Benalla Inc.

Newsletter – September 2026

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Please send reports for the newsletter to newsletter.u3abenalla@gmail.com by 26th September, 2026

From the President's Desk

Well, at last count, we now have **477 members!** We just keep growing. Unfortunately, we are also losing some members through ill health. Our current membership is 124 males and 353 females.

It seems to be a trend with clubs generally that there are more female members than males. But the important thing is that people are getting out and about, meeting others, communicating and keeping active. That is so important for older people — it certainly helps keep those grey cells working!

Victorian Seniors Month — October

Jane Rushworth and Noel Baumgarten are in full flow preparing for **Victorian Seniors Month**. Our theme is:

"Celebrate Ageing with U3A Benalla. Get out, try something new, meet people and have some fun."

Once again, U3A Benalla will hold our **BBQ and Be Connected Tech Support** on Wednesday, 21 October. The Lions Club will again be cooking the BBQ, so put the date in your diary!

From 10.00–11.30 am, **Phillipa Slinger**, Community Engagement Specialist, NBN North East Victoria, will speak about **NBN Local**. I have heard Phillipa speak before and she is both interesting and informative, with plenty of opportunity for questions.

The **BBQ** will follow from 12 noon–1.00 pm. The sausages and hamburgers will all be gluten-free.

Our **Tech Advice** team will then be available for guidance and one-on-one support. Come along, meet the team and build your confidence.

Thanks to Jane Rushworth's efforts, we have received a $1,000 Good Things/Be Connected grant towards the 'Get on Line Week' BBQ and Be Connected activities. It will help cover salads and other food, plus a $150 donation to the Lions Club for volunteering to cook the meat. It should, as usual, be a great day.

Several **'Come and Try'** activities will also feature during Seniors Month, including *Brain Games, Cards 500*, *Community Singing, Critical Thinking*, *Exercises for Fun, Garden Team, Mahjong, Singing for Fun, Sustainability and Stock and Land.* Our 'taster' period for *all* courses and activities is also on offer to U3A members and friends during Seniors Month.

And don't forget, **U3A Benalla's Ukes4Fun** group will be playing at the Devenish Market on 4 October, 9.00 am–12 noon, at Bicentennial Park. Good luck, all! We'll also have a stall at the Community Expo in October.

There will be booklets available throughout the Benalla area outlining Seniors Month events, so keep your eyes peeled!

A Productive Meeting

On 11 August, I had a very productive meeting with Benalla Rural City Council's CEO, **Peter Keane**. Two important matters were the renewal of our licence and U3A's growing need for more space.

The old school in Bridge Street is not currently an option because of its proposed Heritage Overlay, and Peter felt it could cause more trouble than it was worth.

The good news is that Peter is being proactive in looking for possible sites. He has a few ideas in mind, although he wasn't prepared to say where just yet. Watch this space!

Other News

Member Wizard continues to progress in the background. Meetings have been held with Convenors to introduce the new system, with most of our 32 Convenors having been shown how to set up and log into the MW trial.

It's now September — don't blink or you'll miss it! Time is marching on, and a Programs and Publicity group is beginning to meet to prepare the **Program Guide for 2027**. There has been some talk about reinstating **"Sky's the Limit"**, although nothing is concrete yet. Another suggestion is **"For the Love of Dogs"** – a group for our dog walkers and interested others. Again, just an idea at this stage. If either appeals to you, or if you have an idea for a new course or activity in 2027, please contact me on 0438 447 379.

We recently updated our **Risk Management Policy** to include the use of the Benalla Indoor Recreation Centre by our Pickleball group. There are links to our Policy Documents on the website's Our U3A page.

I had intended to attend the **U3A State Conference in Melbourne on 16–17 September**, but unfortunately it has been cancelled due to a lack of numbers

Thinking of Our Members

A few members are still experiencing health issues. Our Secretary, *Malcolm Sanders*, is still undergoing tests. *Athol Graham* was in hospital, came home, went out for tea and unfortunately had a fall, so is back in hospital again. *John Archer* has also been in hospital and, sadly, his lovely wife *Rosemary has passed away*. Our sincere condolences go to John and his family.

That's it until next month. It has been a busy but thoroughly enjoyable month for me, and, as you can see from my reports, a very diverse one.

Keep enjoying yourselves, stay healthy and, most importantly, **enjoy life!**

"Life is short, Time is fast, No replay, No rewind, so enjoy every moment as it comes."

Anne Nelson, President

Group Reports

American History

Our August session commenced with a short video which offered a summary of the events, excesses and suffering that occurred during the 1920s. This was followed by a brief rundown of key aspects of the Great Depression and the presidential victory for Franklin D. Roosevelt in 1936. Some excerpts from an historical text, "The Children of the Dust Bowl" by Jerry Stanley on the experiences of the "Okies" in California and the wonderful success of the Weedpatch School, were shared.

We then progressed to a powerpoint presentation and lecture on the causes of World War 2 (briefly) and America's involvement after the bombing of Pearl Harbour in Hawaii on December 7th, 1941, described by FDR as "a date which will live in infamy."

The next session will include an informative video on WW2 before beginning to investigate the events and motivations, particularly of the USA and the Soviet Union, during the protracted Cold War that culminated in the destruction of the Berlin Wall in 1989.

Barbara Rogers

Art Appreciation

At our Pop-Up Benalla Art Gallery 'First Mondays' session, '*NAIDOC WEEK BENALLA, a conversation*' in early August, we listened to **Auntie Gayelene Arandall and Uncle Chris Thorne** give explanations of their works. Both have work in this exhibition.

We learnt that neither could extend a welcome to country because neither were from this part of country.

We learnt that the common icon in indigenous art of a three-quarter oval shape is indicating a human being either sitting on the earth or having sat on the earth. The simple explanation is that it is the shape buttocks make when indented into the earth.

The Dreamtime is mostly in the centre of the painting. Some icons are attached to the Dreamtime and some are not.

We learnt that some quilting might contain an indigenous influence without us knowing it is indigenous influenced.

The First Mondays Art Appreciation sessions are always enjoyable. We always learn new snippets of information. Join us at our next 'First Monday' on 7th September at 10am , to hear from Gundowring-based artist, **Susie Losch**, as she talks about the evolution of her art practice over the years. Susie will explore the concept of play and repetition and the development of ideas into site specific installations.

Neville Gibb

'As Time Goes By' – Memoir Writing

The prompt for our August icebreaker was a story from *Barry* triggered by a television program referencing the birthplace of the Australian kelpie. His memoir revisited his trip to Warrock Station near Casterton. Barry's memoir reminded *Bev* of stumbling across a unique restoration project on the Deakin University campus, and *Robyn* of Ercildoune homestead near Ballarat, the emigration destination of her Scottish farmer great grandparents. *Anne* was reminded of her discovery of a family heirloom and her visit to a Melbourne history display.

In moving on to share insights about memoir writing, *Anne* concluded ..."we ARE history! Through our memoirs we are historians documenting our lives and times."

'Ceremonies, rituals and traditions' Family rituals were puzzling for *Neville,* who found it difficult to comply in his early life and finds present day rituals of removing shoes before entering a house to be personally discomforting. For *Robyn*, family rituals are *'repeated, meaningful practices designed to foster emotional connection, stability and belonging'*. Robyn brought along a treasured, generations old 'Mrs Beeton's All-About Cookery' book and memories of Sunday roasts. Thanks Robyn.

