Benalla Inc.

Newsletter – October 2025

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Please send reports for the newsletter to newsletter.u3abenalla@gmail.com by 26th October, 2025

President's Report

During the last month the external locks of the Benalla Seniors and Community Centre have been changed and new keys issued. Thank you to the Benalla Rural City Council's CEO Peter Keane for organising this increase in security. The side door has also been adjusted so that it now locks securely when closing.

Our thanks also to the BRCC for completing the cupboards and splash back near the stove in the kitchen, making the stove installation complete.

U3A Benalla established the need for the stove and successfully applied for a grant to purchase it after running the *Cooking Solo* course at the Uniting Church in 2024.

We have been asked to repeat the *Cooking Solo* course in 2025. However, we are looking for a new Convenor or Joint Convenors. If you are interested, please contact Anne Nelson on 0438 447 379.

U3A Benalla are certainly utilising the Benalla Seniors and Community Centre. On Monday 1st September I found four U3A groups meeting within the centre at 2pm. *Australian Shares* were in Room 1, the *Ukulele* players were having practice in Room 2, *Let's Talk Books* were meeting around the tables outside the kitchen whilst the *Mahjong* group were having a longer game in the Auditorium. Well done everyone.

Congratulations to the *Ukulele* group on coming third out of 12 groups at a competition at Whittlesea in September. We heard that the first two places were taken by groups who had professional ukulele players leading them. So well done Heather Wallace and the 12 ukulele players from U3A Benalla.

The U3A Committee have been working toward starting *Pickleball* as a U3A activity. To this end, Anne Nelson our Course Co-ordinator is arranging a "Come and Try" morning at the Indoor Recreation Centre in Ackerly Avenue Benalla. We would like to acknowledge the assistance of the Indoor Rec Centre and Bryan Wilson a Pickleball coach from Wangaratta in making this morning possible. The date for the "Come and Try" will be available on the Website as soon as we know it.

The U3A Program Committee is working toward our **2026 Program**. U3A Benalla would like to sincerely thank all our Convenors who in 2025 have provided us with such a varied program. We hope that most of our popular groups will continue in 2026. If anyone has ideas for a new program for 2026, please contact Anne Nelson on 0438 447 379.

October is **Come and Try** month for U3A Benalla. If you would like to try a different activity, please contact the Convenor of that activity and come along to it during October. This offer is also open to non U3 members who may have heard of an interesting activity and want to try it before joining U3A Benalla in 2026.

As part of **Seniors Month**, we have been asked to showcase several U3A activities during October. These activities include *Easy Bushwalking* with Bev Thornell (Wednesday 1 October 9.15am), *Patchwork and Craft*

with Dorothy Webber (Thursday 2 October 1 – 4pm), U3A *Ukes4Fun – Just Jamming* Group with Heather Wallace (Monday 6 October 11.30 – 1.30), *Birdwatching* with Kathy Costello (Thursday 9 October 9am) . *Wine Appreciation* with Gary and Carolyn Smith (Friday 17 October), and *Car Torque* with Doug Smith (Thursday 23 October 2pm)

On Wednesday 22nd October U3A Benalla are holding a free **'Get Online Week'** BBQ and Ask a Question at 12 noon at the Benalla Seniors and Community Centre. All U3A members are welcome. Also please bring your friends who could benefit from our digital instruction classes. For catering purposes please let Helen Jeffree on 0490 092 267 know that you are coming.

Our **end of year Concert** is on Wednesday 19th November at 10am in the Auditorium of the Benalla Seniors and Community Centre. The *Ukulele* players, the *Recorder* group and the *Singing for Fun* group will entertain you. Also, there will be a display of items made during the year by the *Patchwork and Craft* group.

Our end of year Lunch will be held on Friday 28th November at 12.30pm at the **Benalla Golf Club**. This is always a popular function to celebrate the end of the year. For catering purposes please let Helen Jeffree on 0490 092 267 know if you are coming.

Margaret Jenkins, President

Group Reports

A Taste of Art

Two weeks ago, I arranged a trip to Corowa for the Broken River Painters to see the Bald Archy exhibition, inviting members from U3A's *A Taste of Art* to join us. Four came along, benefiting from the opportunity to discuss the different styles the artists use to get their message across, the mediums and the composition used. They agreed it was a very enjoyable experience.

We are continuing to plan towards the exhibition of member's work alongside *Patchwork & Craft* at U3A Benalla's November concert and display of work. As mentioned in last month's newsletter, "Artwork could be framed or unframed and could include drawings and paintings in sketch books, either finished, 'working' drawings or ideas. Something which reflects members' joy of painting and perhaps marks a special place in their painting journey this year!"

Several members have already expressed interest; however, they still need some encouragement from me! A couple of members are away with illness or travelling, but I'm hoping there is time to get more done by 19 November.

Carol Perry

American History

To refresh our memories, a brief revision of the last session's material was conducted. Following on from this, we viewed a video about the presidency of James Polk. It was during Polk's one term of office, in 1848, that a cornerstone of a monument to honour George Washington was laid in Washington DC. The class then learnt a little about the discovery of gold in California in 1848 and the resulting massive influx in 1849 of hopeful miners from all over the Americas and globally, called the "forty-niners." Of the 150,000 Indians in California before the forty-niners came, there were fewer than 30,000 by 1870 in the worst slaughter of Indians in US history.

A comprehensive look at how the US expanded was provided by a video, before we proceeded to learn about the Compromise of 1850. Stephen Douglas of Illinois proposed that the people of New Mexico and Utah should decide whether or not to allow slavery. His suggestion of popular sovereignty was highly controversial and became a central part of future debates between Abraham Lincoln and Douglas. A more aggressive Fugitive Slave law was another of Douglas' proposals. The combination of western expansion and the issue of slavery, sectional divisions over big government versus small government (business versus agriculture), maintaining balanced representation in the Senate and Congress, and the serious financial crisis of 1857 were key contributors to secession of southern states in late 1860 to early 1861 and the outbreak of the Civil War in April 1861.

We will explore these issues, the election of Lincoln and aspects of the Civil War at our session on 7 October.

Barbara Rogers

Apple Refresher Short Course

The first September session was about emailing using the iPad and iPhone app. We attached photos, copy and pasted text and looked at the Drafts folder.

The second session was about managing money online. We looked at paying someone, PayID, BPay and BSB. These are accessed through your banking app. Then we looked at purchasing online. Everyone has their own favoured methods, and it can be daunting for people new to the process.

Your banking institution is a good start and support from trusted family and friends can be helpful too.

We ended up sharing photos via the screen mirror function. The photos looked amazing on the big screen!

Jenny Sawyer

Art Appreciation

This month the work of **Jan Donaldson** was on show. Jan is a sculptor, puppeteer and doll maker with a substantial body of work. She took us through her history and showed examples ranging from small, exquisite pieces to larger works. Jan works with many substrates including bone, wood and metal. Most of her dolls are involved in storytelling. In her words: "Some of the works reference folk tales and nursery rhymes. Individually and collectively the dolls reveal the intimate and the personal." Her collection includes Mother & Child reunion sculptures where her artistry shines.

