



Benalla and District Inc.

Newsletter – September, 2018

U3A Benalla & District Inc

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Please send all newsletter items for the newsletter to newsletter@u3abenalla.com by midday **25 Sep 2018**

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President's Report

I have had a wonderful trip to Melbourne and lunch with great friends I've not seen for a number of years, all because of modern technology catching up on Facebook. You too can do this by joining Be Connected Program and learning the ins and outs of your device. We have three new iPads to lend out. Try before you buy. We thank Age Friendly Benalla for the iPads.

Dorothy Webber, President

Group Reports

Armchair History

We turn our attention to Ireland and take an overview from the period of Norman rule to the Elizabethan era using "The Story of Ireland" DVD as our guide. This is a history of colonialism, clan loyalties and religious differences.

Terry Case

Armchair Traveller

With members beginning to return from their travels we are looking forward to hearing their tales at the Tuesday September 18 and Tuesday November 20 sessions of Armchair Traveller. If you would like to present, please contact Ray O'Shannessy on 5762 1559. All welcome.

Ray O'Shannessy

Art Appreciation

At our August meeting at the Gallery we were fortunate to have Shanley explain to us the delights of the 'Sea HER Land' Baluk Arts and Craft Victoria exhibit.

This is an exhibition of re-creations of Indigenous artefacts lovingly produced by Indigenous women artists. The object of their intentions was to recreate the spirit of the art and craft of their forebears and not all objects are exact reproductions. The artists have researched original sources and have studied both drawings and descriptions of aboriginal artefacts and have brought these objects back to life. Both Art and Craft have been used in the manufacture of these exhibits.

We thank Shanley for her generosity and her expertise.

Neville Gibb

Bird Watching

The U3A Bird watching group resumes on Thursday 13 September 2018, when we will visit private property in the Uptopotpon district, about 35 minutes west of Benalla. The property has a mix of eucalypt woodland and open grassland.

We will meet in the car park behind the Seniors building, ready to leave by 9.30am. Please bring anything you want to eat or drink for the morning, a sun hat and binoculars if you have them, and wear sturdy footwear. We plan to head back to Benalla about midday.

For your diary, our following outing is on Thursday 11 October when we will visit private property in the Lurg district. The last outing for the year is on Thursday 8 November, destination to be advised.

Look forward to seeing you in some Spring sunshine

Kathy Costello

Brain Games

We started with some mnemonics and discussed ways of improving memory retention such as

clumping, pairing, associating - even humming. It is clear that techniques, like repetition and rhyming, can help, and that something not stored properly to begin with, will be quickly lost, while times- tables might stay forever (and be chanted in the same tone as we fish them out!).

Serious brain exercise was done with the Wordplay and, especially the Maslanka, sections of The Guardian's puzzle page. If you can keep up with Pedanticus your brain is in very good nick!

We eased back with a few rather corny creative puzzles which demanded lateral leaps.

Bring along any homework for checking on September 3rd.

Elspeth Maconachie

Bushwalks

Easy Walks

EASY – WALK AUGUST 8

Seven walkers had a pleasant stroll along Honeysuckle Creek in Violet Town. Parking in the recreation reserve, we walked South underneath the railway line and crossed the bridge on the old Hume Highway. It is hard to believe that this narrow road used to carry so much traffic. We then walked back along the Eastern side of the creek to cross another bridge and enjoyed our lunch in the reserve. It is amazing that such a small town has such good walks, sporting facilities and of course the regular Market.

EASY WALK - WEDNESDAY SEPTEMBER 5

A walk close to Benalla, we will visit the Kennedy Lane Wild Flower Reserve. David McVicar will lead us here and on a district walk. Please ring Vaughan on 5762 1980. We will leave Barkly Street Car park 10.00am.

Vaughan Cowan

Mid-week Walk

MID – WEEK WALK AUGUST 15

Having cancelled the walk once, although it was raining in Benalla, we decided to take the bull by the horns and take the plunge so to speak. It does come in handy having family living near the proposed walk!! We travelled to the Boosey Creek, just south of Katamatite where the five starters took to the track, and a very enjoyable and happy walk followed. The creek is quite dry, as the northern part of the state is suffering from dry conditions, the crops do look in great need of rain, they were very undeveloped for this time of

the year. However, as there is nothing we could do to help there we all enjoyed the wonderful variety of eucalypts we passed, but perhaps even more the beauty of some of the fallen timber. The patterns on some of the large logs were just so beautiful, if only the trees and logs could talk, what stories they would tell. The calmness and beauty of the place we all felt. In the dry creek bed we found fresh water mussel shells, and we have yet to identify a shrub which grew abundantly, obviously not a tasty morsel for the kangaroos. Long sharp twigs or are they leaves? Time will tell, we are working on that one. In fact, a lovely walk, with a very interesting display of derelict farm machinery going back nearly 100 years. We travelled home via the Silo Art on the on the wheat storage silos, and visited Sophia in the Uniting Church in Goorambat, a very worthwhile detour to be recommended. Thank you all for making it such a happy day.

Susan Buykx.

