



Benalla and District Inc.

## Newsletter – December 2019

U3A Benalla & District Inc

P O Box 674

Benalla 3672

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

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

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

President: Dorothy Webber

5762 2116

[president@u3abenalla.com](mailto:president@u3abenalla.com)

Secretary: Geraldine McCorkell

P: 5762 2134 M: 0408 522 662

[secretary@u3abenalla.com](mailto:secretary@u3abenalla.com)

Please send all newsletter items for the newsletter to [newsletter@u3abenalla.com](mailto:newsletter@u3abenalla.com) by 25 Dec 2019

---

### President's Report

As we rush headlong to the end of the year, I look back at the successful year we have had at Benalla U3A. The new courses that started in 2019 have generated interest, and I hope the new courses for 2020 will do the same.

The two BBQs we had this year were a great social event and at the Morning Tea in Seniors Week we entertained 75 members and guests with a performance by our Recorder Group.

At the last Meet and Mingle the Singing for Fun Group performed to 58 members. The display from the Patchwork Group showed how many talented members we have.

Enrolment days will be held on Monday January 13th and Wednesday January 15<sup>th</sup> - both will be at the Seniors Community Building. Advertisements will be in the Ensign. We have included the latest version of the 2020 Semester 1 'Month Overview' Timetable with this newsletter for your information (refer last page). Membership renewal forms, program details and timetable will be sent out early in the New Year and will also be available on the website and at RedB4 Books.

As we move towards Christmas and the holidays, enjoy your time. Come back in 2020 with all your enthusiasm and once again we will have a wonderful year.

Merry Christmas to you all!

Dorothy Webber President

### Group Reports

#### Armchair Traveller

Due to our session date falling on Melbourne Cup Day there is nothing to report for November. Tuesday December 3rd will be our last meeting for the year and will be hosted by Margaret Jenkins who will give a presentation on a trip to Norway. I take this opportunity to thank all members for their continued attendance and their presentations in 2019 and advise that I will be seeking further contributions for 2020. Please give the idea some consideration. Best wishes to all for the festive season.

Ray O'Shannessy

#### 'As Time Goes By' – Memoir Writing

Our task for November - to keep a notebook in which we noted 'triggers' which led us to reminisce about a time in our lives and to share stories about two to three of them. Memories of past experiences of bushfires were among those described by some members, triggered by current bushfire emergencies across the nation. 500 word topics decided upon for sharing at our first session in late February - 'Write about something in your life that you are really proud of'; and moving on from our February topic of 'Grandparents' from last year, 'Write about an Aunt, Uncle or cousin who has a special place in your memory'.

Bev Lee

## Birdwatching

Our final birdwatching outing for the year was to the Broken River Natural Features Reserve on Thursday 14 November. Ten of us made the short trip from Benalla and enjoyed visiting what was a new spot for many. There were a lot of birds in this reserve, with its mix of Grey Box and Red Gum trees. We had close views of a flock of Buff-rumped Thornbills on a large stump, and above them a group of Varied Sittellas working their way along the branches of an adjacent tree. A pair of Leaden Flycatchers were taking turns sitting on their nest in a large Grey Box, while several male White-winged Trillers were seen by most in our group. We then headed to the riverbank for morning tea, while finding some different birds in this area. Someone noticed 2 Rainbow Bee-eaters on the embankment across the river. Stunning birds in the sunshine. A pair of Australian Reed-warblers perched on a dead branch in front of us, while a Sacred Kingfisher dived for fish in the river. We eventually located the Dollarbird that was calling from a tall perch. It was a lovely morning with 30 bird species recorded. The list can be viewed on eBird at <https://ebird.org/australia/checklist/S61697061>

Kathy Costello

## Bushwalks

### Easy Walks - Wednesday, 6 November 2019 – Yarrowonga



Twelve members plus visitor, Bill from England, walked along the Yarrowonga foreshore of Lake Mulwala to Chinaman's Is and return. Interpretative signage along the route depicted Aboriginal history; Early settlement; the construction of the Yarrowonga Weir and Lake Mulwala to the present with revegetation of indigenous plants along the track. The top deck of the restored PS Cumberoona and Paddle Wheeler was the venue for a BBQ lunch and informative commentary of historic and local landmarks; the early Riverboat Trade and the significance of the Paddle Steamers on the Murray River. The day concluded with a visit to the Yarrowonga Weir, 1,992 km from the Murray River mouth. Construction of the Weir and its offtakes

began in 1935 and completed in 1939, the water impounded by the Yarrowonga Weir forms Lake Mulwala. A hydroelectric generation facility and fish lift were added to the structure in 1994. A day of walking, historic facts and a cruise! Many thanks to the car owners who have generously offered to drive to our various locations during the year, you are an important cog in the group's wheels.

