



Benalla and District Inc.

Newsletter – June 2024

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

President's Report

During the past month U3A Benalla have received information from U3A Network that we should register as a charity to obtain partner benefits obtained through Network deals. For example, being a registered charity allows U3A Network to access copyright for music performance via One Music at no cost to members.

The principal driver behind many charity registrations is obtaining charity tax concessions. These include income tax exemption, GST concessions and rebate on Fringe Benefits tax if applicable.

The term 'charitable purpose' is defined to include - advancing health; advancing education; advancing social and public welfare; advancing culture and other similar purposes beneficial to the general public. The activities of U3A Benalla are clearly for the public benefit.

At our last Committee meeting, we accepted the Network recommendation to apply for charity status. Since then, I have filled out a 10-page form and have submitted it to the Australian Charities and Not for Profits Commission. The ACNC has a backlog of organisations requesting to be classified as charities, and we have been advised that it will be 12 weeks before a Law Interpretation Analyst is allocated to our application.

I would like to thank all Convenors who attended the Convenors afternoon on Friday 3rd May. We had 18 Convenors who take 25 groups there, including three who were Convenors for the first time this year. It was an informative afternoon, and worthwhile to hear the positives and a few difficulties as well.



Thank you to all who attended and to Geraldine for providing for the home cooked afternoon tea.



Benalla has experienced an outbreak of COVID in the past month. Concern has been expressed about the 24 Ukulele members playing and singing in Room 1 together. We have advised the Ukulele group to open windows and doors while practising. In line with school policies, the Committee is going to investigate an air

purifier for this room. Any person experiencing a runny nose, sore throat, temperature or is generally unwell should not participate in any group until they are well again. The air purifier is not going to eradicate COVID. However, we need to do everything we can to assist groups experiencing overcrowding in this room.

In the proposed budget 2024/25 papers of Benalla Rural City Council, U3A Benalla were pleased to see the second aim of the Council is to develop the Fawckner Drive Precinct. As this building is in that area, the Committee of U3A Benalla have forwarded a submission to the Budget considerations of Council asking for them to build us an additional room which will accommodate 40 to 50 people. We will keep you informed as to how this submission progresses.



The Committee of U3A Benalla pictured at the May Committee Meeting 2024

David Palmer (Publicity Officer), Helen Jeffree, Anne Nelson (Course Coordinator), Margaret Jenkins (President), Nicole McFarlane (Secretary), Corrie Witlox (Treasurer), Len Jeffers (Membership Officer), Neville Gibb, Geraldine McCorkell.

Absent – Dorothy Webber (Immediate Past President), Heather Wallace (Newsletter Editor), Julie McNeill

Margaret Jenkins, President

Course Coordinator's Report

We are pleased to announce our first **Spanish** course will be commencing in July this year. The tutor, Alejandro Diaz, was a teacher in Columbia and moved here approximately five months ago. Married with a little boy, Alejandro is living in Goorambat and works during the week. **The class will be held weekly on a Saturday morning from 10 to 12 midday in Classroom 1 commencing on July 6th.** Alejandro is looking forward to teaching Spanish as he feels the community has helped him greatly, and he would like to give back to the community. Please contact me if you would like to join this group.

A reminder that Dawn Stephens is conducting her popular course '**Enjoying the Internet**' in Semester 2, commencing on 16th July 2024. This will be held in Room 1 on the third Tuesday at 10am. If you would like to join members who registered earlier this year, please contact Dawn on 0418 552 932.

If you have ideas for new courses you would like to convene, or which are of interest to you and may be of interest to others, please contact me, or register your ideas on the [Program Suggestions](#) page of the website.

Anne Nelson 0438 447 379

Group Reports

A Taste of Art

We dropped into 'A Taste of Art' at the Broken River Painters' Studio in early May for a photo or two!



Armchair History

At our last Armchair History, discussion ranged over a number of subjects. We reviewed several books that explain Aboriginal use of land. The fact that indigenous people made quite complicated use of the landscape is something that we are only now coming to realise.

From that we moved to wine making in our local area. For instance, the Tahbilk Winery has a long history of wine making and has experienced lots of problems with at times phylloxera almost closing down the winery.

From that we moved to the development of Railway Lines and inspected the Octopus Plan. We discussed the Tatong Line. What was it used for? What did it carry?

Neville Gibb

Art Appreciation

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

Coming up on June 3 at 10am and coinciding with their exhibition, *Embrace the Eucalypt*, join artists Ruth Johnstone and Lesley Duxbury in conversation with the Gallery curators. "Utilising paper-based media and contemporary art, Ruth Johnstone and Lesley Duxbury address the cultural significance of the eucalypt. Both artists have studios amongst eucalypts." Benalla Art Gallery Website

Can you please ensure you sign the attendance register and pay \$2?

Neville Gibb

'As Time Goes By' – Memoir Writing

Our May icebreaker evoked lots of memories, evident in a particularly noisy room while memories of 'My First Job' were shared in pairs!

Carmyl reviewed a rare book *Education of a Princess - a memoir by Marie, Grand Duchess of Russia* (1931), describing being impressed by "the honesty of the account of a life which had very few satisfying episodes... to be able to write this book fifteen years after escaping Russia was a fine achievement".

A program of catch-up stories preceded 'intermission', including 'Her Story', Phil's delightful memories of his mother, Betty ... "hard working, a figure of strength, a beautiful singer, and the best Mum of all." On last month's topic 'My (Best, Worst, other) Holiday', Barry's 'My (Best Steak) Holiday' memory and Phil's reflections on a 'Mystery Tour' involving the elusive 'Baz' both contained comedic elements. Neville's 'Easter' story captured the life stage of 20-ish young man returning from Melbourne to the family farm each Easter keen to party, play music and have fun, and a father's capacity to prick his conscience about spending more time at home and helping with the milking! On the topic 'Discrimination', James bravely shared his reflections on discrimination he faced as a New Zealander seeking work in Australian 43 years ago and the ways he found to work around and attempt to overcome it over time.

After 'intermission', May's topic 'Time Travelling', brought forth engaging, thought-provoking stories. Graham, Carmyl and John 'looked behind them to see the future in their footprints', while Barry, Heather and Delfina 'travelled through time to find a younger version of themselves and share a life lesson or lessons they have learned'

For the alternate topic 'Memories Treasure Chest', Ray shared fond memories of a life time as a bowler in which he participated in competitions and often won premierships, while James recalled as a boy collecting birds eggs, coins, badges relating to attainments in cubs, scouts and life-saving, with more badges added later as he rose through the ranks from air cadet to receiving his own pair of wings as a young pilot. He ended... "Now I collect wine every week for pleasure..... Has to be a Red, mainly Shiraz!!"



Next month's topics - Inspired by the books of Miles Franklin and recommended for continuing class members 'My Brilliant Career' or 'My Career Went Bung'; and for newer class members, 'Rebellion'. Details are included on the website, in the course handout and will be sent out in a reminder email during the month.

