



Benalla and District Inc.

Newsletter – February 2021

U3A Benalla & District Inc

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

President's Report

Welcome back to U3A. Following a successful enrolment day, the timetable for the first half of 2021 will commence on 1st February 2021. Your convenor will have been in contact with you prior to the commencement of groups with details of where and when your activities begin. As was included in the Covid Safe plan in the January Newsletter, morning and afternoon teas will not be available at the present time. If you require beverages or food you can bring your own. Remember, any member of U3A Benalla who is feeling unwell is asked not to attend a class or group to which they belong, but instead get tested for COVID 19 after phoning Benalla Health to make an appointment

Members who have an activity scheduled at the U3A Room at the Senior Citizens Centre during the first two weeks of February have been advised that, unless they have been notified by their convenor of a change of venue, their activities will not take place until at least the week beginning 15th February as building alterations/renovations are still taking place at the Senior Citizens Centre. Unless you have been advised by your coordinator of a change of venue, then your activity will not take place. Hopefully, we can get back to our usual accommodation by the third week of February. I will give you an update during the second week of February.

All other groups, I hope you enjoy getting back together after such a long break.

U3A Benalla and District's Annual General Meeting will be held prior to Meet and Mingle on Wednesday March 17th. There will be more information in the next newsletter.

Dorothy Webber

President

'Meet and Mingle'

Our first Meet and Mingle for 2021 will be held in the Benalla Gardens as numbers are likely to exceed Covid regulations for the U3A Meeting Room.

▲ a chance to catch up with friends in the beautiful gardens next to the Art Gallery!

Wednesday 17 February from 10.00 to 11.30 am.

'BYO' morning tea; tea/coffee/beverages, cups, chair, cushion.

Covid-19 regulations and weather permitting!

Group Reports

Please read this newsletter carefully as it is the most up to date information we have about where classes are being held, when they commence and if alternative arrangements have been made. Continue to check emails and the website in case further changes occur due to the works being carried out at the Seniors facility.

A Different View of German History

A different view of German History will be split into several subjects covering various periods of German development. There are some policies that were common in all periods. The first class of A Different View of German History will be held on Tuesday 23rd February from 2 to 4 pm in the U3A Meeting Room.

Neville Gibb 0428 858 688

A Taste of Art

Broken River Painters offering this course to U3A members interested in taking up or renewing their interest in drawing and painting. The course will operate as an art workshop in a relaxed atmosphere with mentoring and support from artists of the Broken River Painters. Classes, which commence on Wednesday 10 March, are held on 2nd & 4th Wednesday 1:30 pm to 4:00 pm Broken River Painters, Barc Hut 11 h(Benalla Migrant Camp, Airport Precinct).

Carol Perry 0438 111 057

Armchair History – Tudors

The Armchair History class will be meeting at the **Cooinda Hub** in 2021. Classes, held on the 2nd and 4th Friday from 2 to 4 pm, commence on Friday 12 February from 2 to 4 pm.

Terry Case 0417 621 700

Armchair Traveller

An opportunity to share your traveller tales with others and to hear theirs, however inspiring or hair-raising. The first session of Armchair Traveller will be held on Tuesday 2 March from 2 to 4 pm in the U3A meeting room. If you would like to present a session on a particularly memorable trip for which you have photos and other resources to share (perhaps even using a video or power point presentation), please contact Ray on 5762 1559.

Ray O'Shannessy 5762 1559

Art Appreciation

Join Benalla Art Gallery staff and other members of the community on the first Monday of every month at 10 am for an eclectic and ever-changing curated program of talks and tours. The program for 2021 begins on Monday 1st February at 10 am in the Ledger Gallery with an informative lecture exploring the history and highlights of the RACV Art Collection with Mardi Nowak, Head of Visual Arts, RACV. Price \$2. Eric has asked me to let members know that this year they need to phone or email the Benalla Art Gallery on 5760 2619 or gallery@benalla.vic.gov.au before each session to book a place.

Neville Gibb 0428 858 688

As Time Goes By – Memoir Writing

'As time goes by' – Memoir Writing sessions provide an outlet and support for members keen to write about their lives. The '500 word' topics for writing over the holiday period which will be shared at our first session in the U3A Meeting Room on Monday 22 February are:

1. **'One Moment, This Year'** 'Looking back on 2020, what single moment stands out for you? Whether it be loss, love, discovery or disappointment, share your unforgettable moment.'
2. **'A Love Letter to Travel'** 'Write a love letter to travel about one place in the world that is special to you. It can be a popular tourist destination, or a place that's largely overlooked. You might inspire someone else

to go there one day, or to reconsider their assumptions, or to spark their inquisitive-ness about a new piece of the world — all the empowering things that travel brings to our lives’.