Margaret Walshe

## Mid Week Walks



Sue Pendergast led our group of 8 from the Nillahcootie picnic ground, up Nillahcootie track, to the junction of Sandy Creek Track. The long winding track included a few taxing sections, but the surrounding tall timber, pretty wildflowers, huge granite boulders and green fern gullies more than compensated. Crossing Sandy Creek itself, via a little bridge, we were pleased to see that it was running. After the long morning's walk, we were happy to reach our designated lunch spot, looking out over the backwater of the lake. The return journey was a lot shorter, as we followed a track that led down to the highway, which we crossed to reach the lake itself. Following the water's edge was a very pleasant change, giving us a chance to admire

the scenery and the serenity. Back at the picnic ground, thermoses were uncapped, and boxes of goodies unpacked. How welcome is afternoon tea after a long 10.5 km walk! Thank you, Sue...we all enjoyed the day's outing. Next Mid Week Walk – February 2020.

Bev Thornell

## Brain Games

Our final session included balance, eye hand coordination and mental gymnastics.

We'll have several keen starters when we come back next February.

Elspeth Maconachie

## Cards – 500

The first and third Saturday afternoons of each month are a mixture of concentration and laughter, with all participants enjoying their involvement in playing 500. Each game is different, there are no winners or losers – it all depends on how the cards fall in the game. Come and join us, it is such a pleasant way to spend your Saturday afternoons. Contact Heather Wallace on 0418 353 244.

Heather Wallace

## Coin Collectors Group

Our second meeting will be on Wednesday 4th December, 12.15 pm at the U3A room. The first meeting in November was interesting, with coin albums, war note collection, a special framed coin and the latest mintage of the A to Z \$1 coins dispersed by Australia Post during October. For the December meeting I suggest we bring a coin or note which refers to a significant date or event. I have the sets when the decimal currency changeover from notes to coins occurred. Remember it is a lunchtime meeting.

Anyone interested in coins and/or notes is most welcome to join us.

Alex Adkins 0427 820 287.

## Collectors



We started our well-attended November meeting with a slide show of all the items we had brought along during the year and of course our 'Day out in Dookie'. Thank you, Robyn for taking all the photos and producing this slide show. It adds so much to the last program for each year. Thanks also to Bev who assisted and was present on the day. It was a very well-presented slideshow and brought back memories of items we had taken along. We also had two guests attend who we hope will become involved next year.

Our theme for the meeting was 'Christmas' - hardly original as we have had the same theme each year, but members manage to bring along different items each time. Bev brought along a beautiful old tureen and plate and silver serving utensils which her grandmother always used at Christmas. Wilma had a tree made out of horseshoes with decorations hanging from it. Most of us had Christmas baubles and or plates all with a Christmas theme.

Collectors will commence again in February 2020. Best wishes to all for a happy and safe Christmas

Judith Borthwick

## Creative Writing

We had a couple of word challenges at the start of our November class. You could try one of them!

What is the following 10-letter mystery word?

Containing just two Os and an A for vowels was so courageous.

The way the first two letters matched the last two letters was truly inspirational.

Like a snapshot or a moment frozen in time.

Always taken, often framed.

They were the OG – or at least their middle two letters were...

Again we shared some interesting stories, not all fiction, but showing creativity in our writing. We have started showing some "poetic licence" with the prompts while staying true (I hope) to the intent of the prompt. For example, changing the length of time in the prompt "Two years ago, I swore I'd never come

back here again” to thirty years. This I feel is part of developing creativity in our writing. As in the past two of the writing pieces were part of developing stories, with other new pieces.

For our December class on 9 December, we have agreed to either add an ending to an existing piece of writing or perhaps edit the end of an earlier piece to add a new ending or make it more relevant to the story.

We will be starting our December class early. This will be at **1:30 in the U3A room** for sharing our work, and then heading off to a local café to end up the U3A year.

And the answer to the word challenge – it was an easy one this month – is **photograph**.

