Benalla and District Inc.

Newsletter – October 2024

U3A Benalla & District Inc
P O Box 674, Benalla 3672
Website: u3abenalla.weebly.com
Facebook: facebook.com/U3abenalla/
Newsletter: newsletter.u3abenalla@gmail.com

President: Margaret Jenkins 5762 6944
Secretary: Nicole McFarlane 0428 696 408
Course Cordinator: Ann Nelson 0438 447 379

E-mail Address: u3aben@gmail.com

Please send reports for the newsletter to newsletter.u3abenalla@gmail.com by 26th October 2024

President's Report

U3A Benalla have lots of interesting events available between now and the end of 2024. On Friday 1st November at 2pm we will have a presentation by Latrobe Community Health Service titled *'How to Live at Home for Longer'*. Topics to be covered include My Aged Care, Commonwealth Home Support Program, Home Care Packages: How to Access, Services and Equipment and other subsidised Government programs. The event is free. However, we would like you to contact Helen Jeffree on 0490 092 267 if you would like to come as an Information Package will be available for those that come.

On Wednesday 16 October at Meet and Mingle we will have Kay Blore speaking on *Recycling*. This will be followed by morning tea. After that we will have an *Overview of the Be Connected Program* which we have been involved with since 2016. Following the talk about Be Connected there will be a *free BBQ lunch* underneath the veranda. The Lions Club are cooking for the BBQ and the Ukulele group will be providing music during lunch. We need to know numbers for catering so could you please contact Helen Jeffree on 0490 092 267 if you are coming.

We would like you to bring anyone who would benefit from our Digital Instruction Programs as we will have Ruth Jelliff, Robyn Lukey and Jenny Sawyer attending.

October is *Taster Month* when members of U3A Benalla can try another course before enrolling for it in 2025. Please contact the Convenor of the group you wish to try before turning up to it. We are also happy for you to bring along a friend who is not a U3A member for them to try what you enjoy.

A reminder about our *end of year concert* on Wednesday 20 November 2024 at 10am in the Auditorium of the Benalla Seniors Community Centre. We will have the Singing for Fun group, the Recorder Group, and the Ukulele group as well as a display by the Patchwork and Craft Group. You are welcome to bring your friends to this morning of entertainment.

Our *end of year lunch* is at the *Seven Creeks Hotel* in Euroa on Friday 29 November at 12 noon. There will be a choice of 3 mains and 2 desserts for lunch. A bus will leave from the Rose Gardens in Benalla at 11.20am. Cost is $45 pp for lunch or $60 if travelling by bus. Please see the form included in this month's Newsletter to let us know that you want to come.

The Committee have had some information about a new digital program called Member Wizard which is being initiated and supported by U3A Network in Melbourne. The program is in its trial evaluation stage and further information should be available in 2025.

On 13th August I spoke about U3A Benalla at Lakeside Probus. There were approximately 40 people there, about a quarter of them already U3A members. The talk was illustrated by about 30 power point slides and provided a colourful story of U3A Benalla.

U3A Benalla in 2024 consists of 419 members attending 46 different programs. Have you ever wondered how the programming for the U3A timetable is prepared and maintained throughout the year? Some programs are conducted weekly, others fortnightly or monthly. Attendance rolls for each program are prepared. Convenors are provided with contact information for their groups.

All this information is provided by a program originally written by a member Terry Dillon and then further developed by Len Jeffers. The program is written using Microsoft Access which is part of the Microsoft Office group of programs.

We are looking for U3A members who may be interested in getting to know the program's database and perhaps becoming more involved with its operation. If you are interested, please contact Len Jeffers or me.

Margaret Jenkins, President

Course Coordinator's Report

The Program Committee will begin meeting before long to plan the timetable for 2025. I am very keen to hear about courses in the 'ideas stage' or early stages of development.

A number of new courses have already been submitted and discussed with me, including

Drawing and Painting with Water Colours – Convenor: Margaret Zaal

Course description: The course will be once a month for a duration of 2 hours. The Convenor is a Botanical artist, and the course will include colour mixing and water colour technique.

Exploring Writing Children's books – Convenor: Peter Thompson

Course description: The Collaborative Children's Book Group is a 10-session program designed to bring together novice authors and illustrators to create and develop children's books. Each session is 2 hours long, featuring a mix of activities, discussions and presentations.

Train Buffs - Convenors: Athol Graham and Anne Nelson

Course description: The course will be once a month with the duration of 2 hours. It aims to provide the opportunity for like-minded people to reminisce about, follow up interests and develop further knowledge relating to trains and train travel. Monthly sessions will involve classroom-based sessions and excursions.

It is also the time for convenors to consider whether they will continue offering their course next year or perhaps take a break; suggest a name change or put in a bid for a different time/venue change in the timetable.

Anne Nelson 0438 447 379 email gables5@bigpond.com

Group Reports

A Taste of Art

As spring unfolds, the U3A students of visual arts with The Broken River Painters are flourishing in their artistic journey. With the year well underway, the group has made significant strides, and new artists are becoming increasingly confident with their chosen mediums and tools. The atmosphere within the group is one of creativity and exploration, as each student discovers their unique style and artistic voice.

Facilitators have expressed their admiration for the visible progress, noting the enjoyment and enthusiasm each artist has shown in the studio. Whether working with oils, acrylics, or watercolours, the students are enthusiastically exploring new challenges. The Broken River Painters continue to foster a welcoming and collaborative environment, where assistance is never far away.

Peter Thompson

Armchair History

During September we diverged a little and discussed China. Specifically, Taiwan. Taiwan is an island off the coast of China which for most of its history has been part of China. It has previously been at times under the influence of various European powers who used it as a trading place. The PRC claims it as part of China and has threatened to take it back by force. But it has also said it will never invade. In the past the two governments were moving together but the advent of the Democratic Movement and the PRC's behaviour in Hong Kong has soured relations in this regard. Taiwan was ceded to Japan after one of the many wars China was subjected to and it became a Japanese Colony. It can be said that Japan exploited both the country and the people in damaging ways and the memory of the occupation has remained. It was returned to China after WW2 but after the defeat of the Nationalist Government in 1949 Chang Kei Chek took it over and claimed to still represent all of China. It remained a Military Dictatorship until the forces of democracy prevailed and during the 1990's it became a democracy of sorts. It is now basically the only state in Asia where the government can change hands after an election. It now holds great power because it is the largest manufacturer of Computer Chips in the world and China is reliant on Taiwan for their supply.

Neville Gibb

Art Appreciation

At Art Appreciation in early September, we were fortunate to be addressed by **Marina Strocchi** regarding the '**Three Echoes - Western Desert Art'** display that is currently in the Gallery. Marina knows a number of the painters who have work in the exhibition personally and was able to explain some of the variations in indigenous art. For instance, she gave some explanation of the dot and its significance. There are many different styles in the exhibition, and it is hoped that as many people as possible will visit the Gallery.

Marina spoke about her involvement with indigenous art and showed us a number of both still photos and videos of where she made it possible for the women in some Aboriginal Communities to paint their stories on large canvases. One community is 3 hours west of Alice Springs and the other is 6 hours west of Alice. A lot of effort was involved but the result was impressive. Marina is a very impressive woman herself with an understanding of the needs of these isolated communities and has devoted herself to making it possible for the Women in these communities to paint and to benefit from their painting. We commend her for this.