Beverley Lee 0478 607 838

Be Connected 2021

Be Connected is being offered in 2021 for members that would like to broaden their computing knowledge and increase their confidence using smart phones, tablets, iPads and laptops. You will need to bring a device to each session - internet access is provided by U3A. The first sessions of Be Connected, which is held on the 1st and 2nd Wednesday from 2 to 3.30pm in the U3A meeting room will be on the 3rd and 10th March.

Jenny Sawyer 0409 545 182

Bird Watching

If you would like to know more about birds in the Benalla district and would appreciate help in identifying birds, this group could be for you. The program involves mainly morning walks in local habitats rich in a range of bird life such as Reef Hills, Winton Wetlands and Benalla Lake. Birdwatching is held on the 2nd Thursday between 9.30 and 12 midday in March, April, May and September, October, November. Details of our excursion on Thursday 11 March will be included in the next newsletter.

Kathy Costello 5762 5755

Bushwalking

Easy Walks

1st Wednesday of the month from March - all day. The 2021 program commences Wednesday 3rd March.

Wednesday 3rd March 2021, Beechworth: Lake Sambell along Murray-Mountains trail to Newtown Falls.

This walk will commence at the Lake Sambell picnic area. The trail winds past the Chinese Gardens and the old railway station, with a break to observe historic Newtown Bridge and waterfall. The return walk includes the sculpture garden and labyrinth, before a picnic lunch at Lake Sambell.

Please confirm your attendance by Monday 1st March with Julie McNeill 0407823031 or juliemcneill55@gmail.com. Remember to bring a hat, sunscreen, picnic lunch and a drink. Meet at the Seniors' Complex, Fawkner Drive carpark at 9.15am.

If new members are unsure of their ability for these walks, please check with the convenors. Car sharing is usually available, with a small contribution to costs.

Glen Chessells 0431 201 077

Julie McNeill 0407 823 031

Mid Week Walks

Wednesday 10 February 2021 MT DUNN S-3-3

The walk begins at the Lake Catani car park then on to the Long Plain track which will lead us to Mt Dunn. Most of this walk is a gentle amble through Snow grass plains and Snow gum woodlands, before a quite steep climb to Mount Dunn's rocky summit. This is a 9 km walk.

Meet at Barkly St tennis courts 7.45 am; depart 8.00 am

Leader: John Boehm 0428 254801

John Boehm 0428 254 801

Chat n' Chew

This group meets once a month at one of Benalla's many eateries for good nosh and a natter. A very popular activity. All U3A members welcome. The first Chat and Chew for 2021 will be held at the Royal Hotel, on the cnr of Arundel and Bridge Street, on Friday 19th February 2021 at 12.00 noon. If you are attending, please contact Lorraine on 5762 1531 or Mobile 0427 376 991.

Lorraine Knox 5762 1531

Coin Collectors

People over the years have bags, boxes or tins of old coins of pre decimal and decimal currency. If this is an interest or hobby of yours and you would like to discuss the significance of coins and notes with different

designs that commemorate the events and people that create a history of Australia, consider joining our group. The first meeting of Coin Collectors, in its new timeslot of the first Monday from 10 am to 12 midday, will be on Monday 15th February in the U3A Meeting Room. If the room is still unavailable, I will contact class members to let them know where we will meet.

Alex Adkins 0427 820 287

Collectors

Do you enjoy The Collectors and Bargain Hunt on TV? Have you a collection or the beginnings of one? Collectors is for people who enjoy collecting and seeing the collections of others. Sessions take the form of show and tell with participants bringing along an item or a collection to share with others in the group. The first session will be held on Monday 1st March from 10am to 12midday. The brief – bring along something you will never give away.

Dorothy Webber 0412 263 071

Community Singing

Community Singing is conducted by Brian Greed from the piano using a variety of song books suitable for each meeting. Members of U3A as well as members of Singing for Fun are invited to attend. Like the other Singing for Fun groups, Community Singing is being held at the **Coinda Hub** in 2021. The first session is scheduled on Thursday 25 February from 10 to 11.15 am.