Joy Shirley

## Exercises for Fun



Our last Class for this year was celebrated in the Seniors hall, with everyone bringing a small plate to share, after our Exercises. A big “thank you” went to all participants for making this Class so successful and enjoyable. It was so encouraging to hear that everyone appreciated the friendly atmosphere of the Exercise Class.

May you all have a Happy Christmas and New Year, and we hope to see you all back again next year. Mean time have fun!

Helen Jeffree

## Exploring the Universe

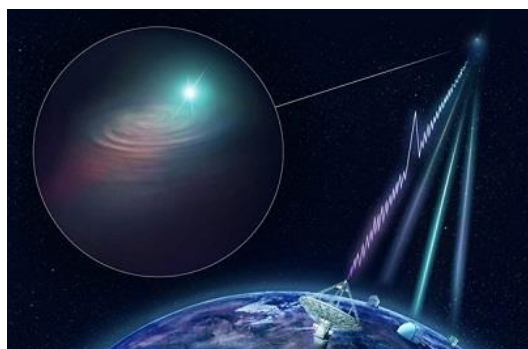
### Mysterious Fast Radio Bursts from Outer Space

2019 has been a significant year for many first-time discoveries in the Universe and we finished the year with another first.

A mysterious Fast Radio Burst (FRB) from outer space has been traced back to its home galaxy for the first time by our own CSIRO Murchison Radio Observatory in West Australia. Powerful flashes of radio waves emit the same amount of energy in a millisecond that the Sun produces in 80 years!

What causes Fast Radio Bursts, colliding stars or black holes, alien space-ships? We don’t know, but with this new Australian technology that can pinpoint the location in less than a millisecond we may be about to find out. This FRB travelled 3.6 million light years from the constellation Crux that we know as the Southern Cross. Scientists now have a direct way of investigating matter around this galaxy. We viewed a film of the Murchison Radio Observatory in outback W.A., the closest the public can get to it. <https://www.youtube.com/watch?v=k28zWHmHtTY> And another with information of the Fast Radio Burst from the Southern Cross. <https://australiascience.tv/australian-astronomers-track-down-the-source-of-elusive-fast-radio-burst/>

Most of the world, with the exclusion of Asia and Australia was treated to the **Transit of the Planet Mercury** across the face of the Sun recently. The last until 2032, the transit took around six hours, but in a spectacular film from NASA can be viewed here in minutes! <https://www.youtube.com/watch?v=0yNzSwlnQ2Q>



**Nothing or Space?** What is between the objects in space? Rupe challenged our thinking with a set of truly astronomical figures with the distances involved in an expanding Universe. What is causing this expansion? Normal matter 5% unknown dark matter 27%, unknown dark energy 68%. Light travels at 9,460,500,000,000 kms / Earth year. When he mentioned the distance of the Local Void at 75 million light years, enough said! Stay tuned.

Bev Morton

## Film and Literature

We discussed the film "Downton Abbey" at our November class. Some of the group had watched the television series that is the basis for the film.

We found this a feel-good film that tied up several loose ends from the television series, with a happy ever after ending. It was not a deep film, but pleasant with some great costuming and picture of the cars and the era (it was set in the late 1920s). A favourite character was the one played by Maggie Smith – a classic quote from her was "I don't argue, I inform". Others also appreciated the cook – Mrs Patmore played by Lesley Nicol – a down to earth well-rounded character. The film included a homosexual relationship which some critics found unnecessary (stating it was influenced by the 'liberal left') and could not see why it was included. In discussing this view we decided that it was relevant as it tied up the loose end around one of the characters – Barrow whose character had developed from a nasty schemer to a man who eventually found himself.

The class generally agreed on a rating between 3 and 4 out of 5.

Several class members had also seen "Ride Like a Girl" – the story of Michelle Paine's battles to end up as the first female jockey to win the Melbourne Cup. We found the family story amazing – a single father bringing up 10 children. Michelle's persistence in the face of the many barriers she met was seen by some as inspirational. The rating was again mixed but was generally around 4 out of 5.

Our film for discussion in December is "Judy". This is about Judy Garland and according to the web site Rotten Tomatoes, "Led by a deeply committed performance from Renée Zellweger, Judy captures the waning days of a beloved performer with clear-eyed compassion." For those of us who saw or heard Judy Garland in our younger days it could be an interesting film to view.

Joy Shirley

## Garden Appreciation

We visited lovely gardens large and small during 2019. Thank you to all who open their gardens for us and to Geraldine for being my backstop.