At 'First Monday' at the Gallery on Monday 7 October, from 10 to 11 am, we will join Arts Project Australia artist ***Danny Lyons*** in conversation, coinciding with his Gallery Shop exhibition ***Self in the Spotlight.*** Danny is an emerging artist working in photography, video, and drawing, often incorporating personal experiences in his work. Since 2018, he has made a series of photographic works involving placing himself dressed as different celebrities in the centre of photoshopped scenes.

Join us for coffee after the session at the Gallery's Munro and Sargent Cafe.

Neville Gibb

'As Time Goes By' – Memoir Writing

Stories this month began with *'Someone who shaped me'*. Carmyl wrote '…I'll never forget the Pleasant Street Methodist Guide Company and our 'Cap'(short for Captain)', the "quietly spoken Miss Edna Perry", who rode her bike to Guides and "always had an interesting program prepared which would include the guide promise, a game or two, singing some fun songs and some badge work". Carmyl's story and a vintage *'Bob a Job'* poster led to much discussion about groups belonged to as children and adolescents.

In a different vein, Barry described how making an unexpectedly strong response to being humiliated by a football coach in his youth has shaped his responses to similar situations throughout his life.

In a poignant story, 'Jesus Weeps', Delfina described how a young nun's warning when she was 6 years old that "Jesus weeps when you throw away good food" has remained with her throughout her life.

'*Relationship'* stories included Ray's reflections on people across his life, commencing with Ron O'Connor who he shared a desk with in sub-intermediate – "We were generally known as 'Oke' and 'Os', (O'Connor and O'Shannessy)". James' story of meeting, then life with, his loved partner Karin for 46 years, was particularly moving, ending 'Best relationship I have ever had!'

John drew upon his relationship over time with his parents, describing a happy childhood growing up on a farm, then tragedy and the need to support his parents in his early 20's when his sister, then first cousin and later his brother, passed away.

Phil's story added further insights to our understanding of his relationship with his parents after coming to Australia in 1967 as 'Ten Pound Poms', while Bev revisited an amusing story featuring relationships between neighbours, *'Our Back Yard'*.

Lou read his gripping sequel to '*My First Job'*, where his desperate search for a job as a homeless 15-year-old in Marrickville led to a job making the lids for *'Thunder Boxes'*! In *'A Sense of Place'*, James reflected on the factors leading to his strong feeling of connection to Yundool, where he has lived for the past few years.

Neville's story this month *'First Memories'* evoked childhood memories in others, including the eerie experience of being hospitalised as a young child; while Max's story *'The Bushfire Fencers'*, shared memories of volunteering with a locally organized bushfire fencing team working on properties affected by the bushfires of February 2008.

For those who would like to join us as a 'taster' on October 21 from 2 to 4 pm, next month's 500 Words story topics are **- 'Steep Learning Curve'**. Write about a time in your life when you were on a steep learning curve. *OR* **'U-Turn' or 'Turning Point' or 'Starting Over'** – A chance to write about a sudden change of direction, a turning point in your life, a time when you 'started over', when life took you back to square one – however large or small!

Newsflash –The Benalla Festival's Writing Competition is back. The topic *'Hidden Gems'* (details to come). Feel free to substitute this for an upcoming topic and to enter the competition!

Bev Lee

Australian Shares & Stock Market

Twelve members attended our meeting on Monday 2 September. We welcomed back Peter from his extended trip to UK and beyond, then commenced with several videos from the Commsec website, being updates on the reporting season for Wesfarmers, Woolworths, and BHP. All were positive but subdued in their outlook. We had a quick look at a listing of ex-dividend dates from today until 30 September. There were a couple stocks which, if purchased today or tomorrow, would provide a dividend in the next six weeks. A couple of stocks that have performed well - such as BSE, MWY, SEQ and CUE - have had huge gains and should be viewed as highly speculative.

Handouts related to Pilbara Minerals; the Tiwi-Santos gas project including a map of the Barossa gas pipeline route to Darwin, and an updated sheet to 29 August on four stocks (CBA, WES, BHP, and RIO) respective sectors, ASX 20 to ASX 300 and the performance of the eleven sector codes; all were positive in the two months since 30 June 2024.

On the Long-Term sheet, John still leads with DRO followed by Margaret J with TLX and 3rd Margaret W with PME.

On our "Real Time Trading Dividend" listing, Colin leads with Brambles (BXB) with $12,474, closely followed Neville, Brent, and Wende. Dividends have been added for six of our members since the 5 August meeting. Les missed having his dividend added today as it will be due on 4th September - it will be added to the sheet by our next meeting. Jan had her dividend added today one day early by exception. In reality, there is no pay date included on this 2024 sheet for simplicity. Dividend is added after the ex-dividend date. Neville chose to hold RIO after a successful trade of WHC last month to gain the RIO dividend. You have one more trade available before you will reach the maximum of four for 2024. John chose to sell YAL and buy WDS, likewise Malcolm chose to sell EBO and purchase BWF. If you wish to trade before our October meeting, please email or phone me.

On our Short-Term monthly selections Graeme leads with SCL with a profit value of $21,871, followed by Peter, TPC with $3,096 profit, followed by Wende with JBH. There were four new monthly selection changes being Susan (CBA), Neville (HMC), John (DRO), Malcolm (LYL) to report on at the October meeting.

Our next meeting will be Monday 7th October 2024 at 2pm.

Malcolm Sanders

Be Connected/Tech Advice

As mentioned in the President's report, on Wednesday 16 October 11.30 following Meet and Mingle we will have an *Overview of the Be Connected Program*. We would like you to bring anyone who would benefit from

our Digital Instruction Programs as we will have Ruth Jelliff, Robyn Lukey and Jenny Sawyer attending. Following the talk about Be Connected there will be *a free BBQ lunch* underneath the veranda. The Lions Club are cooking for the BBQ and the Ukulele group will be providing music during lunch. We need to know numbers for catering, so could you please contact Helen Jeffree on 0490 092 267 if you are coming.

Margaret Jenkins

Be Connected – Android

In September we were unfortunately only able to hold one session. We have some members taking overseas holidays shortly so we looked at how we can use our phones overseas, or in fact if we really need to rely on them (other than for photos and emergencies).

We continue to encourage class members to suggest topics and issues they would like help with.

Ruth Jelliff

Birdwatching

Next outing: Lake Benalla, 9am Thursday 10th October – note earlier time.

It is several years since we have walked around Lake Benalla as a group, so that is what we will do on Thursday 10th October. The lake is an excellent place for finding birds, with huge old red gums, a mid-storey of various wattles, grasses for small birds like finches, and of course the all-important water required by all our local birds. With the warmer weather, we will meet half an hour earlier, at 9am at the carpark behind the Seniors and Community Centre.

Visit to Reef Hills State Park and Broken River Natural Features Reserve Thursday 12thSeptember

Our September outing was to Reef Hills State Park, on the southern edge of Benalla. Although the morning was sunny, there was a cold wind blowing, so we had to work hard to identify birds in the waving branches. We moved to a more sheltered area and started seeing a few more birds. They're not silly.

Our birding highlight was a pair of Varied Sittellas; thanks Brian for spotting them. Unlike the treecreepers which move up a tree probing the bark for insects, the smaller sittellas land high in the branches and work their way down the bark. Other birds seen included a pair of Rufous Whistlers, Brown Thornbills, Grey Shrike-thrush, White-winged Choughs, Grey Fantails and several honeyeaters. We looked hard for a Mistletoebird which was calling above us, but failed to locate it. All up 14 species recorded.