Neville Gibb

'As Time Goes By' – Memoir Writing

Our session had to be rescheduled to Monday 29th September this month, well past the newsletter deadline! Being able to access a (very rare) 5th Monday proved a huge relief as a two-month gap is always too long.

The theme for the session is ***'Transitions'***. Stories on *'Retirement'* will be shared by Anne, Jan, Max and John; while Barry, Ray, Tom and Merv's stories on *'It was Time for a Change'* will be on the table.

Carmyl, who has a gift for developing topics we can adapt one day, has written a beautiful story *'Sixty-Three Years Ago'*. Robyn plans to share her recent story *'How We Met'*, Tom his story on *'I Was There'.*

There are other stories still on the books which can be shared at the session, including Shirley's *'My Father's Clock'*, Joan's *'Love Letter to Travel'* and *'My Other Life',* Neville's *'Gap Year',* Delfina's *'Sisters',* and James' *'Steep Learning Curve'* - and there may be more on the day.

The theme for October is ***'Life's Challenges'*** – the topics

'If only … ' Write about an 'if only' moment in your life in 500 words, describing the context surrounding it as richly as you can. Choose something which won't make you depressed, something you feel you have 'dealt with', but at the same time something which shares the impact of even a brief moment in your life.

'This Too Shall Pass…' Write about a particularly difficult period of your life, how life went on and perhaps also the lessons you learnt from it...

If you have writer's block, think about writing the topic as a poem, a standup comedy set, a script!

October is *'Tasters'* month, a chance for interested members and visitors to come along on Monday 20 October from 2 to 4pm to see what we do. Feel free to bring along and share your first '500 words' story on an October topic, or just sit, listen and enjoy the day's collection of stories.

Beverley Lee

Australian Shares & Stock Market

Our stock market is still holding firm with some slight drops and likewise some gains. The good run with Korvest has ended with a drop, but Wesfarmers has risen. Neena's choice to sell TLS was a good decision and her dilemma today was to buy Woolworths or Coles. A small chart option was shown on screen:

"Neena; you have $9277 including dividend in the paper bank after selling your Telstra @ $4.90 on 27 August. You will have $9,277- $40 = $,9237 for repurchasing

Today 1st September:

		Ex Dividend	Shares At	Funds	No shares	Dividend rate	Dividend Return
If you buy	WOW	2-Sep	$28.80	$9,237	321	$0.45	$144.33
		If WOW rise to	$29.00	$9,237	319	$0.45	$143.33
If you buy	COL	5-Sep	$23.88	$9,237	387	$0.32	$123.78
		If Coles drop to	$23.00	$9,237	402	$0.32	$128.51

Note if WOW go up on Monday you may drop in dividend return
Note if COL go down up on Monday you may increase in dividend return"

A short video interview with the Droneshield CEO highlighted that while sales were strong research and development were imperative to stay ahead of other competing technologies.

After the mid break Neena chose Woolworths (WOW) as today's live market had WOW at $28.75.

On our long-term sheet Les with Life 360 and John with ZIP are respectively $9,356 and $8,667 leading on paper overall, on the 20 member selections we are positive 19%.

On the Real Time Trading sheet again ASB (Austal) was again a good selection last month by Margaret, Janette, Malcolm & Les. They are unlikely to pay any dividends. Sue with Elders and the two Margarets and Janette are the top 4 leaders. Good selecting for the next 3 meetings. Currently on this sheet we are 18% positive for the year. Our U3A Bendigo Watchlist is 11% positive since February.

On the short-term monthly sheet John leads by a mile with Droneshield (DRO); Wende with Silver bullion is second and 20th is Sue with Wisetech (WTC).

If you wish to change your selection on the Monthly or the Real Time Trading sheet, please let me know asap.

Our next meeting will be Monday 6th October 2025.

Malcolm Sanders

Be Connected – Android

We had lively discussion, with great participation, about our mobile phones and never-ending new phenomena to discuss, from do we need to worry about every new technology, eg passkeys to when it is time to call on outside help eg. Telstra, computer experts. Every person has different expectations from their devices and maybe we only need to be "experts" on aspects that directly affect us.

A document can be created using Google Docs on our phones. We will all give this a try.

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

Ruth Jelliff

Be Connected – Tech Advice

On Wednesday 22nd October U3A Benalla are holding a free **'Get Online Week' BBQ and Ask a Question** at 12 noon at the Benalla Seniors and Community Centre. All U3A members are welcome. Also please bring your friends who could benefit from our digital instruction classes. For catering purposes please let Helen Jeffree on 0490 092 267 know that you are coming.

Margaret Jenkins

Birdwatching

Report of visit to Reef Hills State Park, Thursday 11th September 2025

After the cancellation of our planned visit to Reef Hills in August, it was pleasing that we were able to get there in September. On a cold but sunny morning, we headed to the southeastern corner of the park along Roes Road. We started with views of small birds such as Superb Fairy-wrens, Weebills, a Brown Thornbill and several Grey Fantails and Willie Wagtails. Then a Wedge-tailed Eagle was spotted flying high overhead. Further on a few honeyeaters were observed, most notable being the Yellow-tufted Honeyeater: a colourful bird with yellow and black markings. One obliged by flying down to the road in front of us to drink from a puddle. Another good sighting was a pair of Jacky Winters. These robin-like birds like a high perch at the edge of the forest bordered by open country.

We finally found a White-throated Treecreeper climbing up a tree trunk, having heard one calling throughout the walk. Altogether 23 species were recorded for the morning

Here is a link to the list on eBird https://ebird.org/checklist/S273242465

Next outing is a visit to Helen Repacholi's property Thursday 9th October 2025

We are fortunate to be able to visit Helen's 7-acre property just out of Benalla. She has created a lovely garden and a haven for birdlife with her plantings of trees and shrubs over many years, and a good supply of bird baths.

Please meet at 9am at the car park behind the Seniors Community Centre for the short drive to the property.

Kathy Costello

Brain Games

The September session had to be called off. Apologies to anyone who didn't see my email early enough. Homework was set: Try writing the alphabet backwards, draw an upside-down cat and see if you can recall the phonetic alphabet from Alpha to Zulu.

Elspeth Maconachie

Car Torque

The Car Torque program sets out to offer a forum for those that like cars.

A feature of our monthly meetings is having an owner come along with a unique car we call Car of the Month.

We have had some great cars along at our meetings but this month we had something very unique in the iconic E Type Jaguar sports car owned by local Benalla man David Lidgerwood.

David's E Type is a 1969 model which he has owned for over 15 years. It has a unique aerodynamic body shape that is very eye catching since it looks like no other car.

The E Type was designed by a British Aircraft engineer called Malcolm Sayer who transposed his aeronautical skills into the E type with its aerodynamic streamlining features.

The 1969 Series 2 E Type is a two-seater Coupe, has a 4.2 litre engine and 5 speed manual gearbox with a top speed of 150 MPH. Still one of the most beautiful cars ever made — Enzo Ferrari famously called the E-Type *"the most beautiful car in the world."*

In 1961, it could hit 150 mph while costing half the price of comparable Ferraris or Aston Martins.