I wish you all a very Merry Christmas and safe and healthy New Year.

Our first outing in 2020 will be on Thursday February 27th.

Gwen Turner 0438627010 or 5762 7017

## Garden Team

Shears and snippers trimmed and tidied in Shirly's lush and colourful garden. We'll finish our year back at Deslie's patch in December.

Elsbeth Maconachie

## German - Intermediate

One of our presentations planned for last month was held over and created a lot of interest. It came with notes in German and the English translation, so we were somewhat spoilt.

The grammatical component looked at different versions of verb tenses in the past and future.

An exercise in dictation proved more challenging than expected and ran over 2 sessions.

The number of songs stands at six in total, after a new one by request.

At the end, time was spent planning for next year over a shared lunch. Next year a conversational group will be held fortnightly. We were so busy chatting that no time was left for singing!

Pauline Bailey

## History: After the Victorians

Our final meeting for the year will be Tuesday 10th of December when we combine with the Politics class to watch a DVD that considers how Stalin & Communism was rejected by George Orwell & Winston Churchill. This brings to an end my series on 20th Century History.

Next year I revert to the Friday afternoon sessions for Armchair History and feast upon the Tudors as England is divided by religion

Terry Case

## Investment

At the November meeting of Investment we looked at a list of Trending Shares which had been selected based on Alan Hull principles. These principles include the fact that shares should increase by a capital amount of between 10% and 25% per year. The list of 26 shares had all shown good capital growth over both 6 and 12 month periods and covered a range of Sectors. Some of the graphs of these shares were looked at in detail.

One of our members John Hanlon then showed us the format of the All Ords on Market Index using [www.marketindex.com.au](http://www.marketindex.com.au). We were particularly impressed with how much information for each share was shown on one page, without the necessity to change from one screen to another. We also looked at the highest yielding stocks as shown by Market Index for October 2019, these shares having a market capitalisation of >\$1b and a dividend yield of >5%.

The final meeting for Investment for 2019 will be on Friday 6<sup>th</sup> December 2019 at 2pm in our U3A room.

Margaret Jenkins

## Let's Talk Books

Our last meeting for 2019 will be Tuesday 3<sup>rd</sup> December. Enjoy your reading over the holiday period. All the best for Christmas and 2020. It has been a pleasure meeting with this group every month

Geraldine McCorkell

## Lifeball

The Lifeball members are having our Christmas Dinner on the 9<sup>th</sup> December at the Benalla Golf Club.

We have in the last two weeks picked up two new members, which brings our membership to over 23. All are welcome at Lifeball which is played at the Benalla Recreational Centre every Monday at 9.45 am.

Our last game before the Christmas break will be on the 16<sup>th</sup> December and our first game back will be on the 13<sup>th</sup> January.

Max Powell

## Meditation

Thank you to those members who participated in this activity. I hope you found it beneficial and look forward to seeing you again next year. Season's greetings to all at U3A.

Caroline Sims

## Music Appreciation

### **Grieg & Bruch – More than “One Work Wonders”.**

A diminutive man with an immense musical talent, Edvard Grieg wrote one of the world's most popular piano concertos. He remains today as Norway's most beloved composer, magically capturing the energy and beauty of the folk melodies he grew up with. Grieg was one of a string of nationalist composers – Dvorak, Smetana, Sibelius, Bartok, Kodaly, Glinka, Tchaikovsky and others in countries throughout Europe were also turning to the folk songs and rhythms of their homelands to create a Nationalist movement that was also reflected in plays, ballets, operas, novels and poems. Today, his music celebrating Norway and the beauty of Scandinavia is played around the world.

"His name will endure, if only thanks to one superb violin concerto." Thus, read the entry in “The New Grove” on Max Bruch, a prolific composer who was much admired in his lifetime. The First Violin Concerto, however, was only the first of a string of works for the instrument. He also composed three symphonies, a wonderful work for cello and orchestra, a number of (mostly unsuccessful) operas and other choral works. Conservative musically, much in the mould of Brahms, he reacted against the innovations of Liszt and Wagner, and found himself isolated from contemporary opinion later in life. He was, nevertheless, a respected teacher, and numbered Respighi and Vaughan Williams among his students.

These were the composers our group celebrated this month. You can read more and sample their music on the Music Appreciation page of our website.