We then drove to the nearby Broken River Natural Features Reserve and found some different birds near the river. It was nice to see and hear a pair of Western Gerygones here. These small birds are nearly all summer breeding migrants to our area. Another summer migrant, the Australian Reed-Warbler, had also arrived and was calling from the reedbeds where it nests. We had good views of a pair of Striated Pardalotes in a dead tree near the river – they nest in small hollows – while a Black-Faced Cuckoo-shrike flew down river. Eight species recorded here.

Our eBird checklist for Reef Hills **https://ebird.org/checklist/S196197393**

And for Broken River Natural Features Reserve **https://ebird.org/checklist/S196198143**

Kathy Costello

Brain Games

We had warm-ups with memory, maze and puzzles which needed a fresh angle.

We also looked at how we perceive, process and store colours and words and talked about cultural differences between stories written, told or sung. Do winners write history while losers write songs.

We sped through an essay cryptic crossword and slowed as we began to wade through number puzzles.

It seems that the best advice is to be sure just what each question is asking.

Elspeth Maconachie

Bushwalking – Easy Walks

Murray River walk, Corowa

In a week of storms and high winds, our ten walkers managed to find the one calm sunny day and enjoyed a pleasant walk along the Murray from Bangerang Park at Corowa. Crossing into Wahgunyah, we explored the Willows Reserve trail and did some bird spotting before returning to a picnic lunch at the park.

Completing about 6km, it was a welcome break from the previous bleak weather!

Wednesday October 2nd: Reef Hills Wildflowers

Closer to home this month, we will ramble through the many trails at Reef Hills looking for wildflowers and traces of local history. BYO picnic lunch. Meet at the Seniors' carpark, Fawckner Drive to leave at 9.30am with confirmation to Julie by text, email or phone message on 0407823031 or juliemcneill55@gmail.com.

Car sharing is usually available for a small contribution.

Wednesday November 6th: Milawa Rail Trail

For our last walk of the year, we will set out from John McCaleese Park at Milawa and head towards the historic Oxley Flour Mill. Turning back shortly before Oxley, we will return to a picnic at Milawa, either BYO or from one of the local cafes.

We will leave the Seniors' carpark at 9.30am as usual, confirmation to Julie as above.

And finally, our Christmas lunch will be on Wednesday 4th December at the Goorambat Hotel-further details in next newsletter

Julie McNeill

Cards '500'

Mix it up and see what happens.

This suggestion had been made by one of our group members that we mix up where people sit, so players are playing with different people and perhaps different partners at each session.

The advantage of this is that by players playing with and partnering different people it lifts the experience level and makes the sessions more interesting as well as providing real time mentoring.

This suggestion has been applied to our September sessions and seems to have been embraced by most players.

Our player numbers continue to grow with a new member joining us in September.

As I have said a number of times, cards is so much fun and this is self-evident by the laughter emanating from Room 1 on Wednesday afternoons.

Bring along your friends who might be interested as there is no charge for new members for the remainder of 2024. Give me a ring/text beforehand though so we can accommodate the group numbers on the day

Doug Smith

Chat n' Chew

October's 'Chat n' Chew' lunch will take place at the **Kim Wah Restaurant, 118 Bridge Street,** on **Friday 11 October**, arriving at 11.45 am for a 12 midday start.

If you wish to attend the October lunch at Kim Wah, call and leave a message or text me on 0427 376 991 by **Tuesday 8 October**. Please don't forget to include **your name** in the message!

Lorraine Knox

Chess

Our turn out for the September meeting saw two of our new members return to learn and play chess.

Their continuing enthusiasm is a rewarding feature to conquering a game that is often complex but exciting as the many moves see the call “checkmate” and “I didn’t see that coming”.

I have promoted learning or refreshing your chess skills by playing online for free. The site is www.chess.com and it offers free games of various standards. It is easy to access and very user friendly and highly recommended especially if you are a beginner.

If you would like to join our October session, please let me know by text.

Doug Smith 0417 527 171

Coin Collectors

Our September meeting was one of our best for interaction and hands on learning with much discussion regarding our topic of Australian banknotes.

Members were taken through the various security features to prevent counterfeiting of our new polymer or “plastic” ban notes.

Plastic bank notes were introduced in 1988 and were a world first created by the RBA and CSIRO to replace paper notes that tore easily, and to prevent counterfeiting.

The notes are produced by NPA (Note Printing Australia) located at Craigieburn, for the Reserve Bank.

Our members, using their own plastic note held to the light and tilted slowly, discovered the security features contained, but not necessarily obvious, in the clear window that runs the full depth of all plastic notes.

3D image

flying bird

colourful bird

reversing number

What was also not well known that bank notes like coins, contain their date of printing. All notes contain individual serial numbers. The first two digits indicate the year the note was printed. eg. DJ 185536761.indicates 2018. This feature was introduced in 1993. Plastic notes contain a number of dots along the long edge of the note and offset from the clear window to aid the visually impaired. One dot is to denote $5, two dots for $10 up to five dots for $100.

Check your own notes to also discover these unique and fascinating security features.

Also of interest was a note (Japanese occupation money) intended for use following the anticipated invasion of Australia during WW2.

We finished our session with a stunning display of silver collectable coins courtesy of our member David.

Keep noodling!

Doug Smith

Community Singing

A group of enthusiastic singers were at the September meeting of Community Singing who enjoyed singing from Brian's Song Book for the first session and from the Tramway Song Book for the second session.

Everyone gave Brian a round of applause at the end of the session for his great playing of the piano. As usual with the name of the song and the key that it was in, Brian immediately started off playing each song which is absolutely amazing. Thank you also to Kieran for introducing the songs.

As there are five Thursdays in October we will have two Community Singing sessions in October. These will be on Thursday 24th October and Thursday 31st October at 10am at the Hub at Cooinda. All welcome.

Margaret Jenkins

Creative Writing

Our challenge/discussion:

We had a more challenging start to the class this month. There are a lot of words that are not in common use. Should we use these to enrich our writing? What are the pitfalls in doing this? In general, it can be a problem if we use very strange words as this interrupts the flow of reading. But if we frame the sentence so the meaning is obvious, then it can be a bonus. So, each class member was given a word at random, with its meaning, and asked to write a sentence that would make the meaning obvious. This led to identifying some words that could be used in the future, and others that should be avoided.

Some of our Stories:

Mrs Peters: A mysterious woman arrives, becomes known but remains a mystery, then leaves after someone comes looking for her. Why was she hiding – we are left to make up our own minds.

Miss Bossy Boots: An older sister arrives, believing her sister needs her but turns her sister's life upside-down until a plan is set up to give her a new focus.

Citrus Blossom story part 6: A possible motive for murder is revealed, but is this the one? Tension is built, but the reader is still left questioning.

The White Shell: A single scene around a spy picking up a message but identified by the opposite side. Will she survive?

A Matter of Time: A mischievous toddler, a storm, a rescue, a local myth and full circle back to mischief.

Dreams Fulfilled: The end of a family saga post WWII, with dreams evolving and finally fulfilled.

Prompts:

We have a different approach for our prompts for the **14 October** class. For this month there are two short paragraphs to choose from. Each of these has a character, a location and some action. The challenge to is to create a story starting with one of the two paragraphs. If a anyone is interested in giving this try, let me know and I will send you the paragraphs.

Class members have been asked to bring along a sentence using a little used word and challenging the class to identify the meaning. Did the sentence achieve this?

Joy Shirley

Demystifying Psychology Discussion Group

September's discussions were bold and insightful, but before diving into the topics, we'd like to extend a heartfelt **thank you** to the Benalla RSL. For the past three months, Heather and Paul have been incredibly kind and generous, providing us with a warm and welcoming space. We've truly appreciated their hospitality and support. Ruby Blue will re-open its beautifully renovated café on October 1 at 64 Nunn Street.

