



Benalla and District Inc.

Newsletter – November 2023

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President's Report

What a wonderful morning and lunch we had on Wednesday 18th October. Fiona Kleinitz, on behalf of the Stroke Foundation, was our guest speaker at Meet and Mingle. Fiona had lived experience of stroke and was a very passionate speaker.

Leading Senior Constable Lisa Atkinson from the Benalla Police then gave a comprehensive talk about Scams, which unfortunately are becoming all too frequent. This was part of our Get Online Week program, held as part of the Be Connected program and supported by the Good Things Foundation.

After Lisa's talk, we followed with a great BBQ cooked by the Benalla Lions Club, and enjoyed music provided by the U3A Ukulele Group. Robyn Lukey and Jenny Sawyer who use the Be Connected program were on hand to answer questions during and after lunch.

U3A Benalla were invited to have a table at the Carer's Day which was celebrated at the Community Centre in Coster Street on Tuesday 17th October. My thanks to Geraldine and Corrie who sat at the table for three hours and provided copies of our Newsletter and Timetable for those that attended. The Patchwork and Craft Group had made 44 material bags for the Carer's, which was a great effort by the group.

On Monday 16th October Geraldine and I had a tour of the Town Hall with Elise Wood from BRCC. This tour had been suggested by the Councillors when U3A Benalla did our presentation to Council on 30 August.

The Town Hall Supper room, which the Councillors had strongly suggested to be a suitable larger meeting room, is currently used as a storage facility. To access it there is a steep, narrow set of stairs unsuitable for our age group. There is also a four-person lift which has to have a finger on the up key permanently for it to operate between floors.

Parking for 40 people would also be a problem at the Town Hall. In the adjacent car park, I counted three empty car spaces mid-morning, and we were told that this car park is normally full Monday to Friday, when our programs operate. Car parking in Nunn Street was also fully utilised.



The Men's Shed are providing a rack for brochures which will be located in the foyer of the Seniors Centre.



On October 11th I met with Elise Wood and Chris Greentree, both from the Benalla Rural City Council. Chris, the Ageing Well Officer for BRCC, has developed a spreadsheet which can be utilised by the older community to find activities, clubs, health providers and many other aspects of life in Benalla. The plan is to make this information available not only to U3A members, but also members of the Benalla public two half days a month from February 2024. We looked at safety and other aspects of our Meeting Room 2 which will be used for this project.

There are two important dates in November for your calendars. The first is Meet and Mingle on **Wednesday 15th November** when we will have our **Concert and Patchwork & Craft group display**. This year we are having items by the Recorder Group, the Ukulele Group and the Singing for Fun Group. Please come and enjoy the musical entertainment as well as the Patchwork & Craft display.

The second date is **Friday 17th November** which is our **Christmas Lunch at the Red Stag at Eurobin**. A bus will leave at 10.30am from Benalla Bus Lines for those who do not wish to drive. Cost of the lunch is \$50 per head, and an extra \$10 if going by bus. The Christmas lunch is open to all U3A Benalla members, not only the Wine Appreciation Group members. A [Registration Form](#) was in last month's Newsletter. Registrations close on Wednesday 8th November. Hope to see you there.

Margaret Jenkins, President

Group Reports

A Taste of Art

Broken River Painters' member Leon Pappas is offering mentoring in drawing and painting on Wednesday 1st November as part of the Taste of Art program. Sessions will be held on Wednesdays 1st 15th and 29th November from 1.30 - 4pm at the Broken River Painters Studio, Barc Hut 11, Airport Precinct.

Any present or new U3A members, as well as people already enrolled in A Taste of Art, are welcome to attend. All materials will be provided. Please let me know on 5762 2373, Mobile 0438 111 057 or email bc_perry@yahoo.com.au if you would like to attend.

Carol Perry

Art Appreciation

At October's 'First Mondays' session at the Gallery, painting conservator Linda Waters discussed the detective work of paintings' conservators, focusing on the astonishing amount of information that the materials, particularly those seen on the back, can reveal. Linda outlined examples from her book *The Back of the Painting* (Te Papa Press 2021), plus works from the National Gallery of Victoria and the Benalla Art Gallery.

There will be no 'First Mondays session' on November 6. Join us at 10 am on Monday 4th December for an artist talk by landscape artist and arts writer Mark Dober, coinciding with his major exhibition Wetlands at the Gallery, followed by a coffee and catch up at the Gallery's wonderful Munro and Sargent Cafe.

Neville Gibb

'As Time Goes By' – Memoir Writing

The future of AI – or could a personal memoir be written with artificial intelligence?

ChatGPT is a phone app which offers 'artificial intelligence' responses to questions or instructions created by the user. Could it dampen the ardor, or even substitute for the labor and challenge in writing a monthly memoir? Greatly impressed by the results of a request to 'write me a list of the good features of memoir writing', we withheld our judgment.

In October, members delighted and entertained:

Phiona shared three memoirs: 'My satin dress', 'Railway adventure' and 'Summer in the high country'. In each she offered us opportunities to see a young adventurous life. Her love of the outdoors, and her ability to offer an exquisite descriptive young eyes' perspective, enchanted and engaged.

Heather Wallace offered an intriguing juxtaposition between the 1966 and the 2023 AFL grand finals both leaving her with memorable experiences. The roar of St Kilda's 1966 grand final win resonates still in her memory.

Barry and Ray returned to experiences from their professional careers and the wisdom and skills which continue to nurture their reflections and community engagements.

Carmyl shared her love of writing lists. She offered a delightful family perspective on her disposition in the form of a song written by her sons called 'she'll make a list'. We heard it sung to a popular G & S. Sullivan tune.

Lou shared the sparkle and allure of 'this diamond life' meeting with a Dubai prince and his three wives. Lou and the prince found common ground in their acknowledged challenge to meet the aspirations and expectations of their spouses. Phil reflected on the joy in the last twelve months exploring his life journey via U3A's family history and memoirs writing groups.

Finally, Neville offered to submit his memoir to the skills of ChatGPT, before sharing with the group. For Neville and Bev, who were able to compare the original with the amended version, the latter had lost something of Neville's 'voice'. A very provisional judgment of ChatGPT!

The unique character, content and writing style of ATGB members has much to be acknowledged and valued. ChatGPT has much to offer but will not replace the colour and vitality of our monthly coming together.

At our November meeting, the topics are **"One Moment, This Year"** 'Looking back on 2023 to date, what single moment stands out for you? Whether it be loss, love, discovery or disappointment, share your unforgettable moment' **OR 'Triggers'** 'Keep a notebook close by this month in which to note any 'triggers' which led you to reminisce about a time in your lives. You may have been talking to someone, watching television or a film, driving somewhere, reading a book. Choose one to three of these - write about the memories evoked, keeping the total words to 500 – 750 words'. And... as always **Members's Choice**.