Margaret Jenkins 5762 6944

Creative Writing

January saw us continuing our writing. No-one really wanted a break, and with the process we had in place for 2020, there was no reason to take a break.

The topics for the class were jointly decided when we met up before Christmas:

- **She knew she shouldn't have drunk [eaten etc] it**
- **She was sitting alone in [the coffee shop...]**
- **Two candles with pepper and salt shakers**

As usual, I saw a a theme coming through some of the stories – or maybe two this time. It is possible I am reading into the stories something deeper of course. What I saw this time was:

Magic or fantasy:

- coronation of a new queen on an island governed by women,
- a river spirit providing gifts for someone who cared for the bush,
- a conversation between tableware after a dinner party, and
- a mixture of undercover police and trickery

Friendship:

- the river spirit and her care,
- friendship in a neighbourhood,
- friendship between the tableware, and
- caring by staff for an elderly guest at their restaurant.

For me it adds to the richness of receiving these stories each month.

The topics *for February* are:

- **She/he/name opened the door and sighed**
- **After 70 plus years I finally received a valentine gift like no other**
- **The night was dark, but my secret was darker**
- **With dawn came the realisation that....**

We are looking forward to some new writers for 2021. We will be continuing the process of sharing the stories and feedback via email until we can access the U3A room, hopefully on Monday 8 March from 2 to 4 pm when we will have a class even though it falls on a public holiday.

Joy Shirley 0417 065 351

Demystifying Psychology (DP)

The course has two components - Face to Face DP and Zoom DP. You're welcome to attend both or either component. With the exception of week #1, content is flexible depending on your group interests. Zoom DP is also open to guests - please ask guests to contact me prior to attending.

Face to Face DP - held on the **first Tuesday of the month 10am to 12 noon @ Cooinda Hub. Begins next Tuesday 2 Feb 2021.**

Sessions will be held at the lovely Cooinda Hub. The Hub is on the corner of Central Ave and Jean Lee Drive. Enter Central Ave from Samaria Road. Parking is available on site.

Face to Face DP sessions use an educative format complemented with group discussions woven into the content.

What to bring - notebook, pen, morning tea (due to Covid, morning tea will be BYO and we will not use the Hub Kitchen. This may change, in the meantime ..).

Zoom DP - **held at your place on the third Friday of the month 1pm to 2:30pm. Begins 19 Feb 2021.**

You may have seen another time slot mentioned ... apologies for the confusion ... but the above time slot enables some people to get to their next session. Please let me know if this impacts your plans.

Zoom sessions are casual. Each session begins with a focus on the previous face-to-face session .. then wanders in any direction depending on group interests on the day. NOTE: It is not a requirement to have attended the previous Face to Face DP.

How to join a zoom meeting – Contact me (0437 621 55) if you need help and/or want to have a practice.

Jane Rushworth 0437 621 55

Exercises for Fun

Fantastic News!

With COVID-19 restrictions eased, we are looking forward to resuming our Class again.

We are meeting in the **Town Hall Benalla** on 1st February and 8th February, then back at the Senior Citizens Hall when the renovations are finished, hopefully on 15th February. We will keep you informed.

Please remember to sign in at the door before entering the hall. Please wear suitable footwear. - no sandals.

There will be no tea or coffee available. Please wear your name tags.

See you there, 9.30am Mondays.

Have fun.

Helen Jeffree 0490 092 267

Exploring the Universe

How far have you travelled in the past year?

Covid 19 has dominated our lives but while we were in lockdown we were travelling through space at around 2.6 million km a day, at a speed of 107,226 km/hr on our annual free trip around the Sun aboard Planet Earth.

Drawn by the powerful gravity of the Sun, Earth orbits its fiery master every 365.25 days, one earth year. We have no sensation of this movement as we are travelling at the same constant speed as the planet.

Because Earth also revolves on its axis, night follows day. At sunset the shadows lengthen and darkness falls across the land as our part of the world spins away from the Sun's light at a speed that varies depending on what part of the planet you live on. The Sun and Moon exert the pull of gravity on the Earth's equatorial bulge, so at the equator we would be travelling faster at 1670 kms/hr, and slower at the high latitudes near the poles, the points of the Earth's axis.

During the night we can look out into the immensity of space and marvel at the stars that only appear to be moving across the night sky. It's Earth that is revolving against the background of stars.

