



Benalla and District Inc.

Newsletter - September 2022

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

President's Report

The Victorian U3A Network recently launched an online photography event '[Show Us How You U3A](#)'. A few days before the closing date, Tracey Swadling from Network called, telling me what great photos we had on our U3A Benalla website and asking if they could use some of them. Six large format images were among those chosen by Tracey, including three Easy Walks bushwalking photos, a great shot of the Garden Team, a Wine Appreciation photo and a photo of the Film as Literature group in the library. These had been taken by Andi Stevenson, Bev Lee and Bev Thornell. Congratulations to all three photographers. We all know that it is contributions like these which make our Newsletter and Website so interesting. It is wonderful that our photos are also noticed outside Benalla.

Meetings between Benalla Rural City Council, U3A and the Senior Citizens are recommencing in late August. Relations with the Senior Citizens when Tom Pepper was President really improved, and we look forward to continuing this positive relationship with their newly elected President Val Burke.

In the last few days, we have been awarded a Get Online Grant from Be Connected for our '*Try One Thing*' event on Wednesday 21 October 2022. We are planning on having a light lunch at 11.45am which will immediately follow the October Meet and Mingle and be free to U3A members. Jenny Sawyer will be the guest speaker at the lunch. If the weather is good, we will hold it outside on the veranda like we did last year. I am sure those who attended the lunch last year remember what a beautiful day it was, and what a great time we had.

Finally, I would like to thank all the Convenors for sending in their reports for the Newsletter by the 25th of each month. It makes it so much easier for Heather Wallace to compile the Newsletter and get it out by the end of the month.

Margaret Jenkins, President

Program News

We are now heading toward the last weeks of our U3A program for 2022 and already planning for 2023. Terry Case has put *Tudor History* aside and looking forward to some sessions on *Australian History*. Claire Rudolph has already booked the U3A Meeting Room on the first Tuesday afternoon for *The Sky's the Limit*, a course for aviation enthusiasts, whilst Jane Rushworth has some new ideas in the *Psychology* basket.

We continue to investigate the possibility of a *Ukulele* class for some keen music lovers and a *Photography* class. The trialling of some new online short course programs in 2023 is being looked at and the piloting of a semester-length book group for the men in Benalla U3A being explored.

The Program Committee is open to ideas or suggestions of courses and activities that members would be interested in, so don't be nervous about suggesting new groups you would be keen to be part of.

At this time of the year, we also offer 'taster' opportunities. Over the coming weeks, why not bring a friend along to one of the groups you are in or try a new one yourself to see if you like it.

Geraldine McCorkell, Programs Coordinator

Group Reports

Armchair History

Politics and History are neatly having plenty in common - what hopes for peace!

'The Tudors' period is drawing slowly to a close. Increasing time is being spent developing ideas for a 'bespoke' Australian History course in 2023, customised to include the history of Benalla and North-East Victoria and the interests of class members.

Terry Case

Art Appreciation

Jason Smith, director of the Geelong Regional Art Gallery, gave a comprehensive talk about Clarice Beckett, an early twentieth century Victorian artist most prominent in the 1920s and 1930s, at our August 'First Monday'.

Ignored or pilloried by her critics and forgotten for decades, her works were rediscovered by art academic Rosslyn Hollinrake, who held a retrospective exhibition of Beckett's works in 1971. Public galleries across Australia bought extensively from this exhibition and a new appreciation of her work developed.

Beckett is now recognized as an important early modernist, trained by Frank McCubbin [National Gallery Art School, Melbourne] and later in 1917 by Max Meldrum who opened an art school that trained students in tonal realism. Beckett's paintings are mostly landscapes of scenes from local beaches and Beaumaris, which she painted out of doors in all weathers. A few late paintings from Nariyal in the Western district have survived, although most of these were burned by her father after her early death aged 48. A sister stored around 2000 of her paintings in a farm shed near Benalla. Of these about 300 survived the rigors of this type of storage. Others had been bought by private patrons during the 1920s and 1930s when she held annual exhibitions.

Although she remained unmarried and cared for her parents, Clarice Beckett never gave up her art practice, working in the very early mornings or late evenings after her home duties were finished. Her soft, misty views of beaches and street scenes are a unique picture of suburban Melbourne as no other artist saw it.

You should go to our own Benalla Gallery to see one of her paintings on display [Spring Morning] in the salon hang of the Ledger Collection. In 2023 the Geelong Regional Art Gallery will have a major exhibition of her works which should be well worth seeing.

Meg Dillon

Coming up at 'First Mondays' on Monday 5 September 10 to 11 am - **'The Ledger Collection - the curator's perspective'**. Brenda Wellman, Education & Public Programs Curator, Benalla Art Gallery will discuss the Gallery's feature exhibition [*The Ledger Collection*](#), providing insights into the exhibition's development and some of the history and stories behind the art and artists.



Staying after 'First Monday' sessions for coffee at the Gallery café is a tradition for Art Appreciation group members—caught chatting in August are Meg, Terry, Heather and Keith; Pat, Bill, Corrie and Carole.

'As Time Goes By' – Memoir Writing

This month's warmup reminiscence involved describing how the music of Judith Durham, Olivia Newton John or Archie Roach intersected in our life stories. Responses included Michelle's 'lived experience' as a teenager when 'Grease' hit the screens and Marg Nelson's 'lived experience' as the mother of a teenage daughter obsessed with 'Grease'. Ray described his admiration for Judith Durham's voice and the song 'World of Our Own', while Barry remembered Olivia and Pat Carroll coming into the bank branch at which he was a young relieving teller to do their banking. Marg McCrohan remembered attending a Seeker's concert at the Myer Music Bowl, while Carmyl described memories of seeing Olivia as a young girl, walking in the grounds of Melbourne University with her father, Brin Newton-John, Master of Ormond College.