Graeme Jensen

Be Connected – Get Online Week

Our 'Get On-Line Week' celebration on Wednesday 18 October commenced with a presentation from Benalla based leading Constable Lisa Atkinson, who spoke about computer scams.

Constable Atkinson outlined how scams like identity theft, advance fee frauds and credit card fraud, work in an increasingly digitally connected world.

She said if you were attracted to the low price of say a caravan, offered for sale online, determine where it was and then find the telephone number of a business nearby and ring it to see if the online business really existed. "And if the price being asked looks too good to be true, it probably is," she said.

One scam that came to prominence during Covid was "have you met your new puppy"? It worked (for the scammers) on the basis that people would buy puppies unseen online, but never receive the puppies or if they did, get inferior ones.

Lisa Atkinson said she realised when she married seven years ago, that she had hopefully stolen a march on some scammers, because with the fact of changing her surname, she had effectively disappeared from a number of websites.

She said it's too easy just to click on the address at the end of a website to make contact. A safer approach is to check elsewhere and ring a phone number from a legitimate online listing source like Telstra.

More information: scamwatch.org.au.

Following leading Constable Atkinson's presentation, a barbecue lunch, part of Get Online Week, was embraced by participants, who also enjoyed the music provided by our Ukes4Fun group at their first gig. This event was supported by a grant from the Good Things Foundation.



David Palmer

Bird Watching

On 12th October the group visited private property west of Benalla in the Upotipotpon area. We visited 'Girral' in 2018 and were very pleased that the owners were able to lead us again on a walk around the property. This time we walked an area with a lot of native shrubs underneath, mainly Grey Box and Red Box eucalypts. We had good views of Rufous Songlarks which were calling loudly as they flew overhead, before landing in a tree. They are spring migrants from northern Australia. Some people got a glimpse of a pair of Yellow Robins and an Eastern Shrike-tit, and along the roadside was a pair of Jacky Winters. We heard Peaceful Doves calling a number of times. Mike said they used to be occasional visitors but are now resident on the property. They are uncommon birds in our area. Ann told us they had Grey Shrikethrushes nesting in the carport.

Helen Repacholi took this photo of a Brown Treecreeper, one of several we saw during the morning.



We recorded 23 species during our visit. Many thanks to our hosts for allowing us to visit their property. Here is the link to the eBird checklist of the birds we recorded on the property – <https://ebird.org/australia/checklist/S153015092>

Balmattum Nature Conservation Reserve

Our next outing on **Thursday 9th November** will be to Balmattum Nature Conservation Reserve, an area of grassland with wooded areas. The reserve is a few kilometres south-west of Violet Town, has an impressive bird list and is a new location for our group. Please meet at 9.30am in the carpark behind the Seniors Building, bringing water and any food you need for the morning. Bring binoculars if you have them.

Kathy Costello

Brain Games

I think the people who make up puzzles have strange and perhaps over-active minds... but perhaps that comment could apply to those who tackle them each fourth Tuesday afternoon.

Elsbeth Maconachie

Bushwalking – Easy Walks

Warby Ovens National Park: Friends' Track and Wildflowers

Another anxious day studying the rain radar, but we had had a day's heavy rain and it continued...and continued, with the walk's inevitable cancellation. Perhaps we will try a different month in 2024!

This is a well signposted walk from Wenham's Camp, with maps available from our new Tourist Information Centre. Highly recommended if you are looking for a day out with friends and family.

Wednesday 1st November: Killawarra Wildflower Walk

Our last walk for the year will be an exploration of this gentle walk through the forest, starting from Killawarra Forest Camp. Walking a total of about 5km through Box Ironbark forest, we will look forward to a picnic lunch and some bird and wildflower spotting.

Meet at the Seniors' carpark at 9.30am, with confirmation to Julie by text, email or phone message on 0407823031 or juliemcneill55@gmail.com. Remember drinks and a picnic lunch. Car sharing is usually available for a small contribution.

Wednesday 6th December: Christmas lunch

While there is no planned walk for the day, we may stroll around Tatong after lunch at the Tatong Tavern at 12.30. Confirmation for lunch needs to be provided to Julie by Monday 27th November and partners are welcome. Car sharing is available--please check when confirming, and otherwise meet at the Tavern.

Julie McNeill

Cards '500'

Our cards sessions continue to be popular and are well attended. Our numbers over the October sessions have generally seen 10 players of varying skill levels competing.

The members self-select how they play, including in teams of five players calling a partner, three teams of two people or two teams of two people. The great thing about 500 is the flexibility it has to accommodate different player numbers.

There is some contention about the rules for playing misere, with a number of official sources giving varied advice, however our player groups choose their own rules which seems to work.

Keep shuffling.

Doug Smith

Chat n' Chew

Lorraine was unable to attend the October Chat and Chew as she was taken to hospital with heart problems. However, I received an update from her letting us know that following two procedures it was found that valve not as badly damaged as they thought, and Lorraine did not require open heart surgery. Lorraine was looking forward to her return home to Benalla.

November is, of course, U3A Benalla's Christmas lunch celebration, so our next Chat and Chew will be on Friday 12th February 2024 at the Royal Hotel, the traditional venue for the first Chat 'n Chew of the year.

Heather Wallace

Coin Collectors

This month we had five members attending.

Bill had recently been to the Benalla Post Office, where he was able to purchase the 2023 60th Anniversary of the Bathurst 1000 50c as well as a WW1 medallion of Simpson and his Donkey, 1914-18 Great War Penny and a 2023 Tasmanian Devil \$1.

Rupe spoke about English coins.

Peter showed us his set of the Aussie Big Things, a set of ten \$1 coins, depicting the larger-than-life statues, situated in ten towns around Australia. These too can be purchased from AusPost. He also showed us a small Coin Collection Folder, which depicts all the circulated, 1c, 2c, 5c and 10c coins.

Frank showed us his collection of 50c coins, starting with a 2002 "Outback, the 1982 Brisbane Commonwealth Games, 1977 QE 2 Silver Jubilee, 2006 Melbourne Commonwealth Games, 1995 International Year of the Family, 2001 Australian Federation Coins, Victoria, Northern Territory and South Australia, 2003 Australian Volunteers, 1981 Charles and Diana's wedding, 2004 Student designed Australian Fauna and 1995 Weary Dunlop.

Finally, David exhibited his collection of Silver Proof 50c coins and spoke about their characteristics.

David Lowing



Collectors

A small group met on the 2nd October to show photos of themselves as a baby and young child.

Photos at the beach were popular as were photos in the garden /back yard. Bathing costumes really represented the era. One photo showed a female toddler in shorts which seemed unusual for the time.

The next meeting is on Monday 6th November at 10.00am. The topic is dinner sets; more precisely, a plate from your everyday use, for special occasions or an oddment.

It is not expected that a whole dinner set will be on show!