Jan also teased our tastebuds with reminiscences of roast beef and Yorkshire pudding followed by golden syrup pudding. *Heather* revealed how a traditional wedding could be massaged as 'fit for purpose'.

'Fish out of water' was the vehicle for *Carmyl* to recount her most uncomfortable attendance at the school ball. No Cinderella experience for her, as she staunchly stuck to her principles, wearing her school uniform. For *Anne***,** moving into adulthood with all the expectations of suburban life was quite daunting. Revisiting *Ray's* story from 2017*,* the computer was his nemesis.

'Taking the plunge', *Jan,* at seventeen, courageously left England as a single emigrant to Australia. *Delfina* was challenged by teaching Italian but soon rescued by her guardian angel leading her into the Fawkner regional library.

Merv fell in love with bush landscapes when his pheromones were stimulated by a hugging a tree.

Next month's theme is **'Significant Others'**... the topics **'The Men in My Life'** or **'Friends and Foes'**. For more details, check out the September topics on **our webpage** or in our **Term 4 topic sheet**.

Bev Lee

Australian Shares & Stock Market

No Joy in July, What will August Reporting Season Bring?

At our Monday 3rd August meeting we reviewed our 3 new Crypto listings. Bitcoin fell slightly over July period as did all our stocks selection. Bitcoin is well known but is trading at $90,900 per coin, 50% down on its peak of $178,000 in August 2025. Both Ethereum & EBTC rose in price slightly. On our long Term Sheet Jeanette &

Nola (1 & 2) still lead with their SRL selection. Their lead has dropped with Sue, Jill, Peter, and Malcolm all holding BHP now listed 3 to 6. With 4 months left, anyone could finish on top.

On our Real Time Trading sheet Jeanette, Brent & Liz are leading with Jill and Brent having chosen a new stock. When dividends are announced, the share price often rises, but on the ex-dividend date the share price often, but not always, falls. Sue would like to know how often this pattern occurs. August will see the reporting season begin so any shares on the Real Time Trading sheet will attract a dividend after the ex-dividend date. Margaret with RIO will hold as the ex-dividend date is 13th August.

On our Monthly reporting sheet listing Malcolm leads with AKN and Neville with PC2, Jeanette has changed to AZJ, Neville to HMG, Margaret J to BHP, and Wende to ASX.

Our next meeting will be Monday 7th September 2026.

Malcolm Sanders

Birdwatching

September 2026 outing to Reedy Swamp in Shepparton

Reedy Swamp is a new location for Birdwatching Group to visit for our next outing on Thursday 10th September. The swamp is at the far end of Wanganui Rd on the north-west edge of Shepparton. Please meet in Benalla at 9am in the car park behind the Community Centre and Fire Station. Come prepared as usual with sturdy footwear, any snacks you need and binoculars if you have them.

Report of August outing to Winton Wetlands Thursday 13th August

Recent rain had made the roads and parking areas around the various wetlands a bit problematic, so we drove from the café car park to Mount Meg Nature Conservation Reserve, Chesney Vale Road Block, which overlooks the wetlands. The birds were hard to find in the parking area, so we walked further along the track which leads to Mt Lawson.

Some of the birds recorded were White-plumed Honeyeater and Blue-faced Honeyeater, White-throated Treecreeper and several Superb Fairy-wrens and Grey Fantails. After looking carefully into the tree canopy, some people managed a few quick views of Yellow Thornbills feeding in the eucalypt leaves. We also heard a Restless Flycatcher. Fifteen bird species were recorded.

The bushland was also of interest. We enjoyed finding a large group of Nodding Greenhood orchids (*Pterostylis nutans*), and several Leopard Orchids (*Diuris pardina*). Local shrubs identified included Hairy Geebung (*Persoonia Rigida*), several flowering Common Fringe-myrtles (*Calytrix tetragona*) and a display of flowering Nodding Blue Lilies (*Stypandra glauca*).

We then headed to the Mokoan Café for a very welcome morning tea.

Here is a link to the bird list on eBird **https://ebird.org/checklist/S386667542**

Kathy Costello 0447 625755

Brain Games – Neurobics

A variety of challenges help exercise both left and right brain hemispheres and sometimes you can almost feel them reaching to make the neural links.
Can you think of a word which makes a common term if it follows iron and another if it precedes rod?
Can you leave heels on the floor while raising/marching your toes and the heels of the hand?

*curtain

Elspeth Maconachie

Car Torque

Our August meeting started with a tribute to our late member Colin McPhee. Colin tragically passed away after an accident on 17th July 2026. Colin was a valued member who contributed to our group with his humour and knowledge of Chevrolet cars. A founding member of Car Torque, Colin brought along one of his Chevs as the Show Car of the Month at our first session. We will miss his presence.

The Car of the Month for August was a "yank tank" in the form of a Lincoln Town Car. A very large vehicle in immaculate condition owned by Benalla local Bruce Mossig. Bruce ran a limousine business locally for a number of years and later, out of Bendigo.

The Lincoln Town Car Signature model has mid-tier trim which adds popular luxury conveniences and upgraded interior appointments.

Bruce's car is a 1995 model with a V8 engine, rear wheel drive and a very spacious interior, 5.6 metres long, weighing just under 2 tonnes and is based on a Ford platform.

The car was imported from America with a left hand drive that Bruce, with an extensive knowledge of these vehicles, converted to right hand drive.

The Lincoln Motor Company was founded in 1917 by Henry Leland, who named the brand after his hero, Abraham Lincoln. Initially built to produce aircraft engines, the company transitioned to building ultra-luxury cars but faced severe financial trouble. In 1922, Henry Ford purchased Lincoln for $8 million, placing his son Edsel Ford in charge to infuse the brand with world-class styling and design.

Of note is that JFK was riding in a Lincoln Continental when he was assassinated in Dallas in 1963.

Keep your hands on the steering wheel.

Doug Smith

Chat n' Chew

An enjoyable and friendly August lunch was held at the **Royal Hotel**. It was a lovely opportunity for everyone to get together, enjoy a good meal and have a relaxed chatty time with friends. Our September get together will be at **Pavlos** Greek restaurant, Nunn Street, on Friday, 11 September commencing at 12 noon. For bookings, please ring Dorothy 0412 263 071. I'm looking forward to seeing you and enjoying lunch and a catch up with everyone.

Dorothy Webber

Coin Collectors

Many of our Coin Collector sessions in the past have focused on Australian coins. The focus of our August meeting was coins from New Zealand. As with most coins they have a strong connection to the history of their country of origin.

The most famous, valuable and collectable New Zealand coin is the 1935 Waitangi Crown. Minted to commemorate the signing of the Treaty of Waitangi, only 1,128 regular versions and 464 proof versions were ever produced, pushing its market value well into thousands of dollars today. It is the holy grail of numismatics and features King George V and a Maori chief shaking hands with Captain William Hobson.

To understand the significance of this coin, our group took a look back at the early history of New Zealand and how the Waitangi Crown came about because of the Waitangi Treaty.

New Zealand has one of the shortest human histories of any major landmass, transforming from an isolated wilderness into a progressive independent nation over just a few centuries to a population of around 5.4M

Late Settlement: New Zealand was the last large habitable landmass settled by humans.

