

# 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](http://www.gvu3a.com.au)

June 2023

## A MESSAGE FROM THE PRESIDENT

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(Entries close on 21<sup>st</sup> of each month)



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 Guest Speaker,

GVU3A member and Leader Tina gave the audience an amazing insight into the Rushworth Community Project and the organisation's journey thus far. Our, "not to be missed" next morning tea in June will see the ever versatile, Greg Barnes, GVU3A Coordinator, interviewing four of our Program



Leaders about how they arrived at GVU3A and their Program objectives. I'm pleased to announce that **July** and **August** Guest speakers have been secured. Please watch this space!!

#### Seniors Week Opportunity

As you may or may not be aware, I am your Community Representative on the Greater Shepparton Positive Ageing Advisory Committee (PACC). In this capacity I'm aware that the PACC Committee has formed a Seniors Week working party and grant applications will be opened in June for organisations to hold an event. To provide us with the opportunity to potentially "hold" an event during Senior's week, the starting point now is to invite any members who are willing to work within a dedicated GVU3A Seniors week working party to express an interest to me by 1st June 2023. It is not mandatory for us to host an event in Senior's week. If we do not get a working party together, in this instance, I will still be in a strong position in the PACC to keep all members informed/involved on what will be happening externally to GVU3A, during Seniors Week in our Region in October via this newsletter. Please watch this Space!!

*"Nothing that you wear is more important than your smile"*

John

## CRAFT AND PHOTOGRAPHY EXHIBITION (ACP)

Thank you to everyone who contributed, in any way, to our successful ACP Exhibition held on the weekend of May 6 & 7. Melinda Martin, CEO Shepparton Art Museum opened the exhibition, complimented the display of work by our members and provided encouragement to all to have a go at whatever they choose. There were in excess of 220 exhibits entered by 35+ exhibitors. The scones were delicious - thank you to Julie and her team - along with the sandwiches. The raffle winners were Rob Burns, Keith Knight, Lorraine Waldron, Greg Hardman and Jan Mellor.

Gael Thompson  
Co-ordinator



## CREATIVE CRAFTS

It is great to see members participating in our Craft gathering every Tuesday. There is 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.  
Gael Thompson - Mobile 0458 215 794

### **Name Tags**

If you are a new member, your name tag is on the table in the foyer. Please collect the name tag and keep it with you.  
Replacement name tags are also available on the table.

### **Food Share**

The basket is now in the foyer for collection of non-perishable items for Food Share. Give consideration to purchasing something extra each week and putting in the basket.  
Thank you from Food Share

Thank you  
Gael Thompson

## LIFE'S CURIOSITY

Our June 5th meeting at 1.30 will cover the topic "Resilience" A presentation will occur initially of "What is resilience, why do we need it, where does it come from, how can we achieve it and where is it useful. Do other generations have as much as we "older' humans have acquired?

After the presentation an interactive discussion will be encouraged. New members welcome, just pop in at the time mentioned.  
Robyn Glasson

## STRENGTH AND BALANCE

Good to see so many people coming along to maintain and improve their fitness. The benefits of exercise are well documented and backed up by ongoing research. The body is a machine and it needs constant maintenance. We only get one body so to make it work properly we have to look after it and you can do this by exercise, diet and a healthy lifestyle.

Some of the benefits of exercise are

- -lowers blood pressure
- -helps prevent cardio vascular disease and diabetes
- -strengthens muscles and bones
- -improves your energy levels
- -helps in the prevention of depression
- -improves balance

There are many more benefits of exercise so come along and try our Strength and Balance class. 8.45 Monday at the hall. If you are unsure whether this class is suitable for you give me a ring on 0402019552 or 58217653 and leave a message and I will return your call.

Lyn Davidson

## TAI CHI



The Tai Chi group continues to have a good year under Sandra's leadership. Those who have been able to come regularly have now learnt two of the *Tai Chi for Health* programmes developed by Dr Paul Lam - *Tai Chi for Rehabilitation* and *Tai Chi for Diabetes*. Now the group is learning *Tai Chi for Arthritis*. These have all been learned in a relaxed and friendly atmosphere,

and beginners are fitted into the group, learning a little at a time. New members are always welcome. The programme does not aim to cure any of these ailments but the movements are designed to be beneficial for general health and well-being, and Sandra always includes "falls prevention" with the movements.

We had an interesting day when the U3A Hall was being used for the Art and Craft Exhibition and Sandra hired a room in the Sports Centre for the hour. A fly on the wall could have contrasted us with all the groups of very energetic and young people using their skills in all the rooms around us, but we were all happy and enjoyed the coffee and tea provided in the room.

## Q3A-QUIZ

On Monday 15th May, fifteen members enjoyed the quiz morning. Ann Worcester and Graeme Jones added some variety to the usual format.

