

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: 5821 3333

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

May 2022

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"Remember people come into to your life for a Reason. A season or a Lifetime." Always cherish the special moments.

Welcome to all

I hope you are enjoying the cooler nights and the lovely autumnal days. I'm sure many of you have been out and about looking at the beautiful autumn trees with their magnificent colours. Many of you will be busy in your gardens getting them ready to rest for the winter, and as cooler days come, I hope you have checked your heaters and got your flu injections. If not, please make sure you check with your Doctor or Chemist.

At our April meeting we had Skye Marsh promote her work on the Lewy Body dementia study and speak generally about dementia and how we can help those friends and family who may be suffering. The main theme was to keep the brain activate, exercise regularly and to keep in touch with family and friends.

I trust you enjoyed your Easter break with family and friends; it so nice to be able to visit, even with the Japanese pig virus and covid 19 still prominent in our society and we need to be vigilant in keeping ourselves healthy.

Please remember if you are feeling unwell, please stay home and let your course leader know you won't be attending your session.

Ray Watt, our trip coordinator, has organized a trip to see Elvis at the Bendigo Art Gallery on Wednesday June 8th. Please put your name on the list and pay your money as soon as possible. Any queries please contact Ray.

A reminder that "Meditation" with Jill will start on April 28th.

Stay safe,
Rita

BUS TRIP: ELVIS PRESLEY EXHIBITION

Bendigo: Wednesday, June 8th

A trip is planned to visit Bendigo to see the Elvis Presley Exhibition at the Capitol Theatre. The bus will leave the U3A carpark at **8.15am** and return home at 5.00pm. The cost is **\$50** per person with a minimum of 40 people which includes your entry ticket and the bus. Lunch will be at your own expense. The closing date to enroll and for the payment of \$50 is May 13th, and will be non-refundable after May 16th.

A registration book for interested people is on the table at the front door of the U3A Hall.

On the return trip we may stop off at Colbinabin to see the silo art - time permitting.

Payment can be made by direct deposit to U3A Trip Account BSB 633-000 Acc no. 129896049 -- (include your name). Or by cheque or cash in an envelope and place in the white letter box by the U3A office door. PLEASE include your name on the envelope.

If numbers permit then non U3A members will be welcome.
Contact Ray Watt for details 0439 716 420

DANCE AND LEARN

Dance and Learn with Linda commenced in February. Linda is a fully qualified and professional teacher with years of experience at all levels of ballroom dance. She patiently teaches us social dancing in both Old Time and Nu-vogue styles. Beginners are most welcome as well as those wanting to refresh past skills. A partner is not essential. There is a cost of \$5.00 per class.

Time: Every **Tuesday, 10 am to 12 noon**, except the first Tuesday of each month.
Contact Ray Brisbane 0447 725 012

DRAWING CLASS

The Thursday Drawing Class is open to anyone who would like to do some drawing. There is no structured teaching during this class. The participants support each other and share ideas in a happy, non-critical environment. Sometimes a YouTube tutorial on drawing will be shown for those who would like to watch. Discussion on drawing techniques learnt in the 'Scribblers' sessions are a hot topic of conversation along with general chit chat.

This week Kaye Falkner gave everyone copies of steps to drawing a cat and a dog. Here are photos of Kay hard at work on her drawings.

Requirements: Pencil, Paper and a smile

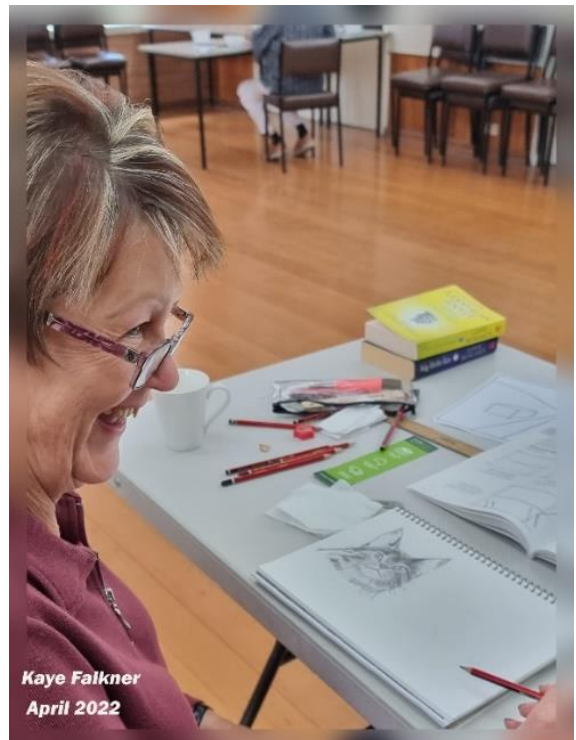
Thursdays 10am to 12 noon

Feel free to drop in and say hello any Thursday and perhaps join us in our drawing.