Each month, 'life's rich tapestry' resonates in our stories. A thread of comments and anecdotes this month caused pause for reflection on our experiences of the gendered nature of the world we inherited and the gender related issues we have observed across the many decades in which we have lived, worked and brought up families.

Thank you to class members for being prepared to share your stories. It is such a joy to read them when they arrive in my email or letter box each month, and to observe the encouragement and support you give one another during our sessions.

Bev Lee

Australian Shares & Stock Market

Our meeting on 6th May again commenced with a 6-minute recorded podcast video by Chalis Mining (CHN) about their progress to produce a range of minerals across some seven sites in Western Australia. A handout provided a further update on financial position and progress.

News about BHP on a bid to purchase Anglo American mine in South America for \$52billion was discussed. The world copper price has risen 18% the last 12 months now at \$4.44 per pound; and BHP has increased its copper output by 49% at the Olympic Dam site in South Australia. More than half the world's copper is used in electrical motors, wiring or anything that requires electricity.

Our long-term stock selections remain positive overall for April with John leading with DRO with paper profit of \$3,042.

Don's tips on Reading Stock Listing Data in the Financial Review After our tea break Don presented some insights on facts you should consider as an investor when buying or selling shares. The Financial Review has a lot of data across all stock sectors. The Earnings per share (EPS), Price to Earnings ratio (P/E ratio) and debit to equity (D/E) are all very important. Remember the asset value includes the debit on infrastructure listed as assets. Whilst dividends may at first sight be attractive, companies often only pay out 70% of the profit. If they announce a buy-back of shares you need to realise this is funded by profits but is designed to hold or lift the share price by the reduction in the total number of shares on issue. The three banks NAB, ANZ & WBC have all announced about a 2% buyback in 2024.

Our "Real Time with Dividend" handout has been made bigger to a full A3 sheet with allowance for everyone to add /sell on a clear line. All figures are to 3 decimal places but rounded to whole numbers in most columns, so if you are checking bear this in mind. Neville is on top with BLD and Don with ANZ. Both Don and Wende have not received any dividend as the ex-dividend date is yet to tick over. Over the next 4 weeks, with no dividends being added other than for ANZ and MQG and a Federal budget due shortly, our results will be clearer.

Finally, our monthly short-term selections were positive for most of our 20 members. There were 4 requests for new stocks being for SFR, FFM & RMI.

Our next meeting will be **Monday 3rd June 2024 at 2pm.**

Malcolm Sanders

Be Connected – Android

In May we looked at Scams and "The Cloud".

Most of us are aware of scams in general so we spent some time looking at Impersonation Scams. Accessing Be Connected we explored these scams to considerable extent.

In our next session we demystified the area of "The Cloud". We tried Google cloud and looked at the other cloud storages available to us free of charge.

In June we will look at online shopping and the internet, whilst spending time on issues that have arisen from previous sessions.

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

Ruth Jelliff

Birdwatching

The Birdwatching group visited Shadforth Reserve at Violet Town on Thursday 9th May 2024. Nine members enjoyed the morning in this reserve which has an impressive variety of trees, shrubs and native grasses. We admired some massive Yellow Gum and Grey Box trees.

A highlight of the morning was watching a group of Grey-crowned Babblers feeding quietly on the ground. They are listed as threatened in Victoria, and Violet Town is a good place to observe them. We had excellent views of a Black-shouldered Kite perched at the top of a dead tree. These raptors are more often seen in our area when there are mice around.

Several groups of Musk Lorikeets were glimpsed flying and feeding in the reserve. Not many trees were flowering and honeyeaters were few. We also observed several White-faced Herons flying overhead, a flock of White-winged Choughs and several Grey Fantails.

We only had time to investigate the eastern end of the reserve, before heading into town for morning tea. We then visited the gallery next to the café where one of our members, Helen Ogilbee, had an art exhibition through May. A variety of paintings and some beautiful Batiks were much admired.

The Birdwatching group will have a break over winter. After consulting members, we will add an extra outing in semester 2, starting on 8th August, instead of resuming in September.

Thanks, Andi Stevenson, for the photos of a Black-shouldered Kite, Grey-crowned Babblers and 'our own flock of Grey-crowned babblers' below. More photos from the day can be found on FB and the website.



Attached is a link to the eBird checklist for the birds seen at Shadforth Reserve.

<https://ebird.org/checklist/S176869936>

Kathy Costello

Brain Games

Working both sides of the brain can help with problem solving and even physical balance.

We tried a variety which included geometric shapes, cryptic words and rebus decoding to keep our brain muscles toned.

Elsbeth Maconachie

Bushwalking – Easy Walks

Winton Wetlands

In a high stakes competition to find the answers, nine walkers paired off at Winton Wetlands to complete Bev's challenge.

The list of twenty questions saw us searching around the Hub and Woodland Walk for answers, while enjoying a good hour and a half walk in pleasant sunshine.

With an enjoyable lunch at the Hub cafe, and winners announced, everyone agreed it was a fun variation to our usual walk--thank you, Bev!



Wednesday 5th June: Goulburn River and Shepparton Botanic Gardens

Starting at Victoria Lake in Shepparton, we will head along the Goulburn, crossing the suspension bridge and enjoying a picnic lunch in the Shepparton Botanic Gardens. Auspiced by the Australian Botanic Gardens at Cranbourne, and managed by an enthusiastic volunteer group, the gardens offer many short walks of interest and views across the valley from Honeysuckle Rise.

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. Remember to bring drinks and a picnic lunch. Car sharing is available for a small contribution.

Wednesday 3rd July: Violet Town history walk

Following the success of our Wetlands challenge, Bev will be testing us with thirty questions on a walk around Violet Town. This is a great way both to test our orienteering skills and also to really notice the landscape and history of our walk. Answers will be shared at morning tea at the Produce Store, followed by a short walk along Honeysuckle Creek and a picnic lunch.

We leave Seniors' carpark at 9.30am as usual, confirmation to Julie as above.

Julie McNeill

Chat n' Chew

June's 'Chat n' Chew' lunch will take place at **the Benalla Bowling Club**, Arundel Street, on **Friday 14th June**, arriving at 11.45 for a 12 midday start. If you wish to attend the June lunch at the Bowling Club, please contact me on 0427 376 991 by Tuesday 11th June 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

A very small group attended our May meeting, with numbers affected by winter ills and other commitments. This allowed a new member to sit in on several games being played by two of our experienced players.

Chess can appear complicated in the beginning, but playing face to face with an opponent of similar experience and helpful assistance from other players present sees improvement gained quickly.

I continue to promote the website [Chess.com](https://www.chess.com) as an excellent tool for those learning or wanting to practice. You can play the computer bot or friends online. Chess.com is free if you stick to just playing the bot. This site allows you to pick varying degrees of difficulty, choose black or white men and allows take backs. I found it to be an excellent training tool and it's free.