**A sample of the questions are:-**

What is the motto of the Girl Guides?

Which Sydney suburb uses only 4 letters to spell it's 13 letter name?

Ironically, what was the name of astronaut Buzz Aldrin's mother?

What does it mean if an animal is crepuscular?

True or false? The powered vacuum cleaner was invented by English engineer Hubert Cecil Booth.

If you would like to try general knowledge, brain teasers, trivia, and a few laughs, come to our next quiz session at U3A on Monday 19th June, from 10am until 11.45am. Everyone is welcome, and you don't need to attend every month.

Susan McCarten 0437 215 130 (leave a message)

## COMMUNICATING WITH TECHNOLOGY

Numbers have dropped off in my Technology classes and so I have a number of places available. Dealing with computers, phones and tablets, I don't run a set course, but whatever is needed by each participant. If you have a problem or just want to learn how to use a particular program, please contact me to arrange a time.

Current sessions run on Mondays: 12:30 - 2, 2 - 3:30 and 3:30 - 5pm.  
If you are unable to attend please let me know.

I look forward to greeting and assisting some new members my groups.

David Muir  
0414881369

## WALK AND TALK

**Avenel Town Walk Wednesday June 14/6/23.** Meet at U3A carpark at 8.45am for a 9.00am departure, travelling via Mooroopna / Murchison to Goulburn Weir for morning Tea. Then on to Kirwan's Bridge, if open, for a walk across and back. Then on to Avenel for a walk around the town. Bring your lunch. We will return via Nagambie and if time permits we may have a walk and a coffee before returning home.

**Reef Hill State Park 10/5/23** Ten walkers left U3A carpark and drove to Benalla where we met at the Rose Garden for morning tea. We then travelled to Reef Hill State Park. Leaving our cars at a small picnic reserve, we walked along the Tower Hill Track. Not wishing to get lost, we then retraced our walk back to the reserve for lunch. Following a drive back to Benalla for a walk around the CBD and a coffee we returned to Shepparton.

David Taylor Mobile 0412 802 427

## WRITING FOR PLEASURE

The May meeting was well attended, the topics being set by Heather. We enjoyed listening to the Learning to Drive pieces of writing particularly, this prompting some lively chat. Allan has set the topics for next month: **War and Peace** or **Brave New World**. A couple of members have said good-bye for a time before they head off on holidays.

June's meeting: 15th June, 1.00pm at Shepparton Library. We have the use of the meeting room where we are warm and comfortable.

Enquiries: Moya Turnbull 0407 680 337 or Marion MacLennan 0417 319 83

## BIRD WATCHING

The June 21 outing will be at Victoria Park Lake Shepparton for a morning outing. Please meet at the U3A car park for a 9am departure or at the SAM car park 9.10am. Please contact Don Roberts 0448889224 or Marg Clarke 0429 350 875

The May outing was at Jordan's Bend. 28 species were observed. Some of these were Azure Kingfisher, Yellow Rosella, Brown Treecreeper, Superb Fairywren, Striated Pardalote, Grey Shrike thrush and White-winged Chough. Thanks to Pat and Denise for leading the outing.



## SCIENCE MATTERS

**The Evolution of Mammals: Monday 19th at 1.30** For Science Matters this month, Allan Wilson will continue with his illustrated presentation on the Evolution of Mammals. In the years after the big extinction of 66 million years ago, the tiny surviving mammals radiated into 5 major groups that we know well (such as rodents, lions, cattle, deer, elephants etc), the less well known (such as sloths, aardvarks and armadillos) and the extreme (such as bats, whales and manatees). Many have gone extinct along the way as the continents moved and climates changed. How did whales evolve to return to the sea? Why did mammoths develop such long tusks? There was once a sabre -toothed tiger that terrorized other animals and later a primate that came down from the trees to dominate the world. How did it all come about?

## PHOTOGRAPHY

On Thursday, 11th May, a small of keen photographers headed off to Emerald Bank, South Shepparton, to catch the last remnants of the trees with their abundant autumn leaves. Lex's theme was to practice our portrait taking abilities, with autumn leaves as a background. A great time was had by all with the added attraction of endeavouring to photograph the landings of light planes at the Shepparton aerodrome. Some of us were lucky.

Next meeting, Thursday 25th May, at this stage will be back at the U3A hall where we will show and discuss our Emerald Bank photos, as well as a future planning session. This is all dependent on the weather, which, if on the day is too good to be inside, we may venture out.

Keep an eye out for Lex's email and the U3A website, photography section, for updates.

