



Benalla and District Inc.

## Newsletter – February 2019

U3A Benalla & District Inc

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### It's not too late to enrol!



Enrolment days are over, but it's not too late to enrol. Enrolment kits are available at RedB4 books next to Hide's Bakery - forms can be left at RedB4 or posted to U3A Benalla PO Box 674 Benalla 3671. They are also available on the website.

### Group Reports

#### Armchair Traveller

Armchair Travelling will have two sessions this Semester; Tuesday 5<sup>th</sup> March and Tuesday 7<sup>th</sup> May. The March session will be addressed by Brian Vial and Andrea Stevenson on the topic of the Papua New Guinea travels. This will be the first occasion we have touched on the subject of New Guinea and should be of immense interest.

I am looking for a topic for the May session and will be grateful if anybody can assist.

Ray O'Shannessy

#### Art Appreciation

This Monday 4 February 10 am, Ivan Durrant is scheduled to give our U3A Art Appreciation group

a talk about his paintings, career and current exhibition at Benalla Art Gallery. This should be extremely interesting. It would be wonderful to have as many people from the Art Appreciation group attend as possible.

Neville Gibb

#### As Time Goes By (Memoir Writing)

This year we have a new title for memoir writing - 'As Time Goes By'! Our summer break challenge is to write a 500 word story about a 'Family Trait' we inherited and how this plays out in our lives, ready to share at our first session on February. New members might like to prepare a 'Family Trait' story to share, or just come along to the first session and enjoy stories shared.

Bev Lee

#### 'Be Connected'

We held the final 'Be Connected' session on 30th January. The 'Be Connected' sessions ran for six months, which included a one month Summer School. Our total registration of participants reached just over 30.

The 'Be Connected' website offers a wide variety of information on using computing devices and the internet and is aimed at helping older Australians better understand how to use their computing devices; be it a desktop computer, a laptop, a tablet or a mobile phone.

Even though the Course offered through Benalla U3A has finished, the Be Connected website still remains available to all to continue honing their computing skills.

Jenny Sawyer

#### Bushwalks

The Bush Walking groups start later to accommodate the hot weather, with Mid-Week

Walks starting in March and Easy Walks in April. News of the destinations of their first walks will appear in the next newsletter.

With the retirement of esteemed convenor Vaughan Cowan, both groups have new convenors. Thank you Wendy, Margaret and Marg for agreeing to convene these groups.

#### Easy Walks – Wendy Sturgess and Marg Walshe



#### Mid Week Walks – John Boehm



#### Chat n' Chew

Chat n' Chew will recommence in February 2019. Following tradition, the first gathering for the year will be held at **The Royal Hotel** on the third Friday, which in 2019 falls on Friday 15th February, at 12 midday. Please contact Shirley on 5762 6768 by Tuesday 12th February for bookings or cancellation.

Shirley Kearney

#### Collectors

Collectors had a meeting in December where our theme was Christmas and once again we had some lovely items to admire. Those who attended

received a small plant in a tiny pot as a Christmas token.

Our February meeting will be held on February 11<sup>th</sup> at 10 am in the Seniors Community Centre. We have several new enrolments who will be very welcome as will our returning members.

The theme for February will be 'Souvenirs'. This covers a wide range of items which could include holiday souvenirs, theatre programs, tickets or wedding souvenirs, etc. The theme is a suggestion only and you are welcome to bring along another item if you prefer. Looking forward to seeing you there on Feb 11<sup>th</sup>.

Judith Borthwick

#### Creative Writing

Eight people met at the North Eastern for our last session for 2018. The prompt for our writing was around the words **present/presence**, using variations of the words. As in previous sessions, there was a great variety of stories. Many stories told about **presents**, Christmas, birthdays, or general. There was the present of a car, a scholarship, a special meal, a birthday gift to oneself, the first word spoken by a brain injured daughter after several years of silence. We also had one about the **presence** of the ghost of a young mother, followed by a poem about the background on how she had died (murder or suicide?).

Some of the stories left open the possibility for extension, and this was a task that each could follow up over the Christmas break. For our first session in 2019, there are two assignments. Firstly, to write a paragraph to share on any topic. The writer will then take the paragraph away and refine/extend it during the first semester. At the end of the semester we will compare the original with the revised version. Each member has also been asked to come along with some possible prompts to use during the year. These will be put in a "hat" and 2-3 will be selected each month for the following month's writing.