Janet Gourley

Community Singing

For a morning of relaxed singing, the place to be is at Community Singing!

Brian Greed chose the Tram Song Book for the first part of Community Singing, and Sammy's Song Book Number 1 for the second part. It is amazing how Brian is able to play all the songs by ear so easily. Thank you, Brian for a great morning.

Thank you also to Kieran for leading the Singing.

There are five Thursdays in November. So, we will have Community Singing on Thursday 23rd November as well as Thursday 30th November. Thank you, Brian.

Margaret Jenkins

Creative Writing

We had a great session discussing well used words and phrases, solving some simple word puzzles, as well as providing feedback on the stories.

Hints: I shared two documents, one listing words relating to tourism, the other listing phrases often used in stories. We had a brief discussion about words and phrases that are overused after looking at these lists. An example would be “Once Upon a Time” which was the first on the list of story phrases. We left it open as to whether this was good or bad, adding this could be determined by the context.

Simple word challenge: This month we looked at “Kangaroo” words. These are words that have another word imbedded inside. The challenge was to find the full word and the imbedded word from hints provided. And examples:

1. What a courier will do (7) + An important organ (5)
2. Saying words out loud (8) + Mountain top (4)

The answers are at the end of the report.

Our stories: More stories, more feedback provided. One class member managed to weave in all three prompts. The belt was used a couple of times. Favorite was the third one, with couples/families agreeing on important things until.... These were all very different but engaging.

We also discussed issues around AI and the dangers and benefits of the tools such as ChatGPT that are becoming popular. We may need more discussion on the impacts of writing.

Prompts: The prompts for our October class are:

- Walking through citrus blossoms
- He downed his last whisky and staggered out into the night.
- As they trundled along in the afternoon sun, she sang songs and recounted meandering stories (Paraphrased from Jane Harper, *Exiles*)

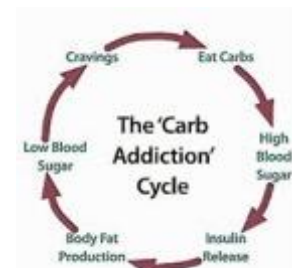
ANSWER: 1. Deliver/Liver 2. Speaking/Peak

Joy Shirley

Demystifying Psychology Course

This month we looked at **Addiction** - an inability to stop using a substance (licit/illicit) or engaging in a behavior even though it is causing psychological and physical harm. The term **addiction** refers to dependence on substances and/or behaviours that are legal and illegal. We focused on addiction to carbohydrates. This diagram describes the cycle of “carb addiction” and includes biological elements that account for repetitious and potentially dangerous action.

Ref:<https://www.insurancethoughtleadership>



Changing **addictive** behaviours can be very difficult and sometimes impossible, so that living with the addiction might be the best outcome. This diagram describes **cycle of change**. Think about a time you have made a change in your life, and beginning at “Contemplation”, review your “change” experience and see how it might fit into this model. Substance addiction (licit or illicit) can have significant impacts on lives, communities, and our national budget. While illicit drug use attracts a lot of attention and induces a fair degree of fear, licit drugs have the highest social cost in Australia.

The most recent data reported **The Social Costs of Alcohol, Tobacco, Opioids, Methamphetamine and Cannabis in Australia** (Drug and Alcohol Services South Australia, Nov 2020) legal drug use - tobacco and alcohol - has the highest tangible social costs (close to \$34 billion combined). Legal drug use accounts for 69%, and illicit drugs account for 31%.

The session’s Powerpoint presentations ‘Addiction’ and ‘A Day in the Life of a Residential Rehab’ are available on the Demystifying Psychology Course page on the website.

Our final session will be held on **Tuesday 21 November** from 10am to 12pm in Classroom 2.

Jane Rushworth

Demystifying Psychology Discussion Group

A convenor's role includes summarising group discussions for publication. I have never found that task so challenging as when I'm writing up the Demystifying Psychology Group's discussion summary. The challenge is doing justice to 2 hours of rich, vibrant, informed, creative, humorous, and unplanned discussion. So, forgive me dear group members ... here goes!

This month we discussed how we have given our life meaning, and our visions for the future – which defy the ever-present age trope. We wondered at the possibility that we are, individually, a lucky collection of molecules in an extraordinarily bigger picture, and we enjoyed questioning many of the historical frameworks (including religion) proffered to explain our existence. Phew!!

As Brian Cox, Professor of Particle Physics, says .. “We just don't know”.

Here are some links that might take you on a similar journey:

- Some of Benalla's treasures?
<https://www.benalla.vic.gov.au/Your-Community/Seniors/Benalla-Treasures>
- Brian Cox on What it Means to be Human.
<https://www.youtube.com/watch?v=WH7q1QCrz1s>
- Psychological perspective on “Why do You Exist?”
<https://www.psychologytoday.com/au/blog/biocentrism/201111/why-do-you-exist>
- Theoretical approach (or Framework) - Erik Erikson's Stages Of Psychosocial Development
<https://www.simplypsychology.org/erik-erikson.html>
- Theoretical approach - “Erikson's Gift: The Developmental Tasks of Adulthood”
<https://www.psychologytoday.com/au/blog/lifespan-perspectives/201901/erikson-s-gift-the-developmental-tasks-adulthood>



Maybe Monty Python has the answer! Enjoy ... https://youtu.be/X_-q9xeOgG4

Please add these dates to your diaries:

1. **Discussion Group** – Ruby Blue Café, Nunn St, Benalla; Thursday 16 November 2 to 4pm
2. **2023 Review** – Ruby Blue Café, Nunn Street, Benalla; Tuesday 28 November 10am to 12pm
3. **Celebrating the end of 2023** with lunch (from the menu and at own cost)—North Eastern Hotel, 1 Nunn Street, Benalla; Tuesday 28 November 12 – 2pm. VIP – Please RSVP by Friday 15 November. Partners and friends are welcome.

Jane Rushworth 0437 621 575

Exercises for Fun

It's such a pleasure, to be part of our very committed group of energetic members, who have had a very successful year, attending the Exercise class, most Mondays of the year. It is good for the endorphins, so keep up the good work!

Our last Exercise class for the year will be on Monday 27th November, when we celebrate the Christmas break, and bring along a plate, to share morning tea together. Have fun and keep moving!

Helen Jeffree

Exploring the Universe

Ancient Rocks tell the History of the Solar System

The Space Highway from Earth has been busy lately. In October we saw Spacecraft Psyche launch on a 6-year journey to the asteroid belt between Mars and Jupiter to study a metal rich asteroid. Another space craft returned a capsule that contained a precious cargo of material from a near Earth asteroid.

An Asteroid is an ancient, left-over rocky remnant from the evolution of the Solar System, 4.6 billion years old. An object made initially from dust and ice and the accretion of more dust and rubble. Asteroids and comets may have delivered the elements of life to Planet Earth.

