



Benalla and District Inc.

Newsletter – August 2021

U3A Benalla & District Inc

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Please send all newsletter items for the newsletter to newsletter@u3abenalla.com by 25 Aug 2021

President's Report

We are closed, then open, then closed again! This has become our normal, and I so hope that the next opening will last.

Now that we are open again, as I read the rules, small classes of 10 or less can start again. Hopefully next week we can have all our classes running.

Our Covid Safe Plan is continually being revised. Version 4 can be found on page 14, on the notice board outside the U3A Meeting Room and on the website. It is most important to sign in with the QR Code using the Services Victoria App. If you are unable to do this, a Sign In sheet is available.

My thanks go again to our fantastic Convenors. With every new start up, they are up and running, welcoming our members back with well organised classes and big smiles. Numbers attending classes are down on previous years--this is happening across most U3A's. There are many reasons for this, as we know. U3A Benalla will continue to offer our current courses and hope to add more next year.

The room opposite the U3A Classroom in the Seniors Building is now available as a classroom for small classes, meetings and 'lab' style computer/other sessions. A PC with speakers has been installed, with a connected wall mounted television and white board to come. We are working on a system for room bookings for this room—more news in the next newsletter.

We are having a very wet and cold winter. Stay warm and healthy and I'll see you out and about at U3A.

Dorothy Webber

President

Group Reports

A Taste of Art

As mentioned in last month's newsletter, 'A Taste of Art' is taking a break during July and August. The Broken River Painters have requested a change to fortnightly sessions instead of the 2nd and 4th Wednesdays. The new dates will be September 8th and 22nd, October 6th and 20th, November 3rd and 17th, December 1st and 15th. The time is still the same – 1.30 to 4 pm. New members welcome!

Carol Perry

Armchair History – Tudors

A small group enjoyed Terry's presentation of *Secrets of the Six Wives* of Henry VIII presented by Historian Lucy Worsley. Married to Catherine of Aragon, a daughter Mary was born, but Katherine failed to provide Henry with a male heir. Poor Katherine was cast aside as the dark haired and sophisticated Anne Boleyn, a lady in waiting in the French royal court who caught Henry's wandering eye. Anne kept Henry at arm's length. Unable to persuade the Pope to grant him an annulment, Henry broke with the Holy Roman Church and declared himself the head of the Church of England. 1536 then saw the destruction of many monasteries as

Henry eyed the wealth that the monasteries held. Anne quickly became pregnant, giving birth to a daughter Princess Elizabeth. Following a jousting accident that led to a permanent injury to his leg, Anne suffered a miscarriage of their longed for son and heir. Henry's wandering eye focused on lady in waiting, Jane Seymour, who was Anne's cousin. Henry turned to Thomas Cromwell to secure his freedom. Anne, accused of adultery and incest, was sent to the Tower and beheaded, along with her brother and other young men accused of being her lovers. Jane Seymour provided Henry with a son, Prince Edward, but lost her life after the birth. In 1539 Henry negotiated a marriage with Anne of Cleves from Germany. Sight unseen, this was a strategic marriage. The marriage was annulled as Henry had turned his eye to Catherine Howard, who also lost her head for indiscretions and an affair with Thomas Colpepper. Katherine Parr was Henry's last wife and was with him when he died. An interesting Friday afternoon.

Geraldine McCorkell

Armchair Traveller

Members of the group convened on Tuesday 6th July and Bill Paris gave a detailed talk of his travels to Taiwan and South Korea in 2014. An abundance of rain and an abundance of culinary delights. Thanks Bill, your talk was much appreciated.

The next gathering will be on Tuesday 3rd August when Neville Gibb will give an account of a trip to India. I am still looking for volunteers for future talks. If you can help, please contact me on 57 62 1559.

Ray O'Shannessy



'As Time Goes By' – Memoir Writing

Back in isolation! What to do? We reverted to adding shared stories to a 'collection' posted on the website, as we did during 2020. July's topic, 'Cringe', resulted in some delightful stories submitted for sharing on the website by Elizabeth, Bev Morton, Barry and Marg – they are now in the 'Cringe' collection at <https://u3abenalla.weebly.com/cringe>.

With the possibility of future lockdowns likely, four class members already comfortable with Zoom joined me at short notice to trial a 'Zoom' session at our usual time.

Sharing stories online worked well - Barry's 'cringe' stories featuring 'Hypol', 'Milk of Magnesia' and childhood dentist visits resulted in hoots of laughter; while Marg and Val's stories of cringe-worthy experiences involving feeling humiliated generated squirms of empathy.

At the end of the session, we all agreed it is worth working towards offering sessions via Zoom during future lockdowns and offering support to class members who haven't used Zoom before.

The new topic for Monday 23 August is 'Crash!' The brief - 'It could be a car crash, it could in fact be any other crash. Write about a crash, from the sudden moment of impact to its impact on your life, in 500 words.'

The alternative topic is 'Stock and Land' – 'Tell us about a significant memory involving farming, agriculture or rural life. You must include mention of at least one animal or crop and one piece of farm equipment. If you haven't lived on a farm, you might like to write about a long-remembered visit to or experience of a farm or agriculture, something referencing rural life, ideally set in the north east...It could be memories of a visit to an agricultural show or of backyard chooks in urban settings. Write about something you haven't written about before which you'd like to share with others'.



