

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

November 2023

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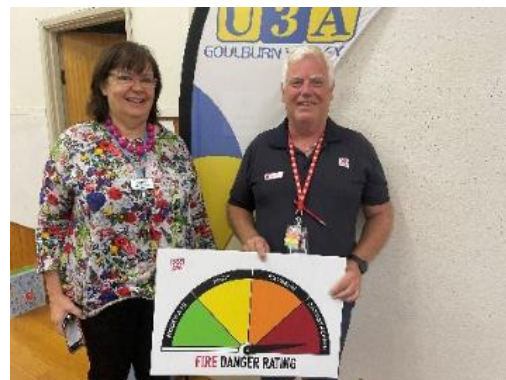
A MESSAGE FROM THE PRESIDENT

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 in September provided our GVU3A attendees with the opportunity to share time together. *An extra big thanks to our amazing catering Team.* Our Guest speaker Alan Warfe, CFA Community Engagement Officer, gave attendees an informative overview of CFA signage and operation management strategies of the organisation.



Goulburn Valley U3A currently has 382 members. Our Hall at Esson Street has now been refurbished and I extend a big thank you to the Committee for their collective efforts to make this happen. Also, a thank you goes out to our members, who made alternative program venue arrangements, while the work was being carried out. With over 100 local events happening within our region during Senior's month, I trust that members have enjoyed their month and explored what has been on offer. Our Uke3A Program has been busy performing twice at the Shepparton Library, Esson Street and for the residents at Rumbalara Aged Care facility. The Shepparton News ran an article on Wednesday 11 October with lots of photos showcasing our Uke3A Program at Shepparton Library actively engaging in the Senior's month activities. Thanks Andrew and Co.

"Count your age by friends, not years. Count your life by smiles, not tears"

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.

Contact: Lyn Davidson - 0402019552

LIFE'S CURIOSITY

Life's Curiosity session to be held on Monday November 6th at 1.30pm. Pop it into your calendar as this is a busy time for all.

It is with great delight that our guest this month, who is a valuable member of our group already, is Mr Don Brisbane. The Brisbane family is an iconic Shepparton family and we are fortunate to have 3 members of this esteemed family as members of U3A. Don will delight us with a run-down of his family's life; the joys, struggles, achievements and I am sure interesting stories. Don has achieved much and is someone to be admired in this day for his success in life. An interesting life and he is to be thanked for agreeing to share some insights in how he achieved those successes. Everyone most welcome to attend.

Our October session, we were fortunate to have Greg Barnes share his life and success as well. Despite Greg insisting his life has not been an interesting one, us who listened gained some great insights. A big thank you to the people who attended as it came to my attention that others had respect for Greg and were keen to discover more about Greg. We appreciate you Greg and all you do for U3A.

Curiosity's Health Reflection.

In the October Newsletter I made mention of how valuable I feel it is for folks to become curious and educated about their own body. If by chance you are wondering where to start your journey then may I suggest that a look at your "mindset" Our brain is connect to the vagus nerve that is a major nerve that runs from the brain into all areas of our body eg all our organs and is the survival means for our organs etc. We have a lot of communication that goes back and forth from the vagus nerve into our brains. Therefore every thought and every stress we have is communicated through our bodies and then back to the brain. We need to look at our bodies as an interconnected system and not just each individual organs. Have you ever noticed how people that live with "Gratitude" are much healthier in life. Take note for one day and become aware of each negative thought you have.

If you have mastered this area, which can take some time to do, but such a delight to do then you can move on to "the leaky gut syndrome: If you google this a wealth of information will be forth coming. This is an important area to look at and reduces many diseases and problems in your body. Myself is evidence of this working. "What you focus on expands"

Keep smiling Robyn Glasson

HISTORICAL STUDIES

Monday 9 October, 10 am U3A Hall

Speaker, John Hetherington **Subject,** History of Cancer

This is not gruesome. No slides of gore! A look at how, over the years, we have used the available technology to try to beat this awful disease and how sometimes technology has made matters worse . Where next?

John Dainton mob 0417 549 502

WRITING FOR PLEASURE

Our October meeting was held as usual in the meeting room of the Shepparton Library. The pieces of writing stimulated laughs and discussion: The Best and Worst Trip and a Short Story. This was our last meeting at the Library for 2023. We plan to return there next year.

Lynda has given us the topics for our final gathering next month: **The Best Christmas Present Ever** OR **Describe a place that makes you feel a certain way**. Take notice of the 250 word limit this time! Members were reminded to send writing pieces to Robyn Leembruggan for inclusion in the yearly book. November 16 is the cut-off date, but Robyn asks that we don't leave it to the last minute!

Our final meeting is combined with a lunch. This will be at The Peppermill, Thursday 16 November at 12.30pm. Please give an indication (text) if you plan to come.

Moya Turnbull 0407 680 337 or Marion MacLennan 0417 319 839

BIRD WATCHING

The 15 November outing will be a morning outing at the Australian Botanic Gardens Kialla. Please meet at the U3A car park for a 9am departure or at the Gardens 9.15.