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

Doug Smith

Coin Collectors

Six members attended our May meeting, with five apologies. At the meeting -

- Pat showed us her AFL Essendon Club \$1 Coin
- Gary passed around a large number of coins, including 2006 proof set, 2000 Olympic \$5 coins, 1994 NZ Commonwealth Games \$1, 1980nQueen's Mother 80th Birthday Crown, 1921 US \$1, several UK coins he dug up, 1882 ½ Crown & 1873 1/- he explained that miners hid their coins by vertically burying them in a plot, as well as an UK 1791 ¼ & lastly a 1988 Bicentennial \$10, the first of the coloured polymer notes. He then produced several Max Stern of Melbourne paper advertisements, with 1950/60s prices of coins & commented on how much the prices had increased.
- David then explained what he considered the cheapest way to store your coin collection. He handed out a number of plastic storage boxes, each with 28-coin holders in which a 2x2 flap would fit. Each holder would hold a years' worth of each of the denominations, thus segregating each year's coins. He then passed around a number of recently obtained coins, namely a 2018 Animals in War Medallion, 6 PNCs, a 2024 Year of the Dragon 50c.

David Lowing

Community Singing

What a great morning we had at Community Singing on Thursday 23rd May. Brian chose to use our regular Song Book 1 for the first segment. Everyone joined in – Kieran as announcer of the songs. Ray told us about the latest scam with NBN that is happening. Then we had some rounds which Carmyl did a fantastic job of organising. Carmyl is able to take roughly 16 people, divide us into 4 parts and produce a marvellous rendition of Within a Shady Thicket, then Frere Jacque, and then Kookaburra sits on an old gum tree.

After morning tea, we had Sammy's Song Book 1 which included a group of Irish songs. Brian's playing of Danny Boy was particularly good – quite a few people remarked on it. Someone else said that we sang Waltzing Matilda the best we have for quite a while.

Thank you, Brian for playing so well. As there are five Thursdays in May, we are looking forward to having Community Singing again next Thursday, 30th May at 10am at the Hub at Cooina. All Welcome.

Margaret Jenkins

Cooking Solo

The first session in May was a winter meal of Roast Lamb with cauliflower and broccoli cheese, roast pumpkin, baked potato and boiled carrots and peas. Although not found in the Dieticians Cookbook, this was followed by Golden Syrup Dumplings. We all remembered them as a childhood favourite! Thanks to Neville Gibb for helping with the dishes.

The second session in May was our eighth and last session. Party food was the order of the day. No Cook Slice Recipes, using crushed Marie Biscuits as the key ingredient, were distributed then demonstrated. Everyone then made their own Savoury Scones and Pizzas for lunch. Together with Devils on Horseback and Salmon Vol-au-vents, these were followed by colourful fresh fruit platters made by Val and Lin.

The Dietician guests answered more questions during lunch, evaluation forms were completed, and Chairperson Margaret presented fun certificates for attendance at the first U3A Cooking Solo Course. This featured a photo of all 10 participants taken at the previous session.



We would like to express our thanks to Lin Ryan for her willingness to cover illness and become a Cooking Solo partner. Thanks also to Rina Caddy, Shirley Kearney and Nicole McFarlane for their help in the kitchen and support.

We would like to thank U3A Benalla for the opportunity to convene the Cooking Solo Course, and the Uniting Church for subsidising use of the venue. Although the cooking facilities were not ideal, we feel the aims of providing a nutritious meal for participants, and social interaction were achieved.

We are anxiously awaiting the outcome of the 'Cooking Solo' film created by Val's granddaughter, Nathalie, which we hope will screen at the Benalla Shorts Film Festival later in the year.

Thanks to the participants for receiving the Cooking Solo course in good humour! There was a lot of preparation, but a lot of fun

Gwen Mildren and Val Whan

Creative Writing

Hints:

This month we talked about the use of apostrophes. Compared to our early training it appears that they are often used incorrectly today. BUT is this due to 'natural evolution' in language? Or is it just wrong? For us it is totally wrong. But whichever it is, if in doubt, DON'T use them.

Our challenge:

Our brief challenge was on homophones – words that sound the same but are spelt differently and mean something different. For example, TOW and TOE. We had a list of somewhat cryptic clues to identify the words. Two of the clues were:

- *Escape the hopping insect.* Break the clue into two. Escape – **flee**; hopping insect – **flea**.
- *This gold statue is not moving.* Break in two. Gold statue – **idol**; not moving – **idle**.

We actually found this quite difficult, I suspect due to the cryptic nature of the clues.

Some of our Stories:

The most popular topic was “**Who’s that woman in the photo?**” Some interesting stories came out of the prompt.

A much-prized photo got lost, but after spending time with a number of other people, all wondering about who she was, it found its way home.

Researching a photo found in an historical collection.

A photo of a spirit in front of an old cottage – was it a spirit? Disappointingly I was just a double exposure.

The corgis told of a little boy in the crowd watching the late Queen’s funeral, but he was focussed on her corgis as they stood to attention when the coffin passed. We also had a story merging three **Rosemarys** – an aged doll, a strict member of a retirement village, and a Rosemay bush.

Prompts:

We will be having a class on 10 June, even though it is a public holiday. The prompts for the class are:

- Tyres screeched. I turned and ran down the alley.
- We all felt the cold before he entered the hall.
- “Have you seen this?”.

Joy Shirley

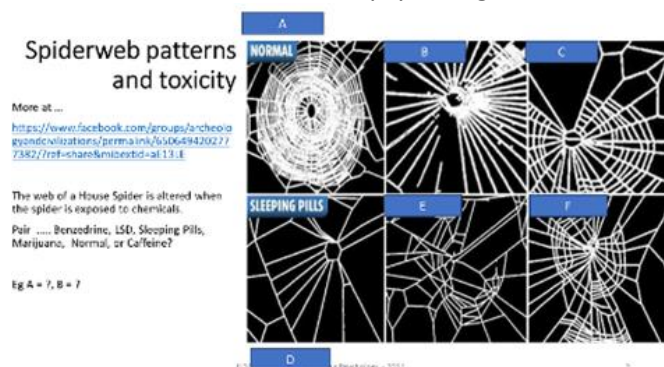
Demystifying Psychology Course

Last month we looked at the intriguing public profile of one of America's modern day presidential candidates ... Donald Trump. We discussed how this character had become a viable national and global leader. A short look at some of his family history provided some insight. Amongst many theories, **operant and inoperant conditioning** could be said to have played a key role in role in the stunning "how did we get to this point in global leadership"?

This month we looked at the nature of addiction - to both food and substances. Addiction is an inability to stop using a substance (could be food) or engaging in a behavior (could be exercise), even though it is causing psychological and physical harm. The term addiction does not only refer to dependence on substances such as heroin or cocaine.

Beginning with a not uncommon experience - addiction to carbs, we discussed the psychological, social and biochemical response underway when we just can't stop at one bun.

Moving on to the more common association with "addiction", that is to "drugs", including alcohol and nicotine, we considered these same responses and the implications for families, community and individuals. Finally, we listened to Robin Williams, the very talented, intelligent and insightful comedian who shared his own struggles with addiction.



