

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

July 2023

CONTACT DETAILS

◆PRESIDENT

John Canty 0407 264 504
j.canty@hotmail.com

◆VICE PRESIDENT

Rita Bloomfield 0418 580 697
drbloom@bigpond.com

◆SECRETARY

Elizabeth Lee 0409 703 868
lizlee01@gmail.com

◆TREASURER

Kerrie Midgley 0439 511 929
kerrie.midgley@hotmail.com

ASSISTANT TREASURER

Gael Thompson 0458 215 794

◆COURSE COORDINATOR

Greg Barnes: 0438 569 611
dngbarnes@hotmail.com

◆HALL COORDINATOR / KEYS

David Taylor 5822 0872

HALL MAINTENANCE

Ray Watt 0439 716 420
John Bush 0408 290 751
Anne White 0438 202 799

◆CATERING COORDINATOR

Julie Dainton 0438 218 050

MEMBERSHIP ROLLS

Kerrie Midgley 0439 511 929

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

Greetings to All,

Please read your Newsletter, to stay informed.
(also Google: GVU3A Website)

Morning Tea: Our GVU3A morning tea is held at Esson Street on the **first Tuesday of each month**. All members are welcome to attend.

Our morning tea on the first Tuesday in **June** provided our GVU3A attendees with the opportunity to share time together on a wet and windy Tuesday morning. Greg Barnes interviewed four of our many valued Leaders at GVU3A, Gael Thompson (craft), Sue McCarten (Q3A), Julie Dainton (Catering) and Harry Lee (500). Members received an informative insight into the workings of these respective programs.

Our **Guest speaker** in July will be Melinda Martin, CEO of SAM (Shepparton Art Museum). Melinda opened our recent successful Art, Craft and Photography exhibition. Our morning tea in August will provide members with a presentation from Terri Collier, morning presenter on 98.5 One FM

David Muir and Treasurer Kerrie were instrumental in replacing our modem. Our internet speed has increased throughout the hall, keeping our important technology systems up to date.

CPR Update: Thirteen Members attended the CPR Update session with John Carey on a wet Wednesday afternoon in June. Participants revisited their first aid knowledge applying the 'hands on' skills for CPR and increasing their confidence when using a defibrillator. Thank you, Liz Lee, for organising this important annual session for all interested GVU3A members.



My recent visits to our **GVU3A programs**; Singing, Mahjong and Craft groups. It has been a delight to see how these programs operate and how our valued Leaders are supported by their respective Members.

"If you see someone without a smile, give them one of yours."

John

All underlined text is a link to either a course page on our website or to an internet website

STRENGTH AND BALANCE

Come along and warm up on these cold winter mornings. 8.45 am in the U3A hall on Mondays. Just wear comfortable gear and some comfortable shoes and you will stay warm for the rest of the day. Some participants enjoy a coffee together after class and we will be organising a social event in the next few weeks so it is not all huff and puff.

Please note I will be away on Monday 17th July.
Contact: Lyn Davidson - 0402019552

LIFE'S CURIOSITY

Monday, July 3rd - 1.30pm.

Subject: **“The meaning of life”** What is it, how do we know when we find it? Do you ever ask yourself this question? What is our purpose in this life? Does nature fit into it? Are we all part of a multi-dimensional universe? Will we feel more at peace if we knew this? It will be an interactive group where we will be encouraged to express our thoughts and knowledge. We won't promise to know the answers, but we have thoughts and our ideas re this and how it can change your outlook on life. I expect most of our members will have questioned this so I would like to hear the various thoughts. It will greatly help my own thoughts and knowledge and others. There is something special about sharing with each other.

Monday , August 7th - 1.30pm

Subject: **“Is blood thicker than water”**. One of our treasured members has been wondering on this for some time and now is the time to help him with his quandary. Let's have a debate. Because we have a relative that has needs over and above the usual ones that the nature of the relationship would normally call for, should we do what we can over and above our needs. Or is it ok to give support for a time and then at a certain point walk away? Or **“is blood thicker than water”**? Is this an old fashioned belief, that doesn't **“cut it”** in today's society? Can we have 4 people offer to put this to debate. 2 people for either side. Let's have some fun with this. I look forward to hearing from you.

Pop both these dates in your diary.

Warm Regards Robyn Glasson

HISTORICAL STUDIES

Monday July 10, 10am U3A Hall

Speaker Tina Hanigan

Subject; **“The Corporation that Rocked the World”**

Tina will talk about the history of the British East India Company (BEIC), the original corporate raiders, who ruled the sub-continent of India between 1600 and their collapse in 1857. Ostensibly as **“the administration controlling trade on behalf of the British Empire; the BEIC formed their own defense force, implemented laws and drained the country of wealth and prosperity, until the mutiny destroyed their influence and the vacuum had to be filled by the British Government as India became **“the jewel in the crown of the British Empire.”** Could it happen today? Think Microsoft, Amazon or Google? How did a group of businessmen exert so much power and control, and why was it allowed to happen? Lessons from the past resonate into the future, that's why we study history.**

Contact: John Dainton - 0417 549 5021

YOGA

Yoga (Thursday 4.15) will have the last session for this term on Thursday 22nd. Yoga classes will recommence on Thursday 13 July, in Room 2. If you are interested in learning the benefits of Yoga come and join in.