Bev Lee continued this theme in her '*Right Here, Right Now*' story about hearing Archie Roach sing at the Labour Day Concert at the Melbourne Concert Hall in 1990. Jenny's reflective '*Here and Now*' meditation followed. Michelle then suggested reading her 'member's choice' story, '*Summer of 77*', to lighten the mood. Graeme's '*Right Here, Right Now*' story humorously aligned anecdotes of the Machiavellian tendencies of a certain ex-Prime Minister with those of his teenage grandchildren as they try to wedge their parents on an issue! Ray reflected poignantly on a long life, while new to Benalla member, Graham, wrote movingly about what we move towards and what we leave behind.

In another 'member's choice' story, '*How can I keep from singing*', Carmyl delightfully explored a lifetime of taking every possible opportunity to sing, a pattern which continues today with her involvement in our Singing for Fun group. Bev Morton's story '*Gap Year*', which described her memories of very eccentric school master at a one teacher school on Phillip Island, received a round of spontaneous applause. Barry's story '*Options*' had a sting in the tale – the choice, avoiding a wife's potential wrath or facing down the potential wrath of a black snake! Heather's story '*Outback Adventure*' also featured high drama.

Catch up stories shared included '*Ritual--Immortalized in film*' (Michelle); '*Community--Community Radio*', (Neville); and '*Memories Treasure Chest*' (Marg Nelson and Heather Hartland).

Next month's topic is '*Bucket List*'. Most of us have a "bucket list" of things we'd like to achieve in life (e.g., 'Seeing the Northern Lights' or 'Writing my memoirs'), a catch-all list of life goals, dreams, places and aspirations. Do you remember when something was first added to your bucket list, the circumstances surrounding it? Which have you achieved, and which are you still on your list? Share your bucket list stories in 500 words.

The alternative topic is "*It's never too late*". Do you have an '*It's never too late story*' about yourself or someone you know or knew? Share your story in 500 words.

Bev Lee

Be Connected

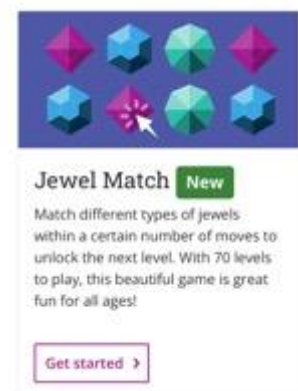
This month we revised some online skills. I paid my Telstra bill using PayPal and my North East Water bill using BPAY, projecting the transactions onto the TV screen. Sometimes it can be daunting paying bills online for the first few times. You could ask a trusted friend or relative who has experience with online payments to be with you when you are learning.

So then, in light of the long cold winter we are having, we went to the *Games Centre* in The Topic Library. The games differed depending on what device you are using. We all had tablet devices so went to the unit for them-- *Games for smart devices - touchscreens*.

We tried all of the games--Jewel Match, Word up! Night Piano, Fill, Fruit Swipe, Car Park, Hidden Objects. Beware! We did find 'Jewel Match' was a bit addictive, but probably the most fun.

Due to my forthcoming overseas trip, Margaret Jenkins will be taking over the Be Connected classes from Wednesday 14th September.

Jenny Sawyer



Bird Watching

The U3A Birdwatching group will resume for springtime birding on Thursday 8 September. We will visit the Moorngag area for a birding stroll along a quiet country lane which has good areas of native vegetation. This outing was planned for May this year but was cancelled because of wet weather.

Please meet at the car park behind the Seniors building at 9.30am on Thursday 8 September. As usual, wear sturdy footwear and a hat, bring any food and drink you need for the morning, and binoculars if you have them.

Kathy Costello

Brain Games

Nifty numbers, drawing, memory and anagrams took most of our time.

We agreed that we remember best if we have a motive, make an association or see a pattern. While the mature brain has a wealth of links and material, calling it up can take extra minutes and we also need to be deliberate in giving attention to new information, such as names, for easier recall.

Elsbeth Maconachie

Bushwalking – Easy Walks

Victoria Lake to Shepparton Botanic Gardens

The weather gods smiled on us again, as nine walkers set off along the Goulburn River from Victoria Lake. With heavy rain the previous night, and hail the night after, we enjoyed the fine weather and the fast-flowing rivers. The Gardens provided plenty of interest, with the views from Honeysuckle Rise, extensive wetlands, and some early spring flowers coming out. With our picnic lunch serenaded by a friendly magpie, it was a pleasant 8km of walking before the rain set in again.



Easy Walks - Wednesday 7th September, Mt Pilot

For this walk, we will be returning to Mt Pilot, and then enjoying a picnic lunch at Woolshed Falls. The walk along Old Coach Rd to the Mt Pilot lookout is approximately 6km return, with some gently sloping rises. The waterfalls at the Woolshed should be flowing well, so we can do some more exploring there after lunch.

We will leave the Seniors' carpark, Fawckner Drive, at 9.30am, driving to Beechworth and continuing on the Chiltern Rd. Please confirm with Glen on 0431201077 or gchess@hotmail.com by Monday 5th September.

Remember a picnic lunch, hat etc and some comfortable shoes. Walking poles are also recommended.

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

Easy Walks - Wednesday 5th October, Warby-Ovens National Park, Friends Track and Wildflowers

It will be third time lucky for this walk, led by Margaret and Lyn but delayed over the past two years by heavy rain and by Covid. One for the wildflower enthusiasts, we will leave 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. The track passes a stand of iconic grass trees, through forested granite hills and spring wildflowers, for a walk

of approximately 2 hours. Lunch will be a BYO picnic at Wenhams Camp. Folding chairs, walking poles and cameras/magnifying glasses are all recommended for this much anticipated walk.