- The Arrival: East Polynesian (Hawaii) navigators arrived in large voyaging canoes between 1280 & 1350 CE (Common Era).
- Indigenous Identity: These settlers developed a distinct, deeply connected culture and became the indigenous Māori people.
- Aotearoa: They named the land Aotearoa, which translates to "The Land of the Long White Cloud".
- Founding Document: To establish formal order, British official William Hobson and over 500 Māori chiefs signed the Treaty of Waitangi on 6 February 1840.
- The Conflict: Crucial differences in translation between the English and Māori texts led to conflicting views on sovereignty.
- New Zealand Wars: Resulting tensions over illegal land sales sparked the New Zealand Wars (1840s–1870s), ending in British victory and widespread confiscation of Māori land.
- Economic Boom: Large-scale British immigration reshaped the landscape into pastureland. The economy boomed on wool, gold, and refrigerated meat exports to Britain.
- Global Pioneer: In 1893, New Zealand became the first self-governing country in the world to grant women the right to vote. It also pioneered early minimum wage laws and old-age pensions.
- Statutory Independence: New Zealand transitioned to a Dominion in 1907 and achieved full independence from Britain in 1947.
- War and Identity: Thousands of New Zealand soldiers fought in World War I and World War II. The horrific casualties sustained during the 1915 Gallipoli campaign forged a unique national identity alongside Australia (ANZAC).
- Nuclear-Free Stance: In 1984, the country legally declared itself a nuclear-free zone, effectively suspending its military alliance with the United States.
- Cultural Renaissance: Since the 1970s, the nation has undergone a major Māori cultural revival and actively addresses historical land treaty breaches via the Waitangi Tribunal

Today, New Zealand operates as a highly developed, progressive, and multi-cultural society with a population of around 5.4M.

While similar to Australian coins, NZ coins have the same decimal denominations but notably no 5 cent piece, the $2 is larger than the $1 coin. NZ introduced its decimal currency in 1967 and further reviewed it in 2006.

1. *The 5-Cent Coin*
   Australia: Still actively minted and features the echidna.
   New Zealand: Completely withdrawn from circulation in 2006 due to low purchasing value.
2. *The 10-Cent Coin*
   Australia: Large, heavy cupro-nickel coin featuring a lyrebird.
   New Zealand: Very small, copper-coloured coin made of plated steel. It features a Māori *koruru* (carved mask).
3. *The 20-Cent Coin*
   Australia: A heavy, silver-coloured coin featuring a platypus.
   New Zealand: Much smaller and lighter, featuring a Māori *Pukaki* carving. (Pre-2006 versions featured a kiwi bird).
4. *The 50-Cent Coin*
   Australia: Easily spotted by its massive size and unique 12-sided (dodecagonal) shape. It features the Australian Coat of Arms.

New Zealand: Round, much smaller than the Aussie version, and features Captain Cook's ship, the *Endeavour*

5. *The $1 and $2 Gold Coins*
   Australia: The $1 coin is larger than the $2 coin, which often confuses tourists. The $1 features five kangaroos, and the $2 features an Indigenous Australian elder.
   New Zealand: Follows a intuitive sizing system where the $2 coin is larger than the $1 coin. The $1 features a kiwi bird, and the $2 features a kotuku (white heron).

Keep Noodling

Doug Smith

Collectors

Our Group had an interesting and enjoyable display in August featuring a wonderful collection of **Kitchen Utensils**

The Collection included a variety of bottle and jar openers cork screws nutcracker and knife sharpness. We also had an old-style hand mixer on display which is still used regularly today.

It was fascinating to see the different designs and styles of these everyday household items and to remember how useful they have been in our kitchens over the years. Some of the items brought back memories of kitchens from years gone by while others show just how much everyday Kitchen equipment has changed

Members enjoyed another interesting display and a lovely opportunity to share their collection and memories with the group.

Our September theme will be **Brooches.**

See you on the 8th!

Dorothy Webber

Community Singing

We enjoyed a second 'fifth Thursday' session in late July. Kieran was back to lead the singing, and we were delighted to be joined by a large contingent of enthusiastic singers coming over from Cooinda.

Kieran led our Community Singing again in August and suggested that everyone choose a favourite song from the day's book. This led to a wide variety of songs, a couple of which hadn't been sung for some years, and the selection was greatly enjoyed.

Carmyl Winkler

Cooking Together

Ten of us continue to have fun with Cooking Together. Every second week we look forward to going to FCJ and cooking an individual meal with a Year 11 student.

On the alternate week group members can come along to the Senior Citizens Centre to try something different and practice their cooking skills.

Our next get together will be at FCJ on September 4 followed by September 11 at the Centre. We will then be in recess until October 9 when again we will be at FCJ.

Wendy Dean

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.

With many absences due to the time of year etc, it was a small class for August.

Our Discussion:

We talked about various aspects of writing. This included thoughts about sentence length (We have covered this before). One tip from the Australian Writers Centre was to vary sentence length. Short sentences punch. They create urgency. But if every sentence in a paragraph is short, the effect wears off fast, and the writing starts to feel choppy. Longer sentences do the opposite, letting an idea breathe and develop, and carries the reader through a thought at a more measured pace.

The trick is variation. A long, flowing sentence followed by a short one creates emphasis. The contrast does the work!

Our Challenge:

A simple word challenge this month. Often you can add just one letter to the start or end of a word to create a new word. EXAMPLE: Skate on this in winter / Asian staple = ICE / RICE

Some of our Stories:

There were two continuing stories, plus a couple of standalone stories. We also looked at two entries for the Australian Writers Centre monthly Furious Fiction competition. The stories are:

Research oversight: The start of a story covered the actions of a new employee stepping in to fill a role she was not qualified for and did not research adequately. The continuing story is the repercussions of her actions, with an opportunity opening up which she can either accept or leave with no reference.

Everything Part 10: Another chapter in the life of a former prisoner making good after release and continuing to find his place in the community. Part 9 had a sad twist, and this continues the impacts.

The Secret: A secret that is thought to be "not the end of the world" is found to be more serious.

Phone: Another secret discovered when a message was seen on a phone.

Prompts:

Our prompts for our class on 14 September are:

- We heard the approaching horses (car) and hurried further into the woods.
- I was sure that I saw someone move past the window
- I had nothing left but thanks

Joy Shirley.

Critical Thinking

This month we continued to examine health through a critical thinking lens.

We looked at what the science says about a healthy lifestyle including diet. It was noted that there isn't strong evidence for taking most supplements and the TGA regulation governing them is concerned with safety but not always efficacy. Ultra-processed foods have been in the news, and we examined the strengths and weaknesses of the NOVA framework on the processing of food. We talked about foods that bypass the signals telling our brain we've had enough to eat. That includes liquid foods and those that combine fats and carbohydrates such as French fries.

We discussed complementary medicine and the spectrum of evidence for different types. Finally, we began to consider the reasons people might distrust conventional medicine including lack of access and negative experiences. The internet is overrun with persuasive health influencers, some with minimal medical training, who offer advice and often products. Can they be trusted? If not, what makes us susceptible to their messages? We will explore that further at our next meeting on the 22nd of September.

