



Benalla and District Inc.

Newsletter – June 2022

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Please send reports for the newsletter to newsletter.u3abenalla@gmail.com by 25 June 2022

President's Report

What a wonderful month we have had during May. Not only have you had all your favourite programs, but we had two excellent special lectures from John Barry on Powers of Attorney and Making a Will. Plus, we had a very energetic and informative session by Tom Amery from Ambulance Victoria on the Use of the Defibrillator at the May Meet and Mingle. Reports on John Barry's lectures and Meet and Mingle are available in other parts of this Newsletter.

At the May U3A Benalla Committee meeting we considered an update from U3A Network re COVID. A request for unvaccinated people to rejoin our U3A has been rejected, following Network instructions. We will continue to review our response to COVID drawing upon the advice of the U3A Network.

After the May Meet and Mingle, I attended the President's Day briefing conducted by Network using Zoom. Network is investigating the future delivery of some classes as distance courses, with a small trial of these distance classes happening at the moment. U3A Benalla is not involved in the trial.

There was also discussion about the use of hybrid courses which would use both face to face and Zoom within the one meeting in the future. The technical issues of hybrid courses are causing difficulties at present and it appears that it will be at least 12 months before hybrid classes could eventuate.

U3A Benalla have a vibrant selection of courses at the moment, so neither the distance delivery or hybrid classes may be suitable for our needs. However, it was very interesting to hear about them.

Meantime we are hopeful that we have recruited a Ukulele instructor who has recently moved to the Benalla district. It is anticipated that a ukulele group could start later in Semester 2 2022.



May's Meet and Mingle was full of energy & enthusiasm—presenting Tom Amery with the customary U3A pen!

Margaret Jenkins,
President

John Barry's 'Legal Matters' Lectures

Over twenty U3A members attended both lectures given by John Barry during May. In the first lecture John covered Powers of Attorney, whilst in the second lecture he covered making a Will and Estate Planning. Whilst both can be difficult subjects to address, John gave many stories to illustrate the points be made, and even injected some humour into the topics.

In the first lecture John first explained that an Enduring Power of Attorney covered both personal matters, such as where you can live as well as being able to deal with financial matters when the person making the Power of Attorney is incapable of making their own decisions. It was emphasised that at all times the person taking on the responsibility of the Power of Attorney had to deal honestly and diligently with the responsibility given to him or her.

There was a need for the person appointing the Power of Attorney to also appoint a medical treatment decision maker, which may or may not be the same person who was being named as the holder of the Enduring Power of Attorney.

When appointing a medical treatment decision maker, it was wise to consider making an Advanced Care Directive at the same time. This would assist your medical decision maker in the future about your wishes.

There are two types of Advanced Care Directives. The first type of Advanced Care Directive is termed a Values Directive. In this you record your values and preferences for your medical treatment to guide your medical treatment decision maker.

The second type of Advanced Care Directive is termed an Instructional Directive. In this you make legally binding statements directed to your health practitioners, in which you consent to, or refuse, specific future medical treatment.

To complete the Power of Attorney it is often a good idea to appoint a Support person who can guide you with the options available in a particular situation. Once again, this can be the same person holding the Enduring Power of Attorney, or another individual if that is more appropriate.

In the second lecture about Wills, John's opinion was that the Will kit bought from the Newsagent on Making a Will, provided it was carefully followed, was a much cheaper and satisfactory alternative to instructing a lawyer to make your Will.

Throughout the presentations there were numerous questions, which John dealt with as they were asked. The questions showed that the audience appreciated John's presentations of what could be a difficult subject, but one which he made very interesting.

Margaret Jenkins

Group Reports

A Taste of Art

After having only one session in 2020, and a disrupted second year in in 2021, Broken River Painters 'A Taste of Art' sessions for U3A are now back in full swing.

'A Taste of Art' operates as an art workshop in a relaxed atmosphere with mentoring and support from artists of the Broken River Painters. Fortnightly sessions on 1st, 3rd and 5th Wednesday from 1.30 – 4; Barc Hut 11, Migrant Camp Precinct.



Carol Perry

Armchair Traveller

At our May meeting we were entertained by David Palmer who gave us an interesting overview of his casual stroll through Southern France. Thank you, David. We concluded our afternoon with a DVD of the Flinders Ranges.

On Tuesday 7th June Neville Gibb will talk to us about his travels in Berlin, and we look forward to his presentation.

Regrettably, this will be our last session, not only for this Semester, but for the 2022 year. Unfortunately, Covid has made inroads into the travel scene and we deem it necessary to go into indefinite recess. I offer my sincere thanks to all those who have supported Armchair Traveller over my term as Convenor, and will now go into retirement.

Ray O'Shannessy

Thank you so much, Ray, for guiding 'Armchair Traveller' so thoughtfully since taking over from John Avery in July 2018.

Art Appreciation

At our last Art Appreciation gathering at the Gallery we were fortunate enough to meet four interesting artists who have an exhibition of their work showing under the title ***Oculi:Acts I-VII***.

This is made up of photos meditating on the seven stages of life loosely based on the philosophy Rudolf Steiner. Some photos are intensely personal and some reflect on the meaning of life.

The presentation was curated by Aishah Kenton, Abigail Varney, Alana Holmberg, and Rachel Mounsey and we enjoyed their short explanation of their work.

We also appreciated the presence of a number of High School Students who also attended the lecture. It is always invigorating to see young people taking an interest in Art.

Join us at the Gallery on Monday 6 June at 10am to hear Jason Smith, Director and CEO of the Geelong Gallery, as he explores ***The Life and Work of Clarice Beckett***. Jason's presentation coincides with the Gallery's display of Clarice Beckett's *Spring Morning* within the Ledger Collection.

Neville Gibb

'As Time Goes By' – Memoir Writing

With two months to catch up on, a longer session with an afternoon tea of slices, biscuits and chocolates was the order of the day in May. During the break we celebrated Ray O'Shannessy's 90th birthday. Ray has been a member of the memoir writing group since February 2017 and has written many stories about his life since then. Happy Birthday, Ray!