Creative Crafts

As the cooler weather approaches, it is time to get out the projects to work on in a warm environment. Come along on a Tuesday afternoon, work on your project and chat. All crafters are wishing Thurlie a speedy recovery from her hip operation. We look forward to welcoming you back soon Thurlie.

Contact: Gael Thompson 0458 215 794



WALK & TALK

In April, nine walkers left the U3A carpark before driving to Kyabram. We parked at Edis Park for morning tea before a short walk to the Mural Picnic at the Kyabram Railway Station.

The platform is now used to view the town's water tank which is now a painted mural of the local birds. Then we continued our walk into the busy Allan street, stopping to view a history of Kyabram photos. We then returned to Edis Park for lunch



Our next Walk will be at the Winton Wetlands near Benalla on **Wednesday May 11th**. Meet at the U3A carpark at 8.45am for a 9.00am start, stopping at the spit walk carpark for morning tea. There are a number of walks all starting at the carpark. The main walk will be the spit walk, one way, of 5km. However, walkers may choose the shorter lunette walk of 4 km past the Eagles nest, or, for those feeling energetic, the return spit loop walk of 9 kms. The café is on the other side of the lake so bring your lunch and snacks. The Green Hill walk of 2.5 km is an optional extra after Lunch

David Taylor Mob 0412 802 427

SCIENCE MATTERS

At the March meeting we discussed the Rosetta project and how the Murchison meteorite inspired a ten-year project to determine the composition of an asteroid in space: the most complex space mission since the moon landings. At our next class on **Monday May 16th at 1.30** we will address the equally important detection of meteor orbits and collection of meteorite rocks on the ground.

While many meteorites are found each year, there are relatively few meteorites where the orbit has been determined and meteorite tracked back to where it originated in space. Australian scientists have been at the forefront of the technology to do just that. The Desert Fireball Network and the Global Fireball Observatory (Curtin University) were the first to develop and demonstrate this technology. Further, two GUV3A members (Derek Poulton and Graham Hanigan) are part of the Global Meteor Network (GMN). A global 'citizen science' project to detect meteors and find new meteor radiants. We will hear about some very early successes and how the GMN project might develop across Victoria in the future.

Derek Poulton and Allan Wilson (0427 399 648)

NATURAL RESOURCES AND REGIONAL DEVELOPMENT

Natural Resources has two Presentations by interesting speakers in May. Any member is welcome to come along and take part in the discussion that follows.

On **Friday May 6th at 10am** Ms Sharon Terry will talk on the City of Greater Shepparton **Environmental Program Priorities**. Sharon, who manages the Environment Program at COGS, will lead discussion on what is being done and what is shaping these priorities in our local area.

Then, on **Friday May 13th**, Barrie Slatter_of Beccles (UK) and Katandra (Vic.) will speak on "Factors shaping rural development in the UK". Barrie lectured with Barry Croke at Dookie College in the late 1970s, then progressively acquired farming land around Katandra. In the UK he still conducts courses for land agents and property managers.

STRENGTH AND BALANCE

Strength and Balance is going from strength to strength. We are pleased to have welcomed some new exercisers to class this year and it has made for more fun and laughter. There is still a lot of mobility, flexibility, strength and balance happening and people are working hard to maintain their fitness which is wonderful to see.

Participants are getting together after class to go for coffee if they wish. Research has shown that group fitness is 80% social and that is why it has been so successful over the years and continues to be so. It is much more fun puffing and panting in a group than on your own!

Class commences at **8,45 on Monday mornings** for 45 minutes except for public holidays and new people are most welcome. If you would like to join in and are unsure if it would be suitable for you, please ring me on 0402 019 552.

Lyn Davidson

MONDAY LUNCH CLUB

The group will be going to [The Shepp Club](#) for lunch each Monday during May. They assure me they have overcome their staffing difficulties so we look forward to dining there on **May 2nd, 9th, 16th, 23rd and 30th**. Everyone is welcome to join the group of friendly regulars. Please ring Gail on 0400 531 856 the Friday before our gathering so numbers can be confirmed with the venue.

