



Benalla and District Inc.

## Newsletter – October 2022

U3A Benalla & District Inc

P O Box 674, Benalla 3672

[u3aben@gmail.com](mailto:u3aben@gmail.com)

Website: [u3abenalla.weebly.com](http://u3abenalla.weebly.com)

Facebook: [facebook.com/U3abenalla/](https://facebook.com/U3abenalla/)

Newsletter: [newsletter.u3abenalla@gmail.com](mailto:newsletter.u3abenalla@gmail.com)

President: Margaret Jenkins

5762 6944

Secretary: Geraldine McCorkell

M: 0408 522 662

[gmcorkell@activ8.net.au](mailto:gmcorkell@activ8.net.au)

Please send reports for the newsletter to [newsletter.u3abenalla@gmail.com](mailto:newsletter.u3abenalla@gmail.com) by 25 Oct 2022

---

### President's Report

In October we are looking forward to celebrating Get Online Week with a free lunch for U3A members and also for members of the older Benalla community on Wednesday 19 October at 11.45am. This lunch is being provided by a Grant from the Good Things Foundation who run the Be Connected program. The theme of the lunch is "Try One Thing" and we have invited Jenny Sawyer to explain about Buying Books Online after the lunch. Last year we had the lunch on tables outside the Benalla Senior's Centre under the veranda, and it was a great setting. To assist with catering, could you please contact Geraldine McCorkell on 0408 522 662 if you would like to attend.

The October Meet and Mingle on Wednesday 19 October at 10am is going to feature Eric Nash, Director of the Benalla Art Gallery who will speak on forthcoming events at the Benalla Gallery over the summer period and into 2023. This is directly before the Get Online Week lunch.

On Wednesday 16<sup>th</sup> November Meet and Mingle will include a concert with both the Singing for Fun Group and also the Recorder Group showing their talents. The Patchwork Group are going to bring along some of their wonderful quilts and other items for display as well. Members are welcome to bring along family and friends as we would like them to enjoy the morning too.

In this Newsletter there is also information concerning the U3A Benalla Christmas Party. This year it will be held at the King River Café on Wednesday 23<sup>rd</sup> November at 12 noon. There will be a bus leaving from Benalla Bus lines. Cost of the Lunch is \$35, or \$45 if going by bus. Forms and money can be left in an envelope at the Redb4 bookshop in Bridge Street Benalla.

We are happy to report that we have had several enquiries about U3A Benalla following the publication of the Benalla Rural City Community Directory 2022/23. We are at the Come and Try period of the year, and have encouraged the people who have contacted us to try at least one course between now and the end of 2022.

Information about new courses starting in 2023 will be included in next month's Newsletter.

Margaret Jenkins, President

### Group Reports

#### A Taste of Art

Fortnightly 'A Taste of Art' workshops offered by Benalla's Broken River Painters continue to provide a fun and stress-free learning environment for U3A members who have an interest in or love of art. Sessions are held fortnightly on Wednesday from 1:30 to 3:30 pm (open during school holidays) at Barc Hut 11, Migrant Camp precinct, Benalla Airport.

Participants are mentored by experienced artists from the Broken River Painters group in mediums such as oil, acrylic, watercolour, pastel and drawing in both traditional and abstract techniques. "We paint or draw

at our own pace and in whatever medium we choose. Some art materials are free to use at the workshop for anyone just wanting to give art a try”.

U3A members who choose to become full members of Broken River Painters are encouraged to exhibit at the Benalla Hospital, Bouwmeesters’ Bakery and regional art shows. They are currently on a steep learning curve as they begin to enter upcoming exhibitions and art shows, including the King Valley Art Show 28<sup>th</sup> to 30<sup>th</sup> October, Benalla Festival’s Tatong Art Show 29/30<sup>th</sup> October and 5/6<sup>th</sup> November, the Broken River Painters’ own art show from 29<sup>th</sup> October to 6<sup>th</sup> November, the Benalla Air Show Market at the aerodrome on Saturday 5 November and the group’s ‘Day in the Gardens’ art show in the Botanical gardens from 9am to 2.30pm on 6<sup>th</sup> November.

The Broken River Painters group is currently organizing a bus trip to the opening night of the King Valley Art Show on Friday 28<sup>th</sup> October. if you are interested, please contact Mike O’Connor 0408 325 024.

Carol Perry and Josephine Donges

## Art Appreciation

Brenda Williams, the new curator at our Gallery, talked about the wonderful ‘Salon Hang’ of about half of the Ledger Collection. This has given many of us a detailed look at this foundation collection for the first time and an appreciation of the wide selection of well-known artists of the 1920s to 1950s that the Ledger family collected. The exhibition is dedicated to landscape paintings and some of our North Eastern and local landscapes are evident.



At a time when State Galleries are scrambling to collect the works of more women artists from this period, the Ledger collection includes a surprisingly large number of women artists, many of whom you will not have heard, and you may be seeing their work for the first time.

Pick up a copy of the exhibition catalogue at the door and use it to find the works of such women as Elizabeth Parsons and Alice Rowen who arrived from England and were exhibiting and painting landscapes in the 1880s. Later Dora Meeson and Jean Bellette were painting in the 1920s to 1950s, while Shay Docking was painting a generation later. Joy Hester and Lena Bryant are also represented.

Noble trees, sunlit plains and coastal expanses are all to be found here. It’s worth quite a few visits to take it all in and select your favorite three paintings. The exhibition will remain open until the end of the year.

Coming up - ‘*Curating Migration Stories*’ - Join Amrit Gill, Artistic Director/CEO, Centre for Contemporary Asian Art (4A) and co-curator of the current exhibition *Bush Diwan*, as she unpacks the process of telling migration stories through exhibitions of contemporary art - Monday 3 October 10 to 11am. Join us for coffee after the session in the Gallery’s Munro and Sargent café.

Meg Dillon

## ‘As Time Goes By’ – Memoir Writing

Our icebreaker activity this month built on a chapter in Martin Amis’s memoir ‘Experience’ relating to the slice of life ‘experiences with teeth’! Members were asked to talk in pairs about a ‘slice of their life’ relating to ‘teeth’. While faces appeared quite unimpressed when given the topic, the room was soon resonant with a quiet buzz of memory sharing; with moving recollections of ‘experiences with teeth’ later shared by each of our two ‘Heathers’.