Earth's average orbital speed is 110,000 km/hour, that's one thousand times faster than the speed limit on the freeway! So, while we are sleeping peacefully in our beds we have covered great distances on two separate journeys.

In a year we experience the four seasons because the Earth is tilted on an angle of 23.5 degrees. There's a saying that a change is as good as a holiday.

For diversity we have January, aptly named after the distinctive Roman god Janus who had two faces, one looking forward, one looking back. In January Earth is at its closest to the Sun. Nature's pendulum swings widely and the difference in the seasons can be extreme at either end of the globe.

In ancient times when the Earth was thought to be the centre of the Universe, planets were known as wandering stars. Remember Lee Marvin in the film "Paint Your Wagon," singing "I was born under a wandering star"? We were born on a wandering star.

We are looking forward to resuming "Exploring the Universe" on the 3rd Tuesday afternoons of the month and would be delighted to have more space travellers joining us for our first session on Tuesday 16th March at 2pm in the U3A Meeting Room.

Bev Morton 5764 1245

Family Research

Family Research is a guided self-help group which aims to support and encourage members who are working on their family history. At our first session in the U3A Meeting Room on Thursday 25 February from 1 to 4 pm we will be following a new 'Covid friendly' format. We will begin with a presentation followed by time to apply what was discussed; a BYO tea/coffee break to enjoy chatting with others who are interested in family history; a writing component in which stories are shared on a theme set for the session; and a chance to problem solve and work on our family trees. The topic to bring along for the writing component in our first session is *'Family Trait' – write between 150 and 400 words on a family trait you appeared to have inherited. What is it, who do you seem to have inherited it or share it with. How did it play out in their life? In your life?* During the first session we will learn to draw genograms to help to explain where the people mentioned in our stories fit into our family tree.

Bev Lee 0478 607 838

Wendy Sturgess 0403 226 649

Film as Literature

With BPACC re-opening in December, a number of people in the class took the opportunity to visit and watched 'Rams', an Australian film starring Sam Neill (Colin) and Michael Caton (Les) as feuding brothers. The relationship was reasonably well portrayed, with some serious moments mixed with a little bit of comedy. An example of the comedy was Colin loading Les in a front-end loader to provide transport to hospital when he was suffering from alcohol poisoning.

Raising separate flocks of sheep descended from their family's prized bloodline, the two men work side by side yet are worlds apart. When Les's prize ram is diagnosed with a rare and lethal illness, authorities order a purge of every sheep in the valley. Colin attempts to stealthily outwit authority, but Les opts for angry defiance. The film has a "happy" ending with the two brothers in the hills looking after a growing flock of their prized sheep.

The cinematography was appropriate, with some great shots both of the countryside and what we see when our country is on fire. So good to see a film made on location that can provide us a good view of the country where we live. There were certainly elements of Australian rural life portrayed well: people taking jobs they would not otherwise consider, young people planning to leave town etc when there is a downturn whether by drought or, as in this case, the loss of all income. There were some stereotypes (eg hard drinking) but I cannot decide whether this a good or bad. Perhaps there was an implication of smaller paddocks and flocks of sheep than reality, but this was not major detraction. Overall a good film and a pleasant morning back in a cinema! Members who watched the film rated it from 3½ to 4½ out of 5. Our February discussion will be on "The Dry" which opened at BPACC on 14 January with several screenings through the rest of January.

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

- Did you enjoy the film? What in particular did you like?
- Was there anything that you did not like?
- What did you think about the cinematography?
- What did you think of the performances? Any in particular stand out?

- Do you think it depicted a realistic view of rural Australian life?
- Comparison with “Rams” for those who did see it
- Overall rating out of 5

Joy Shirley 0417 065 351

Games

This group meets monthly on the first Monday from 1.30 to 3.30 pm with a focus on board games. The first session will be on Monday 1st March in the U3A Meeting Room.

Dorothy Webber 0412 263 071

Garden Appreciation

Welcome Back Special! To welcome back old members and welcome new members, our first outing on Thursday 25th February will be to the home of Kathie and Rod Izzard, 144 Witt Street, Benalla. BYO your own morning tea, as we are unable to share (Covid-19 regulations). We will then move on to Clive Creations & Plants, Witt Street, Benalla. Lunch will be at the Benalla Golf Club.

