



Benalla and District Inc.

Newsletter – July 2024

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Please send reports for the newsletter to newsletter.u3abenalla@gmail.com by 25 July 2024

President's Report

We have had a couple of successes in the last month. Firstly, at the Finance and Planning meeting of the Benalla Rural City Council on Wednesday 19th June the Councillors passed the Recommendation:

1. That the Council rename the Benalla Senior Citizens Community Centre to Benalla Seniors and Community Centre.
2. That Geographic Names Victoria (VICNAMES) be advised of the name change.

This change was suggested by U3A Benalla in August 2023 to the BRCC, it has worked through the accepted process, and has now been adopted. U3A Benalla feel that it is a more inclusive name for all groups which use the building.

Our second success is that we have been re-registered with the Australian Charities and Not-for-Profits Commission (ACNC) as a charity. When we started on the journey for registering as a charity, the Committee of U3A Benalla did not realise that U3A Benalla had been previously registered as a charity, and unfortunately had not kept up with the annual requirements.

Therefore, when we applied to become a charity, we had to fulfill the requirements which had not been satisfied since the original registration. This meant filling in Annual Information Statements for the years between 2013 and 2023. My thanks to Corrie Witlox and Neville Gibb for supplying financial statements for those years. Obtaining charity status will mean that we will have Commonwealth charity tax concessions reinstated. We are waiting on this final piece of documentation to be forwarded by the ATO.

Congratulations to Carmyl Winkler on being awarded an OAM in the recent King's Birthday honours. Carmyl joined U3A three years ago when she came to Benalla, and is a valued member of the Singing groups and the Memoir Writing group. Carmyl's award was for her contribution to both Benalla and Tallangatta communities, Carmyl having lived in Tallangatta for 45 years before coming to Benalla.

The Committee would like to thank Gwen Mildren and Val Whan plus several assistants who ran the Cooking Solo course in Semester 1 this year. It was the first time that U3A Benalla had embarked on such a practical course, and from comments of participants Cooking Solo seemed to fill a need in the Benalla community, as well as providing social interaction, enjoyment and a hearty meal each time for the 10 participants.



Our second semester commences in July, and we are welcoming our newest group, Spanish which is being Convened by Alejandro Diaz each Saturday morning from 10am to 12 noon. To date we have seven members interested in learning Spanish. If you wish to join this group, please contact Anne Nelson on 0438 447 379

Enjoying the Internet with Dawn Stephens will also start in Semester 2. This popular course will be run on the third Tuesday from 10am to 12 noon in Room 1. Please contact Dawn on 0418 552 932 if you wish to attend Enjoying the Internet.

Margaret Jenkins, President

Course Coordinator's Report

The Month Overview Timetable for Semester 2 is included with this newsletter and is available on the website. The most notable changes are the commencement of the weekly *Spanish* course being convened by Alejandro Diaz on Saturday 6 July from 10 to 12; and the return on Tuesday 16 July from 10 to 12 of the *Enjoying the Internet* course with Dawn Stephens 0418 552 932, both courses being held in U3A Classroom 1.

There are some scheduling changes, with *Ukes4Fun*'s move to 11.30am to 1.30pm enabling a break for those who also attend *Exercises for Fun*, which finishes at 11. Changes mentioned elsewhere in the newsletter, include the Family *Research* '4th Thursday' course taking a spell during Semester II. Groups actively looking for members in Semester 2 include *Chess*, *Lifeball* and *Recorder*. The convenors would love to hear from you.

Timetables for Semester 2 activities are available in the drop-down box under the 'Join' button on the top menu of the website, with Enrolment Information for new members soon available at the RedB4 Book Shop. If you decide to take a new course in Semester 2, add your name to the roll after attending the first session.

We have ideas moving through the pipeline for a short course on '*Keeping Safe in Cyber Space*' with Barry O'Connor; and a course including drawing and water colour mixing by local botanical artist Margaret Zaal.

If you have ideas for a new course you would like to convene, or a course which interests you and may interest others, please contact me.

Anne Nelson 0438 447 379

Group Reports

Art Appreciation



On the first Monday in June we were joined by *Ruth Johnson* and *Lesley Duxbury* and enjoyed their ***Embrace the Eucalypt*** exhibition. In this exhibition there were collages of leaves and portraits of trees.

Ruth and Lesley explained their own history and development in art. Ruth explained how she transforms ordinary leaves into artistic collages. Leslie explained how she photographs trees in her neighborhood.

In the next space in the Gallery there is a series of Heyson water colours. Heyson was the master of a Tree in a Paddock painting, but Leslie Duxbury has shown that there can be a measure of exquisite beauty in a large Portrait of a TREE. There are two portraits of trees that make you think about how a tree can be presented and transformed into Art.

Join Benalla Art Gallery staff in conversation with *Claire Beausein* on Monday July 1 at 10am as they discuss her exhibition, ***Smells Like Rain***, which showcases a recent collection of assemblage and mixed-media works on washi paper, all engaging the theme of metamorphosis.

Wangaratta born Claire grew up on a farm at Mt Bruno, returning to the Warby Ranges several years ago after an artistic journey which began with a degree in Textiles at The Sydney College of the Arts completed in 1984 and included 25 solo exhibitions in Australia and overseas, selection for national awards and international residencies in Switzerland and Japan. While in Japan Claire studied the art of making washi paper as well as Shinto, a spirituality based on the reverence of nature. (Source: Benalla Art Gallery Website)

Neville Gibb

'As Time Goes By' – Memoir Writing

This month's icebreaker on collections, especially home libraries, resulted in the sharing of original ideas for physical, electronic and memory libraries. A library of 'dad jokes', was one that could be especially useful for the grandfathers amongst us. Yet no library would be comparable to Delfina's.

'Catch up' tales related to '**Time Travelling**' and '**Travel**'. A revisit to his old classroom of fifty years ago, led *Neville* to recount a nostalgic tale of one of his favourite teachers, 'Nick Cave's dad'. David delightfully detailed a walk in Japan with his two sons, offering salutary advice to always check your boots for comfort prior to embarkation. *Neville* disturbingly, led us into the labyrinth of his post-retirement dreams/nightmares.

On this month's theme '**My Brilliant Career**', *Carmyl* shared with us excerpts from an irregular column she wrote for the local newspaper under the pseudonym of Mrs Hinchcliffe, who argued and bargained with God, in anticipation of the merged Uniting Church. Meanwhile *James* introduced us to the 1% club as he tracked his illustrious career from military aviation to his unexpected success as a sales representative. *Max* reminisced with stories of his Big Blue Bin and *Bev* surprised us all in sharing her brief career as a film producer and editor. (Such hidden talent, although her online production and editing of our contributions, suggested this was an area of historic depth).

Looking through a different lens, *Ray* chronicled a short, less than brilliant career as an insurance salesman early in his working life which led to a change of direction and public recognition as a fellow of the Institute of Chartered Accountants. *Delfina* entertained us exposing her short career as Secretary of the Italian Chamber of Commerce. Without typing or other basic secretarial skills, she was surely employed on the basis of her wit and charm. On the other hand, *Heather H.* exposed her 'brilliant' career trekking from Veterinarian nurse to HR Manager and *Phil* shared his pleasure in deciding not become a truckie, like his dad, to start his career as an electroplate apprenticeship and which circled back to truck driving.