The topic "[Bucket List](#)" proved popular, with nine stories shared and now available on the website. Few told of a catch-all 'bucket list', however most explored goals, dreams, places and aspirations which have been achieved, some highlighting those which remain to be achieved. Carmyl wrote of not having had a bucket list, *"I can only think that, for me, I lived the life that came along"*, while Graham titled his evocative contribution *'There's a hole in my bucket list, dear Liza'*.

Barry's **'It's Never Too Late'** story was triggered by watching the Australian comedy 'Never Too Late' while in covid isolation in Perth a few months ago, while Graeme shared 'It's never too late-two vignettes', one on missing a train that was four hours late, the other about an aunt who proved it's never too late to get a PhD when she was 81.

Bev's catch-up story, *'No One Left in Limbo'*, was triggered by a photograph of a community 'social causes' banner containing the letter M she created for the versatile Daylesford Community Banner in 1982.

Inspired by the Australian's Weekend Review column which publishes original submissions of 450-500 words, **'This (...) Life'** is one of our topics for October. The Brief: 'Create and develop a concept for a story drawing on something which is happening now or reflects on memories from the past', for example, 'This (Downsizing) Life' by an 80+ year old about planning to farewell loved home; 'This (Number 8) Life' about growing up as 'Number 8' in a family of nine children. Stories 'This (Adventurous) Life' and 'This (... Fear of Heights) Life' are among those written last year and available on the website.

Once the Benalla Festival's Writing Competition details have been released – usually around 8 October – I'll email everyone the details of the second topic for October. You may also decide to enter the Competition!

Beverley Lee

## Be Connected

This month we had Jenny Sawyer running the first session of Be Connected before she and Neville went on an overseas trip.

Thank you, Jenny, for the effort you have put into running Be Connected for the majority of 2022.



The second session saw Margaret Jenkins, ably assisted by Geraldine McCorkell, run a session on using My Gov for those that attended.

My Gov is a relatively new innovation which encourages everyone to use it to contact Medicare, Centrelink, The Australian Taxation Office, My Aged Care and many other Government departments.

Using My Gov saves people wanting to find out information being on the phone for a long period of time to the relevant department.

Be Connected have a very good segment on My Gov, and explain that all anyone needs to start a My Gov account is an Email address and a mobile phone number.

Once the initial My Gov account is set up for one entity such as Medicare, other Government departments can be added at a later date as required.

The next session of Be Connected will be on Wednesday 5 October 2022 at 2pm. The session will be about Filling out Forms online. All welcome.

Margaret Jenkins

## Bird Watching

In October, we will travel to the northern part of the Warby Ranges for a forest walk. After plenty of rain, the forest in springtime is looking a picture, with lots of wildflowers and plentiful birdlife.

Meet as usual in the carpark behind the Seniors building at 9.30am. Bring any food and drink you require for the morning, wear sturdy shoes and a hat. Binoculars if you have them will add to your ability to identify birds in the field.

## Report on September outing to the Moorngag area

After wet weather caused the cancellation of this outing in May and again in September, we arranged a later date in September which six people were able to attend. It was overcast on Wednesday 21 September, but we stayed dry, and enjoyed a stroll along a quiet bush road, enjoying the birdlife and a good variety of native roadside plants in flower.

We recorded 21 bird species, the highlight being a Diamond Firetail which perched on an overhead wire. This beautiful small finch is not common in our area, so we were lucky to see one.

The dull light made bird identification difficult in the roadside trees, but we did see several White-browed Treecreepers, Grey Fantails, Kookaburras, Eastern Rosellas, a Striated Pardalote and a few too many Noisy Miners.

Here is the link to the eBird list:

<https://ebird.org/australia/checklist/S119435911>

Have you noticed the Sacred Kingfishers have arrived back at Lake Benalla. They are summer breeding migrants to southern Australia and start arriving in our area in late September. Listen for their loud kek kek kek kek calls, as they look for a partner and a suitable tree hollow for nesting.

Kathy Costello

eBird Australia Submit Explore My eBird Science About News Help

CHECKLIST S119435911

Wed 21 Sep 2022 10:10 AM

Moorngag Road, Moorngag Benalla, Victoria, Australia

Kathy Costello

Traveling Complete

1 hr, 40 min 1.2 km

Fine and overcast. Benalla USA  
Birdwatching group outing. Leader Kathy Costello

21 Species observed 65 individuals

5	Maned Duck
1	Pacific Black Duck
3	Laughing Kookaburra
10	Galah
1	Sulphur-crested Cockatoo
6	Eastern Rosella
2	Red-rumped Parrot In dead paddock tree
2	White-throated Treecreeper
2	Superb Fairywren
8	Noisy Miner
3	White-plumed Honeyeater
1	New Holland Honeyeater
1	Striated Pardalote
1	Gray Shrike-thrush
5	Australian Magpie
3	Gray Fantail
3	Magpie-lark
3	Little Raven Family group, 1 juvenile
2	Welcome Swallow
2	European Starling In dead paddock tree. One carrying food
1	Diamond Firetail Perched on powerline

## Brain Games

Recall of words and pictures, anagrams, art and sequence spotting all gave the grey matter a chance to exercise.



Elspeth Maconachie

## Chat n' Chew

September's luncheon was held at the **Benalla Golf Club**, where a delicious lunch was had by all. A big thank you to those who attended.

Chat n' Chew will be held at **Ella Goose** on the Friday 21st October at 11.45am. This will be the last Chat 'n Chew for the year as November will be Christmas lunch.

Please call or text Lorraine on 0427 376 991 if you would like to attend, or if for some reason you are not able to be present on the day. Don't forget to leave your name!