Meet at 10 am at the Car park to car pool. We will be in town, so do not need to meet at 9.30 am.

It is very important to have your name down as I need to know numbers. Ring, text or Email gwenturner243@gmail.com. Mobile: 0438627010, or landline 57627017

Gwen Turner 0438 627 010

Garden Team

A band of enthusiastic gardeners gathers once a month for an afternoon at each member’s garden in rotation. The working bee uses each member’s skills and abilities to achieve about six hours effect in an hour and a half. We meet on the 2nd and 5th Mondays from 2 to 4 pm. Our first meeting is on Monday 8th February at Rupe Cheetham’s, 61 Benson Street. There’s lots of pruning and potting to do. BYO favourite gear and something for afternoon tea. Rupe will provide coffee and tea.

Elspeth Maconachie 0418 621 764

German

Some knowledge of the German language is required, but all levels, from beginners to fluent speakers, will be accommodated. This year the German classes will be held on the 2nd and 4th Tuesdays from 12.15 to 1.45 pm in the U3A Meeting Room. Classes begin on Tuesday 23 February.

Pauline Bailey 0434 147 605

Investment

Due to internal alterations at the Seniors Centre, the first meeting of Investment will be held on Friday 5th February 2021 at 2pm by **Zoom**. An invitation to this meeting will be Emailed on Thursday 4th February to all those who have enrolled for Investment.

Most of the participants in Investment in 2020 have sent in their re-enrolment form. However, there are a small number who have not forwarded their form as yet.

We anticipate that our March meeting of Investment on Friday 5th March at 2pm will be a face to face meeting in our U3A room.

Margaret Jenkins 5762 6944

Let’s Talk Books

Hello everyone! Just a reminder that our Let’s Talk Books gathering will be at the home of Lorraine Knox, 51 Bridge Street Benalla, two doors up from the Shell Roadhouse at **2 p.m. next Tuesday 2nd February**. We will continue to meet this way until we can use our rooms or the Library. Looking forward to seeing everyone and sharing all the interesting books we have been reading.

Geraldine McCorkell 0408 522 662

Lifeball

Lifeball is a game adapted from basketball which is suitable for all ages and abilities and has regular and enthusiastic participants. For those who think that competitive sport is now beyond you this is the game

for you. Lifeball sessions recommenced in mid January, however it is not too late to join in. Monday mornings from 10am to 11.30 am, Benalla Leisure Centre, Ackerley Avenue.

Max Powell 0423 525 565

Meditation

We just take an hour of your time on the first and third Mondays each month to show you ways to relax, breathe correctly and practice meditation. As I will be away in late February, we will recommence on Monday 1st March at 4 pm in the U3A meeting room.

Caroline Sims 0438 624 891

Meet and Mingle

This is a general social gathering of members to have morning tea, a chat, and listen to a guest speaker. As numbers for this group raise concerns in relation to social distancing in the U3A Meeting Room, we our first Meet and Mingle session for 2021 will be held in the Benalla Gardens under the trees near the Benalla Art Gallery on Wednesday 17th February. The sessions held in the gardens were most enjoyable in the latter part of 2020 session. We will gather from 10 to 11.30 am – bring your own morning tea and chair! The Meet and Mingle meeting on Wednesday 17th March will include the U3A Benalla and District Annual General Meeting. On Wednesday 15th April, Brian Vial will speak on an Anzac topic – numbers may be limited and RSVP's required.

Bill Parris 0417 329 278

Music Appreciation

Welcome to U3A Music Appreciation for 2021. I look forward to meeting newcomers to our group and, once again, those returning from last year. Class members have been sent flier about our programme for this year and notification about the delayed starting date due to Council renovations currently underway in the Senior Citizens Centre. I will be in touch again when the picture about access to the Centre becomes clearer. Meanwhile, I thank you for your patience.

Bill Squire 5762 6334

Page Turners

Our Page Turners group is a forum for discussion of books ranging from classic to contemporary fiction. To access the monthly book choice participants are welcome to use their own E-readers/tablets or borrow books from the library (when available). New members are always welcome and will enjoy the atmosphere of lively debate, morning tea and a general get together. Classes will be held at Meg's until the Library reopens. The class met in January in lieu of February this year, and will resume on the first Tuesday in March – Tuesday 2 March - at 10am. The book to be discussed in March is '*Consolation*' by Garry Disher.