Spacecraft 'Psyche' was launched from Cape Kennedy in Florida on top of a Space X Falcon Heavy Rocket on October 13th. We watched the superb quality Space X film of the launch when the rocket with 5 million pounds of thrust at take-off, propelled the spacecraft on its 6-year journey.

'Psyche's' destination is a giant metal rich asteroid, 'Psyche 16.' It's thought to be the core of a planet that has had its outer layers stripped away by collisions with other planets, revealing its inner core. This is the only way we can study the inner core of the Earth.

Coming in the other direction was the Space craft OSIRIS-REx, having landed briefly on the near Earth Asteroid Bennu and scooped up a sample of surface material. After a 7-year journey, at a distance of 101,000 km above the Earth, the spacecraft released a capsule of precious asteroid material at exactly the right angle for the capsule to land in the Utah desert at the pre-set time. The spacecraft then made a manoeuvre to avoid a collision with Earth and headed off on another mission to explore the asteroid Apophis.

After a fiery descent, the capsule with its precocious 250 g of asteroid was transported to Johnson Space Centre. The main cartridge hasn't been examined yet, but scientists had access to regolith inside the outer lid. They found water bearing Clay Particles, Sulphide Minerals critical elements for biology, Iron Oxide and the highest abundance of Carbon ever sampled (a necessity for life) and Organic Globules!



References: NASA, Dr Daunte Laurretta, Dr Francis McCubbin, Dr Daniel Blevin. We enjoyed watching and recommend ["Revealing the OSIRIS-REx Asteroid Sample."](#)

Bev Morton

Family Research – Beginners and Intermediate

As we reach the end of the year, beginners and intermediate class members appear to have made headway on their goals for the year. We have continued to work, often one to one, on strengthening the skills and confidence of remaining beginning and intermediate students and have enjoyed the sharing of pains and gains and themes of interest when in working in small groups.

As an example of what can be achieved in a one-to-one session, Deb reported this month that "Phil and I had another very productive session today. Making use of a large document that Phil had received from a relative, we were able to gather information and resources for his ancestry family tree. To make the task easier we chose to focus on one generation of a family today. The document contained copies of baptisms, burials and death certificates that we were able to snip and save. Phil plans to add the saved images to the gallery of the family member they belong to in ancestry."

Bev Lee, Deb Saunders, Judy Barry

Family Research - Advanced

Time was spent during our October session discussing the activities the group wishes to retain and add next year. There was universal agreement that our 'Pains and Gains, Tips and Tricks' segment should be retained. This month during 'Pains and Gains'

Malcolm reported (via email) making gains in his search to locate the sons of a relative of his paternal grandmother, a Stan Herring, who worked for a time in the Department of Treasury or Finance in Canberra. Last month's guest speaker, family historian Alan Henderson, who worked in the Department of Treasury for many years, offered to assist Malcolm. Alan has since forwarded emails from Stan Herring's co-workers to Malcolm.

Jane has, after chatting with Dawn Stevens, been exploring the *ChatGPT* app to discover how artificial intelligence can assist family researchers. The results to date are very encouraging, including ChatGPT taking a very ethical stance when Jane tried to investigate people, including herself. (Find *ChatGPT* at <https://chat.openai.com/>)

Bev reported communicating with the descendants of Jack Carl, the husband of her grandmother's sister, who family research revealed was in fact a widower who had lived in Christchurch, N.Z and had a son. Bev's sister will travel to N.Z in a few weeks to return Jack's fob watch to his grandson from his first marriage who will in turn gift it to his own grandson as a wedding gift.

Andi's recent research has focused on Dromana, Brian's family settlement located below Arthurs Seat and the impact of the 1938 fires. After a web search found a 1929 real estate house sale notice, Andi took some "now" photos for comparison with past property photos and will next research who then bought the family block.

Barry reported receiving an emailed document "Appendix B – Corrections on Lewis O'Connor by Pamela Dexter, granddaughter of Lewis 2023." This report added new information about a hotel owned by L. O'Connor, and land in Manangatang. Barry is still searching for missing L. O'Connor records for 1956-1970.

Last month, asked what he would do with unpleasant family history, guest speaker Alan Henderson said he would "publish and be damned" and retain a reputation for reliable research practices. Journalist David Marr has recently discovered his ancestor was a member of the brutal "Native Police" in Australia. You can view David Marr's thought-provoking interview with reporter Laura Tingle at <https://youtu.be/ARMR5rNBocY>.

In 2024 we will be moving away from the reflective, story-telling approach we adopted during the pandemic. Our final topics for 2023 provide the opportunity for some year-end reflection for those keen to put pen to paper or present orally – 'Reflecting on Family Research in 2023' or 'Sharing my family stories over time' (further details on website or the 2023 Topic List handout).

Jane Rushworth and Bev Lee

Film Discussion Group

With the opening of the new cinema, and the program released on a weekly basis, the current format for the class does not work as well. It is difficult to select only one or two films for discussion when we do not know which films will be screened. As in recent classes we will continue to discuss the different films members of the class have watched recently.

At our next class on Wednesday 8 November, we will be discussing the format of the program for 2024. Anyone who is interested in joining the class in 2024, whether enrolled in 2023 or just thinking about 2024, is invited to join us. We meet at 2:00pm in the large U3A room.

Joy Shirley

Garden Appreciation

On Thursday 26th October we visited the Garden of Betty Seymour in Yarrawonga. We were greeted by members of the Yarrawonga Garden Club with a beautiful morning tea. Their President, Shirley, gave us a short talk about their club and then we viewed Betty's unique garden. It may have been small, but it sure packed a punch! The garden was full of plants, some in pots on the ground, many very special. Some of us came home with pots and cuttings, Betty is a very generous lady.

Our choice of Tame Cafe for lunch was a good one; the service, price and food were excellent. We all had a very enjoyable day.



The group will meet at the U3A Car Park on 9.30 on Thursday 23rd November when we plan to visit the garden of Karen Nankivell at 265 Old Lurg Rd Benalla. Please bring your own morning tea. Lunch will be at Geraldine McCorkell's home located at 686 Samaria Road, Benalla. Catering will be by Pink Ladies: cost \$15 pp. This will be our last outing for the year. Please let me know if you will be attending.

Gwen Turner 0438627010

Garden Team

It's been a good year for plants, bugs and weeds, but it's also been relatively easy to pull up weeds with soil staying soft. I think we were effective in Ray's front garden and when we moved to the back we were impressed with the productivity, and use of space. Let's hope we're just as useful at Terry's on Monday 30th.

Elsbeth Maconachie

German

The German group has reached the stage where normal conversation can be held during session time, which is a wonderful achievement after three years. This showed last week when our German speaking guest speaker Lou Sigmund spoke to the class about the Benalla Men's Shed in German and then spoke with them in German afterwards.



I'm very proud of this group!