(See Addiction Powerpoint and Robin Williams video on the [Demystifying Psychology Course](#) page on the website.)

The picture above offers a visual image of the impact of different substances, including caffeine, on a spiders' web design. Fascinating!

NEXT ... AND FINAL MEETING:

Date/time: 18 June 10:00 - 12:00 noon - we must wrap up at 11:45 for the next group ... please remind me:)

Location: U3A Room 1, 18 Fawckner Drive.

Following this session, participants will be eligible to participate in the Demystifying Psychology Discussion Group. The discussion group is held third Thursday of the month 2:00 to 4:00 pm at RSL rooms Nunn Street. The purpose of the group is to apply (if possible) a psychological interpretation to an everyday matter, be it local, national and/or international. Looking forward to welcoming you next semester.

Jane Rushworth

Demystifying Psychology Discussion Group

Travel is credited with broadening one's a mind .. and after a short but information packed three weeks in Morocco, I cannot argue against that. It was a delight t be able to report back to the group the various new learnings I have brought back. The beautiful and essential Atlas Mountains almost divide Morocco in two - roughly east and west making it a perfect example of the impact of climate (and change) on culture, economics and traditions. We failed in our endeavours to apply a theoretical framework to travelling :)

After a cuppa (thank you to Ruby Blue team) we had a more intense look at operant and inoperant conditioning. "Classical conditioning involves learning through associations between stimuli, while operant conditioning involves learning through the consequences of behaviour. Classical conditioning focuses on involuntary, reflexive responses, whereas operant conditioning focuses on voluntary, goal-directed behaviors. Click this link for more information on the [key differences between classical and operant conditioning](#).

Next meeting: Date/time: Thursday 20 June 2:00 - 4:00pm

Location: NOTE change - **Benalla RSL at 58-62 Nunn Street** - we will meet here while Ruby Blue undergoes renovations to their shop. Ruby Blue will temporarily relocate to the "Farmers' Basket" 52 Nunn Street. Thank you to Dan (Ruby Blue) for organising an alternative location for this U3A group in anticipation of these changes.

Finally, please be prepared to welcome new Discussion Group members in the new semester. New members will have completed the pre-requisite 5 sessions of the Demystifying Psychology Course group.

Jane Rushworth 0437 621 575

Exercises for Fun

We all need to improve our balance to help prevent falls. It can be very challenging and rewarding to improve our balance.

Balance exercises are very good for you, no matter what your Age or fitness level!

Come along to the Seniors Hall at 9.30am every Monday. Join us to improve our balance and have fun together.



Helen Jeffree

Exploring the Universe

Fireworks on the Sun Create Beautiful Auroras.

In May this year Earth was bombarded by plasma and particles from the strongest solar storms for over 20 years. Caused by flares and solar mass ejections from bundles of magnetically charged sunspots, plasma and electrically charged particles were propelled outwards through the solar system on the solar wind.

Auroras are caused by energised particles slamming into the Earth's upper atmosphere, the magnetosphere, at speeds of up to 72 million km/hour. Earth's magnetic field protects us and redirects the charged particles towards the north and south poles. Entering the Earth's atmosphere, they excite gas atoms and molecules that create those wonderful auroras.

What causes the colours?

Green, the most common colour seen is produced when charged particles collide with oxygen molecules at altitudes of 100-300 km.

Dark red and pink: Nitrogen molecules at altitude 100 km.

Red: A bit higher at altitudes of 300-400 km, from collisions with oxygen atoms.

Blue and purple: Hydrogen and helium. Difficult to see against the night sky.



Auroras wavy patterns and curtains of light are caused by the lines of force in Earth's magnetic field.

Peter Nankivell showed us astrophotography taken at Lurg with colours of bright red and green below a night sky of brilliant stars. Also, footage from an all night-time lapse camera with the shades of red aurora moving across the sky.

We are shown images of the sun in different colours. These are from the Solar Dynamics Space Observatory that takes an image of the sun every second, every day.

The colours show the sun in different wavelengths of light and different temperatures that show specific solar material coursing through the outer layer, the corona.

Can be seen in: [X 8.8 Biggest Solar Flare of Solar cycle 25 so far.](#)

These are used by scientists to study the effects of space Weather on Earth. [‘Spectacular Footage of Solar Flares May 2024.’](#)

Bev Morton

Family Research

We had a number of apologies in May, however a small group met and exchanged research achievements and failures.

Barry – had no luck trying to locate Irish relatives living in the late 1880's.

Malcolm – Has completed his research and printed a book which has been given to his grandson. He also had another version of his family history printed at Benalla printers.

Dawne – Came along to her first session and had a broad discussion on her research efforts to date. She has been given a copy of our group's 'research resources/tips and tricks' which has given her some new avenues to explore. Dawne also explained some issues she had encountered with cemeteries and being denied access to mark a family grave. She was given a couple of hints by both Mal and Barry.

Bev – presented a 'cameo' performance of her ANZAC day presentation and spoke about the joy experienced recently when distant relatives in Scotland contacted her after reading stories on her family history blog.

Barry and Dawne's stories on May's theme 'Disappointment' were certainly identified with and appreciated. Whilst it is not mandatory for members to bring along a story, if you wish to do so, perhaps try; "Have you faced a moral, an ethical dilemma in your research? Perhaps it relates to what to include in a story shared with others or on the website; a family object in your possession; etc. Write about it in 150 to 400 words."

The next session will be at 1.30 pm on Thursday 27th June.

Barry O'Connor

Family Research – Drop In



David Hall ‘dropped in’ to our May session, using the YouTube video [‘A Quick Tour of Family Historian \(tutorial version\)’](#), to draw out the features of ‘Family Historian’ program. We agreed it could, with the time available and the web skills necessary to use it, lead to a very rich family research experience. It also has the capacity to create customised websites and provides an alternative to using ancestry.com and my heritage.

We chatted about the latest [‘Who Do You Think You Are’](#), which revealed ‘a life-shattering truth’ about Miranda Otto’s father, fellow actor Barry Otto.

Broadford-raised Val spoke about the Isle of Sky, where Broadford and Kilmore are both towns, and highly recommended spending time at the Clan Donald Museum. Val is reaching the final stages of pulling together material for the publication she would like to give to her family and has a clearer sense of the ‘Table of Contents’ she would like to organise her files/photos around and the family tree diagrams she would like to include. A slower month for Robyn this month as other priorities have needed her attention. If it’s hard to find time to work on family history, dropping in to the session can provide an oasis in a storm, a chance to get at least something done.

Family researchers who have established their family tree and would like support as they negotiate programs and resources on the internet are welcome to drop in, ask for support and share their pains and gains with other drop in members. Third Thursday, 1 – 4pm in Classroom 2.