Bev Lee

Be Connected 2021

Our Be Connected Program has been interrupted by Lockdowns and we managed to deliver one session this month.

We looked at QR coding which stands for 'Quick Response Code'. Then we began working through a new Be Connected Unit; 'Connecting To Others'. Hopefully we are able to keep in contact with friends and family during Lockdowns.

The telephone helps you do that, but computing technology can let you see each other online (mobile phone, tablet or computer) and even have a group chat or meeting.

Skype Messenger Facebook Zoom FaceTime Instagram



Jenny Sawyer

Bushwalking

Easy Walks



On July 7th, 14 walkers braved the frosty weather and headed out on the **Dookie Rail Trail**.

Commencing at the CWA Gardens in the centre of town, we followed the well signposted trail in a loop around former settlements and rolling hills.

It was hard to imagine that the quiet paddocks surrounding us had once been dotted with thriving villages, including Cashel, once thought to rival Benalla in potential.

A highlight of the walk was the visit to the beautiful, privately owned Chateau at the heart of the old wine growing district. All up, it was an enjoyable 9 kms and we were happy to sit down to our picnic lunch at Dookie!

Our thanks to Helen for her detailed organisation, and to Brian for an informative and interesting commentary on local history.

Wednesday August 4th: Reef Hills (Cremona Bridge on the Goulburn River walk to be rescheduled)

With changes to Covid regulations we have decided to substitute a local walk in August – hence the decision to shift the August 4th walk to Reef Hills. The Cremona Bridge walk will be rescheduled to later in the year.

Please confirm attendance with Glen Chessells by Monday 2nd August on 0431201077 or gchess@hotmail.com.

Remember to bring a hat, drink, snack and picnic lunch. Walking poles and hiking shoes are recommended.

Meet at the Seniors' Complex Carpark, Fawckner Drive at 9.15am for a 9.30 start. Members are asked to confirm with Glen if they need transport, or if they can provide it.

Planning Ahead: Wednesday September 1st: Warby Ovens National Park, Friends Track

This spring walk starts at Wenham's Camp and leads to Kwat Kwat Lookout with excellent views across the Ovens Valley to the Victorian Alps. We will then complete the circuit along the Friends' Track - distance 5 - 6km.

The undulating, at times rocky track passes by spring wildflowers, Austral grass trees and forested granite hills. As conditions can be slippery and rough, sturdy footwear and walking poles are recommended.

Please confirm attendance with Glen Chessells as above. Lunch will be a BYO picnic at Wenham's Camp.

If new members are uncertain of their ability for these walks, please check with convenors Glen Chessells as above or Julie McNeill 0407823031.

Julie McNeill and Glen Chessells

Mid-Week Walks

Wednesday 11 August Mt Pilot National Park M-3-3

Let's explore Mt Pilot N.P. Three walks in one day. First, the 8.5 km White Box Walk just east of Chiltern. Then on to the Yeddonba Aboriginal Cultural Site for a short walk, through rocky outcrops with wonderful views. We may see aboriginal rock caves if the affected sections of the track have been repaired. On to the summit of Mt Pilot. A short walk from the car park to the 545m summit for 360-degree views of the surrounding area. Returning home via Beechworth. Total length about 11 km.

Meet at Barkly St tennis courts 8.15 am Leave Benalla at 8.30 am

Contact: Wendy Baker 0429 780 179

To be Rescheduled: Wednesday 14 July Loggers Lane Warby Ranges

This walk was canceled due to climatic conditions. It will be rescheduled as a weekend walk later in the year.

John Boehm

Chat n' Chew

The North Eastern Hotel is the location of our next Chat and Chew on 20th August, 2021. This of course will be dependent on the Stage of lockdown at the time. Anyone wanting to come, please phone Lorraine on 042737991 by Sunday 15 August so that she can let venue know numbers attending. Hope to see everyone for a lovely meal!

Lorraine Knox

Coin Collectors

There was strong support from group members to the offer of changing our meeting time from 10 am to 12 noon to 1.30pm to 3.30pm for the third Monday in the month. Our future meetings will therefore be at this new time. There was no meeting in July because of the Covid lockdown. Our next meeting will be on Monday 16 August from 1.30 to 3.30pm. I look forward to seeing your show and tell and hearing about your noodling.

Doug Smith

Collectors

At the July meeting we showed and told the story of our Jug collections.

Robyn's Toby Jugs with their wonderful faces.

Janet with a green Depression Glass jug she uses most days in her kitchen.

Heather has a fun collection of animal jugs.

Marjorie a great Bendigo Pottery and lovely spotted jugs.

Judith showed some of her loved Depression jugs.

My highlight is a blue jug - the last surviving one of a set of three, it was a wedding present.

When we meet again, hopefully on Monday 2 August, our theme is Scarves.

Dorothy Webber



Community Singing

Unfortunately, the July Community Singing which was scheduled for 22nd July 2021 had to be cancelled due to the Victorian COVID lock down.