One of the people quoted during our session was British exercise physiologist Nick Tiller. In this brief video, he gives his pithy thoughts on health and wellness.

https://www.facebook.com/share/r/1C5kyMTGsK/

Linda Tullberg

Demystifying Psychology Discussion Group

How we started

This month we delved further into interpreting our self-assessment "Coping Styles". A small group definitely has its benefits, allowing us to explore our scores in greater depth.

To put this into practice, we pretended to be a working group with a funding application due by 5:00pm the following Friday! Our preferred coping styles were put (theoretically) to work. Strong Eagles could focus on

the task and get things done; Peacocks could confidently present the project; Owls could undertake reliable research; while Doves could help create a calm and caring team when the pressure was on.

All useful skills when facing that pesky **5:00pm Friday deadline!**

After a cuppa break

Part 2 explored the history of psychology and how our understanding of the human mind and behaviour has changed over time. We travelled from the ideas of Ancient Greek philosophers such as Socrates, Plato and Aristotle to the development of psychology as a science.

We explored Functionalism, Behaviourism and Psychoanalysis, followed by Humanistic, Cognitive and Social Psychology.

Today, psychology draws on neuroscience, genetics and social science. Yet the big questions remain: How much of who we are is inherited? What happens outside our awareness? And how much are we influenced by the people around us?

In October we will review **Ethics in Psychology** and **Psychological theories**

Some housekeeping:

- There **won't** be a Demystifying Psychology **Course** session in September.
- The next session is on 15 October, 10 am-12 noon in U3A Room 1.

Jane Rushworth

Demystifying Psychology Discussion Group

Our August gathering was well attended and rich in conversation – both evidence-based and reflective.

Melody Finnerty, long-time group member and experienced Social Worker (Retired) played a key role in today's discussion with her presentation of compelling and thought-provoking data on our prison systems.

U3A Member, retired Social Worker Melody Finnerty, guiding our discussions in August

Here is Melody's report:

Australia's Growing Prison Population

The group discussed why Australia's prison population is increasing and why more prisons are being built.

Several statistics were provided to support the discussion. These included that, on average, 41% of prisoners were on remand, awaiting trial or sentencing;

51% had a diagnosed mental health or behavioural condition; and 45% of people released from prison returned with a new sentence within two years.

The group also explored statistics relating to the categories and types of offences represented within the prison population. This prompted discussion about whether the growth in imprisonment reflects an increase in serious crime, changes in sentencing and remand practices, or a greater emphasis within society on punishment.

A key question was raised: Does Australia have a shortage of prisons, or does it have a shortage of effective alternatives to imprisonment?

The discussion considered whether prisons alone can address offending, particularly given the complex social issues that can contribute to criminal behaviour, including mental health problems, substance dependence, homelessness and disadvantage.

The group considered whether, in cases where community safety can be maintained, greater use of alternatives to incarceration—such as treatment, rehabilitation, supervision and community-based programs—could be more effective in reducing reoffending.

The discussion ultimately raised a broader question: Should the primary response to offending be punishment and incarceration, or should greater emphasis be placed on rehabilitation and addressing the underlying factors that contribute to crime?

Melody Finnerty

As Melody's report indicates, there were many related topics included in our fearless and enlightening discussions. Enjoy the following related links.

Koori Court: https://www.mcv.vic.gov.au/about/koori-court

Benalla Magistrates Court: https://www.mcv.vic.gov.au/court/benalla-magistrates-court

Family Violence protection: https://www.legalaid.vic.gov.au/going-court-family-violence-intervention-order-affected

Australia's Court systems: https://www.shine.com.au/resources/legal-news/different-australian-courts-how-do-they-work

What is Justice? https://ethics.org.au/calling-out-for-justice/

Enjoy an excellent read over favourite cuppa.

A bit of housekeeping:

Please note this September change: the Demystifying Psychology Discussion Group will meet at 9:30am – 11:30am on Tuesday 15 September in Room 1 at the Benalla Seniors and Community Centre, 18 Fawckner Drive, Benalla.

I look forward to catching up with this fabulous group same place, same time on Tuesday 20 October.

Jane Rushworth

Digital Upskilling for Lifelong Learners

Our August session **'On-line Family Research for Lifelong Learners'** provided the opportunity for interested members to check out a range of online resources available online for family research.

Family Research Convenor, Deb Saunders, presented a most informative session and has made available **her resource suggestions** on the website.

Deb is pictured (centre) with Wendy Preston and Andrew McFarlane, who were caught chatting with Deb after the session.

Our next session on Friday 4th September from 2 to 4pm is titled **'Our lifelong learning journey continues – Member Wizard and more!'** It's a chance for us all to 'show and tell' things we've learnt, to raise problems we are encountering. We'll be sharing what we have learnt and are learning while introducing the Membership Wizard Online Membership system, which comes on board in early December for Enrolments in 2027. Bring along your learning achievements and goals to share.

September has a 'Fifth Wednesday' so there will be sessions on Wednesday 30 September from 10 to 12 and 2 to 4. Keep an eye on your emails over the next few weeks to find out what will be on offer.

Bev Lee

Easy Bushwalking

Our August 5th Easy Bushwalk of 6.5km., was held at the Mokoan Ponds.

From the parking area at the Channel Outlet, our group of 10 enjoyed a return stroll along the high Dam Wall track above the Mokoan Ponds, where quite a few Waterbirds have settled.

There was ample opportunity to take photos of this scenic area of the Winton Wetlands.

Returning to the car park, we then followed the same route, but this time along the Mokoan Ponds track below the Dam Wall. Keen photographers were able to take close ups of the Waterbirds.

After a further short walk beside the Channel, we drove on to the Mokoan Hub Café for a welcome lunch and a chat. A large group of Bird Watchers soon began to fill the table next to us, so the Café was quite busy.

After lunch, we drove on to the Duck Pond, where more Waterbirds, including Black Swans, have settled. A short but careful stroll along the levee bank provided more views of the Pond.

The mild weather this month meant we were all able to enjoy a day's outing in Nature.

SEPTEMBER 2: MT MEG RESERVE CHESNEY VALE

The proposed September Easy Bushwalk in Reef Hills will now be held in October. For September, we will now visit the Mt Meg Conservation Park at Chesney Vale.

This 8,700 Reserve, off Chesney vale Road, is an area of protected local bushland and rocky outcrops, supporting Native flora, fauna and is popular with Birdwatchers.

Departing Benalla car park in the morning, the plan is to drive out to the Winton Café to meet and perhaps ride share, as the short track into the Reserve is quite rough.

Bring morning tea to enjoy on the way, but as we are close to Winton Café and meet back there after our walk, everyone has the option of buying lunch. * (Numbers needed for booking).

Meet at our usual spot behind the CFA station at 9am, for a 9.15am start.

*Contact Bev Thornell: 0447193244 *at least 3 days* beforehand.

OCTOBER 7: REEF HILLS

The October walk in Reef Hills will be a repeat of the 7-8km walk we did several years ago.

Once again, we will be guided by Angela Stratton, who knows this Park like the back of her hand. This walk will take us along a series of bush tracks, where we should still find some colourful Wattles and a few Wildflowers.

Morning tea will be along the way, so be prepared. Bring all you may need during the day. Lunch will be back at the Picnic Shelter.

Meet in Reef Hills at 9.30. *Drive into the park as far as the Picnic Shelter

*Contact Bev Thornell: 0447193244 *at least 3 days* beforehand

Beverly Thornell

Exercises for Fun

We all need to improve our Balance to help prevent falls. It can be very challenging and rewarding, to improve our Balance. Balance exercises are so good for you, no matter what your age or fitness level. Come join us to improve our Balance, and have fun together, 9.30am every Monday.