WRITING4PLEASURE

Our next Meeting will be on **19th May** at the G.V. Library. Marion will be our leader and her chosen topics are: **1. THE MOST AMAZING THING** or **2. THE SHED. WORD: ASSUAGE**

NEWS FLASH – Regarding our end of year book - "*Spilling The Beans*". We have 5 spare copies. If anyone wishes to purchase one, please see Mary Heneghan at the Art group on Wednesday morning. The cost is \$20.

CONGRATULATIONS AND BOUQUETS TO PAM WELLS. Pam joined our Writing group about four years ago. Her aim was to complete a biography, (which she had been working on for many years), of her late husband Lt. Col. Rod Wells. Each month Pam would read our group a chapter that she was working on. Then, after a few frustrations with editing and publication, her completed book emerged.

The book is called, **The Tiger Has Many Lives: - The Story of Rod Wells.** It tells of her husband's survival under interrogation, torture and solitary confinement at the hands of the Kempeitai in Malaysia, during WW2 and is a story of POW survival under extreme conditions.

***Tim Bowden** AM will launch the book on **23rd April 2022**, at Victory Hall, Tatura beginning at 2pm. ALL WELCOME - **Cost of book is \$35.00.** (*Congratulations Pam, from all of us at the writing group. We are very proud of you.*)

CONTACT: Lyn Austin. (0468 312 602)

ITALIAN TEXT BOOKS

If anyone has an Italian text book that they would like to return or re-sell, we would be grateful to use them in class. These are *Ci Siamo* and *Ultimate Italian*. Returned books can be left on the table inside the door at U3A. Otherwise you might like to return yourself to one of the Italian classes which meet on Friday afternoons. Classes resume on **April 29th** – beginners at 12 noon, intermediate at 1.45pm. Christine Wilson. 5822 1474.

MEDITATION

Meditation class begins on **Thursday 28th April**. If you would you like to learn how to meditate and find out which type of meditation suits your personality best, then please join us on Thursday afternoons at 4.15pm for an hour. The class will run for 6 weeks.

Contact: marigold.riordan@gmail.com

ASTRONOMY

Fifteen budding astronomers gathered at U3A hall on **Saturday 9 April**. Those with telescopes brought them along and Peter Read gave some first hand advice on collimation and alignment. We had a look at the computer program stellarium as a basis for planning star gazing nights. The skies cleared and a few of us took telescopes out into the car park to have a look at the moon and sky objects visible on the night. A star gazing night is planned for the near future. We will advise those interested when a date and location is arranged.

Derek has been busy putting 3 new meteor cameras together. One is being deployed by Graeme Hanigan at Rushworth. The other two are going to locations at Gordon and Melbourne. Derek is giving a talk about meteor camera networks as part of the science matters talk on Monday 16 May (see article this newsletter).

For further information Derek Poulton (0418 559 263) or Michael Goodwin (0448 402 032).

CPR (Cardiopulmonary Resuscitation) and Use of Defibrillator Update

The Committee is again offering members the opportunity to refresh CPR skills at no cost to you.

John Carey from Echuca will be delivering a practical demonstration and provide an opportunity for you to refresh your **CPR** skills on **May 4th at 5.00pm**. He will also check our use of the defibrillator which stands ready on the wall at Esson Street.

John's talk and demonstration last year was very popular so feel free to put your name down again on a list at the front entrance. Numbers are limited to 25, so please put your names down as spaces will fill quickly.

Place: Esson Street Hall, **Date:** **May 4th**, **Time:** **5.00pm** See Liz Lee (secretary) for a booking 0400 770 972, email: lizlee01@gmail.com

BIRD WATCHING

Our **18th May** outing will be at **Broken-Boosey State Park Drumanure Reseve**, This is a River Red Gum - Grey Box and some Yellow Box Reserve with a good understory of shrubs. This is a morning outing so please be at the U3A Hall for a 9am departure.

The April outing was at Jordans Bend, Shepparton, where we observed 37 species, some of which were: Olive-backed Oriole (see photo), Brown and White-throated Treecreepers, Mistletoebird, Weebill, Yellow Rosella, White-browed Scrubwren, Buff-rumped Thornbill, Musk and Rainbow Lorikeets, Grey Fantail, Golden Whistler and Superb Fairy-wren.

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



PHOTOGRAPHY

Autumn in April saw four photographers gather at the Kyabram Fauna Park. The KFP is an interesting place and particularly good for testing out our photography skills. A vast range of animals can be found, many behind wire.

Lex gave us others an insight in how to make the cage wire "disappear", which can be quite tricky.

Later in April, on **Thursday 28th** to be precise and depending on the weather, we will either be at the Windmill for a second autumn outing, or back in the classroom for a "Show & Tell"



This photo, taken by Lex, or rather by the KFP shop assistant, shows the four at the end of a successful afternoon.