The E Type had many features:

- Timeless styling: Still turns heads 60+ years later.
- Strong performance (especially Series 1 & 1.5): 0–60 in ~7 sec, 150 mph top speed.
- Engineering sophistication: Suspension and handling were well ahead of rivals.

However, the E Type had it draw backs and problems:

- Reliability issues: Known for electrical gremlins (Lucas electrics), overheating (especially early cars), and oil leaks.
- Comfort: Small cabin, awkward driving position (long-legged drivers struggled).
- Maintenance costs: Parts can be pricey, and expert servicing is often required.
- Rust: Like many cars of its era, prone to corrosion if not well-kept.

Later models lost some of the purity of design and sharpness in performance due to U.S. safety/emission regulations.

Unfortunately, attendance at this meeting was lower than expected due to school holidays, so we may rerun this Car of the Month session at a future date.

Keep your hand on the wheel.

Doug Smith

Chat n' Chew

Our Lunch on September 10th is at the **Kim Wah Chinese Restaurant** in Bridge Street. If you are attending, please book by text or call 0412 263 071. Looking forward to seeing you there.

Dorothy Webber

Coin Collectors

Our group over the last few years has primarily concentrated on aspects of Australian coins, so for our September meeting we decided to explore something different: **USA Coinage**.

While there are many similarities with Australian coins like names and denominations, we looked at both and compared the differences.

The first major difference is the head and tail on Australian coins match up, but the US coins have the head rotated 180 degrees to the tail.

US denominations are: 1 cent (Penny); 5 cents (Nickel); 10 cents (Dime); 25 cents (Quarter; 50cents) (Half Dollar); $1 (Dollar coin) closely match Australian coins except for the 25-cent piece.

US coins feature Presidents and buildings on the face of coins whereas Australia has royalty, native animals and cultural symbols.

Key Differences

Aspect	United States	Australia
Smallest denomination	1 cent	5 cents (1c and 2c discontinued in 1992)
Highest common coin	$1 (rarely $0.50 or $2 used)	$2
Use of $1 coin	Not widely used	Very common
Note vs. coin	US uses $1 bills more than coins	Australia replaced $1 and $2 notes with coins
Coin size logic	Not strictly by value (e.g., dime smaller than nickel)	Mostly by value, but $2 is smaller than $1
Materials	Mostly copper/nickel alloys	Similar, but $1 and $2 are gold-colored alloy
Designs	Presidents and buildings	Native animals, cultural symbols, royalty
Shape variety	All circular	50c is 12-sided (unique)

Our members circulated their own US coins which included a ½ dollar, 1974 Eisenhower one dollar, 1909 Philippine's Eagle Peso minted in the US and 2015 and 2023 silver dollars.

Of particular interest was the 2024 Trump coin with a very distinct effigy of the current President of the United States.

Coin Collectors will soon run a swap session as part of its meeting where U3A members are invited to join our meeting to swap, sell or buy coins on offer. Please contact me if you are interested.

Doug Smith

Collectors

A lovely collection of cups and saucers were displayed at Collectors in September, from a grandmother's tea set to a beautiful cup and saucer from 1897 celebrating the 60-year reign of Queen Victoria. A very interesting and valued Maori designed cup and saucer from New Zealand by Royal Doulton attracted interest, a beautiful salmon coloured set bought for a glory box many years ago.

Two children's cups and saucers with rabbits and ducks and a very pretty typical floral design set including a milk jug and a sugar bowl were presented, alongside a 1977 Queen Elizabeth Silver Jubilee set with a set of different pictures on each one.

An interesting hand painted Chinese set and a Scottish Royal Dalton featuring the Thistle were much admired.

Part of a Meakin dinner set began a discussion of the colours in the kitchen during the 1970's, with much reminiscing. A lovely set of the always popular blue and white along with dainty floral patterns with gold rims were displayed.

We decided that teapots were necessary given the size of the cups compared to our mugs we use today. Next month we are looking at '***Metal***'

Gerald McCorkell

Community Singing

What a wonderful morning we had at Community Singing in September. Our numbers were swelled by about 10 residents plus carers from Cooinda coming and joining us. In total there were probably 45 people who were there and everyone enjoyed the morning.

A big thank you to Brian for playing the piano for us and to Kieran for introducing the songs. Brian chose the Tram Shed song book for the first session and Sammy's Song Book No 1 for the second session.

Thank you to everyone who helps run the session so smoothly. To Brian C for putting out the chairs and organising the rearranging of them at the end, to Sue for helping with morning tea, Rupe for the washing up and lots of others for helping give out books etc. It all helps the morning run well.

It was great to see Deb McCabe who popped in to tell us about the Tatong Market and Garage Sale on Sunday 2nd November from 9am to 12 noon. There will be a free bus from the Benalla Seniors and Community Centre at 9.15am and from Cooinda at 9.30am to Tatong, returning at 12 midday.

In October there will be Community Singing on both the 23rd and 30th October at 10am at the Hub at Cooinda. All welcome

Margaret Jenkins

Creative Writing

'"You don't have to be great to start. But you have to start to be great." – Zig Ziglar

Everyone has a story in them; it is up to each of us to find our story and write it down.

Discussion:

We looked at a series of words that can be confused or incorrectly used either when written or spoken. These included words like Illicit and elicit. These may be used correctly when written, but sound similar when spoken. No wonder it can be difficult to learn the language! One interesting pair was disinterested and uninterested. They are often used interchangeably but do have different meanings. Disinterested means neutral or unbiased, such as a judge in a court case; uninterested means not interested.

Our challenge:

The challenge was to correct a series of phrases, including the incorrect use of apostrophes. Examples are:

The dog lost **it's** bone ☒ The dog lost **its** bone ☑

Its raining outside ☒ **It's** raining outside ☑

Some Stories:

The favourite prompts were "Today I got the phone call" and "Eyes that green were definitely dangerous". The calls around a phone call were:

- Getting the call around a Tattslotto win the same time as receiving a terminal cancer diagnosis;
- A call about the loss of a twin sister; and
- A call about the death of a mother

Eyes that green stories were:

- A dream about a child abduction, waking screaming to find the neighbour's cat licking her face
- A young Irish girl with green eyes that have "special abilities" initially used to protect family and friends, but ending up being recruited by MI5.

Then there was a story about a dog from hell and two continuing stories.

Prompts:

The prompts for our October class are:

- The piano lessons were about to start.
- How was he supposed to get to the job interview?
- Yesterday I would never have guessed that this could be true

Joy Shirley

Demystifying Psychology Discussion Group

In our first hour we asked: Are we becoming saturated with world events? Most of us felt global news is valuable, yet not always accurate. Every era has felt significant, but today's constant flood of information can be exhausting. Some even wondered if we have the right to tune it out.

We also reflected on how lucky we are. Many remember parents or grandparents speaking of the World Wars. Living in Australia we've enjoyed a relatively peaceful life compared to much of the world. In earlier conflicts news travelled slowly; fighting was face-to-face and veterans rarely spoke of it. The Vietnam War and television marked a turning point, making conflict immediate for distant audiences.

Now a drone can destroy a community hundreds of kilometres away and within minutes footage appears on mobile phones. Combatants are more distant than ever, yet the images reach us faster and closer. Balancing global concerns with local and family life is challenging and keeping our personal integrity matters.