Lorraine Knox

## Collectors

In September, we commemorated special events and experiences with quite a collection of items discussed. There was a picture from 1995 of a winning horse at the Corowa Races. This was the first time that the horse had been raced but unfortunately the last as it later suffered an injury and was then used for breeding purposes. The owner was also a keen poultry breeder and had numerous ribbons from showing the breed



“Silver Spaniel Hamburg”; such handsome birds. And finally, a number of prize certificates won at the Benalla and Wangaratta Shows for crafts/handwork and cooking scones and cakes.

One attendee had a croquet trophy from 2003 awarded as the runner up at a tournament held in Euroa. The same person won first prize in 2006 at the Joan Rowan Croquet Day; this tournament is still being held annually at the Benalla Croquet Club.

A proud Grandmother showed a photo of her granddaughter and the Australian Police Force medal she was recently awarded for her work with the AFP.

There were three books received as prizes - two for achievements in Grade 6 in 1958 and a later Sunday School prize.

Several commemorative china plates were also displayed. A plate from 1985-1986 from the appearance of Hailey's Comet (next due about 2061); a blue and white Spode plate in the form of a calendar for the year 2000 celebrating the new millennium and, a plate featuring the University of New South Wales which was attended by the owner.

There were two china mugs. The first, celebrating the 60<sup>th</sup> birthday of HRH Prince Charles, the Prince of Wales. The other, celebrating the Platinum Jubilee of Her Majesty Queen Elizabeth II in 2022

How quickly things can change. We met on 5<sup>th</sup> September and three days later, Her Majesty passed away, HRH Prince Charles became King Charles III and Prince William is to become the next Prince of Wales.

For our next meeting on Monday 3<sup>rd</sup> October at 10am the topic is *Books* whether they be very old, of special interest or a favourite. All welcome.



Janet Gourley

## Community Singing

At Community Singing held on Thursday 29 September Brian Greed brought along the Blue Song Book which is used by Cooina residents. The benefit of this song book was that it had slightly larger print, and had 122 songs in it, some of which we had not found in other song books.

Everyone who attended gave Brian a round of applause at the end for his wonderful playing of the piano for the group. Also, thank you to Brian for organising these song books for the morning.

The next Community Singing will be on Thursday 27 October at 10am at the Hub at Cooina. All welcome.

Margaret Jenkins

## Creative Writing

With some of our travellers returned to Benalla we had a larger group this month, which always makes for interesting discussions.

### Hints:

We talked about finding names for our characters. This included not giving characters similar names, not using the same start initial, not using the same end letter and not using the same length. All of these can interfere with the flow as readers struggle to remember which character is which. Readers will often look at patterns like initial and length rather than actual spelling of the name. Tim and Tom would be a great example of what not to do! And watch for names that will have a preconceived meaning such as Buffy or Hannibal ... unless of course it is appropriate to the story.

### Our challenge:

For our challenge this month we looked at some more cliches, writing new versions of some well-worn phrases. An example “His eyes dropped to the floor” became “His eyes did a backflip”

OR

“A tear fell down her face” became “the faded freckle on her face was washed by a single tear”. These gave a clear picture of the emotions or actions.

### Our stories:

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

- On the road again
- They had both got out, and it caused a great sensation
- A storm was brewing and hours had passed since they'd left the camp

I have mentioned it before, but we always seem to have different people come up with a similar idea without any consultation. This time two people wrote about young men and their first car. You would expect that this would be an obvious coincidence as one of the topics was "on the road again". But neither author wrote on this topic. One was about being caught in the storm and the other was around the great sensation with both occupants of a car being safe after an accident. Outback travels appeared twice, with descriptions of the landscape and people met on the road. Then we had a great description of walking around the lake, which inspired members of the class wanting to get out and take the same walk (if it had not been so wet). Finally, a class member had recently come across the concept of "Metafiction" and provided an attempt at writing in this manner. This is a very hard to describe – a story in a story. (I am not going to try to explain further, but perhaps try Google if you are interested in exploring this).

The topics for our **10 October** class are:

- Magic! Whoever would have thought you could find it in....
- With a loud roar, the wild beast charged
- The promise of spring was in the air

And we are always ready to welcome new storytellers to the class.

Joy Shirley

## Easy (Bush) Walks

### Mt Pilot and Woolshed Falls



Once again, we kept a keen watch on the weather forecast and were rewarded with a pleasant walk up the Old Coach Road to the Mt Pilot lookout. The gravel road was mostly dry and the eleven walkers enjoyed not only the amazing views and wildflowers, but an unusual sighting of some gang gang cockatoos. Our photographers were kept busy!

A picnic lunch at Woolshed Falls was followed by exploration of the trails around the Falls area, backgrounded by the sound of rushing water. We managed 8-9 km for the day, before the rain set in again that night.



### Wednesday 5th October - Warby-Ovens National Park, Friends Track:

One for the wildflower enthusiasts, we will leave the Seniors carpark, Fawckner Drive, Benalla at 9.30am for Wenhams Camp, taking the Friends' Track with a diversion to Kwat Kwat Lookout, with views over the Ovens Valley to the Alps. Lunch will be a BYO picnic at Wenham's Camp.

Please confirm with Glen on 0431201077 or [gchess@hotmail.com](mailto:gchess@hotmail.com) by Monday 3rd October.

Folding chairs, walking poles and cameras are all recommended for this much anticipated walk.

Car sharing for all walks is usually available for a small contribution.

### **Wednesday 2nd November - Winton Wetlands:**

For what is likely to be our last walk of the year (unless we get carried away at our Christmas lunch), we will explore some of the trails at Winton Wetlands, with a BYO picnic lunch at Green's Hill. This will be a total of about 8km, finishing with the sculpture walk, afternoon tea at the cafe and discussion of our walks for 2023.

Glen Chessells, Julie McNeill

## **Exercises for Fun**

There are so many benefits from exercise:- Exercise increases and maintains our strength. It reduces risks of falls. It increases our mobility. Exercise can also provide quality sleep and improved concentration. It can increase social interaction, if we exercise with a group. It can improve our mood, because exercise releases "feel-good" endorphins.

So why wouldn't you try some exercise? Come along 9.30am every Monday, Seniors Hall and have fun.

Helen Jeffree

## **Exploring the Universe**

### **Astronomical Spectroscopy**

Every natural element in the Universe has a characteristic light spectrum.

