



Benalla and District Inc.

## Newsletter – July 2023

U3A Benalla & District Inc

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### President's Report

The weather has become colder in June, but groups are still meeting and enjoying their programs in various ways. Exploring the Universe have been having impressive numbers of members at their meetings, whilst Community Singing shared a June meeting with Cooina residents in the Alice Goulding wing at Cooina.

We have included the month overview timetable program for Semester 2 of 2023 which commences in July for all to see the changes that have been made. The most notable is the starting of the Demystifying Psychology course with Jane Rushworth on the third Tuesday of the month from 10am in our U3A room. Please contact Jane on 0437 621 575 if you would like to attend.

The Committee would like to thank Benalla Rural City Council for the \$500 grant received last month by U3A Benalla toward the hire of the Hub at Cooina for our Singing for Fun and Community Singing group sessions.

Tom Arnold from Benalla Rural City Council will be the guest speaker at July Meet and Mingle on Wednesday 19<sup>th</sup> July at 10am. Tom, who spoke at our AGM, will give us an update on the Fawckner Drive Precinct. Since our AGM this has been revised by the Landscape Architects and presented to the Councillors at a meeting late in June. I would encourage as many U3A members as possible to attend.

Margaret Jenkins, President



**U3A Benalla Committee of Management 2023 -2024**

Front row Julie McNeill, Margaret Jenkins (President) Geraldine McCorkell (Secretary), Dorothy Webber (Immed. Past President) Back row: Nicole McFarlane, Corrie Witlox, Ann Nelson (Vice President), Len Jeffers (Membership Officer), David Palmer (Publicity Officer). Absent: Neville Gibb (Treasurer) Lorraine Knox, Heather Wallace (Newsletter Editor).

# Group Reports

## Armchair History

At our first session in June, we continued our discussion of the status quo when the first fleet arrived, taking particular note of two facts relevant to our contemporary situation. Firstly, the country was declared terra nullius despite it being obvious that it was inhabited by people. Secondly, Australia remains the only Commonwealth country that Britain did not conclude a treaty with the local inhabitants.

At our second session, Melody Finnerty gave a detailed assessment of our Constitution - how it came about and what its powers are. Australia is a Federation where power is shared between the Commonwealth and the States. In simple terms, certain powers are reserved for the Commonwealth and all other powers reside with the States. The Federation was more than decade in the making and it is interesting to consider that New Zealand was in it right up to the last but decided its interests were to stay out. Queen Victoria signed the Act of Parliament that proclaimed Australia.

We then attempted to focus on the relations between the local people and the First Settlers, but tended to digress onto other, mostly contemporary, matters including 'Shock Jock's, the health of Newspapers, the modern phenomenon of influencers and the power of Facebook.

Neville Gibb

## Art Appreciation

At our last First Monday we were acquainted with the work of Eamon O'Toole. Eamon is a self-confessed rev head, artist and dirt bike rider and is fuelled by his life-long passion for all things motorsport — a passion which he turns into sculptural creations of his favourite motorbikes and cars.

Eamon spoke of a lifetime obsession with sculpture and gave us full details of his complete career in art.

Painstakingly created out of hand-moulded plastic, enamel, aluminium foil, texta and more, Eamon's works are authentic scaled replicas of an impressive array of motor vehicles, tools, and motorsport paraphernalia.

It is not always possible to discern art in installations but in this case, it is easy to comprehend the artistic input in his sculptures. Eamon has managed to mould a mixture of things into his interesting take on motor sport which has resulted in an enjoyable display.

Join us at our next 'First Monday' at the Benalla Art Gallery, Monday 3 July at 10am, for an [artist talk by Aunty Desiree Walker](#), coinciding with the display of her work within the exhibition *Interwoven: Stories of Country from North and South*. Stay behind afterwards and join others for a coffee at the Munro and Sargent Cafe.

Neville Gibb

## 'As Time Goes By' – Memoir Writing

Our June session began with Carmyl's overview of Jason Om's memoir *All Mixed Up*, followed by an icebreaker in which class members wrote about memories of keeping warm in winter as children.

The June topic '*I Changed My Mind*', was chosen by Carmyl, whose life affirming story of a spiritual realisation which led to her changing her mind, and prayers, about her daughter Bronwyn's illness with incurable cancer, moved us all deeply.

The alternative topic '*I quit*' proved popular, with James sharing a powerful story about his journey to quit smoking and how an ultimatum by a NZAF medical doctor finally motivated him to take action to do so. Ray described various instances of quitting, including a delightful story about deciding to quit playing the organ. Phiona wrote an evocative story about the impact of quitting school early on her life's journey, while Neville wrote about an instance of quitting which he has always regretted, and another which he has never regretted. Bev finished her story about working with people with addictions with Henry Lawson's quirky account of his addiction to alcohol.... "...I get drunk because I am in trouble, and I get drunk because I've got out of it. I get drunk because I'm sick, or have corns, or the toothache: and I get drunk because I'm feeling well and grand. I get drunk because I was rejected; and I got awfully drunk the night I was accepted"....

Graham's '*Car Stories*' rounded off the session, with each vignette proving a wonderful vehicle to convey memories of people, places and events in his life.

Catch up stories on these topics will hopefully be shared on July 17, along with July's somewhat outrageous topics, '*True Confessions*' and '*What happens in Vegas Stays in Vegas*'. Full details of these topics are on the topic list handout, which can also be found on the website.

Class members Heather Wallace and Graham Jensen have both been attending the Royal Melbourne Hospital while negotiating health issues recently – we are thinking of them and wish them well.

Bev Lee

## Be Connected – Managing Money Online

We had a great discussion on safety/security using Paypal Accounts in May.

An excellent resource, [‘How to get started with your Paypal Account’](#), suggests the following steps for depositing money to cover paying bills.

- Select your account type:
- Create your login details.
- Tell us more about yourself.
- Link your credit or debit card.\*
- Verify your email address.
- (Optional) Verify your mobile phone number.

\*Some suggest using a specific, separate card to pay accounts.

‘Be Connected’ has very comprehensive [tutorials on Internet Banking](#). It also has a very good resource on [setting up and using a PayPal Account](#).

Our ‘Managing Money Online’ session on June 19<sup>th</sup> was the final ‘Be Connected’ class for 2023. ‘Tech Advice’ one to one sessions will continue to be available by appointment during Semester II.



Robyn Lukey & Jenny Sawyer

## Bird Watching

The plan to run an extra outing in June unfortunately came to nothing because of wet weather. But six of the group enjoyed a get together at the gallery café instead. A very pleasant morning.

The birdwatching group will resume activities on Thursday 14<sup>th</sup> September. More details later. Meanwhile, keep a look out for Eastern Spinebills visiting flowering correas and camellias in winter.

Kathy Costello

## Brain Games

Like toothful tigers, we tackled word oddities such as contronyms, words which can hold opposing meanings, such as bound, screen or sanction. We then turned our attention to numbers but found some of us had shakeable determination and indeed boundful enthusiasm.

But such activities, even when we fail, have neurons forging new pathways.

Elsbeth Maconachie

## Bushwalking – Easy Walks

### Winton Wetlands

Sadly, an ominous rain radar and warnings of floods and severe weather saw a late cancellation of this walk. Thank you to everyone for checking their phones-we will reschedule in August.

### Wednesday July 5<sup>th</sup>: Eldorado Loop

This walk of approximately 8 kms will take us around the historic village of Eldorado, known for its gold mining past, including the huge Eldorado dredge. We will follow walking trails surrounding the town, which is well signposted with information about its interesting past. Lunch will be a picnic in the intriguingly named Gunhouse Park, either BYO or something hot from the general store opposite. Adjacent to the store is Victoria’s smallest pub, the McEvoy Tavern, which may also attract our interest.

Meet at the Seniors’ carpark at 9.30am with confirmation to Julie by text, email or phone message on 0407823031 or [juliemcneill55@gmail.com](mailto:juliemcneill55@gmail.com)

Remember drinks and a picnic lunch if needed. Car sharing is usually available for a small contribution.