After a cuppa break we swapped ideas on staying grounded and informed while facing information and disinformation from multiple perspectives. Our top tips:

1. Curate news intake.
2. Practise "information hygiene."
3. Stay grounded in routine.
4. Maintain social support and discussion with boundaries.
5. Consume mindfully.
6. Engage without overloading.

We agreed staying informed matters, but we can manage world events by building habits that protect mental health, limit exposure to constant negativity, and create a sense of agency.

Here's a sample of psychological ideas that help explain some reactions:

- Information Overload (Cognitive Load Theory).
- Mindfulness & Attention Regulation.
- Stress and Coping (Lazarus & Folkman).
- Learned Helplessness (Seligman).
- Self-Determination Theory (Deci & Ryan).
- Social Comparison Theory (Festinger).
- Selective Exposure & Confirmation Bias.
- Media Effects & Desensitisation—frequent exposure to disturbing images can dull responses or heighten anxiety; mindful breaks help counteract this.
- Positive Psychology & Resilience—gratitude, optimism, and focusing on controllable actions improve mental health during stressful times.

Thanks to those who shared the following reading/viewing:

- Max Blumenthal – *Charlie Kirk's Story Falls Apart* (YouTube).
- Chris Hedges – *Where Is America Going and Should You Leave?* (YouTube).

Both authors are experienced journalists now working outside mainstream media. Their independence brings insight but fewer editorial checks. Treat their work as one perspective and cross-check major claims with diverse sources. (Source: ChatGPT_20.09.2025)

Finally, we discussed the "Hundredth Monkey" notion—the idea that once enough members of a group learn something, the knowledge spreads magically. (Source: Hundredth Monkey Effect – Wikipedia)

Next Gathering: 21 October, 10:00–12:00 Noon.

Jane Rushworth

Easy Bushwalking

On Wednesday 3 September, U3A Easy Bushwalkers enjoyed an 8.3km wander through Reef Hills, ably led by Angela, who knew her way around the myriad of bush tracks. The weather was pleasant, the hills not very steep ("there's really only one hill in Reef Hills", said Ange) and there were plenty of interesting things to discover along the way, including Spring Wildflowers, evidence of early Gold Mining activities plus recent Dirt Bike activities. Lunch back at the picnic shelter completed an enjoyable day out.

U3A Easy Bushwalkers enjoying a wander through Reef Hills in September

Seniors Week/U3A/Age Friendly Benalla - 'Try Easy Bushwalking'
Bullawah Cultural Trail/Merriwa Park Wangaratta
Wednesday 1 October

This day is an opportunity for those Seniors who have never joined U3A to come along and try Easy Bushwalking to see if it interests you enough to join. Regulars are welcome too. Please contact the convenor beforehand if you intend to come along.

We meet at the carpark behind the U3A building at 9.15 am, to register and arrange car-pooling, before a 9.30 am start. Bring morning tea and lunch, as well as sturdy footwear, hat, water etc.

* Meet at U3A Carpark at 9.15 for a 9.30 am departure. ($5 travel cost).
* Contact Bev Thornell: 0447193244

Wednesday November 5 - Mooropna - Gemill Swamp

The Gemmill Swamp Walking Track is located within Gemmill Swamp Wildlife Reserve in Mooroopna, Victoria, offering a 5 km round trip on tracks leading through significant wetlands and Goulburn River floodplain red gum forest. The reserve is a high-value habitat for various native birds and mammals and includes constructed wetlands for stormwater treatment.
*Meet at U3A Carpark at 9.15 for a 9.30 am departure. ($5 travel cost).
*Contact Bev Thornell: 0447193244

Bev Thornell

Exercises for Fun

Check out the Exercises for Fun page on the website for this month's **'Exercise of the Month'.** This month features 'Exercise Snacks', a few simple and effective exercises you can do in under a minute!

Have fun and keep moving.

Helen Jeffree

Exploring the Universe

Stardust in the Stellar Wind.

We followed the dust in the stellar wind, right back to the early universe.

Powerful infrared telescopes can see the fingerprints of elements and molecules in the light spectrum, that our human eyes that have evolved on this planet can't see. They can peer through vast clouds of cosmic dust and gas that nurture young stars and planets.

We were on the trail of cosmic dust, studying images of the famous Horsehead Nebula with its natural dust, then seeing through the dust with infrared light. In times past there was no certainty that dust formed in dying stars. How could it survive such a violent explosion and how could the first stars have formed without

dust? Scientists were waiting to study an exploding star, a supernova. In 1987 they got a beauty, supernova 1987A. After 11 years of observations the mystery was solved.

The first stars, formed in high temperatures from hydrogen and helium, were extremely hot and short lived. When a supernova explodes the shock wave hits the surrounding gas like a brick wall. This compresses the gas and cools it to around 1,727 C. At this temperature elements can form solid dust particles, minute soot like grains only around one thousandths of a millimetre, but big enough to survive the journey into space.

In the vastness of space, cosmic dust cools clouds of hot gas, creating star nurseries. Elements like carbon, silicon and iron that are forged in nuclear fusion in the hearts of stars are seeded into space on the dust in the stellar wind.

Everything here on Earth; you and I and our wonderful planet ...is made of stardust…

A Cosmic Journey with Dust. https://www.youtube.com/watch?v=TShxfz3MVkk&t=3s

Dust & Drama in the Orion Nebula. https://www.youtube.com/watchv=E7Vs4HiMBIg&t=11s

The 10th Flight Test of Space X Starship. https://www.youtube.com/watch?v=KYT3NiqI-X8

Bev Morton

Family Research – Getting Started

Our September class was well attended. We began the session with a review of the progress made on our family trees, followed by individual goal setting.

Following on from our visit to the Benalla Family Research Room, Betty was keen to use the results from the 'Digger' program to follow up some family births and death certificates. With a family connection to Bishop Matthew Gibney who administered the last rites to Ned Kelly at the Glenrowan Siege, Marian wanted to follow up newspaper articles about the event using TROVE.

Eve shared her recent visit to PROV (Public Records Office of Victoria) to research an ancestor's Will and Probate and an Inquest Record from 1879. It was very helpful to hear first-hand about her visit. Deciphering the handwritten documents was today's challenge in class for Eve.

Bill chose to work through some Ancestry Hints on his Family Tree and then looked more closely at the DNA relationships within his tree. He contacted a close relative through Ancestry. Heather's main goal for the session was to find Military Records from World War II for an uncle who served in the army, while Karen focused on searching the South Australian death records for ancestors in her Family Tree.

With the assistance of Sheryl and myself we worked together to reach the individual goals set by each member of our group. Overall, it was another productive session.

Deb Saunders

Film Discussion Group

We are getting better at rating the films on areas other than preferred genre and liking of the film. An example is "**The Materialist**" which one member caught up on and rated as 4/5 based on the way it was filmed and the cinematography and colours of New York.

The standout this month was "**Mr Burton**". This is the story of Philip Burton, who mentored and then adopted Richard Burton. It is set in Wales in the 1930s and shows the poverty and culture of the area (and era). The performances were excellent. Harry Lawtey, who played Richard Jenkins/Burton, was amazing. During the film his facial expressions and body language changed from a 16-year-old wild schoolboy to a more mature adult. We rated the film as 4/5 and would recommend this to anyone interested in biographical drama.