Joy Shirley

#### Exercises for Fun

2018 was an exciting year getting to know all who attended the exercise group.

We are all interested in trying to maintain our flexibility and our balance whilst keeping fit and enjoying each other's company.

I am looking forward to seeing you all back again in the New Year. Our Monday classes commenced on 4th February. There is still room for more!

Have fun!

Helen Jeffree

## Film and Literature

We spent our final session for the year discussing movies we had seen. Each member had an opportunity to talk about movies they liked or was memorable in some way. The majority were movies watched during the year, although there was mention of movies from the past. We covered a wide range of movies from *The Leisure Seekers*, which was appreciated by many who had seen it to the recent release of *Halloween* (a bit of a nothing movie). One of our members talked about the recent release of *A Star is Born*, with some comparison with previous releases of the same movie.

For 2019 we will be focussing on movies being screened at BPACC, and then meeting on the second Wednesday at a café to discuss the movie. The first movie for the year will be a remake of the movie *Storm Boy* which will be screened at BPACC from the end of January. We will then be meeting at 1:30 on the 2<sup>nd</sup> Wednesday to discuss the movie. It is likely that the venue for our first session will be the library.

Joy Shirley

## Garden Appreciation

Our gardens have suffered greatly in this heat over the summer but two contrasting local gardens are available for us to see for our outing in February. Our first garden is Ros and Ken Horsburgh in Gray Street, a small beautifully tended garden and the second garden to visit is Barbara Buchanan in Riverview Street, a lovely native garden with plenty to see. Barbara is a native garden enthusiast.

We will meet in the Seniors car park at 9.30 am and will have a coffee in the U3A rooms before we depart. Both these gardens are off Coster Street, (near the hospital), so not much travelling involved. After our garden visits we will have lunch together (to be decided).

See you all at 9.30 am on Thursday 28<sup>th</sup> February in the car park behind the Seniors building.

Gwen Turner and Geraldine McCorkell

## Investment

At the December meeting of Investment we had a very interesting talk by Les Rodgers on a new technology which is being investigated by the ASX as a possible replacement for the current CHES system. The CHES system has been used by the ASX for over 25 years and is likely to be replaced in two or three years time by Permissioned Distributed Ledger Technology or DLT. This DLT system may provide a slightly shorter settlement period for trades as well as being more secure.

As a follow up to our November meeting we noted the outcome of the Rio Tinto share Buy Back. We mentioned that BHP was also having a share Buy Back and a Special Dividend in January 2019. We also noted that the Coles demerger from Wesfarmers had happened and looked at the price of the demerged Coles shares.

At Investment for interest and information we run a Monthly Share selection, members being able to select a share of their choice which they think will make the most gain in the next month. No cash outlay is involved. At our December meeting we congratulated Nola McDonald who won the 2018 Monthly share selection. Nola had several large paper wins and was awarded the usual bottle of marmalade, and this year also a U3A Benalla pen. Unfortunately Nola was not at the December meeting but her prize was forwarded to her via Noel.

The Long Term share selection for 2018 which was a close contest was won by Margaret Jenkins with the runner up being Pauline Bailey.

The first meeting of Investment for 2019 will be on Friday 1 February at 2pm in the U3A room at the seniors complex. Please note that in 2019 the time has changed to 2pm.

Margaret Jenkins

## Let's Talk Books

Welcome back to Lets Talk Books for 2019. I am sure with all the hot weather it has been a very good excuse to read lots of books and we will be ready to talk about them in the airconditioned comfort of the Library. I have read 3 or 4 good reads over the holiday and have a few for the swap table. See you all on at 2 p.m. Tuesday 5<sup>th</sup> February at the Library.

Geraldine McCorkell

## Meet and Mingle

Dennis Ginnivan, Waste and Facilities Coordinator at Benalla City Council, will be the guest speaker at U3A Meet and Mingle group at 10.00 am on Wed

20th of February 2019. The topic – ‘Waste Management (green and yellow bins in particular). We have asked Dennis to provide information to make sure we are ‘getting it right’; to tell us what we are getting correct and what people are incorrectly putting into the bins

Some questions Dennis might answer include

- Should bottle and jars have the lids removed or left on?
- Is folded or rolled up aluminium foil ok for recycling
- Is there a preferred minimum size of paper put into the yellow bin, e.g. old raffle tickets
- Is it ok to recycle a metal kettle and a plastic kettle?