Horst Gunther

In the Lap of the Gods

Competitors to Early Christianity

In the first century BC, there was a prophecy spread all over the Roman world. It proclaimed that a *divus puer* (a divine child) would be born in 40BC and he would usher in another golden age. Even Virgil wrote about it in his Fourth *Eclogue*. That is why Virgil was seen by later Christians as a proto-Christian saint. That is why Dante chose him guide Dante through the Inferno.

Christians, from St. Jerome through St. Augustine to the Emperor Constantine, claimed this prophecy predicted the birth of Jesus. However, there were many others competing for the title of *divus puer*. Even mad Emperor Caligula claimed that he was the subject of the prophecy.

Apollonius of Tyana was another believed to be the *divus puer*. Even before he was born, it was known that Apollonius would be someone special. A supernatural being informed his mother that the child she was to conceive would not be a mere mortal but would be divine. He was born miraculously, and he became an unusually precocious young man. As an adult he left home and went on an itinerant preaching ministry, urging his listeners to live, not for the material things of this world, but for what was spiritual. He travelled from town to town and village to village proclaiming his message. He gathered disciples around him, who became convinced that his teachings were divinely inspired, in no small part because he himself was divine. He proved it to them by doing many miracles, healing the sick, casting out demons, and raising the dead. Apollonius, an undoubtedly historical man, was born in Tyana in Central Anatolia around 3 BC. He was a follower of Pythagoras.

How do we know of him? His biography was preserved in the writings of a later follower named Philostratus. The biography was written at the request of Julia Domna, the wife of the emperor Septimius Severus, two

hundred years after Apollonius died. Julia Domna's son, the emperor Caracalla, worshipped Apollonius and her grandnephew emperor Severus Alexander probably did as well.

Apollonius is mentioned by the Roman historian Cassius Dio. There are also letters written by Apollonius.

Eventually, Apollonius' actions and preaching across the Roman world attracted unwelcome attention. His opponents fabricated charges against him, and he was executed at the probable age of 85 for using magic to conspire against the emperor. After Apollonius' execution, some of his followers claimed that he had appeared to them; that they had touched him; and that he had ascended into heaven. Some of these followers went on to spread his message.

There is an inscription from a tomb in Cilicia, now held at a museum in Adana in Turkey. Translated from the Greek, it states - *'This man, named after Apollo, and shining forth from Tyana, extinguished the faults of men. The tomb in Tyana (received) his body, but in truth, heaven received him so that he might drive out the pains of men'*.

Make what you like of Apollonius, but he was just one of many *Soter* (Saviours) who appeared around the time of the prophecy. Mani and Mithras are two more *Soter* whose success threatened early Christianity.

John Barry



Investment

At our October meeting we welcomed a new member, Charles. We reviewed the Costa Group take over by an American firm Paine Schwartz Partners. Current value of the Costa Group is \$A 1.49 billion. Frank Costa started in Werribee and Bacchus Marsh as a grower and wholesaler with their own trucks, and later ventured into fruit in Queensland. Frank Costa was a longtime supporter of Geelong Football Club.

Lithium again is still centre stage of many companies including Liontown Resources trying to complete their infrastructure plants and have refined lithium for sale. With a late bid by Gina Rinehart for Liontown Resource competing with the last bid of \$3.00 by Albemarle the outcome is still uncertain of who will have control. Gina held 16.4 % of the shares on 4th October.

Our long-term selections overall have lost value by 3.2% for the month. Leading is Margaret W with NXT. We had a short look at two videos one of Bega Cheese, and BOE (Boss Energy) a uranium supplier as world supply is low and there are low inventories. The world is looking for a stable country for supply and Boss Energy in Australia may meet some of this demand.

After the break – Prompted by the publicity given to Qantas CEO Alan Joyce the matter of excessive payments was brought up. While the \$20 to \$24million payment to Joyce was condemned by the public and press, it is of interest to compare with other CEO payments of \$59m, \$37m, \$32m and even one executive paid \$32 m which was \$9m more than CEO.

Core Lithium CXO was viewed as it rose by 19% after the release of the annual report.

September is a big payment month for dividends with BHP and CBA paying out \$96 billion fully franked.

Performance of the top 20 revealed only 2 companies in the red for the 12-month period. We finished this segment with a comparison of 12-month fixed term deposits between major banks and LaTrobe Financial.

Our short-term selections also lost 3% for the month. Five members changed selections hoping for a turnaround in the next period. Good Luck.

The next meeting of Investment will be on Monday 6th November at 2.00pm in our U3A room No.1.

John Hanlon and Malcolm Sanders

Let's Talk Books

A small group this month but plenty of reading to discuss as well as a robust discussion that was enjoyed by all. *The Forgotten Book Store in Paris* by Daisy Wood, a WW11 historical fiction book is being enjoyed and we all agreed that quite a few books seem to be Paris centred these days, particularly WW11 timeframe. *Ann the Unbelieved* by Vikki Petraitous a new voice in crime fiction, this book won the A & U Crime Fiction Prize. A Melbourne senior detective returns to Deception Bay from Melbourne and discovers a wall of silence, a chilling and timely read. *Sins of the Father: The untold story behind Schapelle*. Our reader found this a most interesting read around the circumstantial evidence presented at Schapelle Corby's trial. *One Woman's War* by Christine Wells a novel of intrigue and suspense set once again in WW11. *Operation Mincemeat* was made into a film that rated well, set in 1943 when the Allied Forces were about to launch an

all out assault on Europe. *Channel Islands* by Damian Barrett interviews Channel Islanders who were British subjects living on the Islands under Nazi rule during WW11. Away from the War now to *Jane Austen A Life* by Claire Tomalin takes us into the everyday life of the Austen household, interesting for Jane Austen fans. *Faces in the Water* written by Janet Frame tells of a young woman (considered by some to be Janet herself) who is sectioned in various mental health institutions throughout her life. This later became a film *An Angel at My Table* recounting the early life of New Zealand author Janet Frame. Parisian archivist Helene Gestern places an advertisement with a picture of her mother who died when Helene was three and the two men also in the photo taken at a tennis tournament, a very enjoyable read. *Access Road* by Maurice Gee A novel of family secrets and tensions written by one of New Zealand's finest authors was worth reading. A very interesting book was *Books Do Furnish a Painting* by Jamie Camplin, exploring the relationship between the development of books and artists. How many pictures in books or book covers do we see with books as background scenery? Another book that piqued the interest was *Wifedom: Mrs Orwell's Invisible Life* that demonstrated how men exploited womens unpaid service, another example was the wife of John Gould. Very relevant in the present time is *The Men Who Killed Quantas* by Mathew Benns, a full and frank history of Australia's National Airline and the greed that has taken place. So, a bit of controversy and discussion this month! Let's see what November brings.