The Penguin Lessons: One member of the class was able to catch up on this film. They found it entertaining, and humorously droll. The penguin was great – a real penguin/s was used in the film. It was rated as 3.5/5.

Tina: A Samoan woman, grieving her daughter's death in the Christchurch quakes, becomes a substitute teacher at an elite school. She discovers students lacking guidance and care, prompting her to provide inspiration and support. She started a choir, working to make them into a group rather individuals. The choir ended up winning awards. This is a New Zealand film with insights into the treatment of Pacific Islanders in New Zealand. The colours of the Samoan teacher stood out against the sedate colours of those around her. This was rated as 4/5.

The Friend: When a solitary writer, iris, adopts and bonds with a Great Dane that belonged to a late friend, she begins to come to terms with her past and her own creative inner life. It is a complex film around grief and understanding. There were many different minor relationships, but the main one was between Iris and

the dog. Her apartment was small, the dog huge, no dogs allowed. These led to some humorous scenes as well as drama as Iris fought first to find a home for the dog, then a way to keep him without being evicted from her apartment. An entertaining and feelgood film. This was rated as 3.5/5.

Other films briefly discussed are:

Nobody 2, based in the adventures of former assassin, rated as 3/5, mainly because of some of the performance. Otherwise not an outstanding film.

Weapons, a psychological horror film where all but one child from a class disappears. This was rated as 2.5/5

The Naked Gun, a sequel/re-make of the Naked Gun series. The humour was disappointing and only rated as 2.5/5.

By the time this is read, the final "Downton Abbey" film will be screening. This has been keenly awaited by many, and worth seeing for others who can enjoy the costuming and history of the 1939's.

Joy Shirley

Garden Appreciation

A big welcome to our new group members Cathie and Doc Hair, John Lindsay and Anna Lynch!

Our recent outing to **Mansfield** was a wonderful day. We started out at *Caro's Concepts*, where we admired the steel artwork by Chris Jones—some of which will be coming back to Benalla for our gardens. Next, we visited *Tris Thomson's lovely large garden*, filled with beautiful trees and plantings.

We then stopped at *Snowgum Nursery*, where once again we had a pleasant time shopping. Following our busy morning, we were ready for lunch at the *Delatite Hotel.* Our meals were really delicious. Afterward, there was still time for some shopping in Mansfield's main street.

On Thursday, October 23rd we will be meeting at the U3A Car Park at 9:30 am and visiting **Nagambie.** Please bring your own morning tea to enjoy near the *Black Caviar statue* on the lake. There are some beautiful gardens all around the lake. From there we'll continue to *Nagambie Ferns Nursery* in High Street. Lunch will follow at the *Nagambie Rowing Club*, right on the lake.

Please let me know if you are attending our next outing in Nagambie. Either email me at gwenturner243@gmail.com or text/call 0438 627 010.

Please note: The November meeting will now be held on *4th December.*

Gwen Turner

Garden Team

Garden Team is always a pleasant gathering and not a great effort, but when it's your turn to host, what a boost!

First you rush to mow and to list all the tasks you should already have done!

Then comes the afternoon and ten hours progress happens magically in not much over an hour. There's a range of tools to try, some great advice, effort and expertise. And afternoon tea is always tasty and a chance to chat in a friendly group who are feeling a sense of achievement - especially when it's as wide and wild as my place!

Afternoons it's great to stroll, admire and add to compost and **hügelkultur** piles.

Gardens are often about dreaming of what might be. In my case I'm inspired (shamed?) into much steadier efforts to keep up because of the magnificent start the team has given me. Many thanks!

Elspeth Maconachie

German

The German group is now busy writing weekly stories about events in our daily lives. The general pronunciation is vastly improving, and I applaud the members' willingness to produce something interesting every week. We will use the free 'fifth Tuesday' afternoon on September 30th to have an Oktoberfest screening and a touch of celebration.

Horst Gunther

Let's Talk Books

An interesting selection of reading this month from our group. ***The Royal Librarian*** *by Daisy Wood* was a very emotional book beginning in Vienna at the beginning of WW11. Escaping to London after witnessing the death of her parents, the young girl began a job in the library at Windsor Castle. Despite recent controversy ***The Salt Path*** *by Raynor Winn* after losing everything and one terminally ill, this the journey taken by a middle-aged couple, it is well written with beautiful descriptions of the scenery around her, almost like reading a personal diary, worth reading. ***An Undeniable Voice*** *by Tania Blanchard* set in early 20th Century London it continues the author's fascination of the suffragette movement. A lot of detail in the reading it follows on from her previous books. Also enjoyed was ***A Distant Voice*** *by Di Morrissey,* an American woman marries a NSW grazier uncovering a family mystery, helps her adjust to the challenges of life on a remote property. ***The Last Hours in Paris*** *by Ruth Druart* very well written a story of war, love and forgiveness. ***Love letters from Frida Kahlo.*** Artist Frida Kahlo was a prolific letter writer these are letters written to various lovers through her life, our reader found it extremely boring. ***White Crow by*** *Michael Robotham* is the most recent book written by Michael, having enjoyed previous books our reader found this one disappointing and lacking form. Despite the misleading title ***Hitler's Brothel*** *by Steve Mathews* is worth the read. ***The Last Man to Die*** *by Michael Dobbs* is an historical thriller with a twist in the story. ***The Black Briar Genesis*** *by Robert Ludlum,* this is the latest in the new Jason Bourne series and written in typical style throughout the series. ***Mrs Mahoney's Secret War*** *by Claudia Strachan* is the account of the life of a young woman in Hamburg during WW11. Our reader described ***The Governor, His Wife and His Mistress*** *by Sue Williams* as brilliant. Governor Phillip Gidley King and the two women in his life, his convict mistress and his wife, a must read I would imagine. ***If She Wakes*** *by Michael Koryta* a college student the victim of a suspicious car crash is left in Locked in Syndrome aware but unable to move, a good story line. The tick of approval was given to ***Melaleuca*** *by Angie Faye Martin,* an aboriginal policewoman, a brutal murder and a shameful past - a very good read. ***A Brilliant Life - A Mother's Story*** *by Rachel Unrech* is the true story of a holocaust survivor and the ability of the heart to heal. ***Eden*** *by Mark Brandi* is very enjoyable, with good characters, a mystery and moral dilemmas set around the Melbourne General Cemetery.

See you in October and happy reading

Geraldine McCorkell

Mahjong

Mahjong players are certainly full steam ahead. Playing the fancy hands for the other winds has been most successful.

My thanks to Anne Goodley for taking the session while I had an appointment in Melbourne.

Our next day session is planned for the SECOND Monday in October – that is, Monday 13th October.

Finally, my sincere thanks to such a wonderful group who unhesitatingly set up and pack up each week.

Kaye Blore

Meet and Mingle

The guest speakers for September Meet and Mingle were *Katie Holmes* and *Nicole McFarlane* who gave a presentation on the recently formed **Benalla Homeless Response Group (BHRG).**

The initial need for the group arose from people on social media asking why there was no group in Benalla, like the Wangaratta Night Shelter, supporting homeless people. Katie defined homelessness as a person having no stable accommodation.