MID-WEEK WALK – WEDNESDAY SEPTEMBER 12

We will walk Logger's Lane circuit in the Warby Ranges. We start from Ryan's Lookout and cross the Devenish - Wangaratta road and turn left for good views to the North East. There are some climbs, but not too hard. The return road is down a bike track. I don't think this walk is used much, but it is very attractive. Please ring Vaughan on 5762 1980. We leave Barkly Street car park at 9am.

Vaughan Cowan

Chat n' Chew

Our group will meet for lunch on Friday 21st September at 12.00 at

Kim Wah Restaurant

Our "season" is almost over for 2018 so do feel welcome to come along. Contact 5762 6768 by Tuesday 18th September.

Shirley Kearney

Collectors

Once again, our numbers were down with 11 apologies being received from members who were holidaying in warmer climes or overseas, unwell, or otherwise engaged. Our best wishes to those who are unwell.

We did however have a most enjoyable meeting with our theme of 'metal'. Dorothy had been to an antique auction the weekend before and brought along a catalogue of items for sale. This was of great interest and bargains could be obtained as prices were low. It seems our

heirlooms and collections are not going to make us rich.

Many of our group had spent a few hours polishing their items and we had lovely variety of shiny silver, copper and brass ware. These included a pair of baby shoes which had been dipped in copper - a treasured keepsake - , and brass items made from bullet cases during World War II, a soldiers Dog Tag and badge, a brass elephant decorated with gems, a beautiful antique cruet set, silver pin cushion, silver tea pots, jugs and sugar basins., copper Johnny Walker Tray and metal George VI tray, Copper coal scuttle, hand-made gypsy kettle and other brass, copper and silver ornaments.



All these items can be seen on the U3A website under 'Collectors'. Many thanks to Bev once again.

Members were very interested in two 'Carter's Antiques' books donated by Godfrey and Carole with two people taking home a copy each to be returned at our next meeting. Our thanks to Carole and Godfrey.

Our theme for September is 'time'. So, dust off your clocks and watches and bring them along. They don't have to be in working order.

Judith Borthwick

e-Book Group

Our last book was a very extensive biography of an English Spy - Daphne Park - for some of us it was fascinating, for others it was far too wordy!! However for those of us who could meet for the discussion of Park's life and work it was made all the more interesting because we had lived through the news reports of the political troubles of the Congo in the early 1960's and the Vietnam War - the times when this spy had been part of the English team that manipulated the outcomes of the times. Quite frightening!

Our reading group meets in a cosy corner of our Library from 10 a.m. on the 1st Tuesday of the

month. If you are looking for a good reading group to join, why don't you "check us out!" You would be made most welcome.

Helen Squire

Exercises for Fun

Our Exercise Class is an enthusiastic group who are continuing to enjoy the company of each other while keeping warm and burning off a bit of energy. What a fantastic way to start off the day.

Any U3A member is welcome to come along and have a look at our mild exercises to music, any Monday at 9.30am.

We finish with a "cool down", then have a cuppa and a chat.

Have fun,

Helen Jeffree

Exploring the Universe

We covered a lot of 'Space' in our last session, ranging from two more newborn planets discovered in their cocoons of space dust and gas, to stunning film of distant galaxies and stars from ESO's Survey Telescope, which surveys the southern sky in visible light. We explored film of astrophysicist's new theory that a visiting interstellar space rock, that sped into our Solar system last year drawn by the gravity of the Sun, may not actually be an asteroid, but a very strange type of comet, as it's exiting our Solar System very fast.

We viewed the first camera trials received from the Transiting Exoplanet Survey Satellite that went into orbit around the Earth recently to look for Exoplanets. In these images TESS picked up a comet, variable stars and near Earth asteroids.

In August NASA's Parker Solar Probe was launched from Cape Canaveral towards the Sun, propelled by a powerful Delta IV heavy rocket. Its mission is to travel into the Sun's scorching atmosphere, the Corona, to study how heat and energy accelerate the solar wind and space weather that affect Earth and other planets. Travelling as fast as 700,000 kms/h the probe will orbit around Venus and the Sun in a mission that will last seven years.

Rupe had specifications of the Solar Probe and Bev had recorded interviews with Astrophysicists and live coverage of the launch. We watched the Solar Probe blast into space reaching a speed of 4,500mph in only three minutes on its journey to touch the sun.

https://www.youtube.com/watch?v=4GUi8Gk_3fA

Jan presented The First test of Einstein's Theory of General Relativity of a star orbiting a black hole. We have more work to do on that one!

We finished the afternoon with a discussion on space junk and watched a spectacular film of 'Landmarks of the Moon' from material from the Lunar Reconnaissance Orbiter, set to the music of Claude Debussy's Clair de Lune. The viewer follows the Sun throughout a lunar day. Well worth watching at:

<https://www.youtube.com/watch?v=zNpsy6IBPBw>

Bev Morton

Film and Literature

We had a change of plan for our August Film and Literature session. We were a very small group as several people were unable to attend. Instead we watched an episode of an Agatha Christie short story, *The Case of the Missing Woman*.