Helen Jeffree

Exploring the Universe

Our Window to the Stars and Beyond

Living on Planet Earth, we are blessed with a window out into the Universe. For those of us who are interested in astronomy or have enquiring minds, our space rock, the third rock from the Sun, gives us a perfect platform to explore the Cosmos.

Generations of scientists have laid the foundations to explore a vast universe, they didn't even know existed. During our lifetime engineers have built powerful telescopes that can almost see back to our perception of the dawn of time.

We can't all be scientists, but in this age of communicative media, we can explore the Universe. This is the age of exploration, when we still have a clear window to the stars.

Last month we explored the Molecular Clouds. The greatest star nurseries of the universe where stars evolve and live violent young lives. Some settle into middle age and become middle of the road stars after 4.6 billion years, like our sun. Others, live violently, use up all their fuel, and die in a violent explosion, seeding their elements to the universe so that the process can begin all over again. Their cycle of life and elements for our cycle of life.

Stars form in dense gas and dust, when gravity causes these Molecular Clouds to collapse under their own weight. When the material bonds tightly, it forms young stars that produce enough heat to start nuclear fusion and a star is born. We watched:

"Giant Molecular Clouds of the Milky Way":

https://www.youtube.com/watch?v=2czGEIG38gY&t=4s

"Unpacking Orion Into the Molecular cloud Complex":
https://www.youtube.com/watchv=UjFkPexT2u8&t=17s

For our rocket enthusiasts, and there are many:

"Full Mission Starship flight test 13": https://www.youtube.com/watch?v=Ld8BaLeNUKA

Bev Morton

Family Research Time

Our August class was a great opportunity to re-focus on our family trees. After an extended break for many, we began the session with individual members setting a starting point for their research.

Cassie brought along a treasured family heirloom that has motivated her search for more information about that branch of her tree. She was bequeathed a stomacher brooch from her grandmother. It is a large ornamental piece of jewellery historically worn centred on the front of a bodice or corset. Her brooch has three sections – each featuring a photograph of a different woman, that possibly dates back several generations before her ancestor migrated from Ireland. Piecing together the story of this item will have its challenges but will be well worth researching.

After hearing some family stories recently, Terri used the session to locate where those relatives belonged on her Family Tree.

Linking Family Tree Maker with Ancestry has recently created some challenges for Karen. We worked through these during the session.

Gary continued to work on the paternal side of his family tree. Researching Births, marriages and deaths from NSW, helped to confirm some family details. While Find a Grave did not provide answers to burial details, we were able to locate some detailed obituaries in the newspaper using Trove that provided the answers we were looking for.

Overall, we had a very productive session. Our next session is 21st September.

Deb Saunders

Film Discussion Group

We had good discussions about films screened either at the Benalla Cinema or streamed on SBS OnDemand.

THE INVITE: On the surface it could be seen as a light comedy, but it was more than that. It was a rollercoaster trip for the two couples involved. The ending was good, open to interpretation. The four main characters are all well-acted. Cinematography was clever, with the use of windows being shown in part as framed photos. *Rated it as 3.5-4.0/5.*

SPIDER-MAN: **BRAND NEW DAY**: Some action to keep audience entertained and appeal to fans of action films. It has a message around issues of living alone and friendships as well as the inhumane treatment dealt out to people who are different. *Rated it as 3.0/5.*

TOY STORY 5: With the basis of the story around the use of electronics rather than playtime, this was a good story about the value of playing and the cruelty and damage that can result from inappropriate use of social media. *Rated it as 3.0/5.*

THE ODYSSEY: An action film with reasonable references to the original Greek myth of Odysseus's journey home after the Battle of Troy. It is long and slow in parts, but the slowness could be appropriate given the time it took Odysseus to reach home. *Rated it as 3.5/5.*

SUPERGIRL: A slightly entertaining film, although the start was a bit off-putting. It is a growing up film with action. Could appeal to many different demographics. *Rated it as 3.0/5.*

MY SAILOR, MY LOVE (SBS): An Irish film, well-made with good characterisation cinematography and acting. *Rated it as 3.5/5.*

MY TALKS WITH DEAN SPANLEY (SBS): A quirky film with emotional healing. It is a gentle but strange film.

Rated it as 3.5/5.

Joy Shirley

Garden Appreciation

Greetings from Caloundra!

On **Thursday 24 September**, we will meet at 9:30 am at the Benalla Rose Gardens, Royal Hotel end. We will then visit **My Little Potting Shed** at 1901 Samaria Road, Samaria, the garden of Melissa and Guy

Mounsey. Melissa grows beautiful cut flowers. We'll have our morning tea there. Please bring a plate to share - coffee, milk, hot water, will be available.

Lunch will be at Tatong Tavern. Please let me know if you are attending, as I need to confirm numbers - call or SMS 0438627010 or email gwenturner@gmail.com

On a sad note, during August we lost another of our long-term members, Rosie Archer.

A member of U3A Benalla, and Garden Appreciation, since before statistics began to be collected 19 years ago, Rosie loved gardening and attended regularly, often with her husband John. They are pictured here at the Brookland Maze in April 2024.

We will miss Rosie very much and send our condolences to John and her family and friends.

Gwen Turner

Garden Team

In early August wet weather stopped play.

Elspeth Maconachie

German

During August, the German students were bombarded with previous travel stories to exercise proper pronunciation. Good pronunciation is now the great step forward we are trying to achieve.

Horst Gunther

Let's Talk Books

Interesting Winter reading this month. ***Lady in Waiting: My Extraordinary Life in the Shadow of the Crown*** is the memoir of Lady Glenconner lady in waiting to Princess Margaret. A very interesting look behind the scenes, including life on Mustique. Whilst on memoirs the following were enjoyed; ***These Precious Days*** *by Ann Patchett* is a personal essay collection of memories that was very well received. ***What Comes Next and How To Like It*** *by Abigail Thomas* a moving memoir that explores aging, family bonds and the reality of loss. ***Wandering Through Life: A Memoir*** *by Donna Leon**.*** The author tells her own adventurous life story as she enters her 9th decade. ***Parky: My Autobiography*** - an easy read telling of his upbringing in Yorkshire to his life in Journalism and becoming a famous broadcaster. After the memoirs we found these interesting reads ***The Seven Days of Us*** *by Francesca Hornak,* a family can't escape their secrets when forced to spend a week together in quarantine. Also enjoyed was ***The Last Time They Met*** *by Anita Shreve,* a good read with an unexpected twist at the end. ***Anh Do The Happiest Refugee*** a lovely book that is now apparently on the compulsory reading list for Secondary Schools. ***Marching Powder*** *by Rusty Young* and ***NYPD Red 6*** *by James Patterson* **–** given a nod of approval from our reader. ***Olive Kitteridge*** *by Elizabeth Strout* is a delightful book whilst ***Silent Country*** *by Di Morrissey* is set in the Northern Territory and ***Perfect-ish*** *by Jessica Seaborne,* a novel that draws perfection and loneliness together but fails to balance them, sounds interesting. ***Inside***

