to completing, for example, the Eysenck Personality Questionnaire (EPQ), the Minnesota Multiphasic Personality Inventory (MMPI), and other well administered tools in more serious settings.

April's topic will be "*The Making of a Donald Trump*" - an interesting look at aspects of his childhood and his current travels toward, possibly, the next USA presidency. Spoiler - there is no definitive recipe.

NEXT Meeting - Tuesday 16 April 10:00am - 12:00 pm U3A Meeting Room 2.

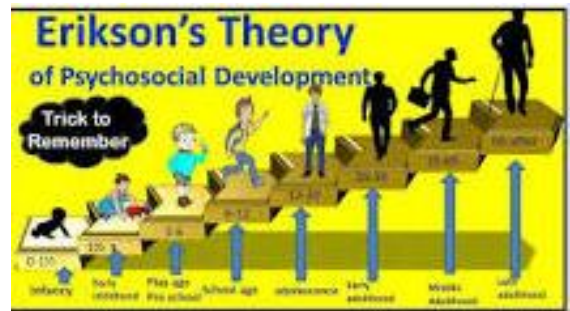
Jane Rushworth

## Demystifying Psychology Discussion Group

Again, the group was well looked after by Ruby Blue Cafe's Dan and Jodi. Thank you so much.

Aging and reflecting on change dominated our discussion. As usual a diverse range of views created a rich and thought-promoting atmosphere.

We enjoy aging, tend to feel like we are around 28 years old, and look in the mirror and wonder who that person might be. We bemoan the absence of an "elder" status in the culture that we experience, the impact of advertising that prioritises youth and beauty, and outsourcing our care to profit making entities. At national and global levels we reflected on the changing role of women, the stubborn gender pay-gap, and the disastrous consequences of our failure to learn from history.



The purpose of this group includes gaining an understanding of where we are at with reference to a psychological theory. Had he been an observer, developmental theorist Erik Erikson might have explained today's discussion as consistent with his theory about late adulthood - the conflict between "Ego Integrity and Despair". This developmental stage balances both a sense of integrity and fulfillment, as well as a willingness to face death, with dissatisfaction with life and despair over the prospect of dying.

Find out more at – [Erikson's Psychosocial Development Stages](#)

**Important:** The date for the April meeting has been changed to **Thursday 11 April** (at Ruby Blue 2-4pm). Apologies for the inconvenience

Jane Rushworth 0437 621 575

## Exercises for Fun

Any type of Exercise is so good for everybody. It could be walking the dog, jogging, swimming, or any kind of sport. To keep moving is the main objective. Our Exercise group meets every Monday at 9.30am sharp. All welcome.

Helen Jeffree

## Exploring the Universe

### The Story of the Square Kilometre Array Observatory in Western Australia

Once upon a time, not quite in the dark ages but in the late 1980's, some of the world's top astronomers discussed what they thought would be the ultimate in a telescope. The answer: 'A radio telescope with a collection area of one square kilometre and 50 times the sensitivity of any existing telescope!'

This could be achieved by linking many telescopes together to form what is known as a giant interferometer. The signals from every antennae can be electronically combined to imitate a single dish that is equal in size to the distance between them.



*From a Dream to Reality* - From meetings of minds of science, engineering and technology, over the next decades the plans for the largest science facility ever built came to fruition. The Square Kilometre Array Observatory has drawn scientists and governments from 20 different countries. When completed it will be the world's biggest radio telescope. The dual sites chosen for the SKA were 'radio-quiet' areas of the Murchison Radio Observatory in Western Australia and the Karoo Desert in South Africa. Hundreds of dishes and millions of antennas linked by around 80,000 kms of fibre optic cables will feed information into what will most likely be the world's largest supercomputer. Pushing technology to its limit, it may reshape our understanding of the universe.

In early March 2024 the actual construction of the telescopes at W.A. and South Africa began. This is confusing as we have already had construction of prototype SKA-low radio telescopes. The final choice has been a dipole antenna that resembles a Christmas tree. 131,072 antennas in total will be assembled, 256 to a station, grouped in 512 stations and covering 74 kms. In South Africa they have been excitedly awaiting the arrival of their first dish from China.