Geraldine McCorkell

Lifeball

The games have been fast and furious and only slightly impacted by the flood repairs to the Indoor Recreation Centre as court 3 is still available to us. However, with workmen coming and going, keep an eye on your inboxes for any updates from Marlene, as things can change. In the meantime, we play on!

Lifeball is played weekly at Benalla Indoor Recreation Centre at 10am on Mondays. New players keen to try a team sport are always welcome and can contact convenor Marlene on 0428210944 for more information.

Julie McNeill

Meet and Mingle



Rutherglen's Fiona Kleinitz, who suffered a serious stroke 20 years ago, spoke with feeling to nearly 50 people about strokes at October's U3A monthly Meet and Mingle on October 18.

Ms Kleinitz said the first sign of her stroke was when her sister commented on the left side of her face dropping and her speech being slurred. Soon after the entire left side of her body became paralysed. She was admitted to a hospital in Adelaide but had to wait 20 hours for an MRI to be done and her stroke discovered. That delay hindered her recovery and today her left leg and arm, while not still paralysed, do impede her walking and reasonable and useful left arm movement.

Ms Kleinitz said one in four Australians would have a stroke and it was estimated a couple of years ago that 27,428 Australians would suffer their first stroke of some sort the following year and that would have amounted to one every 19 minutes. She said it was worrying that 40 per cent of Australians could not name any of the three most common signs of a stroke.

They are F for face (facial drop); A for arms (inability to lift arms) and S for slurred speech.

The acronym to remember is FAST, with the T to remind sufferers of the necessity of receiving timely medical intervention, initially by dialling triple zero. Most strokes display one or more of the three signs.

"A stroke is always a medical emergency", Ms Kleinitz said. "There is no time to lose because a blocked or burst artery, cuts off blood supply to the brain and untreated a sufferer can lose 1.9 million brain cells a minute". Most stroke sufferers can make a good recovery, although they may have to learn how to walk, talk and eat again.

High blood pressure is one of the highest risk factors for strokes. But there is also family history of strokes, being overweight, smoking, having high cholesterol or a high intake of alcohol and/or having diabetes.

More information: strokefoundation.org.au.

Meet and Mingle on Wednesday 15th November is our annual concert, this year featuring items by our new Ukes4Fun group as well as the Recorder Group and the Singing for Fun Group. This year our 'Patchwork' group became the 'Patchwork and Craft' group, so craft items will join patchwork items on display in their annual exhibition. All welcome!

David Palmer

Music Appreciation

What do you do if someone goes to sleep during your performance of your latest work? That's what happened to Brahms while Liszt was introducing his brand-new Sonata in B minor. Clearly he wasn't impressed, Nor was Clara Schumann to whose husband, Robert, the work was dedicated. "Blind noise". "Just awful", were two of her comments. Yet it became in some other's eyes, a masterpiece - an essential part of any aspiring concert pianist's repertoire. I didn't notice if any of our group "did a Brahms" as it was played during one of our October sessions, but if it wasn't to everyone's musical taste, the rendition we saw at the hands of an upcoming Russian pianist in a winning performance at this year's Tchaikovsky competition was something else indeed. Brahms also featured earlier in the month in a chamber version of his Serenade for Orchestra - a work that helped bring the composer to the attention of the musical world and served also as an introduction for him to the art of symphonic writing. But it was Steven Isserlis' performance of Haydn's 1st cello concerto that had our group talking the most. Ravel's Introduction and Allegro composed for the purpose of a harp manufacturer to show off their latest instrument (and stave off competition from a rival manufacturer) introduced the month's music programme, while Mozart's 39th (but not his last) symphony brought down the curtain on the second of our gatherings. Notes and links to the recordings can be accessed on the Music Appreciation Page of our U3A website.

Bill Squire

Page Turners

October - *Camille's Bread* by Amanda Lohrey. Set in the steamy subtropics of a Sydney summer, three peoples' lives suddenly intertwine when Marita, a collector of stories, meets Stephen, a disillusioned public servant at a cookery class. Camille, Marita's young daughter, does not know if she wants Stephen to intrude into their lives. This gentle novel traces the growth of these three people as they learn to trust and live with each other. A heartwarming read for your summer holidays.

The group has also been working to select the novels for 2024. The November meeting should finalise this and the list will be available in the December issue of the U3A newsletter. Some good holiday reading there. November's book is *River of Dreams* by Anita Heiss.

Meg Dillon

Patchwork and Craft



We will be having our annual display on Wednesday 15th of November at Meet & Mingle. Quilts and Craft Items can be dropped off to me before the day or need to be dropped at the rooms by 9-30 am on the Wednesday.

The next day - Thursday 16th - is our final day for the year. As in the past we will enjoy Lunch at 1pm. Please bring a plate to share plus a gift to the value of \$10 to exchange.

If you need more information, please ring 0412 263 071.

Dorothy Webber

Photography

It was good to see the class again in late October and to discuss photos sent to me by Anna and Heather. Their photographs were very good. I did mention though, that when we photograph artwork, we should credit the artist if we intend to use it on social or other media.

We then had a look at three videos which seemed to be helpful. The 'Depth of Field' video appeared to be of particular interest to those who attended, so have a look at it as well as the other two. The Android Camera Apps were also interesting - there seems to be quite a difference in how you can use the phone Camera as opposed to a Camera itself. After these videos, we discussed a couple of AI apps in [Nightcafe](#) and [Adobe Firefly](#). I demonstrated some examples, then added an Elephant to a photo I had taken at the Benalla Botanical Gardens. It seems that photography AI Applications, as well as ChatGP applications, will need to be embraced as they become more widely used. It will, however, be more difficult to know if a photograph was made by a person or by AI.

We ended the session with a screening of photos from my recent camping trip to Stringybark Creek. Links to October's Photo Submissions and Session Resources can be found on the website's [Photography](#) page.

Rene Martens

Play Reading

Our play for October was ***Rumors***, a farce by Neil Simon that premiered in 1988. Marvin Neil Simon (July 4, 1927 – August 26, 2018) was an American playwright, screenwriter and author. He wrote more than 30 plays and several movie screenplays, mostly film adaptations of his plays. This is the second of his plays we have read this year.

The play starts with Ken Gorman and his wife, Chris Gorman, at the 10th anniversary party of Charlie Brock, the Deputy Mayor of New York, and his wife, Myra. Unfortunately, things are not going quite to plan. All the kitchen staff are gone, Myra is missing, and Charlie has shot himself in the head. Gradually other guests arrive and chaos ensues.

The play revolves around the four couples who are invited to the party. Myra and Charlie do not appear on stage during the play, although there are two lines from Myra off stage at the end of the play. Chris and Ken, as the first to arrive, try to keep the problems from the remaining guests, but gradually everyone gets to know the story. This creates the chaos as different people appear and disappear. Finally, police appear to investigate a car crash and end up asking about reported gun shots.