Glen Chessells, Julie McNeill

Chat n' Chew

September Chat n' Chew will be held at the *Benalla Golf Club* on Friday 16th September 2022, 11.45am for 12.00 noon lunch. Ring Lorraine on 0427 376 991 to make a booking.

Lorraine Knox

Coin Collectors

Five members of the Coin Collectors group met on Monday 15 August at 1.30pm at the Senior Citizens rooms. Convenor Doug Smith was away with family on the day, so he asked Gary Edwards to deputise for him.



The “centrepiece” for the afternoon was undoubtedly a George 111 English gold guinea that had been expertly converted, with a golden chain, into a necklace. The actual “spade” guinea was in perfect condition. There was a presentation of recently acquired A5 size coin albums which had other members enthused to purchase similar. These albums are compact and well labelled and cater for all coin denominations.

Another presentation was of various old coins and bank notes from countries including the USA, UK, France, South Africa and Ceylon. This was a change from our normal displays of Australian coins /notes. In addition, publications from the Royal Australian Mint were discussed. A recent one detailed the newly released 150th Anniversary of the Overland Telegraph coin. Various copies of the monthly Australasian Coin & Banknote magazine were distributed to interested members.

Gary Edwards

Collectors

At our meeting on 5th September, let's commemorate! Have you won a sports trophy? Maybe you have celebrated a school or church anniversary or some other personal or public event of significance! New members welcome.

Janet Gourley

Community Singing

Brian Greed chose our Regular Song book No 3 for the first session of Community Singing in August. We had not used this book before, and everyone really enjoyed the variety of songs in it. For novelty “The Mickey Mouse Song” seemed to appeal as well as many old favourites like “Love Letters in the Sand”. For the second session Brian chose Sammy's Song Book No 1, the songs from it being quite different but also very enjoyable. We welcomed three new people at Community Singing this month, Carol, Tony and Dorrie. We hope they enjoyed themselves and come again.

Best wishes to Gloria Banks who had a short stay in Wangaratta Hospital and is now recovering at home. We hope to see you back with us soon.

The next Community Singing will be on Thursday 22 September at 10am at the Hub at Cooida.

Margaret Jenkins

Creative Writing

A smaller class this month with many taking the opportunity to travel. Even so, the conversation resulting from the different stories took the full two hours.

Hints:

This month we talked about use of cliches, both in text and in the plot basis for our stories. For example plots such as 'The idyllic country cottage bequeathed to the heroine by a generous aunt' OR 'The Gothic house with ghosts in the walls' have been overdone and will probably not be very interesting for a reader.

Our challenge:

The challenge this month was to complete some common phrases without falling into the cliché trap. We had 'As tall as...' and 'As warm as...'. Two people came up with same idea for warmth – the hug of a granddaughter. There was 'As cold as a morning hot water bottle' and 'As tall as a pencil pine'.

Our stories:

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

- **The accommodation was booked and the departure day set**
- **"What are you doing?"**
- **{Emma} liked to cook when she had time**

Stories as usual varied. Two were perhaps more serious with underlying messages. One was a discussion between a couple. The husband was concerned about the state of the world, and his wife thought they could not do anything so he should not worry. This resulted in a discussion about how every small step can help. We also talked about the treatment and encouragement of young children who have developmental problems. This resulted from a story about a young boy with autism who was able to help police solve a series of crimes. On a brighter note, we all had smile about a story giving personality to kitchen tools such as a mixer and knives. It ends with them planning to form a union.

The topics for our **12 September** class are:

- **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,**

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

Joy Shirley

Exercises for Fun

Great news! Our "Music maker" has returned, after recovering from hip replacement surgery. Welcome back, Elly!

All members are welcome to join our Exercise class, which consists of very easy movements that are gentle on our joints and muscles, while improving our fitness. We start at 9.30am every Monday, in the Seniors Hall. Have fun!



Helen Jeffree

Exploring the Universe

We Navigated the Astronomy of the Early Universe.

With Rupe at the helm with his trusty Oxford Astronomy Dictionary, we navigated the astronomy of the early universe. From the time when the first stars were eventually forming from the gas and dust from the 'Big Bang' the event that created the universe and everything that is now in it.

The earliest stars were formed from the gas hydrogen with some helium and were fuelled by nuclear fusion burning hydrogen into helium. These were the first-generation stars, for stars like everything else have their lifespan. When a star uses up all its fuel it explodes and the cycle starts all over again, with new stars forming from the gas and dust expelled from the dying star.

The second generation and third generation stars produced other elements. Forged in the tremendous heat and energy of these stars we have the 92 elements that make up everything in the universe today, including ourselves. Our star 'The Sun' is thought to be a third-generation star.

Planets formed in the dust rings cast off by the very active young stars. The definition of a planet is that it should have sufficient mass to become rounded under its own gravity. Discussions went on to asteroids and meteors and other relevant matters, for example 'Why do the asteroids stay in the asteroid belt?'

We spoke of the early days of U3A Astronomy when under Rupe's leadership all class members did presentations. We viewed two films that were class projects. Unfortunately, they didn't make it to u-tube so can't be reproduced here!

After our cuppa we turned our attention to the latest image from the Webb Telescope team, the stunning Cartwheel Galaxy. Other 'In Space Telescopes' had not penetrated the dust surrounding this galaxy.

Webb's infrared cameras revealed a galaxy that had survived a high-speed collision with a smaller galaxy that had barrelled straight through its centre.

Shock waves created trails that look like spokes and in the outer rim of 'the wheel' bright stars have formed in the abundance of gas and dust that was stirred up by the collision. <https://www.youtube.com/watch?v=TZqitaUrDnl>.



Bev Morton

Family Research

Graham Jensen began this month's segment on 'Writing and Sharing Family Stories'. In recording the histories of his fifteen original ancestors' arrivals in Australia in 'Leaving the Shore', Graham has given each person context, placed himself in their shoes and produced enjoyable and engaging stories. Graham brought a beautifully crafted model sailing ship as a 'prop', along with family research books from his library to share.