References: SKA. The story of SKA's journey is fascinating.

*The 30-year History of SKA.* <https://www.youtube.com/watch?v=vTvQaBhgd74A>

*New Observatory to Explore the Universe.* <https://www.youtube.com/watch?v=Hog411ZSzEY>

*Square Kilometre Array.* <https://www.youtube.com/watch?v=TTeLNC8DXKQ>

Last month we solved a mystery. What was the brilliant flash from outer space named the Tasmanian Devil that Len had told us of? It took months to track it down! It was a rare 'Luminous Fast Blue Optical Transient'. <https://www.youtube.com/watch?v=K20ub7IO62k>

Bev Morton

## Family Research

'Pains and Gains' shared this month were interesting and varied.

David has been having trouble adding the names on the younger generation to the family tree, due to the unusual names given, and having trouble determining their sex by the name. However, in contrast he has located an extraordinary website for family tree creation - the 'Find of the Month' later in this report.

Phil described having trouble converting old word documents into current formats. The group discussed this and suggested several options that might assist. He has also attempted to get information from his siblings, but none seem to have any information that might assist. On a more positive note, he is working on the family tree 'closer to the trunk' and has been in contact with possible relatives who have come up via his DNA results.

Mal is still having trouble extracting accurate information on one branch of the family to put into a book. However, he described a gain in the past when he found several old newspapers under the linoleum in his parents' kitchen.

Barry gave the group a copy of the chronological sequence he uses when researching any history. He showed how much easier it is to follow the sequence of events when writing the final book. Using the excel format you can also copy small articles from gazettes and newspapers into the file for future reference.

Discussion of the *Research Resources* and *Tips and Tricks* document followed, with David's 'find' to be added to the resources list and circulated to members.

'Find of the Month' - David Hall has an extensive family tree and has had a great deal of difficulty locating a program that would produce the tree in the formats and segments that he needed. He recently discovered the *Family Historian* site - <https://www.family-historian.co.uk/video-category/v7>. The group spent time exploring the options that this site offers. The main features viewed were the number of optional tree formats that were available.

Our next meeting is scheduled for ANZAC Day, and it was suggested that we continue the remembrance theme with a presentation session on members of our family that have served.

Barry O'Connor

## Family Research – Drop In

The *Family Research Drop In* is a small group session for Family Research Group members which provides encouragement and support in a hands-on setting. Members can drop in from 1 to 4 pm, receive mentoring support and, between 2 and 3 pm, share news of their progress, discuss the problems they have brought in,

explore common themes and recent developments. This month, for example, Robyn shared family photographs sent to her by a 2<sup>nd</sup> cousin recently discovered through a DNA match. We also looked at a [cousin calculator](#) highlighting cousins – from regular ‘first cousins’ to ‘tenth cousins ten times removed’!



Bev Lee

## Family Research – Getting Started

Our group session for March focussed on how Births, Deaths and Marriage Certificates provide useful information when researching our family history. We used the Victorian Births Deaths and Marriages website to explore an ancestor in our family tree. With the many variations in the spelling of names recorded in these documents we began by keeping the search broad.

In Ancestry, we explored how to follow up suggested hints for family members in our tree. Before accepting a hint, it is important to be cautious and verify the facts – Does it match the information that you have already researched?

We finished the session by watching a YouTube clip that demonstrated the best way to search for records within Ancestry using a card catalogue search.

Class members determine the focus and goals for their one-on-one sessions each month. Finding records, hints and photographs for ancestors has been a highlight of the March sessions. These discoveries have provided much excitement and motivation to keep researching. As one class member suggested – Family Research is very addictive!

Our next group session in April will focus on **using Shipping Records** to discover when our ancestors arrived in Australia. This will be followed by searching for records within Ancestry. Members will need a laptop or other device to access the internet for this session.

Deb Saunders

## Film Discussion Group

Several films were discussed this month, with *The Holdovers* being the pick. The film earned an Academy Award for Da'Vine Joy Randolph as best Supporting actress.