Our final theme was '**Rebellion**' and *John* entertained us with a story of a foreign rebellion on U.S. soil at Camp Ockanickon. John's not insignificant role in this rebellion was reflected in an Aussie flag flying proudly beneath the British and US flags. And *Barry* reminded us of the importance of righteous rebellion against injustice and inequity.

Topics for July 15, a very early third Monday, are:

'My Gap Year' Write about a time when you took, or circumstances meant that you took, time out from your 'regular' life or veered off an intended path for a year or so. What happened? What did you learn from doing so?

'My (....)' As we go through life the beginnings and endings of 'life stages' can be marked with events. Looking back over your life, think about an event, the stage it marked, and the results, hopefully fruits of this transition. (If you have been in the class for some time, pick a life stage which you haven't written about before).

Graham Jensen

Australian Shares & Stock Market

We had 17 members attend our meeting on Monday 3rd June, a very good number considering a cold winter's day. We had a look at the Market Index web site. Of all the 11 sectors "Tech Stocks" or [Information Technology ^XIJ](#) has risen 27% for the last 12 months and 2.7% for the month of May. This sector far exceeds all the other sectors, some of which had negative growth. All dividend payments are finished now until September, except for NAB & ANZ, which payout in early July.

Handouts included the latest news on BHP/Anglo American takeover, CSR and Gold Hydrogen and a list of 5 red flags when investing.

When investing, a few simple rules should guide your selection, i.e. maybe from the top 200 companies (S&P ASX200/ XJO). It is a mentally stimulating exercise trying to predict if the stock is a long-term or short-term buy or sell, profitable and that P/E and D/E fall within your limits.

On our long-term selection sheet John leads with an incredible profit of \$8,890 with his Drownshield DRO. If you keep this up until November, John, you will be the yearly winner. Margaret W is also well ahead with her selection TLX.

On our "Real Time Dividend" listing, Neville leads with his selection of Boral, followed by Brent with Qantas and John with Yancoal. Interestingly, Neville is one of only 12 members who have not traded their original selection. Let's see how it all pans out with the share market July to November. I acknowledge I need to

correct one of Anne's selections to NRW back in the April and MND on the current sheet. Les has decided to buy PME before the July meeting.

After the break, Bill gave us a look into his trip to Sweden during May, using nine photos that I projected onto the screen which were too small to fully appreciate. I have since separately emailed nine full sized images to all members. Thanks Bill, as only a few of us have been to Sweden.

Finally, on our short-term monthly selections Peter leads with his selection TPC with \$3,155 profit, followed by Graeme, Susan and Malcolm. There were four new monthly selections for June to report on at the July meeting.

We will have time next month for Don to present some tips on investing.

Our next meeting will be Monday 1st July 2024 at 2pm.

Malcolm Sanders

Be Connected – Android

In June we looked at Online Shopping and The Internet.

Online shopping can be an enjoyable and time saving experience. Initially we need to spend some time becoming familiar with the process, but if we are constantly vigilant it can be as safe as any other activity on our devices.

The Internet has become almost essential to our lives. We briefly touched on what the internet is and tackled the difficulties of filling out forms online.

In Semester 2, if there is sufficient interest, every alternate week we will focus on short project-based courses on topics such as Photo Books, word processing using Google Docs and other small projects. Meanwhile we will continue with issues from the Be Connected website, for example downloading documents, printing, signing if necessary, and then submitting them.

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

Please note that for July only our sessions have been postponed by a week to the 11th and 18th.



Ruth Jelliff

Brain Games

It's worth paying attention to clues as you read instructions, and good memory begins with careful observation, but you also have to be open to a novel approach to finding an answer.

The mind mazes were quite taxing. It will be interesting to see how many front up for more challenges next semester!

Elspeth Maconachie

Bushwalking – Easy Walks

Goulburn River and Shepparton Botanic Gardens

Some early fog cleared to a fine day just right for walking, as we set off for Shepparton. Our group of eleven found each other at Victoria Lake after some discussion over maps (and toilet blocks!).

A pleasant walk along the Goulburn saw us skirting the well-maintained caravan park, heading further along to observe the junction of the Goulburn and Broken Rivers, then crossing the suspension bridge to the Gardens. After scaling Honeysuckle Rise, some of us took the longer way back around the edge of the



gardens, and then all settled in for a picnic lunch. With plenty of bird life to look at, we walked a total of about 7.5km for the day.

Wednesday 3rd July: Violet Town history walk

Bev Thornell has set us another challenge on this walk, with a list of answers to find as we explore Violet Town and get to know some local history. Answers will be shared at a late morning tea at the Produce Store, with a short walk along Honeysuckle Creek afterwards for those interested.

BYO picnic lunch, or stock up at the Produce Store.

Meet at Seniors' carpark Fawckner Drive, to leave at 9.30am with confirmation to Julie by text, email or phone message on 0407823031 or juliemcneill55@gmail.com. Car sharing is usually available for a small contribution.

Wednesday 7th August: Dookie Rail Trail

It's been a while since we've done this pleasant walk through the lovely landscape around Dookie. Starting from the centre of town, we will explore the easily accessible rail trail that leads off to views over local hills and farmland. A return to the pretty CWA Gardens for a BYO picnic lunch and a walk along the Main Street will round off our day. We will leave Seniors' carpark at 9.30am as usual, confirmation to Julie as above

Julie McNeill

Cards '500'



Our cards five hundred continues to attract a healthy number of players even in this cold and unwelcoming Benalla winter.

I am proposing to introduce some card game options to our regular five hundred sessions. Some of you will have heard of the card game *Five Crowns*. It is a five suited card game, played individually with up to 7 players. It is a little more strategic than five hundred but very enjoyable.

In addition, Hans Bruitzman, a regular in our group, has a traditional Dutch card game called *Klaverjas* which I have agreed, at his request, to trial with our group. *Klaverjas* or *Klaverjassen* is a Dutch four-player trick-taking card game that uses a Piquet pack of 32 playing cards. It is closely related to the game of *Klaverjass* and is one of the most popular card games in the Netherlands, traditionally played in cafes and social clubs. We will trial the above new games at our July meeting. If you don't want to do this there will still be five hundred available on both Wednesdays.

Keep shuffling.

Doug Smith

Chat n' Chew

July's 'Chat n' Chew' lunch will take place at **Kim Wah Chinese Restaurant, Bridge Street, on Friday 12th July**, arriving at 11.45am for a 12 midday start.

If you wish to attend the June lunch at Kim Wah, please contact me on 0427 376 991 by Tuesday 9th July 2024.

If I'm not available to answer the phone when you call, please leave a message—also, don't forget to include your name in the message, not just the phone number. I don't like ringing numbers I don't know – there are too many scams around!

Lorraine Knox

Chess

Our recent monthly chess sessions have not been well attended; however, I do thank those that do apologize. This may be related to reasons such as health issues, cold weather or other competing interests. I have therefore decided to cancel the July session and possibly the remainder of 2024.

I thoroughly enjoy the U3A Chess sessions and helping others appreciate and learn the game.

The group meets monthly on the third Tuesday at 1.30pm in Room 2.

If you would like to see the sessions recommence after July 2024, please let me know by email or text.

Doug Smith

Coin Collectors

Mysterious Token* - read on



To freshen up our hunger for all things coin related, our June meeting saw the introduction of the broader subject of **tokens, medallions and medals**. Our group noted and discussed the definitions (below) that showed the similarities and differences to coins.