Katie and her then small group of supporters started to examine the spectrum of homelessness in Benalla and reached out to the community to brainstorm how this may be addressed.

This resulted in the establishment of the Benalla Homeless Response Group Incorporated (BHRG Inc.) with Katie elected as President.

Initially the BHRG supported existing volunteer groups by distributing care pack essentials to first responders in the community such as Police who were dealing with homeless people.

What followed was a collective community effort from Benalla Churches, Benalla Council, service clubs like Lions and Rotary and the business community to provide a Welcome Kitchen. BHRG established this beneath the Benalla Library where hot meals and friendship have been provided on a weekly basis over the last 12 months.

Since June 2025, a night shelter program has been established by BHRG and run over the winter months at three Benalla Churches where participants are offered kindness, and a safe protective environment in which to sleep.

Katie said the night shelter project provides hope, integrates people back into the community and has involved 48 volunteer shifts with 42 volunteers supporting the night shelters over 6 nights a week.

The feedback from the volunteers Katie said, has been one of experiencing "the power of compassion".

Nicole spoke of her role as Food Coordinator (aka The Cooking Queen) and the huge logistical effort to provide meals to the weekly Welcome Kitchen and the winter Night Shelter that ran over 6 days each week.

Nicole stated over 100 meals were prepared in one month. In addition, she said people were not only able to enjoy fresh cooked meals but also take away essential food items donated by business and the community from the BHRG relief table. She said a sense of belonging developed from those accessing the meals and her role gave her a great sense of satisfaction fulfilling an important community need.

Doug Smith, Publicity Officer

At **October's Meet and Mingle** on Wednesday 15th October we are having a presentation by Samuel Thorpe from Latrobe Community Health Service on the new **Aged Care Act** which is coming into law on 1st November 2025. This talk is a follow on from "Staying at Home for Longer" which was presented in 2024 by the same organisation. We are opening this up to the Benalla community as it is a topic which our age group needs to know about and understand. So please bring your friends along, even though they may not be U3A members. We have arranged for this meeting to be held in the Auditorium so that we can accommodate everyone.

Margaret Jenkins

Music Appreciation

Beethoven once wrote to his publisher: "What is difficult, is also beautiful, good, great, and so forth. Hence everyone will realise that this is the most lavish praise that can be bestowed, since what is difficult makes one sweat". If this credo manifests itself most powerfully in any one of Beethoven's works, it might be the piano Sonata Op. 106, nicknamed, "Hammerklavier." It is the longest Sonata Beethoven ever wrote, which essentially means that it was the longest sonata anyone had written up to that point. It is certainly his most ambitious Sonata to that time, and his most difficult.

Mozart likewise, once freed in later years from the strict demands of the court of the Archbishop of Salzburg, embarked on his most ambitious setting of the Catholic Mass (he had already composed some 15 settings of the Mass up to that time). This was to be a Grand Mass on the scale of JS Bach's Missa Solemnis, and a wedding present for his new bride Constanze, who herself would sing the soprano role. Alas, for reasons that we will probably never know, it was never to be finished. Discarded before being reworked by Mozart into a cantata, it was discovered and eventually published in its incomplete form some years after Mozart's death, and even then, is almost an hour in length. Needless to say, these two works occupied a complete session.

Taking a lighter and less demanding approach concentration-wise and staying with Beethoven and Mozart, our second session took in the forays of both into the world of trios and sonatas. Mozart was said to have composed the "Keggelstatt" Sonata in a bowling alley, hence its nick-name, and Beethoven's "Gassenhauer" Trio was so named after a song heard on the streets of Vienna. Then there was a Beethoven take on a Mozart

tune – Beethoven "cashing-in" in the surge of popularity for Mozart's work following his death. All of this can be read about and listened to by visiting the Music Appreciation page on the U3A website.

Bill Squire

Page Turners Book Group

September - Balcony over Jerusalem: John Lyons

Lyons, a foreign correspondent for major Australian media and newspapers, has written about his personal experiences in the Middle East in various Arab and Jewish nations.

In various countries during the 'Arab Spring'[2010 to 2013], Lyons observed revolts against corrupt or despotic regimes, most of which failed to bring improved political conditions to the inhabitants. He placed himself in many dangerous situations to report the news.

The main thrust of his book explores the increasing tensions then and later, between Israel and the semi - autonomous areas of Gaza and the West Bank, which were given some administrative freedom after the Intifada of 1993. During his seven-year assignment in Israel, Lyons witnessed many ways in which Palestinians were discriminated against by both the Israeli Government and individual Israeli citizens and groups. The removal of Arabs from their legally held land in these areas and the policy of illegally creating Israeli settlements in Gaza and the West Bank, has dramatically increased tensions and hatreds between the two groups. Lyons believes Western Countries have not fairly or openly reported on these tensions, with America openly supporting the aims of Isreal to eventually exclude all Arab inhabitants from these two areas.

This book is difficult to read, but for those readers interested in this tragic conflict in the Middle East, it provides an insight into reasons for the current war and provides little hope for a lasting solution.

Our next book - ***'Anam',*** by Andre Dao

Meg Dillon

Patchwork and Craft

As part of U3A Benalla's Seniors Month Showcase, our class on **Thursday 2 October** from 1 to 4 pm will be open to visitors. We will be showcasing some of the activities run by U3A Benalla.

I ask members who are attending to bring along some finished projects – they don't have to be from this year – so we can share the work that we do with our visitors.

Reminder – there will be a 'fifth Thursday' extended session on **Thursday 30th October** from 11am to 4pm.

Dorothy Webber

Photography

Not a big turnout this time, but still an interesting session!

We talked about AI and how it's becoming more widespread. Yes, it will replace some jobs—publications and media, for example, are already using AI instead of paying photographers for many of the stock photos they need.

We also discussed removing distracting "items" from images, like the example David Hall produced earlier in the year. It really does look great without the tape running through the photo.

Lastly, we explored editing tools that clean up images—reducing noise and sharpening where needed. I gave a quick demonstration using some recent shots I took at the Benalla Art Gallery.

That's it for this month. Until next time, keep your cameras handy and enjoy your photography!

Rene Martens

Play Reading

Our play for September was **'The History Boys'** by Allan Bennett. He was a prolific English playwright, author, actor and screenwriter. He is known for writing 'The Lady in the Van' and the BBC Talking Heads series.

'The History Boys' play opens in Cutlers' Grammar School, Sheffield, a fictional boys' grammar school in the north of England. Set in the mid-late 1980s, the play follows a group of history pupils preparing for the Oxford and Cambridge entrance examinations under the guidance of three teachers (Hector, Irwin, and Lintott) with contrasting styles.

Hector, an eccentric teacher, delights in knowledge for its own sake but his ambitious headmaster wants the school to move up the academic league table and hires Irwin, a supply teacher, to introduce a rather more cynical and ruthless style of teaching. Lintott is focussed on teaching historical facts. Hector is discovered sexually fondling a boy and later Irwin's latent homosexual inclinations emerge.