Our October outing was at the Seven Creek Walking Track Euroa where we observed 31 species, some being Striated Pardalote, Spotted Pardalote, Grey Fantail, Weebill, Brown and Striated Thornbills, Crimson Rosella, Yellow-faced Honeyeater, Rufous Whistler, White-throated Treecreeper, Pied Currawong, Sacred Kingfisher, Laughing Kookaburra, Black-faced Cuckoo-shrike and Red Wattle Bird.

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

WALK AND TALK

Our next walk and talk is on Wednesday 8 November. Nagambie Boardwalk and Town Walk and Lunch at Nagambie Rowing Club. Meet at U3A Carpark at 8.45am, leaving at 9.00am with morning tea at the park near the lake. Then a walk along the Boardwalk and Town walk then to the Nagambie Rowing Club for lunch. Note I will book for about 12 with final numbers by Friday 27 October.

The Walk and Talk on 11 October at Rushworth was the Town and Rail trail walk. Eight walkers met at the U3A carpark, driving to Rushworth and meeting at Railway Station for morning tea, then a walk along High Street, stopping to read the information on the buildings, with a stop at St Paul's Anglican Church, then back to the station.

While I left for Shepparton to keep an appointment the rest of the group continued to walk around Rushworth and returned in the afternoon. David Taylor Mobile 0412802427



AROUND THE WORLD FOODIES GROUP

Our final feast for our “Around the World” Foodies Group for 2023 will be Italian cuisine held at **CASABLANCA** in High St on Thursday, **23 November at 6pm**. Cost is \$26/per person for a buffet style dinner of pizza, pasta and salad which will be replenished as needed throughout the evening. BYO or drinks available at bar prices.

We hope everyone will come prepared to dance the night away. This is an opportunity to invite all our U3A friends as we have capacity for 100 members. Let’s make this a celebration of our first Foodies’ year having explored different countries through good food with good company.

PLEASE everyone confirm, or make your booking by Monday 2 Nov. with **Muna, ph 0438 830 384**.

October Dinner Snippets

Albanian

Stepping into the enchanting world of Albanian cuisine, we had the pleasure of dining at Lutfiyes, a remarkable Albanian restaurant that left an indelible mark on our taste buds with its magnificent food, impeccable service and delightful company,

French

With the uniqueness and popularity of Bonshaw we were fortunate enough to secure a third date for another 12 members to dine and experience the Bonshaw vibe. Ciao

Muna, Barb and Maree “Around the World” Foodies Group
Muna 0438830384, Barb 0408299497 or Maree 0439315861 or
email u3afoodiesgroup@gmail.com



Cryptic Crosswords

Barry Lynch from Redcliffe U3A has created some Cryptic Crossword videos for beginners and intermediates and these have been uploaded to YouTube. Would anybody like to join a Cryptic Crossword class? Barry set the videos up so that tutors can run the course whether they can do cryptic crosswords or not. These are free to any U3A club or U3A members. The site name is: **Cryptics ABC for ALL**. To reach the site, the fastest method is to Google. The link is: https://www.youtube.com/channel/UC2whB5I_IHbNSLeW6BfDvng

Once on the site, click on **Playlists**, then **view full Playlist**. If any member would like to join this class let me know and we can get organised.

Greg Barnes (mob. 0438 569 611) (email: dngbarnes@hotmail.com)

ASTRONOMY

A small group of astronomers have been getting together through the year. At our last meeting Brendan O'Keefe gave a presentation on his astrophotography methods and showed us some of his work. The photograph of the Orion nebula (below) is but one of a number of 'stellar' (pun intended) photographs Brendan has captured through the year. Photos like this are usually a number of separate images stacked and combined in Photoshop to bring out the features and colour. Nebulae are often the remnants of past supernovae events, and are mainly clouds of hydrogen and oxygen.

Our loan telescope program is now also in full swing with all three of our Dobsonian reflector telescopes currently out on loan. Derek attended an Astronomical Society of Victoria (ASV) meeting on Tuesday night. ASV are looking to hold a major public viewing night in conjunction with Goulburn Murray Landcare next year. We are also hoping to get Duane Hamacher up to Shepparton as part of the library after dark program to make a presentation on his book 'The First Astronomers' - all about the wealth of experience our first nations people have in astronomy. Derek and Graham are coordinating the meteor camera network in Victoria, and now have 4 GMN cameras and 2 DFO cameras operating in Northern Victoria. Stay tuned for a fireball detection near you some time soon.



Derek Poulton

ART GROUP

The Wednesday art group regular painters now have an art exhibition at the Kyabram Town Hall gallery. The exhibition is on show until November 23rd

All welcome. Entrance fee is a gold coin donation.

Examples of the work are by Jeanette Fry and Jan Mellor.