Beverley Lee

Family Research – Getting Started

Our group session for May focussed on learning how to search the digitised newspaper collection that can be found in TROVE. Trove, as its name implies, is an online collection of treasures such as newspapers, gazettes, photos, diaries, posters, artwork, letters and maps. It is managed by the National Library of Australia. Thanks to the work of many volunteers including the Benalla Historical Society, old newspapers have been scanned and made accessible through this website. Those newspapers contain many family stories including reports on weddings and social events, birth and death notices, advertisements for businesses and local news to name a few.

We watched a webinar from TROVE that explained how to do a basic and advanced search to find newspaper articles. Class members chose an ancestor to see what they could discover in the newspapers of that time.

Once an article is found it is possible to create a copy of the newspaper article within TROVE using the download button. Another useful tool that can capture and create a photo of the article is the snipping tool. A video tutorial is available on our U3A page that explains how to set this up if you have a windows computer.

Our class will be taking a break for June and return with a group session in July. At that meeting we will set our goals and directions for semester 2.

It has been a very rewarding semester of discoveries. I look forward to journeying with our members to uncover more treasures next semester.

Deb Saunders

Film Discussion Group

The favourite film for this month was **“Wicked Little Letters”**. When people in Littlehampton--including conservative local Edith--begin to receive letters full of hilarious profanities, rowdy Irish migrant Rose is charged with the crime. Suspecting that something is amiss, the town's women investigate. The story’s main characters were Rose, an Irish single mother played by Jessie Buckley, Edith Swan, a single woman still living with her parents played by Olivia Colman, and Edward Swan, Edith’s father played by Timothy Spall.

It was a “fabulously hilarious feel good” film that the whole class enjoyed. Performances by the three main characters were excellent, but this does not discount great performances by some of the other characters.

This was set in the 1920s when there was still a patriarchal society and there was a racial issue with the Irish. Given the era, and that it was the language used in the letters that formed the basis of the story, the use of the language was acceptable although some words did grate.

The average rating for the film was 4/5. Definitely worth seeing.

Other films discussed this month were:

Back to Black: This is the story of Amy Winehouse's early rise to fame and the making of her groundbreaking album, Back to Black. Told from Amy's perspective and inspired by her deeply personal lyrics, the film follows the remarkable woman behind the phenomenon and the tumultuous relationship at the centre of one of her most legendary albums.

The film was raw, emotional, tragic, powerful and sad. Members of the class who were fans thought the film and performance by Marisa Abela playing Amy was very good. She did a great job portraying Amy's character and did all the singing rather than miming the songs. There were some parts of the story that were perhaps not quite true, but overall the film was satisfying. The rating was around 3.5-4/5.

Freud's Last Session: On the eve of the Second World War, two of the greatest minds on the twentieth century, C.S. Lewis and Sigmund Freud converge for their own personal battle over the existence of God. The film interweaves the lives of Freud and Lewis, past, present, and through fantasy, bursting from the confines of Freud's study on a dynamic journey. This is not an action film, more a philosophical discussion in parts that is worth seeing. Members of the class who had not yet seen the film are hoping to see it and there may be more discussion at the next class.

Joy Shirley

Garden Appreciation

We left Benalla at 8am on Thursday 23 May to go to the **Echuca Plant Farm and Nursery**, stopping at a lovely park in Echuca for our morning tea featuring yummy cakes made by Geraldine. Thank you, Geraldine!

Then on to one of the best nurseries I've ever been to. Everything was so well grown and presented, the plants just beautiful, the staff so helpful. Lots of plants went into the undercarriage compartment of the bus, which was almost groaning with the load.

We then went to the Moama RSL for an excellent lunch where we were looked after superbly by staff. Wayne the bus driver took us for a drive around Echuca after lunch, dropping us at the wharf.

The bus, full of beautiful plants and 49 happy travellers, arrived back at Benalla at about 5 pm. I had so many plants, Wayne drove me home and helped me to take them in! All in all, it was such an enjoyable day, and the weather was so kind to us. Thank you, Wayne, for looking after us so well.

On Thursday 27th June we will be meeting at 9.30am at the carpark to go to **Petra Poole's garden**, 5 Crockford Street, Benalla, where Petra and her helpers will provide morning tea. Thank you, Petra. If you live in the West, you may like to go straight to Petra's home. Please let me know if you are going to do that.

Lunch will be at Benalla Golf Club. If you haven't already put your name in the book or let me know, please phone to say you will be attending as I need to know the numbers for catering.

To those who have gone north for the winter – good luck – and to those who have been unwell and were unable to go on the bus trip, we hope you have recovered.

Gwen Turner 0438 627 010

Garden Team

We had a lovely autumn afternoon and the novelty of a new garden when we spent a couple of hours hosted by Melody and Richard. Next time we will be mainly snipping vine prunings at Shirly's, before another new garden when we visit Janet's on July 8th. There's a fifth Monday in July as well.

Elsbeth Maconachie

German

The German group members are progressing well and the catching up by the new members is remarkable. We have reached what German teachers would class as B1 level.

I look forward to the weekly meeting with the present members who show respect to each other, enthusiasm and share a lovely coffee time after the meetings.

The common background of members is showing all the time. Thank you, members.

Angie brought a bottle of Schnapps back for Horst after her recent visit to Germany...



Horst Gunther

Let's Talk Books

Great discussion group this month. *Richard Osman, The Last Devil* of the Thursday Murder Club Mystery series was enjoyed, and we agreed this series is a good light read with a film being made on an earlier book in the series. Also enjoyed were *Dervla McTiernan, The Ruin* and *The Wren* by Irish author *Anne Enright*, a multigenerational novel worth reading. Heather enjoyed *A Long Stitch Goodnight* by *Amanda Lee*, part of a series. *White Coolies* by nurse *Betty Jeffrey* this is a memoir of her experiences as a nurse during World War 2. On the theme of War *Peter Fitzsimons* wrote *Kokoda* whilst *Christopher Hitchens'* book titled *Arguably* comprises essays on Politics and cultural topics. We agreed Peter and Christopher have large ego personalities. On a local front former Benalla detective *Ron Irwin* has written *Blackened Tanner, the Dennis Tanner Story*. A big read was *Wolf Hall* by *Hilary Mantell*. Three books deserve special mention as most enjoyed books of the month *Go As a River* by *Shelley Read* this book is set in the wilderness of the Colorado mountains, *The Woman on the Ledge* by *Ruth Mancini* unpredictable with lots of twists, and *No Church in the Wild* by *Murray Middleton*, following migrant violence in an inner Melbourne school, a police led trip to hike the Kokoda trail hopes to build trust. An emotional book was *The Five Wishes of Mr. Murray McBride* by *Joe Siple*, a 100 year old man and a 10 year old boy both have medical problems, this is a good one. Beth joined us this month and has read *My Life as a Jew* by *Michael Gawenda* a book of rare honesty and personal life journey and also *A History of Zionism* how media influences our thoughts, both current topics at the moment. *The Red Room* by *Nikki French* and *The Silent Patient* by *Alex Michaelides* were enjoyed as was the autobiography *Parky* by *Michael Parkinson*, some funny stories in these pages. *The Axeman's Carnival* by *Catherine Chidery* was regarded as ridiculous and weird. Another memoir was *Liz Hayes*, a history of her career. *The Australian Code breakers* by *James Phelps*, the untold story of how an Australian headmaster and a team of women cracked a complex code of the German army. A good choice of books this month. See you all on **Monday 3rd June at 2 p.m.** Happy Reading

Geraldine McCorkell

Life Ball

A few less players this month has meant a return to half court games, which certainly test our concentration and stamina-that ball comes back so quickly! We are looking at numbers for playing through winter, which we didn't do last year-an active game is a great way to warm up, as is the hot coffee afterwards.