**Priscilla:** Based on Priscilla Beaulieu's own story around her relationship with Elvis Presley. The film was slow, with scenes where Priscilla wanders around an empty Gracelands, perhaps used to show her loneliness when Elvis was on tour but did not make for interesting viewing. Elvis was badly cast. It was rated as 2-3/5.

**The Beekeeper:** One man's brutal campaign for vengeance takes on national stakes after he is revealed to be a former operative of a powerful and clandestine organization known as "Beekeepers". This was an action thriller with generic action and lots of great stunt work. Rated as 3/5.

**Argylle:** A reclusive author, who writes espionage novels about a secret agent and a global spy syndicate, realizes the plot of the new book she is writing starts to mirror real-world events. It was a light-hearted satire on spy films, with lots of twists and turns. It was rated as 3/5.

**Force of Nature:** Five women participate in a hiking retreat but only four come out the other side. Federal agents Aaron Falk and Carmen Cooper head into the mountains hoping to find their informant still alive. This was promoted as "Dry 2" which was probably for marketing purposes as it was not a sequel, but a film around Aaron Falk. Some great scenery of Australian rain forest which created atmosphere around the mystery. The performance by Eric Bana who plays Falk was a bit wooden with little emotion except when angry. It was rated as 3/5.

**Bob Marley: One Love:** The story celebrates the life and music of the icon who inspired generations through his message of love and peace. It depicts Bob's powerful story of overcoming adversity and the journey behind his revolutionary music. This was an interesting documentary with some worthwhile performances and great music. It was rated as 3/5.

**The Holdovers:** The Holdovers follows a curmudgeonly history and classics teacher at a New England prep school during Christmas break caring for a damaged, brainy student and with the school's head cook, who lost a son in Vietnam. The atmosphere of the era (pre technology) where people talked was well created. The development of the relationships between the three people was well covered, with each of the characters also developing in their own way. This was rated as 3.5-4/5.

Joy Shirley

## Garden Appreciation

We had a wonderful day at **the garden of Carolyn and Garry Smith** 46 Murray Rd Benalla on 'Easter Thursday'. It is a fabulous and quirky large garden with Garden Rooms and fun artwork made with recycled materials. Great scones made by Garry - thank you! We had a very relaxing morning.



Coming up -

### Thursday 25 April (Anzac Day) - Mokoan Hub Café

Meet at MITRE10 Car Park at 11.30 am, to have lunch at the Winton Wetlands Cafe.

### Thursday May 23rd - Bus Trip to Echuca Plant Farm and Nursery

Our visit to **Echuca Plant Farm and Nursery**, Northern Highway Echuca West on Thursday 23rd May includes a Bus Tour around Echuca Township. The cost is \$32 pp to be paid by 30th April. Money can be left in an envelope at RedB4 Books, next to Hide's Bakery. Please put your name and 'Garden Appreciation Echuca Bus Trip' on the front of an envelope with your money.

Meet at Benalla Rose Garden, Royal Hotel End, at 8 am. Morning tea in Gardens. Lunch at own cost.

Please ring, text or email me if you would like to attend April's lunch at Winton Wetlands Cafe and/or May's Bus Trip to Echuca Plant Farm and Nursery - 0438627010, or [gwenturner243@gmail.com](mailto:gwenturner243@gmail.com)

To all who have been unwell, I hope you are now on the mend and had a very happy Easter.

Gwen Turner 0438 627 010

## Garden Team

The team was sensible and postponed March's afternoon in response to the forecast. Happily, we have two chances to catch up in April, first at Helen's place and later in James' garden.

Elsbeth Maconachie

## German

The German group is studying well and eager to learn. The new members are fitting well into lessons and catching up on the basics. Due to the initiative of Siggi, a plan has developed to visit the Hofbräuhaus in Melbourne next month for a meal together. The group will travel to Melbourne by early morning train on Tuesday 16 April, enjoy the atmosphere and food of the Hofbräuhaus, then travel home by train, arriving back late that day. There will be no German class in Room 1 on Tuesday 16 April from 12.15 -1.45 pm.