### Wednesday August 2<sup>nd</sup>: Winton Wetlands

This will be a rescheduling of the June walk, hopefully in sunnier weather, taking in a 6km return walk out along the dam wall to see the Mokoan ponds, and a shorter walk of 2km at Green’s Hill accompanied by a BYO picnic lunch. We will follow up with afternoon tea at the Hub Cafe.

Meet at the Seniors' carpark at 9.30am, with confirmation to Julie as above. Our walks can be impacted by weather, so keep an eye on the newsletter/webpage and emails/texts for any changes.

Julie McNeill

## Cards '500'

Cards 500 continues to attract new and experienced players to the baby boomers' game of choice, before TV and those thingamy jigs called computers came onto the scene. Our game suits many of us and brings back fond memories of family & friends getting together for some cheap entertainment around the kitchen table.

May was a good month for our group, playing twice in the month on the third and fifth Wednesday sessions, with a total of 16 people attending overall.

What is so good about the game of 500 is that it is flexible and can accommodate any number of players. While two pairs might seem an optimal team, we have recently been playing with five people in a team. This concept introduced by Shirley K makes the game more exciting. The person who makes the final bid and picks up kitty calls on a particular card that will assist them to take a trick. The person holding that card plays it during the course of the game thus identifying themselves as the partner. If the nominated tricks are won/loss the partner gets half the points.

We again had a good roll up of 8 players (2 tables) in June where there were many laughs as great skills were displayed. Cries of "who dealt this rubbish" echoed around the room and I hope did not disturb our fellow bridge players in the big room outside.

While our players vary in experience the score of 500 signalling the winning of a game seemed to be evenly achieved amongst the group of 4 teams.

In July we will be moving to two games per month played on the first and third Wednesdays of the month. We will not be continuing with a game on the fifth Wednesday of the month.

Keep shuffling.



Doug Smith

## Chat n' Chew

The next Chat 'n' Chew will be meeting at the *Benalla Golf Club* on Friday 14<sup>th</sup> July at 12.00pm. If you are attending, please let me know by Monday 10<sup>th</sup> July. My mobile number is 04127 376 991.

Lorraine Knox

## Coin Collectors

We had a good roll up to our June meeting with 6 members present. Our new segment "Coin of the Month" (COTM) is proving popular. All members came along having looked high and low including their sock draws to present their June (COTM) - the smallest dated coin.

We discovered there are many coins worldwide that are considered small. In fact the world's smallest coin is from Croatia 1 Kuna and measures a minuscule 1.99 mm in diameter. You would need your glasses on to be able to see it. In comparison the Australian pre-decimal three pence was rather large at 16mm in diameter.

Our coin of the month presentations included:

- Swedish 1959 10 Ore (14mm dia)
- Swedish 1964 10 Ore (14mm dia)
- Swedish 1901 10 Ore (14mm dia)
- Australian 5 cents (19.4mm dia)
- Australian 1 cent (17.6mm dia)
- Euro 1 cent (16mm dia)
- Netherlands 10 cents (16mm dia)
- English Groat 4 pence 1843 (16.3 mm dia)
- USA half dime 1857 (15.5 mm dia)



There were three Swedish Ore coins presented all with the smallest diameter of 14mm. The winner was declared as the oldest Ore dated 1901. (See comparison photo above - 10 Ore beside 5 cents)



The Show and Tell session saw the presentation of various coins including:

- 1980 Queen Mother commemorative coin dated 4 August 1980 celebrating her 80<sup>th</sup> birthday
- 2002 50 German Euro coin
- 2000 50 cent half dollar
- 2017 UK 1 pound 12 sided coin (dodecagonal)
- 2023 \$2 colored Vegeimite series of three coins
- An album of well preserved bank notes from Australia and Asian countries.

The theme for the July COTM will be the largest diameter dated **circulating** coin (excludes commemorative coins)

Doug Smith

## Collectors

A lovely collection of brooches was shown at our June meeting, too many to mention in detail. Many were inherited from relatives, others were gifts received on special occasions and those purchased by their owner, often from op shops.

Of particular interest was a filigree butterfly made of the finest metal in a silver colour but not actually silver. The strands of metal were like a cobweb. Typical of their era were a number of bar style brooches with gems or plain. Cameos were also popular.

There were a number of handcrafted brooches: a raffia basket and a bonnet both decorated with silk flowers; a fairly large round brooch with the surface filled with silk French knots; a handmade felt brooch with leaves and gum blossom and a leather flower like a camellia.

Other brooches included pearls, jade, opals rhinestone, enamel, paua shell and porcelain. There was a colourful collection of brooches made in the former Maxart button factory (pictured).



'Tea towels' is the theme for our meeting on 3<sup>rd</sup> July – souvenirs from places afar or commemorative.

Janet Gourley

## Community Singing

On 22<sup>nd</sup> June Community Singing was shared with residents of Cooina in the Alice Goulding room at Cooina. Brian Greed used the Tram Shed song book for the morning's singing, as well as including three Seekers' songs which are always popular. Kieran Smith did a great job as MC for the morning.

The audience were provided with song books and joined in the singing with great gusto, some waving hands in time with the music, and even a dance by a couple from Cooina. The previous day Cooina residents had a Western Day, so there was still a cowboy hat around to be tried on by Kieran. One of the Cooina residents enjoying the morning was 101 years of age.

Thank you to the Cooina staff for inviting us to sing, and to Brian for providing great music for the singing.



Margaret Jenkins

## Creative Writing

More stories, more laughs and more hints as to how to improve our writing.

### Hints/Challenge:

Our discussion and challenge for this month was on the five senses.

In writing the tendency is often to include only sight and perhaps hearing. But what about taste and touch? Or smell? Could you taste fear? Using a range of the senses adds depth and richness to the pictures we are creating in our writing.

The challenge was to write a couple of words that could be used in incorporating descriptions for each of the senses in writing.

**Sight:** shadowy, brilliant, dazzling

**Hearing:** screech, silence, raucous

**Taste:** bitter, cloying, dry, astringent

**Smell:** acrid, overpowering, pungent, chemical

**Touch:** prickly, sticky, comforting

### Our stories:

The most used prompt this month was “My shoes are talking about me” and these gave us some chuckles as to the types of stories shoes could tell.

The prompts are provided to give some ideas for our writing as often a stumbling block in getting started is knowing what to write about. They can be used word for word or as a source of inspiration. For example, the prompt could be around a male, but the story might be about a female protagonist. Or it could include the age of a person, but the story might change the age. Or even with one of the new prompts, to change the letters.

Not everyone found this month’s prompts inspiring, so we had some stories from other sources. These involved concluding a story from the past and entries into the Australian Writers’ Centre Furious Fiction competition. Whatever the story is about, it is always great to see where our writing takes us.

**Prompts:** The prompts for July are:

- The dog glanced over her shoulder and trotted off down the path.
- "It wasn't a 'p', after all - it was a 'y'! That made all the difference."
- The candle flickered in its final attempt to stay alive but alas the room was left in total darkness.

Joy Shirley

## Demystifying Psychology Course

The 2023 Demystifying Psychology Course begins on **Tuesday 18 July**. This structured 5 session program will be held on 3rd Tuesdays of the month from July to November, 10:00 to 12:00 noon, in U3A room #1 at Benalla Senior Citizens Community Centre, 18 Fawckner Drive, Benalla.

*Demystifying Psychology Course content:*

The 2023 program content is a re-vamp of the 2020 Demystifying Psychology Course. It is not designed to offer group or individual therapy. The aims of the five-session course are to create a relaxed introduction to psychology in everyday life; a review of theories that explain how relationships/events happen; and to apply these theories to our everyday life.