Bill Parris

## Music Appreciation

December’s Music Appreciation session featured ‘Christmas Music’. The wonderful notes prepared by Bill Squire could be dipped into each year before Christmas! You can download them on the Music Appreciation web page.

During the session the group listened to much beautiful Christmas music, including an arrangement of ‘In Dulci Jubilo’ by Michael Praetorius 1571-1621 which can be listened to through on Music Appreciation’s web page or on YouTube.

Bill Squire

## Patchwork

Patchworkers met during December, sharing a Christmas lunch and hexagon patchwork 'Chris Cringle' projects on December 5th, followed by a workshop with Vivienne Sheppard from ‘Vivienne’s Retreat’ on Saturday 8th and/or Sunday 9th December. They also held their January day long session and are looking forward to another busy, creative year.

## Patchwork for Beginners



Heather Sloan was very busy explaining her new course at Enrolment Day at the Seniors! What a

wonderful opportunity for beginners to develop the core skills needed to go on to produce patchwork quilts for family and friends.

## Politics & Current Affairs



*Gita-Kristie Korimbo, 4th Year Mechanical engineering student, Goroka, Eastern Highlands Province, Papua New Guinea, recently visited Benalla and Tatong and during this time, with her travelling companion Vivienne Kiyoo, spoke to the Politics group. Class members very much enjoyed meeting them and hearing their presentation. A fascinating essay by Gita ‘My Impressions of Australia’ was published in [February’s Tatong Tattler](#) and has just been published in full on the Politics page of the web site after being submitted by Andi Stevenson. An extract is published below.*

‘When I first visited Australia in December 2015 I had just finished year twelve and had no idea Australia would be as multicultural and BIG as it turned out to be. The small town I grew up in lies in the heart of Papua New Guinea in the Eastern Highlands Province about 1600m above sea level with a growing population of 19-20,000 people.

On my second visit I travelled with a friend, Vivian Kiyoo. We both had an exciting time visiting Melbourne, meeting friends, visiting Brian’s daughter Robyn and his granddaughters Evelyn and Claire in Bendigo, we also visited Brian’s son Leigh and his wife Sue with their two boys Digby and Rory in Swan Hill, and we managed to find our way through the Southern Cross Station and back to Benalla. I thought finding our way home was the exciting part because it tested our skills of reading tickets and signs and it also gave us time to sight see the streets of Melbourne a bit without getting lost

It was indeed a great experience for me and I am truly grateful towards the Leigh Grant Vial scholarship that sponsored my years 11 and 12 at boarding school in Goroka and also Brian and

Andrea doing the unthinkable of bringing two Papua New Guinean girls with no exposure whatsoever of the world to Australia not once but twice and giving us experiences of a lifetime. These experiences have added values beyond words to our lives and have broadened so much of our understanding.

I am currently in Lihir, an island in the New Ireland Province of Papua New Guinea doing my industrial training with New Crest Gold Mine. I will be doing my final year this year at the Papua New Guinea University of Technology in Lae, Morobe Province and will be graduating next year (if all goes well). I didn't leave Melbourne with a heavy heart, I know I want to return and hopefully this time with a degree and two visits of experience."



## Play Reading



Play readers Pat Treleaven and Shirley Swallow attending the morning tea breakup at the Art Gallery café on December 5 had broad smiles describing the hilarity during the final play for the year ... *"The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society's Production of Macbeth"*

## Singing for Fun

Early in December we celebrated the end of the year with a concert at Cooina. This concert was slightly longer than what was presented at the Meet and Mingle day in November and included some Christmas favourites. From the applause received the concert appeared to be enjoyed by the Cooina residents.

Afterwards several members of the Singing for Fun group went to the Golf Club for their end of year lunch.

Singing for Fun in 2019 will start on Thursday 7 February at 10am in the U3A room at the seniors complex. We have had good numbers at our enrolment days and look forward to seeing everyone at our first session.

Margaret Jenkins

## Stock and Land

One hop cone is all that is needed hop wise to produce one bottle of beer, Alison Earp, Myrree, told our Stock and Land group December. However the higher the alpha acids in the resin glands of the hops, the lesser the volume of hops needed, for a given degree of bitterness of a beer. Alison said she married into the hop industry when she teamed up with husband Les at Myrree. He died nearly five years ago, but Alison has continued in the industry by growing about 15 old, mostly aroma rich hop varieties for boutique breweries.

