

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

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(Entries close on 21st of each month)



A MESSAGE FROM THE PRESIDENT

“You Never Know if You don’t have a GO”

Welcome to the month of July, I hope you can stay warm, safe and well.

Well, you never know if you don’t have a go. This past month a number of POP-UP sessions have happened and been enjoyed by all.

Robyn Glasson ran a “BLAST Off” evening of fun frivolity and stepping out of your comfort zone. Line dancing is up and running on Friday afternoon for those interested in getting their feet taping during the winter months. A big thank you to Greg Barnes who has helped these sessions begin. And still we are hoping a chess group, a cinema club, and a new idea of a play reading group can be developed.

It was a happy occasion but also sad to say farewell to Pat Commins, (you may have read about Pat in the Shepparton News.) Pat has coordinated the Boliva card games every Thursday for the past 15 years. We thank Pat sincerely and wish her well in her retirement to Bendigo.

Over the past 2 years the committee had worked tirelessly to ensure our hall is as safe and warm as possible for you the members to enjoy. We ask that you take care of the building. Please notify myself or any committee member if repairs are required. Replace furniture you have used, so the hall is clear for the next group. Remember to turn all heating and lights off, except for the foyer where we have installed sensor lights for safety. Ray Watt works very hard to keep the garden and surrounds in place, if anyone has some spare time to help him out at times that would be appreciated.

Please remember to be kind to your facilitators – they are people who have a passion for their course and volunteer their time and knowledge so we may enjoy the company of like people. We are a very lucky group of 374 members who have a variety of options to make new friends and have fun as well.

At present covid, infections and colds are very common. If you are ill or have symptoms of a cold or covid please let people know and stay away until you are well. So now the shortest day of the year is behind us, they say we can now look forward to longer daylight hours, from my perspective I still feel July and August can be very cold. So, rug up, stay warm and I look forward to seeing you around the U3A hall over the next month.

Rita Bloomfield
President 0418580697

SOCIAL GATHERING – MORNING TEA

The guest speaker at the next social morning (July 2nd) will be Sam Atukorala .
Sam is the chairman of the Ethnic Council of Shepparton and District Inc.

(Clicking on [Blue, underlined headings](#), will take you to the course page on our website)

SOCRATES CAFÉ

The topic for Socrates Cafe on Monday June 24th at 10 am is:
How should we measure productivity of society? While searching for the answer to this question we will probably explore other questions such as:

Should high economic productivity be such a valued thing for a society?
Capitalism prizes high economic productivity greatly, but is it a wrecking ball for the environment and the long-term health of the planet and of the quality of life for our grandchildren? If we are going to reduce our overall consumption, should we look at democratic communism? Should the end point of what we measure be the overall contentedness of society rather than GDP?

The topic for July 22nd will be What is Reality? Please come along and join in.
Greg Barnes

CROQUET

If you wish to further your education on sport and on life in general the Shepparton Croquet Club at 37-41 Winston Street Shepparton, would like to run a pop up learn golf croquet course for U3A members. The course would be over 6 weeks, with the first 2 weeks free and then \$5-00 per week for attendees.

The course would commence on Monday August 19th and for the next 5 Mondays. Arrive at 1-45 for a 2pm start and play for about 2 hours.

Tutoring and all equipment is supplied including tea, coffee and biscuits. Please wear flat soled shoes.

Interested people please call Wayne or Louise Comer on 0409357807 to place their name on the list. Numbers are required so we have enough tutors for everyone.

HISTORICAL STUDIES

Thanks to everyone who brought along memorabilia and memories of the Olympic Games, (especially Melbourne 1956.) The photos and programs were fabulous as well as the recounting of seeing many stars in action. Thanks to Ray Watt for talking about his experience as an Olympic torch bearer for the Sydney 2000 games. Next month is a complete change of pace, Greg Barnes is going to talk about the History of Rock and Roll. I look forward to seeing you there. Remember if you have any topics to present then let me know. My email is lpt3629@optusnet.com.au Livia

New Course: LINE DANCING

Line Dancing has commenced on Friday afternoons. YouTube clips connected to the hall speakers are being used to teach members some of the basic dance steps. Line Dancing is good for older adults to engage in a healthy physical activity. It is a perfect exercise for improving coordination and balance, increasing cardiovascular health and brain memory, and is seen as an effective treatment for Alzheimer's, dementia and depression. I hope to see you there.

Time: Fridays, 4.45 – 5.45 pm.

Contact: Judi Chapman 0422 255 824, judi.chap58@hotmail.com

BOOK GROUP REQUEST

HELP !!. I am wondering if any of our members would have a copy of Collected Poems by Christopher Brennan, which I could borrow for a book group discussion at the end of July.