With quotes from literature, a scene totally in French and discussions about what is education, this was an interesting play to read. The boys had different personalities, backgrounds and aims; the teachers have different thoughts about education. Was the goal to know "stuff" or to become more rounded human beings?

Our play for October will be **'Travelling North'** by David Williamson.

Joy Shirley

Politics and Current Affairs

This month's discussion ranged widely from local matters to global concerns, reflecting both the issues on our doorstep and the larger forces shaping our world.

Local: Benalla Council's decision to remove trees for a housing development provoked lively debate. Questions were raised about whether the trees in question are Indigenous, native, or introduced species — and how heritage and environmental values should weigh against the demand for housing. Concerns were also expressed about the rapid deterioration of some newly constructed roads in the region.

State: The Optus 000 emergency outage continues to stir anger. Members queried whether the heavy penalties imposed on the telco represent double standards, given that ambulance ramping and hospital delays also leave many calls unanswered.

Federal: The federal government's pledge to increase defence spending was discussed against a backdrop of political shifts. Polls show the Liberal–National Coalition has dropped to an all-time low. Meanwhile, the government's recognition of the State of Palestine drew significant attention, with contrasting views expressed.

Overseas: We explored the troubling rise of political violence, including a recent assassination, and whether the "far left versus far right" framing is now spiralling beyond control. Recognition of Gaza as a state also featured prominently in international coverage.

Doomsday Clock: Finally, the Bulletin of the Atomic Scientists has set the Doomsday Clock to 89 seconds before midnight — the closest it has ever been. Members reflected on the risks driving this sobering measure, and how it compares with past decades.

Peter Thompson

Singing for Fun

Choosing your favourite song has been popular by our Singing for Fun group in September. We had a session of people choosing their favourite songs at our first meeting in September, and Kieran followed this up at the second session in September due to it being so popular.

We welcomed Rhonda as a Leader at our first session for the month, and she did a great job choosing her favourite songs which everyone seemed to enjoy. Thank you to Kieran, Carmyl, Ross, Rhonda and Margaret for Leading us during the month. Also, many thanks to Gwen for playing the piano for the first two sessions, and to Deb for playing for the third session in September.

Some dates for your diary. The Singing for Fun Group have been invited to sing at the annual **U3A Benalla Concert** which will be held in the Auditorium of the Benalla Seniors and Community Centre, 18 Fawkner Drive Benalla on Wednesday 19th November 2025 at 10am. Please arrive at 9.50am to take your places.

We have been invited to sing at the yearly **Memorial Gathering** held by Benalla Health at the Mary Treacy Fountain on Tuesday 25th November 2025 at 3.30pm.

We have also been invited to sing at **Cooinda** for the residents on Thursday 4th December 2025 at 10.30am. Please arrive at 10.20am and enter by the back door near the pond.

Our concert at **Estia Health** in Thomas Street, Benalla will be on Thursday 11th December 2025 at 10.30am. Please arrive at 10.20am and enter by the front door.

This year we have also been invited to sing at **Morrie Evans** at Benalla Health on Thursday 18th December at 1.30pm. Please arrive at 1.20pm and enter by Samaria Road door.

Our next *Singing for Fun* will be on Thursday 2nd October 2025 at the Hub at Cooinda at 10am. All welcome.

Margaret Jenkins

Stock & Land and Sustainability

The Stock and Land & Sustainability group had two indoor sessions in September. Due to computer problems at our first session we had to squeeze into the small room. Very cosy! Still, we had a good session discussing a range of issues that had appeared in the media since we last met. Of particular interest was the issue of environmental changes in Antartica and the Southern Ocean(**Link**). We also discussed the recent international conference on dealing with plastics which failed to achieve any real agreement due to countries who are 'addicted' to petroleum not wanting to make any significant concessions (**Link**). On the upside, some degree of domestic soft plastic recycling is about to resume in Australia with the three big supermarkets agreeing to contribute. 500 supermarkets will be part of the initial set-up.

At our second session we were back in the "big" room and had another session of discussions on current issues. The buzz at this session was the Federal Government's release of several reports looking at the likely impacts of climate change on economic, social and environmental sectors, together with the release of a CC impact mitigation strategy. Additionally, the Government released its greenhouse gas emissions reductions target out to 2035 of between 62% and 70% on 2005 levels. A big range but probably still ambitious. We also discussed a New type of 'sieve' that detects the smallest pieces of plastic in the environment more easily than ever before, including particles so small that they can cross the 'brain-blood' barrier (**Link**).

John Lane

Tech Talks

The Ord River Scheme has figured in several Federal Elections. For the past 30 or 40 years it was included in both parties' policies because it was thought important that the North should be developed. Substantial amounts of money have been spent and several dams have been completed.

It was thought that various crops would be grown and irrigated. And indeed, several crops have been grown but unfortunately none have proved profitable. There have been problems with insect pests and the ground itself has not had the required nutrients to produce proper returns.

Despite development the Ord River is in an isolated area. Extremely isolated. There is no rail line and an international airport has not been built. The area can only proceed with government subsidies. It could be claimed that it has not been money well spent. Nevertheless, the scheme does have a future. The infrastructure is in place; it only requires an alternative product to be successful. There is something to be said for the government setting up public assets that can in time produce results.

Neville Gibb

Train Buffs

At our September meeting we had a good attendance to hear from one of our members, Lynette Quick, who gave an interesting talk on her time with the Victorian Railways Refreshment Services in the early 1970s.

Lynette had wide experience in what was at that time an important division of the Railways, starting in the Railway Refreshment rooms at Spencer Street Station and graduating to the prestige trains of that time, including the Overland to Adelaide; the Southern Aurora, the Daylight and Spirit of Progress to Sydney and the Vinelander to Mildura.

Lynette also had some interesting photos acquired from her father Bill, a driver at Benalla for many years.

Next month we have arranged a visit to the Benalla Railway Station where we will be met by representatives of Inland Rail and Contractors who will explain the extensive works being undertaken there.

Athol Graham

Ukes4Fun – Just Jamming

September was a busy month with members of the Benalla U3A Four String Strummers attending the Whittlesea Jamming activity. Videos of this and other U3A Benalla Four String Strummers activities can be found on our 4StringStrummers YouTube Channel at https://www.youtube.com/@4StringStrummers

October promises to be just as busy! We are participating in the massed ukulele bands at the City Square on Sunday 5 October, leaving at 7.45 from Benalla Railway Station. We are also looking forward to visitors coming along to our 'Ukes4Fun - Come & Try' Session as part of Seniors Month Celebrations on Monday 6th October from 11.30 to 1.30 in U3A Room 1. On Wednesday 22nd October we will be playing at the multicultural morning tea at the Town Hall, gathering there at 9.45 am, then returning to entertain U3A members and guests at the Get Online luncheon at 12.

Heather Wallace

Wine Appreciation

Another interesting outing to an area not known for its wines. **Monichino Wines** at Katunga have been making wines since the early 1960s. The area is better known for grazing and fruit growing than it is for producing quality wines, but the Monichino family carved out a reputation for growing great wines in the rich soils of the area. The winery was established by Carlo an Italian immigrant and his wife Margaret in the early 1960's.