This was an entertaining movie, which we decided was a satirical comedy rather than a traditional Christie crime movie. There was an element of mystery as the main characters, Tommy and Tuppence Beresford, seek to locate a missing woman at the request of her fiancée, Gabriel Stavansson. She had been staying with her aunt, Lady Susan Clonray while Stavanssen was away for two years. Stavansson did not get on with Lady Susan who he thought of as fat, and she was evasive about her niece's whereabouts. Tommy and Tuppence eventually located the missing woman only to find that she was undergoing radical treatment to lose the weight she had put on while her fiancée was away.

Costuming was great, with Tuppence wearing matching dress and hat in one scene. Lady Susan's portrayal as a fat lady did not work as well as we would have liked, with a thinner person's head on a supposedly fat body. Her costume though was bright and impressive. We did discuss the current issues around obesity, and what is considered fat or obese. Finally, we enjoyed the butler who was serving Lady Susan as he was portrayed as old and dodderly, one of many comical scenes in the movie.

Our September movie will be either *Belle* or *Ladies in Lavender*. *Belle* is based loosely on the story of Dido Belle, the illegitimate daughter of a Royal Navy captain and a slave woman in the 18th century. This will be the movie if the internet behaves well for streaming the movie. If we have internet problems we will watch *Ladies in Lavender*, starring Judi Dench and Maggie Smith.

With all the movies we watch, our aim is to focus our discussion, covering ideas around genre, characters, plot, but also adding the aspects that relate to film, such as cinemascope, music and atmosphere. We aim to start promptly at 1:00pm to allow time to discuss the movie.

Joy Shirley

Games

Do you enjoy Board Games? Join us on the 4th Wednesday from 10 am to 12 midday.

Dorothy Webber

Garden Appreciation

September 27

Meet at 10 a.m. in U3A car park behind the Seniors building. We will visit the beautiful, large and inspiring garden of Kathleen Yates, 764 Baddaginnie Benalla Road. Please bring a small plate to share as well as a cup, and hot water in a Thermos (milk, tea and coffee are provided). Lunch venue - The Royal (cnr Arundel & Bridge St).

October 25th

Meet at 9.30 a.m. in U3A car park behind the Seniors building. We will visit Peard's Nursery, 119 Borella Road, East Albury with lunch at the Nursery Café. Morning tea to be arranged.

GwenTurner 5762 7017 or 0438627010

Garden Team

With many in the group unavailable, a small team of four achieved a lot at Kathy's place. The jasmine and ivy was tamed, some self-sown native plants were potted up and a number of other plants trimmed or pruned.

In September we will gather at 6 Tulip St.

Elspeth Maconachie

Hot Topics

Two large topics were discussed at our last gathering. Led by Freida Andrews, the first topic was '*Should Australia be providing international aid, and if so, who to and how?*'. Foreign Aid from Australia has dropped in real terms by one third in our budget over the past three years. One of the major issues explored was whether developing countries are better off receiving government to government aid or would they be better off without it, even if it meant the collapse of the country? Australia is number 16 in the world in percent of our gross National Income given in foreign aid at 0.27%. This is well below the UN agreement with OECD countries of .7% and also

well below our best efforts under Holt & Gorton of .48%. Is 0.27% the right amount at \$3.22 billion, or should it be less or more?

This led us on to the second topic, *Drought Aid*. Many questions arose, not least should our international aid go to our farmers or can we do both? There was a good deal of discussion on how we and farmers deal with drought. Questions on how we prepare for drought came up with Brian Vial giving us a great run down on how farmers manage drought and that as with all areas of work some take up new ideas better than others.

Our next Hot Topics are from the top of the list of topics chosen by participants - '*Climate Change - is it relevant for us at our age?*' and '*Do we need a Bill of Rights?*' This will be held on September 21st at 1:30pm and all are welcome.

Carole Marple

Investment

At the August meeting of Investment we took the opportunity to look at the End of Financial Year results for 2017-2018. For that period the All Ordinaries showed a capital gain of 9.1%, which was the best result on the Australian market for four years. Using our members combined knowledge of individual shares we put together a list of about 20 shares which had shown a better capital return than the All Ordinaries.

Our second topic for the afternoon was a group of Upward Trending shares which had shown increasing share prices not only for the 2017-2018 Financial Year, but also through July 2018. We noted what the shareholder return was for these shares for up to 5 years, as well as their market capitalisation, dividend yield, franking status and the sector they belonged to.

The next meeting of Investment will be on Friday 7 September 2018 at 1.30pm in the U3A room at the Seniors Complex in Fawckner Drive Benalla.