May's warmup activity, 'Gone Fishing', led to varied and precious memories being shared. Neville and Graeme shared stories in which they reminisced about childhood memories of 'Anzac Day', with Neville's story also honouring his father and Graeme's story describing decades of participation in Anzac Day marches as a band member.

Under the theme of 'Friendship', stories of great warmth were shared about rediscovering 'A Long Lost Friend' by Carmyl, Heather, Joan and Marg. Ray chose 'A Friendship Tested', reading 'The Stockman's Lament', a poem attributed to his father which powerfully illustrates the way in which young people can test friendships using peer group pressure involving risk, danger, and in this case, death.

The topic, 'Community', resulted in stories set in geographic communities, such as Barry's story of growing up in Wollert and Ray's record of his extensive involvement in the Benalla community. Stories about 'communities of interest' were also shared - Marg's participation in 'Tennis Playing Communities' from County Tipperary to Benalla; Carmyl's beloved cottage industry community at Tallangatta; Bev's reflections on educational communities; Heather's story about the RAAF- "I have been in a number of places where I have developed a real sense of community--none affected me more than my years of service with the RAAF."

During the session we listened to a new story from the ABC's current '500 words' project. Writers now submit stories recorded on their smart phones! We talked about adding their new topics to our list, with the group clearly in favour of '[Precious Objects](#)', but not so sure about 'True Confessions'! We also checked out the positive comments Marg's story 'Annamult' has received on the website from people living in Ireland.

Our topic for June is '*Causes*' - the brief "Tell us about a time, or times, when you have taken on a cause you were passionate or concerned about. When did this occur; why was it important to you, how did you go about addressing it - with what result?" The alternate topic is '*Rebellion*' the brief, "Have you ever challenged authority, defied expectation or fought for your beliefs?"

On a final note, kudos to new members, Graeme and Joan, who shared engaging stories to commence their 'As Time Goes By' collection.

Bev Lee

Be Connected

In May we continued the theme of buying online. In the Be Connected Topic Library we viewed '*How to Pay Online*'.

The main focus was using PayPal. There is an informative video explaining setting up a PayPal account.

PayPal is now an option on some service providers eg. Telstra bills for payment. So, I demonstrated a real payment to Telstra using PayPal. Some advantages of using PayPal online are that -

~ A PayPal password is a lot easier to type in than your credit card details.

~ You receive a payment receipt almost straight away via email. I did receive my new iPad cover which I purchased in class through eBay in April using PayPal.



Jenny Sawyer

Bird Watching

Wet weather caused the cancellation of our May outing. We had intended to do some roadside birding in the Moorngag district. Instead, eight of us gathered at a café in town and enjoyed morning tea and a chat.

After a winter recess, Birdwatching group will resume activities in September.

Kathy Costello

Brain Games

For our April session, I planned a variety of smaller tasks as I knew the group worked very hard in Feb. We didn't do as much on memory, though as usual, new neural pathways will have been sparked. I hope you weren't too offput by my wisecrack about forgetting to attend!

In May we did a good range of challenges, but they were harder than they looked: many tricks to learn and neural pathways to be built. Luckily, it's never too late to fire up the brain!

Elsbeth Maconachie

Bushwalking – Easy Walks

After a lovely drive through rolling hills and blue skies, we arrived in the lovely little town of Jamieson. Our first walk was the Island Walk, where at the foot of the island the Jamieson and Goulburn rivers come together before flowing into Lake Eildon. Once owned by Jamieson's first doctor, the island later became overgrown with blackberries, but the local community cleared it and planted many native trees.

After lunch in the picnic ground, we began the River Walk, following the Jamieson River through a caravan park and past swimming holes, picnic spots and lovely large autumn toned trees. Crossing Brewery Bridge, so called for the Goulburn Brewery-1864-which was located nearby, we walked through the town with its historic buildings and information boards.



Thanks to Wende Sturgess for leading this beautiful walk, and for her detailed planning.

Wednesday 1st June: Victoria Lake to Shepparton Botanic Gardens.

We have previously explored the amazing Botanic Gardens, but on this walk, with the new suspension bridge, we walk from Victoria Lake to the Gardens and return, a total of approx 8km. BYO picnic lunch--we will stop at the Gardens after walking along the Goulburn and Broken rivers, with plenty of shorter walks to explore in the gardens including the beautiful Honeysuckle Rise lookout.

We will leave the Seniors' carpark, Fawkner Drive, by 9am. Please confirm with Glen by Monday 30th May on 0431201077, or gchess@hotmail.com. Remember to bring lunch, snacks, a drink and comfortable shoes. Car sharing for all walks is usually available, with a small contribution.

Wednesday 6th July: Murchison

This walk will begin with a drive to Murchison and an exploration of Riverbank Gardens and Boardwalk. We will then follow the trail along the Goulburn River before taking another track that will lead us to the water's edge. We will return the same way, which will result in a walk of 4km. Lunch will be at the Murchison bakery. For those wishing to continue walking a further 2km we will meander to the historic cemetery to visit the Italian Ossario, noted for its historic and aesthetic significance.

Meet in the carpark at 9.30 to leave at 9.45am. Please confirm with Glen as above.

Glen Chessells, Julie McNeill

Chat n' Chew

Lorraine has been unwell recently, so I have taken over as Convenor for Chat n Chew. We wish Lorraine all the best for a speedy recovery. For future Luncheon bookings, ring Dorothy 0412263071

On June 17th lunch is being held at *Kim Wah* commencing at 11:45am.

Dorothy Webber

Coin Collectors

Our May meeting was lightly attended due to some of our regular members away on holidays and others absent due to health reasons.

Discussion centered around the following topics.

Pre-decimal coins: One of our newer members is noodling his old cache of pre-decimal coins and with the use of the Rennicks bible on coins, is learning/discovering the mintage numbers and those coins that are now considered collectables.

Damaged coins: Coins showing signs of damage are worth a second look as to whether the coin condition is as a result that occurred during mintage or has happened in circulation. A 50 cent coin presented to the group had some unusual scarf marks that were eventually determined to have happened while in circulation.

