

Goulburn Valley



GOULBURN VALLEY University of The Third Age
(For active semi-retired or retired persons of mature age)

GVU3A Hall: Esson Street, Shepparton. Postal: PO Box 14, Shepparton 3632 Phone: 58213333

WE'RE ON THE WEB - www.gvu3a.com.au

April 2024

CONTACT DETAILS

◆PRESIDENT

Rita Bloomfield 0418 580 697
drbloom@bigpond.com

◆VICE PRESIDENT

Livia Tiso 0467 952159
lpt3629@optusnet.com.au

◆SECRETARY

Elizabeth Lee 0409 703 868
lizlee01@gmail.com

◆TREASURER

Ian Hatton 0418 582 670
hattonig@gmail.com

ASSISTANT TREASURER

Gael Thompson 0458 215 794

◆COURSE COORDINATOR

Greg Barnes: 0438 569 611
dngbarnes@hotmail.com

◆HALL COORDINATOR / KEYS

Anne White 0438 202 799

HALL MAINTENANCE

Ray Watt 0439 716 420
Anne White 0438 202 799

◆CATERING COORDINATOR

Julie Dainton 0438 218 050

◆COMMITTEE

Carol Davidson

MEMBERSHIP ROLL

Ian Hatton 0418 582 670
hattonig@gmail.com

WEB MANAGER

David Muir
muir51@optusnet.com.au

EMAIL ADDRESS

goulburnvalleyu3a@gmail.com

NEWSLETTER EMAIL

gvu3anewsletter@gmail.com
(Entries close on 21st of each month)



A MESSAGE FROM THE PRESIDENT

“To leave the world a bit better whether by a healthy child, a garden patch, or a redeemed social condition; to know that one life has breathed easier because you lived here. That is to have succeeded.” RW Emerson

A warm welcome to Goulburn Valley U3A 2024, a year of growth, a year of challenges and a year of successes. I especially welcome all new members and trust you enjoy all the activities that you will, or have joined. You never know what you may succeed at.

It only seems like yesterday that I wrote this monthly letter to all U3A members, a lot can happen in a year. A big thank you to John Canty and all committee members of 2023 for keeping this great organisation alive and interesting.

Over the course of a month, we have over 425 people pass through our Hall, as they attend any one of the 39 courses and activities.

In this newsletter you will see the names of the committee. They are a group of people who willingly give up their time to check on the buildings and maintenance, who keep our finances in check and who make U3A a pleasant place to be. If you are talking to any of these folks, please make yourself known and thank them for their efforts. The committee is always open to new ideas and would encourage anyone to introduce a new program. This can be submitted with a course description to the Course Co-ordinator, Greg Barnes, and then it is at the discretion of the committee and timetable to be added to the programs.

With Easter and school holidays fast approaching, I trust you can enjoy the autumn weather and time with your families.

Take care, enjoy all that you do, and I look forward to seeing you around the Hall over the next month.

Rita Bloomfield
President - 0418 580 697

YOUR COMMITTEE FOR 2024



Front Row: Ian Hatton (Treasurer), Livia Tiso (Vice President), Rita Bloomfield (President), Liz Lee (Secretary)
Back Row: Carol Davidson, Gael Thompson, Kerrie Midgley, Julie Dainton, Greg Barnes, Ray Watt

ITALIAN

Carnevale di Venezia.

In Italian we had some fun creating masks associated with 'Carnevale di Venezia.' We learnt about the traditions surrounding it and followed up with learning and speaking vocabulary in Italian.

We enjoyed listening to the Italian song by Puccini called, 'O Mio Babbino Caro' sung by Almira at an Andre Rieu concert. Also, we listened to, 'O Sole Mio' a Neopolitan song, by Bocelli. It's an interesting way of learning new vocabulary.

Contact: Meredith Chilman



INTERMEDIATE ITALIAN

Lelia has been challenging us this month with the subjunctive tense but also with the comparative and superlative adjectives. There is always time to chat, in Italian of course, with Lelia, our native speaker and professoressa bravissima!

Contact: Liz Lee 0409 703 868

500

500 is held every Tuesday from 3.30 to 5.30 pm.