Margaret Jenkins

Let's Talk Books

Once again, a spirited discussion over books read, lots of books to swap or take to read. A few spy and crime book's this month. Books read were *Jasper Jones*, *Eleanor Olivant* a debut novel by Gail Honeyman, *The Gate at the Top of the Stairs* by Laurie Moore. *The Bookshop* was read, the film was shown recently in Benalla, proving the point if people don't support a project it will fail. *Queen of the Spies* about a woman who was a leading spy in the UK, a bit dull in parts. *Renoir's Dancer* was enjoyed, a woman who was an artist's model and

became an artist herself, our reader pointed out women painters never receive the same recognition as men. *Name Dropping* by Kate Fitzpatrick, an easy style and enjoyable read. The *Ladies in Black* related the true story of Lillian Armfield the first female detective in Sydney appointed in the 1920's in the days of the Razor Gangs. *A Pleasure and a Calling* by Phil Hogan, this book caused a deal of laughter as the main character was a Real Estate Agent who had keys to many homes in the town and got up to a bit of mischief. *Salt Creek* by Lucy Treloar was an excellent Australian story, as was *Absolution Creek*. *The Prisoner* by Kerry Tucker with Craig Henderson is written about the author's time spent in prison for fraud; released in 2007, she became the person who welcomed and assisted new prisoners. The series Wentworth on television was based on this book. See you all on the 4th September.

Geraldine McCorkell

Life ball

Life Ball propels itself along with laughter and walking along with a ball. What could be easier??

Numbers have been down somewhat, due to health problems and migrating to warmer climes for our winter. Except, the way we play, we create our own micro-climate, especially if we play half court, which is pretty hilarious!! We usually have a 12 person team but can play with as few as 6 if necessary. If that is the case, there is no need to play full court, so we play half court, and dictate how many throws must be made before the ball can progress to the next stage.

It sounds very complicated, but once we are aware of the adaptations, it is quite easy to follow.

Because these adaptations can be organized at a moment's notice, the number of players we have is irrelevant really. We simply organize to play, whatever the number.

And playing half court gives us all a real workout, keeping both the body and the brain working in unison, such that we all feel very satisfied with our day's work.

May we live forever!!!!!!!

Marg Merriman 5762 2967

Meet and Mingle

August's session with Nick Gadd from the Law Reform Commission proved both interesting and informative. He explained the role of the Justice Department and mentioned that the prioritising of matters to be heard by Parliament may lead to

reports they prepare, on egg fence disputes, being held over for some time. He also gave examples of the wide ranging powers of Executors of wills. Coming up – NBN Update with Michael Plax.

Bill Parris

Music Appreciation

This week we welcomed back John Avery into our group.

The year 2018 has been denoted the Year of the Bassoon. Today we listened to 4 selections of Bassoon Music:

Fantasia by Paul Douglas

Beethoven's Trio in E Flat Major. Opus 38

Selections from Richard Strauss

Selections from Mikhail Glinka

The Bassoon is an instrument that has developed over the centuries and is not an easy instrument to master. Consequently, there is not a large repertoire of music available or players to play it. What music is available is in high demand and very enjoyable to listen to. As we did this morning.

Neville Gibb

Patchwork

Vivienne Sheppard will now be our guest on Thursday 20 September



Judith Northwick's beautiful hexogen quilt

Dorothy Webber

Play Reading

'The Importance of Being Earnest'

By Oscar Wilde

John (Jack) and Algernon (Ally) both invent alter egos with the name Earnest.

Gwendolen and Cecily are smitten by Earnest and Earnest who are really Jack and Ally. They both

claim the name Earnest to be a prerequisite for betrothal.

Do Jack and Ally change their names?

Do Gwendolen and Cecily end up with Jack and Ally?

The storyline seems to be a mere vehicle for Oscar Wilde to make comment on social behaviours in a most witty and ironic manner.

'Cecily: Mamma, whose views on education are remarkably strict, has brought me up to be extremely short-sighted.'

[And Cecily does wear glasses as she is extremely short-sighted.]

The Benalla U3A play readers read this play in one session and it was very much enjoyed by all.

Today the popularity of the name Earnest (more commonly spelt Ernest) has very much waned since Victorian times. Internet research places it currently at around number 300.

Jenny Sawyer

Politics and Current Affairs

How should we deal with politicians making outrageous statements in order to boost their profile? Is the media being "gamed" by politicians seeking to create a following? Is it better to ignore these attention seekers, or is it the duty of the media to report their views?

It appears the rest of the year will be spent watching the Liberals play their version of "Game of Thrones", who will emerge victorious from the bloodbath?

Terry Case

Recorder

A wave of excitement/trepidation rippled throughout the Recorder Group as Janet announced "We've been invited to play at the Coffee Club over at the CWA Hall in a month's time.

We quickly set about compiling pieces for our "Practice Makes Perfect" list.

The rounds "Joan Glover", "Turn the Glasses Over", "London's Burning", "La Moresque" and "Kookaburra" all got a gurney as did "Au Claire de la Lune", which we'll play as a duet.

"Au Vaus Dray Je Merman" is stunning when played in three parts and who could go past "Brian Bore's March" especially when we get it right.

A month's time.

We all went home resolving to practise, practise, practise.

Pat Tre leaven

Singing for Fun

During August the new Kawai piano has been moved to the opposite end of the U3A room where we hold Singing for Fun. The advantage of this position is that the piano is not near the doorway into the room. With the change in position of the piano, the singers are now facing the parkland, and therefore have the advantage of being able to admire the view of the parkland between songs.