The next Community Singing meeting with Brian Greed is scheduled for Thursday 26th August 2021 at 10am in the Hub. All welcome

Margaret Jenkins

Creative Writing

Our July writing topics were:

- **He limped along...**
- **The feeling was comfortable as a daydream**
- **He wished he could believe it**

We have been looking at the value of using the senses in our writing. Rather than a writing challenge to start our class this month, we talked about the sense of smell – what we liked and what we disliked. The smell of coffee was one of the popular smells, although not liked by all, and there was a brief inclusion of the taste of coffee – which in hindsight brings out the links between taste and smell.

With the current times, there was of course some mention of the impact of natural disasters and virus on a small town. After all the hard times, with the town “limping along” it had a slightly brighter outlook for the local hotel becoming the centre of the community. And this gave rise to a discussion in the class about community and how they support one another.

Interestingly, without any discussion between them, we had two very different stories about a homeless man. Both provided a picture of the life led by the men, but also had them being found by someone who had spent time looking for them. On a brighter note, we had the friendship between an old dog and an elderly man, providing companionship for them both.

We hope to continue meeting for our next class on 9 August. The topics for the class are:

- **Everyone stopped their activities and watched...**
- **When he’d hung up the phone...**
- **Telephone calls were invariably answered by...**

We will be sharing the stories via email ahead of the class, allowing time to read and prepare feedback for discussion when we meet.

Joy Shirley

Demystifying Psychology

July was a time of endings, new beginnings, changes and ... surprise, surprise ... working around that attention-seeking bug “Covid”.

On July 6 we celebrated the end of Semester 1 with another great series of discussion topics and shared plates of scrumptious morning tea treats. Discussion topics are generated from the group on the day. On this, our last day, the topics were as ever thoughtful, insightful, and provocative resulting in discussion that was a combination of deep thought spiced with possible hypothesis and wrapped in lots of laughter and memories. So, at the end of Semester 1 we bid farewell to some of our psychology buffs (we will miss your input), looked forward to the return of the “delightful die-hards” (thinkers who love a chuckle), and warmly welcome the new Semester 2 members (fear not, you too shall have fun).

The changes include:

- Unofficially renaming the group “Psychology Simplified”. This is an in-house adjustment rather than a website and timetable adjustment for the rest of 2021.
- A mix of content and discussion for each session. The current program dates and locations remain the same. The content will be spread over two sessions to allow more time for discussions ... deep thinking ... chuckles ... and fun.
- Zoom will replace face-to-face as per the program when we have restrictions banning face-to-face. Face-to-face remains the default aim outside of Covid restrictions.

A thought bubble This era is reminiscent of how we embraced voice-only telephones. Ever seen today’s 17-year-olds trying to make a call using a rotary phone? Priceless. Go to <https://youtu.be/1OADXNGnJok>

Semester 2 started on a lockdown day (16 July) via zoom with a small group of people who are familiar with zoom in this course. Thank you for the apologies from those who could not join. We hope face-to-face is an option for the next session (3rd August at Cooina 10-12), but if not, and you just need a bit of support to join zoom, then let me know.

Most people in Session#1, being “delightful die-hards”, were familiar with the content. So, we did a quick reminder then settle into rich discussions. Here’s a summary of Session 1 content:

- Community supports – regional and local.
- Aims of the course.
- What the course will not cover.
- Frequently used concepts.
- Theories and theorists.
- What defines a Psychological Theory?
- Theories and measurement.
- Who says? Where's the proof?
- Methods of Psychological Research.
- Pre and post measurement.
- Schools of modern Psychology.
- Explaining abnormal behaviour – and how that has changed over time.
- Diagnostic Statistical Manual #5, the psychologists guide or “bible”.
- Ethics and Psychology - including some shocking examples.
- History of Psychology 387 BC to now.

The 2020 version of the content PowerPoint is at <https://u3abenalla.weebly.com/demystifying-psychology>
 The 2021 version includes this “rollicking, horse race call” crash course in Psychology in 10 minutes. Secure your seatbelts, please .. <https://youtu.be/vo4pMVb0R6M>

Join us for Session #2 on 3rd August at Cooinda 10-12 for “Personalities and Coping styles”. Discover if you are a Dove, Owl, Peacock, Eagle, or a mix of all these depending on the circumstances. Please complete the Des Hunt survey (see attachment to email dated 13 July). If you can't join, there is plenty of web content and many rabbit holes to explore.

Finally, indulge me as I share something of my gene pool:



Source <https://twitter.com/jeremymills69>

Jane Rushworth

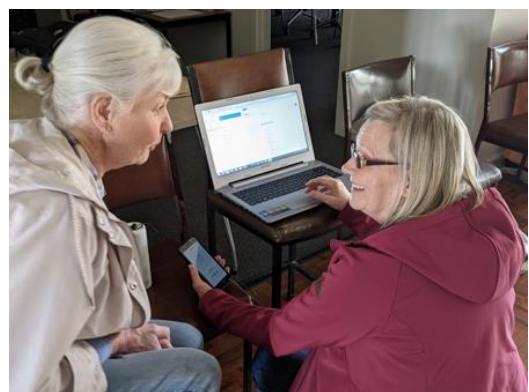
Exercises for Fun

It is so exciting to know that thankfully, Elly Smith, one of our Class members has spent some time experimenting with her equipment, and discovered it is possible to control the music for our Class, as well as being able to participate in the Exercise Class, and everything is working very successfully, so far.