The book is not available from any of our regional libraries and is out of print so I am hopeful that some one of our U3A members may have a copy which they would be willing to lend me for a few weeks. I can be contacted on 0428 561 306, Pam Wells

LEATHER WORKING

If you are interested in joining a leather work class, please let me know and if enough interest is shown we will start looking for a suitable leader.

Greg Barnes (dngbarnes@hotmail.com)

WALKING GROUP

Cobram / Quin Island 10/07/24

Meet at U3a carpark at 8:45 am for a 9 am start then driving to Thomsons Beach for morning tea. Then onto Quin Island for a walk around the island, then back to Cobram for lunch. After that, a walk around the town before leaving for home. Bring or buy lunch in Cobram.

Kinnairds Wetland Walk and Talk 12/06/24

8 walkers left U3A on a cold morning, meeting at the Train Park in Numurkah for morning tea. This was followed by a short drive before completing a 6km walk around the wetlands. With a few rests, keeping warm and enjoying birds, scenery and some chatter, we arrived back at the starting point. We returned to Numurkah and sheltered picnic tables for our lunch before heading home.

Here are some photos taken today on the U3A walk and talk group outing to Numurkah and Kinnairds Wetland.

The flying Foxes (fruit bats) were hanging from tree branches, as they do during the day, then suddenly decided to fly about. They were interesting to look at while we had our morning tea in Numurkah.

David Taylor & Marg Clarke



BIRD WATCHING

The July 17th outing will be a morning outing at Victoria Park Lake Shepparton. Please meet at the U3A car park for a 9am departure or at the SAM car park at 9.10am. Please contact Don Roberts 0448 889 224 or Marg Clarke 0429 350 875.

Our June outing was at Gemmill Swamp Wildlife Reserve Mooroopna where we recorded 45 species some being, Azure Kingfisher, Australian Pelican (photo on the right), Australasian Shoveller, Grey Shrike-thrush, White-naped Honeyeater, White-plumed Honeyeater, Yellow-faced Honeyeater, Brown-headed Honeyeater, Fuscous Honeyeater, Noisy Miner, Little Friarbird, Noisy Friarbird, Restless Flycatcher, Spotted and Striated Pardalotes.



CARDIOPULMONARY RESUSCITATION (CPR) COURSE

Come and update your skills. Free for U3A members.

A refresher CPR course will be conducted at the U3A hall on Monday, July 22 at 3.30pm. John Carey will conduct the course and participants will have the opportunity to practice CPR on manikins and also learn how to use our defibrillator.

Please add your name to the list at the hall. A maximum of about 25, so get in early.

For more information please contact Liz. 0409 703 868

Q3A QUIZ

A chilly morning did not deter 20 enthusiastic members from our entertaining June session. Special thanks to Bridgette and Gail for their support as guest quizmasters.

Here is a sample of questions from that meeting:

1. Which of Australia's 8 capital cities is not situated near the coastline?
2. What colour is the filling in Arnott's Kingston biscuits?
3. The martial arts system known as Zen Do Kai originated in which country?
4. True or False: Barbara Eden starred as Agent 99 in Get Smart
5. Which American President said, "Hard work never killed anybody, but I figure why take the chance?"

We meet at the hall on the third Monday of every month from just before 10am until 11.45am. Susan McCarten 0437 215 130 (sms or message)

BEGINNERS AND INTERMEDIATE ITALIAN

The two groups combined Friday June 14 for an Italian Pasta feast. Lelia made linguine pasta, hand rolling it though a pasta machine. Nancy prepared a delicious sugo with meatballs. And Valentina finished the meal with a homemade crostata. Buonissima!

Italian classes will resume after the school holidays.

Liz Lee. 0409 703 868



Nancy cooking up a storm



Amici con il vino



Italian Lunch



Pasta



Lelia with her pasta



Valentina and crostata

LUNCH GROUP

The group has decided to visit 2 venues during the month of July. On Monday July 1st and Monday July 8th we will visit The Royal Mail Hotel in Mooroopna for a lovely pub meal. Then on the following 3 Mondays - the 15th, 22nd and 29th we will dine at Stanleys in High Street. It is essential that you book in to reserve a seat by phoning Gail on 0400 531 856 by the Friday before the group meets.

NATURAL RESOURCES

Sadly, classes for Natural Resources at GUV3A will be no more. Natural Resources began in 2006 with John Dainton as the Course Leader, then Barry Croke carried on with the leadership after John stepped down.