Today's discussions spanned a variety of topics. Below are some of the key issues along with links for further exploration:

- **Roles and functions of Councillors and Chief Executive Office (CEO):**

  Information can be found at Version No. 021, Local Government Act 2020 - see attached document. Mayor and Deputy Mayor - page 41; Councillor - page 48; CEO - page 67

- **Sex or Gender?**
  - **Sex** is usually categorized as female or male but there is variation in the biological attributes that comprise sex and how those attributes are expressed.

- **Gender** refers to the socially constructed roles, behaviours, expressions and identities of girls, women, boys, men, and gender diverse people.

Reference: Council of Europe – Gender Matters – Sex and Gender (accessed 28/9/2024)

- **Child Gender Transition -** this Australian legal opinion describes "only when there is no dispute between parents or those with parental responsibility, the medical practitioner and the young person themselves with regards to:
  - The Gillick competence of the adolescent;
  - A diagnosis of gender dysmorphia;
  - Proposed treatment for gender dysmorphia."

  Reference: *What is the age of consent for gender transition in Australia? (accessed 28/9/2024)*
- **Shakespeare** had much to say about gender. He questioned gender expectations of his time, explored gender fluidity and put the spotlight on identity, power and societal norms. If you enjoy this podcast link to "Gender in Shakespeare" 'it is one of a fascinating series.
  Reference: *Wherefore, Shakespeare? 2 Gender (accessed 28/9/2024)*
- **Gender fluidity** has an extensive well-documented history across many cultures.
  These two links include the tale of Billy Lee Tipton (December 29, 1914 – January 21, 1989) who was an American jazz musician, bandleader, and talent broker. Tipton lived and identified as a man for most of his adult life; after his death, friends and family were surprised to learn that he was transgender. See also - https://en.wikipedia.org/wiki/Transgender_history & https://en.wikipedia.org/wiki/Billy_Tipton
- **Cultural recognition of gender fluidity.**
  "Throughout history, many cultures have recognized gender identities other than male and female. Nonbinary people have often occupied unique positions in their societies, serving as priests, artists, and ceremonial leaders. Here are some nonbinary genders recognized by cultures around the world."
  Reference: 'Six cultures that recognize more than two genders' (accessed 28/9/2024)

NEXT MEETING: Thursday 17 October from 2:00 - 4:00pm at the Ruby Blue Cafe 64 Nunn Street Benalla.

Jane Rushworth 0437 621 575

Enjoying the Internet

In September our small group briefly looked at a wide range of topics including:

- More Communication/Information available online: Telehealth- HotDoc, YouTube, WhatsApp, Property Sales online, GPS Google Maps, Hobbies & Reading Apps: newspapers, The Conversation, The Nightly, Borrow Box, Audible, Family History-Ancestry & My Heritage
- Using Bluetooth
- Cybersecurity Basics & Internet safety: including Password Managers
- Free software & a bit about PDF's
- Benalla Council - view a council meeting/streaming
- VPN-Virtual Private Network & Private Browsing
- Just a mention- Safe Online Shopping & banking
- A few tips:
  - "Word" editing tips-Use Show/Hide formatting marks-Format Painter-copy formatting from one location & apply it to another, Layout/select margins/narrow,
  - Group together same type of Apps on your phone/iPad-look at Stocard & Wallet
  - Check "from" email addresses - block sender, delete etc

Thank you to the group for your contributions. My lesson plan in full is on the U3A Webpage

Dawn Stephens

Exercises for Fun

As October is "Come and Try" month, you are welcome to bring a friend to Exercises, to see if they would like to join our Class, to see how rewarding it is, to get regular exercise, working with a group.

To stay fit and healthy, and being physically active, helps you get the most out of life, whatever your age.

Hope to see you Monday 9.30 - 11am. Keep moving and have fun.

Helen Jeffree

Exploring the Universe

Last month a crewed spacecraft returned to Earth without its crew!

Experienced astronauts Suni Williams and Butch Wilmore piloted the new Boeing Starliner on its crewed test flight to the International Space Station. They discovered helium leaks and reaction control thruster problems. An anticipated short stay turned into 3 months as NASA worked to remedy the situation. The eventual uncrewed return allowed retrieval of further testing data without endangering the crew. The capsule landed safely in the Nevada desert. Suni Williams has taken over the command of the ISS and she and Butch will remain there until February 2025. This is a short video of the flight over a spectacular aurora while docking to the ISS. https://www.youtube.com/watch?v=TChO56NWb2g

Violent starburst activity in Digel Molecular Clouds 1&2. is reminiscent of early star formation in our galaxy. A team of scientists were granted 8.4 hours of viewing time on the James Webb Space Telescope to image an area of our extreme outer galaxy, 58,000 light years from the galactic centre. They found the clouds are poor in elements heavier than helium and hydrogen similar to our solar area's early history. Clusters of violent young protostars can be seen emitting supersonic jets of plasma across vast distances. There are future plans to revisit this area. https://www.youtube.com/watch?v=xTn_Zcrelac

We continued our Virtual Tour of the Jet Propulsion Laboratory in California. This time with the exploration of the inner rocky planets via interactive displays at the visitor's centre. Before we left, we checked the weather forecast at the Met. Office of 'Weather on Other Planets'.

'https://www.youtube.com/watch?v=ZXZzQp-Nfsk To be continued.

Bev Morton

Family Research – Drop In

Another congenial session in which progress and stories were shared.

Val has almost completed her family history, a process begun over 30 years ago with the Benalla Family Research Group, then taken up again with a view to publishing for her family when Val joined our Family Research classes a few years ago.

Robyn brought in a family tree she has been compiling on paper large enough to include the generations she has been researching.

"My (Family History) Adventure", a story written for 'As Time Goes By', was shared by Bev.

We reflected on the role of letters, books and other resources our research, then Robyn read through a beautiful aerogramme letter written "especially for me" by her grandfather in 1959 showing the 12 cats he and his brother were living with on the Isle of Arran – "they all had names!"

At our next 'Show and Tell' segment between 2 - 3 pm on Thursday 17 October, Deb Saunders and Jan Brown will be bringing along books created from the Find Penguins travel blogs they kept while travelling overseas recently. All Welcome.

Bev Lee

Family Research – Getting Started

Our group session for September was an opportunity to re-connect and re-ignite our family research goals. It has been exciting to note the increased level of confidence of members when using research tools such as Ancestry and Trove.

The focus of the session was to explore the different formats available for printing family tree information that has been recorded in either Ancestry or My Heritage. The options range from printing family trees, individual facts or the life story about someone on your tree and relationship charts. Through Ancestry you

can connect to My Canvas and produce professionally made books, charts and calendars. On the other hand, My Heritage has many of these options built into the program for either printing at home or ordering online.

October will be the last opportunity to book a one-on-one session for the year. The group session will include information about the Public Records Office of Victoria, often referred to as PROV.

Deb Saunders

Film Discussion Group

Many of the films screened locally over the last month did not appeal to many, although some did challenge themselves with a film from a different genre. The films we discussed were:

Blink Twice: It appears to have been cheaply produced with only a few different settings. The acting was barely credible. Basically, pointless American trash. **This was rated as around 1/5.**

It Ends with Us: This was about a young lady's attempt to escape her traumatic childhood with an abusive father. After marrying she starts to see another side of her husband who reminds her of her parents' relationship. At the end when she has just given birth to their daughter, she tells him she wants a divorce. When he pleads to give him another chance, she asks him a poignant question, listing the way he had abused her and what he would say to their daughter if she was treated the same way. He realises that he would tell his daughter to leave her partner and that is just what his wife had to do. This is possibly the best scene of the film. **This was rated as 3.5/5**.