Meg Dillon 5762 6558

Patchwork

Participants provide their own fabric and sewing aids. New members will be introduced to patching and quilting techniques. Patchwork is scheduled to recommence in the U3A Meeting Room on Thursday 18 March from 1 to 4 pm provided the building/maintenance works have been completed.

Dorothy Webber 0412 263 071

Play Reading

Welcome old and new members to U3A Playreading group. Unfortunately we will be unable to have access to the meeting room in February due to renovations, therefore our first get together will be on Wednesday 3rd March.

Scene 1 U3A Meeting room, clock showing 9.30. Participants wander in, new members welcomed by old members. All look very enthusiastic, in various states of dress.

Scene 2 Members seated and chat congenially as convenor explains general procedure with Play Reading

Scene 3 Play books distributed to members, play perused and readers chosen

Scene 4 Characters read from play books with much pizzazz!

Short Interval (Due to COVID our usual break for tea and coffee is not available)

Scene 5 Reading resumes before completion and final curtain about 12 midday.

I'm really looking forward to our first meeting. If you have any queries, please ring or email me.

Jenny McKenna 0490144603

Politics and Current Affairs

Join our discussions as we dissect local, state, federal and world affairs. The Politics and Current Affairs class will be meeting at the **Coinda Hub** in 2021. Classes, held on the 2nd and 4th Tuesdays from 10 am to 12 midday, begin on Tuesday 9th February.

Terry Case 0417 621 700

Recorder Group

It is never too late to learn music or to learn a musical instrument and the recorder a good choice as it is such an accessible instrument. A group for beginners to intermediate. The Recorder Group has a change in timetable in 2021, now meeting at 10am – 12 midday on the 2nd and 4th Wednesdays. Thanks to a generous offer by Rae Jeffers we will be able to meet on the 2nd Wednesday – the 10th February – at 108 Thomas Street Benalla at 10 am. Please BYO morning tea to meet the requirements of the U3A Benalla Covid Safety Plan. Classes will recommence in the U3A meeting room on Wednesday 24 February.

Janet Douglas 5767 2257

Saturday Cards – 500

Many people have mentioned that they stay home on Saturdays and as they are not interested in sport are looking for something to do. This is an ideal time to play the card game 500!

Our first Saturday Cards session for 2021 will be on the first weekend of March (6/03/2021) from 1.30 to 3.30 pm in the U3A meeting room.

I am looking forward to seeing those participants who joined us last year and to welcoming those who have joined us this year.

Heather Wallace 0418 353 244

Singing for Fun, Harmony Group and Community Singing

It was great to see so many enthusiastic members of Singing for Fun at our Enrolment Days in January.

Our first meeting for 2021 will be next Thursday 4th February 2021 at 10am at the **Hub at Coinda**. Please note the change of venue. An Email has been sent to all members who have registered so far indicating that parking is available behind and at the side of the Hub, and also near the exit from Coinda onto Kilfeera Road.

We are asking members to bring their own bottle of water due to the fact that we will not be serving morning tea at the moment. But there will be the usual 20 minute break for people to have a chat and stretch their legs.

There are a few members who have not put in their Enrolment form to date. Please bring your Enrolment form to the first Singing session, and we will forward it to Len Jeffers. Len has done a fantastic job constructing attendance rolls for the various groups within U3A Benalla.

The Singing for Fun Harmony Group and will be held at the Hub at 10am on the second Thursday morning of the month.

Community Singing will be held at the Hub at 10am on the fourth Thursday of each month.

All welcome.

Margaret Jenkins 5762 6944

Stock and Land

This group aims to provide a regular forum for members with interests and experience in agriculture to discuss agricultural issues and current developments. Stock and Land meets on the first Tuesday of the month from 10 am to 12 midday. The first session for 2021 will be held on Tuesday 2 March in the U3A

Meeting Room. I will email class members with further information about the speaker and topic closer to this date.

David Palmer 0408 470 468

Sustainability

This course aims to explore topics such as global warming and climate change, reducing greenhouse gas emissions, clean energy options, the challenge of population growth, sustainable agricultural practices, water use, sustainable use of resources, sustainable and energy efficient building design and various economic and lifestyle issues. The first session of Sustainability in 2021 is scheduled in the U3A meeting room on Friday 19th February from 9.30 to 11.30 am.