Our leader, Joyce Borsch Mann has provided members of the Singing Group with a number of dates to put in their calendars. The first date to note is Sunday 11 November 2018 at 2pm in the Benalla Town Hall. This day is the 100th anniversary of the end of World War 1, and the Singing Group has been asked to sing two songs at the commemorative service.

The dates for our end of year performances will be at Meet and Mingle on Wednesday 21 November 2018 at 10am at the Seniors complex, and at Coinda on Thursday 6 December at 10.30am.

Our leaders, Faith Hicks, Brian Greed and Margaret Merriman, supported by our pianist Gwen Barnes, continue to present us with a variety of songs which we enjoy.

Margaret Jenkins

Stock and Land

Finding innovative ways of making repetitive jobs easier and more efficient, has been a key driver of Devenish prime lamb, cattle and crop producer Kevin Mitchell's farming life.

Now 77 and still active, he and wife Pat run 1000 acres, half of which is flood irrigated from the Broken Creek. They moved to the Devenish district in 1960 from Sea Lake to find more reliable rainfall.



David Palmer and Kevin Mitchell

Running 1500 crossbreed ewes and an average of 2500 lambs they produce each year by themselves, prompted Kevin to make the way they handled them, more efficient.

To that end he installed an overhead rail and movable shearing machine above their sheep race, so he can more easily crutch the flock; it works so well he reckons every sheep farmer should have a similar set up. But he is clearly disappointed the idea has not caught on.

He said the rail ran the length of the race and enabled him to stay standing and crutch between 2000 and 3000 sheep a year by himself.

It is paired with a Pro Weigh sheep handler which lifts the whole race so all the sheep in the race have their feet off the ground and are therefore disinclined to struggle.

It is particularly useful for inoculations and Kevin said its calming effect, meant he could inoculate about 20 a minute.

The Mitchells were innovators too, in their cropping operation, when in 1962 they expanded the grain and fertiliser boxes on their combine and augured seed and super. in from truck mounted bulk bins. But Kevin said it took the best part of a decade for that idea to take off elsewhere.

Kevin's wife Pat is an active participant in the farm's operations too; he said if your wife could work amicably in the sheep yards with you, your relationship was probably faring well. Pat is secretary of the 15 farmer members Goorambat lamb group and is also a qualified wool classer. But Kevin said their wool was "terrible" because producing prime lambs was their major money earner. They buy Prime Line rams from a prominent Holbrook breeder, to maximise profits from lambs.

To encourage the best pasture species and maximise their production, the Mitchells laid 8km of poly pipe to about 50 paddocks. That enables them to fine tune grazing of each paddock which might mean just a few hours access for a big mob.

The Mitchells have also been active in the \$50,000 project to paint massive soldier and military nurse pictures, or silo art, on the Devenish silos. He said 15,000 people had signed the visitors' book (they are now halfway through the second) since the massive artworks were completed in April. Plans are underway for post & rail fencing & seating near the silos. Kevin said he would love to see a coffee shop start to better serve silo art visitors.

For our September meeting, we will visit Dookie College's automated dairy on the Midland

Highway at Kalinga. We need to be there by 10am so will meet at the Senior Citizens at 9.00am to sort out how we arrange shared cars before leaving no later than 9.15am.

David Palmer

Tech Savvy

iPad for Beginners – Be Connected

THE Be Connected Course was modified just before the August 15th session with a new Homepage and extra modules; including 'All About Data' and 'Apps'. However, in this session as the group finally got going and worked on both previous and some of the new modules we found the quiz sections were not available showing as a blank page. U3A Benalla has contacted the Be Connected organisation and the Quiz Sections are now back online.



We will now introduce the Be Connected website and Course to all of our Android owners beginning Wednesday 29th August 1:30 -3:30pm.

Android

Wednesdays 1:30-:30pm 29th Aug; 5 & 19th Sep

Apple users are invited to come along to Tech Savvy Project sessions to continue working on modules of their choosing. See dates below

Apple (Be Connected@Tech Savvy Projects)

Tuesdays 3:00-4:30pm 11th & 25th Sep, 9th Oct

More dates being offered in October & November.

Jenny Sawyer 0409 545 182

Tech Savvy Projects

'Be Connected@Tech Savvy Projects' is being offered as part of Tech Savvy Projects from 28th August. 'Be Connected' members can now join the 2nd and 4th Tuesdays 3 to 4.30pm sessions of Tech Savvy Projects, providing extra time to work through modules with support available from Bev (and other mentors if the numbers warrant). 'Be Connected' group members have been given a printed timetable of all dates involved. Sessions are also listed in the 'What's On' page of the

newsletter and on the calendars and timetables on the website.

Bev Lee

Tech Savvy Talks

This month Tech Savvy Talkers had an excursion to the Wangaratta GOTAFE where the Innovation Hub was the subject of our visit.

The Innovation Hub is managed by Craig Murphy who generously spent two hours with us to explain what it is all about. He also demonstrated some of the equipment for us.