Horst Gunther



## Let's Talk Books

Our group enjoyed discussions of various books on many topics in March. *The Unbelieved* by Vikki Patrakis was again mentioned. The Friends of the Library have contributed to the cost of having Vikki visit the Library in the near future, a very popular writer. Australian author *Natasha Lester* wrote *The Three Lives of Alex St. Pierre* 1943 New York PR Wizard Alix was recruited into US Intelligence in Paris, following the War she became involved with the fashion house Christian Dior. Natasha researches and writes well. Award winning book *Solitary: An autobiography* Albert Woodfox spent 4 decades in solitary confinement in Angola Prison Louisiana USA for a crime he didn't commit, eventually freed the laws on solitary confinement were assessed worldwide. On a lighter note, *The Woman Next Door* by Australian author *Liz Byrski*, a story of lasting friendships and love. Award winning Journalist *Grantley Kieza* has written some wonderful historical memoirs about *Mathew Flinders*, *Joseph Banks*, an incredible self-taught Botanist, *Banjo Patterson* to mention a few, a worthwhile read. Enjoyed by our reader, was a biography of actor *Liz Taylor*, who although obsessed with fine jewellery, also supported AIDS patients. Short magazine articles from various sources provided talking points in our group. Moira commented that the authors of these articles research their subject thoroughly. *The Taste of Success*, the Cadbury story which then led into Roald Dahl's *Willy Wonka* and the *Chocolate Factory*, another item of interest was by *David Campbell*, *To Drum or not to Drum*. In the 1950's a six-year-old boy and his family moved from Melbourne to Perth where a serial killer randomly murdered eight people, 30 years later as a journalist *Robert Drewe* has written about these murders in *The Shark Net*. Always worth the read *Kathy Reichs* wrote *The Bone Collection*, four novellas in this book. Anne had read some interesting books *Back to Banka* by *Georgina Banks*, searching for the truth about the wartime massacre on the Island of Banka. Following a theme were *Ghosts of the Orphanage* by *Christine Kenneally*, *Convicts Orphans* by *Lucy Frost* and *Tell No One* by *Brendan Watkins*. *Amy Tan* writes well, and this one is no exception *The Bone Setters Daughter*. Helen recommended *The Australian Book of Great Trials* by *Jeremy Stoljar* and a crime story *Reykjavik* by *Katrin Jakobsdottir*. Judy Nunn's latest offering *Black Sheep* was recommended as was *Last Seen Alive* by *Claire Douglas*. Finishing on a lighter note was *Patron Saint of Lost Dogs* by *Nick Trout*.

Geraldine McCorkell

## Life Ball

It takes some of us a couple of years to learn the rules, but luckily our new players have been able to jump into the game and make sense of the activity on the court. It has been great to be able to rotate players in the continuing warm weather. Our new fans have been invaluable too, with a succession of warm Monday mornings. We play at 10am each Monday at Benalla Indoor Recreation Centre and are always happy to welcome players or watchers. Lifeball is a great team game, even if you've never played sport before, and coordinator Marlene is always available on 0407240943.



Julie McNeill

## Meet and Mingle

U3A member (Chess, Cards 500, 'As Time Goes By') **Lou Sigmund** spoke about '**Chooks**' as guest speaker at the AGM/Meet and Mingle session on March 20. Dressed appropriately, in a yellow coverall chook suit, he spoke knowledgeably of many years he and his wife bred and showed chooks.





Lou said Australians eat about 32 million eggs a year with increasing numbers being produced under free range conditions. The reason the latter are more expensive, is because they are exposed to local and alien wild birds, which often carry fatal infectious diseases.

Although Lou had owned a chook which lived to nine years, five years was more usual, with intensively housed caged chooks, genetically designed to lay an egg every 25 hours, or 320 eggs a year.

Strangely only one member of the 40 strong AGM audience kept chooks.

The guest speaker for Meet and Mingle on Wednesday 17th April at 10am is **Sergeant Jenni Lamond**, the Family Violence Liaison Officer of Benalla Police who is going to speak on **'Elder Abuse'**.