Elly has her Smart watch matched up with her computer, to make it all happen.

Quite amazing technology really!'

We all know that as we age, it is very important to exercise, so our Class is a great way to get motivated and increase our fitness, as well as socialising and having a laugh or two along the way.



Hopefully we will be out of lockdown soon, and we will be able to meet again on Mondays at 9.30am in the Seniors Hall.

Stay safe.

Helen Jeffree

Exploring the Universe

A Telescope is a Time Machine

"Everything we see in the sky belongs to the past." So wrote author Timothy Ferris in his book 'Seeing in the Dark.'

We are lucky to have dark night skies that enable us to look out into the vastness of space. The stars and galaxies that we see in the Southern Hemisphere with the naked eye are simply amazing, but an incredible distance away.

For lay people cosmic distances are much easier when measured in light years. That's the time the light of the object has taken to reach us. Light travels at 300,000 Kms/second or just over 1 billion kms/hour

Sunlight takes an average of 8 minutes, 20 seconds to reach us. As the moon is much closer moonlight which is the reflected light from the Sun takes just 1.3 seconds. Our nearest star Proxima Centuari is roughly 40,280 billion kms away; a distance of around 4.24 light years.

Andromeda is the nearest large galaxy that we can see with the naked eye. From 'Andromeda,' the reflected light from the Earth is 2.5 million light years. With many stars and orbiting planets, any intelligent alien life there would be seeing the reflected light in their sky that our planet emitted at a time when it was about to enter the ice ages.

The telescopes of large observatories on high mountains and the 'in space,' telescopes are beyond the distortion of Earth's atmosphere. They are powerful enough to capture the photons of light that left an object long, long ago.

The Hubble telescope orbits the Earth at a distance of 547 kms. Hubble has even captured images of an immature galaxy at a distance of 13.4 billion light years away from Earth!

In 1995 Hubble was pointed at an empty sliver of sky for ten days. From light that had travelled up to 10 billion years it revealed an image known as the 'Hubble Deep Field' of over 3,000 galaxies and changed our perception of astronomy and cosmology forever!



But the Hubble telescope went into safe mode and stopped scientific operations on June 13th. 2021. Retired staff and others who built the telescope returned to assist the current team with the successful switching to the backup hardware, including the backup payload computer. Hubble is back in operation and recording scientific data once more. *(To find out more, go to <https://www.youtube.com/watch?v=onYsPY-n-3M>)*

Our July session of 'Exploring the Universe' was a non-event owing to the latest lockdown. We look forward to the next time we can get together again.

Bev Morton

Family Research

With the lockdown extending to our July session, we decided to meet on Zoom. Eight people participated, despite one class member being restricted to audio and the break in the sessions seeming to come very quickly, our first Zoom session led to a cold afternoon in lockdown being passed in a pleasurable manner.

A range of activities kept members busy over the last month including - reviewing and organizing older files; trying to overcome a brickwall in finding letters of administration for an estate; receiving and following up contact from two DNA matches; joining Benalla Family Research group; experiencing the joys of the My Heritage reports feature, but also the pitfalls of its constant matching requests; finding family photos to include in a memorial for a loved 103 year old aunt who died recently. One class member had difficulties in working on their family tree caused by accidentally pouring water into their laptop!

'*I wish I'd known*' proved to be a varied and interesting topic for the month as members talked about an ancestor they wished to meet and the questions they would like to ask them. Some of these ancestors long gone included a half-brother never known and his sad isolation from his father and second family; a godfather only known from childhood days and the wish to understand his link to the family; a gg grandfather to discover details which would help solve the mysteries of the family line; a set of grandparents who had had a particularly rich civic and personal life; and the search to fill in the gaps in of a grandmother's life story, which included time in the Women's Land Army (pictured). One member shared fascinating snippets about a parent's family friend, who she discovered was a talented artist who may not have descendants to recognise her special abilities and skills. Another wanted to talk to a gg grandfather to identify an unmarked photo, possibly the only one known of this ancestor who emigrated as part of the Scottish Clearances. The full detail of these fascinating stories can be read at u3abenalla.weebly.com/family-stories/category/i-wish-id-known.



The topic for our family research meeting on Thursday 26 August from 1 to 4pm is '*A Family Secret*'. The brief: Have you come across, or do you suspect, a family secret or two in your tree? Write about a family secret you don't mind sharing with others.

Bev Lee and Wendy Sturgess

Film as Literature

It was a small group that gathered to talk about films watched during the month. The main film for discussion was "*June Again*".

In heartfelt drama/comedy "*June Again*", a twist of fate gives family matriarch June a reprieve from vascular dementia. Much to the amazement of her adult children, Ginny and Devon, June re-enters their lives only to learn that 'things haven't gone according to plan'. With limited time June decides that it's up to her to get this wayward family back on track. When her meddling backfires, June sets out on a journey of her own and soon discovers she needs help from the very people she was trying to rescue. The film stars Noni Hazlehurst (June), Claudia Karvan (Ginny) and Stephen Curry (Devon). It is not a film about dementia, but relationships, mainly family.