The hub has come a long way from an initial grant application in 2016 to what is a very well-equipped facility today. It has already had a relocation in its short life and is now located in a new area which is currently being expanded to include additional functions.

Craig explained that the thinking behind the facility is that it is based on the worldwide Maker Movement in that it provides working space for students, local business, industry and the community at large. Digital Disruption, Industry 4.0, the Internet of Things and the need to be responsive to product development and lead times were all considered when designing the Innovation Hub.



The vision is to provide a 'one stop shop' where people from all walks of life can come together and learn and grow in a safe non-threatening environment.

The equipment includes a number of 3d printers of various types including resin and plastic filament and a 3d scanner to reproduce a software model for later printing by the 3d printer. Also included is a very sophisticated CO2 laser cutter and etcher (able to cut wood up to about 10 mm thick and etch anodised aluminium). The etcher can be driven by the well known Adobe and Autodesk software such as Photoshop and Autocad.

Other items of interest were the vacuum former for making plastic objects from a mould. A garment printer is also available for reproduction of artwork on suitable material. We were taken with the small robot based on an Arduino micro

computer board together with the various actuators to make it do something. While this was assembled from a kit, the plastic components could easily be obtained by using the 3d printers and the software developed by local enthusiastic students etc.

The two hours passed quickly and we all enjoyed our visit. After thanking Craig profusely, those of us who had the time enjoyed lunch at The Hollywood in Wangaratta.

Coffee at the Northo this month was highlighted by Malcolm's presentation of his adventures in the UK particularly in regard to travelling the canal system and also the technologies he and his family saw at the Farnborough air show. Most impressive was the new lightweight Airbus 350. The A350 uses a combination of materials, including plastic reinforced by carbon fibre, along with titanium and aluminium alloys. More than 70 per cent of the aircraft is made of lightweight materials. Aerobatic helicopters with 'outside' loop the loop capability were also amazing. Sadly, the canal system technology relying more on brawn (in this case Malcolm's wife's) was not nearly so impressive but none the less interesting.

Les Rodgers

Towards a Sustainable Future

Our meeting on 17 August 2018 included a discussion of the difficulty of achieving political action to reduce greenhouse gas emissions. The latest policy proposal, the National Energy Guarantee, has been discarded since our discussion, and that was just the start of the tumult that ended Malcolm Turnbull's Prime Ministership.

On a positive note it is encouraging that the Coles and Woolworths supermarkets in Benalla both now have REDcycle bins in their foyers to collect soft plastic items for recycling. A Melbourne-based company RedPlas has been collecting and recycling soft plastics for a number of years now, and turning them into products such as benches, signs, boardwalks and bollards. They collect plastics that cannot be recycled in our yellow bins, and that would otherwise end up in landfill.

Items they want include bread bags, silver lined chip packets, clean cling wrap, frozen food and fresh produce bags, bubble wrap, plastic Australia Post satchels and zip lock bags to name just a few. But they DON'T WANT plastic bottles or containers, drinking straws, glass, polystyrene, paper or cardboard. The [REDcycle website](#) shows

what plastics can be recycled through the REDcycle bins at Coles and Woolies. **Basically if it is soft plastic that can be scrunched up into a ball, it can go in the REDcycle bin.** A detailed list of what and what NOT to REDcycle is attached to this Newsletter.

Kathy Costello

Travel Group

Since our last meeting P&O have decided to cancel the cruise no J911 on February 24th 2019 to Tasmania and offer an earlier date on February 18th. This will be cruise no J910 leaving from Melbourne. It is 6 nights instead of 5, the fare is the same and they are offering \$100 per person spending money by way of compensation. Please contact your booking agent to confirm your details as those bookings should now be moved over.

We had some discussions on RFID protection, anti-theft handbags and general safety precautions for travelling.

Unfortunately not enough people want to go to Melbourne to see a show, as indicated earlier in the year, and /or stay for a well-priced weekend package and explore the nooks and crannies of our city. That event is cancelled unless anyone wants to take up the challenge of organising.

The South African trip for next year is shaping up as a single ladies only, and that should make it a great adventure. Wonder where all the men are off to....

On October 24th we are off to Werribee Open Range Zoo with Benalla Buslines (Book direct with them). Werribee Zoo is an African themed Zoo advertising 'African adventures close to home'. So I guess that's the alternative. There is a safari tour and many keeper talks throughout the day. Lunch is not provided but there are several kiosks and a restaurant which is reasonably priced.

Happy travels.

Judy Perry

Wine Appreciation

On August 22nd the U3A Wine Appreciation Group visited the picturesque [Baddaginnie Run](#) winery in the foothills of the Strathbogie Ranges, on its tough granitic soil. The winery is farmed and managed by husband and wife team Professor Snow Barlow and Winsome McCaughey. Red wines are their forte, but they also make an excellent verdelho. After a very informative talk on the wines and the winery, on land which has been in the hands of the McCaughey family since 1870, we were treated to a delicious 2-course

meal with wine, served by our hosts. We all agreed it had been one of the most enjoyable outings with the group.