Barry O'Connor, whose recent contact with a cousin resulted in considerably more family information, provided suggestions on organizing new information. During the circulation of the family history book Barry has shared with his family, David recognised Barry's cousin, Frank O'Connor. David and Frank worked together some years ago but had recently lost contact. Email addresses have been exchanged!

Andi Stevenson described how she has used her family data, including photos, to create a fascinating family tree. Copies have been printed and framed to be gifts for extended family members.

While keen to share information, Andi is mindful that not all family members share her level of interest. Using photographs in the framed family tree has stimulated interesting talking points with other family members, for example, the noting of similar facial features and the development of photography over time.



In our 'Pains and Gains, Tips and Tricks' segment, Andi described locating the property in Belfast Street, Brunswick where her ancestors once lived (though sadly the original house is not there). David attended the Wodonga Family History open day; Graeme discovered a relative with a connection to the East India Company and Marg reported that, despite going to a great deal of trouble to send a stamped self-addressed envelope to Paris for information on her relatives, she has still not received a response. Perhaps Jane's friends, soon to be in Paris, will be able to assist! Malcolm described an enjoyable lunch recently at the Mitchelton winery where he presented his cousins with the family history he had written for them. He also

brought along a 1900 half sovereign in a small container handed down from father to son, through four generations so far. The story attached to this coin, is that when the current holder is 'broke', they can use the half sovereign, which remains quite valuable, to get themselves out of trouble.

During the break we celebrated National Family History Month with afternoon tea - lots of slices, muffins and chocolates brought along by class members to share!



Stories on this month's topic, 'Correction', were shared after the break. David Palmer reported having written a letter to correct information in a recent article in the Guardian. The article referred to his great grand uncle, Thomas Austin, then of Winchelsea, having imported 24 wild rabbits in 1859, influencing the spread and DNA profile of rabbits in Australia. Keen to set the record straight, David explained that, according to his mother and other family historians, the imported rabbits were a mixture of 17 wild and 7 domesticated rabbits. Bev described making corrections after discovering that 'her' Ellen Frances was not the proprietor of the Ellen Frances Hotel, but the proprietor of the Farmers Arms Hotel in Violet Town, while Marg described finding several errors in a handwritten copy of her paternal side's family tree going back to her great great grandfather James Ryan.

Malcolm provided a text-book example of how a mistake made in one tree can be perpetuated in others, warning of the need to be vigilant if an unexpected person turns up in a family tree; while Barry discovered information causing him to correct and reassess his GGF's wealth at the time of his death. Graham's story described realizing that the reason a marriage certificate wasn't available for a marriage was almost certainly that a first wife had experienced mental illness, which meant that remarriage wasn't possible. Andi worked us through a sequence of BMD registrations in which she had found an error, while Jane spoke about research by PHD historians on Churchill Island which has uncovered contradictory information, with subsequent corrections not being accepted well by local people.

For August's alternate Topic - 'Member's Choice' – David Hall shared valuable information on the [Virtual Record Treasury of Ireland](#) - a project to recreate the Irish Public Records Office records. The report on our web page includes David's slide show presentation and suggestions of links about the Virtual Record Treasury to follow up, along with Graham, Barry and Andi's suggestions for creating, writing and sharing family histories.

As Jane commented in her notes, "it was a lovely session, and fun to catch up with likeminded sleuths".

Next month's topic is 'Occupations'... *Looking at occupations of your forebears, are there any patterns? Describe them and try to find out about the circumstances surrounding them. Do you see any links in terms of yourself and your generation?* Next month's session includes Margaret Jenkin's approach to writing her family history and a presentation by Jane on ethical issues which can arise during family research.

Bev Lee, Jane Rushworth, Barry O'Connor

Family Research – Beginners

The *Family Research – Beginners* small group sessions will resume in Classroom 2 on Thursday 1 September. Perhaps mysteries will have been resolved, brick walls hurdled, while members have been away! Members who had one-to-one sessions earlier in the year are invited to 'touch base' to arrange a follow up session – 0478 607 838 or bevlee47@gmail.com.

Bev Lee

Film Discussion Group

We discussed two films this week. These were *Mothering Sunday* and *To Olivia*.

To Olivia is the story of Roald Dahl after the loss of his older daughter, and how this affected his relationship with his wife, Patricia Neal, and his other children, particularly his second daughter. The performances were excellent, with particular comments on the performance of Isabella Jonsson who played the younger sister, Tessa. It did show some background to Roald Dahl's life and writing, but as a person he was not liked. Overall the film was liked and rated as 3.5-4.5/5.

Mothering Sunday is based on a book by Graham Swift. The performances and cinematography were thought to be excellent. In general, the characters were not likable. There was a significant discussion around the nudity portrayed which did not really add to the story, although it was in the original book. We did have a short discussion about how our enjoyment of the story, as compared to the performances and other aspects of a film, impact how we rate a film. Basically, this is not a film that members of the class would recommend. Ratings were between 2.5-3.5/5.

Our next film class is on **14 September**. The films which were thought to be most interesting are *Falling for Figaro*, *Where the Crawdads Sing* and *The Phantom of the Open*.

Joy Shirley

Garden Appreciation

September 22nd: Meet at 9am at the Rose Garden near the Royal Hotel for our Bus trip to *The Falls, Longwood*. The Falls Garden is based at the foot of a unique natural waterfall fed by the Nine Mile Creek. Centred around a majestic lake and pavilion, the 12-acre garden features expansive laws with large native and a vast selection of ornamental deciduous trees. Cost of bus, entry and morning tea is \$37.00. Lunch will be at the Seven Creeks Hotel, Euroa, at own cost. Bookings, phone Gwen Turner on 0438 627 010 or email gwenturner243@gmail.com Payment is due in the 1st week of September and can be left at the RedB4 Bookshop. Please include your name on the envelope.