David Palmer and Margaret Jenkins

## Music Appreciation

"Here they grow in mountain depths. Far from any dwelling place. And no one comes to view their blooms" (from a poem by Japanese noble woman, poet, and author, Lady Sarashina). Ann Boyd, the first woman to be appointed as professor of music at the University of Sydney said in reflecting on those words: "It felt to me like it was the voice of all the women composers that had ever composed in the world before". "They create great beauty, but no one listens, no one hears, they don't have a permanent place. And I felt one of them". An ABC presenter introducing a programme for International Women's Week on ABC FM a couple years ago took a more positive stand: "Throughout history people have said some very strange things to, and about, women in classical music. And for just as long, women have been doing incredible things anyway".

It was with both those thoughts in mind that one of our sessions in March was given over to honour the music and the fortitude of women composers and musicians down through the ages and to showcase some of their wonderful music. You can read about and listen to just some their music as was presented to our group by looking up the [Music Appreciation](#) page on our U3A website. For the record, the other March session featured works by Rimsky-Korsakov, Felix Mendelssohn, and Max Bruch – all of them male composers. But don't let that put you off - it's equally good and enjoyable music, too; and likewise, is on the website.

Bill Squire

## Page Turners Book Group

March - *'Go as a River'*, by Shelley Read

Set in rural Colorado, Read lovingly records details of this area with passion and lyricism: an old family farm; the dam built that flooded their valley; the high hills behind and lastly the new farm seeded with the peach trees brought from the old homestead.

Victoria as a teenager with difficult family responsibilities, meets Will accidentally and after a very brief teenage romance, becomes pregnant. Will is chased out of town as he has Indian blood and Victoria runs away to hide in the hills and have her baby.

She leaves her baby secretly with a family having a picnic and, hoping for the best, returns home. Over the years she remains the only one managing the farm but returns each year to the place she left her baby, noticing at last that someone has placed a stone on the spot next to those she has left.

Always alone with few friends she shifts to a new location when her family farm is requisitioned for a reservoir. With peach tree stock planted she establishes herself and unexpectedly discovers the whereabouts of her son, now a young man. She has endured as the river has. A novel about resilience and fortitude set in the 1950s when racism and shunning were some of the less attractive features of rural America. A nice read with a relatively happy ending.

*April is 'Mystery Month' at Page Turners.* The books are fairly short and members are encouraged to read two of them for our meeting on April 2<sup>nd</sup> at 10 am. *The Thursday Murder Club* by Richard Osman - In a peaceful retirement village, four unlikely friends meet up once a week to investigate and solve murders. *Go as a River* by Shelley Read - A woman meets a stranger at a crossroads, walks with him and arrives at a decision that changes her life forever. *Old God's Time* by Sebastian Barry - A retired policeman is pulled into his past when two former colleagues have questions about a decades old case.

Meg Dillon

## Patchwork and Craft



We have all been very productive with our blocks and quilts over the last few weeks - great work everyone.

A discussion on having a weekend away in Bright was held at our session on Thursday 21<sup>st</sup> April, with a few very keen. If you were not at this session and would be interested in taking part, could you give me a call or email me.

Happy Crafting over Easter! See you in April.



Dorothy Webber

## Photography

I began our March session with information about our recent Cruise to NZ - it should be on everyone's to-do-list! Milford Sound is an amazing place, leaving you feeling so small. I showed a photo that, if you zoomed in, you could see a large sloop at the base of the mountain!

Another photo had a helicopter in the clouds - again you had to zoom in to see what the black dot was in the photo. Anyway - if you get the chance, go and enjoy a wonder of our earth.

We then discussed a number of interesting images sent in by class members. I missed one from Paul, so will have to hang on that one until our next class in May.

After discussing how to use Histograms on our camera devices, we had a short break. We then went through a couple of videos about mistakes - well not really mistakes, just things to look out for when taking photos. The last video was on iPhone Landscape photography by Emil Pakarklis and his iPhone Photography School - if you want some great tips and learning, then Emil's paid online learning website is well worthwhile.