Bev Thornell

Wednesday 26 September

Meet at 10.00 am and travel to Murchison for a visit to [Longleat Wines](#). Lunch on site

Noel Meagher, Keith and Heather Rodgers

Writing Workshop

Creative Writing

It was a small group, but we enjoyed sharing our writing efforts. There were three contributions based on the topic “why was I not surprised that the light switch did not work”. One was a ghost story where the light in the room would stop working even with new globes; one was the loss of a partner, who had never fixed the problems he had promised; one was moving to new property where the power had not been switched on as had been promised. Finally, there was a story based on a sentence from a book. Discussion around writing a story based on a sentence from a book considered the temptation of writing the same story as in the book. We are also keen to move more to helping one another by providing helpful critiques – were we able to picture what was happening, was there too much, or too little description. We are all keen to work more around fiction/creative writing

Joy Shirley

Memoir Writing

As this newspaper goes to press we are all busy putting pens to paper on the topic set for August 27 - '[On the Job](#)' -. Our brief – '*We spend much of our lives working. Our job, for better or worse, helps define us. Write a first person story about a day at work you'll never forget*'. It is always fascinating listening to the many ways in which our 500 word topics are interpreted. The topics set for our group often provide triggers to remember stories we'd forgotten about and the chance to reflect upon them again through wiser eyes. If you'd like to join our group, come along with a

story of around 500 words on our topic to share with our very supportive and encouraging group (even if your story is in draft form). The topic for our September 24th session is [How we met](#) '*Our best friends, neighbours, partners, lovers were all strangers once. Tell us how you met a kindred spirit and what the relationship means to you*'.

Bev Lee

Community & Other News

Age-Friendly Benalla Community Events in September and October 2018

Age-Friendly Benalla is a project between Coinda, Hume Primary Care Partnership and Benalla Rural City Council supporting people over 55 years of age in Benalla and surrounding districts.

One of the Community projects supported by Age-Friendly Benalla is a *Benalla Community Transport Forum* which will be held on Tuesday 4th September in the Pat Claridge Room at the Benalla Library. Topics will include Community Transport Options and a Wellness and Reablement Plan. RSVP to Julie on 03 5721 3045 or access@gettingthere.net.au

Other projects supported by Age-Friendly Benalla to be held in September 2018 include the *Goorambat and District Community Dinner/BBQ* as well as the *Wake Up to Dementia Walk* which will be held on 21st September 2018.

On 4th October the Benalla Rural City Council are holding a *Benalla Unpacked* Bus Tour of Benalla and some surrounding districts. Please contact Sheree Brown on 5760 2600 to book your place as the first bus tour was booked out. Also in October Benalla Wide Action Community will be holding a *High Tea*.

There will be a *Wisdom and Experience* show case of older people's art between 8th and 30th October at North East Artisans as well as a *Woodies Exhibition and Open Day* in October. A free Seniors Festival Concert – *Rubber Soul*--which is a Beatles tribute, is scheduled for 19th October at BPACC with a *Come and Try* event sponsored by Bookspace being held on the 23rd October.

Further information on any of these events may be obtained from Fiona MacPhee the Age-Friendly Benalla Project Coordinator at agefriendlybenalla@gmail.com

Margaret Jenkins

U3A Rep on AFB Steering Committee

What's On

Monday, 3 September

9:30am Exercises for Fun
10:00am Lifeball
10:00am Art Appreciation
1:30pm Brain Games

Tuesday, 4 September

9:00am Stock and Land - Dookie College Excursion
10:00am E-Book Group
1:30pm Membership Services
2:00pm Let's Talk Books

Wednesday, 5 September

9:30am Play Reading
10:00am Easy Walks - Kennedy Lane Wild Flower Reserve, Lurg
1:30pm 'Be Connected' - Android Users - Session 2

Thursday, 6 September

10:00am Singing for Fun
1:00pm Patchwork - 'Table Runners'

Friday, 7 September

9:30am Towards a Sustainable Future
1:30pm Investment

Monday, 10 September

9:30am Exercises for Fun
10:00am Collectors - 'Time'
10:00am Lifeball
1:30pm Creative Writing
2:00pm Garden Team – 6 Tulip Street

Tuesday, 11 September

10:00am Politics & Current Affairs
1:30pm Tech Savvy Projects - Family History
3:00pm Be Connected @Tech Savvy Projects
3:00pm Tech Savvy Projects - 'Other Projects'

Wednesday, 12 September

9:00am Mid Week Walk-Logger's Lane Circuit, Warby Ranges.
10:00am Recorder Group @ NEA
10:00am Tech Savvy Talks
1:00pm Film&Literature 'Belle' or 'Ladies In Lavender'
7:30pm Towards a Sustainable Future: Raimond Gaita and Katerina Gaita: A Climate of Change BPACC

Thursday, 13 September

9:30am Birdwatching - Upotipotpon district
10:00am Singing for Fun - Harmony Group
1:30pm Executive Meeting