Although she doesn't drink beer Alison is quite taken with a green hop derived boutique beer produced in the King Valley. Alison said the industry was more or less on an even keel – although hops were always much easier to grow than to sell - until entrepreneur John Elliot decided the industry was a cash cow in the 1980s.

"He established a large area of vines in Australia but took no account of the fact that growers tend thousands of hectares of hops overseas and Australia could never have any impact on the world price"

Even the current Rostrevor hop garden near Myrtleford, set up by John Elliot, grows 100s of hectares of hops and "burns off the competition," Alison said. It also breeds new high alpha varieties which growers like her cannot get access to. Botanically hops, a perennial herb, are closest genetically to marijuana. But they don't contain THC, the active ingredient which makes marijuana so desirable.

Alison said hop roots are extremely tough and will grow during summer up to more than 5m vertically along strings tied to overhead wires. The old varieties she grows are not easily machine harvestable and since the demise of readily available mostly Asian work crews for stringing up and training vines and picking hops – the biggest work areas – the crop had become much less economical to grow.

As well growers must invest in about \$2m worth of processing equipment on farm, including a \$1m pelleter. At their peak the Earps used to produce each March/April about 400 bales weighing 120kg each, of kiln dried hops.

Today there are two main agents handling sales from about 30 growers with Myrrhee remaining the principal point of production in Victoria. It is not historically and currently possible for growers to sell direct to brewers.



*David Palmer with hops producer Alison Earp*

On Tuesday 5 February our speaker will be **Brian Vial**, formerly a Moulamein rice grower. Brian will talk about what has become a contentious crop because of water shortages.

David Palmer

## Tech Savvy

There are two Tech Savvy courses this Semester, 'Tech Savvy Beginners (Apple Devices)' and 'Tech Savvy Projects (Family History)'. With many of us still using PC's, and even more using laptops, including the new lighter laptops, this contribution from Terry Dillon could come in useful. Thanks Terry!

## Windows Shortcuts

On a standard keyboard there are four modifier keys, SHIFT, CTRL, ALT and WINDOWS . They are all used in the same way, hold down the modifier key while typing another key

### Use these in most Apps

Shortcut	Action in Windows Apps
CTRL + C	Copy selected text/items to clipboard
CTRL + X	Cut selected text/items to clipboard
CTRL + V	Paste the contents of the clipboard at the cursor location.

Shortcut	Action in Windows
+ .	Open emoji selection window. Useful for email NOTE: This is the period or full stop key.
+ D	Minimise all open windows so the Desktop is displayed. Repeat to return to the active window.

## Wine Appreciation

Welcome to another year of interest with our Wine Appreciation group. It is good to see several new enrolments.

### Wednesday 27 February 2019

Meet at 10.00 am for travel to Tallis Winery at Dookie. Lunch will be a selection of shared platters.

### Wednesday 27 March

Meet at 10.00 am to travel to Warrabilla Winery, Rutherglen, previously visited in 2011 and home to some powerful reds. Lunch at Pickled Sisters.

We will continue to meet at the tennis court car-park site behind Aldi's.

Phone Noel 5762 3149 or Keith & Heather 5762 4086. In most instances we confirm meal bookings the previous Sunday night.

### Thank You

**Steph Ryan and her office staff**  
for printing hard copies of this newsletter for mailing out and distribution.

## Member News

### Vaughan Cowan Retires From U3A/BBC Mid-Week & U3A Easy Walks Co-ordinator Roles



We wouldn't like to embarrass Vaughan with gushy tributes; nor compare him to his obvious equals, such as Sir Edmund Hilary, Bear Grylls and Russell Coight, but members of Benalla's Bushwalking Club and the U3A Bush Walking groups would rank our Vaughan right up there.

Vaughan's membership with the BBC and U3A spans two decades. He put his hand up to organise and lead both the Easy Walks and Mid-Week Walks: a heavy work load for one person to carry. Vaughan, however, took it on with his habitual quiet competence. Without his extensive knowledge of the bush, wildflowers and his qualities of leadership and enthusiasm, the two Clubs would have not been as strong as they have grown to be.

We will all miss him in the driver's seat and he will be a hard act to follow. To fill the breach, Margaret Walshe and Wendy Sturgess have taken over the reins of Easy Walks Coordinators and John Boehm will be the interim Convenor of the Mid-Week walks. The two Clubs therefore remain in capable hands.