October 27th: Meet at the U3A Carpark at 9.30am for a trip to *Mansfield Concepts Garden Art Works (CAOS)*, Crosby's Lane, Mansfield. Lunch at the Delatite Hotel, Mansfield, followed by a visit to Mansfield Nursery.

Gwen Turner

Garden Team

Energy and enthusiasm helped us to be productive in Shirlie's pretty garden and we were rewarded with a sumptuous spread at afternoon tea.

It's rather soggy underfoot but let's hope we can dodge showers on Monday 29th August at Ray's.

Elsbeth Maconachie

German – Advanced

The happy German group continues to be challenged with lots of new vocabulary and pronunciation. Most members excel with their reading now, however activating conversation remains a problem. I will persevere by introducing more Grammar to enable everyone to form short sentences and answer questions freely, so that gradually the tongue loosens up and members can converse with each other. I am grateful to be able to be of assistance to class members and always learn a lot myself.

Horst Gunther

Investment

At the August meeting of Investment, we looked at an article by Shane Oliver titled "A Tonic for Turbulent Times: My Nine Tips for Investing". This article went back to basics which is always good to think about, especially in the current climate of high inflation, increasing interest rates and uncertainties overseas.

We also looked at a range of shares which had been suggested by Graham Hand and Anthony About. It was suggested that these shares offered potential in the current market.

The next meeting of Investment will be on Monday 5 September at 1.30pm in our U3A room

Margaret Jenkins

Let's Talk Books

Our August meeting produced a range of books to discuss. It is interesting to listen to different versions of books that are swapped among the group, how readers see another side of the same book. *The French Photographer* by Natasha Lester was a good read. An excellent book was *The Tolstoy Estate* by Steven Conte this book received many literary awards recounting the German invasion of Russia in World War 11, a military doctor was asked to set up a hospital in the grand estate of Count Leo Tolstoy, well worth the read. *Wild Wood* by Posie Graeme-Evans is a historical fiction book set in the Scottish Borders, the story weaves between 1321 and 1981 as a woman strives to find her history. *The Spy's Wife* by Fiona McIntosh. A great writer Fiona takes us into historical fiction, war, and romance, always a good mix, the character development in this story was excellent and got top marks for a good read. *While Paris Slept*, a debut novel by Ruth Druart is a moving story of resistance and faith, once again set in France during the War. The two books written by Amor Towles, *A Gentleman in Moscow* and *The Lincoln Highway* have received good reviews from several of our group and both books are going around again to those yet to read them. Noelle recommended *Becoming Michelle Obama* and also *The Little Paris Bookshop* by Nina George, an entertaining and lively book. You know the old saying *Behind every successful man* How true this was for Clementine Churchill, *First Lady. The Life and Wars of Clementine Churchill* by Sonia Purnell, well written and leaves a great admiration for Clementine during a difficult period in the world. *The Betrayal of Anne Frank* by Rosemary Sullivan has caused widespread criticism and controversy from many people. *The Thursday Murder Club* by Richard Osman is described as an Intelligent mystery about a group of seniors who find themselves in the centre of a murder investigation. *The Man Who Died Twice* is the mystery thriller sequel to the Thursday Murder Club. The non-fiction book *The Library Book* by Susan Orlean tells of the 1986 fire at the Los Angeles Central Library and received very favourable reviews. *When Things are Alive They Hum* by Hannah Bent, poses questions about love and existence, a novel that celebrates life. During renovations a body turned up beneath the floorboards, is the theme of *Digging Up Dirt* by Pamela Hart. Keep reading until we meet on the 5th September.

Geraldine McCorkell

Lifeball

Our winter recess is continuing slightly longer than anticipated as numbers remain low, but we are sure to return in the spring! At this stage, despite a couple of attempts, we have not been able to set a date, but with the return of travellers from warmer states, we are hopeful of mustering a full team. Watch this space! Rupert has extended a welcome from Wangaratta Lifeball in the meantime--contact Marlene for details.

Our games are scheduled at 10am each Monday at the Benalla Indoor Recreation Centre and provide a great way to continue playing a team sport. Coordinator Marlene Pitts on 0407240943 can provide details, and will also keep players updated on return dates

Julie McNeill

Meditation

Meditation has a calming effect on our body and our mind. In today's stressful climate it is becoming a mainstay for many of us, helping us to maintain blood pressure and cholesterol by relaxing our body and our minds, releasing tension when deep breathing, circulating oxygen throughout our bodies. All welcome.

Caroline Sims

Meet and Mingle

At the August Meet and Mingle we welcomed Lucy Mitchell-Long, Consumer Engagement and Volunteer Coordinator of Benalla Health, who gave us an interesting talk on Health Literacy.

Lucy gave us two handouts. The first was a list of abbreviations for various health professionals, conditions, places/departments and what you might see on various forms. After these abbreviations Lucy included some common hospital words and a brief explanation of what they meant.

The second handout said that "Questions are the Answer". It suggested that patients could get more involved with their health care if they knew the right questions to ask. This was followed by ten questions which if asked could supply a better idea to the patient why various treatments were being suggested.

It was good to see that there were quite a few questions from those present to Lucy concerning her presentation. Afterwards we enjoyed tea/coffee in our warm room.

Our guest speaker at the next Meet and Mingle on Wednesday 21 September 2022 at 10am in our U3A room will be Brian Greed. Brian will speak on “*Changes in Benalla over the last 67 years*” with particular reference to the water industry and local government. This should be an extremely interesting morning, and I hope to see lots of U3A members there.