*Key psychological concepts/theories will include:* Pre/post testing; Personality types and preferred coping styles; Addiction (including drugs) treatment; Raising children; Leadership and the rise and rise of Donald Trump (yep, that old “T” word), plus topics suggested by participants. Past content can be reviewed at <https://u3abenalla.weebly.com/demystifying-psychology>;

*How to join:*

- A. U3A Members - sign or add your name to the attendance list ... and say “Hi”.
- B. Non-U3A members –
  - a. Enrol - see <https://u3abenalla.weebly.com/join-us.html> OR go to RedB4 bookshop at 111 Bridge St East: open 9.30-4pm Mon-Sat.
  - b. Once enrolled, attend the session, sign or add your name to the attendance list ... and say “Hi”.

*Want to know more?* Contact convener Jane Rushworth 0437 621 575 / [janerushworth2101@gmail.com](mailto:janerushworth2101@gmail.com).

Jane Rushworth

## Demystifying Psychology Discussion Group

July's discussion group was well attended. The meeting room at Ruby Blue continues to meet our needs nicely – warm, private, and great coffee/tea.

A couple of members are on “escape to warmer climes” trips. We wish them loads of fun and we look forward to their return.

“Leadership” was our focus this month and we discussed:

- Who do you admire as a leader, and why?
- How do you decide to follow a leader?
- What leadership qualities would get your vote at an election?
- Can anyone be a leader?
- Is it necessary for a leader to be likeable?
- Do you, have you ever, view(ed) yourself as a leader and why?

(Picture source- <https://www.pinterest.com.au/pin/282037995386092606/>)



The following TED talks address “Leadership” in different ways, and each TED talk invites us to “step-up”. The italicized text is my “take-home” message for each. I hope you find them inspiring, enlightening and encouraging.

[Everyday Leadership](#) – *The lollipop moment/kindness/incidental leadership.*

[Collaborative Leadership](#) – *We need radical interdependence/when you see problems you can't unsee them.*

[The crisis of leadership -- and a new way forward](#) – *(Mis)trust in leadership/ courageous leadership/ our accountability.*

Each TED Talk builds on the notion that we are all leaders, sometimes in ways we are not aware of, and that every act of leadership matters. Your thoughts?

Now for the “very serious business of very serious business” ... 😊 Demystifying Psychology Discussion Group meetings will continue in Semester 2 with meetings held from 2 to 4pm on the 3rd Thursday of the month from July to November at Ruby Blue Café, 67 Nunn Street. The next group will meet on Thursday 20 July.

At this stage, there are no plans to open the Demystifying Psychology Discussion Group to new members in Semester 2 of 2023. If, however, you have the inkling and the space in your diaries, discussion group members are welcome to attend the five session Demystifying Psychology Course to be held on the 3rd Tuesday of the month from 10 am to 12 noon commencing on the 18<sup>th</sup> July. (Full details above). If possible, contact me prior to 18 July on 04378 621 575 or [janerushworth2101@gmail.com](mailto:janerushworth2101@gmail.com) to confirm your attendance, otherwise, simply sign or add your name to the attendance list on the day.

Jane Rushworth

## Enjoying the Internet



Our group of eight in June discussed good things they had done on the internet in the past month including online banking, a smart TV, family history work, some good online shopping, creating screen print, file name & location, YouTube exercise classes and more. We discussed Smart TV's, Free Apps, websites offering a service, Netflix, YouTube; SBS, iView, Newspaperindex.com and Podcasts such as [The History of English Podcasts](#), and [The Conversation](#). Also on our agenda in June -The Stocard Free app for keeping a copy of all cards, licences, etc; Making a QR code to share your WiFi password, QR codes for tickets and photobooks such as [Snapfish](#) and [Vistaprint](#). We also spent some time on Cloud Storage including Dropbox and Google Drive, iCloud and Apple's Air Drop; looked at using a USB for backup/storage; and also looked at reopening



closed tabs in Google Drive using 'History'. After a reminder that this month's session is available on the Enjoying the Internet page on the website, we finished the session looking at Artificial Intelligence via ChatGPT. Chatbot is software capable of writing poems, college-level essays and even computer code. Experts say the software highlights how far AI has come in just a few years, while still spotlighting concerns around accuracy. You can read an example of what took just seconds to produce on page 18, or also follow the link which also includes an essay on what Quantum Theory is too!!!

Dawn Stephens

## Exercises for Fun

"Use it or lose it" certainly applies to our physical fitness as we get older. Regular exercise can improve our fitness and strength, and also reduce our risk of falls.



In our class we are now including a video projected on the auditorium wall. It gets us moving and is proving very popular.

Come along and join our class in the Seniors' auditorium every Monday at 9.30am sharp. Have fun.

Helen Jeffree

## Exploring the Universe

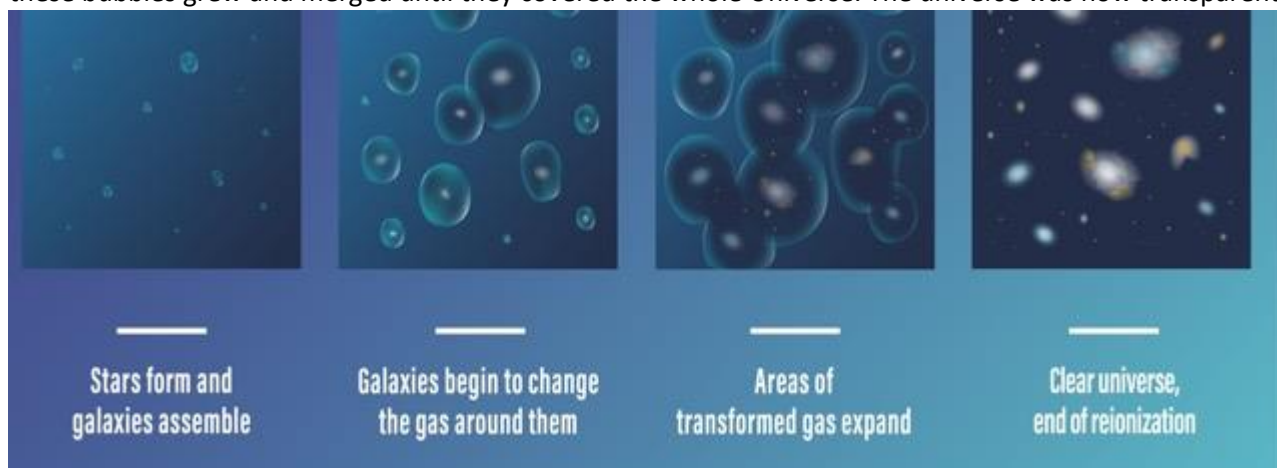
### Webb Telescope Proves Early Galaxies Transformed the Universe.

The light of the first stars could not penetrate through the opaque gas of the early universe. But 1 billion years later the gas had become completely transparent. This was called "The Era of Reionization".

*Definition: "The term "reionization" refers to the process whereby the atoms are prompted (by the ultraviolet light from new stars) to shed some of their electrons."*

A Swiss led research team from ETH University in Zurich, has analysed data from the James Webb Space Telescope looking back to the time of the end of reionization.

With Webb's data they saw galaxies reionize the gas around them. The early galaxies were chaotic places where the first stars led short, violent lives. Webb clearly showed that transparent regions are found around galaxies and measured how large they were. Until now scientists didn't have definitive evidence as to what had happened. They found gigantic bubbles of ionised gas forming around the immature galaxies, clearing out the fog of hot gas left after the Big Bang. There was evidence that over the next hundred million years these bubbles grew and merged until they covered the whole Universe. The universe was now transparent!





With film we delved into some of the early chemistry of the universe. The first gases Hydrogen and Helium combined to form the first type of molecule, Helium Hydroxide. It was located in a nebula 3,000 light years away by astronomers with a huge telescope aboard a Boeing 747 named SOFIA.

<https://www.youtube.com/watch?v=OiMml8UCBQU>

Astronomers measured the light of the first stars, finding the 'Hydrogen line' with a small radio telescope \in the desert of W.A. <https://www.youtube.com/watch?v=wU6KXoO0NEE>

Dimethyl ether was detected in a planet forming disc with 9 atoms, the pre-cursor to molecules containing the ingredients for life. <https://www.youtube.com/watch?v=uxMaFRxVLPY>

Webb found the deepest, coldest ices in a molecular cloud, a star nursery, and identified frozen forms of a wide range of molecules. Ices are vital ingredients for a habitable planet.