SCIENCE MATTERS - THE EVOLUTION OF HUMANS

Monday 20 November 20 at 1.30 Allan Wilson will continue his presentation on Human Evolution, with emphasis on collective learning. The thesis from this segment, taken from The Big History Project, is that our large brains haven't made us smarter, but have allowed us to become social. We have progressed further and faster beyond what is possible genetically through our ability to communicate with one another. This is cultural evolution. John Bush 0408 290 751

COMMUNICATING WITH TECHNOLOGY

Due to reduced numbers attending, I will not be conducting a Monday 12:30 - 2:00 session for the rest of the year. The other sessions 2- 3:30 and 3:30 - 5 will continue.
Anyone requiring assistance, please contact me.

David Muir 0414 881 369

NATURAL RESOURCES AND REGIONAL DEVELOPMENT

Friday 3 November 10am: Dr.Les Sandles

Les is a Katandra Primary School graduate who went on to complete a Ph.D. that examined the use of bovine somatotropin. This hormone is naturally produced in the pituitary gland and regulates cattle growth. It also was shown to slow the decline in mammary tissue cells after peak lactation when artificially administered. This became a commercial possibility in the 1980s after some of the big pharmacological companies invested hundreds of millions to provide processes to genetically engineer the hormone's gene and multiply it in E. coli bacteria in bioreactors. At the time trials were showing encouraging increases in milk production. But there were downsides. Les Sandles work examined some of these. Eventually the bovine somatotropin was unable to be registered for use in commercial dairy herds. An interesting story for discussion. Les will be known to some U3A members through his time at Kyabram Research Station, his dairy farming at Katandra and his large dairy farming consultancy "Best Fed" that operated here and in South America.

I have asked Les to spend most of this session exploring limits to agricultural production systems. More specifically we will examine the likelihood of some of our production systems to be able to function in tomorrow's world. Hopefully this will be a good contrast with some of our recent high productivity stories.

Friday 10 November 10am: Carl Walters of GBCMA

Carl has agreed to talk with the group about some of the current activities of Goulburn Broken Catchment Management Authority. One obvious area for discussion will be the new Land & Water Management Plan through to 2050 for the Shepparton Irrigation Region. This follows on from the last regional plan developed some 30 years ago. It is interesting, in fact challenging, to consider the prevailing circumstances when the two plans were developed. Available water volume, reliability and price have changed markedly. Regional water tables and salinity threats are also different. The new plan has to also consider major changes in land ownership, the range in size of enterprises and their ownership arrangements which in turn are modifying the communities we once knew. The diminished public funding for research, development and extension is also changing the resources available to managers. This will be a great chance to think about and discuss the region's industries dependent on our land and water through to 2050.

Barry Croke 0488 058 231

BRIDGE

The club has been invited for one pair to play bridge at government house on Wednesday 15 November. Ruth Barnet and Rae Buswell will represent the club at Government House. Very Posh!! A few of us are going across to the Wodonga play and learn session on 18/19 November. Lessons will be conducted by Jan Hackett on the morning of each day and play in the afternoon.

Derek Poulton

PHOTOGRAPHY

The photography numbers have been a little light on recently, however small and varying numbers have met to carry on. Earlier this month a visit to the Shepparton Botanical Gardens was aborted due to the weather so the 3 of us decamped to the U3A hall. Lex introduced to the possibilities of taking dreamy images of flowers, as per our YouTube guest Dirk Eckert. Stunning. As luck would have it, when inspecting the new curtains in the hall, an opportunity presented. Not quite as Dirk had in mind however a similar idea; sort of. What do you think? Next session will be on the 26th October at a venue still to determined. Stay tuned.



Melbourne Cup Lunch - Tuesday, 7 November

We have quite a few names on the attendance list, but only 23 people have paid. Please remember we need payment by 31 October to allow for lunch catering. Payment can be made online into the U3A a/c - BSB 633-000, a/c no. 127742898. Place your name in the reference line. **OR**, place cash in an envelope and put it into the box by the office door at the hall - remember to put your name on the front. The hall will open at 11am and lunch will be served at 12.30 pm. Please remember to bring your own glasses and drinks. There will be several \$2 and \$1 sweeps and it would be appreciated if you can save your coins between now and then as change may not be available. We hope you are looking forward to a delicious lunch and a fun day.

Kerrie Midgley Treasurer 0439511929

LUNCH GROUP

On Monday 6th, 13th, 20th and 27th the group will have lunch at BRACI. The venue was previously known as The Groove Train. It is situated across the road from Officeworks and is next to the new shop trading as I Luv This Shop. It is not far from the Shepparton Railway Station. The entry is via St George's Road. Take care turning into the car park area. There is plenty of parking space available. Please ring Gail on 0400 531 856 to reserve your seating.

Free Computer

I have a computer to give away, without charge. Further details can be obtained from me, Leona Sterling, on 0412 518 596.

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



CHRISTMAS LUNCHEON

Tuesday, December 5th

at

GVU3A Hall from 11.30



Cost: \$25

Nibbles, Main course

& Dessert—served from 12.30

BYO: Drink & Glasses

RSVP no later than Friday, December 1st—write name on sheet at hall and make direct debit payment or cash in an envelope in the box near office.

Remember to include your name.

Contact: Julie Dainton by phoning 0438 218 050