Bill Squire

## Patchwork

Patchwork group members have had a busy month completing work for the November Meet and Mingle display and quilts and wall hangings for community organisations. The group has donated eleven quilts to the Women's Refuge in Wangaratta and eleven wall hangings to Coinda.

Dorothy was captured collecting the quilts and wall hangings from the Patchwork cupboard on her way to delivering them to the refuge and Coinda

Dorothy Webber



## Politics and Current Affairs

Our final meeting for the year will be Tuesday 10th of December when we combine with the History class to watch a DVD. I hope you have a pleasant break and return next year for more of Trump & Co

Terry Case

## Recorder Group

Final arrangements are almost in place and practice underway for the Recorder Group's performance of Christmas Carols at Coinda. The group will meet at NEA's Red Road Café for an end of year break up gathering on Wednesday 11 December at 10 am.

## Singing for Fun

Early November was spent refining the songs selected to be sung in the three performances at the end of November and early December.

Meet and Mingle, on November 20<sup>th</sup>, was the first performance. Our three leaders, Faith Hicks, Brian Greed and Margaret Merriman led the group through a varied group of numbers with the expert accompaniment of Gwen Barnes. The songs ranged from bright, breezy numbers such as "Mexican Hat" and "I'm Gonna Knock on Your Door", to quirky numbers such as the "Flick Jingle" and "High Hopes". Others such as "Irish Lullaby" and "The Holy City" were sung with emotion and feeling.

A bonus, which was a surprise for the audience, was to hear our newest member Kieran Smith perform "Exodus" superbly. He was so well received that he was persuaded to do an encore - a moving performance of "Danny Boy" much to everyone's delight.

The next performance is on Thursday 5<sup>th</sup> December at the Royal Freemasons 107 Thomas Street at 10.00am.

The final performance will be on Thursday 12<sup>th</sup> December at Coinda at 10.30am. This performance will be followed by lunch at Benalla Golf Club at 12.00 for those who have put their names in.

Rae Jeffers

## Sustainability

Our final session for the year was held during the time of the bushfire emergencies in NSW and Queensland, and so the link between climate change and bushfires was a major topic of discussion. There was also much disappointment, and frustration, with the federal government's refusal to acknowledge the connection between a warming world and more frequent bush fires.

We read an article by Greg Mullins, a former Fire & Rescue NSW commissioner who has 47 years of experience in fighting fires. He said these fires are unprecedented and are burning in places and at intensities never before experienced - rainforests in norther NSW and tropical Queensland, and the formerly wet old-growth forests in Tasmania. This drought which has been made worse by climate change is more intense than the Millennium Drought, with higher levels of evaporation due to higher temperatures. This has dried out

the bush and made it easier for fires to start, easier for them to spread quickly, and enabling spot fires to start twice as far ahead of the main fires as we would normally expect.

For most of this year the news about climate change has been very depressing with very little good news and so I decided that we would finish the year looking at some positive developments. An obvious place to start was to look at the developments with renewable energy. Rooftop solar installations set a new record during October and there are now more than 2.2 million homes and businesses in Australia with small scale rooftop solar installations.

We also learnt that the output of wind and solar generation was greater than the output from brown coal for the entire September quarter. This was the first time that had happened for the whole quarter.

More good news was that renewables, solar, wind and hydro, combined to deliver more than half the power into the National Electricity Market for ten minutes on Wednesday 6<sup>th</sup> November. The continuous rollout of rooftop solar (mentioned above) was a key driver in reaching this achievement.

We also heard about the potential for hydrogen to be a game-changing technology in the transition to a low-carbon economy. Hydrogen is a versatile fuel capable of powering everything from household appliances to transport to industrial processes, and can be stored in our gas pipelines or shipped overseas

John Lloyd

## Tech Savvy Projects

### Family History

As convenor I often take episodes of 'Who do you think you are?' to class, but haven't shown one yet as members come to class eager to use the time to find out more about their own origins and family stories. It has been a great privilege to support group members to develop skills in using internet based family history programs and resources this year and to watch as they make discoveries and deepen their understanding of family ties.

Bev Lee

### Community Projects

Tech Savvy Projects - Community Projects provides one to one support for members keen to develop computer skills to complete projects taken on as part of their volunteer work. Robyn Desmier from Collectors had a clear objective in mind this year - to present the annual power point presentation with background music celebrating the monthly collections for the Collectors group. Robyn is now adding photos and music from November's Christmas themed session to the power point presentation she presented to the group in November. Robyn has developed many related skills along the way. Congratulations Robyn!