The group generally liked the film but did not find it the best film of the year. The performances were good, showcasing some of Australia's talent. The title for the film did not do it justice, and perhaps resulted in lower attendances. It sounded more like a "Groundhog Day" film.

All the main characters developed during the film. June, as the matriarch, learnt how her overbearing approach to her children stifled their dreams. Ginny and Devon both learnt the value of talking to move forward in life. The film showed some promise but did not deliver. It did avoid getting "super mushy" but did not have as much humour as expected. One aspect that has become apparent to me is the use of facial expressions, and Noni Hazlehurst's performance showed her skill in depicting her character using facial expressions. When suffering from dementia, she has a blank look, but when out with her children her face is more open and vibrant.

Overall, this was a watchable film, but we rated it only as 2.5/3 out of 5.

Two of the class had also seen "*Cruella*", a live-action prequel film following a young Cruella de Vil. Before she becomes Cruella de Vil, teenaged Estella has a dream. She wishes to become a fashion designer, having been gifted with talent, innovation, and ambition all in equal measures. It starred Emma Stone as Estella/Cruella and Emma Thompson as the Baroness, a high-class fashion designer. The film shows how Estella's character develops into Cruella, based on her relationship with the Baroness.

The performances by the "two Emma's" were excellent, again showing how talented actors can use facial expressions to show character and emotion. Emma Stone's facial expressions were totally different depending on whether she was Estella or Cruella at the time. Costumes were interesting and, in some cases, spectacular. Overall, we rated the film as 3.5/4 out of 5.

Our film for the August class discussion is "*From the Vine*", screening at BPACC from 29 July.

Joy Shirley

Garden Appreciation

With another Lockdown taking place, it was very disappointing to cancel our July outing to Mokoan Hub & Café.

August - Winter Break.

September – Our outing on Thursday 23 September will be to the Shepparton Botanical Gardens, located at Botanic Garden Avenue, Kialla, off Riverview Drive. Meet at U3A Car Park at 9.30 am. Please BYO your own morning tea. Lunch to be arranged. Stay safe.

Gwen Turner

Garden Team

We have received the following intelligence, in the form of a photo featuring the Garden Team enjoying one of their hard earned and renowned afternoon teas, that the group has continued to meet whenever possible during changing Covid conditions.



German

German will resume after a Semester break on Tuesday 10 August. Anyone with an understanding of the German language is welcome to join us then. Contact me on 0434 147 605 if you are interested.

Pauline Bailey

Investment

We were pleased that our July meeting of Investment was face to face in our U3A room and to see John Archer back with us. Malcolm Sanders gave us an update on the retiree with \$300,000 to invest and how the two portfolios we had seen at the previous meeting were increasing.

We discussed the fact that the ASX 200 had risen by 24% during the 2020-2021 financial year which had just ended. This is apparently the biggest rise on record for that index. We looked at the various indices and sectors and how they had fared during the financial year. We noted that the biggest increases were by the ASX All Technology index which increased by 39%, whilst the Consumer Discretionary Sector had increased by 42%.

We also looked at some distinctly upwardly trending shares, including which sector they belonged to and what their dividend yield and franking was.

To complete the afternoon, we discussed an article on "Finding sustainable dividend stocks on the ASX".

The next meeting of Investment will be on Friday 6th August 2021 at 2pm in the U3A room at the Seniors Centre.

Margaret Jenkins

Let's Talk Books

At our July meeting we were back in the Benalla Library, social distancing and following all requirements. As we had missed our June gathering, many books had been read. *Scrublands* by Chris Hammer was set in a small country town in the middle of a drought, a good crime novel by a first-time author. The *Half Life of Marie Curie* was not so enjoyable as each chapter changed direction. The usual crime thrillers by Lee Child,

James Lee Burke, and Ann Tyler - *The Redhead by the Side of the Road* - were all enjoyed. Lorraine kept us enthralled with descriptions of the crime novels she has devoured over the last two months. Alice Munro short stories written in the style of Elizabeth Strout was very readable as was *The Spy and the Traitor* by Ben MacIntyre, the astonishing true story of a double agent. *Forever Young* by Steven Carroll set in the tumultuous time of the 1970's in Australia, the fifth in the Glenroy series, evoked many memories. *Four Blind Mice* by James Patterson was an easy read as was *Woman 99*, a tale of a young woman who rescues her sister from an insane Asylum. *Poppy the Street Dog* by Michelle Clarke, how an extraordinary dog brings hope to the homeless. On a local level *Milko: Dear Milko* gives an account of being a milkman in Benalla (Charlie Castles), this brought back many memories to many of us. Lyn enjoyed *The Ruling House of Monaco*, how the Grimaldi's took over Monaco in 1297. *The Midnight Library* a funny, new, heart-warming novel by Matt Haig, and *An Accidental Brush with History*, 20 year old Elizabeth Marshall's letters and diaries written during her time in pre-war Germany traces the growth of Nazism, were both enjoyed. *Rin Tin Tin*, by Susan Orlean, outlines the life and career of the dog in movies and was very interesting. *Khaki Town* by Judy Nunn set in 1942 - Singapore had fallen and Darwin was being bombed, a worthwhile read. *Australian Farming Families* by Deb Hunt, a book about the human aspects of life on the land, success and failure, life and loves, hardship and celebration. So, as you can see many varied books were explored and read during this time. Depending on Mr. Covid we will be back in the Library in August.