We will not be having a class in April as the date falls on the Anzac Day holiday, so the last session for the first half of the year is in May - hope to see you all then. As always - look at the U3A Benalla Website under 'Session Resources' to see all the videos we have watched over the year.

Rene Martens

## Play Reading

Our play for March was **A Ghost on Tiptoe**, a comedy written by Robert Morley and Rosemary Anne Sisson. First performed in London in 1974, starring Robert Morley in the major role, Cuthbert Barnstable.

Barnstable learns he is suffering from Blum's Disease and has only 18 months to live. He at first decides to keep it a secret from all but one friend - Henry. But he cannot resist the temptation to let people know. He is disappointed by the reactions. In the end he discovers he is actually well, setting off for a new life.

The action takes place in the sitting room of Cuthbert Barnstable's house in West London over a period of around 8-9 months.

This was a delightful play displaying a subtle sense of humour. We found the second act was a bit flat after the fun of the first act. It was written in 1974, but covered some topics that are current today, such as gender identification. The characters were well drawn, with Henry a wonderful foil to Barnstable. One drawback was the title as we were unable to understand its relevance to the story of the play.

April's play is '**Deception**' by Australian playwright, Barbara Rose.

Joy Shirley

## Recorder Group

It is so good to be back playing together this year. We have quite a range of music on which we are working, in terms of both style and difficulty!

The other day, we had a good reminder of how playing music teaches us valuable life lessons. I asked for an “old favourite” and “Mice Running Around” was the suggestion. This tune used to bring on a collective groan and we would have a laugh, as it is a rather difficult piece. However, after a great deal of dedicated practice, involving persistence and concentration, it now sounds terrific and is great fun to play.

This works for many things in life.

Well done to all!



Janet Douglas

## Singing for Fun

In the first session of Singing for Fun in March, we revised the concert songs we performed at the end of 2023 in preparation for our Sing Out at Coinda on the third Thursday in March.

We had Deb Saunders playing the piano for us for the second session, which was the first time Deb had played for the group. Congratulation Deb on a great start with the group. This lady is very organised as well as having wonderful musical ability. We hope that you will be with us Deb for a long time.

On the third Thursday we had our Sing Out at Coinda, with Gwen Barnes accompanying the singers. We had not been able to visit Coinda at the end of 2023, and the 30 or so residents and staff really seemed to enjoy our visit. Not only did we sing our concert songs, ably led by Kieran, Brian and Margaret, but we also included some Community Singing led by Carmyl. Thank you to Gwen and all the Leaders for their part in the morning. It was a satisfying morning for all concerned.

The next Singing for Fun will be on Thursday 4<sup>th</sup> April at 10am at the Hub at Coinda. All Welcome.

Margaret Jenkins

## Sky's the Limit



Glider pilot and glider administrator **Vivienne Drew**, pictured here with Sky's the Limit co-convenor Andrew McFarlane, spoke to our March meeting.

A member of the Gliding Club of Victoria since 1989 Viv quickly won the Leigh Simpson trophy as the most outstanding trainee.

In the 2024 Australia Day honours list, [Viv won an Order of Australia medal for her service to gliding administration](#). In particular, she was president of the Victorian Soaring Association from 2018 to 2022 and is active in programs which encourage young people and particularly women to become involved in gliding and aviation generally.

Our next meeting on Tuesday April 2 at 2pm, will host **David Scott**, principal of Paton Helicopters, registered at Mairdample near Mansfield. One of their helicopters has been on standby with a roster of pilots, at the Benalla airfield, during this fire season.

David Palmer and Andrew McFarlane



## Stock and Land

Our March speaker, John Petschack, crops nearly 1000ha near Dookie, growing wheat, canola and faba beans. John's ancestors came to Dookie in 1920 and bought 130ha which he still owns and farms.

John and a nephew use about \$1.5m worth of equipment and spend about \$150,000 a year on seed, fertiliser, herbicides and more recently fungicides to grow their crops. The gross margin is about \$1000/ha a year.

John said the average size of cropping farms between Albury and Bendigo was about 1000ha with 2000ha farms not uncommon.