Lifeball is a team ballgame played every Monday at 10am at the Indoor Rec Centre and suits any skill level--contact Marlene on 0407240943 for more information. We will be playing on the King's Birthday holiday.

Julie McNeill

Meet and Mingle

At the May Meet and Mingle we had a very interesting talk by **Kathryn McQualter**, a Dietitian, formerly of Benalla Health, who is now with Gateway Health.

Kathryn involved the audience as she spoke about **Nutrition and the Climate**. She told the group that as we age, we need to consume more protein and calcium and also have more Vitamin D. The protein sources could be lean meat, chicken, fish, eggs or nuts. However, she also spoke about obtaining protein from legumes such as red lentils, chickpeas and kidney beans which could be added to stir fries, casseroles and also soups.



The sources of dairy included milk, yoghurt and cheese. There was a question about the value of calcium derived from almond milk, and Kathryn suggested buying the brand that has added calcium in their product.

The audience really got involved with their questions which included whether drinks with non-sugar sweeteners should be consumed on a regular basis. Kathryn preferred a low consumption of sugar-based drinks, or water as a healthy alternative.

Kathryn's Power Point presentation is available to view on the website – slides include the following...Kathryn left us with a survey for the Goulburn Valley Food System Strategy. The questions included What are the biggest barriers to consuming healthy food, what would you like to see in action locally and do you have any other ideas or feedback looking at the food system in general within your community.

Thank you to all the members of the audience who came and told me afterwards that they had really got a lot of benefit from Kathryn's talk. Thank you also to Pat Gardiner for providing some delicious jelly slice for morning tea.

The guest speaker at Meet and Mingle on 19th June at 10am in Room 1 at the Benalla Seniors and Community Centre will be **Tom Crocker** who will talk on the **Wool Industry**. All welcome.

Margaret Jenkins

Music Appreciation

"To Richard Strauss, the composer, I take off my hat," the conductor Arturo Toscanini once famously declared. "To Richard Strauss, the man, I put it on again." Strauss, at one stage in his life was connected, musically, to Hitler's Third Reich. Toscanini's distinction between the individual and his work raises an age-old conundrum about art and morality: Should we allow the details of an artist's biography to affect the way we view their work? Perhaps there is no easy answer, so perhaps we take their music as we find it and enjoy it for how that is. Which is how we approached Richard Strauss' tone poem: "A Hero's Life".

Sergei Rachmaninov had his brush with politics finding himself on the receiving end of the wrath of Soviet Union officialdom following the publication of a critical letter that he'd written about the regime. His music was banned in Russia, allowing for neither its study nor its performance. Happily, elsewhere it found acclaim and we were able to enjoy his Third Symphony – the penultimate work of a long career. Similarly, Dmitri Shostakovich found himself in an 'on and off' relationship with the State. At an 'on' time he penned a Festive Overture to celebrate an anniversary of the Russian Revolution. Meanwhile in wartime England Ralph Vaughan-Williams was arrested on suspicion of being a German spy. It turned out he was making notes for a work to become known as "A Lark Ascending".

Happily, other music for this month by Beethoven, Grieg and Mozart came without any political motivation or overtones. hence, they were able to be enjoyed simply for the beauty of the music. Details and links to the recordings are available on the Music Appreciation page of the Website.

Bill Squire

Page Turners Book Group

The Wren by Anne Enright

Enright explores the lives of three generations of Irish women, all in thrall to bad men or to temporary relationships that lead nowhere. Phil, the grandfather was a famous poet whose wife tolerated his many affairs, because of his fame. His daughter Carmel is obsessed with him and can't let him go. Why did he treat her mother so badly? - the terrible arguments? his selfishness? and his indifference to his daughter? She is unable to trust men and quickly decides to remain single after having her daughter, Nell. Nell rebels against her mother's suffocating control and spends her twenties in a series of one-night stands with men whose names she rarely remembers.

Is Irish life this bad for women? Or only for some? Eventually Nell meets a New Zealand man while travelling there. He appears to be responsible and affectionate, and they both travel back to Ireland intending to start a permanent life together.

It's difficult to know whom this book is aimed at. Young women who have to navigate the treacherous territory of modern relationships? Enright appears to suggest that good relationships are possible if both partners are willing to respect each other and make compromises.

Decide for yourself if this book is for you.

Our June book is **Reykjavik**, co-authored by R Jonasson and Katrin Jakkobsdottir. A young girl disappears in 1956. A social history snapshot of Iceland later when a journalist investigates the case. Dark secrets have consequences.

Meg Dillon

Photography

While we didn't have a great turn out in May, I hope those who came went away with some useful information.

We began by discussing images submitted by participants as well as some of mine.

We then moved on to talk about the recent Aurora sightings and how good it was to see this with our eyes rather than just with the cameras. The sighting on 11/5/2024 was the first for quite some years (I think 1932 was the last time it was seen with the eyes this far north in Victoria). I discussed settings and then also talked about time lapse photos. I spoke about some of my Time lapse videos and the settings I used (Shutter 20 secs, Ap smallest hole in lens which is the highest number on the lens and the ISO 1600 as a starting point). I also showed the Aurora time lapse I'd taken from our backyard in Benalla.

A couple of videos followed – the first ['The Best 5 Free Editing Apps'](#). Most were for the PC, but a couple were also from iPad/iPhone/Smartphone. The second video was ['A beginners guide to GIMP'](#), a PC based editing software which is like Photoshop but free.

The session ended with a review a few of some of my photos. I explained what I was looking for and why I took them.

This session was the last before a scheduled winter break. Our sessions will resume on the 4th Thursday in September at 10am.

Rene Martens

Play Reading

Our play for May was **'The Prisoner of Second Avenue'**, another play by Neil Simon, written in the 1970's.

The story revolves around the escalating problems of a middle-aged couple living on Second Avenue on the Upper East Side of Manhattan, New York City. Mel Edison has lost his job after 22 years and struggles to cope with being unemployed. The action occurs during an intense summer heat wave and a prolonged garbage strike. Edison's plight is made worse as he and his wife Edna deal with noisy and argumentative neighbours, loud sounds emanating from Manhattan streets up to their apartment, and a broad-daylight burglary of their apartment. When Mel can't find a job, Edna goes back to work. Mel eventually suffers a nervous breakdown, a prisoner of his own mind and the Second Avenue apartment that is their home. His brother, sisters and mostly Edna try to restore him to a new reality.