Coins - Usually a piece of metal marked with a device, issued by a government authority, and intended to be used as money. They have an approved mintage, which means there is a limited quantity and display an effigy.

Medallions - Similar to coins but they do not feature an effigy on the reverse and are not legal tender. Therefore, there is no limited mintage.

Medals are usually awarded to recognize achievements or honors, often in military, academic, or sports fields. Medallions, however, are larger decorative pieces, often used for ornamental purposes, such as in jewellery or architecture.

Tokens. Coins are universally accepted as legal tender. Acceptance of money tokens depends on custom or legal enactment. They may be accepted only within specific contexts. Top quality Australian tokens are extremely rare and historically, they have commanded similar, if not higher, prices to their rare coin counterparts.

Tokens played an important role in early Australian commerce. Australian businesses had a problem. Officially distributed sovereigns and half sovereigns were all very well, but what could the average person use to buy small items like bread? What could a business use to give them change? The answer was Tokens.

Tokens were issued by individuals and businesses to fill the void left by the extreme shortage of low denomination currency. Most were struck in copper and bronze, nominally as pennies and halfpennies, with a handful of threepences and one shilling piece.

The first tokens manufactured in Australia for general use were for the Tea Stores, owned by Samuel Peek of Samuel Peek & Co. and issued in 1852.

Perhaps the most famous Australian token is the Aborigine Threepence. Struck by Sydney Jewellers Hogarth and Erichsen, this very rare token was the only colonial piece to bear the design of an indigenous person.

After being made illegal in Victoria in 1863, tokens were also banned in New South Wales in 1868. Western Australia became the last state to declare tokens illegal in 1878.

Our members presented several tokens, including a 1972 Canadian 25p celebrating QE2 25th wedding anniversary, a 2022 UK 50p with a Charles 3rd effigy, a US \$1 gambling chip from a Las Vegas casino.

One member distributed several pages of noted tokens from Rennicks publication of 2002 covering 35 pages of Australian industry tokens, showing how common they were in the 19th century.

Familiar everyday tokens also include Aldi tokens used for shopping trolleys and automatic car wash tokens.

*Another member presented a 'mysterious' token/medal medallion that provoked considerable discussion as to its purpose and origin. (see photo above). The object appears to have been professionally manufactured and has a kangaroo symbol on one face and a jet fighter aircraft on the other face with the inscription www.airforce.gov.au. *If you can help solve this mystery please contact me.*

While our focus for our June meeting was tokens, following meetings will explore medallions and medals. Keep noodling

Doug Smith

Community Singing

The weather may have been cool, but we warmed up with Community Singing on Thursday 27th June in the Hub at Cooina.

Brian chose our regular Song Book 1 for the first session. This included some rounds which Carmyl organised so well. "O, how lovely is the evening" sounded great in three parts while "Frere Jacques" and "Down at the station" went well in four parts. Thank you, Carmyl for conducting these so well.

After morning tea, we continued with Book 1 and then went onto the Tram Sheet Song Book which included Australian favourites "Waltzing Matilda" and "Click go the Shears".

Thank you, Brian for playing for us – you make Community Singing so enjoyable with your spontaneous playing of each song chosen.

The next Community Singing will be on Thursday 25th July at the Hub at Coinda at 10am.

Margaret Jenkins

Creative Writing

Our class fell on the public holiday in June, so numbers were lower than usual.

Discussion:

We reviewed some of our previous discussions. The use of the five senses enriches the pictures we create with our writing. For example, "we closed the windows of the car because of the smoke" compared with "The acrid smoke filled the air, so we needed to close the car windows".

And we noted the value of a title for our stories. This could help set the scene, or if more cryptic could intrigue and encourage to reader to read on.

Our challenge:

A simple challenge this month, with a set of clues to words all containing "MAY". One example is:

What a pilot tries to avoid saying. (6 letters) MAYday

Some of our Stories:

We had four stories all using the same prompt – "Tyres screeched. I turned and ran down the alley". It was interesting that two involved a dream and the other two had a level of crossover – both included implication of criminal activity being found out by the protagonist. One of these discovered it was a film shoot, and the other could lead to an extra "chapter" around the nature of the criminal activity.

Prompts:

The prompts for our 8 July class are:

- They were strangers, stuck in the lift.
- Sandy saw it first, the sad dirty dog walking towards them.
- The day had started well, so why had it all gone so wrong.
- The memories came thick and fast.

Joy Shirley

Demystifying Psychology Course

The Demystifying Psychology Course group has concluded for 2024.

In this session, "[A Day in the Life of a Resi Rehab](#)", we :

1. Looked at Victoria's Alcohol and Other Drug (AOD) support systems for people affected by substance dependence (see slide # 6 of the [Session 5 Power Point](#)),
2. Discovered the benefits of "Communiques" as a treatment tool in AOD.
3. Reviewed 5 sessions by measuring participant progress in each session.

"Communiques" are a highly structured and supported conversation between two people, one with a complaint about the other. AOD residential treatment services, such as Odyssey House, have had significant success using "Communiques". The key purpose of a "Communique" is for an aggrieved person (often an AOD resident) to be supported to moderate and manage uncomfortable feelings. A "Communique" generally has 3 parts:

1. Description of the event, eg, "when we were washing the dishes, you said .."
2. Description of the aggrieved person's feelings about that event, eg. "When you said (xyz) I felt"
3. An outcome, for example "I want you to" (apologise, not to speak to me that way again ... etc)

Other people usually involved in the discussion:

1. Support person for the aggrieved person.
2. Support person for the wrong doer
3. Discussion facilitator.
4. AOD therapist

The aim of a "Communique" is met if the process has helped the aggrieved person regulate their feelings, the concerning behaviour (if any) ceases, and the matter is resolved satisfactorily.

Then we got onto the final task for the semester - reviewing the course

Session #1 started with participants scoring their level of confidence in the topics which would be covered over the five-session program. During the session the group reviewed the same list and self-assessed for any changes in levels of confidence. When shared with the convener, these scores can be excellent indicators of the effectiveness of session content. Where the scores demonstrate enhanced confidence in a topic, a convener is reassured that the content design is on track.

Scores that are stagnant or regress are a good indication the content needs reviewing.

Congratulations and many thanks to the 2024 Demystifying Psychology Course group. You have now "qualified" to join the Demystifying Psychology Discussion Group!

The Demystifying Psychology Discussion Group meetings are held:

Date: Third Thursday of the month *Time:* 2:00-4:00pm *Location:* RSL building 52-64 Nunn St - ground floor.

Refreshment options: BYO, RSL tea/coffee (free), or pre-purchase from Ruby Blue for delivery to the RSL.

Jane Rushworth

Demystifying Psychology Discussion Group

Welcome 2024 Semester 1 "Graduates" to our first meeting at the Benalla RSL rooms - great to have you on-board!! The room was warm and the large table ideal for the group's size (12). Many thanks to RSL President Paul Hartland and RSL Secretary Heather Hartland for hosting us.

A wee bit of housekeeping included a reminder about Chatham House Rules apply to the group, and the purpose of the group. See notes for 27/2/2024 at <https://u3abenalla.weebly.com/demystifying-psychology-discussion-group>.

At June's meeting we discussed "Have you ever been brave, how did you feel at the time, and how do you feel about that bravery now?" Examples covered a range of situations, from the everyday & familiar, to acts of bravery that needed careful planning, and some that were speedy and reactive to a sudden event. Many had a common theme - uncertainty and/or fear precipitated the decision to act. High profile public and extraordinary examples of whistle-blowers also caught our attention.