The GUV3A committee would like to sincerely thank both John and Barry for their efforts in bringing to us very interesting speakers. Knowledgeable speakers spoke to us about Climate Change, Murray Darling Basin Plan, Irrigation Issues, Environmental Watering, Agriculture, the Food Processing Industries, Biodiversity and local Government

Thanks to you both for making GUV3A a more interesting place to visit.

President Rita thought it would be good to fill the hole left in the timetable by the exit of Natural Resources with an Environmental type subject. If any members know of anyone inside or outside U3A that might like to run such a course could you let me know.

Greg Barnes

[BLAST OFF](#)

(Click on the Heading link above to view more photos on our website)

Launch occurred on June 6th. We had 8 people come. What was exciting was the dress outfits they chose to come in to put their support behind the theme of "the importance of coming out of your comfort zone.

We even had Lorraine dressed in her fluffy white pyjama pants teamed beautiful with a hat, jacket and tie. David was equally impressive with mix match clothes, topped off with his well-used fireman helmet. Would you believe we also had teamed



very successfully bathers and 2 towels as casual wear by Lyn. For the other equally impressive ladies and gentlemen, go to U3A website for a great viewing and more details. It was simply a casual super fun night. Some singing and dance moves enjoyed by all. We will be holding 4 of these occasions throughout the year. The details of the next one will be in the newsletter. It was appreciated the support shown.

Robyn Glasson 0408613321

LIFE'S CURIOSITY

Our June guest speaker was our Carol Davidson. A very animated extremely interesting story was told. We were privileged to be shown some props from her vast theatre interactions. As everyone in life has a story to tell, by sharing our story we help and encourage others to gain some meaning of life.

Our July 1st guest speaker will be Olwyn Graham who has come highly recommended. All is yet to be revealed, but there is a long career as a teacher and now a strong community involvement. Pop the date in your diary, July 1st. 1.30pm. Everyone welcome.

Robyn Glasson 0408613321 rglasson65@gmail.com

FEEL GOOD EMPOWERMENT HUB

Now is the time to join us if you are curious about life and love to find new ways to understand ourselves. We are currently looking at our beliefs and how we allow our fears to hold us back from our truths. We may throw in a bit of happiness finding as well.

Normally held each second and fourth Friday's of the month. There will be change on the 12th July. This one will be cancelled.

Therefore our next meeting is the 28th June 1pm. And then again on the 26th July 1 pm. Pop the dates on your calendar. Love to see you there.

Robyn Glasson 0408613321 rglasson65@gmail.com

SCRIBBLERS

Scribblers started two and a half years ago after a six week "learning to draw introduction". Each February since then, this "how to draw" class has run and those interested are invited to join the rest of us on Thursdays from 10.00 – 12 noon. Regulars (12-14) enjoy our scribbler mornings catching up and then settling into either a structured class (recently learning about colour) or continue with whatever drawing project we are doing. At our coffee break we wander around and look at each other's work to be inspired and to learn.

One of our members framed our miniatures, which we submitted to the local mobile library competition during seniors week last year. Be sure to stop and look at them hanging in our entry foyer. It is a fun and friendly group and I prioritize it every week to come along.

Kaye Faulkner.

CONCERT IN OCTOBER - A BIG NIGHT OUT!

Planning is underway for a free concert to be held at the GVU3A hall on October 10th from 6.30 pm as part of Senior Festival month.

If you know of any singers, musicians, joke tellers, poets or raconteurs from GVU3A or in the local area who might be interested in performing, please let us know.

Singers can have the option of backing music, be it karaoke music or ukulele accompaniment. We are open to other suggestions for the night's entertainment.

More information about this event will be provided in newsletters in the coming months.

Carol Davidson, Livia Tiso, Greg Barnes

MEMBERSHIP RECEIPTS

There are a significant number of membership receipts that have not been collected from the foyer. Members are reminded to collect their payment receipt and provide the receipt number to their course leader.

Ian Hatton

TAI CHI

Tai Chi classes will continue through the school holidays and next term at the U3A Hall from 3.30 to 4.30pm.

Sandra 0418 571 246

WRITING FOR PLEASURE

Our next Writing for Pleasure meeting will be held on Thursday 18 July.

Topics for the July meeting, to be hosted by Heather, are:

My mother's kitchen or
I remember when ...

Moya Turnbull - 0407 680 337

Marion MacLennan - 0417 319 839

SCIENCE MATTERS

Monday July 15 "Iceland revisited, the geology and life of a special place"

I will present on my excursion to the island nation of Iceland,

We will discuss its geology and its place in Europe with a look at its history and people.

John Bush

YOGA

Yoga will be suspended over school holidays and will recommence on July 18th.

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 803 078 Account number 1001 11147