Geraldine McCorkell

Lifeball

The month started well, with a good turnout of players despite the frosty mornings, some lively games, and an enjoyable morning tea for a member moving interstate. Unfortunately, Covid restrictions have now kept us off the court, but we will hope for a speedy return. Lifeball is a walking pace ball game, and a fun, safe and active way to keep fit with lots of laughs. We welcome new players-please check in with convenor Marlene Pitts on 0407240943, with games played Mondays 10-11am at the Benalla Indoor Recreation Centre.

Julie McNeill

Meditation

Luckily, we were able to hold our Meditation group prior to lockdown taking place. Our next Meditation session will be on Monday 3rd August at 4.00 pm.

Caroline Sims

Meet and Mingle

The Meet and Mingle sessions for August and September have been rescheduled following the Covid lockdown. Our guest speaker on Wednesday 18th August will be Moussa Taouk, who has a Goat Cheese farm at Glenrowan. Our session on 'Scams' has been held over to Wednesday 15th September when Senior Constable Lisa Atkinson from the Benalla Police will outline the variety of scams which can be encountered, and ways to cope with them.

Margaret Jenkins

Music Appreciation

Yet another Covid-19 induced lockdown has seen our July gathering limited to one session. There we looked at the 3rd of Bach's six (and each very different) Brandenburg Concertos; a Mozart piano concerto once thought to have been inspired by the chirping of Mozart's pet starling; an early concert piece by Austrian-Jewish composer Franz Schreker who had the double misfortune to arrive on the music scene in the late romantic period as the world was beginning to move away from his style of music and to be removed from it with the rise of anti-semitism in the 1930s; and finally Schubert's fifth Symphony – a work composed at the age of nineteen and full of the cheerful optimism and whimsy of youth that belied the sickness and suffering that was to come his way leading to a premature death at the age of 32.

Hopefully by the time our next planned session (13th August) comes around restrictions will have been eased sufficiently to allow us to come together when works by Elena Kats-Chernin, Brahms, Prokofiev and Haydn will be in the spotlight. If you haven't enrolled for our second semester and maybe would like to check us out, please feel free to come along.

Bill Squire

On Target – Learning to Shop On-line (short course)

July began with the final session of the 'On Target--Learning to Shop Online' course, followed up by the first of (hopefully) four 'Drop In' sessions, before Covid lockdown #5 intervened.

The focus in the final course session was the role You Tube videos can play in helping to meet our learning needs as life-long learners. The Be Connected program is also a wonderful resource for life-long learners and is increasingly being used by participants as an ongoing form of training.

The Drop In component of the course began on Thursday 8th July. With school holidays and grandparenting duties affecting some class members and mentors, Janet, Rina and Shirley were able to have lots of one-on-one mentoring throughout the session, helping them to achieve their goals for the day and more!

As we come to the end of the 'On Target' course, most participants are moving on to *Tech Savvy Beginners* & *Be Connected* courses.

On a final note, a memorable comment by Shirley – 'Before I did this course, when I saw people focussed on tapping away on their mobile phones, I thought they were being rude. Now I'm doing it myself!'

Bev Lee



Page Turners

Due to Covid closures our group looked at two books at our July meeting.

Champagne War by Australian writer Fiona McIntosh is an historical novel about a champagne vineyard in France and its feisty young owner, Sophie Delancre, whose new husband Charlie Nash has joined the army during the First World War. McIntosh tells you everything [and more] that you ever wanted to know about champagne production, while building a story of the trials and setbacks that Sophie goes through as she takes over the family vineyard and continues to produce the wine. A jealous uncle, notification of her husband's probable death and problems with the vintage are all overcome by this resolute young woman who is definitely in charge. A happy ending too...which I won't spoil by revealing. If you like France, historical novels and champagne, then pour yourself a glass one afternoon and enjoy this book.

The Cold Millions by American writer Jess Walter. This is a rough, tough ride through the violent early 1900s in the gold mining town of Spokane along the border with Canada. Walter mixes fictional and historical characters into a story about two young itinerant brothers who have to try and exist during depression times in 1909. They are lured into dangerous jobs, hop freight trains, swindled out of their wages and beaten up by corrupt police who are tasked to move 'hobos' on out of town. While a small elite get rich, the cold millions of poor people must find a way of existing. Walter weaves in the story of Elizabeth Gurley Flynn, a real-life union activist who runs rallies, writes for workers newspapers and tries to improve conditions for the waged poor. An interesting look into an America that one could almost see as a precursor of Trump's America.

Meg Dillon

Patchwork



The Patchwork group managed to skirt the 12-day lockdown to meet three times during July, despite Covid.

They are pictured above enjoying one another's company while socially distanced, chatting as they worked on projects including hand sown patchwork hexagons and embroidered panels for a patchworked quilt.

Media Team

Play Reading

Due to various circumstances, we only had six members present for our play reading in July. Speech and acting abilities were challenged, and the group responded admirably. Several members adapted to playing the roles of two characters and genders. The play chosen was *Money and Friends* by the inimitable playwright David Williamson. The play revealed the clash between materialism and ideals and the reaction of friends when confronted with the choice.