The meeting location prompted thoughts on bravery in war time. It was agreed soldiers on active duty are brave, then we were invited to consider if it is bravery when a soldier is doing a job they have been commanded to perform and which they have no choice but to do.

TED speaker Margie Warrell talks about how to find all the courage you need in 'How to Be Brave'. Please note - possible trigger warning 10min.33sec - 12min.15sec. Skip this section by dragging the red ball along the red time-line at the bottom of the screen. Call me ... happy to help.

A last-minute comment about the role of bystanders has prompted the following references. The "School bullying situation" is very encouraging.

1. The term bystander effect refers to "the tendency for people to be inactive in high-danger situations due to the presence of other bystanders"
2. The more people present, the less likely an individual will act to help. Expert presence at a scene also influences e.g. trained First Aiders, professional such as firefighter, doctor, police.

Reference: <https://www.simplypsychology.org/bystander-effect.html>

3. Helping behavior reduces in the presence of other people.
4. A new way to study the neural and psychological mechanisms of bystander apathy takes into account situational and dispositional factors.
5. Neuroimaging studies show an increase in brain activity in clinical research settings

Reference: with interesting reading list <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6099971/>

6. Bystanders response in bullying situations is influenced by their interpretation of harm in the bullying situation, emotional reactions, social evaluating, moral evaluating, and intervention self-efficacy.

Reference: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3415829/>

7. When a bystander intervenes in a school bullying situation, the bullying is reported to cease within 10 seconds in 57% of cases. Bystander action plays a huge role in stopping student bullying, and may be as effective in other bullying situations.

Reference: <https://mbfpreventioneducation.org/bullying-series-bystanders-student-intervention/>

8. [Whistleblower Rights and Protections](#)

PLEASE: Share additional references in *Comments* on the [Demystifying Psychology Discussion Group](#) page.

NEXT MEETING:

Date: 18 July *Location* Benalla RSL at 58-62 Nunn Street *Time:* 2:00pm - 4:00pm

Refreshment options: BYO, RSL tea/coffee (free), or pre-purchase from Ruby Blue for delivery to the RSL.

Jane Rushworth 0437 621 575

Exercises for Fun

Exercise is so good for you!

It reduces stress and anxiety. It improves your mood. It improves your memory. It improves your confidence. It keeps your bones and joints healthy.



Come along and join us every Monday at 9.30am in the Seniors Community Centre auditorium.

Helen Jeffree

Exploring the Universe

Between the Stars and Interstellar Space.

Our film started with the words: “In 1977 two spacecraft left Earth on the greatest journey undertaken, to visit the giants that orbit at the far reaches of our Solar System with Voyager 2 soaring beyond Neptune in 1989, having covered roughly four billion miles. But in a sense for the missions Chief Scientist Ed Stone the journey had just begun. The craft had aways to cover yet, searching for an unknown border; the boundary between the Sun and Interstellar space.”

Ed Stone was Chief Scientist for the Voyager missions from 1972 – 2022. He died recently aged 88 years. In June we took the nostalgic journey of exploration with the 2 NASA Voyager Spacecraft exploring the outer Solar System.

In 1977 all the outer planets were aligned on the same side of the sun, an occurrence that happens only every 175 years. This allowed for the Voyager spacecraft to be launched towards Jupiter. Here they would use gravity assist, a sling shot affect from Jupiter’s immense gravity to speed them on to Saturn, Uranus and Neptune.

Each spacecraft has duplicate onboard computers with less than the power that we use to download a page in the present time! They were designed to diagnose and correct any trouble that arose. This was new technology and the people at JPL spent the first 6 months learning how to fly them. We watched the excitement of the scientists as the first primitive computer images came in of worlds that had never been seen before.

After their ‘Grand Tour’ the spacecraft headed for interstellar space. The solar wind from the Sun creates a huge bubble of plasma. Ionised material flows outward at a million mph. There they would leave the Sun’s atmospheric influence and come under the influence of other stars that had exploded billions of years ago. The 2 Voyager spacecraft, both returning data have crossed this barrier. Voyager 1 in 2012 and Voyager 2 more recently in 2018. Only Voyager 1, more than 20 million km from Earth is still returning data.

‘Our’ Voyager film is too long to reproduce here but Project Scientist Ed Stone’s descriptions are excellent.

Voyager’s 40 years in Space <https://www.youtube.com/watch?v=xs-gJs1CKBY&t=7s> .

Edward C Stone Explorer. <https://www.youtube.com/watch?v=6XOFtXQa1Is&t=11s>

The Solar Storm of May 20th produced Auroras on Mars! Mars having lost its inner magnetic field has only magnetism from some rocks deep below the surface. The upper atmosphere of Mars is being ionised by solar radiation, creating an induced magnetic field. Auroras of UV light were picked up by the Maven Orbiter spacecraft. <https://www.youtube.com/watch?v=VZRNQxrMUe0&t=1s>

Bev Morton

Family Research

We had several apologies in June, however three members met and exchanged research achievements and failures.

Mal – Wrote a very special piece about a sibling that passed before he was born. It was a very emotional piece and came from heartfelt emotion and detailed the obvious impacts on the family.

Dawne Tonks – Came along to her second session and after Mal's presentation we had a general discussion about 'ethics' and what should be disclosed in the family history and what should be left in the 'time line' and not formally published.

Due to the fact that Mal had visitors coming mid-afternoon, Barry and Dawne continued a discussion until 2.15 pm when it was decided that we would give ourselves an 'early mark'.

This brings to a close the first semester. Due to the low attendances for the advanced class, we have decided to 'spell' the Family Research '4th Thursday' class during Semester II and review/redesign it when members of our 'Getting Started' group are ready to move on from the beginner level. Current class members are invited to attend the Family Research Drop-in with Bev Lee between 2 and 3pm on the third Thursday of the month to share pains and gains and/or stories from the topic list. The next Drop-In session is on Thursday 18th of July in Classroom 2.

Barry O'Connor

Family Research – Getting Started

Reminder - 'Family Research – Getting Started' is returning after a break on Thursday 4th July at 1:30pm to set goals and directions for semester 2.

Film Discussion Group

Two films stood out this month, "The Taste of Things" and "Freud's Last Session".

The Taste of Things is a French film, with sub-titles. The storyline is around Eugenie and her boss Dodin, both chefs who have worked together for 20 years. Although fond of one another, Eugenie refuses to commit to Dodin. The chemistry between the two is great, whether in the kitchen or personally with Dodin starting to cook for her. There was not a lot of dialogue, with the story told through action. The work in the kitchen was a master of choreography with four main characters moving around each other without problems. The performances of these four were all excellent – Eugenie, Dodin, Violette (the maid) and Pauline (apprentice chef). It was a sensory film. All we heard were kitchen sounds – sizzling, utensils – and outdoor sounds – barking dog, birdsong – the sounds of life not background music. For fans of French films, it is worth seeing. We **rated the film between 4/5 and 4.5/5**.

Freud's Last Session is around a possible meeting between Freud and CS Lewis. It is not an action film but held the viewer's attention as the relationship between the two men develops. It was very much an intellectual debate between the two men, with no winner. It was an interesting storyline, bringing in some of the war scenes and the impact on Freud and his daughter. There was a focus on various relationships – Freud and Lewis, Freud and his daughter, his daughter and her friend. The performances by the lead characters were excellent, with great cinematography around Freud's study and garden. It was enjoyed by all who saw it and was **rated as between 3.5/5 and 4/5**.