Every atom, every chemical, every molecule has a specific fingerprint of light. It can tell us the properties of stars, planets, supernovae and interstellar gasses; their chemical composition, temperature, mass, density, luminosity and distance.

A spectrograph passes light through a prism and breaks it up into different colours. Based on light, it works equally as well at your desk as at many light years away in the Universe. This is spectroscopy.

The electromagnetic spectrum is just a name for all the different forms that light takes. Invisible light of the wider electromagnetic spectrum is accessible to technology, but the human eye perceives only combinations of red, green and blue that comprise visible light.

There are high energy forms of light that are too blue and too high an energy to see. Infrared light is from lower energy objects that have hardly any energy glow.

In September we were privileged to have amateur astronomer Patrick Watson who is experienced with spectroscopy, as our guest speaker. This session was also attended by members of Astronomy Benalla.



*Guest Speaker Patrick Watson, fourth from your left, pictured with the 'Exploring the Universe' group*

Patrick took us back to the beginning of the Universe and the foundation of spectroscopy; to the world of protons, neutrons and electrons that combine an atom, the smallest particle of a chemical element that exists.

Light is the result of electrons moving between defined energy levels within the atoms called shells. Heating an atom excites its electrons and they jump to higher energy levels. When they return to lower energy levels they emit light. As each element has a different number of electrons and energy levels, it emits its own distinct set of shades of colour and absorption and emission lines.



Light travels as waves of energy at a constant 300,000 kms/second and is made up of oscillating electric and magnetic particles. Each wavelength of light is a particular colour and strength. Electromagnetic waves are parcelled up in particle like packages. Known as photons they define the amount of energy carried within the light as electromagnetic radiation.

Patrick's presentation was of a very high standard. Thank you, Patrick.

Bev Morton

## Family Research

This month we welcomed guest speaker Margaret Jenkins for our opening segment 'Writing and Sharing Our Family Story'. Margaret's story of the writing and publication of 'A Press Missionary', the life of her great grandfather, Thomas Allard Pettit, was fascinating.

Margaret explained that a diary, written by Thomas during his journey to Australia by ship in 1884 and found after her father's death in a 'rarely if ever opened trunk in a rarely if ever used room', became the catalyst for a post retirement family history journey.

Margaret chose the title 'A Press Missionary', to reflect Thomas's life as a journalist, skilled businessman and civic leader with a penchant for reviving old newspapers and starting new ones across Victoria.

Thank you for sharing 'A Press Missionary' with us, Margaret!

In 'Pains and Gains', Barry described how, frustrated with the usual research avenues, he had tried a simple Google search for the names of his GG Grandparents. Up came both names on the same page, unfortunately the dates were three decades out. He also investigated each name and found that there were fifteen women with the same name as his GGM, but none of the dates matched the era. He also discovered that a lot of his GGM's family migrated to Canada.

David described working on his wife's family history and correcting some errors in preparation for a cousin's reunion in March 2023. He had a further gain when he located a photograph showing three generations of the family, complete with names! His pain for the month, the Virtual Irish Treasury was not working for him.

Margaret, still to hear from France about her enquiry, brought along promotion material for the sale of her impressive childhood home, Annamult House in Kilkenny, Ireland.

Bev, on listening to Graham's story last week, had found herself speculating – "could her great grand-parents not marry because her great grandfather's first wife was in a psychiatric institution?"

This month's topic, '**Occupations**', encouraged us to look into the occupations of our forebears and to reflect on whether there were patterns which have been passed down. David's reflections on the topic led him to look at the bigger picture, at what might be happening and changing in society over time. Both David and Marg reflected on the opportunities that have opened up for later generations, given the start that many of our ancestors had.

As her presentation "Some ethical issues which can arise during family research" was somewhat rushed, Jane will begin our October session, taking us through her slide show again to allow time for discussion.

**October's Topic – 'From the Bookshelves'** A book/books which has/have historical significance in terms of your family/family research...

- Do you have any books on your bookshelves which belong to, or remind you of your ancestors; can you remember the books on your parents and grandparents' bookshelves? Browse through your bookshelves, or through memories of bookshelves in days gone by, selecting a number of books to write a little about which are related in some way to the lives of your forebears.

**OR**

- Have you read any historical fiction or non-fiction books which are relevant to your family story? (If not, perhaps you could Google to discover some). Who wrote them, how did they relate to your family history, and what impact did they have on you?

Bev Lee, Barry O'Connor and Jane Rushworth





## Family Research – Beginners

On returning after our winter break, Helen reported that an 8-day isolation for Covid had sadly inhibited chances for family research during a recent visit to Ireland. Val described taking a complete break from family research while holidaying 'up north' for a month, then coming back and to find her skills in using Trove had deserted her!

We welcomed Robyn, who brought along one of the five thoughtfully organized Arch folders she has developed to store records for her family. With Robyn keen to check out the downloadable photo restoration app Hotpot.ai, we worked on some before and after images of Helen's half-brother John, then some photos with scratches across faces to demonstrate that while the free hotpot.ai version is suitable for simple restorations; it doesn't handle scratches on people's faces well, leading to distortions in the image.

The My Heritage book report Malcolm Sanders produced for his cousins was previewed, after which we checked out David Hall's presentation on the [Virtual Records Treasury of Ireland](#), a recently launched project to recreate the records of the destroyed Public Records Office in Dublin. Malcolm and David are both members of the Family Research class - thank you for developing these resources, Malcolm and David!

In discussing learning needs for the remainder of the year, we decided on a 'hands on' session at our next session. We also discussed the option of sharing family stories of between 150 to 400 words, oral or written. We decided the story could relate to something currently being worked on – for example, Helen's story about a colourful character in her family who designed the sleeve for the drum on the cover of Sergeant Pepper's Lonely Hearts Club Band, or be selected from the Family Research topic list, such as Robyn's stories for 'There's No Place Like Home' and 'Occupations'.

Julie returned to class in our second session, delighted at her tech savvy daughter's interest and support in helping her to develop her family tree on ancestry.com and fired with enthusiasm to develop it further! The hands-on nature of the second session was warmly received and will continue on the '2nd Thursday' for the rest of the year. Class members identified what they wanted to work on, then spread out, using PC's/laptops/phones to work on particular learning needs, with Judy and Bev providing mentoring support.