John Lloyd 5765 2476

Tech Savvy Beginners (Apple)

Tech Savvy Beginners is on again for anyone who has an Apple phone or iPad or is thinking about purchasing one. Each session we will explore different functions with a hands on approach; or I should say fingers on approach. Classes in the U3A meeting room are held on the third, fourth and fifth Wednesdays of the month from 2 to 3.30 pm and will commence on Wednesday 17 February.

Jenny Sawyer 0409 545 182

Tech Talks

Are you reasonably Tech Savvy; interested in technological developments and keen to continue developing your knowledge base? Then the Tech Talks group may be of interest. Tech Talks (previously Tech Savvy Talks) has a new timeslot - the second Tuesday of the month from 2 to 4 pm. The first meeting for 2021 is scheduled in the U3A meeting room on Tuesday 9 March at 2 pm.

Neville Gibb 0428 858 688

The News – Fact or Fiction

An adjunct to the Politics and Current Affairs course, *The News - Fact or Fiction* provides a structured round table forum for selected stories and issues which are hitting the headlines which affect our lives and the society in which we live. *The News – Fact or Fiction* class will be meeting at the **Coinda Hub** in 2021. Classes, held on the 3rd Tuesdays from 10 am to 12 midday, begin on Tuesday 16th February .

Brian Harker 5762 8464

Wine Appreciation

U3A Wine Appreciation will be resuming on Wednesday 24th February.

Our first winery will be **Lake Moodamere Winery** in Rutherglen. We will be dining at Tuilleries, also in Rutherglen, hopefully in the courtyard.

The winery will charge everyone who is tasting a \$5 fee but if you buy multiple bottles of wine it will be refunded. Seems to be the way most wineries are going these days.

The meeting place is still at the old High School tennis courts behind Aldi at 10.00am.

We ask that anyone wishing to come has their name in to us by Sun 21st February.

Our phone no is 5762 4086 and email address is scottishflower43@hotmail.com.

Keith & Heather Rogers 5762 4086

Reminders

U3A Benalla and District Annual General Meeting 2021

U3A Benalla and District's Annual General Meeting will be held prior to Meet and Mingle on Wednesday March 17th. The President's report from 2020 and a Nomination Form can be found on the 'About' page of the website which is to be updated shortly. There will be more information in the next newsletter.

U3A Benalla and District's Covid-19 Plan

The Committee of Management has established a Covid-19 Safety Plan and is continuing to monitor any changes in regulations. Published in the last newsletter and available on the website, the Covid Safety plan has been reproduced below as a reminder as we move back into classroom sessions, initially at the Coinda Hub, then after the 15th February, in the U3A meeting rooms. The principles also apply in other course/activity settings:

- Members when attending U3A Benalla groups, classes or functions are required to keep 1.5 meters apart at all times.
- Members when attending U3A Benalla groups, classes or functions are required to be at a density of not more than 1 person per 2 square meters of floor space.
- Members when attending U3A Benalla groups, classes or functions are required to wear a face mask when indoors providing this is currently mandated by the Victorian State Government.
- Hand sanitizer is to be provided at the entrance to the U3A Benalla room and any other venue being used by U3A Benalla. Members of U3A Benalla are requested to use the hand sanitizer when entering the U3A room or other venue being used by U3A.
- Hand wipes will be provided for Convenors or their assistants to wipe down furniture such as chairs, tables and door handles after each class held in the U3A Benalla room or other venue being used by U3A.
- Attendance Records. An Attendance record for each class is to be located on the Table outside the U3A room or other venue being used by U3A. Every person entering the U3A room or other venue is to be ticked off on this attendance record. U3A Benalla will hold in another location the phone number and address of all members attending groups or classes.
- If a person is not currently enrolled for this particular group or class, they are to write their name and phone number legibly on the attendance sheet.
- Any member of U3A Benalla who is feeling unwell is asked not to attend a class or group to which they belong, but instead get tested for COVID 19 after phoning Benalla Health to make an appointment.
- Close contact of members in the U3A Benalla room or other venue being used by U3A is to be avoided due to COVID restrictions.

Dorothy Webber and Margaret Jenkins

Late Enrolments

Enrolment days were held at the Benalla Town Hall in January, however *it is not too late to enrol.*

New Members in 2021 Membership fees are \$30 per person or \$60 per couple with a newsletter e-mailed monthly. There is a surcharge of \$10 pa for newsletters sent by mail. A [Membership Application/Renewal Form](#) can be downloaded from the [Join Us](#) page or collected with program documents from the RedB4 Bookshop in Bridge Street (next to Hide's Bakery).