The members thoroughly enjoyed the play and many thanks to Joy for again stepping in to convene the morning session. Big cheerio to Patsy Bollard, hope you will be back with us soon.

Jenny McKenna

Saturday Cards – 500

Following cancellation of our activity due to Lockdown 5, we will be resuming when socially distancing requirements are further eased. We look forward to returning, playing cards and enjoying the company of other players.

Heather Wallace

Singing for Fun

All our members seemed to enjoy the two sessions of Singing and the Harmony session held during July. In fact, three members took the time to tell me how much they were enjoying our singing sessions.

The three leaders are to be congratulated on the variety of songs they have included in each session. Kieran Smith had a different approach in the Harmony session in July when he reintroduced us to "Hallelujah". Brian Greed has been fine tuning "The Changing of the Guard" amongst a variety of his songs, whilst Margaret Merriman finished one session with "Old Man River" which is always well received by the group.

We are grateful to Gwen Barnes for her accompaniment on the piano to such a variety of songs.

Since our last Singing session in July, it has been brought to my notice that Joan Badrock has been in Benalla Health for just over a week. Joan enjoys her involvement with Singing for Fun, and we hope to see her back with us in August.

We would like to thank the Hub Committee for organising the new position of the cupboard which houses most of our singing books. The cupboard had previously been housed in the small alcove near the front of the Hub, and the change to the back wall makes access easier.

U3A Benalla have been informed by the Benalla RCC that the current COVID restrictions set by the Victorian State Government say that: Maximum group size: 10 people (still adhering to the 1 person per 4sqm) each group of 10 must stay the same and cannot change or mingle

Unfortunately, under these conditions, Dorothy and I agree that it is impossible to hold Singing for Fun on Thursday 5th August 2021. As the COVID restrictions are due to be reviewed on Thursday 5th August, we are hopeful that Harmony will be able to be held on Thursday 12th August 2021 in the Hub.

Margaret Jenkins

Stock and Land

Beef cattle stud breeder, Karen Morham from Lurg, spoke about her family's Maine Anjou stud and its development, at our July meeting.

Alternatively skilled diesel mechanic husband Brian, in a normal Covid free world, would be involved day to day too. But he works in the Western Australian mining industry and apart from one week-long visit in the last 18 months, state border shutdowns have made travel home too uncertain to contemplate.



But Karen also has two of their four adult children involved in running the stud - they have their own small studs too - which together comprise 10 bulls, 58 cows, 23 heifers and 33 calves. As of early July 10, cows still remained to calve. However, despite calves often weighting 60kg or more, no calves have been pulled this year and none have died at birth.

Karen and family maintain comprehensive records. They weigh calves, punch one ear to accept a plastic tag and save the tiny piece of punched ear for DNA analysis within 12 to 24 hours of birth.

Some French breeds are renowned for being temperamental and difficult to handle. But Karen told us she could do practically what she wanted with newborn calves in the paddock, without upsetting mothers in any way.

The Morhams have had collected and registered, semen for domestic and international use, from 16 of their bulls. Prices range from \$25 to \$100 a straw. They have exported semen to the US, Canada and New Zealand.

In normal years, an extensive showing program involves Melbourne, Canberra and Sydney royal shows as well as Benalla, Euroa and other local events.

David Palmer

Tech Savvy Beginners (Android)

Tech Savvy Beginners (Android) has a new time slot and is now meeting on the 1st, 2nd and 3rd Thursday mornings from 10 am to 12 noon in the U3A Meeting Room. Classes will commence on Thursday 5 August. New students are welcome to join the class. Although the focus is on using Android Phones, it is fine to bring along your Android tablet or laptop. For more information, to let us know you will be attending, or if you would like to volunteer as a mentor, please call Robyn Lukey on 0403 164 931.

Robyn Lukey and Bev Lee

Tech Talks

At our last Tech Talks we were informed as to how Les Rogers set up his garage off grid without having to run a power connection.

Les acquainted us with the various systems which can be installed to the point where he can run electrical drills etc.

After that we watched a video explaining how problems have arisen in one of the very tall new buildings in Shanghai China. This building is spectacular to look at, but tenants find it difficult to rent as a lot of space in the building is not habitable. Only half the building is tenanted.

The video did show how much development has taken place in Shanghai over the past 30 years.

To lighten the mood, we watched a video about the bridges on the Thames in London.

Neville Gibb

Wine Appreciation

The Wine Appreciation visit to the Sam Miranda Winery in Oxley on Wednesday 28th July was postponed because of uncertainty about lockdown provisions commencing that day. Even if restrictions had eased, it was likely there would be limits on group numbers able to attend. The visit will now be held on Wednesday, 25 August, Covid regulations permitting. Contact Heather and Keith Rogers 5762 4086, 0429 876 999



Adjusting to Covid ...

Warrabilla Wines have introduced beautiful red gum tables for seated wine tastings – the catalyst, Covid restrictions on wine tastings at the bar!

Program News

Learning to Use Zoom

Would you like to learn how to use Zoom in a small group, relaxed environment? We are planning to offer a Zoom 'mini' course of two sessions at U3A plus two practice zoom meetings at home. Interested? Call Bev on 0478 607 838 or fill in the on-line application on the website under 'NEWS'.