Medals: A medal owned by a group member was presented to the group dated 1954. It was presented to all Victorian primary school children to commemorate the first Royal visit to Australia by the newly crowned Queen Elizabeth 2. Any coins/notes or other memorabilia bearing the QE2 effigy will likely become more sought after when the Queen eventually passes.

Recent Purchases: Our most prolific coin collector member presented one of the newest released 2022 \$2 coloured coins. The very attractive coin depicts the honeybee and a coloured centre honeycomb. A special set of Australian collectors' coins depicting decimal currency produced in gold and silver was a highlight of the meeting.

Members of the group are also acting as mentors to newer members in providing valued personal knowledge of coin history and loaning well respected books on the Australian coins to assist with coin knowledge and education.

We welcome new members to our group.

Our next meeting is on Monday 20th June commencing 1.30pm.

Doug Smith

Collectors

There was a wonderful collection of embroidered items on show at the May meeting of Collectors. Items ranged from Grade 3 & 4 needlework to articles stitched by much older ladies.

There were needle cases, pin cushions, doileys, tray mats, dressing table sets, supper cloths, tablecloths, an item of Hardanger, beaded work; and, embroidered pictures.

Do you remember that padded tea cosies that had an embroidered outer cover?



There were even several of those.

The main theme of the work was floral but there were crinoline ladies of old and two identical tablecloths stitched in the blue Willow pattern; similarly, a tea towel with fine Willow pattern and a drawn thread edge.

For the meeting on June 6th, the theme is salt and pepper shakers, cruet sets and other containers for condiments.

We would welcome you to join us at 10.00am on that day.

Janet Gourley

Community Singing

Brian Greed chose our regular Song Book No 2 for the first part of community Singing in May. This book has a variety of songs such as "Carolina in the Morning" and "Click go the Shears" which were enjoyed by all.

The second session used the Tram Book of Songs which has a different group of songs. Brian's instant recall of each song means that it is amazing how many songs can be fitted into Community Singing each time we meet.

The next Community Singing will be on Thursday 23 June at 10am at the Hub in Cooina. All welcome

Margaret Jenkins

Creative Writing

Another month of great creativity, with lots of imagination. It is always interesting to see how differently we interpret the various prompts.

Our writing challenge this month was called a word ladder. We start with one word, and progressively change one letter at a time to create another word. We started with the word 'writer' and after nine changes ended up with 'billed'. To make it easier, each change did have a clue. Some of the class found the clues did not help much, but eventually we found the final word.

One of the points that is often made about writing is the concept of "show, don't tell". Some early classics use a lot more telling than is generally expected in current writing. An example of the difference is:

- She was cranky and angry
- She slammed down the phone. "I never want to talk to her again."

The second point leaves the interpretation to the reader – the author does not provide a judgement, but the reader gets a picture of someone who is angry.

For our written work to share with the class there were three prompts:

- **Just then an alpaca stuck its head out of the window**
- **Don't go mistaking paradise for that home across the road**
- **They crouched in the ditch not daring to breathe until the footsteps faded into the distance**

The Alpaca prompt was very popular. We had an escape artist alpaca, an alpaca used to destroy a floral competition entry, an alpaca used to identify a fleeing van. There was even a 'ghost' alpaca encouraging an alcoholic to stop drinking. The ditch prompt had a couple of young boys hiding from bullies in the ditch

while planning their revenge. And a thought about envying the owners of a large house as ‘a home is determined by what goes on inside’.

The topics for June are:

- **Mind the gap**
- **Appearances are often deceiving**
- **The sound of shattering glass**

We will be having a class on 13 June even though it is a public holiday.

Joy Shirley

Exercises for Fun

As the days become shorter, and the mornings colder, some of our class members have gone North, to a warmer climate. For those of us braving the Benalla weather, we start the day with our Exercise routine, and soon warm up for the rest of the day.

We usually begin at 9.30 am every Monday in the Seniors Hall, however, we will be taking a break on the Queen’s Birthday Public Holiday on Monday 13th June.

Helen Jeffree

Exploring the Universe

How Sagittarius A Star became the Milky Way’s Central Black Hole.

Scientists have found that supermassive black holes lurk in the centre of galaxies; but no one can see a black hole. The gravitational pull from the density of a black hole is so strong that not even light can escape from it. Therefore, there is nothing to be seen, except its shadow and the Event Horizon, the light from material about to be gobbled up.

The journey to the discovery of our galaxy’s central black hole began in 1927 when the Bell Telephone Company was experiencing very bad static in its first transatlantic radio calls. They hired a young university graduate, Karl Jansky, as a radio engineer to find out the origin of the static.

After Jansky had exhausted all possibilities of terrestrial interference he turned his attention to the heavens. He found that the co-ordinates for a weak interfering signal were those of the centre of the galaxy. Astronomers connected this strange source of continuous electromagnetic waves to the centre of the Galaxy and named it Sagittarius A Star.



Years of work synchronizing 8 Radio Observatories in distant places on Earth yielded the “Event Horizon Telescope”. A telescope as big as Earth! Their quest was to film the infamous black holes. The first success was the image of a supermassive B.H.in a galaxy named M87, about 55 million light years from Earth. Next was our more difficult smaller black hole of Sagittarius A Star.

It took a team of 300 scientists 5 years and a pandemic to produce the image that they presented on May 12. 2022 That Sagittarius A Star is undeniably a Black Hole. Sgr A* is around 27 thousand light years away and for a black hole it’s not very active, so we are not about to be gobbled up in our beds!

We read portions of Karl Jansky’s paper to the Bell Telephone Company and watched films on the Event Horizon Telescope and Black Holes.

Rupe’s Educational Astronomy Quiz was fun and enjoyed by all and we found out that the Moon is not made of green cheese after all.

If you would like to learn more:

How scientists created the first image of the black hole at the centre of the Milky Way.