From Cosmology to Astronomy. Rupe took over for the second half of the program. Our destination was Crux, better known as the Southern Cross, the smallest constellation in the night sky. We learnt the names and details of the stars and its nearby features including the Jewel Box and the dusty Emu of Aboriginal Astronomy. Also, how to find South using the Southern Cross and the 2 pointer stars Hadar and Rigel Kent.

References: European Space Agency, NASA, ETH University of Zurich Switzerland, James Webb Space Telescope, Massachusetts Institute of Technology, SOFIA Stratospheric Observatory for Infrared Astronomy, European Southern Observatory.

Bev Morton

## Family Research – Beginners

June's sessions featured an introduction to searching for digitized newspaper articles in Trove. Val's quest for evidence of a family story that her grandfather had been shot in the stomach led to the discovery of two short articles which referenced this, while Phil read through articles about the Lady Northcote school in Bacchus Marsh where his family was sent on arrival in Victoria in 1967 as 'Ten Pound Poms.'

Val brought along an engaging family history book '*Up the Abley Tree*' prepared by a cousin. Divided into three broadly themed sections *Part 1 – Our Walter – Famous or Infamous*, with eight themed chapters; *Part 2 Courageous Women* with two chapters and *Part 3 Five Survivors* with five chapters, this Word-based document with photographs was attractively laid out. Helen brought along and discussed the results of recent research into husband Chris's family filed systematically using colored paper clips.

In addition to working independently during this month's hands-on session, Garry tracked the exporting and uploading of his Ancestry.com tree as a GED.com file into My Heritage and the production of his first genealogical 'full book' report and 'fan' family tree chart. Phil learnt how to add 'occupations' to ancestors' profiles on ancestry and browse Trove, while Margaret continued to develop confidence in adding information from family trees and other documents collected over time into ancestry.com.

A highlight this month was Deb's report that revisiting details in a marriage certificate and an unexpected Google result had helped her to uncover the origin of one of her ancestors. *"The Google search led to an academic article filled with information and a connection to a family member in Scotland. Not only did I find the Stewart Family ancestors lived at High Park Farm on the Kintyre Peninsula - currently owned by Paul McCartney. It has also been confirmed through DNA that my mother is part of the Royal Stewarts of Scotland, descending from King Robert III. What a surprise!"*

Bev Lee

## Family Research - Intermediate

'Pains and Gains' reported in June included Helen learning how to photograph old photos, load them from her camera to PC, crop, filter, rename and post to a person's gallery and profile in ancestry.com. Helen's pains included the disappearance of 'Thrulines' in the DNA page of her tree, although fortunately notifications of cousins sharing DNA links are still appearing.

Robyn shared her story '[Out of My Usual Comfort Zone – Indian Records](#)' in which she explains using 'Pay as You Go' credits in ancestry.com to find records of family who spent time in India. A 'pain' for Robyn this month was calling in an IT specialist only to find out she probably needs to replace her laptop.

Avid reader Julie's highlight was finding a book about the Highland Clearances in a rare boxed-set on E-Bay. Julie also found her great grandfather, a Buckland Valley pioneer's son, frequently mentioned on Trove in the Ovens/Valley Newspaper in roles including rate collector and Police Magistrate.

Val spoke of valiantly writing up her family history and of her concerns about formatting the final document. Val also reported with glee that two younger family are keen to know more about their ancestors, saying it is such a delight to be asked 'Gran, can you show me...?'

Apps introduced this month included ancestry.com's link to <https://www.mycanvas.com/> to create books, family tree posters and calendars drawing from ancestry.com data and the [findpenguins.com](https://findpenguins.com) online travel blog which is a wonderful way of recording visits to family sites while travelling.

Bev Lee

## Family Research - Advanced

On a very cold Thursday afternoon, with a long list of apologies shared, two hardy souls joined Bev in late June, reporting on pains and gains and sharing family stories.

After last year producing a book on her husband's family history for their children and grandchildren, Dawn reported becoming immersed in working on her own family tree, making connections with family members and getting closer to finding information about cousins she met just once as a child. Sue reported that her DNA test had to be resubmitted, however her husband's DNA result has already filled in gaps and resolved mysteries in his family tree.

During the session we followed up questions relating to DNA, watching the first of three excellent videos on DNA suggested by Deb Saunder's in '[An introduction to DNA results in ancestry](#)'.

Two stories were shared on June's topic '*Music and my Family Story*', with Bev's story featuring the Irish traditional songs 'The Rocky Road to Dublin' and 'Cockles and Mussels', while Sue's presentation featured her singing a hymn cherished by her beloved, and very musical, mother.

July's topics relate to '*Inheritance*', either in the formal, legal sense involving wills and bequests, or in the informal sense of the handing down of recipes over time. Details can be found on the webpage.

With fewer members in class for reasons including illness, travel or leaving Benalla, our sharing of pains and gains and family stories is taking less time. After a 'ring around', we've decided to cut back from 1 to 4pm to 2 to 4pm for the remainder of the year.

'Get Well' wishes go to class members who are unwell, along with a big 'Hi' to those travelling north!

Bev Lee

## Film Discussion Group

Our film for discussion this month was "**Polite Society**", a 'comedy action' film with an unbelievable storyline the group conceded might appeal to teenagers. There was some discussion around depiction of stereotypes and most commented positively about the costuming, colour and photography. A strong positive was an underlying message to not give up on our dreams. Ratings ranged between 0.5/5 and 4/5, averaging as a round 2/5.

Many of the class had seen other films during the month, including

"**80 for Brady**" is a comedy about a group of friends (all seniors) achieving their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady. Not an award winner, but a bit of fun with some great underlying messages around sexism, ageism and friendship. Rated around 2-3/5.

"**Love Again**" is a romantic comedy about a young woman trying to overcome the grief of her boyfriend's death. She sends texts to his old mobile number which has been reassigned. It is a light, feel good movies as the young woman meets the man who had been given the mobile number. It is a film with some realistic aspects around grief, but with a happy ending. Ratings from 2.5/5 to 4/5.

"**Limbo**" is not an easy film to watch. A jaded detective arrives in an outback town to investigate the murder of teenage indigenous girl 20 years earlier. It is filmed in black and white which does help create the atmosphere. Relationships between the indigenous population and the police is the major theme of the film. The murder is not overtly solved, with just an implication as to what might have happened as the detective is called back home. An excellent film, but not for everyone.

"**John Farnham: Finding the Voice**", a documentary on the life of John Farnham. This consisted of old footage plus interviews with current people. It gave a good view of his struggles to be recognised for more than "Sadie the Cleaning Lady" as well as his close relationship with his manager, Glenn Wheatley. Recommended viewing.

"After looking at the June program, we decided a good option for our discussion in July (12 July) would be the live performance by the Benalla Theatre Company. This was to support our local theatre company, as well as the reduced number of film screenings. For anyone attending one of the films during the month we will also make time to discuss any at the class."

Joy Shirley

## Garden Appreciation



Our trip to Violet Town proved to be a lovely way to spend a cold day. The Southern Aurora Memorial Mural Garden & Jackson's Produce Store & Cafe were well worth a visit, the food & coffee great. 27 of us walked around the shops after lunch, with a few buying up and contributing to the economy of Violet Town!

There will be no Garden Appreciation sessions in July and August due to family commitments. Our next outing will be on Thursday 28th September 2023. Stay warm and safe!

Gwen Turner

## Garden Team

Before the team arrives, we are motivated to mow and strategise. After the work is done, we are inspired and motivated to make the most of great progress and pleased to admire our larger compost piles, trimmer shrubs and neater edges. And we have cheerful, good company for the afternoon and tasty offerings to accompany our well-earned cuppas.