Our tasting was hosted by daughter Anna and son Terry who currently own and operate the business. They hosted very enthusiastically, with generous helpings and an extensive range of wines. Everybody had a favourite, but personally the aged Muscat was a big winner, 40-year-old muscat at a very reasonable price, matter of fact sipping on one as I write!

Sadly, the family have recently removed the vines and placed the property on the market, an indication of just how tough the wine industry can be. They plan to continue the wine making tradition from another site.

From Katunga we moved to the **Goorambat Pub** for lunch, which was a real treat. The pub has been tastefully renovated; the food was wholesome and plentiful. Lots of banter and socialising as usual!

Next month we will be visiting **Taminick Cellars** (Booths) winery at Taminick. This is a personal favourite of ours. A small family operation which retains a strong Italian culture of hospitality and lovingly crafted wines at bargain prices. Lunch will be at **The Vine Hotel Wangaratta** another fantastic historic pub with a reputation for quality food, an extensive menu and affordable prices.

More news will be coming via the newsletter, but the Christmas party has been locked in at the Benalla Golf club for the 28th of November. It will also be the Wine Appreciation group's November function.

Carolyn and Garry Smith

Notices

U3A BENALLA

END OF YEAR LUNCH

BENALLA GOLF CLUB

FRIDAY, 28TH NOVEMBER 2025

12.30 PM

Our end of year Lunch, to be held on **Friday 28th November** at 12.30pm at the **Benalla Golf Club**, is always a popular function to celebrate the end of the year.

For catering purposes please let **Helen Jeffree** on **0490 092 267** know if you are coming. (Please let Helen know of any dietary requirements)

VALE - JANET GOURLEY

A member of U3A Benalla for 18 years, a founding member of *Collectors* and long-term member of *Garden Appreciation* and *Patchwork and Craft*, Janet Gourley passed away recently at Wangaratta Hospital following a short illness.

Janet was born in Benalla, loved school and flourished at Benalla East Primary, winning the Mabel Mann Annual Prize in 1958. Janet dreamt of becoming a Domestic Science teacher, however poor subject advice made this difficult at the time.

With persistence, Janet completed her matriculation through night school and correspondence, then went on to earn a Bachelor of Health Administration and later a Graduate Diploma in Labour Management Relations. Janet's working life began at Benalla Hospital in 1965, and by 1974 she was Manager/Secretary at Kilmore Hospital, overseeing much-needed redevelopment. Later, as Deputy CEO of Eastern Suburbs Geriatric Society, she contributed to the successful move from Ringwood to Burwood East, taking on many leadership roles before retiring in 2002 and returning to Benalla to care for her mother.

A foundation member and first Treasurer of Rose City Probus, Janet was an active member of the Benalla Croquet Club for many years.

Janet was the newsletter correspondent for the U3A Benalla *Collectors* group, filing her last report on 26 August, just over a month ago. Her reports and photographs were looked forward to each month by the media team and newsletter readers.

Apart from maintaining her lovely garden, Janet's other love was music and the stage shows which she attended on a regular basis, both activities giving her great pleasure throughout her life.

Janet is remembered particularly for her kindness to other U3A members, for whom she often provided lifts to classes and activities when they became unable to drive. We will miss her.

What's On in October

"Come and Try Month" –Would you like to try a different activity, or know someone who would like to try a U3A group? Just contact the Convenor of that activity and come along to it during October.

Seniors Month Showcase - During Seniors Month we are showcasing several U3A activities to visitors from the community. Please make them welcome!

WEDNESDAY 1ST OCTOBER

09:15 Seniors Month Showcase!
Easy Bushwalking - Bullawah Cultural Trail, Merriwa Park, Wangaratta
09:30 Play Reading – 'Travelling North'
13:30 A Taste of Art
14:00 Cards '500'

THURSDAY 2ND OCTOBER

10:00 Singing for Fun
10:00 Be Connected - Android
13:00 Seniors Month Showcase!
Patchwork & Craft

FRIDAY 3RD OCTOBER

10:00 Sustainability/Stock and Land

MONDAY 6TH OCTOBER

09:30 Exercises for Fun
11:15 Mahjong
11:30 Seniors Month Showcase!
Ukes4Fun - Just Jamming
14:00 Australian Stocks and Share Market
14:00 Let's Talk Books

TUESDAY 7TH OCTOBER

10:00 Page Turners - 'Anam', by Andre Dao
12:15 German
14:00 American History

WEDNESDAY 8TH OCTOBER

10:00 Recorder Group
14:00 Film Discussion Group

THURSDAY 9TH OCTOBER

09:00 Seniors Month Showcase!
Birdwatching – Helen's property
10:00 Singing for Fun
10:00 Be Connected - Android
14:00 Executive Committee Meeting

FRIDAY 10TH OCTOBER

10:00 Music Appreciation
11:45 Chat 'n Chew – Kim Wah Chinese Restaurant

MONDAY 13TH OCTOBER

09:30 Exercises for Fun
11:15 Mahjong (Auditorium) – Extended Session
11:30 Ukes4Fun - Just Jamming
14:00 Creative Writing
14:00 Garden Team

TUESDAY 14TH OCTOBER

10:00 Politics and Current Affairs
12:15 German
14:00 Collectors – 'Metal'
14:00 Tech Talks (Room 2)

WEDNESDAY 15TH OCTOBER

10:00 Meet and Mingle Special Event
'The New Aged Care System', Samuel Thorpe, Latrobe Community Health Service
13:30 A Taste of Art
14:00 Cards '500'

THURSDAY 16TH OCTOBER

10:00 Singing for Fun
13:00 Patchwork and Craft

FRIDAY 17TH OCTOBER

10:00 Seniors Month Show Case!
Wine Appreciation Taminick Cellars
10:00 Sustainability/Stock and Land
14:00 Train Buffs – Excursion to Inland Rail Site

MONDAY 20TH OCTOBER

09:30 Exercises for Fun
11:15 Mahjong (Auditorium)
11:30 Ukes4Fun - Just Jamming
13:30 Family Research - Getting Started #2 (Rm 2)
14:00 As Time Goes By - Memoir Writing

TUESDAY 21ST OCTOBER

10:00 Demystifying Psychology Discussion Group
12:15 German
14:00 Exploring the Universe

WEDNESDAY 22ND OCTOBER

10:00 Recorder Group
12:00 'Get Online Week' event
Free BBQ and 'Ask a Digital Question'

THURSDAY 23RD OCTOBER

09:30 Garden Appreciation
10:00 Photography
10:00 Community Singing
14:00 Seniors Month Show Case!
Car Torque

FRIDAY 24TH OCTOBER

10:00 Music Appreciation

SUNDAY 26TH OCTOBER

Newsletter Reports Due Today

MONDAY 27TH OCTOBER

09:30 Exercises for Fun
11:15 Mahjong (Auditorium)
11:30 Ukes4Fun - Just Jamming
14:00 Coin Collectors
14:00 Garden Team

TUESDAY 28TH OCTOBER

10:00 Politics & Current Affairs
12:15 German
14:00 Brain Games

WEDNESDAY 29TH OCTOBER

13:30 A Taste of Art

THURSDAY 30TH OCTOBER

10:00 Community Singing
11:00 Patchwork and Craft – Extended Session