<https://www.youtube.com/watch?v=reZMBkIA8-c&t=6s>

New Black Hole Image explained by an Astrophysicist. <https://www.youtube.com/watch?v=Bt9FwNKEmyY>

Bev Morton

Family Research

At our May meeting we welcomed Malcolm, who came along to observe the advanced class and is still working on his rapidly expanding family tree.

Robyn commenced our Pains and Gains segment, reporting that contact via Ancestry.com on great-great ancestors had resulted in her locating an informative book, 'Hell Ship'. Robyn also received some valuable assistance from the Hamilton Historical Society from their local newspaper articles. Graeme also described 'gains' through reading, in his case a book written by a family member in America which gave details of a family member in childhood days.

Marg reported that her work on her father's history is proving a bit of a challenge! Barry has been busy distributing family history information to family members and has presented his story on 'Benalla's Fourth Son' Arthur Baird at the BFRG's Family History Festival and to Probus; while Jane was heavily involved in the organisation of the festival and is coordinating the new Benalla History Network. Jane also spoke about an engaging family research related book recently read, 'The Floating Brothel'. Wendy attended Barry's Arthur Baird presentation at the festival and reported that she now has a copy of the book to take with her when she visits the Qantas Founders Museum in Longreach later in the year.

Finally, Bev offered a 'tip' mentor Judy Barry had shared with the Beginners' group on how to access British and Irish Newspapers by registering as a member with the State Library of Victoria's Catalogue.

Fascinating '*They were there when...*' stories were shared of Marg's father being in the last plane lifted from the roof of the US embassy at the Fall of Saigon; Graeme's ancestor being at Napoleon Bonaparte's Battle of Waterloo; David's maternal grandfather bearing witness to the Eureka rebellion as a child; Bev's story of her great grand-uncle's life as a pilot guiding ships through the treacherous Heads of Port Phillip Bay during the 1850's and Wende's tragic story about family members losing their lives in a Wangaratta flood in 1881.

The topic '*Eulogy or Obituary*' elicited thoughtfully crafted, engaging stories about people we have often shared facts and stories about during class. Stories shared about James O'Connor, Silvester Bowers, Donald Campbell and Henry Taylor drew on a range of resource sources, ancestry.com profiles; Trove reports; family stories; online genealogical records and more.

Next month's story topic is '*Myth Busting*'. The brief - "It is wonderful when a family story handed down over time and assumed to be a possible myth turns out to be grounded in 'evidence based' fact. Choose and describe such a family story, highlighting how you were able to confirm it and what this meant to you and your family." If this topic proves elusive, perhaps take a look at '*They were there when...*' or '*Eulogy/Obituary*' through another ancestor's eyes; or the back-up topic '*Now where did I come from?*', possibly relating your story to your DNA quest as suggested in this year's topic listing.

Bev Lee, Barry McDonald, Wendy Sturgess

Family Research – Beginners

Family Research – Beginners

The small group class, which meets on the 1st and 2nd Thursday afternoons, has been firming up their understanding of Trove and the State Library's catalogue, particularly British and Irish newspapers.

We've also been looking at discussion forums such as RootsChat and Facebook genealogy related groups.

Dawn has continued to find resources to add to the book for her husband and family she showed us at our last session. A 'second edition' has already been printed, and we suspect it may not be the last! Helen, with the support of her husband and sister, has decided a DNA test may be the way to resolve a family mystery and recently applied for then sent off a test. Val is closer to finding out more about the arrival of her great grandfather, 'Irish John' Hernan, since discovering that he worked on an experimental farm at Somerville, near Kellor, before shifting to Winton to farm in the early 1860's. Julie is soon to head out on an excursion to old family sites in the north-east – homes, cemeteries and more – with her mother's youngest sister and their daughters.

One-to-one sessions are continuing for beginners. Although we often get 'carried away' solving mysteries during these sessions, the aim of the one-to-one sessions is for members to develop the skills to work independently.

Beverley Lee

Film Discussion Group

Our film for discussion this month was *The Duke*.

The Duke stars Jim Broadbent as Kempton Bunton and Helen Mirren as Dorothy Bunton. In 1961, Kempton Bunton, a 60 year old taxi driver, steals Goya's portrait of the Duke of Wellington from the National Gallery in London. He is on a mission to remove BBC television licences for aged pensioners and returned servicemen. What happened next became the stuff of legend, with an interesting twist towards the end.

Performances were excellent. Many people who have seen the film did not realise Dorothy Bunton was played by Helen Mirren – a indication of a great actor. There were several smaller parts, all going to show Kempton's character as he tried to help the underprivileged. The cinematography incorporated some split screen work that showed Kempton's visit to parts of London to attempt to have some writing published and to lobby the government on his cause. There were some court scenes that were particularly noteworthy and humorous.

An uplifting true story about a good man who set out to change the world and managed to save his marriage. This was enjoyable, funny and heart-warming. Ratings of the film varied from 4/5 to 5/5.

Other films screened at BPACC during April/May were predominantly animated films as the period included school holidays. These films are fun to watch and have valuable messages for both the children and adults. For example:

Sonic the Hedgehog 2: theme – you will find your time to use your talents

Rabbit Academy: theme – trust; not just "I"

The Bad Guys: theme – there is some good in everyone (perhaps)

Our next film is on 8 June. For those who have been hanging out for the next Downton Abbey film, ***Downton Abbey: A New Era*** is screening from 26 May and will be our film for discussion at the class.

Joy Shirley

Garden Appreciation



On May 26th we visited two town gardens. Morning tea was delicious - thank you Dawn and friends. A lovely garden with a wombat or two and lots of fun beautiful things.

Then we went to Arlene's garden with large camellias, trees and shrubs. Arlene's garden had many memories for some of us, following a visit many years ago.

This garden visit was followed by lunch at Golf Club.

It was such a great day out!



Albury Bus Trip on Thursday 23rd June

On Thursday 23rd June we will visit St Matthews Church and Garden in Kiewa Street, Albury followed by a visit to Father Peter's private home and garden for BYO morning tea in the ballroom followed by viewing of the garden. Lunch will be at the Borella Cafe, Pearce Nursery, Borella Road, Albury.