Contact Rita Bloomfield – 0418580697

CREATIVE CRAFTS

Our Creative Crafts group is continuing to thrive. Numbers vary a little – dependent on the temperature and weather conditions of the day. There is always a lot of chatter and some knitting, crocheting, embroidery and patchwork being created.

Come along, bring the project you are working on and join in. We welcome new crafts if you would like to share with the group. We gather every Tuesday from 1pm to 3.30pm.

Tina Hannigan will be guiding us in a “Slow Stitching” afternoon on August 15. Tina will supply starter kits for each participant.

We were saddened to learn of the death of one of our participants, Beris McKemmish.

Contact: Gael Thompson - Mobile 0458 215 794

WRITING FOR PLEASURE

Our keen group of writers met in the GV Library and despite fewer numbers due to members holidaying in warmer climes, we enjoyed the conversation springing from the writing pieces. Allan ran the meeting and had set the topics: War and Peace, or Brave New World.

Next month Robyn Leembruggan will lead the meeting and has put forward these topics:

Tough Decisions, or Reflections.

Heather is our collator of writing pieces this year and has asked that we forward these soon.

Next meeting: Thursday, 20th July, 1pm at Shepparton Library.

Contact: Moya Turnbull - 0407 680 337 or Marion MacLennan - 0417 319 839

BIRD WATCHING

Our June 21st outing was at Victoria Park Lake Shepparton. A very cold and thick fog morning, but we did manage to observe 27 species of birds, including Australasian Darter, Little Pied Cormorant, Eurasian Coot, Dusky Moorhen, Australasian Swampheh, Masked Lapwing, Australasian Grebe, Australian King Parrot, Eastern Rosella, Pacific Black Duck, Superb Fairywren and Laughing Kookaburra.

Don Roberts – Mobile: 0448889224 or Marg Clarke – Mobile: 0429350875

LUNCH GROUP

During the month of July the group will travel across the Causeway to dine at The Royal Mail Hotel in Mooroopna each Monday. We'll meet for some typical hotel food on the 3rd, 10th, 17th, 24th and the 31st. U3A members are welcome to join the regular group participants on any Monday that suits them. Please ring Gail to indicate your attendance and a space will be kept for you.

Contact: Gail - 0400 531 856

SOCRATES CAFÉ

Monday, July 24th commencing at 10 am

The topic for March is "Authenticity" – when do you really feel most authentically 'yourself' and when are you out of your comfort zone?

Contact: Tina Hanigan – Mobile: 0416 156 945

BIRD WATCHING

The outing on the July 19th will be at Cussen Park, Tatura. Please meet at the U3A car park for a 9am departure, or in Tatura at Cussen Park at 9.30am.

Contact Don Roberts - 044 8889 224 or Marg Clarke - 0429 350 875.

WALK AND TALK

Wednesday 12th July - Lake Victoria Walk

Please meet at the SAM carpark at 9.30. We will walk to the Junction of the Broken and the Goulburn Rivers then return via Aquamoves before going to SAM for a coffee.

Contact: David Taylor - Mobile 0412802427

ITALIAN

Both Italian classes will meet on June 23rd. Then the Beginner's Class will resume on July 14th. The Intermediate class will not meet again until the beginning of term 4 on October 6th.

AROUND THE WORLD FOODIES GROUP

Friday, July 14th. The Foodies Group will celebrate Bastille Day with a French cuisine at Bonshaw, commencing at 6pm.

Unfortunately, there are no vacancies at present but register your interest should any vacancies arise.

Contact: Barb Stansfield - 0408 299 497 or Muna Riches - 0438 830 384

A sign outside a shop: "Push. If that doesn't work...Pull. If that doesn't work...We must be closed"

Sign outside a Library: "Library is closed until opening time."

NATURAL RESOURCES AND REGIONAL DEVELOPMENT

Friday July 7 at 10am: The Murray-Darling Basin Plan – 2023 Review

The Australian Government's Productivity Commission currently has the job of examining if the Basin Plan is being implemented in an effective and efficient manner. They also have been asked to report on future work related to the Plan.

The Commission has already visited Shepparton and is now calling for comments by July 31. Barry Croke has prepared a submission. This will provide a framework for discussion. Issues will extend beyond the concerns over water availability. Irrigators used about 2000 GI/yr in our region around the turn of the century and now look like having perhaps 600 GI/yr (but highly variable). This is before our share of the 450 GI for S.A. is found, plus the possibility of contributing to the shortfall of 320 GI due to works to achieve water savings not being completed. Aspects for discussion will include

- what we have learnt about the Basin Plan since 2007
- risk analysis for various features of our region
- influence of climate change on MDB projections

Friday July 14 at 10am: Megan Williams: Camel Milk

Megan's local camel enterprise has attracted publicity in the past couple of years. A few U3A members had expressed interest in a visit to her farm, but unfortunately, they now have a policy of no farm visits. Megan does have an entertaining story about developing the camel enterprise, harvesting and processing milk and the marketing of the farms' products. Some of these unique products will be available to purchase. A great opportunity to buy someone a gift 'out of left field'.

Retirees Question 1: How many days in a week? Answer: 6 Saturdays, 1 Sunday

Question 2: When is a retiree's bedtime? Answer: Two hours after falling asleep on the couch.

Question 3: How many retirees does it take to change a light bulb? Answer: Only one, but it might take all day.

Question 4: What's the biggest gripe of retirees? Answer: There is not enough time to get everything done.

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