Bev Lee

## Tech Savvy Talks



At our final session for the year we looked at how the modern broadcasting tower at Mt Wellington near Hobart came into being. After some background about the ABC and Telstra Broadcasting, we reviewed the process by which the Planning, Environmental Impact Assessment, Senate Estimates Approval of the replacement project, and finally Design and Construction of the new tower happened.

The original tower was constructed in 1959 without any radome or protection of the antennas and tower. There was early severe damage to the above due to ice formation in the extremely challenging conditions. Sometime later a form of heating was provided as protection for the antennas. This only worked if the heating was switched on before ice had formed. It also consumed 85 kW of power which made it expensive to operate. Sometime later as part of the upgrade of the facilities for FM broadcasting and SBS an unlovely fiberglass radome was added to provide protection against the elements. The wind reaction against the changed dynamic conditions due to the radome posed serious problems for the tower resulting in very high annual maintenance.

The new tower was in the form of a reinforced concrete tubular structure with a steel antenna support structure at the top accommodating four separate high-powered transmitting antennas with a fibreglass



radome protecting the antenna structure. The concrete portion of the tower is 13 metres diameter at the base and held down by 18 rock anchors comprising steel cables grouted into bored holes 15 metres deep and post tensioned. The tower is protected dynamically by two levels of “sloshing dampers” which are vaned toroidal structures partly filled with glycol anti-freeze.

Finally, we viewed a TED talk describing how it is possible to regrow neurons in the brain.

Les Rodgers

## Wine Appreciation

### U3A Christmas Breakup: Goorambat Hotel : Wednesday, 27<sup>th</sup> November



This year's U3A Christmas breakup, held at the renovated Goorambat Hotel, was an enjoyable catchup for all of us. The loud buzz of conversation lulled for the duration of the meal: lamb roast and cheesecake, washed down with wine or beer. Benalla Bus Lines transported the group there and back, our obliging driver giving those who hadn't yet seen the local Church Mural and Silo Art a chance to enjoy them. Thanks Heather and Keith Rogers for arranging this event (and

sorting out the wee hitches!), and to Dorothy Webber, our President, for another successful year, with 60 new U3A members joining.

Bev Thornell

## Program News

### Summer School - U3A Benalla Be Connected Summer School 2020

Attention to all members with portable computing devices – whether smart phones, tablets, iPads or laptops. During the summer break, there will be continuing Tech Savvy Be Connected sessions.

Whether or not you attended previous sessions last semester, you are welcome to bring your portable devices to extend your computing knowledge and skills.

We are running three sessions in January on Tuesday mornings at the U3A room.

Dates - JANUARY Tuesday 7th, 14th, 21st Time - 10:00am - 11:00am

Margaret Jenkins Phone 5762 6944 Jenny Sawyer Phone 0409 545 182

### New courses in Semester 1 2020

#### **A Different History of Germany**

**Neville Gibb**

'A Different History of Germany', will range from the Hanoverian Monarchy to the present day. We will have all kinds of diversions and will jump from century to century when required. People should be prepared for lots of discussions. Much new information is available on past events. Later in the course we will concentrate on the German Democratic Republic.

#### **'A Taste of Art' Broken River Painters**

**Carole Perry**

Broken River Painters are offering this course to U3A members interested in taking up or renewing their interest in drawing and painting. The course will operate as an art workshop in a relaxed atmosphere with mentoring and support from artists of the Broken River Painters. No experience is necessary, however more experienced artists are welcome to enrol. No materials or equipment are required, but feel free to bring along pencils, charcoal, paints and brushes for watercolour, oils and acrylics and pastels. As Broken River Painters participate in many art shows and markets in the north-east, as well as exhibiting paintings in the Benalla Hospital, there is an opportunity to eventually exhibit work.

## Coin Collectors

*Alex Adkins*

People over the years have bags, boxes or tins of old coins of pre-decimal and decimal currency. If this is an interest or hobby of yours and you would like to discuss the significance of coins and notes with different designs that commemorate the events and people that create a history of Australia, consider joining our new Coin Collectors group. Meet others who have been putting coins aside and have not yet sorted or catalogued their collection. Discuss, view, swap and/or buy coins to complete various sets. We aim to get more enjoyment from our collections and look forward to seeing your coins and sharing stories. As this is a lunchtime meeting, bring some nourishment along - tea and coffee will be available.