COVID Safe Plan for U3A Benalla Version 4

1. There is a QR code at the Benalla Senior's Centre which must be used when entering the Benalla Senior's Centre. There will be a manual sign in sheet for those members who require it.
The Convenor or a person designated by the Convenor will act as Sign in Marshall to ensure all U3A Members are signed in.
2. Attendance Records. An Attendance record for each class will be located on the Table outside the U3A room or other venue being used by U3A Benalla. Every person entering the U3A room or other venue will be ticked off on this attendance record. U3A Benalla will hold in another location the phone number and address of all members attending groups or classes.
If a person is not currently enrolled for this particular group or class, they are to write their name and phone number legibly on the attendance sheet.
3. Members when attending U3A Benalla groups, classes or functions are required to keep 1.5 meters apart at all times.
4. Maximum group size for U3A members when attending U3A Benalla groups, classes or functions is 10, at a density of not more than 1 person per 4 square meters of floor space. Each group of 10 must stay the same and cannot change or mingle.
5. Members when attending U3A Benalla groups, classes or functions are required to wear a face mask when indoors if this is currently mandated by the Victorian State Government.
6. Hand sanitizer will be provided at the entrance to the U3A Benalla room and any other venue being used by U3A. Members of U3A Benalla are requested to use the hand sanitizer when entering the room.
7. Hand wipes will be provided for Convenors or their assistants to wipe down furniture such as chairs, tables and door handles after each class held in the U3A Benalla room or other venue being used by U3A Benalla.
8. Any member of U3A Benalla who is feeling unwell is asked not to attend a class or group to which they belong, but instead get tested for COVID 19 after phoning Benalla Health to make an appointment.

Dorothy Webber, President (30 July 2021)

Looking for ways in which to keep motivated during periods of social isolation?

Check out these links to the 'Victoria Together' website at <https://www.together.vic.gov.au/> for engaging resources grouped under the following categories: (click on the category to go to the resources)

Art	Children	Dance	Design	Film & Literature	Fitness & Wellbeing
Games	Music	Nature & Wildlife	Science & Technology	Sport	Theatre

What's On *Please note, this timetable is subject to change – see website for updates.

Monday, 2 August

- 10:00 Collectors – ‘Scarves’
- 10:00 Lifeball
- 10:00 *Cancelled - Art Appreciation*
- 13:30 Games
- 16:00 Meditation

Tuesday, 3 August

- 10:00 Demystifying Psychology – Personality and Coping Styles
- 10:00 *Cancelled - Page Turners*
- 10:00 Stock and Land
- 14:00 Armchair Traveller – ‘India’--Neville Gibb
- 14:00 *Cancelled - Let's Talk Books*

Wednesday, 4 August

- 09:15 Easy Walks – Reef Hills
- 09:30 Play Reading
- 14:00 Be Connected

Thursday, 5 August

- 10:00 Tech Savvy Beginners (Android)
- 13:00 Patchwork

Friday, 6 August

- 09:30 Sustainability
- 14:00 Investment

Monday, 9 August

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

Tuesday, 10 August

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

Wednesday, 11 August

- 08:15 Mid-Week Walks – Mt Pilot National Park
- 10:00 Recorder Group
- 13:30 Film as Literature – ‘From the Vine’
- 14:00 Be Connected

Thursday, 12 August

- 10:00 Harmony Group
- 10:00 Tech Savvy Beginners (Android)
- 13:30 Executive Committee Meeting

Friday, 13 August

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

Monday, 16 August

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

- 16:00 Meditation

Tuesday, 17 August

- 10:00 The News - Fact or Fiction
- 14:00 Exploring the Universe

Wednesday, 18 August

- 10:00 Meet and Mingle – Moussa Taouk, Goat Cheese Farmer
- 14:00 Tech Savvy Beginners 2021 (Apple)

Thursday, 19 August

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

Friday, 20 August

- 09:30 Sustainability
- 11:45 Chat 'n Chew – ‘The Northo’
- 13:00 Demystifying Psychology - Course Session

Saturday, 21 August

- 13:30 Saturday Games - '500'

Monday, 23 August

- 09:30 Exercises for Fun
- 10:00 Lifeball
- 14:00 As Time Goes By - Memoir Writing - ‘Crash’

Tuesday, 24 August

- 10:00 Politics & Current Affairs
- 12:15 German
- 14:00 A Different View of German History

Wednesday, 25 August

- 10:00 Wine Appreciation - Sam Miranda Winery
- 10:00 Recorder Group
- 14:00 Tech Savvy Beginners 2021 (Apple)
- 17:00 Newsletter reports due today

Thursday, 26 August

- 10:00 Community Singing @ The Hub
- 13:00 Family Research – ‘A Family Secret’

Friday, 27 August

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

Monday, 30 August

- 09:30 Exercises for Fun
- 10:00 Lifeball

Wednesday, 1 September

- 09:30 Easy Walks – Friends Track, Warby Ovens NP
- 09:30 Play Reading
- 14:00 Be Connected

Thursday, 2 September

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

Friday, 3 September

- 09:30 Sustainability
- 14:00 Investment