We had a great time reading this play. Laughs were plentiful. With only a small group attending we were still able to share the parts and create a picture of the action.

Our play for next month will be ***An Inspector Calls*** by J B Priestly.

Joy Shirley

Recorder Group

We are enjoying playing a wide range of music from over the last one thousand years. Quite a timeline! We have chosen some of our favourites to play at the U3A end-of-year concert in a few weeks, so we are working hard towards that. I thank the group for their concentration. We certainly earn our coffee when we finish.

Janet Douglas

Singing for Fun

Well October has certainly been a different month for Singing for Fun. The first Thursday was just after the floods, and we had to cancel Singing for Fun as the flood barriers for the Hub at Coinda were still down on Wednesday night.

The second Thursday we had Carmyl and Brian Colman as Kieran, Brian and Margaret were all unavailable. It is marvellous how resilient we are. Carmyl always seems to have a list of songs organised for us, and Brian Colman has a book of previously used songs which he could call on.

So, the third Thursday we were back to normal. Slowly we are putting together the songs for our concerts which are fast coming around. Our thanks to Gwen for not only her accompaniment, but also for her suggestions about some of the songs for the concerts.

We are singing for the Meet and Mingle concert on Wednesday 15th November at 10am in the Auditorium at the Seniors Centre. That will be a fun morning.

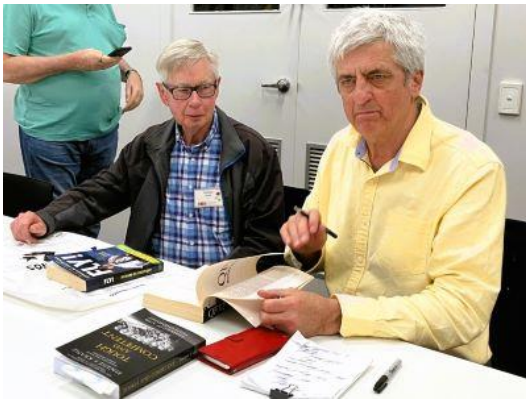
Then on Thursday 7th December we are going to Coinda with our concert songs, plus some Christmas carols. That is going to be repeated at Estia Health (in Thomas Street) on Thursday 14th December, followed by our breakup Christmas lunch at the Golf Club.

We have also been invited to sing at a Remembrance Gathering in the Benalla Health grounds near the Mary Tracy Fountain at 5pm on Thursday 7th December.

Thank you to all Singing for Fun members for participating in these concerts and the Remembrance gathering

Margaret Jenkins

Sky's the Limit



Former Qantas pilot Richard de Crespigny, famous as the pilot in command of a Qantas A380 crippled by an engine failure near Singapore, which he returned safely to Changi Airport in 2010 with about 400 passengers on board, spoke to our group in October.

Much of the discussion was concerned with the appalling performance of the airline, with much of the criticism focussed on former chairman Alan Joyce. Richard said he was widely criticised for giving all the 400 or so passengers on his crippled flight, his mobile phone number. He said that was the least he could do in the interests of good public relations. In the end, only about 20 passengers rang him.

Richard believes Qantas can retrieve its previous good standing and he is working towards being elected to the board to help achieve that.

Addressing the question concerning Qatar Airways being declined Australian landing rights, Richard said the airline's appalling treatment of women, should exclude it from more access to Australian skies. Richard also signed copies of his two books, *QF 32* and *FLY! The Elements of Resilience*.

There will be no session on Cup Day, however we will meet again on Tuesday 5th December at 2pm.

David Palmer

Stock and Land

Five of our group travelled to Dom and Joanne Bayard's Goorambat farm in early October to see their facilities for collecting cattle embryos and semen.

As well as their own Wagyu cattle, they hold cattle for several overseas owners including one in Switzerland who has about 50 cattle on the Goorambat farm. Other Wagyu females, selected for maximum marbling, are owned by an American.

Embryos and semen are stored in at least a dozen liquid nitrogen containers, potentially almost indefinitely. One lot of semen there is valued at \$60,000 a dose although semen from the Bayard's bulls is a more reasonable \$500 a dose.



There will be no session on Cup Day, however we will meet again on Tuesday 5th December at 10am.

David Palmer

Sustainability

The sustainability group in October had one session where we examined what a previous chief scientist of Australia (Alan Finkle) thinks is the recipe for moving Australia to a renewable energy future. This was off the back of a thought-provoking book he published this year. It's clear we are not moving fast enough to achieve the national targets. Our second session was dominated by a video that Bev introduced. It was Twiggy Forest addressing world business leaders warning of a little discussed aspect of global warming – lethal humidity. Rising humidity may lead to areas of earth unsustainable for human (and other animal) existence. It was a sobering presentation. (Link: <https://youtu.be/kigyFOj7HUw?si=IOUxXSjkFvYN0vQ>)

John Lane

Tech Talks

At our last Tech Talks we were fortunate in having Dawn Stephens tell us her experiences with ChatGBT. Artificial Intelligence will become increasingly important in our lives, and we thank Dawn for taking us through the recently released application that is both free and available for all to use. ChatGBT is fairly simple to use at the moment, but it is anticipated more powerful versions will be released progressively. Dawn showed us how to ask questions - both verbally and alphabetically - and we witnessed a poem that Dawn had previously commissioned ChatGBT to write. It is anticipated that ChatGBT will take up some of the activities that Google now fulfills as it gives specific answers and can be recognise voice instructions. It is

well known that students are already asking ChatGBT to write essays. We have already experimented in stories submitted in As Time Goes By. It is too early for any conclusions as yet. We thank Dawn for her generosity.

Neville Gibb

Ukes4Fun



Ukes4Fun were invited to play during the recent lunch break at the *Be Connected – Get Online Week* activity held in October. The group had put in a lot of work to get up to speed for this event and were very thrilled that it went so well. It was encouraging to see people ‘moving and singing along’ whilst waiting for their lunch to be served.

It is hard to believe that most of this group had not been close to a ukulele, let alone play a ukulele in

February this year. We have all come so far. Rene Martens’ film of our first public ‘gig’ can be viewed on YouTube - <https://www.youtube.com/watch?v=f-PHnqgRKyM>.

Next year it is anticipated that there will be two Ukulele groups. The Monday group will be ‘Ukes4Fun – Jamming’ whilst a more advanced group will be put in place to expand their skills with the ukulele. Further details in the next Newsletter. Interested future Uke players will be welcomed in the Strumming group, where they will gain experience with chords, strumming, and getting to know their Ukes. It is such fun to play and mix with like-minded players.

We have been invited to join the other musical groups to perform a couple of songs at the end of year Meet and Mingle which we are looking forward to.

Heather Wallace

Wine Appreciation

On Friday 20th we travelled to Rutherglen for our last group outing this year.

We were off to *Chambers Rosewood Winery*, established in 1858 and being run by 6th Generation winemaker Stephen Chambers.