No doubt Vaughan will remain an important member of the Clubs, sharing his inexhaustible bushwalking knowledge with walkers.

Special thanks must go to Marion Cowan, Vaughan's cheerful and practical "better half". As they say: "behind every Great Man (sorry Vaughan!) there's a Great Woman". This is

certainly the case here. Not only is Marion an excellent cook (our bushwalking afternoon teas are legendary) but she seemed to always manage to come up with an answer for: "has anyone here brought along a .....?"; "what wildflower is that"; where is.....??



We trust that Vaughan and Marion will continue to remain active participants in future Club walks.



HAPPY RETIREMENT, VAUGHAN!

Bev Thornell

# What's On

## Friday, 1 February

9:30am Sustainability

2:00pm Investment

## Monday, 4 February

9:30am Exercises for Fun

9:30am Lifeball

10:00am Art Appreciation - Ivan Durrant

12:00pm German for Beginners

2:00pm Games

4:00pm Meditation

## Tuesday, 5 February

10:00am E-Book Group

10:00am Stock and Land - Brian Vial 'Rice Production'

12:00pm Beginners' Patchwork

2:00pm Let's Talk Books

2:00pm Member Services Group

## Wednesday, 6 February

9:30am Play Reading

2:00pm Tech Savvy Beginners (Apple Devices)

## Thursday, 7 February

10:00am Singing for Fun

1:00pm Patchwork

## Friday, 8 February

10:00am Music Appreciation

2:00pm History - An Introduction to Western Civilization

## Monday, 11 February

9:30am Exercises for Fun

9:30am Lifeball

10:00am Collectors - 'Souvenirs'

12:00pm German for Beginners

2:00pm Creative Writing

2:00pm Garden Team

## Tuesday, 12 February

10:00am Politics & Current Affairs

2:00pm Brain Games

## Wednesday, 13 February

9:00am Recorder

11:00am Tech Savvy Talks

1:30pm Film and Literature - 'Storm Boy'

2:00pm Tech Savvy Beginners (Apple Devices)

7:00pm A Night at the Opera - French Style

## Thursday, 14 February

1:30pm Executive Meeting

## Friday, 15 February

9:30am Sustainability

11:45am Chat n' Chew - The Royal

2:00pm Booker Reading Group

## Monday, 18 February

9:30am Exercises for Fun

9:30am Lifeball

12:00pm German for Beginners

2:00pm Program Group

4:00pm Meditation

## Tuesday, 19 February

10:00am History - After the Victorians

2:00pm Exploring the Universe

## Wednesday, 20 February

10:00am Meet and Mingle - 'Waste Management'

2:00pm Tech Savvy Beginners (Apple Devices)

## Thursday, 21 February

10:00am Singing for Fun

1:00pm Patchwork

## Friday, 22 February

10:00am Music Appreciation

2:00pm History - An Introduction to Western Civilization

## Monday, 25 February

9:30am Exercises for Fun

9:30am Lifeball

12:00pm German for Beginners

2:00pm As Time Goes By (Memoirs) 'Family Trait'

## Tuesday, 26 February

10:00am Politics & Current Affairs

2:00pm Beginners' Patchwork

## Wednesday, 27 February

10:00am Wine Appreciation - Tallis Winery, Dookie

10:00am Recorder

2:00pm Tech Savvy Beginners (Apple Devices)

## Thursday, 28 February

9:30am Garden Appreciation - Two Contrasting Local Gardens

10:00am Member Services Group

1:00pm Tech Savvy Projects - Family History

3:00pm Tech Savvy Talks at the Northo

## Friday, 1 March

9:30am Sustainability

2:00pm Investment

## Monday, 4 March

9:30am Exercises for Fun

9:30am Lifeball

10:00am Art Appreciation

12:00pm German for Beginners

2:00pm Games

2:00pm Garden Team (Alternate Date for Labour Day)

4:00pm Meditation

## Tuesday, 5 March

10:00am E-Book Group

10:00am Stock and Land

12:00pm Beginners' Patchwork

2:00pm Armchair Traveller

2:00pm Let's Talk Books

## Wednesday, 6 March

9:30am Play Reading

2:00pm Tech Savvy Beginners (Apple Devices)

## Thursday, 7 March

10:00am Singing for Fun

1:00pm Patchwork

## Friday, 8 March

10:00am Music Appreciation

2:00pm History - An Introduction to Western Civilization