

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

October 2021

CONTACT DETAILS

PRESIDENT

Elizabeth Lee 0409 703 868
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◆**VICE PRESIDENT**

vacant

◆**SECRETARY**

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Kerrie Midgley 0439 511 929

◆**COURSE COORDINATOR**

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◆**HALL MAINTENANCE**

Rita Bloomfield 0418 580 697
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◆**CATERING COORDINATOR**

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ASSISTANT TREASURER

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COMMITTEE MEMBERS

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(Entries close on 21st of each month)



A MESSAGE FROM THE PRESIDENT

Greetings to Members.

Since I last wrote to you, another outbreak has been overcome, a lockdown endured with a third of Shepparton in quarantine. There's nothing like a crisis for a community to come together. We are so lucky to be living in such a supportive and resilient city.

Vaccination has been a hot topic across the nation. The committee has discussed vaccination at length, but we cannot mandate it for our members, at this stage. Our U3A committee requests all our members to become vaccinated as soon as possible. Moderna vaccine is now available in pharmacies which will give everyone more choice.

October is Seniors Month and once again we are planning to have a Virtual Exhibition, providing an opportunity for our creative members to display their work completed this year. David Muir has set up space on our website and we hope for some involvement with Shepparton News. Last year our website was visited by people as far away as the US and Europe. More information later in the Newsletter.

Last Monday the Ukulele class, Uke3A, welcomed Bob Guz from the *Austin (Texas) Ukulele Society* on Zoom. It was so exciting for our members to meet this amazing man in our loungerooms all the way from the USA. Thanks to John Canty for organising this event.

Numbers of members inside the Hall are limited to 20 so compromises and understanding will be necessary. Our garden may allow for more people to meet once the weather improves. We were visited last Monday by Victoria Police to check on our compliance. Trivia afternoon planned for Friday 24 September has been cancelled, as has our annual Cup Day party.

XMAS: The committee has planned a Xmas function to be held as a lunch on Tuesday 7 December. More on this day to follow next month.

Stay safe, Liz

Art Group

Hello everyone! It feels like I have just completed Septembers' Newsletter, but here we are again. Last month I explained how paintings evolve, layer upon layer, and showed some examples of WIP (works in progress). Today I have some of the same paintings, but they are either still "in the process" or have been completed. Jill's *Floral Still Life* has progressed, and her background is now complete. Jill will be working on her focal point now - the flowers. Jeanette, Meredith, and Terry have all completed their paintings. Just as an example of the variety of art coming from the group, I have included Wayne's wonderful Pen and Pencil work, taken from a photo. The group is looking forward to meeting up in the hall once again this week. Kind regards, Judi 0448813930

From left to right Jill - *Still Life* background completed, Jeanette - *Autumn in Bright*, Meredith – *Gondolas*, Wayne - *Pen and Pencil*, Terry - *Palette Knife Landscape*



Photography

We've been locked up, locked down and locked out of U3a for a month or so now so no photography classes since the last Newsletter. We are now, however, allowed out and about so will take the chance of nice weather this Thursday, 23rd September, to head off to Polly McQuinns. Should be plenty of water coming over the falls. Lorraine Noonan has provided a couple of photos taken from her yard. Also included is a photo of Lorraine taken in class earlier this year. Allan Parker 0418 144 131



Creative Crafts

Creative Crafts is back on Tuesdays from 1 pm to 4 pm. I am sure that you have all been creative whilst being in lockdown so bring along some "show and tell" to share with the group. Looking forward to catching up and please stay safe.

Contact: Gael Thompson 048 215 794

Positive Ageing Advisory Committee

As a representative for U3A I have been trying to attend Zoom meetings of the 'Positive Ageing Advisory Committee' to the Council. I have not been successful in attending all meetings and have not found a lot to report back about. But at the last meeting I found some information that may be of interest to our members.

Seniors Week, or the month of October, will be very much like last year with activities in October being available virtually or on the radio. It is not very satisfactory as it does not give much social interaction which is what everyone needs. But I believe that March will have more openly-available functions which people should be able to attend.