Other films discussed this month were:

The Fall Guy: This is a feel-good film around a stunt man, with many twists and turns. The chemistry between the two main characters was good. With the various stunts performed we gained a good feel for the role of the stunt artist. A relaxing and fun film, **rated as around 3/5**.

Golda: An interesting film on the 19 days of Yom Kippur War in 1973 and the role of Golda Meir. Golda is shown with a strong personality, but with a compassionate side. Helen Mirren's performance as Golda was brilliant, carrying the film. **We rate it as around 3.5/5.**

What About Sal: This is an Australian film written and directed by John Jarratt (he also played one of the roles). It was a special screening followed by a question-and-answer session with John Jarratt. It tells the story of Sal, an autistic man whose mother is diagnosed with terminal cancer. Sal sets off to find his father. It was very Australian, with some serious aspects. Gerard O'Dwyer played Sal well. He is an actor with Downs Syndrome (**NOT** a Downs Syndrome actor). It was **rated as 4/5** and worth seeing – it is possible it will be occasionally screened in Benalla so watch future cinema programs.

Joy Shirley

Garden Appreciation



What a lovely morning we had at the garden of **Petra & Barry Poole** in late June.

Morning tea (pictured) was beautiful, many thanks, Petra and friends!

It may have been cold but after a cuppa and lots of chatting we warmed up. Lunch was at Golf Club, with more eating and chatting taking place. What a great way to spend a cold winter's day.

Please note that on July 25th we are only having lunch, meeting at **the Royal Hotel**, Benalla at 12 noon. Please let me know if you are attending.

To our members who are unwell, we are thinking of you. Get well soon!

Finally, a reminder that there will be no outing in August as we are having our annual winter break.

Gwen Turner 0438 627 010

Garden Team

We were lucky to catch a warmish afternoon in June, and the cheery company made light work of the piles of prunings and the tasty spread afterwards!



Shirlie was left with many green bin loads but a sense of rapid achievement.

We next visit Janet's on July 8th at 2pm. There's a fifth Monday in July as well.

Elspeth Maconachie

German

The happy German group had some interesting happenings in June.

One member came back from an extended holiday in Germany and told us in good German pronunciation about her wonderful experiences meeting her extended family in the north of Germany. A while later another member returned from a discovery holiday in Austria and Slovenia and again explained with good pronunciation what he discovered about his childhood.

This gave us an incentive to do this sort of talk more often. I was able to tell the group in German a little bit about my life and we will continue this with other members in the coming months.

I commend all the members for their diligence and enthusiasm to make progress with the good old German Proßt (Cheers!)



Proßt (Cheers!)

Horst Gunther

Let's Talk Books

We had discussions on many and varied topics during our Let's Talk Books session on the 3rd June. Those who had read and enjoyed *The Unbelieved* by Vikki Petraitis agreed it should be titled *The Disbelieved*. Highly recommended *After the Party Series* starring Robyn Malcolm was good viewing. *Stalin's Englishman a biography of Guy Burgess* a Soviet spy written by Andrew Lownie came recommended and, going back in time, *The Child in Time* by Ian McEwan. Ian is a beautiful writer. *Light on the Snow* by Anita Shreve, was a good read. An interesting article by journalist Andrew Bolt gave rise to discussion on publishers' methods of distributing books. At this point in time 84% of books published are written by women, whilst in the USA banning of books is becoming quite common, one complaint and the book is removed from the shelf, whilst banning certain books for children is becoming commonplace in Australia. Interesting facts in the article. Back to what we had read, *Oath and Honour: A Memoir and a Warning* by Liz Cheney, a United States House Representative, is interwoven with political analysis. Liz sacrificed a lot to speak out - if you are interested in politics this is a must. Dorothy listened to audio books including *Outback Rides* and *All the Golden Light*. Richard Osman's latest book *The Last Devil to Die* is fortunately the last in the Thursday Murder series, they had gone as far as was credible. Also enjoyed was Barbara Taylor Bradford *The Women in His Life*. A new crime novel *Reykjavik: A Crime Story* co-written by Katrin Jakob Stottir (the Prime Minister) and Ragar Jonasson, a very wordy book. *The Secret: a Jack Reacher Novel* co-written by Lee Child and Andrew Grant, Jack Reacher was a very busy person. The following were enjoyable reads *The Armour of Light* by Ken Follett, a big book, *The Royal Windsor Secret* by Christine Wells and *The Chocolate Factory* by Mary-Lou Stephens, Love Friendship and Secrets of the early days of Cadbury chocolate in Tasmania. Books by Phillipa Nefri Clark received a big tick as enjoyable reading. *Between, Before and After* a true story of escape from besieged Sarajevo by Edita Mojic, highlights how little acts of kindness mean so much to refugees. Much laughter when a 1916 book by Lady Hackett, *The Australian Household Guide* was produced. We need to lift our game after reading some of this. *Shark Arm: a tattooed arm and two unsolved Murders* co-authored by Phillip Roupe and Kevin Meagher, and enjoyed was *Women Who Dared*, 52 stories of adventurers, daredevils and rebels. So, a big variety of literature and some good discussions in June.

See you all on Monday 1st July. Happy reading.

Geraldine McCorkell

Life Ball



With plunging winter temperatures, and the loss of a few players sensibly travelling north, we are taking week by week decisions on playing through the winter. Numbers are still enough for a good fast game, but everyone is asked to check in with the convenors if in doubt.

Lifeball is a team game played each Monday at 10am at Benalla Indoor Rec Centre. Convenors Marlene, and Julie (for winter) can be contacted on 0407240943, and 0407823031 for more information.

Julie McNeill

Meet and Mingle

Tom Crocker, a long time Violet Town district resident and currently with wife Elly living in central Benalla, spoke to us about sheep and their place in the world. Tom grew up with sheep on a family farm near Violet Town where he lived and worked until 1988.

But when a job was advertised to set up and run a wool museum in Geelong, to mark 200 years of white settlement, Tom applied despite as he said being largely unqualified.

He accepted the job offer and with a team proceeded to convert the old Dennys Lascelles wool store and sales facility into a museum and then run it. There were all sorts of logistical difficulties and it wasn't until the last week of 1988 that Queen Elizabeth II opened the **National Wool Museum**. But it was and is a big success and Tom and Elly remained in Geelong for 14 years.

Tom also spoke about the wool industry in general and in particular how quite small Spanish Merinos have been bred into large and efficient wool producers in Australia since the early nineteenth century.

Terry Reedy from Gateway Health will be the Guest Speaker at the July Meet and Mingle which will be held on Wednesday 17th July at 10am in Room 1. Terry will speak about **Carers** and will also bring a colleague from Gateway Health to answer questions about care co-ordination. All welcome

David Palmer and Margaret Jenkins

Music Appreciation

Albert Einstein once said: "A person who never made a mistake never tried anything new". Robert Schumann made a grave mistake in experimenting with a device to strengthen his fingers for his planned future as a concert pianist. It so damaged his fingers that it ruined any chance of his becoming a pianist. This led to his turning to a career in musical composition. The outcome of this decision to try something new was his being acclaimed one of the most important composers of the nineteenth century. Schumann succeeded in a magnificent manner by composing what is "probably the most beautiful of Romantic concertos. This flawless masterpiece is one of the most outstanding and romantically inspired concertos in the repertoire".