Our 500 club has certainly got off to a flying start with lots of new players. A warm welcome to you all old and new. It is such a lovely time with lots of laughs.

Many thanks to Elaine, Harry and others for assisting over the last couple of weeks, while Ian and I have been away. Much appreciated.

New members welcome.

Contact: Gale Hatton: galehatton@gmail.com or 0402047167.

HISTORICAL STUDIES

John Dainton, with the assistance of Kristy Rudd, presented a great talk on Historical Plaques (63), which are to be installed in the Greater Shepparton region. Plaques will be installed in Shepparton, Dookie, Katandra, Tatura, Murchison, Mooroopna, Merrigum, Toolamba and Undera. Sites include churches, water towers, schools and other significant buildings such as Foresters' Hall in Shepparton and Victory Hall in Tatura.

A sample plaque is shown below with the QR code to provide additional information. Thanks again to John and Kristy.



Next month on the 8th of April, Greg Barnes will be presenting a talk on the History of Israel through the eyes of historians, the Bible, The Torah, and the Quran.

If you have any ideas for presentations and would like to present something then let me know

Contact: Livia Tiso lpt3629@optusnet.com.au

BRIDGE

Learn To Play Bridge

If you would like to play bridge, a six week course will start on Wednesday 3 April 6.30pm. The course is suitable for those with no previous experience and also for those seeking to refresh their bridge skills.

Bridge is enjoyed three times a week at U3A on a Monday night as well as Wednesday and Saturday afternoon. We are a friendly crowd and enjoy a game of cards and a friendly chat around the table. So why not come and join us. Our teachers Nick and Derek have been playing for several years at local and national competitions and enjoy showing new players the ropes. We use the book 'Introduction to Bridge – 5 card majors', as a basis for the course, a copy of which will be provided at cost price at the first lesson.

Contact Derek Poulton: email dcp.klp@gmail.com or phone 0418 559 263

Shepparton Hosts Northern Region Bridge Championship

On the weekend of 2/3 March Shepparton hosted the Northern Region Bridge Championship. Shepparton is the location of choice for this event, because it is central to the region and everyone enjoys the great facilities at the U3A hall. 2nd March was for pairs and 3rd March for teams of four. On Saturday Bendigo took the open and restricted trophy and prizes. On Sunday it was a clean sweep for Shepparton - Nick Walsh and Wayne Leppard, Adam Pierce and Leigh Carroll won the teams event and Derek Poulton, Geoff Earl and Graham and Kath Boast won restricted prize. Kath and Graham are quite new to the game, so they did exceptionally well. On 3 April we are starting bridge lessons on a Wednesday night. Come and join us if you would like to learn to play. (see article this newsletter). We are a friendly social lot – so please come and join us.

Derek Poulton



SINGING FOR PLEASURE

Members are always welcome to join “glorious voices”. We have a variety of over 120 songs on our list. Our skilled pianist Graeme Brewer provides great accompaniment for singing. After each meeting all are welcome at the café at Billabong Gardens for coffee and a chat. Our “happy voices” commence singing at 9am for one hour each Wednesday morning. Having a great voice and the ability to read music is not essential. We do not sing during the school holidays.

MEMBERS COULD YOU PLEASE RETURN YOUR BOOK 3 TO ME BEFORE EASTER.

Contact: Robyn Leembruggen - 0411 819 299 - redrobynmarie70@gmail.com

“AROUND THE WORLD” FOODIES GROUP

The U3A “Around the World” foodies group visited Aloï Thai restaurant in Shepparton and had a delightful experience. The group relished the authentic and delicious Thai cuisine served at the restaurant. 44 diners enjoyed the evening and the restaurant was a buzz with chatter.

The group is now eagerly looking forward to our March event at Syrian Bros.

Please note that our April dinner at Yorkies, on April 18th is one week earlier because of Anzac Day. Happy travels

“Around the World” Foodies Group

Contact: Barb Stansfield 0408 299 497, Maree Schneider 0439 315 861, Carol Davidson **Email:** u3afoodiesgroup@gmail.com

LIFE’S CURIOSITY

Yes we are now back on deck. April 8th at 1.30pm Pop it on your calendar. This month we have the privilege of meeting one of U3A’s very active members and ex-president Ms Gail Jelliff. Gail is a long time member of U3A. She has been involved in many areas. Anyone that has seen her in action now

has an opportunity to hear her life's story which I know will be very interesting. Therefore. I am looking forward to hearing about the person who generally is never short of a word to say. Now is your chance to come and be involved as it will be an interactive session. Remember April 8th at 1.30pm. Everyone most welcome.