Held in their rustic cellar door, they have 32 wines available for tasting, however, 10 were selected for us. Among them was the 2016 Sparkling Gouais. The Gouais grape is picked from 120-year-old vines which is a parent grape to Chardonnay and Riesling. There were several other whites, reds, Muscat and Topaque. A very relaxed, informative and enjoyable tasting.

Then off to *Quartz Cafe* for lunch at Cofield winery.



We have had a fun year, tasted some very interesting wines and made new friends. I hope all enjoyed themselves and I look forward to catching up at our first outing in March 2024.

My thanks to Bev Thornell for her photography and posts on Facebook throughout the year.

Nicole McFarlane

Wise Guys Book Group

Neville talked about Bill Birtles’ book *Talk About China* which he found a bit patchy. Birtles is the ABC’s China correspondent based in Taiwan. Neville was also reading some of the complete works of Shakespeare and talked about the difficulty of understanding some plot lines and characters.

Graham had just acquired *Disaster Capitalism* by Antony Lowenstein, which has given him a much greater understanding of the global munitions industry.

David had just read the *Splendid and the Vile, a Saga of Churchill, Family and Defiance During the Blitz*. It is mostly a domestic look at the lives of Winston Churchill and his family and close associates in the first year of WWII, after he was elected prime minister. Highly recommended.

David Palmer

Planning for 2024

The Program Committee has been meeting to consider next year's program and committee members have contacted some convenors to discuss their plans for 2024. The Draft Program Guide for 2024 will be sent out in a few weeks by Len Jeffers for convenors to finalise and confirm course/activity descriptions and details.

At this stage it appears that some courses will be taking a break (*Collectors*) or ceasing in 2024 (*In the Lap of the Gods* and *Jane Austen Book Group*); others (*Ukes4Fun* and *Photography*) are adding a more advanced group; while others are changing their name (for example *Tech Savvy Beginners – Android* to *Be Connected – Android*). The pilot *Social Chess* group is joining the regular timetable, while some new courses being considered for Semester II, such as U3A Network Victoria's '*First Nations*' course. There are also some changes of convenors as courses are reshaped and succession plans are implemented.

It is never too late to suggest a course you'd be keen to see U3A Benalla offer– or to offer a course yourself! There is an online suggestion box and downloadable Course Proposal form on the [Program Suggestions](#) page of the website, or you can contact Margaret Jenkins 5762 6944, Geraldine McCorkell 0408 522 662 with your ideas; Bev Lee if you'd like support in turning your idea into a course, or Len Jeffers for timetabling information. Other members of the Program Committee you can chat to – Dorothy Webber and Julie McNeill.

In other Program News ... October saw some classes, often already relatively small, somewhat depleted. However, as John Barry commented in relation to '*In the Lap of the Gods*'...

"I have enjoyed the year's class. Although the numbers fell off, the ones who stayed were interested, asked all sorts of intriguing questions and made the classes very enjoyable".



'In the Lap of the Gods'



Photography



Wise Guys Book Group



Social Chess Pilot Group

On a final note, on Thursday October 5, classes were largely cancelled because of flooding in the vicinity!



What's On

Wednesday, 1 November

- 09:30 Easywalks - Killawarra Forrest Wildflower Walk
- 09:30 Play Reading - 'An Inspector Calls', J. B. Priestly
- 13:30 A Taste of Art
- 14:00 Cards '500'

Thursday, 2 November

- 10:00 Singing for Fun
- 10:00 Tech Savvy Beginners - Android
- 13:00 Patchwork and Craft
- 14:00 Family Research - Beginners

Friday, 3 November

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

Monday, 6 November

- 09:30 Exercises for Fun
- 10:00 Collectors - 'Dinner Sets*'
- 10:00 Lifeball - Marlene 0407 240 943
- 12:00 Ukes4Fun
- 14:00 Investment
- 14:00 Let's Talk Books

Tuesday, 7 November

Melbourne Cup Public Holiday

- 10:00 Page Turners - TBA
- 12:15 German

Wednesday, 8 November

- 10:00 Recorder Group
- 14:00 Film Discussion Group

Thursday, 9 November

- 09:30 Birdwatching - Balmattum Nature Conservation Reserve
- 10:00 Singing for Fun
- 10:00 Tech Savvy Beginners - Android
- 13:30 Executive Committee Meeting
- 14:00 Family Research - Beginners

Friday, 10 November

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

Monday, 13 November

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

Tuesday, 14 November

- 10:00 Politics and Current Affairs
- 12:15 German
- 14:00 Jane Austen Book Club - 'Persuasion'
- 14:00 Tech Talks

Wednesday, 15 November

- 10:00 Meet and Mingle - U3A Concert and Patchwork/Craft Display
- 13:30 A Taste of Art
- 14:00 Cards '500'

Thursday, 16 November

- 10:00 Singing for Fun
- 13:00 Family Research - Intermediate group
- 13:00 Patchwork & Craft - End of Year Lunch
- 14:00 Demystifying Psychology Discussion Group

Friday, 17 November

- 10:00 Christmas Lunch, Red Stag Restaurant, Myrtleford, hosted by Wine Appreciation
- 10:00 Sustainability

Monday, 20 November

- 09:30 Exercises for Fun
- 10:00 Lifeball - Marlene 0407 240 943
- 12:00 Ukes4Fun
- 14:00 As Time Goes By - Memoir Writing

Tuesday, 21 November

- 10:00 Demystifying Psychology Course - #5
- 12:15 German
- 14:00 Exploring the Universe

Wednesday, 22 November

- 10:00 Recorder Group
- 14:00 Wise Guys Book Group

Thursday, 23 November

- 09:30 Garden Appreciation
- 10:00 Photography
- 14:00 Family Research - Advanced

Friday, 24 November

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

Saturday, 25 November

- 17:00 Newsletter reports due

Monday, 27 November

- 09:30 Exercises for Fun--Christmas Celebration!
- 10:00 Lifeball - Marlene 0407 240 943
- 12:00 Ukes4Fun
- 13:30 Coin Collectors

Tuesday, 28 November

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

Wednesday, 29 November

- 13:30 A Taste of Art

Thursday, 30 November

- 10:00 Community Singing

Friday, 1 December

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

Monday, 4 December

- 10:00 Collectors
- 10:00 Lifeball - Marlene 0407 240 943
- 10:00 Art Appreciation – Mark Dober 'Wetlands'
- 12:00 Ukes4Fun
- 14:00 Investment
- 14:00 Let's Talk Books

Tuesday, 5 December

- 10:00 Page Turners
- 10:00 Stock and Land
- 14:00 Sky's the Limit

Wednesday, 6 December

- 09:30 Easywalks – Christmas Lunch – Tatong Tavern
- 09:30 Play Reading
- 14:00 Cards '500'

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 Referral on will be suggested if necessary.