Juvie *by Paul McNamara*, a former State School teacher navigating teaching inside Juvenile Detention, a difficult task I would imagine. ***Mushroom Tapes: Conversations on a Triple Murder Trial*** *by Helen Garner, Chloe Hooper and Sarah Krosnostein*, focuses on transcripts and dialogue between the three authors. ***Reasonable Doubt*** *by Xantho Mallett* is a non-fiction true crime that investigates wrongful convictions and miscarriages of justice. ***Stowaway*** *by Mary-Anne O'Connor* is the real-life story of her great grandfather's transatlantic crossing, a popular author. ***Letters from the Past*** *by Erica James* a story of love and betrayal set in a Suffolk village. ***Writing on Gravestones*** *by Gary Tippett* - a collection of crime pieces written by observers and reporters. ***438 Days: Extraordinary True Story of Survival at Sea*** *by Nathan Franklin.* A man survived 14 months in a small boat adrift at sea, this book earned a thumbs up from our reader. ***The Lace Weaver*** *by Lauren Chater* - set in 1941 Estonia, Katrina battles to protect her grandmother's legacy, the weaving of fine shawls and lace patterns. ***The Horse Thief*** *by Tea Cooper* was an excellent story. ***Under the Same Moon: An Australian Battalion at War and a Family at Home*** *by Peter Mitchell*, a portrait of two brothers at War. ***Blood Ties*** *by Jo Nesbo* a thriller about family and loyalty. A very different book but enjoyed by our reader was ***More Than This*** *by Patrick Ness* - a boy drowns and wakes up in a familiar yet abandoned world.

Geraldine McCorkell

Mahjong

Our Mahjong players continue to enjoy themselves. I'm delighted to see so many learning the Fancy Hands. Everyone is well and truly adept at the East Wind round. Eventually we will learn the other three winds. I am always greatly appreciative of how well players both set up and pack up. It is lovely to see players move from their table to facilitate a table of three.

Kaye Blore

Meet and Mingle

There was a great turn up for our August meeting. Thank you to all who came. It was a wet and cold day, so I appreciate your venturing out.

Maybe our speaker was an incentive to come. Our speaker for this month was one of our own members with a very interesting story to relate. When I first approached Jenny Heron she was not too sure, but she spoke for nearly an hour and there were numerous questions asked.

For those of you who missed her presentation, *My Life in Aviation*, Jenny learned to fly at 16. Jenny joined the RAAF at 18 as Australia's first female Air Defence Controller at Williamtown NSW and was lucky enough to get a few flights in Winjeels, CT4, Macchis, Mirages, Chinooks, Canberra, F4, F111, and Iroquois helicopters. Interestingly, Jenny's certificate recognising her breaking the sound barrier (see below) features 'he' - as one hadn't been produced in 1977 for 'she'. Jenny left the RAAF after four years and became a camera operator with a company doing aerial surveys, travelling around most of Australia in an aircraft & being paid for it. After leaving there, Jenny joined up as an Air Traffic Controller at Essendon and Melbourne airports. Jenny met her husband there and moved to Mansfield in 1993. Jenny bought her own aircraft in 2015 and "hasn't looked back". Andrew and Brent are pictured after the session thanking Jenny for a very interesting talk.

At our next session on Wednesday 16 September, we will once again have one of our members give a talk. Most of you know Meg Dillon. Meg will be talking about *Cottage Hospitals in Benalla*. Meg spoke on this subject during Heritage week in Benalla and it is a very interesting talk. I hope to see you all there. As I have stated before, we at U3A Benalla have an untapped resource in our members.

Anne Nelson

Music Appreciation

It has been said that "when you can do the common things of life in an uncommon way, you will command the attention of the world". Composing music seemed to come naturally to Beethoven – some 700 or more

works are credited to him. Yet he was nearly 30 years of age before he composed his first symphony. It is thought one reason for this was a reluctance or a nervousness that he would be compared with his teacher (Haydn) who was the master of symphonic writing (104 symphonies). When his 1st symphony finally did appear, it starts off in the wrong key. The tonic key is C major, but it starts in F major, touches on C major, the jumps to G major before settling in the C major key – what one musicologist called "a comedy of manners", and another "a musical joke". A similar "joke" starts the final movement where partial scales are played slowly before the full C-major scale marks the real start of the movement. In between, the other two movements are written at different tempos than those marked.

No such quirks with his Piano Concerto No.5 composed a few short years later - the "emperor of concertos" it was described as at the time; although its bold opening was shocking for its time, breaking tradition.

A little later again, composers in the eastern bloc countries began composing music that reflected the sights and sounds of their homelands. George Enescu's Romanian Rhapsody is a sparkling orchestral medley of traditional Romanian folksongs he had heard and played as a child; while Bedrich Smetana composed a whole six movement suite which he dubbed simply "My Country", giving one whole movement over to describing the course of the river Vltava (or Moldau). At the same time Hector Berlioz was portraying Shakespeare through music and Ottorino Respighi was being captivated by the sight and sounds of Rome.

A virtual smorgasbord of music from across the European countryside occupied our attention this month. You can read more about it and listen to the recordings played by accessing the Music Appreciation page on our U3A website.

Bill Squire

Page Turners Book Group

'Marriage Portrait', by Maggie O'Farrell

You will either love or hate Maggie O'Farrell's book **'The Marriage Portrait'**. This historical novel set in the 1500s in Renaissance Italy details the brief marriage between the fourteen-year-old Lucrezia Medici and the evil and older Duke of Ferrara. Based on the Browning Poem 'My Last Duchess", the novel implies the girl was murdered by her husband after two years of marriage. History has very few details about the real story of this marriage, apart from Lucrezia's early death.

Fans of this writer enjoy her lush descriptions and explorations of factual minutia in the plot. Critics dislike her 'purple prose", laboured descriptions and lengthy digressions. You be the judge. If you like historical fiction this may just be the right book for you to try out.

Our book for Tuesday 1 September is **'Eucalyptus'** by Murray Bail.

Meg Dillon

Patchwork and Craft

I'd like to say a very special thank you to Corrie Witlox, who has kept the Patchwork and Craft group (and Chat 'n Chew) running smoothly during my absence.

Thank you all so much for the lovely welcome back. It has been so nice to return and see everyone again. It's also been so lovely to see all the work that's been achieved. Some members are getting ready to enter items in the Benalla Show, and our display at the November Meet & Mingle

Dorothy Webber

Play Reading

With a limited number turn out in August we tackled Michael Palin's play '**The Weekend'** and we did it really well. You will remember Michael Palin as a founding member of the Monty Python team. In *The Weekend* he explores family values, showing both their humour and their darker side.

Faced with the family coming for the weekend, Stephen Febble does his best to be difficult - and he is! When his long-suffering wife puts on a dinner party on the Saturday night, and the family is joined by neighbours, plus an unexpected guest, things go from bad to worse. No wonder the family went home very early on the Sunday morning.

We all thought Michael Palin nailed it when it came to depicting grumpy, difficult older guys wit underlying frustration/ anger issues.

Our next play reading, on Wednesday 2 March from 10 am to 12.30 pm, is **'Brilliant Lies'** by David Williamson.

Pat Treleaven

Poetry Appreciation

Our growing group of poetry lovers shared some poems that had moved us in the last month, and then were treated to Meg's own poem, *'The City'*, which looks at the different ways we can experience a city - slowly walking, from a car, or in the imagination, based on news reports or descriptions of historical events.