He said he'd had four bumper wheat crops in the last few years with the best yielding 40 bags/acre or 8t/ha.

The 2024 season will get underway next month when he will burn stubbles and direct drill, dry if necessary, the new crops. John said cultivation for his crops was not necessary and they were direct drilled into stubbles.



Just a reminder that our next Stock and Land is on Tuesday April 2 at 10am.

Our speaker will be former Benalla resident and beef producer **Rob Williams**. He and his family previously ran an Angus stud at Morago on the western edge of Benalla. Rob, now at Glenrowan, consults locally and internationally with beef breeders on desirable genetics for their herds.

He is also keenly interested in quality food (for humans) and will speak about it and may even process some for our consumption in the U3A kitchen on April 2. Access [eatwild.com](http://eatwild.com) for an introduction.

David Palmer

## Sustainability

There was a lot to read and talk about in March, with members' contributions playing a key role.

Fe raised the issue of the harmful effects of fast fashion (much of which is made from plastic based textiles), and toxic textile dyes, particularly textile dye water pollution, on the environment. Fe's resources included the 'Plastic Soup' website's 'Plastic Fashion'.

Also on the theme of waste, Bev brought along the latest edition of the 'Businesses and Organisations offering Recycling Deposit Points' flier produced by the BSFG WasteWise Benalla team, the team offering a range of recycling options to us in the servery area of the kitchen. Here's a photograph of the latest 'gathering point' they've created to help us all to recycle thoughtfully!



Bev Lee



## Tech Talks

At our Tech Talks session on Tuesday 12 March, we were brought up to date on the possibility of Nuclear Energy and the development of Nuclear Power Packs. Portable Nuclear Power is an option, but it will take an immense amount of political will and it will be expensive. If achieved it will not produce any Carbon Dioxide. In the second half of the session, we saw a video of how computer chips are manufactured and discussed the unintentional consequences that can result from their use. We now live in a digital age and we have to come to terms with its occasional misuse.

Neville Gibb

## Ukes4Fun

The Ukes4Fun groups worked well during Term 1, with the beginners' group now ready to join the 'Just Jamming' group each week. Elly Smith worked with the 'Getting Started' group during my absence and full credit must go to her for the way the group has been conducted and how much the members have enjoyed their introduction to playing the ukulele. Thank you, Elly.

Neville, both the Johns and other members of the 'Just Jamming' group have worked together to keep the 'Just Jamming' group involved in playing the ukulele.

The groups will be combining commencing on Monday 8 April and will meet in U3A Meeting Room 1 from 12.00 noon until 1.30pm. If players can arrive from 11.00 am to tune their instruments and set up their music, we can commence promptly at 12.00 noon.

Heather Wallace

## Wine Appreciation

On a glorious Autumn Day, we headed north to de Bortoli Winery in Rutherglen. What a wonderful old Heritage building it is having been built in 1886, huge beams and pillars. We were sat at tables in the art gallery section and looked after by two very knowledgeable and welcoming ladies, Beth and Bernie. The wines are of Italian varieties, with a really enjoyable Prosecco that many of us purchased. We then wandered up the road to the Pickled Sisters Cafe and, as always, had a delicious lunch.



Next month we will be going to Buller Wines, 2804 Federation Way, Rutherglen on Friday 19<sup>th</sup> April. There is a \$10 tasting fee. As yet I am unable to confirm a lunch venue, but it will be in the email reminder I send around. Meeting as usual in the Seniors Car Park at 10.00am. Please RSVP by Sunday 14<sup>th</sup> April.