Members who were enrolled in 2020: Due to the disrupted 2020 and problems with 2021 accommodation, Membership Fees for existing members have been suspended for 2021. You will still pay a fee of \$10 if you require a posted monthly newsletter. An individualised Membership Renewal Form was emailed or posted to existing members. Please print your form, make any corrections to your details, then add your program selections. If you can't locate your individualised form, complete a regular Membership Form for 2021.

Completing enrolments

- Post completed enrolment form, with any payment attached, to: *U3A Benalla and District, PO Box 674, Benalla 3671*
- Leave forms at *RedB4 Bookshop in* Bridge Street (next to Hide's Bakery) with payment attached.
- Forms without payments can be scanned and emailed to Len Jeffers (len.benalla@gmail.com) or delivered to 108 Thomas St. Benalla.

What's On

Monday, 1 February

- 09:30 Exercises for Fun - at Town Hall
- 10:00 Lifeball
- 10:00 Art Appreciation – RACV Collection

Tuesday, 2 February

- 10:00 Demystifying Psychology @ The Hub
- 14:00 Let's Talk Books @ Lorraine's

Thursday, 4 February

- 10:00 Singing for Fun - The Hub

Friday, 5 February

- 14:00 Investment - Zoom meeting

Monday, 8 February

- 09:30 Exercises for Fun - at Town Hall
- 10:00 Lifeball
- 14:00 Creative Writing - E-mail Sharing of Writing
- 14:00 Garden Team @ Rupe's

Tuesday, 9 February

- 10:00 Politics & Current Affairs @ The Hub

Wednesday, 10 February

- 07:45 Mid-Week Walks - Mt Dunn
- 10:00 Recorder @ Rae's
- 13:30 Film as Literature - The Dry

Thursday, 11 February

- 10:00 Harmony Group @ The Hub
- 13:30 Executive Committee Meeting

Friday, 12 February

- 14:00 Armchair History - The Hub

Monday, 15 February

- 09:30 Exercises for Fun
- 10:00 Coin Collectors
- 10:00 Lifeball

Tuesday, 16 February

- 10:00 The News - Fact or Fiction
- 14:00 Exploring the Universe

Wednesday, 17 February

- 10:00 Meet and Mingle – Benalla Gardens
- 14:00 Tech Savvy Beginners 2021 (Apple)

Thursday, 18 February

- 10:00 Singing for Fun @ The Hub
- 13:00 Patchwork

Friday, 19 February

- 09:30 Sustainability
- 11:45 Chat 'n Chew - The Royal
- 13:00 Demystifying Psychology Zoom Discussion Group

Monday, 22 February

- 09:30 Exercises for Fun - at Town Hall
- 10:00 Lifeball
- 14:00 As Time Goes By – 'A love letter to travel'

Tuesday, 23 February

- 10:00 Politics & Current Affairs @ The Hub
- 12:15 German
- 14:00 A Different View of German History

Wednesday, 24 February

- 10:00 Wine Appreciation – Lake Moodemere Winery with lunch at Tuileries Restaurant, Rutherglen
- 10:00 Recorder Group
- 14:00 Tech Savvy Beginners 2021 (Apple)

Thursday, 25 February

- 10:00 Garden Appreciation
- 10:00 Community Singing @ The Hub
- 13:00 Family Research

Friday, 26 February

- 10:00 Music Appreciation
- 14:00 Armchair History @ the Hub

Monday, 1 March

- 09:30 Exercises for Fun
- 10:00 Collectors
- 10:00 Lifeball
- 10:00 Art Appreciation
- 13:30 Games
- 16:00 Meditation

Tuesday, 2 March

- 10:00 Demystifying Psychology
- 10:00 Page Turners – 'Consolation' – at Meg's
- 10:00 Stock and Land
- 14:00 Armchair Traveller
- 14:00 Let's Talk Books

Wednesday, 3 March

- 09:15 Easy Walks
- 09:30 Play Reading
- 14:00 Be Connected

Thursday, 4 March

- 10:00 Singing for Fun
- 13:00 Patchwork

Friday, 5 March

- 09:30 Sustainability
- 14:00 Investment

Saturday, 6 March

- 13:30 Saturday Games - '500'