Alien: Romulus: This was presented as a sequel to the 1970's film. Yes, there were some rather nasty aliens, but in many ways, it was another space saga. **Rated as 2.0/5**.

Beetlejuice Beetlejuice: This was a type of "Rocky Horror Show" genre film. It was true to the 70's humour and narrative type. The narrative held together well. Only one person had seen the film and it was **rated it as around 1.5/5**.

Thelma: This was the pick of the films viewed this month, light and funny slapdash humour. It is around an elderly widow who is scammed of $10,000. She sets off to find the scammers and get her money back. In doing so themes relating to older years are covered – care, loneliness, and the loss of their friends and partners. Perhaps the strongest part of the film was around relationships and friendships, as well as acknowledging issues of growing older. **We rated it as around 4/5**.

Joy Shirley

Garden Appreciation

On 26th September we had a very relaxing morning at *George and Arthur's magnificent garden* in Wangaratta where we were made very welcome. There were lots of colourful plants in very large pots, serenity, the wow factor. A lovely lunch followed at the Wangaratta RSL. We had a great day.

Unfortunately, a lot of people were unwell and unable to attend, while some had to leave after visiting the garden. I hope you are all feeling better.

On 24th October we will visit *Sable Park*, 185 Lindner Road Wangaratta. We will meet at the U3A car park 9.30am. Lunch will be available at the Pinsent Hotel, 20 Reid Street, Wangaratta.

Sable Park is going to be open on 26th & 27th October to raise money towards Carevan, Wangaratta. Entry $5 per person. Devonshire tea will be available (under cover). 700 rose sculptures by Sam Anderson and much more.

Please let me know if you will be attending our outing in October—Mobile 0438627010 or Email: gwenturner243@gmail.com or text. Happy Gardening!

Gwen Turner 0438 627 010

Garden Team

"What a great effort in tackling the big job of digging up 5 large tussock grasses. The pruning and weeding jobs also were a big help.

What an improvement. Thank you everyone!

Karen and Peter Nankivell"

The 'Before', 'During' and 'After' Effect.

Elspeth Maconachie

German

The German group is advancing well. We have reached the stage where most can write a story or report, in fact, we have discovered a poet among us. Most sessions are mingled with a lot of humour and the songs are well received. We are trying to diminish the inhibition most have to speak freely

Horst Gunther

Let's Talk Books

Our discussion opened with *Lola in the Mirror by Trent Dalton.* Trent has written several successful books but our reader found this one very long, frustrating, wordy, far-fetched, in other words disappointing. Very much enjoyed was *The Unlikely Voyage of Jack De Crow* by A.J. McKinnon, several of our group have read this delightful book. In the Australian Newspaper in August this year, novelist Rodney Hall aged 88 sat down with historian Geoffrey Blainey who is 94 to talk about writing, would have been very interesting. The latest book by Dervla McTiernan *What Happened to Nina?* was hard to put down, the reader kept guessing until the end. *Stone Yard Devotional by Charlotte Wood,* tells of a woman who leaves her child and city life, retreating from the world to enter a remote convent in New South Wales, this book was long listed for the Booker Prize. *Normal Rules Don't Apply by Kate Atkinson* is a collection of linked short stories, fairy tales, romance and fantasy, in other words `a bit weird'. A little mystery, our reader read *The Murmur of Stones by Thomas H Cook* with a quote from The Highway Man in the front, some years later the same book with a different title and a different publisher, but with the same quote in the front. Very odd. *Lying Beside You by Michael Robotham* is the third book in the Cyrus Haven and Evie Cormac series, a good writer as was his latest book *Storm Child,* full of suspense until the end. *The Nazis Knew My Name by Magda Hellinger,* a personal and rare account of SS guards and their prisoners. This was followed by *When There is Nowhere Else to run by Murray Middleton.* A collection of sad but `real' stories of people who find their lives unravelling. Murray was a survivor of the Black Saturday bushfires. *The Secret Son by Australian author Jenny Ackland,* what happens when an Australian soldier is accidentally left behind in Gallipoli, an enjoyable debut novel. *Absolute Power by David Baldacci,* who always pleases, this book was made into a film. *Trafficked by Sophie Hayes*, when a 24-year English girl is used as a sex slave and left traumatised, any wonder! *Line in the Sand by Dean Yates* and also *The Last Mile Home by Di Morrissey* were both enjoyed as was *The Redgum River Retreat by Sandy Docker* and *The French Gift by Kirsty Manning.* Joan is working her way through the Agatha Christie books, whilst on a different tangent, Heather has read *Startrek Memories by William Shatner.* Keep reading and enjoying

Geraldine McCorkell

Life Ball

With another slight delay, the group got together on Sept 16 and playing has recommenced! Numbers are looking good, but we are always happy to welcome new players--if you have ever wanted to play a fast and fun team sport, with no experience (or skill) necessary, then Lifeball may be for you.

We play on Mondays at 10am at Benalla Indoor Recreation Centre in Ackerly Avenue, with a cuppa and chat to follow. Marlene can be contacted on 0407240943 for more information.

Julie McNeill

Meet and Mingle

Jamie Beaton, a Volunteer with the **Benalla CFA** for over 30 years, was the guest speaker at the September Meet and Mingle. Jamie was a great speaker and really involved the audience with his presentation. He

brought a table full of brochures, fire blankets, sticks to test fire alarms, a stick vacuum cleaner and a pot which ignited when he pressed a button.

Jamie's basic message was that fire spreads fast. After a fire ignites, the smoke detector should be making a noise in 30 secs, poisonous smoke will be given off at 60 secs after ignition and within 3 minutes the fire will have reached greater than 800 degrees Celsius. He emphasised that smoke detectors saved lives, and that every home should have at least two smoke detectors which should be checked by pressing the button on them every month. Australian fire services recommended that smoke alarms be installed in all living areas, hallways and bedrooms.

His message was that it is important to have a home fire escape plan in the evert of an emergency, and that escaping through a window is definitely preferable to trying to escape through a fire. In this modern era many fires start in the bedroom with phones and tablets being charged near the bed overnight. These appliances should only be charged when sitting on a firm surface such as a benchtop.

Lithium-ion batteries are here to stay and are in many appliances such as phones, vacuum cleaners and mobility scooters. Jamie said that it was worthwhile having a smoke detector in the garage where the vacuum cleaner or the mobility scooter may be regularly charged. It was also important to turn off these appliances when they are fully charged, and not leave them attached to the power supply as they may overheat and ignite. It is also important not to overload electrical outlets with more than one device per outlet.

Thank you, Jamie for a very engaging talk. Your message gave us some homework to do when we got home.

Kay Blore will speak on **Recycling** at the October Meet and Mingle on Wednesday 16th October at 10am in Room 1 of the Benalla Seniors Community Centre. All welcome.