Elsbeth Maconachie

## German

The German group goes along like a wildfire. The vocabulary is increasing, and some difficult grammar is slowly sinking in. We have increased reading and hearing and I hope writing will soon follow. Talking on the phone was practised. The group will have a winter recess on the 11<sup>th</sup> and 18<sup>th</sup> of July.

Horst Gunther

## Jane Austen Book Club

**Mansfield Park** - In Mansfield Park we began to see Austen exploring some changes affecting the rigid social behaviours of the Regency Period.

Mary and Henry Crawford from London move into the small social world of the Bertram family and Fanny Price their niece, bringing with them more individualistic social and personal behaviours. Both are wealthy and reject the social expectations of this country group. Mary falls in love with Edmund Bertram but rejects him when he won't give up becoming a local minister. Henry tries to seduce both Maria Bertram, an engaged lady, and also Fanny Price, an innocent eighteen-year old who is really in love with her cousin Edmund. Both the Crawford siblings fail in the complex courting games they play with the Bertram family and eventually fail to marry the people they most love. Even so, the Crawfords are the most lively of the characters and presage the more relaxed conventions that the Regency period will embrace, while Fanny and her cousin Edmund represent a world that will rapidly vanish.

We watched half of the BBC TV version of the book and enjoyed the lavish costumes, and grand houses and interiors.

Meg Dillon



## In the Lap of the Gods

The Romans had a multitude of minor gods of place and purpose with overlapping duties and functions. For us, it is difficult to resolve which one should be worshipped in a particular situation.

For example, the goddess *Concordia* (Harmony) shared her duties with the goddesses *Pax* (Peace), *Salus* (Safety), *Securitas* (Security) and *Fortuna* (pictured) (Fortune). Their images were generic; none had origin stories or back stories.

To us, they are a blur of inchoate divinities with poorly delineated functions and overlapping duties. A Roman, on the other hand, picked one, offered sacrifice to her and entreated that one to appease the others as well as granting his or her wish.

For public worship for the Roman State, the College of Pontiffs kept a book called the *Indigitamenta* that laid out the names of all the gods and goddesses, their functions and the invocations that should be used to worship them.



An interesting minor goddess is *Panda*. The background of the goddess *Panda* is so vague that the sources are unclear whether she is a goddess or *Panda* is merely an epithet of *Juno* or perhaps an aspect of *Ceres*. There are no surviving images of her.

Described as a *dea paganorum*, 'goddess of the rustics.', *Panda* had a temple near the Roman walls. Her temple was an asylum that was always open. Needy supplicants who came there were supplied with food from the resources of the temple.

Although, from the late Republic, Romans were given a measure of free bread, free bread was limited to Roman citizens. Otherwise, there was no social welfare at all. Non-citizens, women and slaves were utterly dependent on their own efforts to survive. The goodness of *Panda* must have been appreciated.

The minor gods that lasted longest in the face of growing christianity were those of the countryside, gods like *Faunus* the god of cattle fertility or *Tellus*, the goddess of earth and its cultivation.

For insight into Roman life & politics in the late Republic, one cannot do better than 'The Masters of Rome' series by Colleen McCullough or the 'Cicero' trilogy by Robert Harris. Both are available in the Benalla library.

John Barry

## Investment

At our June meeting we had a look at US debit limit crisis and its flow on to the Australian market. Minimum drawdown limits on managed super funds revert back to pre-COVID limits on 1 July 2023, so you need or your advisor/provider need to readjust your payments. Everyone now has a printed copy of the table. Handouts covered Challenger, AMP, Gold tracker, Ex dividend dates, MIN and our selection lists.

Our 11 sectors selections we made in February in the Bendigo Watchlist is still negative by some -\$38,000 or 10.5 % negative. This is reflected by all stocks that were purchased in early February when the All-Ord's Index was 7745. Today the All Ord's is only 7331. One of our stocks FXO is no longer listed and I will follow up where this \$9993 investment has gone. (*I followed up--on 15 May 23 FXO named changed and now trade as QOR.*)

Our long-term selections Margaret J led the month with XRF. We are still optimistic stocks will recover. If you have a good reason, you can change your long-term selection at the 3<sup>rd</sup> July meeting.

After the break we viewed Lithium Stock LTR, Lion Town, up 119% for the year and still in an upward trend after rejecting a take-over offer from Abbermale. Also, AKE Alkem up 24% which had a partial merge with Livent the worlds no 3 Lithium Miner, and LLL Leo Lithium up 53% which entered a strategic agreement with Glenfarg Chinas largest lithium miner.

We then focused on Tech stocks, GTK Glentrack group up 158%, WTC Wisetech Global up 78%, TNE Technology one up 51%. Finally, we compared returns on bank term deposits with LaTrobe financial.

On our short-term sections many of our members changed their selections. Val with EHE was the June winner \$2,411 increase; Brian second with RSG and close third Don with EVN, fourth Les with XRF.

The next meeting of Investment will be on Monday 3<sup>rd</sup> July at 2.00pm in U3A Classroom 1.

John Hanlon and Malcolm Sanders

## Let's Talk Books

Our first winter gathering on Monday 5<sup>th</sup> June saw our usual wide-ranging selection of books. A current best seller, *Homecoming* by Kate Morton, was well written and enjoyed as was *The French Photographer* by Natascha Lester. An eagerly anticipated *Atlas: The Story of Pa Salt*. Author Lucinda Riley wrote the Seven Sisters series and died in 2021, this is a work of collaboration with her son Harry Whittaker that brings the series to a conclusion, written a little differently but still a very good read. The 50<sup>th</sup> anniversary of *Catch 22* by Joseph Heller was a continuation of the original, our reader was a little disappointed in this one. *The Blue Nowhere* by Jeffrey Deaver is a fictional story of a computer hacker, relevant in the current climate. *Chris Hammer*, author of *Treasure and Dirt* and *Scrublands* is a new favourite. *Dressed by Iris*, Mary Anne O'Connor a romantic story of Sydney in the 1930's depression, also by Mary Anne O'Connor was Gallipoli Street. *Richard Osman* appeared with *The Thursday Murder Club*, where a group of senior citizens find themselves in the centre of a murder investigation. Our reader found *The Lost Flowers of Alice Hart* by Holly Ringland sad but a bit boring toward the end. *The Edge of the Solid World* by Daniel Davis Wood was too long and too wordy. *Black Cake* by Charmaine Wilkerson is a family saga where siblings delve into their mother's past, a multigenerational story. *The Horse* by Geraldine Brooks, a discarded painting in an attic and a great racehorse weave a very readable book. Our history reader enjoyed *Eureka* by Peter Fitzsimmons and also *Kokoda*. If you didn't understand Greek history, *Troy* by Stephen Fry, was a bit complicated. *The Anzac Girls* by Peter Rees is a must read. *A Pocket Full of Happiness* by Richard E Grant is a memoir written about his wife's illness and the support the family received. *Bitter Harvest* by Ann Rule, a true-life account of a manipulative murderess. Written about the 1986 fire at the New Orleans Central Library, *The Library Book* by Susan Orlean, an interesting read. Finally, *Peggy Guggenheim*, it seems no amount of money can buy love or happiness!

Geraldine McCorkell

## Lifeball

It was great to see everyone come along for a final game before our winter recess-we wish our travellers well, and will be back on court, energised and refreshed (and warmer) on Monday September 4th.

Lifeball is played weekly at 10am at the Benalla Indoor Recreation Centre. It's a great team sport, and anyone interested in joining us in September is encouraged to call Marlene on 0428210944 for more information.

Julie McNeill

## Meet and Mingle

Lou Sigmund from Warrenbayne was the guest speaker at June's Met and Mingle. His topic was Inventions: Successes and Failures.

Lou spoke about the time when he was products manager at the Invention Submission Corporation, where he helped inventors turn their wacky schemes into reality. During the time that Lou had an office in Collins Street Melbourne he dealt with all sorts of people including many budding inventors, patent attorneys, accountants and had many articles published in the Herald-Sun in Melbourne.