Austrian-American composer Arnold Schoenberg thought Brahms's 1st Piano Quartet was something of a "mistake" because the piano tended to overwhelm the other instruments. 70-plus years after the event he decided to do something new by arranging it for Orchestra so that the other instruments could be heard. Schoenberg's transcription has been variously described as a "masterpiece" and as "an over-rated travesty".

Antonin Dvorak began his working life as a butcher. At the age of 13 he was inducted into the Butcher's Guild of Zlonice. Thankfully for us, and audiences the world over, his musical talent shone through and he changed career path. In 1889 he was inducted into the Bohemian Academy of Science, Literature and Arts. His 8th symphony was composed in celebration of his election.

These compositions were the prime focus of our June sessions. More detail and description of other works plus links to the recordings played are available on the Music Appreciation page of the U3A website.

Bill Squire

Page Turners Book Group

This month's book *Reykjavik* was co-authored by Katrin Jacobsdottir, the Icelandic Prime Minister who enjoys reading crime novels, and Ragnar Jonasson, an internationally successful crime novelist. The plot revolves around the mysterious disappearance in August 1956 of a fifteen-year-old girl, Lara, who was working over summer for a couple living on Videy, a small island just off the coast of Reykjavik. The novel is a light read, enjoyable enough, but not commendable.

The plot has interest, as it is structured into two main time periods involving investigations into Lara's disappearance by three different individuals. Unfortunately, the novel does not fulfil its potential. The group agreed that the book is not a good example of the crime genre in a number of aspects. It is slow in pace, bereft of tension and poorly written. This may be due to its co-authorship; it also may have lost some meaning through the translation process from Icelandic to English. Nevertheless, it remains very humdrum, with characters that are not fully developed, unexplained or unexplored incidents and a disappointing climax.

At next month's meeting on July 2nd, we will be discussing two non-fiction books by renowned authors: *This House of Grief* by Helen Garner and *Wifedom* by Anna Funder.

Barbara Rogers, on behalf of Meg Dillon

Patchwork and Craft

With holidays and illness, numbers have been down. We still have a helpful and a supportive group, no matter how many attended. I'm pleased to say 11 charity quilts have been donated. The box is empty, however it won't take long to fill up, as you have all been so generous with your time.

Dorothy Webber

Play Reading

Our play for June was **"Room to Move"** by Hannie Rayson. The play is set around Melbourne suburbs in the 1980s. It is a great script that makes a great foundation for a good night out at the theatre. Its plot has a strength based on its simplicity, telling the story of 29-year-old lodger, Bernie who moves in with 62-year-old widow, Peggy. She is looking for company and he is looking for refuge. Meanwhile, Peggy's children, Virginia and Roger, are just looking for a drama to deflect from their own problems.

The script mostly involved interaction between pairs of people – for example Peggy and Bernie, Roger and his wife, Virginia and her partner, or other combination of pairs. On stage it would probably be set up as three different zones, with each highlighted when a particular pair of people is involved.

No character had more involvement which made it an excellent choice for a play reading as no-one had a greater role. However, we did have to concentrate on when the focus moved from one pair to another.

One cultural point brought out during the play was around the issue of problems felt by a couple when the male is not the breadwinner in the family. Interestingly, this was also an issue in our last play, "The Prisoner of Second Avenue". Many of our plays have involved issues that are still pertinent today and this was no different. A play enjoyed by all.

Our play on Wednesday July 3rd at 9:30am is **"Breath of Spring"** by Peter Coke.

Joy Shirley

Recorder Group

In June the U3A Recorder Players met without their leader and guide Janet, so had to work on their timing themselves. Then they were caught out by wretched "Anna" – anacrusis, a leading note at the end of a bar, which can bring complications when only one part has an anacrusis, and the other players need to count.

Each of the group took turns choosing what to play. At our second session there was a distinct shearing theme, with "Click go the Shears", "Springtime it Brings on the Shearing", and "Waltzing Matilda" all coming up as favourites. We wandered from the woolsheds onto the Black Hills of Dakota, before tackling an influx of G and C sharps, and E and D flats. The levels of mastery varied but the enjoyment was universal.

We ventured back to the 16th Century with "Ah Robin Gentle Robin", by William Cornysh, and wondered if Robin was a bird or a chap. (Having now looked it up, "Ah, Robin, gentle Robin, Tell me how thy leman doth, and thou shalt know of mine. My lady is unkind..." – it would appear to be some guy having a misogynist whinge to a bird.)

After that we deserved some coffee, and even found some sunshine.



The Recorder Players are very much missing their leader Janet, and send sympathies to Tim, with best wishes for a good recovery.

Andrea Stevenson

Singing for Fun

For our first two sessions of Singing for Fun for June we had members away at the FCJ "Finding Our Voice" practices which included Kieran, one of our Leaders. Brian was also unavailable for those two weeks, so our thanks to Margaret and Carmyl for running those sessions.

In the third session for the month, we had Kieran and Brian back with us, so we enjoyed a full range of songs. Thank you, Gwen for playing for all our sessions.

A big welcome to Elizabeth and Trudi who came on the third week to check us out and were full of praise for our welcoming group. We hope to see both of you again in the future.

In the past month we have been asked to share our singing with both Coinda and Estia. After consultation with Coinda, we will be going there on 18th July at 10.30am to sing with them for an hour or so. Parking will be available near 'the pond' and entrance will be by the door at the rear of their community room which is near 'the pond'. RAT test kits will be given out on 11th July. Please do a RAT test at home, and bring the RAT test with you to show Coinda staff as you enter.

Singing at Estia in Thomas Street will be on Thursday 8th August at 10.30am. RAT tests will be given out on Thursday 1st August. Please do your RAT test at home and show your completed test to Estia as you enter.

Margaret Jenkins

Sky's the Limit

During the Second World War – English Prime Minister Churchill spoke in Parliament on the 20th of August 1940 paying tribute to the RAF after the 'Battle for Britain'. He said - "Never in the field of human conflict was *so much* been owed by *so many* to *so few*".

That sentiment was echoed again in 1982 during the Falkland Islands War.

We watched a selection of historical videos that covered the air war during that conflict, Thank you, Youtube! We followed the British Sea-Harrier (known to the opposition by the name 'the Black Death') as they dominated the sky against a very determined and brave enemy.

We also followed the longest bombing raid ever conducted – how the bombers (after leaving England to fly half around the world) were refuelled in flight - and how the refuelling aircraft were themselves refuelled in flight to stay with the bombers.

Staying with Jet-fighter aircraft, we also looked at an amazing basic training/combat aircraft - the L39 Albatross from AERO in the Czech Republic. Because of the low manufacturing costs, this aircraft is also produced in a civilian version – It is cheap and enormous fun to fly. These aircraft are in private ownership all over the world. There are many flying in Australia.

(Cheap is a relative term – should you be slightly daunted with your present mortgage repayments, cheap is properly not a word that immediately comes to mind.)

Next month **Graeme Greed** is taking us on a life journey through his aviation career. Graeme has built his own aircraft and is encouraging us to ask lots of questions.

Andrew McFarlane

Stock and Land

A member of our group Bev Morton, brought fellow Goorambat resident Murray Stokes, who has a passion for restoring heritage hay balers, to talk about hay balers at our June meeting.

Murray showed slides and a film "*Bringing an Old Hay Baler Back to Life*" which he and Bev made last year, of a 1940s Cliff and Bunting 23 hay baler, originally manufactured in Coburg, which Murray rebuilt from parts discarded on a farm.