Margaret Jenkins

Music Appreciation

Yoko Ono, when married to Beatles star John Lennon, created, with Lennon, three albums titled "Unfinished Music", and Ono herself a book titled "Everything in the Universe is Unfinished". "I never want projects to be finished"; said Ono, "I have always believed in unfinished work". I got that from Schubert, you know, the 'Unfinished Symphony.'" Whether Schubert's eighth Symphony was deliberately left unfinished or whether he forgot to finish it, or whether it was really 'unfinished' at all, has been debated ever since the work was discovered. Antonin Dvorak nearly didn't get to complete his Violin Concerto because a world-renowned violinist kept wanting him to make changes to it, So Dvorak called 'time' and gave the concerto to another violinist to premiere. On the other hand, in the tradition of Christina Rosetti who claimed that the only thing sadder than an unfinished work, is one never begun, Felix Mendelssohn's 3rd (or Scottish) Symphony, nearly didn't get started. Having written down notes for it during a trip to Scotland, he embarked on a trip to Italy and was so taken with sights and sounds he found there that he forgot - until he went to write what was to become his 4th (or Italian) Symphony. No such concerns, however, for Mozart – so much music was there in his head! And especially should there be a young woman in the offing, and more so, again, if her father was a man of influence. Finished in seemingly no time at all, Mozart's 9th Piano Concerto was his first fully mature piano concerto, dedicated to the young woman in question, and one he took as a show piece for a tour of Mannheim and Paris. More detail about our September programme and links to the recordings played are on the Music Appreciation page of our U3A website.

Bill Squire

Page Turners Book Group

'Lola in the Mirror' by Trent Dalton

Lola 'in the mirror' has lived with many names as she and Erica, her mother, shift endlessly from place to place. She is brought up lovingly by her drug running mum who keeps them on the run till Lola turns 18, so Welfare cannot find them and take Lola away. They live in campervan in a Brisbane junkyard with other semi homeless people in old cars, but it's a caring community of misfits and poor people who cannot settle into ordinary lives. The Web, a community centre for homeless, helps out with meals, showers etc. Lola is a talented young artist, always drawing the places and people she knows.

After Lola's mother dies without telling her the truth about their lives, Lola gets mixed up with the local drug dealing syndicate and delivers drugs to their customers. Things go badly wrong, she is hunted by them to kill

her but escapes through a series of misadventures. The novel does have a happier ending as Lola eventually breaks free and enrols in Art School.

Dalton, a former journalist, writes sympathetically about people on the fringe of society, many of whom do not have the chance to change their lives. A challenging read that most of us found a gripping story.

Next Month: *'The Book Club'*, by C. J. Cooper.

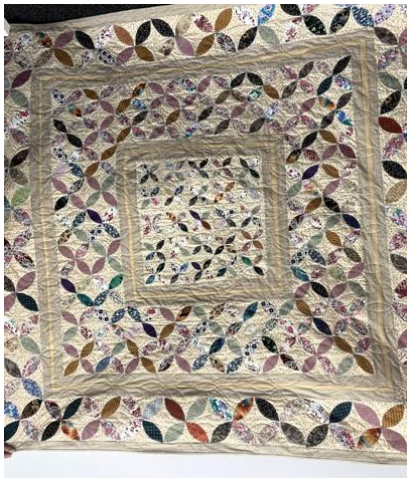
Meg Dillon

Patchwork and Craft

Our Patchworkers have been busy putting together quilts for charity.

We are wondering if any members who volunteer for a charity would like a quilt for fundraising. If so contact Dorothy Webber by Email on **dotwebber2608@gmail.com** or Mobile 0412263071

The groups have been a little smaller lately with many away on holidays. We continue to enjoy our get togethers.



Dorothy Webber

Photography

Well, we had a few attendees after resuming on Thursday 26 September after a winter break and were able to go through two photos from Rina and two from Peter. Thank you for submitting them, Rina and Peter!

Rina gave us information on the web of the orb spider which we did not know. Look up the strength of the orb spider's web.

Both photos from Peter were great--it's pleasing to see someone else going out at night to capture the night sky, as Peter did with the milky way photo taken at his property behind the dam.

A new 'taster' attendee joined us, so I went through a few of the things we have done and answered her questions.

I then showed a video ***12 Tips and Tricks for Better Smartphone Photos***, stopping in places to discuss the different points the presenter was making. We didn't reach the end, so please feel free to watch it again to the end. It is on the resources section of the Photography page on the website.

Thank you to those who attended - I hope to see you in October and look forward to receiving a few photos before or at the October session.

Rene Martens

Play Reading

Our September play was *"Strangers on a Train"*. This was written by Craig Warner and is based on a novel by Patricia Highsmith. The play is set in America in the 1950s.

Architect Guy Haines wants to divorce his unfaithful wife, Miriam, in order to marry the woman he loves, Anne Faulkner. While on a train to see his wife, he meets Charles Anthony Bruno, a psychopath and alcoholic playboy who proposes an idea to "exchange murders" – Bruno will kill Miriam if Guy kills Bruno's father. Neither of them will have a motive having never met the victim, and the police will have no reason to suspect either of them. Guy does not take Bruno seriously, but Bruno kills Guy's wife while Guy is away in Mexico.

Playwright Craig Warner acquired the stage rights to Strangers on a Train in 1995 and wrote both theatrical and radio adaptations of the story. The radio version was recorded and broadcast by the BBC and released on CD in May 2004. A West End production of the play ran from November 2, 2013, to February 22, 2014.

This was a change from the comedies we have often covered this year. It is a dark play with Bruno developing a fixation on Guy, perhaps as the result of latent homosexuality. As this develops, he stalks Guy, even sending letters that damage his professional reputation. During this time Guy loses all his spirit, the basis of his love of drawing and architecture and is driven to commit the murder of Bruno's father.

Bruno's relationship with his mother is interesting. It could be a bit of an Oedipus complex. And he is also the centre of her world. She eventually rejects him when she learns the truth. His alcoholism destroys his health, and he is told he can never drink alcohol again or he will die. Having destroyed his own health, his mother's care and with Guy refusing any sort of relationship, Bruno kills himself in front of Guy.

Character development, descriptions and development made reading the play if not exactly enjoyable, certainly memorable.

Our play for October is *Scarlett O'Hara at the Green Parrot* by David Williamson. It sounds quite amusing!

Joy Shirley

Politics and Current Affairs

During September we had the privilege of spending time with three people standing for Council, Justin King, Gail O'Brien and David Blore. This was a worthwhile experience, as the candidates were able to speak at length about their ideas, experience and intentions. We touched on the big picture as well as digging down to the more mundane matters councils are concerned with. The sessions were enjoyed by the Politics group, and we hope the candidates enjoyed them also.

We are looking for some new recruits to our Politics class. If you are interested, it is 'Taster Month' in October, so consider coming along to one or both of our October sessions – Tuesday 8th and Tuesday 22nd October, 10am to 12 noon in Classroom 1.

Neville Gibb

Recorder Group

As always, we are enjoying playing and working hard on a wide range of music. We have music from the Middle Ages to the Renaissance, a piece by Haydn, folk songs from Europe, from the USA, from Australia. Some of this is new music, some of it is old favourites we love playing. The latter gives us some relief from intense concentration on the new! Music — our constant companion.

Janet Douglas

Singing for Fun

The Singing for Fun members welcomed about 10 Cooinda residents and 4 carers to our singing on the third Thursday of September. One Cooinda resident had a birthday, so we sung Happy Birthday to her. We changed our program a little after morning tea. Thank you to Brian for playing The White Cliffs of Dover and lots of songs from of Book 2 which our visitors joined in and really enjoyed. Thank you, Kieran for conducting that portion of the morning.

On the first Thursday in September Carmyl received her OAM at Government House in Melbourne. Thank you to Wendy for taking a Leader role that day. We all enjoyed the songs you chose. The next Thursday Carmyl gave us all an overview of her afternoon at Government House which was extremely interesting and sounded very organised. Congratulations Carmyl on your award.

The Singing for Fun group is looking forward to the U3A Concert on Wednesday 20 November at 10am in the Auditorium of the Benalla Seniors Community Centre.