Some of those themes carried into our exploration of *poems about aging*, and whether to 'rage against the dying of the light', or live a more reflective, quieter life. We rather enjoyed Maya Angelou's talk about how to embrace aging with enthusiasm, though Jan Mandell's 'Ode to aging bodies' gave pause for thought.

Next month we look forward to a new theme – *poems about the environment and the natural world.*

Mary-Lou Keogh

Politics and Current Affairs

July - The politics meeting in July was swamped with issues to discuss. From domestic issues regarding negotiating with planners and developers over the new Benalla station to state ones like the Labor imbroglio.

Housing issues seemed to raise a consensus, "we're working for the country but the country's not working for us!" Broader issues relating to our relationship with India and Australia's influence on the Pacific raised serious debate. The current discussions led to google searches of definitions and legal distinctions around assisted dying. Common sense has mysteriously disappeared.

Animated discussions continued through our morning tea break which demonstrated the intensity of the debates. A lack of trust with our politicians continually shines through!

August - We are a group of a dozen citizens from Benalla, discussing the current political scene, local, state, national and international. Where could we possibly focus? Can't, too many urgent issues to cover them all in depth. So, our intrepid leader engages everyone around the table.

The census that left Judaism to fill in its own category got passing attention. A tiny minority roars like a lion! The use of the results in the past, hasn't got our potholes filled. The weak legislation on gambling was exposed. More political failure. The reaction to the political stance on Aged Care was compared to the disastrous RoboDebt scandal. The waiting list of 94,000 with 4,800 dying while on the waiting list had implications for all participants at the meeting.

The difficulties raising children, the continuing impact of the COVID pandemic and the potential of bird flu to decimate our poultry industry led to an interesting debate of free range versus caged birds and the implications of this.

The local issue of access to the developing Benalla railway station was raised again. The rail administration ignores local input resulting in irrational planning decisions. The current tick the box engineering courses could well do with an infusion of nous. That is in short supply!

Ian Gill

Preparing for the Future

The second session of preparing yourself and your affairs for the future was held on Tuesday 4 August. Most unusually for U3A events, this second session was even better attended than the first session.

John explained that he had to go in September to Melbourne for medical reasons so there will be no session in September. Instead, he will cram his information into the remaining sessions.

In this session, John explained the concepts of mutual wills, so useful for those spouses with blended families. It avoids the unfairness of a surviving spouse changing their will after the death of their spouse and cutting the spouse's children from his or her will. It is important to note that mutual wills are a contract between spouses and bind them not to change the wills. Mutual wills do not avoid the obligation to provide for your spouse or children.

Then John went on to explain the presumption of law that operates when two people die together. Provided they did, in fact, die together, the court will rule that the younger person died last. This is the presumption and can dramatically change the outcomes of how wills operate.

Next, John turned to the various types of powers of attorney. Most of these are set out in the *Power of Attorney Act 2014.* The Act is designed to tighten up the common law and existing legislation and prevent some of the flagrant abuses that have occurred in the past. Enduring powers of attorney now require two witnesses, one of whom must be a medical practitioner, or a person authorised to witness affidavits (usually

a legal practitioner). This is designed to ensure that the principal giving the power of attorney is competent to give it. All powers of attorney cease on the death of the principal.

He pointed out that a person's best friends on powers of attorney are the detailed information, forms and details set out on https://www.publicadvocate.vic.gov.au/ . For medical powers of attorney or appointments of medical treatment decision maker as they are now called, your best friend is https://www.health.vic.gov.au/advance-care-planning/forms .

John then turned to funerals. The average funeral in Victoria costs $14,000. His first message was NOT to leave your body to science. Nobody wants it unless you are young and perfectly healthy when you die. Your relations will have great difficulty giving effect to your wishes. Also, it does not necessarily mean that you will not need a funeral. After they have finished using your body, the medical authorities often ring up and say – come and collect the body.

A better solution is a direct cremation. If your relatives arrange it directly with a crematorium, they will need a death certificate. The cremation does not go through a funeral director and will cost around $800. You can also arrange it through a funeral director. It will then cost between $2,500 and $3,000. A direct cremation means no funeral service and no mourners. Your body is picked by the crematorium or funeral director, taken to the crematorium and your ashes are returned in a cardboard box.

If they choose cremation, John begged his audience to have a plaque setting out at least their name, date of birth and death set up in a cemetery near where they lived. It is inexpensive and enables later family historians and the curious in your family to find a resting place for you.

Preparing for the Future with John Barry – Next session: Tuesday 6 October 9.30 to 11.30 U3A Room 1

Singing for Fun

Our four song leaders, Kieran, Carmyl, Ross and Margaret have led singing each week with Gwen Barnes and Deb Saunders sharing the piano accompaniment. Thanks to all.

A meeting was held to discuss printing out a fourth song book, the first section to be songs for Community Singing. We are sometimes joined by folk from Cooinda for this and need a good supply of books to distribute. The second half of this book will be some new songs suggested by some of the leaders. Deb Saunders has assisted with this most enthusiastically. Thanks Deb.

In the meantime, our convenor, Margaret Jenkins, is enjoying sunny England and attending a granddaughter's wedding.

Carmel Winkler

Tech Talks

At our last Tech Talks we watched videos showing the development of Radio Vacuum Tubes. These were introduced to us by Graeme, and we thank him for bringing them to our attention. You could say that Radio developed because someone noticed a smudge on an electric light bulb and decided to check it out. Whatever the reason, it's obvious that we are standing on the shoulders of giants in the development of Radio Technology and that we still do not completely understand Electricity.

We had a short discussion on the Concorde and the Soviet TU -144. The Soviet Union built its own equivalent of Concorde. Unfortunately, one of its prototypes broke in half when being shown at a public demonstration. It wasn't completely successful. In the early prototypes noise inside the plane was a real problem.

We watched a Video showing that there are attempts to revive supersonic travel. If we use multiple thrust technologies, it will be possible to travel from London to New York in two hours. Unfortunately, we won't be able to look out the windows because no glass can be included in the construction of the plane.

Neville Gibb

Train Buffs

It has been a busy, busy time. A trip to Seymour Heritage Railway Centre and a talk about the works going on at Benalla station.

Firstly, on 4th August, 11 members travelled to Seymour Railway Heritage Centre to inspect the train carriages on display. After a two hours session, we then had a lovely lunch at the Seymour Club. If you have not been to the Heritage Centre, it is well worth a trip. We were divided into two groups, and the two volunteers were very informative.

Secondly, at our regular meeting, Kylie Dowell (John Holland) and Adam Wiseman (Inland Rail) gave a talk about the workings at Benalla Station. On 31st August the station will reopen with the new station platform. You will be able to visit the station when it opens. The car park and forecourt will open at the end of the year. In the meantime, there will be more interruptions with a single lane closure of MacKellar St between Carrier and Byrne St from 1st September for approximately 3 months.

Well, I hope I have not left anything out. Let me know if I have. It has been a busy time, but very enjoyable.

Anne Nelson

Ukes4Fun – Just Jamming

The group has been trying out some new tunes during the month, expanding our abilities and songbooks. We have had many laughs along the way as the songs we are singing bring forth many memories and circumstances that we can relate to one another.