Our guest speaker on Thursday 6 October at 1 pm will be Graham Jensen. Graham has a particular interest in the creative writing of family history and will speak on researching, writing, printing and sharing his family history, 'Leaving the Shore'.

Bev Lee

## Film Discussion Group

This month we discussed *Falling for Figaro* and *Where the Crawdads Sing*.

*Where the Crawdads Sing* is a Drama, taking the form of a mystery thriller. A woman, Kya, raised herself in the marshes of the deep South and later becomes a suspect in the murder of a man she was once involved with.

Kya (played by Daisy Edgar-Jones) is deserted first by her mother, then her siblings and eventually by her father. As she grows older, two local boys, Tate (Taylor John Smith) and Chase (Harris Dickinson) become interested in her. When Chase is killed, Kya is suspected of his murder, but found not guilty at trial. The film shows her life learning more about nature as she lives in the wetlands, giving great opportunities for cinematography. The performances are good with the tensions between Kya and the community, as well as between the community and coloured shopkeepers (he is called "boy" at one stage). A telling comment made by Kya "sometimes the prey needs to kill to survive".

This was a compelling film that was liked and rated as 3.5-4.0/5.

*Falling for Figaro* is a romantic comedy. A brilliant young fund manager, Millie (played by Danielle Macdonald) leaves her unfulfilling job and long-term boyfriend to chase her lifelong dream of becoming an opera singer. The teacher she finds, Meghan (Joanna Lumley) works in the Scottish Highlands. She has only one other student, Charlie (Shazad Latif).

The film plays around with the relationships between Meghan with her two students, as well as Millie and Charlie as they change from rivals to partners. The cinematography was great, taking me back to travelling in the Scottish Highlands. Performances were excellent showing the tensions between the two young singers. There were two notable aspects of the soundtrack – there were often variations on the theme of "I

can't Help Falling in Love with you" and for her first public performance, Millie sings "Twinkle Twinkle Little Star". The underlying message was around following your passion.

This was a delightful, feel-good film. It was rated as 4.0-4.5/5.

Our next film class is on **12 October**. The films which were thought to be most interesting are *Bosch & Rockit* and *Good luck to You, Leo Grande*. Overall, the focus is to be on *Good Luck to You, Leo Grande* for our October class discussion.

Joy Shirley

## Garden Appreciation

September's bus trip to The Falls Garden in Longwood - what a truly fantastic garden!



We were greeted by Marcel and her Garden Team and invited to a lovely morning tea baked by the team. A tour of the Gardens was then undertaken by 55 U3A members, who all had a wonderful day. Lunch at Seven Creek's Hotel in Euroa was delicious and Benalla Bus driver Mick just great.



## Coming up on Thursday October 27 - Chaos Concepts in Mansfield

Meet at U3A Carpark at 9.30am to travel to *Chaos Concepts* in Mansfield. A Steel Garden Art Works, it is located in Crosby's Lane, Mansfield. Lunch will be at the *Delatite Hotel* in Mansfield. We will also visit *Snow Gum Nursery* at 120 High Street, Mansfield.

Gwen Turner – 0438 627 010

## Garden Team

A willing team whipped out weeds while admiring the range of native plants out the front. The driveway and vegetable areas were also given attention, and some carried home welcome products from Ray's impressive seedling nursery which will make healthy additions in vegetable patches.

Elsbeth Maconachie

## German – Advanced

The enthusiastic and happy German group keeps improving their reading ability and begins to converse with short sentences. We have covered a broad area of life with vocabulary which is a solid foundation to have a conversation.

I was thrilled to hear from one member that she can talk freely to her in laws over the phone in Germany, a good sign that we are making progress.

I am surprised about how much depth of the German language is retained in that old brain of mine after 70 years in Australia and thrilled that I am able to pass it on to the eager learning members.

Horst Gunther

## Investment

At the September meeting of Investment, we looked at some high yielding shares which had been suggested by Market Index. Although interested in the yield of these shares, we looked at the total return of each share over a twelve-month period, also very important. All shares looked at had a yield greater than 5% per annum.

Malcolm Sanders showed us about some interesting aspects of various returns from shares which can be seen on the Bendigo Bank trading platform, and which are not readily available on the CommSec platform.

To complete the session, we noted that Mark Bouris had visited the Glasshouse in Benalla in early September as the guest of Ray White Benalla. Mark had spoken on what the increasing interest rate increases were going to mean to the amount that lending institutions would be willing to lend as a loan for house purchases.

The next meeting of Investment will be on Monday 3 October at 1.30pm in the U3A room.

Margaret Jenkins

## Let's Talk Books

We were entertained by Anne, who had spent some time googling information on books, the number of books in the world, the smallest, the biggest, the most popular and so on, some surprises in the information obtained. Onto the books our group have read this month. *The Memoir of Mary Soames*, youngest daughter of Winston Churchill, shared stories from her remarkable life. *The Tea Ladies of St. Jude's Hospital* by Joanna Nell a funny and entertaining read about the café in St. Jude's Hospital. The author, Joanna Nell, specialises in mature age fiction and also wrote *The Single Ladies of the Jacaranda Retirement Village*. Margaret really enjoyed *Beneath the Southern Cross* written by popular author Judy Nunn, woven through the story were events that actually happened in Australia. *Out of the Box* by siblings Isabelle, Kerry and Emily shared memories and lessons learnt, highlighting the relationship between mother and daughter, a nice book to read. *Phosphorescence* by Julia Baird, an inspiring investigation into how we can find internal happiness, this book won the Australian Book Industry Book of the Year in 2021. Shirley also enjoyed *Botany Bay: The First Fleet* and back further in history *Elizabeth the First*, a woman before her time. Lorraine read *The Heron's Cry* by Anne Cleves, this was not a 'Vera' book and introduced a new hero. *The White Earth*, by Andrew McGahan, is the story of white settlement in Outback Queensland and the cost to the original inhabitants. *Dancing with the Enemy* by Diane Armstrong was an interesting read set in German occupied Jersey. Noelle came with her usual good reads including *The Year We Seized the Day* by Colin Falconer and *Elizabeth Best*, how friendship developed whilst trekking the 800km Camino Trail in Spain. *The Almost Perfect Murder* by John Suter-Linton is the true story of an estranged wife of a serving police officer found dead in her Canberra home. *The Spider and the Fly*, a beautifully written poem by Mary Howitt was written in 1829. *French Spirits* by Jeffrey Greene, when Jeffrey and his wife to be discover a neglected house in Burgundy they set about restoring it. *The Road Back* by Di Morrissey was a light and easy read, as was *Stella and Margie* by Glenna Thompson, this book has references to Benalla. *Iris Johansen* is the author of *The Search*, part of an elite K-9 rescue team Sarah and her Golden Retriever have a gift for finding what no-one else can. Great excitement when recently published *The Murders at Fleet House* by Lucinda Riley was found, didn't want it to finish.