The bus will leave from the Royal Hotel end of the Gardens at 8.30am. The cost is \$22 per person. Please ring me on 0438 627 010 if you would like to attend. Payment of money can be left at the RedB4 Bookshop next to Hide's Bakery. Please put your name on envelope and garden application.

This trip is open to members of U3A to ensure that we have a full bus for the trip. **However, please do not just turn up on the day expecting to join the trip if you have not booked prior.** If you wish to attend, ring or text me 0438 627 010, or email me on gwenturner243@gmail.com

Garden Team

Our April working bee at Vicki's was timely with her being busy with the recent move and I think we all felt pleased with the sprucing.

At our May session at Kathy's there was much pruning and weeding in pleasant autumn sunshine. I also want it noted that there were no rock cakes among the delicious afternoon tea! The late May session at Terry's was postponed due to the first harsh burst of wintry conditions.

We received a message to the group explaining Frank and Val's move to Melbourne. We were glad to hear from them and wish them well.

Elspeth Maconachie

German – Advanced

The beginners' group and the advanced group have nicely integrated, with suggested home studies and the help of mentors making it possible for the whole group to go on our imaginary Trip to Germany. A whole new world of vocabulary has been discovered and we will try to retain that wealth of words by using them in the future. It has also given everybody a taste of what can be seen and done should such a trip occur.

On one occasion this month I could not present the work I prepared and had to ask the members to use the prepared work without me. Pauline and Graham with the assistance of Beverley managed very well and showed what a nicely knit adaptable group can do. I thank them for that.

We will have one more meeting for this month after I write this report. For any interested person our work is on display on the ['Lessons'](#) page of the website which is so well maintained by Beverly Lee.

I love learning with this group!

Horst Gunther

Investment

At the May meeting of Investment, we looked at a video about Bonds supplied by FIIG, a major dealer in Bonds. The video started with the increase in life expectancy of retirees from 1931 to 2011, and the increasing need for retirees to provide at least in part for their life after retirement.

The video suggested that equities could be risky investments and that real estate may not be readily liquid if funds were required. On the other hand, Bonds, which were really a loan to a company, could be redeemed easily.

To balance this promotional video, one of our members, Les Rodgers gave us his experience with Bonds after our break. Several of our members thanked Les for providing us with a balanced view of investing in Bonds.

We also mentioned ASIC's (Australian Securities and Investment Commission) crackdown on financial content from people not holding a suitable licence. Whilst this was primarily aimed at webinars and podcasts, we noted that any information provided needed to be accurate and balanced.

Finally, we circulated figures from the Chief Economist produced for the Australian Government which showed the Australian resources and energy exports for 2021/2022. These figures were further divided into the contribution from specific mining sectors such as Steel, Iron Ore, Metallurgical and Thermal coal, Gas, Oil, uranium etc. The mining sector contributes approximately 10% of GDP.

The next meeting of Investment will be on Monday 6th June at 1.30pm in our U3A room.

Margaret Jenkins

Let's Talk Books

A small but enthusiastic group met on the first Monday of May. Apologies to Heather Hartland - I reported that Joan had read the Heriot books whereas it was Heather. ***The End of the World is a Cul de Sac***, by Louise Kennedy, is a book of short stories where Ireland's folklore and politics are prominent. ***The Story of Australia*** highlights how ignorant and class conscious the early settlers were. ***Return to Berlin*** by Ellen Feldman tells of a young woman, haunted by heartbreak and concealing a secret, who finds hope and forgiveness. Also enjoyed was ***Scrublands*** by Chris Hammer, if you enjoyed *The Dry* this one is for you. ***The Anzac Girls: The***

Extraordinary Story of our World War 1 Nurses, by Peter Rees. 45 Australian nurses died and 200 were decorated. Worth the read, **If Cats Disappeared from the World** by Genki Kawamura, a heartwarming and funny story about a postman with a brain tumor; also enjoyed by our reader **The Heart Garden: Sunday Reed and Heidi**, how a significant circle of artists was created. **The First Forty-Nine Stories of Ernest Hemingway** is a collection of Hemingway's short stories with an introduction by the author. **The Most Dangerous Animal of all: and finding the Zodiac Killer** by Gary L Stewart and Susan Mustafa, is an historic book of true crime, where a 10-year search for a biological father leads to him finding his father is one of the most notorious and still at large serial killers. A very enjoyable read was **The French Photographer** by Natasha Lester, a favourite author. **The Wattle Island Book Club** by Sandra Docker was a most delightful, easy read. **Daughters of Shame** by Jasvinder Sanghere a young girl flees from the prospect of forced marriage and the consequences. Another story of nurses' bravery during war was **The Nurses War** by Victoria Purman. **Never Let Me Go** is the 8th novel by Nobel Prize winning author Kazuo Ishiguro, a science fiction novel that was nominated for the Booker prize. Our final read was *Caroline Slocombe*, writing on working with **Margaret Thatcher**.

Geraldine McCorkell

Lifeball

Some chilly mornings are making it harder to focus on fitness, but luckily a few minutes on the court warms us up. If you've always enjoyed team sports, come and try Lifeball. It's a walking pace ballgame played weekly at the Benalla Indoor Recreation Centre, with a warming cuppa and biscuit afterwards. A fun and safe way to maintain fitness, we're always happy to see new players--contact coordinator Marlene Pitts on 0407 240 943 or come along at 10am Mondays. Players are asked to advise Marlene if they will be away.

Players please note: Lifeball will not be played on the Queen's Birthday Public Holiday, Monday 13th June.

Julie McNeill

Meditation

Meditation has been a shared group this month, with Heather extending the benefits of Meditation to the group, followed by Caroline sharing the benefits of relaxation and body scan. Take an hour out of your day on the first and third Monday of each month at 12 noon and enjoy the benefits of Meditation and relaxation.

Heather Wallace

Meet and Mingle



At the May Meet and Mingle, **Thomas Amery** from **Ambulance Victoria** gave us instruction on the use of the Defibrillator. Tom came with life like mannequins to illustrate the procedure of resuscitation, and to our surprise had us up and practicing our resuscitation skills with several more mannequins he had brought along. Tom, who drove from Donnybrook for the presentation, also instructed us in **Call Push Shock**. During the morning we had a look at the Defibrillator kit which is stored in the main auditorium of the Benalla Senior's complex near the kitchen.