YARN CLUB

If anybody would like to run Yarn Club let me know. The Yarn club is where people tell funny stories true or otherwise, jokes and riddles. If people are a bit shy or don't know any jokes or stories, they are most welcome to come and listen.

Greg Barnes (dngbarnes@hotmail.com)

INDUSTRY TOURS

As I mentioned last newsletter, John Hetherington ran the class "Industry Tours" where every now and then he would hire a bus and GUV3A members would be taken to all sorts of industries around Shepparton.

John is unfortunately unable to continue on organising of these events, so we are looking for someone to take over. John will be able to advise the new course leader on what to do, where to go, etc. Let me know if you would like to take over this role.

As I also mentioned I would like to again thank John in helping make GUV3A a great place to be. Greg Barnes (dngbarnes@hotmail.com)

BOOK CLUB 3

Our next meeting is on **Tuesday May 4th at 11.45**. Our novel is **Bruny** by Heather Rose. Come along and enjoy a lively discussion about novel and writer.

Jan Wallace/ Rita Bloomfield.

HISTORICAL STUDIES

On **Monday 9th May 10am**, the speaker will be amateur historian & story teller, John Gribben.

His subject will be **Ted Rule: a humble Shepparton East orchardist**, whose World War 1 exploits, recorded in his diaries, made him famous in Australia nearly 100 years ago.

John Dainton 0417 549 502

SOCRATES CAFÉ

There will be **no Socrates Cafe** this Anzac day, Monday 25th April. Tina is not available. We will be back Monday 23rd May.

TIME TO REFLECT

This is the story that Heather Higgins, from our WRITING4PLEASURE group, wrote for their March class.

In 1992 I was at the railway station in Kyiv Ukraine. We unloaded our bicycles off the train after the overnight journey from Moscow into an old dilapidated bus. This was our transport to White Church to take part in the Russian Masters Cycling Titles. Our small group had received an invitation to attend.

We walked through the beautiful streets of the city with their magnificent, ornate buildings surrounding the green tree covered square and stood in awe at the steps of the intricately carved Opera House. The people obviously had a pride in their city. We strolled along the river, photographing the statue which dominated the city. It was Friday and we counted eight brides waiting to pose in front of a boat. A popular tourist destination, and considered lucky for bridal party photographs. We travelled to a model village with wooden houses and windmills, unique in style and design from various Ukrainian villages now on display. Musicians dressed in colourful traditional costume entertained us.

Ninety miles away was our destination. It was hot, near forty degrees, when we arrived and checked into our accommodation with no air conditioning. Old and dark but clean and spacious rooms greeted us with friendly, efficient staff.

The racing finished and with temperatures still high, we cycled out into rural areas passing through local villages, filling our water bottles at wells. We came across a small cemetery with graves surrounded by wrought iron fences and crosses as headstones. Flowers covered the mound of a recent burial site.

Time to return to Moscow and our bus was late. Two of us with our bike boxes selected to squeeze into an old car with a non-English speaking driver. He raced the wrong way down roads, over medium strips, between bushes and trees. We arrived in one piece at the station to a scene of chaos. A power outage had stopped all trains. It was the last day of a long weekend and everyone wanted to get back to Moscow. Our interpreter had our tickets. How would we find her? Our reckless driver did.

A change of platforms was announced, three lines away. As we climbed the overpass, juggling our bike boxes and luggage, a large man grabbed our boxes, using them as a battering ram to part the crowd and indicated we should follow. We did, up over a bridge and down the other side to another platform. He started pushing our boxes into a train as it started moving. We did not have a chance to thank him.

Kyiv, 2022. The beautiful city of Kyiv in Ukraine is now being bombed and destroyed by Putin. I see scenes of women and children trying to catch trains to take them to freedom from the same railway station. Not to return to Moscow, but as far away as possible. What was a united country in the last year of USSR is no more. What will become of beautiful Ukraine?

VOLUNTEERING

There are many opportunities in our local community for Volunteering. Two have been sent to us in the past week:

1. Become a **Justice of the Peace**. Information sessions online early in May.
2. **TAFE Volunteer Tutor** scheme 2022. Teaching migrants English

For both these programs please read the brochures on the noticeboard near the bathroom at U3A, or ring me and I will forward the email to you. Liz (Secretary) 0409 703 868

BANK ACCOUNT DETAILS

Direct debit: BSB 633-000 A/C no: 127742898

Name: U3A Inc

Please include YOUR name in the reference.