## Demystifying Psychology

*Jane Rushworth*

A five-session light-hearted course introducing psychology in everyday life and some of the theories that attempt to explain how and why we do things. The course will include personality types and preferred coping styles; theories and practices applied to drug treatment, raising children, family violence, and other topics as suggested by participants. The course will also include social psychology, the concepts of obedience, power, group dynamics and states of mind. We'll then discuss how we experience the various theories as they play out in daily life.

## The News - Fact or Fiction?

*Brian Harker*

An adjunct to the Politics and Current Affairs course, 'The News - Fact or Fiction' provides a structured round table forum for selected stories and issues which are hitting the headlines which affect our lives and the society in which we live. Sessions will include an analysis of the contents and letters pages of different media outlets to see how various issues have been reported by different organisations; discussion of one of these topics in more detail; and a pre-alerted topic to be explored.

## What's On

### Tuesday, 3 December

- 10:00 E-Book Group
- 10:00 Stock and Land – Murray Darling Basin
- 14:00 Armchair Traveller - Norway - Margaret Jenkins
- 14:00 Let's Talk Books

### Wednesday, 4 December

- 09:30 Play Reading
- 10:00 Bushwalking - Easy Walks
- 12:15 Coin Collectors – 'coins or notes celebrating particular dates and events'

### Thursday, 5 December

- 10:00 Singing for Fun - Concert at The Freemason's Homes
- 13:00 Patchwork

### Friday, 6 December

- 14:00 Investment

### Saturday, 7 December

- 13:30 Saturday Session - '500' & other activities

### Monday, 9 December

- 09:45 Lifeball
- 14:00 Garden Team – 'Deslie's Patch'
- 13:30 Creative Writing – an early start then our end of year celebration at a nearby café

### Tuesday, 10 December

- 10:00 Joint session - Politics & History classes

### Wednesday, 11 December

- 10:00 Recorder—breakup-- NEA's Red Road Cafe
- 13:30 Film and Literature 'Judy'

### Thursday, 12 December

- 10:30 Singing for Fun - Cooina Concert
- 12:00 Singing for Fun end of year lunch Golf Club
- 13:30 Executive Committee Meeting

### Friday, 13 December

- 10:00 Music Appreciation

### Monday, 16 December

- 09:45 Lifeball

### 2020

### Tuesday, 7 January 2020

- 10:00 Summer School - 'Be Connected'

### Monday, 13 January 2020

- 09.00 2020 U3A Enrolment – Senior Citizens
- 09.45 Lifeball

### Tuesday, 14 January 2020

- 10.00 Summer School – 'Be Connected'

### Wednesday, 15 January 2020

- 9.00 U3A 2020 Enrolment – Senior Citizens

### Monday, 20 January 2020

- 09:45 Lifeball

### Tuesday, 21 January 2020

- 10:00 Summer School - 'Be Connected'

## U3A FULL TIMETABLE SEMESTER 1 2020

### Month Overview - Meeting Room Sessions in Bold

Please note – this document has been prepared for planning purposes. It is current as at 2 December but may be subject to change. Changes will however be kept to a minimum.