Margaret Jenkins

Music Appreciation

“Something old, something new, something borrowed, something blue; a sixpence in your shoe” might be one way of describing the one and only August programme, except that it had nothing to do with good luck for brides or marriage. Good luck did however enter the equation when the director the Ballet Russe called on Stravinsky to check on progress for a commissioned work “The Rite of Spring” only to find no progress at all! The composer had been tinkering instead with an orchestral piece about a puppet who comes to life. Stravinsky was instructed to forget “The Rite of Spring” for the time being and so the ballet “Petrouchka” was born; and what better way to appreciate something that nearly wasn’t than to see it performed in an old recording by none other than the Bolshoi Ballet. “Borrowed and new” was present day composer Max Richter’s “Recomposed” – a rejiggered version of Vivaldi’s “Four Seasons”; while a chance meeting between Maurice Ravel and George Gershwin led to Ravel composing a piano concerto incorporating a “bluesy” main theme bearing an uncanny resemblance to Gershwin’s adaptations of the jazz idiom. Put “a sixpence in your shoe” and enjoy this wonderful music for yourself. It’s all on the website’s [Music Appreciation](#) page.

Bill Squire

Page Turners

The Cuckoo’s Calling, Robert Galbraith [aka J.K.Rowling]

This is one of three adult detective novels featuring Strike written by Rowling under this pen name, since completing the Harry Potter series.

Strike, a disgruntled former soldier and amputee from the Afghanistan conflict, runs a largely unsuccessful private investigation agency. Recently thrown out by his rich fiancé, he is sleeping in his office with debts piling up. An old friend contacts him and pays him to investigate the death of his sister who fell from her balcony but was it suicide or was she pushed?

A young ‘temp’ is sent by an agency to work for Strike for two weeks. Efficient and keen in taking part in the investigation, she puts the office in order and takes charge in helping Strike put his life together. Between them they solve the mystery of the woman’s death, involving homeless shelters, rich rock stars and wealthy, selfish Londoners.

Mixed reactions from our group but we had a great discussion about British, American and Australian detective fiction. Not as well written as the Harry Potter series, with too many facts and tries too hard to create adult fiction.

Next month’s book is *A Thousand Splendid Suns* by Khaled Hosseini, a refugee now living in Australia. An illegitimate teenager from Herat is forced to marry after a family tragedy.

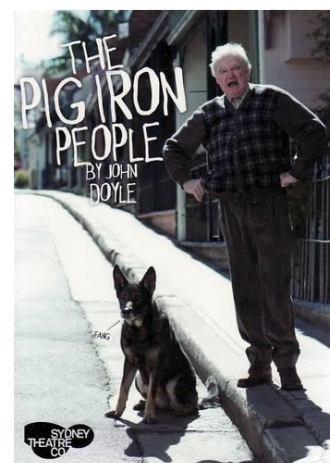
Meg Dillon

Play Reading

Our play for August was “*The Pig Iron People*” by John Doyle, an Australian playwright.

The play is set in two acts, with several short scenes in each act. In fact, one scene had no dialogue at all but is a scene important to the storyline.

This is not a comedy, although there are several comedic moments. It is set in Liberal Street, a tiny inner-city residential cul-de-sac in 1996 as the government changes. In two of the houses live two couples in their sixties. Then there is a German who displays many of the stereotypical characteristics of his nation. Opposite these is an old house rented by Nick, a writer in his thirties. No writer has ever lived in the street before, and the other residents make sure he knows it. During the play it comes out that the house was originally owned by a world-famous singer. An out of work actor, April, comes to live in the house with Nick when her boyfriend leaves to return to America.



The play shows the many contrasts between the generations, but also different personalities. The various characters develop a level of self-awareness about their background and how they came to be where they are. This results in long, but interesting, monologues as key characters reflect on their individual life journeys. These were managed well by members of the class.

An interesting play with messages on several different levels.

Thanks to Shirley and Pat in helping me keep the class operating during Jenny's absence. We hope she will be back leading the class soon.

Joy Shirley

Politics and Current Affairs

Plenty to discuss on a cool winter morning. Europe suffers heatwave and drought whilst Russia and Ukraine fight over the remains.

There has been a lot of activity in both Federal and State politics. The Federal sphere has been taken up with the Scott Morrison secret portfolio saga, whereas there are only a couple of months until the State elections, with both parties commencing their own party policies. One party does not appear to have much depth, whereas the other party has its past achievements which they are highlighting.

The raid on the Trump home at Mar-a-Lago was discussed, whilst waiting for the FBI release of details of the warrant issued prior to the raid. China's actions against Taiwan are slowly becoming more critical, but it was felt that the takeover of Taiwan would not be as destructive as the war Russia has inflicted on Ukraine, as it would destroy the electronics industries which supply equipment worldwide.

Terry Case and Heather Wallace

Recorder Group

I was away last month, but the group, bless them, kept meeting and working on the large array of music that we have. I thank them for their dedication and enthusiasm. I really enjoyed listening to the results of all their hard work. We would all like to thank Janine Washusen, who has been playing with us for quite a long time. Janine is about to move to Bairnsdale, after selling the farm in Warrenbayne. She has, over time, donated both instruments and music to the group, and this has been very kind and helpful. We wish her all the best for this next stage of her life. Thank you, Janine.

Janet Douglas

Saturday Cards – 500

Cards are a wonderful way to pass the time on a Saturday afternoon. Commencing at 1.30pm to 3.30pm come along and join the group.

Heather Wallace

Singing for Fun

During the second session of Singing for Fun in August Brian Greed chose a series of Seekers songs as a tribute to their lead singer, Judith Durham, who had passed away. Seeker's songs are always enjoyed, and singing them reminded us what a great group they had been in the '60s.

In the same session Margaret Merriman finished her selection of songs with "I Still call Australia Home" to celebrate Olivia Newton-John who had also passed away during the same week.