He told his audience that often inventors spent too much of their own money on their invention - \$600,000 was not unusual. Lou recommended that people with inventions make their own prototypes and do not mortgage their homes to develop the invention.

A great storyteller, Lou kept his audience amused with descriptions of several of the inventions presented to him for assessment. Thank you, Lou, for a very enjoyable Meet and Mingle.

The guest speaker for July will be Tom Arnold from Benalla Rural City Council who will speak on the development of the Fawckner Drive Precinct. Tom spoke at our AGM in March. Since then, the plans for the Fawckner Drive Precinct have been revised by the Landscape Architects and are being presented to a Council meeting in late June. Members from the Senior Citizens have been invited to this Meet and Mingle as development of the Fawckner Drive Precinct also affects them.

Hope to see lots of U3A Benalla members at this July Meet and Mingle which will be held in the Auditorium of the Benalla Seniors and Community Centre on Wednesday 19 July at 10am.

Margaret Jenkins

## Music Appreciation

"Listening to the music while stretching her body close to its limit, she was able to attain a mysterious calm. She was simultaneously the torturer and the tortured, the forcer and the forced". That quote by Japanese

writer and translator Haruki Murakami, kind of describes some of the class reactions to the first of our June sessions as we endeavoured to get our musical minds around Karl Jenkins' composition *The Armed Man*, commissioned by the British Royal Armourers to mark the transition from the 20<sup>th</sup> to the 21<sup>st</sup> century and their move to a new Museum in Leeds. Dedicated by the composer to the victims of the Kosovo conflict, the work is a 13 movement Mass for peace loosely set within the Christian Mass, with additional texts from Muslim and Hindu sources and secular writers. A mind and body exercise occupying us for the whole session.

No such concerns with our second session as we watched a scintillating performance of *Chopin's Piano Concerto No 1* given in the final round of the 18<sup>th</sup> Chopin Competition in 2021. The work was bookended in our programme by *Mozart's Overture to Don Giovanni* and *Schumann's Symphony No.4* leaving us in a buoyant mood as the curtain came down on Semester 1. Semester 2 for us kicks off on Friday 14<sup>th</sup> July.

Meanwhile you can check out recordings and notes for our June programmes on the U3A website. Enjoy!

Bill Squire

## Page Turners Book Group

### One Last Secret by Adele Parkes

A fair example of a popular bodice ripper novel. Dora, a high-class Serbian 'escort' is persuaded to take one last job in France where she is assaulted in many ways by some of the strange guests at this house party.

It was with considerable surprise that we discovered Parkes has written 22 books, one assumes all of this ilk, and is feted on British TV and radio programs, even gaining an award for literature in the King's Honors List last year.

A real melodrama of a book that cannot be taken too seriously.

July 4th: 'Horse' by Geraldine Brooks.

Meg Dillon

## Patchwork and Craft

Thank you, Lorraine, for your help while I've been laid low by Covid. Numbers have been down recently - it seems I have not been the only one with a bug, plus a number of members have headed north for the winter. Stay warm and keep well!

Dorothy Webber

## Play Reading

Our play for June was "*Morning Sacrifice*" by Dymphna Cusack.

Dymphna Cusack was born in 1902 and the play was set in Australia in 1938 (published in 1943). The characters were representative of the era, with the ideals and prejudices of the time. For example, the possibility of being expelled for found kissing a boy.

Played over three acts in the Easthaven Girls High School pre-WW2, it is not a comedy, and does have some nastiness – at times quite sad and hard to accept. The setting is the staff room, mainly Monday, with the third act including a final scene the following Thursday morning. All the characters are women, with many contrasting characters – harsh, hypocritical, fawning, quiet, meek and motherly. It is all there.

The central focus of the play is an increasingly bitter struggle between the teachers over the fate of Mary Grey, a senior student at the school accused of immoral behaviour. Mary was caught kissing a boy at a school dance. Kingsbury, the deputy head who is magnifying the affair for her own ends, wants to shore up her authority over Easthaven's seven teachers and Woods, the school's head. Three of the seven teachers line up behind Kingsbury; three of the remaining teachers speak out in favour of Mary Grey. It is left to the most junior of the teachers to break the deadlock. The pressure placed on her by Kingsbury leads to her suicide.

After reading the play we discussed how the era focussed on rote learning and cramming for a series of external tests. There had been a lot of focus on administration and lack of recognition for the arts. In the play music was considered only half a subject and of no value to the girls' future. There appears to be greater recognition by many of the value of the arts today, along with concern about the administrative load placed on teachers. And the curriculum changes over the years may not have yet got the balance right.

An interesting but emotionally difficult play.

Our play for July is *Chaim's Love Song* by Marvin Chernoff, recommended by David at the Vic. Drama League.

Joy Shirley



## Politics and Current Affairs

At our last session of Politics, we considered a Family Court scenario where a complicated family relationship covering several generations had to be resolved. The family court is sometimes confronted with issues that can only be described as the result of unintended consequences. Much discussion ensued.

We also went through the British Royal Family since Henry 8th focusing on the number of children - or lack of - for each monarch. There is quite a history - both tragic and mundane. Some Monarchs had many children but none who could succeed them because no offspring were legitimate. Others had children who unfortunately did not survive childhood or died in childbirth. At one point the authorities passed over 55 local claimants to the throne and awarded the Monarchy to a German branch of the family. This proved ultimately to be a wise choice. Our Royal Family are descendants of this family.

We also considered the issues Australians consider to be the most important. When the polls dig down it reveals that the main issues are the economy, health care and immigration. There are lots of sub issues which are of great interest, and these were discussed at length.

Neville Gibb

## Recorder Group

In June the U3A Recorder Group met without our leader, Janet, and played old favourites and beautiful harmonies.

A couple of pieces proved challenging, and we lacked Janet to facilitate repair.

"Keel Row", a lively Scottish tune, and "Salvatoris Hodie", from the 13th century and with slightly alien timing, both need some practise and polish.

Andi Stevenson



## Singing for Fun

Singing for Fun has been having three Leaders for the sessions in June, so as to provide the Leaders with a little extra time for teaching. The variety of songs chosen by Kieran, Brian, Margaret and Carmyl has been great. Kieran has often chosen several songs from musicals, whilst Brian has been introducing some great harmony by the sopranos. We are enjoying Carmyl's peace songs as well as her unaccompanied rounds, whilst Margaret's songs are more spontaneous. Thank you to each leader for the time they spend in planning their sessions.

Thank you also to Gwen for the flexibility you show in accompanying such a variety of approaches.

The next Singing for Fun will be on Thursday 6<sup>th</sup> July at 10am at the Hub at Cooina.

Margaret Jenkins

## Sky's the Limit

On Tuesday 6 June, nine members of the 'Sky's the Limit' attended Benalla Gliding Club where Viv Drew and John Blacklock, members of the Benalla Gliding Club and both very experienced glider pilots, presented a thoughtfully planned session which included a slide show presentation, small group visits to the hangars to alternate with experiencing the flight simulator.



It was interesting to learn about the science and technicalities of gliding and to hear Viv and John speak about the benefits in of learning to glide and gliding experience for those who go on to pilot regular aircraft; the efforts the club makes to encourage young people and girls to take up gliding, and the high proportion of gliding club members who have moved to Benalla to live.

During the small group visits to the hangars, John provided an expert explanation of the sleek modern gliders and start-of-the-art tow aircraft to be found there. Sadly, planned small group experiences of using the flight simulator were thwarted by an hour-long plus update to the program of the flight simulator!

Throughout the session and coffee break, stories of gliding were shared, including experiences of being winched and pulled along by tractors rather than tow aircraft, and more. New member James and presenter John reminisced about having been inspired to fly by watching crop dusters at work; while given the overcast conditions, retired meteorologist Graham must have been reminded of assessing the weather for flying conditions, as he did when working. Convenor, retired glider pilot Claire, also shared many stories.