	1st	2nd	3rd	4 <sup>th</sup>	5 <sup>th</sup>
<b>MONDAY</b>	<ul style="list-style-type: none"> <li>Exercises for Fun 9.30-11.30</li> <li>Life ball 9:45 – 11.30 am</li> <li>Art Appreciation 10-11</li> <li><b>Be Connected Drop in 9.30 – 11.30am (to be confirmed)</b></li> <li><b>Games 1.30 to 3.30pm</b></li> <li><b>Meditation 4-5</b></li> </ul>	<ul style="list-style-type: none"> <li>Exercises for Fun 9.30-11.30</li> <li>Life ball 9:45 – 11.30 am</li> <li><b>Collectors 10-12</b></li> <li><b>German – Elementary 12.30 - 2 pm (March, April, May)</b></li> <li>German Conversation 12 to 1.30 pm (Library)</li> <li><b>Creative Writing 2.30 – 4pm</b></li> <li>Garden Team 2 - 4</li> </ul>	<ul style="list-style-type: none"> <li>Exercises for Fun 9.30-11.30</li> <li>Life ball 9:45 – 11.30 am</li> <li><b>Be Connected Drop In 9.30 – 11.30 am (to be confirmed)</b></li> <li><b>Meditation 4-5</b></li> </ul>	<ul style="list-style-type: none"> <li>Exercises for Fun 9.30-11.30</li> <li>Life ball 9:45 – 11.30 am</li> <li><b>German- Elementary 10 to 11.30 am (March, April, May)</b></li> <li><b>German – Conversation 12 to 1:30 pm</b></li> <li><b>'As Time Goes By'- Memoir Writing 2 – 4</b></li> </ul>	<ul style="list-style-type: none"> <li>Exercises for Fun 9.30-11.30</li> <li>Life ball 9:45 – 11.30 am</li> <li>Garden Team</li> </ul>
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li><b>Stock and Land 10-12</b></li> <li>Page Turners 10 – 12</li> <li><b>Armchair Traveller 2 – 4</b></li> <li>Let's Talk Books 2 - 4</li> </ul>	<ul style="list-style-type: none"> <li><b>Politics &amp; Current Affairs 10 – 12</b></li> <li><b>Brain Games 2 - 4</b></li> </ul>	<ul style="list-style-type: none"> <li><b>NEW! In the News – Fact or fiction 10 – 12</b></li> <li><b>Exploring the Universe 2 - 4</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Politics &amp; Current Affairs 10 – 12</b></li> <li><b>NEW! A different history of Germany 2 – 4 pm</b></li> </ul>	
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>Bushwalking – Easy Walks All Day (from April)</li> <li><b>Play Reading 9.30 – 12</b></li> <li><b>Tech Savvy (Apple) 2 – 4</b></li> </ul>	<ul style="list-style-type: none"> <li>Bushwalking – Mid Week Walks - All Day (from March)</li> <li><b>Recorder Group 9-11</b></li> <li><b>Tech Savvy Talks 11-1</b></li> <li>NEW! 'A Taste of Art' 1-4 pm</li> <li>Film as Literature 1.30 – 3 pm</li> <li><b>Tech Savvy Beginners (Apple) 2 – 4</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Meet &amp; Mingle 10 – 12</b></li> <li><b>NEW! Coin Collectors 12.15 to 1.45 pm</b></li> <li><b>Tech Savvy Beginners (Apple) 2 – 4 pm</b></li> </ul>	<ul style="list-style-type: none"> <li>Wine Appreciation – All Day</li> <li><b>Recorder Group 10 - 12</b></li> <li>NEW! 'A Taste of Art' 1 to 4 pm</li> <li>Film as Literature 1.30 – 3 pm</li> <li><b>Tech Savvy Beginners (Apple) 2 – 4</b></li> </ul>	
<b>THURSDAY</b>	<ul style="list-style-type: none"> <li><b>Singing for Fun 10-12</b></li> <li><b>Patchwork 1 – 4</b></li> </ul>	<ul style="list-style-type: none"> <li>Birdwatching 9.30 – 12 (March April, May)</li> <li><b>Singing for Fun - Harmony Group 10-12</b></li> <li><b>Executive 1.30 – 3.30pm</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Singing for Fun 10 - 12</b></li> <li><b>Patchwork 1 - 4</b></li> </ul>	<ul style="list-style-type: none"> <li>Garden Appreciation All day</li> <li><b>Tech Savvy Projects – Community Projects 10–12</b></li> <li><b>Tech Savvy Projects – Family Research 1 – 4 pm</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Patchwork All day</b></li> </ul>
<b>FRIDAY</b>	<ul style="list-style-type: none"> <li><b>Sustainability 9.30 – 11.30</b></li> <li><b>Investment 2 – 4</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Music Appreciation 10 – 12</b></li> <li><b>Armchair History 2 - 4</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Sustainability 9.30 - 11.30am</b></li> <li>Chat N' Chew 11.45 – 1.45</li> <li><b>NEW! Demystifying Psychology 2 - 4</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Music Appreciation 10.00 – 12</b></li> <li><b>Armchair History 2 - 4</b></li> </ul>	
<b>SATURDAY</b>	<ul style="list-style-type: none"> <li><b>Games – '500' – 1.30 – 3.30pm</b></li> </ul>		<ul style="list-style-type: none"> <li><b>Games – '500' – 1.30 – 3.30pm</b></li> </ul>		

Summer School – Tech Savvy Be Connected – January Tuesday 7th, 14th, 21st Time - 10:00am - 11:00am