This is a two-act play, set in the apartment. Most of the action involves only Mel and Edna. The other roles were quite minor in comparison. For the play reading we swapped parts between Acts 1 and 2. This gave more class members an opportunity to take a role.

We always enjoy Neil Simon plays, and this was no exception. While it is the story of the struggles and mental breakdown, there are moments of lightness that helped make the play less depressing. It did bring out the issues of mental breakdown, hence the title "The Prisoner of Second Street".

As with other plays we have read lately, it also covered some issues that are still causing concern today, things like materialism (they did not need all the useless nick-nacks), \$2 items in \$3 of packaging.

The dynamics between the siblings was interesting – the different characters were brought out well. One other notable point was the way Mel and Edna's roles were reversed when he could not find a job. He showed no recognition that when he was working, she was facing the same issues he faced once he was "stuck" at home – a prisoner in their apartment on Second Street.

The play for June is **'Room to Move'** by Hannie Rayson. We've read a few of her plays over the years and they are usually quite amusing and enjoyable.

Joy Shirley and Shirley Swallow

Politics and Current Affairs

At our most recent session we covered a number of subjects. We started off by each person relating any discrimination we had encountered in our own lives. We then watched a special Insight edition ['Politically Incorrect'](#) (SBS) talking about woke complaints and political correctness. Lots of discussion ensued.

We cover lots of subjects in Politics. In our next session we hope to be able to spend some time on Local Government.

Neville Gibb

Recorder Group

We have been working diligently to maintain a steady beat with the group. Given that we are playing some pieces that have some challenging rhythmic issues, a good deal of concentration has been required. I thank the group for their hard work. There is a reward, though. You experience a great feeling of togetherness, which is so special. There is now evidence that our hearts can start to beat at the same rate when we are really synchronised. Throughout all the hard work we still find time to talk and laugh!

Janet Douglas

Singing for Fun

We have had three very enjoyable Thursday mornings in May. Lots of great songs from Kieran, Carmyl, Brian and Margaret. Thank you very much for the variety of songs you have all chosen. Also, thank you, Gwen for playing the piano for us on the first and third Thursdays.

On the second Thursday we had Deb playing for us which we enjoyed. We also had a visit from six members of a walking group from Coinda, plus two supervisors who heard our singing, and decided to come and join us for three quarters of an hour or so. Visitors from Coinda are always welcome at Singing for Fun, and we hope to see a similar group again in the near future.

Also thank you to Rae for bringing a slice on the second Thursday. Home cooking is always enjoyed by everyone at morning tea.

On the third Thursday we wished Ray Happy 92nd Birthday by singing at the commencement of our morning. Ray told us that his wife Bernadette had made the chocolate slice which he brought to celebrate his birthday. Thank you, Bernadette for the delicious slice.

We were sorry to hear on the third Thursday that Deidre had a fall near Wangaratta hospital, and had subsequently found that she had broken four toes. Deidre spent a few days in Benalla hospital, and we wish her a speedy recovery and hope she is back with us soon.

The next Singing for Fun will be on Thursday 6th June at 10am at the Hub at Coinda. All welcome.

Margaret Jenkins

Sky's the Limit

Local Helen Price was due to talk about her early working life as an air hostess based in Adelaide at our May session. Unfortunately, Helen was laid low by illness but will talk to us probably in July.

We persevered with the sessions' theme of the working life of air hostesses in the 60's and 70's, watching the second episode of the '*Come Fly With Me*' series currently available on SBS on Demand. Drawing extensively on video footage from the 60's, narrator Justine Clarke catches up with air hostesses, pilots, and stewards of the 60's and 70's, including some known as 'old boilers' who sought equality. Their reminiscences resonated with class members watching this absorbing account of changes over time in the working lives of air hostesses, flight attendants and pilots and the planes in which they flew.

The program dealt with many aspects of being an air hostess, not least being how many social issues of the 1960s and 1970s were aired and often at least partially solved in fast moving aluminium tubes at 30,000 or 40,000ft.

In June we get to look at the air battle for the British Falklands. There are very interesting videos available on YouTube that show the story from the British point of view. We will see the thinking behind the longest bomber operation ever conducted and get a view of the aircraft-carrier based defence of the British forces. We also get to have a look at the L39 - WARNING - you could possibly be left with a deep longing, and a desperate need to get one of these aircraft for yourself. See you on June 4th - 1400/1600.

David Palmer and Andrew McFarlane

Stock and Land

Andrew Marriott, Tilpa, Benalla, spoke about his largely cattle breeding and finishing operations over nearly 3000ha near Benalla and 1200ha near Caramut in the Western District.

As well though, the Marriott family is famous for breeding and showing Clydesdale horses for many years. They were vital for carting the family's market garden produce to the Queen Victoria market two or three times a week from their 20ha farm in Bentleigh. The family started showing four horse Clydesdale gelding teams at the Royal Melbourne Show in 1946 and have continued showing, particularly at a big annual Werribee show.

Urban sprawl took over the Bentleigh farm in 1962 and the family moved to 40ha in Dandenong and later 200ha in Ferntree Gully where they employed 15 to 20 people. But vegetables would not continue to dominate their farming and in 1973 the family changed to fattening bullocks.

Now Andrew and family run 2700 mainly Angus cross cows at Caramut and bring calves to Benalla for finishing on silage and grain so they gain 1.5 to 3kg a day. They sell most of their cattle to Coles when their estimated dressed weight is 300 to 325kg.

With the Clydesdales, Andrew joins a dozen or so mares a year to gain 10 or 12 foals annually.

David Palmer

Sustainability



With the absence of John, we passed our second session in May over to **Susan Campbell**, who kept our interest at a premium with her life story.

Susan had many stories about her and her husband Sandy's problems with their Barnawatha farm and its final acceptance as being a model farm and winning many accolades.

Susan also told us of her history with Landcare, which is quite extensive.

Susan has received multiple awards for her conservation work, most recently in April, when she was inducted into the National Land Care Legends Honour Roll.

We thank her for her good work.

Neville Gibb

Tech Talks

At our last session Les brought us up to date with problems associated with Lithium Batteries, providing an explanation of various types and what they can be used for. Unfortunately, Lithium is an element that reacts with water and can lead to fires. Some houses have been damaged, some cars have caught fire.

From that we took up again the video of *The History of Electricity*. It is interesting to note that even in the early days of electricity it was not explained just what electricity was. We were more interested in what it could do than explaining what it was. This situation is still more or less the same today. The video provided much fuel for thought. Just what is electricity? Was it created in the Big Bang? Can electrons be transferred from Hydrogen atoms to Helium atoms? Is electricity part of the quantum world or is it part of the wider chemical world we inhabit? Could it be the connection between the two worlds?

Neville Gibb

Ukes4Fun – Just Jamming

The object of our sessions is to have fun!! Blame it on the Ukulele!!