The council website has not much information that I can find yet. I hope to have more information before our monthly Coffee Morning when I can advise on any further information that I may receive. Hopefully next year we will be able to be out and attend a variety of functions.

Thurlie Pearce

BEGINNERS and INTERMEDIATE ITALIAN

Ciao Tutti. Meredith's Beginners Italian class are continuing to master some basic introductions. Leila's Intermediate class will resume at the Hall after the school holidays.

Liz 0409 703 868 Meredith 0437 313 840

Strength and balance

We are back into it again, hopefully to continue.

Flexibility, mobility, strength, balance, and coordination are areas we work on in class, so come along and join us if you want to get fit and look good in your bikini or speedos for summer!!!!!!

A reasonable level of fitness is required but give me a ring if you are not sure whether or not the class would suit your needs. New people are most welcome, so come and give it a try.

Monday mornings at 8.45 in the U3A hall.

Lyn Davidson 0402019552

NATURAL RESOURCES & REGIONAL DEVELOPMENT

At the present time organising speakers involves too many uncertainties. Most organisations and government departments have protocols that are extremely restrictive on staff being able to provide talks to our group and the actual people we hope to involve are hesitant to commit to a future date. Perhaps when 80% of the community are double vaccinated, there will be greater certainty.

Unfortunately, in the meantime we will have to cancel sessions until further notice.

John Dainton mob 0417 549 502

Barry Croke mob. 0488 058 231

Enjoying literature

All members are welcome to attend our next meeting on **MONDAY 25 October when we meet at 2pm** to continue exploring 'The Remains of the Day' by Kazuo Ishiguro. There is a lot more to this subtle book than you would first realise. Hopefully we will be back at the centre, meeting face to face. Discussion will also take place about next year's program and any changes which could be made to the structure and content of the course. Convenor Greg Barnes 0438 569 611

WRITING4PLEASURE

Once again, our Writing Group meeting held on 16 September, was by ZOOM. Eleven members attended and presented some very enjoyable stories.

OUR OCTOBER TOPICS – PRESENTED BY LYNNE ARE,

1. THE OVERCOAT
2. TELLING A STORY – (BY WRITING LETTERS TO EACH OTHER).
WORD - ILLIBERAL

QUOTE FOR THE MONTH:

“HOW VAIN IT IS TO SIT DOWN TO WRITE, WHEN YOU HAVE NOT STOOD UP TO LIVE”.
- Henry David Thoreau

CONTACT: Lyn Austin. (Phone: 0468 312 602)

HISTORICAL STUDIES

MONDAY October 11, 10am U3A Hall

PRESENTER: Bruce Lloyd former Federal Member for Murray from 1971 until 1996, and U3A member.

SUBJECT; Australia's proud history of democratic voting developments.

John Dainton mob.0417 549 502

Bridge is Back (again)

Bridge restarted on Saturday 18 September and (COVID willing) we will now be back on our normal sessions on Saturday afternoon and Monday night. We are limited to 20pp on a Monday night, so we are using a booking system to make sure we are not in breach of health orders.

On Wednesday we are making arrangements with the art group so that we do not exceed 20. We are planning to delay bridge start to 2pm, which should allow the art group to leave before bridge starts at about 1.45.

Derek has been working as a special councillor on the Victorian Bridge Association (VBA), one of two councillors representing country bridge clubs. The VBA council held two 3 hour zoom meetings on the weekend of 11/12 September to plan the future for bridge in Victoria. As Northern Region president Derek has been working with other clubs in Northern Victoria to organise the GNOT teams' competition. This event is normally hosted by Shepparton at U3A. This year we are looking to hold the event as an online event on Sunday 10 October using the Real Bridge platform.

Classes will now be held from Wednesday 20 October. More details in this newsletter below.

Learn To Play Bridge

Would you like to learn to play bridge? Classes start at 6.30pm Wednesday 20 October, and will run over four weeks, for about 2 hours each Wednesday night. Supervised bridge will continue after the course (also on a Wednesday night) so that beginners can try out their new skills with experienced players available to help out.