As the change in the time of the excursion to a morning session affected the attendance by some members of the group, and because the excursion could well be of interest to other members of U3A Benalla, a repeat session, with the simulator already updated on the day, is planned for the Spring! Our speaker at 2pm on Tuesday 4 July is Tony Schneider, pilot, aircraft owner and secretary of the Benalla Aero Club.

Claire Rudolph/David Palmer/Bev Lee

## Stock and Land



Libby Skilbeck, our June speaker, grew up in Melbourne but fell in love with farming through a Leongatha fruit grower uncle, on whose farm she spent holidays. So, on leaving school she went to Marcus Oldham agricultural college and studied horse business management. Subsequently she married a fellow student, and they managed dairy, sheep and beef farms. The sheep farm was in central Tasmania. Libby said it was difficult to adjust to interacting socially, because on the rural people front, there were only landowners and workers. But they stayed on the farm for five years.

Subsequently they bought a 200-acre farm near Goomalibee where they initially raised Angus bulls for a nearby stud and now produce their own.

Libby talked about succession planning and said two of their four children seemed interested in farm living. Her youngest son works happily at the Peechelba feedlot and her daughter, initially city centric, has developed a love for country life through attending weekend schools for young cattle people.

On July 4th at 10 am David Burness will talk about being a novice farmer, transitioning from city life to rural living near Thoon.

David Palmer

## Sustainability

The Sustainability Group had two free-flowing discussion sessions in June. These are where members raise issues that they would like to discuss or bring items/articles on topics to present. Both sessions covered a wide range of issues with much calling on 'Prof. Google' to explore information around these issues. Peter talked about a recent Environment Institute of ANZ he attended in Sydney where the accounting for nature issue was explored. We also looked at the various proposals for solar farms in the Benalla/Wangaratta area - there seems to be quite a few - some operating, some under construction, some at the planning stage and some abandoned. We listened to a couple of podcasts, including one about an American experiment to use kangaroo poo to change the microbiome of cow stomachs from a cow's usual methane producing microbiome (a very significant GHG) to a Roo's acid (vinegar) producing microbiome - still very much at the experimental stage though. We also learnt how Singapore manages its waste by creating new land. More to come in the second semester!



John Lane

## Tech Talks

We started by viewing a video of the only flight of the largest plane ever built. This was Howard Hughes' Spruce Goose. A plane made entirely of wood. Designed during the war to be large enough to transport both tanks and troops at the same time. Towards the end of the war Howard Hughes made a deal with the Government that the plane would be finished despite there being some opposition to it from Official quarters. It cost several million dollars to build. It only flew once. Hughes himself piloted the plane for what was supposed to be a series of taxing exercises. Hughes surprised everyone by asking for the flaps to be positioned so that the plane could lift out of the water and so it did. For a matter of 14-20 seconds. But it did fly. It is now permanently on display in a museum.

We read Rowan Atkinson's essay on petrol driven cars and electric vehicles. This contained many items for consideration which we went over one by one.

We also read a critique on the essay by a motoring correspondent. The most salient point in the critique was the statement that there are now over 1.4 billion cars in the world.

Neville Gibb

## Ukes4Fun

It is amazing how far this group has developed in 6 months. Many members commenced not ever having owned an ukulele, let alone knowing chords and tuning of the instrument. After being absent from class for a couple of weeks, it was so heartwarming seeing how far we have come. Singing and playing songs that we grew up with. Playing chords, strumming, and keeping time with the music.

Thank you to the group members who led the group during my absence, and to co-convenor Dorothy, who organised a couple of her friends to come along and lead the group as well.

This week and next week John Canty, who is the current President of Shepparton U3a, is leading our group and giving us some insight into where we go from here. Prior to the Benalla group being formed Bev and I spent a morning with John's 'Just Jammin' ukulele group at Shepparton to get an idea of how to run a group. John was pleasantly surprised at where the Benalla group is at currently and has given us a few ideas as what to do next to expand our enjoyment of playing the ukulele.



Heather Wallace

## Wine Appreciation



The weather held for us thankfully as we set off to Anderson's Winery at Rutherglen established in 1992 by Howard Anderson. His daughter Christobelle, who had graduated with First Class Honours in Winemaking at Adelaide University, welcomed us to their cellar door. They are known, and have won many awards, for their sparkling wines and I can understand why. They are made in the traditional method and have the lightest of bubbles. There is a good

selection of whites and reds with all grapes being grown on their eight and half hectare property. Our tasting was followed by a delicious lunch at Pickled Sisters in Rutherglen.





Next month's visit on Friday 21<sup>st</sup> July is to Piano Piano Winery at **852 Beechworth-Wangaratta Rd, Everton** followed by lunch at the **King River Cafe** in Oxley.

**Please note change of meeting place.** We will now meet in the **Seniors Car Park**, same time at 10.00am.

Please let me know by Sunday 16<sup>th</sup> July if you will be coming. I notify both venues on Monday morning of our numbers. RSVP to [nicnakmac90@gmail.com](mailto:nicnakmac90@gmail.com) or text 0428 696 408.

Nicole McFarlane

## Wise Guys Book Group

Books discussed ranged from Hamlet to horse racing scams and autopsies, with Captain Cook and actor Richard E Grant in between. Neville extolled the virtues of Hamlet, Graham Greene and Bertrand Russell and took home from me, a Jeremy Clarkson book about big things like the Hoover Dam and B52 bombers. Brian talked about how the French nearly claimed Australia for France, when La Perouse anchored off Port Jackson, only a day or two after Governor Phillip and the first fleet's 11 ships had anchored there. A book he brought in discusses what would have happened if the French had been successful. Pills, Powder and Smoke: Inside the Bloody War on Drugs by Australian Antony Lowenstein got a favourable mention too.

David Palmer

## Program Highlight

### Enjoying the Internet – A poem written using an AI 'app'- ChatGPT

This is what came out when Enjoying the Internet Convenor Dawn Stephens asked an Artificial Intelligence app to *"Write poem on seniors internet group's last session with Dawn..."*

In a virtual realm where connections reside, Where the elder souls find solace inside,  
There, in the world of internet's grace, Seniors unite, seeking wisdom's embrace.

Amidst the glowing screens, their fingers do roam, Exploring the depths of knowledge, their new home.  
For these seasoned minds, age no longer a plight, Their spirits gleaming, their hearts alight.

Dawn, the narrator, with her voice so serene, Guides them through pixels, like a luminary queen.  
With every word she weaves, her melody so clear, She paints their stories, the laughter, and the tears.

The last session dawns, a bittersweet day, Their time together slowly fading away.  
Years of shared memories within this digital sphere, Now it's time to part, hearts heavy with cheer.

Dawn's voice, now tender, with a touch of melancholy, Recites their journey, a testament to their folly.  
From tales of youth to lessons hard-earned, The seniors listen, emotions churned.

A gentle sigh escapes with every memory told, A treasure trove of wisdom, more valuable than gold.  
They've laughed, they've learned, they've cherished it all, Through the ups and downs, united in their call.

Dawn's voice grows softer, like whispers in the wind, As she bids farewell to each beloved friend.  
But the bond they forged, it shall never wane, For the spirit of their unity forever shall remain.

In the depths of their souls, a fire brightly burns, Their thirst for knowledge, a flame that still yearns.  
Though the sessions may end, the stories won't fade, In their hearts, they'll live on, like a serenade.

So, as Dawn's voice recedes, its echoes sublime, Seniors gather strength, embracing the sands of time.  
For they've shared their tales, enriched and true, And the world is brighter because of the likes of you.

If you would like to read the results of other tasks for the AI app set by Dawn, go to  
<https://chat.openai.com/share/7b68512d-930c-4d1e-8a00-075415a43d54>

# What's On

## Monday, 3 July

- 09:30 Exercises for Fun
- 10:00 Collectors – 'Tea Towels'
- 10:00 Art Appreciation – 'First Mondays' - weaver  
Aunty Desiree Walker – Benalla Art Gallery
- 12:45 Ukes4Fun – guest leader, John Canty from 'Just  
Jammin' Ukulele group, U3A Goulburn Murray
- 14:00 Investment
- 14:00 Let's Talk Books

## Tuesday, 4 July

- 10:00 Page Turners - 'Horse', Geraldine Brooks
- 10:00 Stock and Land – David Burness, Thoona
- 12:15 German
- 14:00 Sky's the Limit – Tony Schneider, Secretary of  
the Benalla Aero Club.