The idea for this presentation originated from a question at the Convenor's afternoon in February on how to use the defibrillator.

This Meet and Mingle was full of energy and enthusiasm, as shown by the pictures which Bev Lee took during the morning. These can be found on the [Meet and Mingle](#) page of the website.

It is well worth reading Ambulance Victoria's pamphlet [Frequently Asked Questions about Call Push Shock](#).

The guest speaker at our Meet and Mingle on Wednesday 15 June 2022 will be Claire Birch from **Indigo Power**. Claire will speak about the Community Energy Hubs which Indigo Power are setting up in North East Victoria. We have invited the U3A Sustainability Group to also attend.

Margaret Jenkins

Music Appreciation

An ancient Chinese philosopher once said: "Being deeply loved by someone gives you strength, while loving someone deeply gives you courage". This certainly seemed to be the case with Tchaikovsky and Brahms who were the main composers for our music appreciation this month. Tchaikovsky's fourth symphony (played at this month's 1st session) was an expression of his love for Nadezhda von Meck – a wealthy widow who provided him with a generous stipend annually on condition they never meet. He said in a letter to her: "how much I think of you in every bar". Brahms was deeply in love with the widow of Robert Schumann. He wrote to a friend: "I believe that I do not have more concern for and admiration for her than I love her and find love in her. I often have to restrain myself forcibly from just quietly putting my arms around her...." While he could never bring himself tell her as much, his first piano concerto (played at our 2nd session) was composed at the height of his admiration for Clara Schumann. In addition to these major compositions, there were shorter works by Mozart, Kodaly, Rimsky-Korsakov, Offenbach and Richard Strauss. You can read all about it and listen to the music by turning up the [Music Appreciation](#) page on the U3A website.

Bill Squire

Page Turners

The Survivors - Jane Harper

Set in coastal Tasmania, this is a small town story about the drowning of two men in a wild storm and the disappearance, presumed drowned, of Gabbie a teenaged girl. Ten years later, Kieren, one of the men's brothers returns with his wife and baby to visit his parents who have never got over their son's death. The pattern starts to repeat itself with the disappearance of Bronte, another teenager, in wild weather.

Small town secrets and traumas are relived as Kieren reconnects with his former mates and guilt and recriminations sour the visit. As detective fiction the story carries the reader along, as first one then another character seems to have been implicated in some of these events.

All the characters are survivors of the effects of these events, like the symbolic bronze statues of the same name, that have been erected on the rocky foreshore in memory of an earlier shipwreck.

Eleanor Oliphant is Completely Fine - Gail Honeyman

Eleanor suffered traumatic abuse from her mother as a young child and later lived in many foster homes. Now in her middle twenties, she is totally isolated by choice, with no friends or relatives, despite holding a good job. The narrative traces her journey towards accepting friendships and forming gradually a close bond with Raymond, one of her coworkers. Also a bit of an outcaste, Raymond helps strangers, has a warm relationship with his mother, and cares for Eleanor when her unrealistic crush on a rock singer fails.

Through Raymond she meets people and learns to relate to them, eventually seeking professional help to work through the issues from her childhood that have plagued her.

This is a tough but compelling read in which Honeyman tells the story with compassion and insight. One of our members reported this type of narrative is called 'Up Lit' - a story of redemption in which the character turns their life around. A worthwhile piece of realist fiction.

Our June 2022 Book of the Month is **The Keeper of Lost Things** by Ruth Hogan.

Meg Dillon

Patchwork

My thanks to Lorraine for your support with the group over the past few months.

A lovely thank you was received from the Benalla & District Hospital Auxiliary, a number of the members of the Patchwork Group donated their time and sewing skills making items for the Auxiliary Stall.

We continue with our patchwork and other crafts, plus lots of chat.

Thursday 30th of June is our all-day session from 10am - 4 pm - see you for all or part of the time.

Dorothy Webber

Play Reading

Nine participants enjoyed a thought-provoking play written by Australian, Mona Brand, in May. Written in 1948, *Here under Heaven* is set on a station in outback Queensland during the war in 1942. Conflict in families provided the basis for portraying the life of the established landowners, the Hamiltons. The different age groups, the in-laws, sibling rivalry, jealousy, sexism and racism provoked skeletons in the closet. The readers were convincing in their roles and the play caused much discussion afterwards, including the query, has anything changed in the ensuing years since 1942?



Next month? Time for comedy? Look forward to seeing everyone next month and new challenges in U3A "theatre".

Around the district, our local production of *Mamma Mia!* was a resounding success. Wangaratta Players are performing *Same Time Next Year* in the first and second week of June, including matinees 4th and 5th at 2pm. Always top performances. Can recommend.

Jenny McKenna

Politics and Current Affairs

The group meeting prior to the Election discussed what could happen if there was a change of Government, how it may affect the general population of Australia and how each party was spreading their message, whether it be spending large amounts of money on advertising, door knocking, social media etc.

Our meeting following the election looked at how various seats had changed their political preferences, what effect the Independents and the Greens Party would have on the number of seats counted and if there isn't a majority by the Labor Party, which was well in front of the Liberal/ National Party at this stage, what their actions could be in the future.

We also re-looked at whether spending large amounts of money on advertising in preference to door knocking and personal contacting of constituents by various parties was effective. This led to some interesting and stimulating discussion by members of the group

Heather Wallace

Recorder



'How the alto players keep track of their lines in a four-part piece demanding a bit of concentration.' Andi Stevenson

We are thoroughly enjoying playing a wide range of music from the 13th Century to the present day. It certainly gives a really good idea of how music, being a language, is constantly changing, like all languages. We have extended our range of instruments, so that we regularly have descant, alto and tenor recorders, with a bass recorder about to be added to the mix. Very exciting!

I thank the enthusiasm and commitment of all the players.