For further information contact Derek Poulton email dcp.klp@gmail.com, ph 58254112 or on the web www.wix.com/sheppartonbridgeclub/2014 or facebook sheppartonbridge.\

500

Harry has recommenced "500" back at Esson Street at 3.30 on Tuesday afternoons. There were 12 excited card players present last Tuesday but we can accommodate a few more, as there are no other groups at that time. For more information contact Harry Lee on 0400 770 972

INDUSTRY TOURS

SHEPPARTON FOODSHARE: 10.00 am Monday 13th September.

By the time you read this the date will have passed! And, of course, the visit did not happen. Just another example of the fickleness of Covid. We will visit Foodshare and other organizations sometime but not until the population is sufficiently vaccinated to avoid lockdowns and establish a degree of safety for ourselves and our hosts.

John Hetherington 0419319339 mrjfh@me.com

WALK and TALK

Our outing to the Warby Ranges has been changed to October 13th, following cancellation in September. The Warby's are particularly beautiful in the springtime. Please bring morning tea, a picnic lunch, water and sturdy shoes, sunhat etc. We will meet at the U3A club rooms at 8.45am for a 9.00am departure. Contact David Taylor 0412 802 427

MONDAY LUNCH GROUP

Hope you have all been staying safe and well. A booking has been made at The Sherbourne for lunches on October 4, 11, 18 and 25. Please confirm with Gail that you will be attending and the date/s you will be there as we must confirm numbers with The Sherbourne. Thank you.

Contact: Gail Jelliff 0400 531 856

SCIENCE MATTERS

Science for October 18th (1.30) will be on the topic of **Psychotherapy**.

Lizanne Goodwin, our resident expert on the topic, will introduce us to some neuro-biology and go on to explain the ins and out of psychotherapy. Please bring your questions along with you. We hope that this can be an in-person event at the hall.

Contact: Allan Wilson 0427 399 648

Bird Watching

The 20 October outing will be at Rushworth State Forest covid permitting, this is a full day outing so you need to bring lunch etc. Please meet at the U3A hall for a 9am departure.

This was the venue for the September outing but covid fixed that. Please contact Don Roberts 0448889224 or Marg Clarke 0429350875



Lots of birding happening in lockdown. This great photo of white browed babbler sent in by Pat Feehan.

BANK ACCOUNT DETAILS

If you want to pay your membership fees or trip fees through the internet please use the account numbers below and use your name as the reference.

General account: BSB 633 000 Account number 127742898

Trip account: BSB 633 000 Account Number 129896049

GVU3A VIRTUAL ONLINE EXHIBITION

It's On AGAIN!

Because of all the restrictions, last year we ran a virtual exhibition to display the wonderful talents of many members of our U3A community.

Check out last year's exhibition here: <https://www.gvu3a.com.au/exhibition>

This enabled us to see what many of our members have been creating in their lockdown periods. Although we have had a few, brief breaks from lockdown, it's still not practical to have a physical exhibition, so, it has been decided to do the same again. The aim is to display to all the creativity of our members. You do not need to belong to any particular group to present your creation.

The main requirement is that it has been completed this year.

We will be running with the same categories as last year:

Painting and Sketching (Please provide a title, the artist, media used)

Craft (Can be ANY craft/construction, big or small, any material – provide a title, creator's name, material used)

Photography (Any subject – provide title, photographer, location)

Prose (Please limit to around 200-250 words – title and author)

Music (As we are limited in the size of video for the website, it needs to be a short piece)

If you've created something that doesn't fit with the categories, let us know and we'll see if a new category can be created.

Please send photographs/short videos of up to 3-4 of your creations to: gvu3aweb@gmail.com
(Please ensure photos of creations have little or no background objects which will distract from your work)

Please have photographs in by 25 October – The Exhibition premier at the end of October.

If you have any questions, please contact David Muir (0414881369)