## Wednesday, 5 July

- 09:30 Easywalks - Eldorado Loop
- 09:30 Play Reading – 'Chaim's Love Song'
- 14:00 Cards '500'

## Thursday, 6 July

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

## Friday, 7 July

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

## Monday, 10 July

- 09:3 Exercises for Fun
- 10:00 Lifeball - Marlene 0407 240 943
- 12:30 Tech Advice
- 12:45 Ukes4Fun
- 14:00 Creative Writing
- 14:00 Garden Team

## Tuesday, 11 July

- 10:00 Politics and Current Affairs
- 14:00 Jane Austen Book Club - 'Mansfield Park' (F)
- 14:00 Tech Talks

## Wednesday, 12 July

- 10:00 Recorder Group
- 13:30 A Taste of Art
- 14:00 Tech Savvy Apple – 'Pages' (final session)
- 14:00 Film Discussion Group - 'The Drowsy  
Chaperone' plus films of interest
- 14:00 Tech Savvy Apple - 'Pages'

## Thursday, 13 July

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

## Friday, 14 July

- 10:00 Music Appreciation
- 12:00 Chat 'n Chew – Benalla Golf Club
- 14:00 Armchair History

## Monday, 17 July

- 09:30 Exercises for Fun
- 12:30 Tech Advice
- 12:45 Ukes4Fun
- 14:00 As Time Goes By - Memoir Writing

## Tuesday, 18 July

- 10:00 Demystifying Psychology Course - Session 1
- 14:00 Exploring the Universe

## Wednesday, 19 July

- 10:00 Meet and Mingle - Fawckner Drive Precinct  
Update, Tom Arnold, BRC Community Officer
- 14:00 Cards '500'

## Thursday, 20 July

- 10:00 Singing for Fun
- 13:00 Family Research - Intermediate group
- 13:00 Patchwork and Craft
- 14:00 Demystifying Psychology Discussion Group

## Friday, 21 July

- 10:00 Wine Appreciation - Piano Piano Winery and  
King River Cafe
- 10:00 Sustainability

## Monday, 24 July

- 09:30 Exercises for Fun
- 12:45 Ukes4Fun
- 13:30 Coin Collectors – 'Coin of the Month' – the  
largest diameter *circulating* coin

## Tuesday, 25 July

- 10:00 Politics & Current Affairs
- 12:15 German
- 14:00 Brain Games
- 17:00 Newsletter reports due today

## Wednesday, 26 July

- 10:00 Recorder Group
- 13:30 A Taste of Art
- 14:00 Wise Guys Book Group

## Thursday, 27 July

- 10:00 Community Singing - Freemasons
- 14:00 Family Research - Advanced

## Friday, 28 July

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

## Monday, 31 July

- 09:30 Exercises for Fun
- 12:45 Ukes4Fun
- 14:00 Garden Team

## Tuesday, 1 August

- 10:00 Page Turners - 'Black Cake'. C Wilkerson
- 10:00 Stock and Land
- 12:15 German
- 14:00 Sky's the Limit

## Wednesday, 2 August

- 09:30 Bushwalking - Easywalks - Winton Wetlands
- 09:30 Play Reading
- 14:00 Cards '500'

## Thursday, 3 August

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

## Friday, 4 August

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

**\*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\***

**U3A FULL TIMETABLE SEMESTER 2 – 2023**  
Location codes: **U3A** or **Seniors Hall** **Cooinda Hub** **Other Venues**

	1st	2nd	3rd	4th	5th
<b>Mon</b>	Exercises for Fun 9:30-11:30am Hall	Exercises for Fun 9:30-11:30am Hall	Exercises for Fun 9:30-11:30am Hall	Exercises for Fun 9:30-11:30am Hall	Exercises for Fun 9:30-11:30am Hall
	Lifeball 10-11:30am	Lifeball 10-11:30am	Lifeball 10-11:30am	Lifeball 10-11:30am	Lifeball 10-11:30am
	Art Appreciation 10-11am				
	Collectors 10-12noon Rm 1				
	Ukes4Fun 12:45-1:45 Hall	Ukes4Fun 12:45-1:45 Hall	Ukes4Fun 12:45-1:45 Hall	Ukes4Fun 12:45-1:45 Hall	Ukes4Fun 12:45-1:45 Hall
	Investment 2-4pm Rm 1	Creative Writing 2-4pm Rm 1	As Time Goes By-Memoir Writing 2-4pm Rm 1	Coin Collectors 1:30-3:30pm Rm 1	
	Let's Talk Books 2-4pm (Hall)	Garden Team 2-4pm			Garden Team 2-4pm
<b>Tue</b>	Page Turners Book Group 10-12noon	Politics & Current Affairs 10-12 Rm 1	Demystifying. Psychology 10-12noon Rm 1	Politics & Current Affairs 10-12 Rm 1	
	Stock and Land 10-12noon Rm 1				
	German 12:15-2:00pm Rm 1	German 12:15-1:45pm Rm 1	German 12:15-1:45pm Rm 1	German 12:15-1:45pm Rm 1	German 12:15-3:15pm Rm 1
	Sky's the Limit 2-4pm Rm 1	Jane Austen Book Club 2-4pm Rm 1	Exploring the Universe 2-4pm Rm 1	Brain Games 2-4pm Rm 1	
		Tech Talks 2-4pm Rm 2			
<b>Wed</b>	Bush Walking – Easywalks All day				
	Play Reading 9:30-12:00 Rm 1	Recorder Group 10-12noon Rm 1	Meet & Mingle 10-12noon Rm 1	Recorder Group 10-12noon Rm 1	
	'A Taste of Art' 1:30-4:00pm (Sept 6, Oct 4, Nov 1)	'A Taste of Art' 1:30-4:00pm (Jul 12, Aug 9,)	'A Taste of Art' 1:30-4:00pm (Sept 20, Oct 18, Nov 15)	'A Taste of Art' 1:30-4:00pm (Jul 26, Aug 23)	'A Taste of Art' 1:30-4:00pm (Nov 29)
	Cards '500' 2-4pm Rm 1	Film Discussion Group 2-3:30pm Benalla Library (July) then U3A Rm 1	Cards '500' 2-4pm Rm 1	Wise Guys Book Group 2-4pm Rm 1	
<b>Thur</b>		Birdwatching 9:30-12noon (Sept – Nov.)		Garden Appreciation All day	Patchwork and Craft All day Rm 1
	Singing for Fun 10-12noon	Singing for Fun 10-12noon	Singing for Fun 10-12noon	Community Singing 10-11:30am	
	Tech Savvy Beginners Android 10-12noon Rm 1	Tech Savvy Beginners Android 10-12noon Rm 1		Photography 10-12noon Rm 1	
	Family Research - Beginners 1-4pm Rm 2	Family Research - Beginners 1-4pm Rm 2	Family Research - Intermediate 1-4pm Rm 2	Family Research – Adv. 1-4pm Rm 1	
	Patchwork and Craft 1-4pm Rm 1	Executive 1:30-3:30pm Rm 1	Patchwork and Craft 1-4pm Rm 1		
			Dem. Psyc. Disc Grp 2-4pm Ruby Blue		
<b>Fri</b>	Sustainability 10-12noon Rm 1	Music Appreciation 10-12noon Rm 1	Sustainability 10-12noon Rm 1	Music Appreciation 10-12noon Rm 1	
	In the Lap of the Gods 2-4pm Rm 1	Australian History 2-4pm Rm 1		Australian History 2-4pm Rm 1	
		Chat N' Chew 11.45-1.45pm	Wine Appreciation All Day		
-	Tech Advice by Appointment Rm 2				

Note: This document is current on 19 June 2023 but may be subject to change