The dates for our concerts at Cooinda and Estia have also been arranged. We are singing at Cooinda on Thursday 5th December at 10.30am, and at Estia on Thursday 12th December at 10.30am. An end of year lunch has been booked for the Benalla Golf Club at 12 noon on Thursday 12th December. All welcome. Thank you everyone who has been involved in organising this.

Our Leaders have been doing a great job. Thank you, Kieran, Carmyl, Brian and Margaret. Also, many thanks to Gwen for playing on the first and third Thursdays and to Deb for playing on the second Thursday.

The next Singing for Fun will be on Thursday 3rd October 2024 at 10am at the Hub at Cooinda. All welcome.

Margaret Jenkins

Sky's the Limit

Because our original speaker was frantically packing up his house before moving to WA to start the new job – crop spraying – he had to cancel at the last minute –

Sigh!

Fortunately, we had an excellent video on standby, *'The Airport: Back in the Skies',* about how Heathrow Airport recovered its operational mo-jo after the covid hiatus. The episode we watched dealt with the retraining of airside operations – pilots, air traffic controllers and ground handling.

Andrew had brought an orange and white striped parachute which was stretched out over the tables for all to inspect.

After the break we had a general discussion about parachutes and watched some amazing videos of parachutists doing barrel rolls just before landing. If you are interested, you can find most of the videos on the Sky's the Limit web page and more on YouTube.

We also watched Paratroopers jumping – always a spectacle. One of the segments we watched featured the latest model of the Airborne Soldiers parachute – the T 11 – very square and formidable.

Next month is **a field trip to the Benalla airport**. Watch for the details next week.

Andrew McFarlane

Spanish

The Spanish class is growing, with two new members in the last few weeks. Welcome Greg and John! Lesson content information from Alejo is added to the **Spanish** page on the website each week, providing a valued resource for preview and review for class members. More news in the next newsletter!

Bev Lee

Stock and Land

In early September **Tom Crocker** gave a very informative and entertaining overview of **the wool industry in Australia** touching on its early days as a 'sponsored' industry of King George III through its long growth and development period, the boom years of the 1950s, off the back of the Korean war, followed by its general decline in the light of competition from cotton and synthetic fibres and government policy changes.

Tom talked about the establishment of two groups of wool growers in the 1800s; the squatters/pastoralists from around the 1840s who had large properties, followed by the 'farmers' from the 1860s on who were granted relatively small landholdings by colonial governments looking to establish closer settlements and a yeoman farmer class. These closer settlement schemes lasted well into the 20th century. The pastoralists and farmers remained apart until the 1970s.

The farmers expected more support from government in relation to marketing, selling, research, setting of wages for shearers (which led to a major shearers' strike in 1955) and the eventual establishment of a government and farmer funded 'floor' price for wool. At times the floor price resulted in large stockpiles of wool. This and other factors, such as competition from other fibres, eventually led to the abolition of the floor price scheme in 1991, at a time when government was generally moving away from supporting industries.

Tom also showed us his personal collection of antique equipment used in farm management including a fence wire strainer, shears, branding iron, castrating tool and much more. He gave a great talk.

A segment on Bovine Brucellosis followed, with Bev Morton's story 'A Brush with Brucellosis' setting the scene. John Archer, an Animal Health Officer with the Department of Agriculture for many years, added his insights as class members shared stories of family members contracting brucellosis, including Peter's

experience of contracting of brucellosis as a young dairy farmer with a newly born son. We talked about its similarities to long Covid and chronic fatigue. Fortunately, bovine brucellosis was eradicated in Australia in 1989. Thank you to John and class members for participating in an interesting discussion.

Next session: Lou Sigmund will speak on **'The Inventiveness of Farmers',** amongst other topics. All welcome.

John Lane and Bev Lee

Sustainability

At our first session in September, the Sustainability group looked at the latest quarterly report on Australian greenhouse gas (GHG) emissions published by the Australian government. Overall, the since 2005 (Australia's baseline year) there is a picture of steady, but steep, decline. In 2005 Australia emitted over 160 million tonnes of carbon dioxide and equivalent gasses. This has declined to around 110 million tonnes. However, the rate of decline appears to have 'flat-lined' in recent years. Over this period of all the 'industry' categories, Land Use, Land Use Change and Forestry has been the best performing and is now below net carbon zero (-20%: a carbon sink). Electricity Production (34% of all emissions), Stationary Energy (23%), Transport (22%) and Agriculture (19%) are the industry sectors emitting the greatest amount of GHG.

At our second session for September, we discussed more climate change related topics; A national hydrogen strategy and the net-zero pathway, both released by Federal government agencies. There have been a few setbacks on the hydrogen front in recent times and given the slowing of the rate of decline of GHG emissions, the net-zero pathway looks quite difficult.

John Lane

Tech Talks

We spent most of the session watching a TED Talk video by an Educator called Sir Ken Robinson. This was most enlightening. It is always good to listen to an inspirational speaker and I would recommend people look him up. Tech Talks is always interested in Education. Sir Ken made the point that educational systems are the same all over the world. At the top of the hierarchy are University Professors and at the bottom of the pyramid are craft and dance teachers. This is true and if we find a way to change attitudes in Education then the world might change also. Much discussion followed from this talk.

In the second part of the session, we reverted to watching the History of Electricity. We learned of what have been called the Current Wars between Nicholas Tesla and Thomas Edison. Tesla won the battle but lost the war. Or was it the other way around?

Neville Gibb

Ukes4Fun – Just Jamming

October is going to be a busy month for the Ukes4Fun group. On 6th October a dozen or so players will travel by train to Federation Square to join other players around Victoria, taking part in the Ukulele Extravaganza at the Seniors Week Festival. The following weekend a few of the group will be attending the Whittlesea Jamming event. A couple of our members attended in 2023 and recommended this event.

The Ukulele group will also be playing at the Be Connected luncheon on 16th October.

Heather Wallace

Wine Appreciation

Our morning of wine tasting was held at **Morrisons Winery**, Glenrowan situated on the slopes of the Warby Ranges. The cellar door is located high on the property, surrounded by a lovely native garden and has magnificent views over the countryside. It is hard to believe it was once a quarry.

Diane made the first vintage in 1999 and in 2001 they both completed a 12-month wine making course. Their production has increased from 60 litres in 2000 to 8000 litres today. There are three whites and a Rose, many varieties of reds, a Muscat and Tawny Port. Both Diane and Bob are welcoming and informative hosts.

After tasting and purchasing many wines, we made our way to the Vintage Hall Café and with 27 in the group we rather took over the café. The staff are friendly and the food very good.

Our October visit on 18th is to **Michelini Cellars**, 213 Great Alpine Road, Myrtleford. There is a $10 tasting charge, and I would appreciate you having the money to give me when we meet in the carpark because to hold the booking, I have had to pay when confirming the numbers. We then move onto our favourite place, **The King River Café** in Oxley. Lunch is alternate drop main & dessert for $36 including good coffee to finish!!

As this will be our last outing as a group for the year, and my last one as Convenor, I look forward to seeing you all.

We will meet in the Seniors car park at 10.00**.** RSVP by Sunday 13th October by text to 0428 696 408 or email nicnakmac90@gmail.com. Until then, stay safe and have fun.

The Convenor position is still open. A little history about this group – it started 25 years ago and has run continuously since (except for Covid). I really need someone to step up and take it on, two would be good. It is not hard. I tend to spend a couple of hours at the end of January researching cellar doors, email them with proposed dates and when that is confirmed contact somewhere local for lunch.