Janet Douglas

Russian Literature

Quiet Flows the Don - Mickael Scholokhov

This massive novel is worth a read if you are curious about Cossack culture at the start of World War One and through the later Russian Revolution in 1917 and the civil war that followed.

Cossacks were a proud group of farmers on the Don River who wanted their own local government instead of belonging to a new Soviet collective government. This book looks at the privations of war for the Cossack regiments in WW1 as well as a series of personal stories about the key characters that run through the entire novel.

Names are challenging, so I have prepared some short notes outlining the main dozen characters in the caste of about 100. As well there is a short synopsis of the first two books that can help readers get into the plot lines. Anyone who would like an email of this should contact me and I will send you one.

Worth a read – the author won a Nobel Prize for Literature for it - but settle down with a glass of wine on the long winter nights for this novel.

Coming up in June: The Master and Margarita, by Mikhail Bulgakov (1940).

Meg Dillon

Saturday Cards – 500

Now that Winter is nearly upon us, come along to Saturday Cards, 1.30pm the 2nd and 4th Saturday of the month, 1.30pm to 3.30pm. You will be warm, enjoying the company of others and you can be guaranteed of fun. We look forward to seeing you.

Heather Wallace

Singing for Fun

We are pleased to hear that Kieran Smith's wife Elly is progressing well after her hip replacement operation in Melbourne. Kieran chose some Al Jolson songs for the week of May he was with us which we all enjoyed.

Our inclusion of Carmyl Winkler as a leader was especially beneficial this month when Kieran was away. We were still able to have three Leaders, with Margaret Merriman and Brian Greed also taking segments of singing. This provides a greater variety of songs than only having two Leaders at times.

Gwen Barnes is providing great music accompaniment.

In early May, one of our members Ray O'Shannessy turned 90, which is quite a milestone. Naturally we did not let the occasion go unnoticed and had great enjoyment singing Happy Birthday a few days before the big event.

The next meeting of Singing for Fun will be on Thursday 2 June at 10am in the Hub at Cooina.

Margaret Jenkins

Stock and Land

Baling up a spring

Agricultural contractor, **Trevor Phillips**, told Stock and Land in May that most of the huge amount of hay within his 80km range of Benalla, goes to feed horses.

But last month he was in the middle of seeding 7000 acres of winter crops like canola and wheat, around Dookie.

That sort of work is pretty time critical, but not as much as the hay and silage he makes with six tractors, three round balers and three square balers, every spring.

Five of his six tractors are German made Fendts, which can legally and safely travel at up to 80km/hr between jobs, which means trucks to move plant are not necessary.

Neither is much technical knowledge of the machinery. "They run themselves and tell me if anything is wrong with them," Trevor said.



In a normal silage/hay season, Trevor and his team starts mowing around Thoona, moves through to Benalla and onward to home district Molyullah, before moving back to Thoona to largely make square bales west of the Hume and round bales to the east, through the same paddocks.

Our next speaker, on Tuesday June 7, will be **Scott Stowe**, a wild dog controller, talking about his work.

David Palmer

Sustainability

The Sustainability group met on 6 May and 20 May. Based on several articles, our 6 May session continued discussions on how best to achieve net zero carbon gasses emissions from landscapes, both urban and rural. We also considered whether disruptions and social disturbances, such as the war in the Ukraine, will create long-term impediments to meeting global emissions goals by 2050. At a local level, we considered the achievement of a local farmer at Warrenbayne who has been awarded carbon neutrality status under a Meat and Livestock Australia scheme. We also examined which sectors are the biggest carbon emitters in Australia and how these emissions have been tracking over time.

At our 20 May session we discussed the relatively new science that aims to determine how much human emissions of greenhouse gasses (GHG) can be attributed to severe weather events and our future climate. Attribution science in this scenario makes extensive use of large-scale climate models called general circulation models that assess whether events are made more severe as a result of the presence of human generated GHG emissions. This is still a developing area of science and cannot be reliably used for all types of weather events. We also briefly considered the headline statements from the latest report from the Climate Mitigation working group of the Independent Panel on Climate Change (IPCC), which confirmed that without immediate (by 2030) and deep cuts to global GHG emissions, keeping global warming within the 1.5c to 2.0c range is unlikely to be achieved.

John Lane

Tech Savvy Beginners – Apple

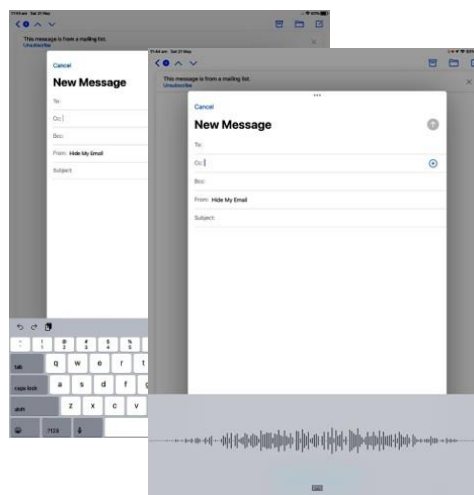
This month we followed on from using Siri to using dictation for text. This new function is specifically for dictation.

So, by enabling the Dictation function on your Apple device, typing a lot of text is a thing of the past.

You do have to check that the translation of your spoken word is accurately recorded, just as you do when touch typing.

When the Dictation function is enabled, you can tap on the microphone symbol which is located to the left of the Space Bar on the keyboard, then speak.

We all tried it out and had a lot of fun.



Jenny Sawyer

Tech Savvy Beginners – Android

Our April and May classes were again very productive. Topics included

- Discussing App permissions & how to allow/disallow certain programs access.
- Allowing side bar to show in your contacts
- Editing photos
- Tips and Tricks on using your Samsung mobile.
- Useful links on using your android mobile
- How to use Google Assistant
- Taking screen shots
- Revision of sending & receiving gmails with an attachment
- Watching a Be Connected video on using the Internet & understanding search engines



- Introduction to Internet Safety
- What is a web browser?
- Performing a search
- Using abbreviation texts with your mobile phone. (eg.OMG, LOL etc)

Classes are held every 1st, 2nd and 3rd Thursday of the month 10.00 - 12.00.