Friday, 14 September

10:00am Music Appreciation
1:30pm Armchair History

Monday, 17 September

9:30am Exercises for Fun
10:00am Lifeball
1:30pm Program Services

Tuesday, 18 September

10:00am Armchair Traveller
1:30pm Exploring the Universe

Wednesday, 19 September

10:00am Meet & Mingle NBN Update-- Michael Plex
12:15pm Travel Group
1:30pm 'Be Connected' Android Users - Session 3

Thursday, 20 September

10:00am Singing for Fun
1:00pm Patchwork - Speaker Vivienne Sheppard on Weekend Quilting Retreats

Friday, 21 September

9:30am Towards a Sustainable Future
12:00pm Chat n' Chew - Kim Wah Restaurant
1:30pm 'Hot Topics' 'Climate Change' & 'Do we need a Bill of Rights'

Monday, 24 September

9:30am Exercises for Fun
10:00am Lifeball
1:30pm Writing Workshop - 'How We Met'

Tuesday, 25 September

10:00am Politics & Current Affairs
12:00pm Newsletter Deadline
1:30pm Tech Savvy Projects - Family History
3:00pm Be Connected @Tech Savvy Projects
3:00pm Tech Savvy Projects - 'Other Projects'

Wednesday, 26 September

10:00am Wine App'n - Longleat Winery, Murchison
10:00am Games
10:00am Recorder Group @ North East Artisans
2:00pm Member Services Group

Thursday, 27 September

9:30am Member Services
10:00am Garden Appreciation - Baddaginnie Garden
1:00pm Tech Savvy Projects
3:00pm Tech Savvy Talkers @ The Northo

Friday, 28 September

10:00am Music Appreciation
1:30pm Armchair History

Monday, 1 October

9:30am Exercises for Fun
10:00am Lifeball
10:00am Art Appreciation
1:30pm Brain Games

Tuesday, 2 October

10:00am E-Book Group
10:00am Stock and Land
1:30pm Membership Services
2:00pm Let's Talk Books

Wednesday, 3 October

9:30am Easy Walks
9:30am Play Reading
1:30pm Tech Savvy 'Be Connected' Drop In

Thursday, 4 October

10:00am Singing for Fun
1:00pm Patchwork

Friday, 5 October

9:30am Towards a Sustainable Future
1:30pm Investment

**The comprehensive list of what & what NOT to REDcycle
In the REDcycle bins at Coles and Woolworths**

YES PLEASE

No Thanks

Biscuit packets (outer wrapper only)	<i>Plastic bottles</i>
Bread bags (without the tie)	<i>Plastic containers</i>
Bubble wrap (large sheets cut into A3 size pieces)	<i>Rigid plastic e.g. meat trays, biscuit trays or strawberry punnets</i>
Cat and dog food pouches (clean and dry)	<i>Adhesive tape</i>
Cellophane from bunches of flowers (cut into A3 size pieces)	<i>Balloons (any)</i>
Cereal box liners	<i>Biodegradable/degradable/compostable plastics</i>
Chip and cracker packets (silver lined)	<i>Blister packs, tablets & capsule packaging</i>
Chocolate and snack bar wrappers	<i>Blow up pools & pool toys - plastic or PVC</i>
Cling Wrap - free of food residue	<i>Bread bag tags</i>
Confectionery bags	<i>Christmas tinsel & Christmas trees</i>
Dry pet food bags	<i>Coffee bags</i>
Fresh produce bags	<i>Cooler bags</i>
Frozen food bags	<i>Disposable food handling gloves of any variety</i>
Green bags (Polypropylene Bags)	<i>Drinking straws</i>
Ice cream wrappers	<i>Film negatives & x-rays</i>
Large sheets of plastic that furniture comes wrapped in (cut into A3 size pieces)	<i>Foam or polystyrene of any kind</i>
Netting produce bags (metal clips removed)	<i>Foil / Alfoil of any kind</i>
Newspaper and magazine wrap	<i>Food waste</i>
Pasta bags	<i>Glass</i>
Plastic Australia Post satchels	<i>Laminated materials & overhead transparencies</i>
Plastic carrier bags from all stores	<i>Medical waste materials</i>
Plastic film wrap from grocery items such as nappies and toilet paper	<i>Paper & cardboard</i>
Plastic sachets	<i>Paper post packs</i>
Potting mix & compost bags - both plastic & woven polypropylene types (cut into A3 size pieces, free of as much product as possible)	<i>Plastic/clear vinyl packaging from sheets and doonas etc</i>
Rice bags - both plastic & woven type (if large, cut into A3 size pieces)	<i>Plastic packaging that has contained meat</i>
Snap lock bags / zip lock bags	<i>Plastic strapping used for securing boxes & pallets</i>
Squeeze pouches with lid on (e.g. yogurt/baby food)	<i>Powdered milk packets, made of foil</i>
Wine bladders - clear plastic ones only	<i>Rubber, rubber gloves, latex</i>
	<i>Tarpaulins</i>
	<i>Tin cans</i>
	<i>Wet plastic as mould is a problem</i>
	<i>Wine bladders - foil based</i>
	<i>Wrapping paper & cardboard, ribbons or bows</i>