Nicole McFarlane

## Community News

### Benalla Health Community Survey

Benalla Health have employed Ninety Mile Consulting to find out what services the Benalla community would like Benalla Health to provide in the future. A link to the survey is available here if you would like to participate. <https://ninetymileconsulting.com/benalla-health-community-survey/>

Margaret Jenkins

# What's on in April

\*Note – temporary change from regular timetable

## Monday, 1 April

Easter Monday

## Tuesday, 2 April

- 10:00 Page Turners - 'Mystery Month'
- 10:00 Stock and Land - Rob Williams, Beef Industry Genetics Consultant
- 12:15 German
- 14:00 Sky's the Limit - David Scott, Paton Helicopters

## Wednesday, 3 April

- 09:30 Easywalks - Jamieson Autumn Walk
- 09:30 Play Reading - 'Deception', by Barbara Rose.
- 13:30 A Taste of Art
- 14:00 Cards '500'

## Thursday, 4 April

- 10:00 Singing for Fun
- 10:00 Be Connected - Android
- 13:00 Patchwork and Craft
- 13:30 Family Research - Getting Started – 'Shipping Records'

## Friday, 5 April

- 10:00 Sustainability
- 14:00 \*Australian Stocks and Share Market

## Monday, 8 April

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0428 210 944
- 12:00 Ukes4Fun - Just Jamming
- 14:00 Creative Writing
- 14:00 Garden Team - 'Helen's place'

## Tuesday, 9 April

- 10:00 Politics and Current Affairs
- 12:15 German
- 14:00 Tech Talks

## Wednesday, 10 April

- 10:00 Age Friendly Benalla Information Hub
- 10:00 Recorder Group
- 10:30 Cooking Solo
- 13:00 Family Research--Getting Started (One-to-One)
- 14:00 Film Discussion Group

## Thursday, 11 April

- 09:30 Birdwatching - Winton Wetlands
- 10:00 Singing for Fun
- 10:00 Be Connected - Android
- 13:00 Family Research--Getting Started (One-to-One)
- 13:30 Executive Committee Meeting
- 14:00 \*Demystifying Psychology Discussion Group

## Friday, 12 April

- 10:00 Music Appreciation
- 11:45 Chat 'n Chew – Kim Wah Chinese Restaurant
- 14:00 Armchair History

## Monday, 15 April

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0428 210 944
- 12:00 Ukes4Fun - Just Jamming
- 14:00 As Time Goes By - Memoir Writing

## Tuesday, 16 April

- 08:00 German--Excursion to Hofbrauhaus Restaurant in Melbourne (NB - no class in Room 1).
- 10:00 Demystifying Psychology Course – Session 3

- 13:30 Chess
- 14:00 Exploring the Universe

## Wednesday, 17 April

- 10:00 Meet and Mingle - 'Elder Abuse', Family Violence Liaison Officer, Benalla Police

- 13:30 A Taste of Art

- 14:00 Cards '500'

## Thursday, 18 April

- 10:00 Singing for Fun
- 13:00 Family Research - Drop In
- 13:00 Patchwork and Craft

## Friday, 19 April

- 10:00 Wine Appreciation - Buller Wines, Rutherglen
- 10:00 Sustainability

## Monday, 22 April

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0428 210 944
- 12:00 Ukes4Fun - Just Jamming
- 13:30 Coin Collectors

## Tuesday, 23 April

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

## Wednesday, 24 April

- 09:30 Age Friendly Benalla Information Hub
- 10:00 Recorder Group
- 10:30 Cooking Solo
- 14:00 Cards '500'

## Thursday, 25 April – Anzac Day

- 11:30 Garden Appreciation - Mokoan Hub Cafe, Winton Wetlands
- 13:30 Family Research – 'Remembrance Theme'
- 17:00 Newsletter reports due today

## Friday, 26 April

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

## Monday, 29 April

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0428 210 944
- 12:00 Ukes4Fun - Just Jamming
- 14:00 Garden Team - 'James' garden'

## Tuesday, 30 April

- 12:15 German

## Wednesday, 1 May

- 09:30 Easywalks - Bright
- 09:30 Play Reading
- 13:30 A Taste of Art
- 14:00 Cards '500'

## Thursday, 2 May

- 10:00 Singing for Fun
- 10:00 Be Connected - Android
- 13:00 Patchwork and Craft
- 13:30 Family Research - Getting Started (Course)

## Friday, 3 May

- 10:00 Sustainability

**Be Connected - 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\*** Venue: Classroom 2. Referral on will be suggested if necessary.