Nicole McFarlane

Community - dates for your diary:

Tuesday 8th October – 'Live the Life you Please'

Benalla Health is pleased to be able to show the 2023 feature-film documentary

"Live the Life You Please"

We invite you to join us after the film for afternoon tea and to
ask our friendly Palliative Care team any follow-up or end-of-life questions.
When: Tuesday 8th October 1.30pm – 3.00pm (film); 3.00-3.30pm (Q&A).
Where: Benalla Community Care - Ray Sweeney Centre, 45 Coster St, Benalla
Bookings: visit **https://www.trybooking.com/CVPXT** for bookings and for more information.
For enquiries contact Benalla Health Palliative Care Team on 5761 4207

Monday 14th October - 'Know Your Scooter Know the Rules'

On Monday 14 October at the Benalla Health Community Centre, 45 Coster Street Benalla there is a free workshop on **"Know Your Scooter Know the Rules"** presented by the Benalla Rural City Council, the State Government and Age Friendly Benalla. The program starts with morning tea at 10.30 am followed by two talks about mobility scooters and electric wheelchairs. There will be a couple of devices brought along for demonstration. John Weinert from Goulburn Valley Road safe will be speaking about who can use a motorised mobility device and how following the road rules will make it safer for everyone. Lunch will be provided at the end of the talks. Bookings can be made on 5760 2600 by Wednesday 9 October.

Friday 1st November – 'How to Live at Home for Longer'

On Friday 1st November at 2pm we will have a presentation by Latrobe Community Health Service titled **"How to Live at Home for Longer"**. Topics to be covered include My Aged Care, Commonwealth Home Support Program, Home Care Packages: How to Access, Services and Equipment and other subsidised Government programs. The event is free. However, we would like you to contact Helen Jeffree on 0490 092 267 if you would like to come as an Information Package will be available for those that come.

What's On in October

Reminder - October is 'Taster Month'!

Tuesday, 1 October
10:00 Page Turners - 'The Bookclub' by C. J. Cooper
10:00 Stock & Land - 'The Inventiveness of Farmers'
12:15 German
14:00 Sky's the Limit - Field Trip to Benalla Airport

Wednesday, 2 October
09:30 Easywalks – 'Reef Hills Wildflowers'
09:30 Play Reading 'Scarlet O'Hara at the Green Parrot', by David Williamson
13:30 A Taste of Art
14:00 Cards '500'

Thursday, 3 October
10:00 Singing for Fun
10:00 Be Connected - Android
13:00 Patchwork and Craft
13:30 R2 Family Research - Getting Started (Course)

Friday, 4 October
10:00 Sustainability

Saturday, 5 October
10:15 Spanish

Sunday, 6 October *Ukes4Fun at the City Square!*

Monday, 7 October
09:30 Exercises for Fun
10:00 Lifeball - Marlene 0428 210 944
10:00 Art Appreciation - 'Self in the Spotlight'
11:30 Ukes4Fun - Just Jamming
14:00 Australian Stocks and Share Market
14:00 Let's Talk Books

Tuesday, 8 October
10:00 Politics and Current Affairs
12:15 German
13:30 *Community* - 'Live the Life You Please' (p18)
14:00 R2 Tech Talks

Wednesday, 9 October
10:00 R2 Age Friendly Information Hub
10:00 Recorder Group
13:00 R2 Family Research - Getting Started (1:1)
14:00 Film Discussion Group

Thursday, 10 October
09:00 Birdwatching – 'Lake Benalla'
10:00 Singing for Fun
10:00 Be Connected - Android
13:00 R2 Family Research - Getting Started (1:1)
13:30 Executive Committee Meeting

Friday, 11 October
10:00 Music Appreciation
11:45 Chat 'n Chew – 'Kim Wah Chinese Restaurant'
14:00 Armchair History

Saturday, 12 October *German--Beechworth Oktoberfest*
10:15 Spanish

Monday, 14 October
09:30 Exercises for Fun
10:00 Lifeball - Marlene 0428 210 944
10:30 Know Your Scooter, Know the Rules (p 18)
11:30 Ukes4Fun - Just Jamming
13:00 R2 Family Research - Getting Started (1:1)
14:00 Creative Writing
14:00 Garden Team

Tuesday, 15 October
10:00 Enjoying the Internet
12:15 German
13:30 R2 Chess
14:00 Exploring the Universe

Wednesday, 16 October
10:00 Meet and Mingle - 'Recycling', Kaye Blore
11:30 Overview of the Be Connected Program
12:00 Get On-Line Week Celebration - BBQ Lunch
13:30 A Taste of Art
14:00 Cards '500'

Thursday, 17 October
10:00 Singing for Fun
13:00 Patchwork and Craft
13:00 R2 Family Research Drop In – Hands On
14:00 R2 Family Research Drop In – 'Find Penguins'
14:00 Demystifying Psychology Discussion Group

Friday, 18 October
10:00 Wine Appreciation – 'Michelini Cellars'
10:00 Sustainability

Saturday, 19 October
10:15 Spanish

Monday, 21 October
09:30 Exercises for Fun
10:00 Lifeball - Marlene 0428 210 944
11:30 Ukes4Fun - Just Jamming
14:00 As Time Goes By - Memoir Writing

Tuesday, 22 October
10:00 Politics & Current Affairs
12:15 German
14:00 Brain Games

Wednesday, 23 October
10:00 R2 Age Friendly Information Hub
10:00 Recorder Group

Thursday, 24 October
09:30 Garden Appreciation
10:00 Community Singing
10:00 Photography

Friday, 25 October
10:00 Music Appreciation
14:00 Armchair History

Saturday, 26 October
10:15 Spanish
17:00 Newsletter reports due today

Monday, 28 October
09:30 Exercises for Fun
10:00 Lifeball - Marlene 0428 210 944
11:30 Ukes4Fun - Just Jamming
13:30 Coin Collectors
14:00 Garden Team

Tuesday, 29 October
12:15 German (extended session)

Wednesday, 30 October
13:30 A Taste of Art

Thursday, 31 October
10:00 Community Singing
13:00 Patchwork and Craft

Friday, 1 November
10:00 Sustainability

Saturday, 2 November
10:15 Spanish

U3A BENALLA & DISTRICT

END OF YEAR LUNCH

Hosted by the U3A Wine Appreciation Group

FRIDAY, 29TH NOVEMBER 2024

12.00 NOON

WHERE: **Seven Creeks Hotel**
2 Tarcombe St, Euroa

COST: **$45 with own transport**
$60 by bus

Bus leaves from BENALLA ROSE GARDENS at 11.20am
From Euroa at 3.15pm

Name 1: _____ Ph: _____ _

Name 2: _____ Ph: _____ _

By Bus: $60pp No: _____ Cheque: $ _____ Cash: $ ____ EFT: $_____

Own Transport: $45pp No: _____ Cheque: $ _____ Cash: $ ____ EFT: $_____

Please let me know of any dietary requirements - 0428 696 408

Please return completed form with your payment to

- U3A, PO Box 674, Benalla, 3672 (cheque only) **or**
- Leave form with cash at RedB4 Bookshop (next to Hide's Bakery) in an envelope marked U3A Lunch with your name and Phone Number on the envelope **or**
- EFT payment - Scan & email completed form to Nicole McFarlane nicnakmac90@gmail.com

BSB: 803 078 a/c no: 100090979 a/c name: U3A Benalla
Reference - Your Name (Surname First)

PAYMENT TO BE RECEIVED **NO LATER THAN WEDNESDAY 20TH NOVEMBER.**

For further information: Nicole McFarlane 0428 696 408