Kieran was given a list of songs for his session by Joan, and we all congratulated Joan afterwards on a great selection of songs.

Gwen Barnes has very ably supplied us with accompaniment on the piano during the month, whilst Carmyl and Brian have been alternating taking sessions.

Patsy had a few days in hospital during the previous week but was well enough for Deidre to bring her to Singing for Fun. We know how much many members enjoy their Singing on a Thursday morning, and also the companionship the group provides.

The next Singing for Fun session will be on Thursday 1 September 2022 at 10am in the Hub at Coinda. All welcome.

Margaret Jenkins

Stock and Land

Rural crime prevention focus Farm crime was the focus of Acting Sargent Ross Plattfuss's talk to the August session of Stock and Land. Ross is a farm crime liaison officer based in Benalla and at one time a dairy farmer at Blighty near Deniliquin. He much prefers his current job.

Ross said four-wheel motorbikes were particularly attractive to thieves as were chainsaws and spotlights. Fuel theft was now fairly unusual because more farmers had moved to effectively secure their fuel tanks.

At the same time, firearms are regularly stolen from farms. To more generally secure firearms, firearm safes made of thicker steel, had recently become mandatory.

Ross came to the meeting wearing his usual 10kg of equipment including a video camera, firearms, radio, pepper spray, handcuffs and body armour.

He told the group, that in general Benalla mostly reported fairly low-level crimes, like drug taking, family violence and youth crime, particularly involving 14 and 15 year old males.

Victoria Police has produced a brochure outlining security measures farmers should implement. Part of the brochure is a 55-point checklist to work through to minimise rural crime.

Our next speaker is John Paul Murphy from the 'Wooleen' cattle property at Winton.



David Palmer

Sustainability

At the Sustainability Group's first session in August, we discussed the findings of two recently released Australian government periodic reports which provide updates on issues we have previously discussed. These are the CSIRO 'mega-trends' report, which was first published in 2012, and the Environment department's 2021 edition of its State of the Environment report (generally published every five years). In the CSIRO's view there are two key new mega-trends that did not feature in its 2012 report; the need to adapt to the impacts of climate change and significant changes to the geo-political environment in the Indo-Pacific region. With the state of the environment report there was a general trend downwards in almost all categories which include 12 issues such as Antarctica and air quality through to marine and urban environments.

At our second session we took a dive into options to remove carbon dioxide from the atmosphere. This is predicated on the expectation that achieving 'net zero' greenhouse gas emissions by 2050 only deals with emissions being produced today. But if we want to return atmospheric greenhouse gas concentrations to levels to that which existed around the beginning of the industrial revolution, then we need to come up with techniques that remove large volumes of carbon dioxide from the air. We looked at a variety of nature-based and 'mechanical' means of removing carbon dioxide from the air and either turning the carbon component into long-lived products (such as concrete), burying the gas in stable geological structures or improving the environment (such as increasing soil carbon).

John Lane

Tech Savvy Beginners – Android

During August we:



- Looked at & installed What's App.
- Reset the length of time our phones stay on
- Cleared the Cache (housekeeping)
- Checked out Service Victoria & the services available using it
- Looked at managing passwords
- Discussed virus protection eg Norton, MacAfee & Microsoft Defender etc.

Classes are held every 1st 2nd 3rd Thursday of the month 10.00-12.00 – All welcome.

Robyn Lukey

Tech Savvy Beginners – Apple

The August session was my last Apple Beginners class for this year.

Thank you to all who have attended.

There will be no more Apple classes for the rest of the year.

Jenny Sawyer

Tech Talks

At our last Tech Talks we listened to Brian Cox give his explanation of Quantum Mechanics. I hope that I have his explanation correct.

He stated he was repeating Feynman's explanation and it was as follows: -

Particles are particles and they hop from place to place with a particular probability.

The probability that a particle will be at one place at one point of time and will be at a different place later is given by a simple rule and depends on mass, time, and distance and these can be calculated.

An example is accepting an electron will be in one position at one point in time but will be in another position at another point in time and the probability is that it will be in every position in a given area during a specified time.

In simple terms a particle will move from point A to point B and there is a probability attached. Remember that Quantum Mechanics is the study of the infinity small.

We also watched a video which showed us new uses of science including how we can fight fire with sound.

The use of robots and whether they will always take on human form was also discussed.

Numbers being low and as one of our attendees had to leave early, we called it a day at 3pm. If any other U3A members or their friends are interested in attending, we would welcome them.

Neville Gibb

Wine Appreciation

On a rather cold wintry day our small group of intrepid wine tasters (someone has to do it) set off for Indigo Winery at Upper Everton. Rob, the owner, was very welcoming and outlined the start of the vineyard and that they now have 46 Hectares planted to grapes and also grow their own pork and lamb.

The wines are true to high altitude type and we tasted five different varieties. The staff was very knowledgeable and keen to enlighten us of the awards some of the wines have won. We then motored further up the road to Beechworth and had a very enjoyable lunch at the Beechworth Pantry. Always lots of laughter and interesting discussions.

Next month we are off to Myrtleford to Ferraro Wines, 16 Clancy Lane, Myrtleford. Ferraro Wines is a boutique winery and produces Merlot, Barbera, Sangiovese, Nebbiolo, Rose, Vermentino and Sauvignon Blanc. Lunch will be at either Milawa Pub or King River Cafe at Oxley. Meeting behind Aldi at 10am and RSVP to me at nicnakmac90@gmail.com or phone/text 0428 696 408 by Sunday 25th September please.



Nicole McFarlane

Spring is here....

Spring is here, bringing with it agricultural shows, festivals, jumble sales, art shows, concerts, exhibitions, luncheons, swooping magpies and daffodils!