Contact: Robyn Glasson email: rlasson65@gmail.com or 0408 613 321

FEEL GOOD EMPOWERMENT HUB

U3A Shepparton is in a unique position as the members have the opportunity to be part of an Empowerment Hub.

This Hub provides an opportunity where we all unite our energy as we combine our life's experiences into empowering each other. The means in which we do this are plentiful, eg by listening, sharing, acknowledging, accepting, understanding, remaining curious, education, laughter, having compassion and empathy remaining forever vigilant to each other's needs and this all leads us to having a fulfilling life of happiness and filled with joy. Our individual uniqueness empowers our fellow humans. Our dreams are extremely relevant in our golden years.

Currently we are exploring the teachings of Nikola Tesla and The Happiest Man Alive. Also coaching models of "The map is not the Territory". And 'Above/below the line thinking'.

"Let us embrace YOU. "Gratitude encompasses our inner being/soul. It brings us untold happiness"
What is one small thing you are grateful for today.

Our next meeting is on Friday 12th April at 1pm.

Contact: John Padman. email John.n.Padman@gmail.com, phone 0428 745 282 He loves a chat.
Robyn Glasson email. Rglasson65@gmail.com. 0408 613 321

CREATIVE CRAFTS

The knitting needles and crochet hooks are being put to good use, along with embroidery thread and patchwork fabric. Yes, crocheting, knitting, embroidery, patchwork are just some of the projects undertaken at Craft.

On Tuesday, March 19 we farewelled, Diane Twomey, one of our longer term crafters, as she packs up her belongings and moves to Melbourne. We have already checked out some clubs around her area and I'm sure it won't be too long before she is back into U3A.
All new members welcome.

Contact: Gael Thompson – 0458 215 794

LUNCH GROUP

There are five Mondays in April. The first Monday is April 1st when the group will meet at The Shepparton Club. The other 4 Mondays, the 8th, the 15th, the 22nd and the 29th the group will meet at The Sherbourne Hotel. The group meets at 12 noon. Any U3A member is welcome to come along for some food, friendship and a chat. You need to phone your attendance through so a seat can be reserved for you.

Contact: Gail - 0400 531 856 if you wish to attend.

BIRD WATCHING

The April 17th outing will be a morning at Don Brisbane's property, where we will walk along Honeysuckle Creek. This is a new venue for our group. Please meet at the U3A car park for a 9am departure, or at the Kialla Hall Central Kialla Road Kialla at 9.20. Don's property is at 320 Central Kialla Road.

Our March outing was at Black Swamp Wunghnu, where we observed 35 species. Some of these were: White-bellied Sea-eagle, Peregrine Falcon, Australasian Shoveler, Royal and Yellow-billed Spoonbills, Grey Teal, Brown Treecreeper, Great Cormorant, Cattle and Great Egrets, Australian Pelican, Sacred Kingfisher and Tree Martin.

Please contact Don Roberts 0448 889 224 or Marg Clarke 0429 350 875



Yellow billed
Spoonbills



CRYPTIC CROSSWORDS

Cryptic crosswords are held on the first and third Thursdays of the month at 1.30 We have so far learned about anagrams, charades, double definitions, containers, hiddens, deletions and homophones.

Who knew these tricky little teasers had names like this?

Contact: Harry Lee 0400 770 972

CURRENT AFFAIRS

Hello class. Please note: there will be no Current Affairs on Monday 1st April, as it is Easter Monday.