Murray and Bev also showed "*Bill Stockman's Hay Days*", which they compiled in 2016 for Bill Stockman in Iowa in the US, of his last annual hay baling day where a gathering of antique hay baler enthusiasts paraded their restored hay balers and tractors.

After the break, Murray showed a film he produced, "*Thyra, Australia antique hay baling festival*", featuring a parade of restored International Harvester balers held in Thyra, New South Wales in April 2015.

Our speakers for next Tuesday July 2 will be Helen and David Kennett of **Pinjarra Alpacs** near Strathbogie.

David Palmer



Stock & Land members Bev Morton and David Palmer with S&L's June speaker Murray Stokes

Sustainability

In the absence of John, at our first session we watched *'How will climate change affect Singapore – why it matters'*, detailing Singapore's problems with Climate Change and their efforts to overcome it. Singapore is an island with no discernible natural resources which has always relied on Trade. Any increase in sea levels will have a detrimental effect. They are taking measures to block off any ocean rise and to reduce their carbon footprint by stated amounts. This contrasts with other governments who are loath to put any figure on what percentage difference they might be trying to make by 2030. We also watched the video *'Can seaweed help curb global warming'*, in which Tim Flannery advocated a massive increase in seaweed growth in the oceans to tie up large amounts of CO2. While this should be easy to do, it will of course cost money.

At our second session, in view of great changes in energy production that could happen in future, we watched a Ted Talk from Norway, *'How bad is it really? Nuclear technology -- facts and feelings'*, which argues that the production of electricity by Nuclear Fission deserves to be considered. Norway does not have any Nuclear Power Plants but does have reserves of coal and oil. It also has large supplies of Thorium. The speaker went through most of the arguments both for and against and did not hold back. One of the benefits of Nuclear power using Thorium is a reduction in the amount of Nuclear waste. Much discussion ensued.

After the break we checked out *Peter Maddock's detailed report on last weekend's Swanpool Environmental Film Festival on the BSGF website*. The program this year looked at the 'big picture', particularly power structures and economic theory. A session, 'Finding the Money', introduced a new economic theory, *'Monetary Monetary Theory'*. More locally, Bertram Lobert spoke about Save our Strathbogie Forest group's concern that 'Planned Burns are not Making Us Safe' and their efforts to make changes through the courts. We also previewed a film shown at the festival *'The New Corporation – the unfortunately necessary Sequel'*

Neville Gibb

Tech Talks

At our last Tech Talks we started by discussing the last Four Corners which concentrated on two things. Coal Mining and Wind Turbines. It is obvious that if we are to make an impact on the CO2 levels in the atmosphere we will have to cut back on coal mining and increase the number of wind turbines. The programme spoke to a number of prominent people who think climate change is a hoax and also noted the number of people who think wind turbines are ugly. The remainder of the session concentrated on new developments in internal combustion engines which are currently in the research stage. We also watched a video of a building development in Melbourne that is close to achieving sustainable status.

Neville Gibb

Ukes4Fun – Just Jamming



A highlight in June was our visit to the Thoona Hall to listen to 'The Ukeladies' group playing and singing songs, a Thoona CWA fundraiser to enable Hay Bales to be trucked to where they are required. Thank you, Rene Martens, for the photos, and for the video posted on the website and on Facebook.

During the month we have implemented a more structured program that is still evolving as we learn together. We have had lots of enjoyable mornings with our team walks ups. I'm extremely proud of our group and the confident manner at which they tackle this voluntary task.

We are busily working on building and extending our song repertoire. Considering the cold winter, we continue to be well supported each week.

It's now the middle of winter!! Warm up your fingers and strum, strum, strum, uke know what to do!!

Semester II begins on Monday 1 July, so we are moving to the 11.30am to 1.30pm timeslot. See you then.

Elly Smith

Wine Appreciation

On a lovely crisp! sunny Friday in June we ventured forth to the Ovens valley, specifically to the **Eagle Range Estate Winery**. Situated on the side of a hill, we had a lovely view over the valley while we enjoyed our tasting.

Our very personable host, Frank, explained how he makes his wines without any additives. He has different varieties that he grows, two of which are the lesser known Saperavi and Montepulciano, along with Merlot, Cab Sav and Shiraz, the latter two being vegan friendly. His Riesling was quite unusual and very enjoyable.



Our next winery visit on Friday 19th July is to **Delatite Winery**, 390 Pollards Rd, Mansfield with lunch to follow at the **Delatite Hotel**. We will meet in the Seniors Car Park at 10.00. Please let me know by Sunday 14th July if you will be coming, RSVP to nicnakmac90@gmail.com or text 0428 696 408.

Nicole McFarlane

Thank you to Lin Ryan

Thank you to Lin Ryan for looking after the kitchen requirements for over a year. Lin has done a great job of keeping milk in the fridge, biscuits in the cupboard, and an adequate supply of tea and coffee which are all necessary for our important morning and afternoon tea breaks.

Margaret Jenkins for the U3A Benalla Committee

Remembering Joan Vance and Jennifer Campbell

The past few months have seen the passing of two U3A members who each took part in the life of U3A Benalla for over a decade.

Joan Vance A long-term member of the Politics and Current Affairs group, Joan Vance had a particular interest in issues surrounding Health and Education, often reminding the class of their importance. Joan loved to read and was a member of Page Turners (formerly E-books) for many years. A skilled 500 player, Joan and her cards partner Patsy Bollard were known as a force to be reckoned with if playing against them at Cards 500! A former nurse and passionate and determined advocate for people with a disability, Joan drew on her own experience of a chronic condition to work to improve outcomes for people in Benalla with disabilities. We will miss her friendly smile and sharp intellect.

A member of U3A for over 10 years, avid reader and member of Page Turners, *Jennifer Campbell*, passed away suddenly on May 11 2024.

Vale Jenny Campbell

“It was with much sadness that we learned of Jenny’s passing. She was a valued member of our book group for many years, both when Helen Scheller was organising it and later when we regrouped under the name Page Turners. We enjoyed her insightful comments and love of books.

We offer condolences to her family and friends.

Meg Dillon for Page Turners”

In one of Jennifer’s early classes, a U3A Local History course in 2012, Jennifer researched the history of the Benalla Migrant Camp, research she was able to hand on as others became interested. A founding member of the Collectors group in 2016, Jenny is remembered for bringing along a light to highlight the uranium glass amongst her wonderful collection of depression glass. We are thinking of Jennifer’s sister, Judith Borthwick, a former U3A Benalla newsletter editor, at this sad time and offer her our condolences.