A good roundup of books this month. See you in October.

Geraldine McCorkell

## Lifeball

Ten players celebrated the end of our winter recess on 19th September with an enthusiastic half-court game. Having the flexibility to play full or half court is a bonus-provided we can remember the slightly different rules! Numbers should increase over the next couple of weeks, however it would be really helpful if members could confirm their attendance with Marlene on 0407 240 943 before each weekly session. New players are always welcome--Lifeball is a great way to continue to play a team sport and is great for coordination and stamina. Our games are scheduled weekly at 10am Mondays at the Benalla Indoor Recreation Centre. Coordinator Marlene Pitts can be contacted on 0407 240 943 for more details.

Julie McNeill

## Meditation

Meditation is held on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of each month from 12.00noon to 1.00pm Come along and enjoy an hour of relaxation and mindfulness – it is so good.

Caroline Sims



## Meet and Mingle

At the September Meet and Mingle Brian Greed was the Guest Speaker. Brian spoke on Changes he had seen in Benalla over the past 67 years.

Brian came to Benalla in 1955 for a three-month locum dentist position and has stayed ever since. During those 67 years he has been involved in several community organisations, many in a senior role.

With respect to the water industry, Brian saw changes from many small towns with their own water distribution systems, to firstly a State Government initiated amalgamation of Water Boards to form the Ovens Region Water Authority. He was Chairman of this Ovens Region Water Authority for several years. Then there was a locally initiated further amalgamation of Water Boards to form the current North East Water which covers 39 localities across North East Victoria.



Brian, who in the past has been Mayor of Benalla for three terms, also gave us an interesting history of local government amalgamations in the Benalla area. To finish, Brian spoke about the history of the Benalla Art Gallery and how a substantial local donation had been instrumental in its construction.

Before Brian spoke, we had a short talk from Adrian Daw, Volunteer Coordinator at Cooina in Benalla about the need for more volunteers at Cooina. Anyone interested should contact Adrian at Cooina on 5761 3300.

The guest speaker at Meet and Mingle on Wednesday 19<sup>th</sup> October will be Mr Eric Nash, Director of the Benalla Art Gallery. Eric is going to speak on forthcoming events and displays over summer and into 2023 at the Benalla Art Gallery. All welcome

Margaret Jenkins

## Music Appreciation

The month's programme got off to a stunning start. We were fortunate enough to access a recording of Dvorak's 9th ("New World") Symphony by our very own Melbourne Symphony Orchestra. Recorded at a concert just a few weeks previously it showed us what a world class orchestra we have right on our doorstep so to speak. Without wanting to take away from the performers of other works we looked at in the same session (an excerpt from Berlioz' Harold in Italy and Mendelssohn's Violin Concerto), the Dvorak symphony was a standout recording. The second session for the month, although each work had its own individual claims to brilliance seemed to pale a little by way of comparison. There was Copland's virtuosic Clarinet Concerto (it was commissioned and composed for Benny Goodman), Rachmaninoff's Symphonic Dances (his last hurrah composition-wise), and Mozart's Piano Concerto No.20 - written strangely in a minor key (most of his works are in a major key). In this case the key was D minor – the central key for his Requiem, the Queen of the Night aria from his opera The Magic Flute, and the more haunting moments of the opera Don Giovanni. Details and recordings may be accessed from the Music Appreciation page on our U3A website.k

Bill Squire

## Page Turners

### **September 22 - Khaled Hosseini A Thousand Splendid Suns**

This challenging book tell the story of several Afghan families who lived through the conflicts of the Russian occupation, the Mujahideen regime, the American occupation and the first Taliban government.

Hosseini is a refugee, now working in America, who explores the very difficult life of Afghan women who survived these traumatic years: the rejection of women and their illegitimate children; the violence, even in Kabuhl, against married women and the shutting down of all options for womens' education and employment by the Taliban.

Some harrowing descriptions of violence make it a difficult book for some readers, but this is balanced by a warm-hearted examination of the resolute lives of its main female characters and some of the Afghan men who loved them and tried to protect them.

Hosseini describes a fatally flawed country with no hope in sight, yet one that he loves and remembers for the poetry, art and culture of its far ff past. A good book to read if you want an inside look at the lives of the people and want to understand why so many have fled as refugees.

Our book for October is *The Labyrinth* by Australian author Amanda Lohrey, who won the 2021 Miles Franklin award for this book.



Meg Dillon

## Patchwork & Craft

Thank you, Lorraine for taking care of the Group while I was in Queensland. Good to be back and catch up with all the great work you have been doing. We will once again have a wonderful display in November.



Date for the Diary - Christmas Lunch December 15th.

Dorothy Webber

## Play Reading

Our play for August was *"Daylight Savings"* by Nick Enright, an Australian playwright. The play is set in Pittwater, North of Sydney with a cast of 6 characters.

The action takes place in Felicity & Tom's house over two consecutive Saturdays, the last Saturday being the night daylight savings ends. Felicity runs a very successful restaurant and Tom her husband is a jet setting manager of a famous tennis player. While Tom is overseas an old flame of Felicity turns up out of the blue. With various comings and goings interrupting a planned candle-light dinner and watching the sun set over the waterfront views, this makes for lots of laughs and twists.