It's the time of the year when we invite friends interested in joining U3A to **'taste' our courses and activities**. Why not bring a friend along to one of the groups you are in or try a new one yourself to see if you like it. If you know anyone who is thinking of joining U3A next year, please let them know about this. People attending taster sessions just need to speak to the convenor beforehand and put their names on the attendance roll when they arrive, they don't need to formally enrol.

U3A Benalla's Seniors month celebrations in October include the launching of our new marketing pamphlet at a street stall encouraging new members to join, opportunities to 'taste' new courses and activities, and a **Be Connected-funded 'Try One Thing' event during Seniors' week**. Jenny Sawyer will be guest speaker at a light lunch following Meet and Mingle on Wednesday 21 October at 11.45am. Free to U3A members.

'Building Back Better' in a Post Covid environment is the theme of this year's **U3A Network Victoria conference**, which returns after a long break. It is being held in Bendigo from the 2-4 October and our Vice-President, Anne Nelson, will be representing U3A Benalla.

The **Benalla Agricultural Show** returns on Friday 14th and Saturday 15th October this year, with U3A Benalla one of this year's sponsors in the Handicrafts section.

The **Benalla Festival** is back in November 2022. We are hoping to have an information stand at the **Day in the Gardens Market**, on Sunday 6 November. If you would be happy to help set up and pack up on the day, we'd love to hear from you!

Our Singing for Fun, Recorder and Patchwork groups are currently working towards our annual **'Meet and Mingle' Concert, Quilt Exhibition and Morning Tea** to be held in the Auditorium on Wednesday 16 November from 10 am to 12 noon. All welcome!

Finally, Wine Appreciation convenor Nicole McFarlane has investigated and submitted possible venues for the **U3A Benalla Christmas Luncheon**, traditionally held in the 4th week of November. More details in upcoming newsletters.

There certainly is a lot to look forward to!

Speaking of spring, a gentle reminder to Garden Appreciation members that payments for the Falls bus trip to Longwood East are due by the first week in September ...

U3A Benalla Garden Appreciation Bus Trip

'The Falls' Garden, Longwood East

Thursday 22nd September 2022, 9am Benalla Gardens nr Royal Hotel

The Falls Garden is based at the foot of a unique natural waterfall fed by the Nine Mile Creek. Centred around a majestic lake and pavilion, the twelve-acre garden features expansive lawns with large native and a vast selection of ornamental deciduous trees. The garden incorporates magnificent stonework throughout and areas or rooms which each offer a different perspective and experience. If you find walking difficult, there is a lovely pavilion to sit in beside the lake.

Cost of Bus, Entry to 'The Falls' Garden and Morning Tea, **\$37.00**.

Lunch, **Seven Creeks Hotel, Euroa**, at own cost.

Bookings, phone Gwen Turner on **0438627010**, or email **gwenturner243@gmail.com**.

Payment, due by the first week in September, can be left at the RedB4 Bookshop next to Hide's Bakery in Bridge Street. Please include your name on the envelope.



What's On

Thursday, 1 September

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

Friday, 2 September

- 10:00 Sustainability

Monday, 5 September

- 09:30 Exercises for Fun
- 10:00 Collectors: Let's Commemorate!
- 10:00 Lifeball - To Be Advised
- 10:00 Art Appreciation - 'The Ledger Collection--the Curator's Perspective'
- 12:00 Meditation
- 13:30 Investment
- 14:00 Let's Talk Books

Tuesday, 6 September

- 10:00 Page Turners - 'A Thousand Splendid Suns'
- 10:00 Stock and Land - John Paul Murphy
- 12:15 German - Advanced

Wednesday, 7 September

- 09:30 Easy Walks - Mt Pilot and Woolshed Falls
- 09:30 Play Reading
- 13:30 'A Taste of Art'
- 14:00 Be Connected

Thursday, 8 September

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

Friday, 9 September

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

Saturday, 10 September

- 13:30 Saturday Games - '500'

Monday, 12 September

- 09:30 Exercises for Fun
- 10:00 Lifeball
- 14:00 Creative Writing
- 14:00 Garden Team

Tuesday, 13 September

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

Wednesday, 14 September

- 10:00 Recorder Group
- 14:00 Be Connected
- 14:00 Film Discussion Group:Falling for Figaro/Where the Crawdads Sing/Phantom of the Open

Thursday, 15 September

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

Friday, 16 September

- 10:00 Sustainability
- 11:45 Chat 'n Chew – Benalla Golf Club

Monday, 19 September

- 09:30 Exercises for Fun
- 10:00 Lifeball
- 12:00 Meditation
- 13:30 Coin Collectors

Tuesday, 20 September

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

Wednesday, 21 September

- 10:00 Meet and Mingle - Brian Greed – 'Changes in Benalla Over the Last 67 Years'
- 13:30 'A Taste of Art'

Thursday, 22 September

- 09:00 Garden Appreciation - The Falls, Longwood East (Bus Trip)
- 10:00 Community Singing @ The Hub
- 13:00 Family Research - 'Occupations'

Friday, 23 September

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

Saturday, 24 September

- 13:30 Saturday Games - '500'

Sunday, 25 September

- 17:00 Newsletter reports due today

Monday, 26 September

- 09:30 Exercises for Fun
- 10:00 Lifeball
- 14:00 As Time Goes By - 'Bucket List'/'Never too Late'

Tuesday, 27 September

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

Wednesday, 28 September

- 10:00 Wine Apprec'n – Ferraro Wines, Myrtleford
- 10:00 Recorder Group

Monday, 3 October

- 09:30 Exercises for Fun
- 10:00 Collectors
- 10:00 Lifeball
- 10:00 Art Appreciation
- 12:00 Meditation
- 13:30 Investment
- 14:00 Let's Talk Books

Tuesday, 4 October

- 10:00 Page Turners - 'The Labyrinth'
- 10:00 Stock and Land
- 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

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