

# 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)

September 2023

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



## A MESSAGE FROM THE PRESIDENT

Greetings to All,

***Please read your Newsletter, to stay informed. (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 **July**

provided our GVU3A attendees with the opportunity to share time together on a cold, but sunny, Tuesday morning. Our Guest speaker Ariyana Gant is the Team Leader Activities Park and gave us some insight into her role at Council as a Team Leader and ask questions of our members regarding the types of activities that we enjoy doing.



as Editor of the Shepparton News and will be speaking on the topic of Journalism.

***NB: At our GVU3A committee meeting it was decided to close the GVU3A Esson Street Hall from Friday night the 15th September to Monday morning the 25th September for painting the internal walls, and the toilets in the hall and affixing new curtains in room Two (2).***

***"The power of positive thinking starts with a smile"***

John



## **“AROUND THE WORLD” FOODIES GROUP**

Hi Foodies, thank you for joining us on our Food journey around the world. Do look on U3A website under courses and drop down the menu to Around the World for the list for the rest of year. David Muir has been wonderful uploading our photos and updates with each dinner so Big thanks to you always David!!

Each event has delighted our tastebuds but added lots of conversations and interactions with getting to know each other and of course sharing our real country travels as many of our group are very well travelled.



All photos from our Bonshaw feast



So here we go!!

August 24th 6pm at Zambrero where we head off to Mexico. I've never been there or OS but Hayley the lady I spoke to says it's kind of like a Subway where your stand in queue, order what you want and then sit down. No tea or coffees or sweets.



In September we go to Albania at Lutfiyes at 6pm. Love their food and we will have a set price coming.



October to France is fully booked out as were both July dates. See photos that tell all!!

Our final gathering will be down the back at Casablanca. 6pm again and hope dancers will come prepared to dance the night away between pizza and pasta and vino etc from their bar. Do hope we get some people in Italian classes to join us as well or any classes for that matter. We can have 100!!! Price to be finalised too.

I think that about covers it for me. Do txt Muna on 0438830384 or email [u3afoodiesgroup@gmail.com](mailto:u3afoodiesgroup@gmail.com) for bookings - many have already and would just like confirmations on Mondays before.

Happy travels

Muna, Barb and Maree, from Around the World Foodies Group.



### **MAH JONG & BOLIVIA**

Both these classes continue to be popular and we have welcomed new players over the past few months.

If you are interested in giving either game a try, please contact Kerrie for details. 0439511929

## PHOTOGRAPHY

On Thursday 27th July a small group of photographers ventured to the Shepparton Lake to take in the vista and photograph the local population: birds that is.

It was a beautiful July day, just good to be outdoors, and the birds were out in force & close at hand due to their being used to humans.

Our first August outing, scheduled for Thursday the 10th, is cancelled due to most of our group being away or otherwise out of action.

Our next venture, on the 24th August, is yet to be determined taking into account the weather and other factors. Stay tuned.

Allan Parker 0418 144 131



### • LUNCH GROUP

During the month of September the group will meet at 12 noon at The Parklake for lunch. We'd like to see you join us on the 4th, the 11th, the 18th and the 25th.

Just let Gail know on 0400 531 856 and a seat will be reserved for you.



## SING4PLEASURE 2023

Our group membership has reached 22 and when we sing we fill the world with joy. At present we have 75 songs in our books. We gather ready to start singing at 9am every Wednesday morning in the U3A building. We sing for pleasure as our group name suggests; enjoyment and fun is the name of the game.

Our singing list for this week was:- Botany Bay, Night and Day, Three Coins in the Fountain, Yesterday, Let there be Peace on Earth, Memories, I Believe, A Time for Us, Irish Lullaby, The Carnival is Over, I Love to go a-Wandering(Val der ri, Val der Ra), I Still Call Australia Home.

Our group is fortunate to have Graeme Brewer as our keyboard accompanist and together we exercise our voices and brains whilst making music with plenty of fun and laughter. For those who want to chat for longer we move to Billabong Gardens to solve the problems of the world. If you are a U3A member who loves to sing, please feel free to drop in and listen and join in the singing.

Robyn Leembruggen – conductor

**\*\*\*The power pole near GVU3A hall is being replaced on Thursday 7<sup>th</sup> September. The power will be off between 1.00 pm and 3.30 pm that day.**

## **STRENGTH AND BALANCE**

Please note there will be no classes on September 4th as I will not be available, or on September 18th when the hall is being painted.

We will arrange an alternative exercise program which will be discussed in the next 2 weeks.

Please ring me on 0402 019 552 if you need information re our regular program

Lyn Davidson

## **SCIENCE**

**Shepparton Library - Community Room** is the venue for Science on **Monday the 18<sup>th</sup> of September at 1.30 pm** because the hall is being painted.

Greg Barnes will be presenting The Physics of Music, or if you like, The Music of Physics. The following questions will be answered. Why do some musical notes when played together sound terrible and yet others when played together sound divine? What makes an octave an octave? Why do Chinese music and Arabic music sound the way they do? What did Pythagoras and Galileo do for music? Why do some tunes sound sad and others sound happy? Why does a piano playing the note C sound different to an oboe playing C when they are the same note? Are Stradivarius violins really worth \$4 million and if so, why? Why is the Sydney Concert Hall the best in the world?

There will be plenty of visual and aural aids to help you understand what Greg is talking about and you will hear Him sing. What more could you ask for?