The group thoroughly enjoyed reading this intriguing play.

Some of the other works written by Nick Enright include: *'St James Infirmary'*, *'Good Works'*, *"Playgrounds"*. With Justin Monho, he adapted Tim Winton's *"Cloudstreet"* for the stage and he was commissioned to write the musical *"Boy From Oz"* based on the biography by Stephen MacLean.

Thanks to Joy for helping keep our class operating during Jenny's absence.



John Ellis



## Politics and Current Affairs



Brian Viall invited Gita Korimbo to attend the last Politics group to speak about her work in Papua New Guinea. Gita has previously spoken to the group a couple of years ago whilst she was studying to become a Mechanical Engineer at University. Gita has now graduated and is working with a Gas Exploration company in the Highlands of PNG. Her discussion was very interesting, not only as she is one of three female Mechanical Engineers working with the company, they have to be escorted around the highlands region by the army and police in security vehicles for their safety.

Gita also gave an insight to the recent political elections and its effect on the Island and its future. Questions were also asked about China and its influence in PNG.

Discussion was also held regarding farming out of Public Service organisations to various private organisations and the impact it is having on users of these services, whether it was working to the benefit of these users or just a cost cutting exercise.

Heather Wallace

## Recorder Group



*Taking a break while preparing for November's concert!*

Andi Stevenson

## Saturday Cards – 500

Saturday Cards was not held on Grand Final weekend but will resume on Saturday 8<sup>th</sup> October from 1.30pm to 3.30pm.

Heather Wallace

## Singing for Fun

Our three sessions this month have been full of different songs as we lead up to our concert for other U3A members at the November Meet and Mingle on Wednesday 16 November 2022.

The last concert we provided U3A members was in 2019, and a lot has happened since then. The numbers at Singing for Fun are smaller than in 2019, but hopefully the concert will still be enjoyable.

We are having three leaders at the concert, Kieran Smith, Brian Greed and Margaret Merriman, who have each chosen a variety of songs. Our pianist Gwen Barnes has been providing great accompaniment for all our songs.

Carmyl Winkler and Brian Colman are alternatively choosing a session each time we meet.

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

Margaret Jenkins



## Stock and Land

John Paul Murphy, a young farmer running a family beef property between Winton and Lurg, spoke to our group in September. He said the 1450 acre farm, owned by the family since 1985 and once owned by Benalla legend Laurie Ledger, carried about 300 head of beef cattle.

John Paul said he and his family aimed for the farm to be carbon neutral by 2030 and they had planted trees to cover 10 percent; the aim is for at least 20 percent cover with a 20 to 40m wide tree band around the boundary.

He said the farm was an important Winton Wetland tributary and after WW1, had been a series of dairy farms, later consolidated by Laurie.

John Paul said he took over management of the farm from his father John in 2017 and said the greatest challenge was in maintaining grass cover. Rotational grazing was essential and this year running 65 bullocks for two days on 12 acres, had worked better in achieving that, than last year running about the same number for the same period on half that area.



Our guest speaker on Tuesday 4 October at 10am is Horst Gunther, who arrived in Australia with his family aged 22 with a dream of owning his own farm; farmed in Glenlyon, near Daylesford, then at Pyramid Hill in the Mallee irrigation area, before retiring to Violet Town. All welcome.

David Palmer

## Sustainability

At our first meeting in September, the Sustainability group looked to the 'stars'. Did you know that the minimum sustainability/energy saving standards for new houses and some renovations in most of Australia is 6 Stars (out of 10). In Victoria this is soon to rise to 7. At the session we had a look at the rules and recommendations for achieving housing sustainability across a number of issues from climate, lot size & orientation, house orientation, passive house design, energy and water use and long-term liveability and adaptability. We also looked at some examples of houses that have achieved 8 and even nearly 10 stars.

At our second session in September, we looked at the Federal Government Emissions Reduction Fund, the current primary policy the government uses to reduce greenhouse gas (GHG) emissions from various sectors/industries. In particular, we looked at several of the prescribed 'methods' the government allows to achieve GHG abatement (such as increasing soil carbon).

At our next session on Friday 7<sup>th</sup> of October at 10 am, we will have Cr Danny Claridge talking to us about the council's upcoming review of Benalla's Environment and Climate Change Adaptation plans.

John Lane

## Tech Talks

At this month's Tech Talks we watched and commented on what was virtually an ad from Westinghouse as to how you can now buy a nuclear pack that will power 10000 to 12000 homes and last for 10 years. It appears you simply purchase the pack and insert it into your grid, although it must be more complicated than this. Advertising can gild the lily. We are purchasing nuclear submarines which must operate on the same principle, except it has been advised they will operate for 30 years without any refuelling.

We then were shown how to operate a machine to convert film into digital. One of the problems that has emerged with modern life is that our family records - slides - homemovies - even vinyl records - have been made redundant by new technology.

I am doing this report from memory battered down in our hotel room waiting for the Japanese Typhoon. I apologise for not giving a full report.

Neville Gibb

## Wine Appreciation

The sun gods were with us for September's winery outing and driving through the green countryside was a perfect start to our day.

The cellar door looked out over lucerne paddocks and the vineyard. After much purchasing, we headed back home and stopped at the Milawa Pub for a congenial lunch.



Next month will be our last group outing and will be held at *Andrew Buller Boutique Winery*, 352 Jacks Road, Rutherglen. Andrew Buller is a third-generation winemaker from the Buller Winemaking family Est. in 1921 in Rutherglen. He and his wife started this winery in 2015. Lunch is booked for *Footsteps Café* in Cofields Winery, Rutherglen.

Meeting behind Aldi at 1000 and RSVP to me at [nicnakmac90@gmail.com](mailto:nicnakmac90@gmail.com) or phone/text 0428 696 408 by Sunday 23<sup>rd</sup> October.