Heather Wallace

Using My Android Mobile

Thanks to Wendy for walking us through the 'Find Hub' app again and reinforcing the need to download the app, as well as to know our Google Password, to find our phones if they are misplaced or stolen.

At our second session we listened to a very interesting podcast, from the BeConnected website, titled "Is the internet spying on me?" We felt reassured while at the same time wary of the use of our devices. It is essential to always be aware and on our guard.

Our sessions offer friendly discussion, questions are encouraged, and we use real life examples throughout

Ruth Jelliff

Wine Appreciation

After several months' hibernation, Wine Appreciation members emerged in August to take a tasting at **Warrabilla Wines**, nestled between Rutherglen and Yarrawonga. A table was beautifully laid with nibbles and wine glasses when we arrived at the winery.

Once the tasters had all settled into the chairs, our host commenced an extensive tasting of a variety of wines. Judging from the commentary of the tasters and the minimal amount of wine tipped into the spittoon, the wine was appreciated! A substantial number of bottles also left the building at the end of the tasting.

For lunch the group moved on to the **Precinct** restaurant in Wangaratta, a warm and welcoming venue. As always, there was plenty of chatter and most plates were returned to the kitchen licked clean.

This was our first outing requiring a $10.00 payment for tasting - adding some complexity to the organisation. However, everyone participating responded positively, doing their utmost to cooperate and make the process easy. A big thank you from Carolyn and I for everybody's efforts in ensuring they paid with minimum of fuss and maximum support. We are working on the outing scheduled for 18 September. Stay tuned!

Carolyn and Garry Smith

Other news

Facebook post success!

After wintery weather cancellations, photographers and 'Facebook Admins' Andi Stevenson and Bev Thornell are back in action on Facebook.

Bev recently posted a post of photos taken of Benalla in flood on which resulted in our best number of likes ever – 1200 likes!

Bev's photo of U3A member Shirley with Policeman Patrick was particularly popular and led to an outside request to use it for publicity.

To have some idea of the difference, our usual 'likes' range is 3 to around 20, with very occasional like totals of 50.

Thank you both for the work you do in taking photographs and regularly posting them on the U3A Benalla Facebook page, Bev and Andi!

Lakeside Probus invitation to 'Fiddler on the Roof' - 18th November

The Probus Club of Benalla – Lakeside invites members of U3A Benalla to join them on a trip to Melbourne to see the show – FIDDLER ON THE ROOF. The cost is $139.00 per person. This includes bus to and from the show and cost of entry tickets in B Reserve. The bus will depart Benalla at 8am and return at 6 pm.
Monies for purchase of Tickets to be paid direct into the Probus Club of Benalla Lakeside bank account:

The Probus Club of Benalla Lakeside
BSB: 633000
A/C No: 130015977

Please ensure you put your surname plus Fiddler (or FOTR) on the deposit info.
For further information regarding this activity contact Lakeside Secretary: Dianne Stanford-Munro Phone 0410 455 240. Email ladydinz@gmail.com

What's On in September

TUESDAY 1ST SEPTEMBER
10:00 Page Turners - 'Eucalyptus' by Murray Bail
12:00 German
14:00 American History

WEDNESDAY 2ND SEPTEMBER
8:45 Easy Bushwalking – Mt Meg, Chesney Vale
10:00 Play Reading - 'Brilliant Lies' by David Williamson
13:30 'A Taste of Art'
14:00 Cards '500'

THURSDAY 3RD SEPTEMBER
9:30 Using my Android Mobile
10:00 Singing for Fun
13:00 Patchwork and Craft

FRIDAY 4TH SEPTEMBER
10:00 Sustainability/Stock and Land
10:45 'Cooking Together' at FCJ - #4 of 10
14:00 Digital Upskilling for Lifelong Learners

MONDAY 7TH SEPTEMBER
9:30 Exercises for Fun
9:30 Pickleball
10:00 Art Appreciation – Susie Losch
11:15 Mahjong
11:30 Ukes4Fun - Just Jamming (Practice Session)
14;00 'Australian Shares and Stock Market'
14:00 Let's Talk Books

TUESDAY 8TH SEPTEMBER
9:30 Politics and Current Affairs
12:00 German
14:00 Collectors – 'Brooches'
14:00 Tech Talks

WEDNESDAY 9TH SEPTEMBER
10:00 Recorder
14:00 Member Wizard Review Workshop
14:00 Film Discussion

THURSDAY 10TH SEPTEMBER
9:00 Birdwatching - Reedy Swamp, Shepparton
9:30 Using my Android Mobile
10:00 Singing for Fun
14:00 Committee of Management Meeting

FRIDAY 11TH SEPTEMBER
10:00 Music Appreciation
11:00 'Cooking Together' in Room 2
11:45 Chat 'n Chew - 'Pavlos' Greek Restaurant
13:00 Learning & Playing Traditional Celtic Music

MONDAY 14TH SEPTEMBER
9:30 Exercises for Fun
9:30 Pickleball
11:15 Mahjong
11:30 Ukes4Fun - Just Jamming
14:00 Creative Writing
14:00 Garden Team

TUESDAY 15TH SEPTEMBER
09:30 Demystifying Psychology Discussion Group
12:00 German
14:00 Exploring the Universe

WEDNESDAY 16TH SEPTEMBER
10:00 Meet and Mingle –
'Cottage Hospitals in Benalla', Meg Dillon
13:30 'A Taste of Art'
14:00 Cards '500'

THURSDAY 17TH SEPTEMBER
10:00 Singing for Fun
13:00 Patchwork and Craft

FRIDAY 18TH SEPTEMBER
10:00 Wine Appreciation – Stay Tuned!
10:00 Sustainability and Stock and Land
14:00 Train Buffs

MONDAY 21ST SEPTEMBER
9:30 Exercises for Fun
9:30 Pickleball
11:15 Mahjong
11:30 Ukes4Fun - Just Jamming (Practice Session)
13:30 Family Research Time (Group Session)
14:00 'As Time Goes By' - Memoir Writing

TUESDAY 22ND SEPTEMBER
9:30 Politics and Current Affairs
12:00 German
14:00 Critical Thinking

WEDNESDAY 23RD SEPTEMBER
10:00 Recorder
14:00 Poetry Appreciation

THURSDAY 24TH SEPTEMBER
9:30 Garden Appreciation
10:00 Brain Games - Neurobics
10:00 Community Singing
14:00 Car Torque

FRIDAY 25TH SEPTEMBER
10:00 Music Appreciation
13:00 Learning & Playing Traditional Celtic Music

SATURDAY 26TH SEPTEMBER *NEWSLETTER REPORTS DUE

MONDAY 28TH SEPTEMBER
9:30 Exercises for Fun
9:30 Pickleball
11:15 Mahjong
11:30 Ukes4Fun - Just Jamming
14:00 Coin Collectors
14:00 Social Golf @ Benalla Golf Club,

TUESDAY 29TH SEPTEMBER
12:00 German

WEDNESDAY 30TH SEPTEMBER
10:00 Digital Upskilling for Lifelong Learners
12:00 Digital Upskilling for Lifelong Learners
13:30 'A Taste of Art'

THURSDAY 1ST OCTOBER
9:30 Using my Android Mobile
10:00 Singing for Fun
13:00 Patchwork and Craft

FRIDAY 2ND OCTOBER
10:00 Sustainability and Stock and Land
14:00 Digital Upskilling for Lifelong Learners