I hope to see you there. John Bush 0408 290 751

## **BIRD WATCHING**

The September 20th outing will be a full day in the Rushworth Forest, so you will need to bring lunch and a chair. Please meet at the U3A car park for a 9am departure, or at the car park opposite the Rushworth Bakery at 9.30

Please contact Don Roberts 0448889224 or Marg Clarke 0429350875

Our August outing was at Kialla Lakes, where we observed 32 species, some being White-breasted Woodswallows (See Photo), Buff-banded Rail, White-plumed and New Holland Honeyeaters, Eurasian Coot, Purple Swamphen, Dusky Moorhen, White Ibis, Red-rumped Parrot, Masked Lapwing, Red Wattlebird, Blue-faced Honeyeater, Fairy Martin and Pacific Black Duck.



## WALK AND TALK

Our walk in September, on Wednesday 13<sup>th</sup>, will be The Friends Walk, in the Warby Ovens National Park. Meet at U3A at 8.45am for a 9.00am. We will car pool and drive to the National Park via Dookie. After morning tea we will walk the track, returning to the car park for lunch. Then a short walk before returning home. Bring morning tea and Lunch



David Taylor 0412 802 427



Photos from 9<sup>th</sup> August Walk and Talk across Kirwin's Bridge (Nagambie) and the old stone Hughes Creek Bridge (Avenel)

## MONDAY QUIZ (3rd Monday of each month starting at 10am)

Come along for some fun and learn something in the bargain.

Question's like: The stage show: 'We will Rock You', features the music of which band?

or

The Chrysanthemum Throne is from what country?



The photo shows people lining up for true /False questions.

Future topics will NOT include Europe or Royalty, much to everyone's relief.

A reminder that the September quiz will take place in the community room at Shepparton library due to renovations at U3A.

## NATURAL RESOURCES

It has been encouraging to note the good attendances last month. It makes things worthwhile for the presenters and indicates there is interest in the topics.

### **Friday, September 1 at 10am: Approaches to Insect Control: Dr. Malcolm Campbell**

Plague locusts, Qld. fruit fly Rutherglen bug, house flies, mosquitos can challenge our comfort zones and pockets. Malcolm, whose career in entomology has included periods at Burnley, Mildura and Tatura, will involve our group in discussions about approaches that have/are/could be used for insect control.

### **Friday, September 8 at 10am: Horses for Hope: Colin Emonson**

Colin is the founder/director of this organization, which has operated for 20 years in our area. Their program seeks to help people reduce the influence of problems in their lives. The horses used as part of the healing process are recovering from past traumas. Their website gives some excellent background about this agency. Hopefully many of our members can attend to learn about another twist to the natural resource story that assists both people and horses. 'Horse for Hope' is a charity that works as a relatively quiet achiever in our midst. It will be interesting to hear Colin's enthusiastic story about how important results are being achieved.

Barry Croke 0488058231

## WRITING4PLEASURE

Fifteen enthusiastic writers meet at 1pm, on the 3rd Thursday of the month in the meeting room at the GV library, to read aloud their latest story to their writing colleagues. Two topics are selected each month to be interpreted in whatever way their thoughts may wander. Poetry or prose, is their choice. Members are encouraged to submit their favourite writings for our annual book which is published each year.

Some topics of 2023 have been: The Table, The Monarchy, Stagnation, War and Peace, Reflection, Highlights of Shepparton. For our next gathering on September 21, the topics chosen are: "The Plastic Bag" or "Scrooge". Please feel welcome to come and listen, you may feel inspired to join us. – Robyn Leembruggen

## MEMBERSHIP FEES

Hi Members,

At the moment we have 381 current members attending U3A.

If you are talking to prospective new members, please remember that the reduced fee of \$30 does not commence until October 1st each year. Up until September 30th the fee is \$60.

Thanks for your help.

Kerrie,

Membership Officer

## HISTORICAL STUDIES

Monday September 11, 10am U3A Hall

**Presenter,** Tina Hanigan

**Subject;** “Would Darwin have been surprised?”

John Dainton mob.0417 549 502

## LIFE’S CURIOSITY

**September 4th at 1.30pm.** (Please pop it on your calendar as this one is special, at least to me it is).

**Subject:** Robyn Glasson and her health journey to her present awesomeness.

You may say that, this is not what you say about yourself, my beliefs are we are of value and worthy in life and important to each other. Each of us brings something unique into this world and we need to champion ourselves for this.

We not only should be championing ourselves, but living life to our fullest potential. Don’t say but my time is over, all I feel is pain and sorrow. That maybe now but it does not need to be the next minute of our life. Only you have this control.

Robyn's journey is her own and she would be privileged to share her journey from her struggles to the current day. The last four days have been spent living and breathing the subject “Public Speaking” I have been in training to receive accreditation to be a “public speaker” My next few days will be absorbed in practice sessions so this accreditation can occur. By all means I am not saying this is the direction any one else has to take. At this stage in life we tend to sit back in our comfort zones until when the end comes and we are on our death bed all we can think on is the dreams we did not complete. Is this you I ask. Our dreams can be any size or have any foundation, your life will be greatly enhanced if you are living with hope and fulfilment. Let's give it a go together.

In regards to the last 3 sessions of Life’s Curiosity for the year, October to December, if there is enough interest I would like to present some excellent videos of just what can be achieved in our health journey at any stage in life. These are full of some of the techniques that I have implemented into my life. It does take commitment. You do need to make yourself a “Pet Project” if you wish for an improved lifestyle. Education and knowledge are powerful and each and every U3A member are so worthy of it, or so I believe. Don’t put up road blocks. Challenge your thinking patterns. See you on the 4th September 1.30pm. Life is but a journey. What you focus on is enhanced. I am fully grateful to have this opportunity to share.

### 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