Nicole McFarlane

## Program News...

**Researching other Uke Groups – Ukes3A Goulburn Valley** Heather Wallace and Bev Lee recently visited U3A Goulburn Valley's Ukes3A 'Just Jammin' Group in Shepparton. The group meets every Monday from 12.15 to 1.15 'sharp', however smaller 'breakout' groups play in different parts of the building before and after the meeting. Greeted warmly and encouraged to sit in with the group, we watched as retired teacher and 'rock' guitarist John Canty worked with his class, ourselves supported by Geoff Holland, who John is mentoring to become an alternative group leader. It wasn't long before Heather, who has agreed to be convenor of our new *Ukes4Fun* guided self-help group, was sharing a music stand with Geoff and playing along with the group. John and Geoff willingly shared information about the establishment and operation of the group and are happy to provide us with support in future. Thank you so much John, Geoff, Elizabeth and other members of Shepparton's Uke3A group, for making us so welcome!



### Give us some of your great ideas for U3A!

Do you have a suggestion for a program you would like to be offered by U3A, or even better, a program you would like to offer? If so, please contact Geraldine McCorkell on 0408 522 662 and/or fill out the Program Proposal form on the [Program Suggestions](#) page of the website.



*U3A Benalla and District*

## *CHRISTMAS LUNCH/BREAKUP*

*Hosted by the U3A Wine Appreciation Group*

WHEN:        Wednesday 23rd November 2022

WHERE:       King River Café  
                 1143 Snow Road, Oxley

COST:         Meal and Bus \$45.00: - own transport \$35.00

The bus will leave from the Benalla Bus Depot at 11.00 am sharp!

Name 1 : \_\_\_\_\_ Ph: \_\_\_\_\_

Name 2: \_\_\_\_\_ Ph: \_\_\_\_\_

By Bus:            \$45 pp   No: \_\_\_\_\_    Cheque: \_\_\_\_\_    Cash: \_\_\_\_\_

Own Transport   \$35 pp   No: \_\_\_\_\_    Cheque: \_\_\_\_\_    Cash: \_\_\_\_\_

Please return completed form together with your payment - either:

- Post to U3A, PO Box 674, Benalla, 3672
- Leave at RedB4 bookshop (next to Hide's Bakery) in an envelope marked U3A Christmas luncheon. Make sure your Name and Phone Number is on the envelope.

Payment to be received by no later than Wednesday 9th November

For further information: Corrie Witlox: 0357 62 8225



# What's On

## Monday, 3 October

- 09:30 Exercises for Fun
- 10:00 Collectors – 'Books'
- 10:00 Lifeball\* (0407240943 to confirm)
- 10:00 Art Appreciation 'Curating Migration Stories'
- 12:00 Meditation
- 13:30 Investment
- 14:00 Let's Talk Books

## Tuesday, 4 October

- 10:00 Page Turners - 'The Labyrinth'
- 10:00 Stock and Land – Horst Gunther
- 12:15 German - Advanced

## Wednesday, 5 October

- 09:30 Easy Walks - Warby--Ovens National Park, Friends Track and Wild Flowers
- 09:30 Play Reading
- 13:30 'A Taste of Art'
- 14:00 Be Connected - 'Filling Out Forms Online'

## Thursday, 6 October

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

## Friday, 7 October

- 10:00 Sustainability – Cr. Danny Claridge

## Saturday, 8 October

- 13:30 Saturday Games - '500'

## Monday, 10 October

- 09:30 Exercises for Fun
- 10:00 Lifeball\* (0407240943 to confirm)
- 14:00 Creative Writing
- 14:00 Garden Team

## Tuesday, 11 October

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

## Wednesday, 12 October

- 10:00 Recorder Group
- 14:00 Be Connected
- 14:00 Film Discussion Group – 'Good Luck to You, Leo Grande'

## Thursday, 13 October

- 09:30 Birdwatching - Warby Ranges
- 10:00 Singing for Fun
- 10:00 Tech Savvy Beginners - Android
- 13:00 Family Research - Beginners
- 13:30 Executive Committee Meeting

## Friday, 14 October

- 10:00 Music Appreciation
- 14:00 Armchair History\* (planning for 2023)

## Monday, 17 October

- 09:30 Exercises for Fun
- 10:00 Lifeball\* (0407240943 to confirm)
- 12:00 Meditation
- 13:30 Coin Collectors

## Tuesday, 18 October

- 10:00 The News - Fact or Fiction
- 12:15 German - Advanced
- 14:00 Exploring the Universe

## Wednesday, 19 October

- 10:00 Meet and Mingle:  
Eric Nash, Director of Benalla Art Gallery
- 11:45 Be Connected 'Try One Thing' lunch, guest speaker Jenny Sawyer 'Buying Books Online'
- 13:30 'A Taste of Art'

## Thursday, 20 October

- 10:00 Singing for Fun
- 10:00 Tech Savvy Beginners - Android
- 13:00 Patchwork

## Friday, 21 October

- 10:00 Sustainability
- 11:45 Chat 'n Chew – 'Ella Goose'

## Saturday, 22 October

- 13:30 Saturday Games - '500'

## Monday, 24 October

- 09:30 Exercises for Fun
- 10:00 Lifeball\* (0407240943 to confirm)
- 14:00 As Time Goes By – 'This (.....) Life'

## Tuesday, 25 October

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

## Wednesday, 26 October

- 10:00 Wine Appreciation – Andrew Buller Boutique Winery / Footsteps Café, Rutherglen
- 10:00 Recorder Group

## Thursday, 27 October

- 09:30 Garden Appreciation – Mansfield - CAOS Concepts/Delatite Hotel/Snow Gum Nursery
- 10:00 Community Singing @ The Hub
- 13:00 Family Research - 'From the Bookshelves'

## Friday, 28 October

- 10:00 Music Appreciation
- 14:00 Armchair History\* (planning for 2023)

## Monday, 31 October

- 09:30 Exercises for Fun
- 10:00 Lifeball\* (0407240943 to confirm)

## Tuesday, 1 November

- 10:00 Page Turners - 'The Great Circle'
- 10:00 Stock and Land
- 12:15 German - Advanced

## Wednesday, 2 November

- 09:30 Easy Walks - Winton Wetlands
- 09:30 Play Reading
- 13:30 'A Taste of Art'
- 14:00 Be Connected

## Thursday, 3 November

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