Robyn Lukey

Tech Talks

Due to one Lexar USB Stick looking like another Lexar USB Stick, this month's Tech Talks almost came to a very early end. I have to apologise, but as usual I can always blame someone else.

Fortunately, Ian Maver came to the rescue and saved the day. Ian enlightened us with an explanation of electricity. It is interesting that we can still consider just what is electricity. We can still reflect on how it is transmitted. Does it for instance travel along copper wires at a certain speed. We can speculate just what role electro magnetism has in the connection between the quantum world and the gravitational world.

All these points were raised by Ian in his stirring talk.

At our next Tech Talks we will concentrate on Australia's Broadband Network amongst other things.

Neville Gibb

The News – Fact or Fiction

Did you know that a person who loves to read is called a 'lectiophile'; a person who loves to read books is a 'bookworm' or 'bibliophile', a person who likes to read in bed is a 'libroculturalist', but there is no word for a person who likes to read newspapers? *The News – Fact or Fiction* group, convened by Brian Harker, provides a structured round table forum for discussing the reporting of selected stories and issues which affect our lives and the society in which we live by different media organisations. Interested? The group meets on the third Tuesday of the month at 10am in Meeting Room 1.



Wine Appreciation

This month our journey was slightly further afield to Campbell's Winery at Rutherglen. There were many wines available for tasting, but sadly for some of our members the Robbie Burns Shiraz 2018 was off the list. The staff described it as the best in 20 years, so they are withholding many bottles for a special release down the track. Five minutes down the road we came to our lunch venue, "The Other Place' cafe. We enjoyed our meals in their lovely courtyard and many stayed on to chatter and window shop.



Next month we are off to [Baileys@Glenrowan](#), 779 Taminick Gap Rd, Glenrowan followed by lunch at the Vintage Hall Café, 54 Gladstone St, Glenrowan. Meeting behind Aldi's at 10.00 a.m.

RSVP's by Sunday 19th June to phone/text 0428 696 408 or email nicnakmac90@gmail.com.

Nicole McFarlane

What's On

Saturday, 28 May

13:30 Saturday Games - '500'

Monday, 30 May

09:30 Exercises for Fun

10:00 Lifeball

14:00 Garden Team

Tuesday, 31 May

12:15 German - Advanced

Wednesday, 1 June

09:00 Easy Walks - Victoria Lake to Shepparton Gardens

09:30 Play Reading – *Time for comedy?*

13:30 A Taste of Art

14:00 Be Connected

Thursday, 2 June

10:00 Singing for Fun

10:00 Tech Savvy Beginners - Android

13:00 Family Research - Beginners

13:00 Patchwork

Friday, 3 June

09:30 Sustainability

Monday, 6 June

09:30 Exercises for Fun

10:00 Collectors – *'Salt and pepper shakers, cruet sets and other containers for condiments'*

10:00 Lifeball

10:00 Art Appr'n *'The Life & Work of Clarice Beckett'*

12:00 Meditation

13:30 Investment

14:00 Let's Talk Books

Tuesday, 7 June

10:00 Page Turners

10:00 Stock and Land – Scott Stowe, *Wild Dog controller*

12:15 German - Advanced

14:00 Armchair Traveller - Neville Gibb - *'An Overview of Berlin'*

Wednesday, 8 June

10:00 Recorder Group

10:00 Russian Literature – *The Master and Margarita, by Mikhail Bulgakov (1940)*

14:00 Be Connected

14:00 Film Discussion Group – *'Downton Abbey--A New Era'*

Thursday, 9 June

10:00 Singing for Fun

10:00 Tech Savvy Beginners - Android

13:00 Family Research - Beginners

13:30 Executive Committee Meeting

Friday, 10 June

10:00 Music Appreciation

14:00 Armchair History

Saturday, 11 June

3:30 Saturday Games - '500'

Monday, 13 June Queen's Birthday Public Holiday

14:00 Creative Writing

14:00 Garden Team

Tuesday, 14 June

10:00 Politics and Current Affairs

12:15 German - Advanced

14:00 Tech Talks – *'The ABN, amongst other things'*

Wednesday, 15 June

10:00 Meet and Mingle – *Indigo Power*, Claire Birch

13:30 A Taste of Art

14:00 Tech Savvy Beginners - Apple

Thursday, 16 June

10:00 Singing for Fun

10:00 Tech Savvy Beginners - Android

13:00 Patchwork

Friday, 17 June

09:30 Sustainability

11:45 Chat 'n Chew – *Kim Wah Chinese Restaurant*

Monday, 20 June

09:30 Exercises for Fun

10:00 Lifeball

12:00 Meditation

13:30 Coin Collectors

Tuesday, 21 June

10:00 The News - Fact or Fiction

12:15 German - Advanced

14:00 Exploring the Universe

Wednesday, 22 June

10:00 Wine Appreciation – *Baileys of Glenrowan* and the *Vintage Hall Café*, Glenrowan

10:00 Recorder Group

Thursday, 23 June

08:30 Garden Appreciation - *Albury Bus Trip* -

10:00 Community Singing @ The Hub

13:00 Family Research - *'Myth Busting'*

Friday, 24 June

10:00 Music Appreciation

14:00 Armchair History

Saturday, 25 June

13:30 Saturday Games - '500'

17:00 Newsletter reports due today

Monday, 27 June

09:30 Exercises for Fun

10:00 Lifeball

14:00 As Time Goes By - *'Causes'/'Rebellion'*

Tuesday, 28 June

10:00 Politics & Current Affairs

12:15 German - Advanced

14:00 Brain Games

Wednesday, 29 June

13:30 'A Taste of Art' (To be confirmed)

Thursday, 30 June

09:30 Patchwork - all day workshop

Friday, 1 July

09:30 Sustainability

Monday, 4 July

09:30 Exercises for Fun

10:00 Collectors

10:00 Lifeball

10:00 Art Appreciation

12:00 Meditation

13:30 Investment

14:00 Let's Talk Books