What's On

Monday, 1 July

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0428 210 944
- 10:00 Art Appr'n - 'Smells Like Rain', Claire Beausein
- 11:30 Ukes4Fun - Just Jamming
- 14:00 Australian Stocks and Share Market
- 14:00 Let's Talk Books

Tuesday, 2 July

- 10:00 Page Turners: *Wifedom & This House of Grief*
- 10:00 Stock and Land - Helen & David Kennett, *Pinjarra Alpacas* near Strathbogie
- 12:15 German
- 14:00 The Sky's the Limit - Graeme Greed's Aviation Journey

Wednesday, 3 July

- 09:30 Easywalks - Violet Town - History Walk
- 09:30 Play Reading—*Breath of Spring* by Peter Coke
- 14:00 Cards '500'

Thursday, 4 July

- 10:00 Singing for Fun
- 13:00 Patchwork and Craft
- 13:30 Family Research - Getting Started

Friday, 5 July

- 10:00 Sustainability

Monday, 8 July

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0428 210 944
- 11:30 Ukes4Fun - Just Jamming
- 14:00 Creative Writing
- 14:00 Garden Team - Janet's Garden

Tuesday, 9 July

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

Wednesday, 10 July

- 10:00 Recorder Group
- 13:00 Family Research - Getting Started (Appointments)
- 13:30 A Taste of Art
- 14:00 Film Discussion Group

Thursday, 11 July

- 10:00 Singing for Fun
- 10:00 Be Connected - Android
- 13:00 Family Research - Getting Started (Appointments)
- 13:30 Executive Committee Meeting

Friday, 12 July

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

Monday, 15 July

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0428 210 944
- 11:30 Ukes4Fun - Just Jamming
- 14:00 As Time Goes By - Memoir Writing

Tuesday, 16 July

- 10:00 Enjoying the Internet
- 12:15 German
- 14:00 Exploring the Universe

Wednesday, 17 July

- 10:00 Age Friendly Information Hub (Room 2)
- 10:00 Meet and Mingle – Guest Speaker: Terry Reedy from Gateway Health on 'Carers'
- 14:00 Cards '500'

Thursday, 18 July

- 10:00 Be Connected - Android
- 10:30 Singing for Fun at Cooinda
- 13:00 Family Research - Drop In
- 13:00 Patchwork and Craft
- 14:00 Demystifying Psychology Discussion Group

Friday, 19 July

- 10:00 Wine Appreciation – *Delatite Winery* with lunch at the *Delatite Hotel*
- 10:00 Sustainability

Monday, 22 July

- 09:30 Exercises for Fun
- 10:00 Liifeball - Marlene 0428 210 944
- 11:30 Ukes4Fun - Just Jamming
- 13:30 Coin Collectors

Tuesday, 23 July

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

Wednesday, 24 July

- 10:00 Recorder Group
- 13:30 A Taste of Art

Thursday, 25 July

- 12:00 Garden Appreciation – Lunch at Royal Hotel
- 10:00` Community Singing
- 17:00 Newsletter reports due today

Friday, 26 July

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

Monday, 29 July

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0428 210 944
- 11:30 Ukes4Fun - Just Jamming
- 14:00 Garden Team

Tuesday, 30 July

- 12:15 German

Wednesday, 31 July

- 10:00 Age Friendly Information Hub (Room 2)

Thursday, 1 August

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

Friday, 2 August

- 10:00 Sustainability

Be Connected - Tech Advice – 'One-to-one' sessions by appointment for members experiencing problems operating mobiles, tablets or laptops. Contact **Robyn (Android Devices)** 0403 164 931 or **Jenny (Apple Devices)** 0409 545 182. 'Tech advice' is also available for members working on community projects – contact **Bev (Community Projects)** on 0478 607 838. Venue: Classroom 2. Referral on will be suggested if necessary.

U3A FULL TIMETABLE SEMESTER 2 – 2024
 Location codes: **U3A** or **Seniors Hall Coovinda Hub** **Other Venues**

Room 2

	1st	2nd	3rd	4th	5th
Mon	Exercises for Fun 9:30-11:00am Hall	Exercises for Fun 9:30-11:00am Hall	Exercises for Fun 9:30-11:00am Hall	Exercises for Fun 9:30-11:00am Hall	Exercises for Fun 9:30-11:00am 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				
	Ukes4Fun 11:30 – 1:30 Rm 1	Ukes4Fun 11:30 – 1:30 Rm 1	Ukes4Fun 11:30 – 1:30 Rm 1	Ukes4Fun 11:30 – 1:30 Rm 1	Ukes4Fun 11:30 – 1:30 Rm 1
	Australian Shares and Stock Market 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	
Tue	Page Turners Book Group 10-12noon	Politics & Current Affairs 10-12 Rm 1	Enjoying the Internet 10-12noon Rm 1	Politics & Current Affairs 10-12 Rm 1	
	Stock and Land 10-12noon Rm 1				
	German 12:15-1:45pm Rm 1	German 12:15-1:45pm Rm 1	German 12:15-1:45pm Rm 1	German 12:15-1:45pm Rm 1	German 12:15-3:15pm Rm 1
		Family Research - Getting Started 1-4pm Rm 2 (Mentor appointments)	Chess 1:30-3:30pm Rm 2		
	Sky's the Limit 2-4pm Rm 1	Tech Talks 2-4pm Rm 1	Exploring the Universe 2-4pm Rm 1	Brain Games 2-4pm Rm 1	
Wed	Bush Walking – Easywalks All day	Recorder Group 10-12noon Rm 1	Meet & Mingle 10-12noon Rm 1	Recorder Group 10-12noon Rm 1	
	Play Reading 9:30-12:00 Rm 1				
	'A Taste of Art' 1:30-4:00pm (Aug 7, Sept 4, Oct 2)	'A Taste of Art' 1:30-4:00pm (July 10, Nov 13, Dec 11)	'A Taste of Art' 1:30-4:00pm (Aug 21, Sept 18, Oct 16)	'A Taste of Art' 1:30-4:00pm (July 24, Nov 27)	'A Taste of Art' 1:30-4:00pm (Oct 30)
	Cards '500' 2-4pm Rm 1	Film Discussion Group 2-3:30pm Rm 1	Cards '500' 2-4pm Rm 1	Room 1 Free PM (no noise)	
	Cards '500' 2-4pm Rm 2 (if necessary)	Age Friendly Benalla 9:30-12noon Room 2	Cards '500' 2-4pm Rm 2 (if necessary)	Age Friendly Benalla 9:30-12noon Room 2	
Thur		Birdwatching 9:30-12noon (Aug-Nov)		Garden Appreciation All day	
	Singing for Fun 10-12noon	Singing for Fun 10-12noon	Singing for Fun 10-12noon	Community Singing 10-11:30am	Community Singing 10-11:30am
	Be Connected – Android 10-11:30 Rm 1	Be Connected – Android 10-11:30 Rm 1	Room 1 Free AM	Photography 10-12noon Rm 1	
			Demyst'g. P.syc. Disc Grp 2-4pm Ruby Blue		
	Family Research - Getting Started 1:30-4pm Rm 2 (Group session)	Family Research - Getting Started 1-4pm Rm 2 (Mentor appointments)	Family Research (Drop In) 1-4pm Rm 2		
Patchwork and Craft 1-4pm Rm 1	Executive 1:30-3:30pm Rm 1	Patchwork and Craft 1-4pm Rm 1		Patchwork and Craft 1-4pm Rm 1	
Fri	Sustainability 10-12noon Rm 1	Music Appreciation 10-12noon Rm 1	Sustainability 10-12noon Rm 1	Music Appreciation 10-12noon Rm 1	
	Room 1 Free PM	Armchair History 2-4pm Rm 1	Room 1 Free PM	Armchair History 2-4pm Rm 1	
		Chat N' Chew 11.45-1.45pm	Wine Appreciation All Day		
Sat	Spanish 10-12noon Rm 1	Spanish 10-12noon Rm 1	Spanish 10-12noon Rm 1	Spanish 10-12noon Rm 1	Spanish 10-12noon Rm 1
	Be Connected - Tech Advice by Appointment Rm 2				

Note: This document is current on 30 June 2024 but may be subject to change