Allan Parker 0418 144 131

## INTERMEDIATE ITALIAN

While Lelia is away, we shall be revising the Present Perfect tense as we need past tense verbs. We will take a past verb each in the next few weeks. We will be revisiting our Ultimate Italian text book as well as some other exercises, music and culture.

Elizabeth Lee

## CARDIOPULMONARY REFRESHER COURSE

**Please note:** The annual refresher course which was to be held on Wednesday May 24 has been postponed until Wednesday June 7<sup>th</sup>, from 4-5pm.

John Canty

## NATURAL RESOURCES & REGIONAL DEVELOPMENT

### JUNE 2 10am at U3A rooms

**Pat Feehan** will talk about the **birds** and other **wildlife** encountered on two recent trips he has undertaken. The first was to South America - the **Galapagos** and **Amazon** rainforest; the second to northern **New South Wales**. The diverse habitats produced a great diversity of birds and were a test of photography skills.

### JUNE 9 10am at U3A rooms

**Robotic Milk Harvesting:** Dr. Danielle Auldish

Any U3A member who has recollections about dairying must attend to see what the job now entails. We hope to give you an interactive experience on our Wi-fi screen, and you will not need an apron and gumboots. Danielle grew up at Dookie College and after an Agr.Sci. degree, worked in research at Kyabram, Werribee and Hamilton NZ. Until recently she had led GippsDairy for a decade providing for the industry's research and development. She now works for the Lely agent in Warragul. This involves organizing the agency's resources to provide robotic milking equipment and assisting farmers change their farming systems plus training farmers and cows to adapt to the new routines.

Barry Croke

## BOOK CLUB 3

Book Club 3 has nine members meeting once a month to discuss the latest book and for the first time this year in May everyone was able to attend, which was great. On most occasions we can be found in the U3A library, but a few times a year we catch up at a local venue over coffee or lunch. Once again we are looking forward to a wide variety of books with differing themes, perspectives and writing styles, books that we may not necessarily have chosen ourselves, which leads to very interesting and often lively discussions.

Winona Mitchell and Jan Wallace



## MONDAY LUNCH GROUP

On Monday the 5th, the 19th and the 26th a booking has been made for the bistro at The **Overlander Hotel** on Benalla Road at 12 noon. For the King's Birthday on Monday the 12th we will be going to The Shepparton RSL as many other venues, including The Overlander aren't open. Please ring Gail on 0400 531 856 to make a booking for whichever date you would like to attend.

## BOOK GROUP 1

The group currently has 2 vacancies. If you would like to join a book group which meets on Thursday morning please ring Gail on 0400 531 856 to discuss this with her. The Shepparton Library has had enquiries from people wishing to join a book group. The opportunity is being offered to our U3A members first but if no-one is interested I will contact the library and see if these people are willing to join U3A and the book group. I would like an answer within the next 2 weeks so any potential members can join up for the second half of the year.

## TAHBILK DAY OUT

We all had a fun day at Tahbilk tasting various wines. The weather was sunny, so we had our tastings out on the deck facing the river. We then went into for Nagambie for lunch.

Thank you to everyone who participated and to our volunteer driver, Greg Hardiman.

Rutherglen and Mitchelton are on the list for future adventures.

Cheers, Anne



## HISTORICAL STUDIES

**Monday June 12, 10am U3A Hall, Presenter Livia Tiso.**

**Subject;** "Protest songs impact on history as an instrument of change."

John Dainton mob. 0417 549 502

## NETWORK NEWS

### NBN Co's Online Safety Series Continues

U3A network have had informative and well attended NBN Co's presentations in April and May. The feedback for these sessions has been very positive.

The monthly sessions are open to U3A members and non-members. The sessions provide information on how to keep your online world safe and helps you from becoming a victim to online scams and threats.

The sessions are tailored for everyone, both for non-technical and technical people. Further details are on U3A's Network's Facebook page and website.

This is the list of the other sessions coming up in 2023:

<b>Date</b>	<b>Time</b>	<b>Topic</b>
Wednesday, 21 June	10:30 am to 12:00 pm	How to stay safe while shopping online and on social media
Wednesday, 26 July	10:30 am to 12:00 pm	Tips to secure your smart devices and personal information
Wednesday, 23 August	10:30 am to 12:00 pm	ScamWatch website tour, general scams tips, and open Q&A
Wednesday, 13 September	10:30 am to 12:00 pm	Your digital legacies what to know and keep in mind
Wednesday, 18 October	10:30 am to 12:00 pm	How to do speed tests and optimise your Wi-Fi connection across your house
Wednesday, 8 November	10:30 am to 12:00 pm	How to protect yourself from the common scam trends happening today
Wednesday, 13 December	10:30 am to 12:00 pm	Common smart devices that people are now using

#### **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 127 742 898

Trip account: BSB 633 000 Account Number 129 896 049