Contact: Greg Barnes 0438 569 611

COMMUNICATING WITH TECHNOLOGY

As a number of people who registered for attending classes have not started, I have places for the 12 o'clock session (1), 2 o'clock session (1) and the 3:30 session (3), Mondays. If anyone wishes to attend, please contact me. In the meantime, if anyone has any 'one-off' issues, give a call. I am able to deal with most issues relating to computers (both Apple and Windows), iPads and mobile phones (Apple and Android). Contact: David Muir 0414881369

NATURAL RESOURCES AND REGIONAL DEVELOPMENT

Natural Resources is being held on Friday April 5th 10.00 am and not on April 12th. Greg has recovered from Covid and so the talk that was to be presented last month will be presented this month.

The topic for Friday the 5th will be 'The methods used to improve crop yields around the world and what new methods could be used in the future'. We will be looking at the change in sowing techniques, improvements in the types of pesticides and the methods used to apply them. What was done in the 1960s to get prodigious improvements in crop yield and new plant varieties?

I hope to see you there. Contact: Barry Croke 0488 058 23

Q3A QUIZ

There were 17 members at the March quiz session, all eager to exercise their brains, recall old memories, and learn something new.

Bridgette entertained us with a music quiz, and the answers to Livia's Trivia were in alphabetical order. We get a great variety of questions with 2 volunteer quizmasters each month. Thankyou ladies for your valued contributions.

A sample from the March session:

The Danube flows from which specific region into which lake?

Pule cheese is made from the milk of which animal?

The fashion brand SABA originated in which country?

What are two ordinary things that Las Vegas casinos do not have?

True or False? Kathryn Dawn are the given names of Canadian singer k.d.lang

If any of these questions piqued your curiosity, you are very welcome to attend our next quiz session on Monday 15th April from 10am until 11.45am.

Contact: Susan McCarten 0437 215 130 (please sms, or leave voicemail)

WALK AND TALK

Dookie Rail Trail and Town Walk 10/4/24. Meet at 8.45am before leaving at 9.00am. Bring morning tea and lunch. We will meet at the Dookie CWA Park for morning tea, then walk along the Rail Trail' returning for lunch. Then a walk around the town. Hopefully Bobby Dohnt will be the leader.

Walk and Talk Yarrawonga 13/3/24. We met at the U3A carpark before leaving to drive to Yarrawonga. We had morning tea on arrival at the Yarrawonga Information Centre. We then walked across the bridge to Mulwala, returning via the weir to Yarrawonga. It was onto Burkes Hotel for lunch, before a walk around Chinaman's Island Reserve before returning home. Welcome to three new walker's Iris Ambrose, and Peter and Marg Tacey

Contact: David Taylor mobile 0412802427



Donated DVD's

We are short of room in the Library at the Hall.

There are many "donated" DVD's in our library which we are getting rid of. They are in the entry hall foyer in a box and free for anyone wishing to take them.



The box will be refilled. Those remaining will be sent to be recycled in one month.

Liz Lee – Secretary

SCIENCE MATTERS

Monday April 15th at 1.30. Allan Wilson will continue his talk on the science conducted at CSIRO Deniliquin from 1970 until 1990. This will cover the second phase of the research conducted there on the ecological management of the large area of semi-arid land of Far-Western NSW. The rainfall in the west is too low to apply traditional agricultural methods. The natural vegetation is grazed by sheep, along with a similar number of kangaroos and many feral goats. Controlling those grazers, and the strategic use of controlled burns are the only tools available.

The talk will detail the research conducted and will cover some of the major results. It will be illustrated by many slides of locations and research sites.

SOCRATES CAFÉ

10.00 am Monday 25th March Socrates Cafe will be discussing: What is the impact of sport on our society?

10.00 am Monday 22nd April we will have a vote on what we should discuss either:

1. Where does your responsibility begin and end with a friend or neighbour, or are they different and so should be treated differently?

2. Is the Hookup Culture leaving your generation unhappy and unprepared for love?

Contact: Greg Barnes 0438 569 611

TAI CHI.

Tai Chi classes have progressed very well this year, with several new members joining.

Classes will continue during the school holidays. Please send a message to Sandra if you cannot attend on April 5 or April 12.

Sandra 0418 571 246

BANK ACCOUNT DETAILS

If you want to pay your membership fees online please use the account number below and use your name as the reference.

General account: BSB 803 078 Account number 1001 11147

Alternatively, you can put your money into an envelope with your name on the front and put the envelope into the box near the office door or give it to a member of the committee.