The month of May saw a few changes in Ukes4Fun. As I Elly, Heather and Neville are not Ukulele teachers, although very keen, we found ourselves wanting a more structured approach to the sessions. John Canty from U3A Shepparton, who has a lot of Ukulele and musical experience, was kind enough to visit our sessions two weeks running. As a result, we learned how to better structure the sessions and now have a session plan in place.



We continue to be supported by a wonderful group of Ukulele players, for which I am very grateful, resulting in many laughs along with beautiful music.

Winter is upon us!! Best way to stay warm is to strum, strum, strum - uke can do it, too!!

Elly Smith

Wine Appreciation

Our visit this month was to a little-known boutique winery called **Willem Kurt**, just outside of Beechworth. Set high on a hill with great views, Daniel the owner, labourer and winemaker told us the history of his vineyard. Having worked in the Yarra Valley and at Gapsted winery he wanted to branch out on his own, and so in 2017 purchased the land and started planting his grapes. He makes four styles of wine, Vermentino, Chardonnay, Rose and Syrrah with Sangiovese coming soon.



Our very enjoyable lunch was had at the historic Nicholas Hotel that has an amazing collection of old Beechworth photos. A bit of retail shopping followed.

Next month we will be visiting **Eagle Range Estate Vineyard** at 228 Happy Valley Road, Ovens with our lunch being free choice in Myrtleford.

Please RSVP by Sunday 16 June on nicknack90@gmail.com or text 0428 696 408. Meeting in the Seniors car park at 10.10am

Nicole McFarlane

Other Program News

Singing for Fun and FCJ's 'Let's Find Our Voice' Project

Singing for fun members Kieran Smith and Ray O'Shannessy are again participating in 'Let's Find Our Voice', a project which brings community members together with students from FCJ College to form a community choir. The choir practises for eight weeks before performing a concert for everyone involved, 'bringing joy and connection, and bridging the generations for all who participate'. We are looking forward to seeing Kieran, Ray and other members of Singing For Fun in this year's 'Let's Find Our Voice' concert at 7pm on Thursday 13th June at the Marie Madeleine Centre, FCJ College, 52 Arundel Street Benalla. \$10 for adults.

A reminder - the Benalla U3A Recorder Group is seeking more Soprano players!

Also called the Descant, the Soprano is the smallest commonly-used recorder, the size recorder you might have played in school, or when teaching in primary schools. Please contact Janet on 0427 080 351 if you are interested, or pop into our class - 2nd and 4th Wednesday mornings from 10 am to 11.30 am.

Celebrating Volunteers

Volunteers Week fell during May, making this a good time to mention and celebrate the contribution of volunteers to our newsletter and the website which draws from it.

Thank you to the convenors, backup convenors and newsletter correspondents who write the reports, the proof-readers, photographers and social media contributors, particularly Andi Stevenson and Bev Thornell and more recently Rene Martens.

Thank you Margaret for your informative President's reports each month; Geraldine for folding and posting out the newsletter; Len for preparing the email lists and emailing the newsletter if necessary. The newsletter plays such a central role in communicating with our members.

Gwen Mildren, who co-convened 'Cooking Solo', recently observed that she wanted to give something back when she agreed to become involved in what has been such a rewarding project. The pleasure of giving, and receiving opportunities to learn, participate and share information is a valued and cherished experience.

'Media Team' - Heather Wallace (Newsletter Editor) and Bev Lee (Website Manager)

What's On

Monday, 3 June

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0428 210 944
- 10:00 Art Appreciation – 'Embrace the Eucalypt', artists Ruth Johnstone and Lesley Duxbury
- 11:00 Ukes4Fun - Just Jamming
- 14:00 Australian Stocks and Share Market
- 14:00 Let's Talk Books

Tuesday, 4 June

- 10:00 Page Turners - 'Reykjavik'
- 10:00 Stock and Land
- 12:15 German
- 14:00 Sky's the Limit - 'The Air Battle for the British Falklands'

Wednesday, 5 June

- 09:30 Easywalks - Goulburn River and Shepparton Botanic Gardens
- 09:30 Play Reading *Room to Move* Hannie Rayson
- 14:00 Cards '500'

Thursday, 6 June

- 10:00 Singing for Fun
- 10:00 Be Connected - Android
- 13:00 Patchwork and Craft

Friday, 7 June

- 10:00 Sustainability

Monday, 10 June - Kings Birthday

- 10:00 Lifeball - Marlene 0428 210 944
- 14:00 Creative Writing
- 14:00 Garden Team--Shirlie's garden

Tuesday, 11 June

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

Wednesday, 12 June

- 10:00 Age Friendly Benalla Information Hub
- 10:00 Recorder Group
- 13:30 A Taste of Art
- 14:00 Film Discussion Group

Thursday, 13 June

- 10:00 Singing for Fun
- 10:00 Be Connected - Android
- 13:30 Executive Committee Meeting

Friday, 14 June

- 10:00 Music Appreciation
- 11:45 Chat 'n Chew – Benalla Bowls Club
- 14:00 Armchair History

Monday, 17 June

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

Tuesday, 18 June

- 10:00 Demystifying Psychology Course - Session 5
- 12:15 German
- 13:30 Chess
- 14:00 Exploring the Universe

Wednesday, 19 June

- 10:00 Meet and Mingle - 'The Wool Industry', Tom Crocker
- 14:00 Cards '500'

Thursday, 20 June

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

Friday, 21 June

- 10:00 Wine Appreciation – Eagle Range Estate
- 10:00 Sustainability

Monday, 24 June

- 9:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0428 210 944
- 11:00 Ukes4Fun - Just Jamming
- 13:30 Coin Collectors
- 14:00 Garden Team

Tuesday, 25 June

- 10:00 Politics & Current Affairs
- 12:15 German
- 4:00 Brain Games
- 17:00 Newsletter reports due today

Wednesday, 26 June

- 09:30 Age Friendly Benalla Information Hub
- 10:00 Recorder Group
- 13:30 A Taste of Art
- 14:00 Cards '500'

Thursday, 27 June

- 09:30 Garden Appreciation – Petra Poole's garden, 5 Crockford Street, Benalla
- 10:00 Community Singing
- 13:00 Patchwork and Craft
- 13:30 Family Research

Friday, 28 June

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

Monday, 1 July

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0428 210 944
- 10:00 Art Appreciation
- 11:00 Ukes4Fun - Just Jamming
- 14:00 Australian Stocks and Share Market
- 14:00 Let's Talk Books

Tuesday, 2 July

- 10:00 Page Turners – Non-Fiction – 'Wifedom' & 'The House of Grief'
- 10:00 Stock and Land
- 12:15 German
- 14:00 Sky's the Limit

Be Connected - Tech Advice – 'One-to-one' sessions by appointment for members experiencing problems operating mobiles, tablets or laptops – Contact **Robyn** (Android Devices) **0403 164 931** or **Jenny** (Apple Devices) **0409 545 182*** Venue: Classroom 2. Referral on will be suggested if necessary.