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We sincerely thank the  
office of Wendy Lovell  
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newsletter.



## MESSAGE FROM THE PRESIDENT

*Greg Barnes*

**Social Morning:** An officer from Shepparton Police Family Violence Unit will be the guest speaker at our social morning on Tuesday August 2. The talk will be aimed at the prevention of abuse of the elderly.

**GVU3A Annual Trip Autumn 2017:** The three trip itineraries are to be found in the foyer. The trip to Tasmania has been altered to fit in with some suggested changes. Please indicate your preference if you are thinking of participating.

**Melbourne Cup day at GVU3A** Gail Jelliff says she has run out of ideas and was hoping someone with a new angle could take over the organisation of this event. Please see me if you are interested in organising this social event on the first Tuesday in November. Gail has done a wonderful job and I would like to thank her very much for organising past Cup Day events.

**U3A Telelink.** U3A network (head office) is setting up classes for the week beginning the 1<sup>st</sup> of August 2016 and is seeking current U3A members to participate in these telephoned-based classes. The courses are for U3A members who have become temporarily or permanently housebound and are unable to travel. Courses this term will be 1) topics of interest to be negotiated, 2) life experiences and 3) living with technology. If you wish to know more contact me.

**Latrobe University Shepparton.** Jim Douglass, Barbara Brown and I recently attended a meeting with Sue Nalder of Latrobe University to discuss what lectures and tutorials GVU3A members will be offered. Sue is currently working her way through the logistics and will get back to us.

If you want to know more about the U3A network and our U3A region please read the minutes of the meetings on the **Notice Boards** in the hall.

We had a new U3A member attend our last GVU3A committee meeting just to see what we actually did. He must have thought the meeting was OK as he stayed right through to the bitter end. Yes, members are most welcome to attend our committee meetings.

## CANINE CAPERS

**1st Monday of each month:** Walks from the cafe end of the Lake will continue at the 10am time for the autumn and winter. We finish with coffee at the cafe and the staff provide water for the dogs who sit on the covered balcony with us.

Those with walking difficulties can wait at the cafe while we walk their pawsons (att: Audrey). This really is a time for dog play and socialization for the dogs and socialization for us as dog lovers. I know some of you have already walked your dogs by 10.00am (att: Anita). But this is different as it is not really about walking the dogs it is about the dogs playing and socializing together. It is about us being together and loving our dogs and our dogs loving us. Please come if you love your dog and might end up loving us.

Janiene 0409 337 520 or Jeanette 0438 214 808

## SANDRA'S KEEPSAKES

Are you getting organised for Christmas? Would you like to make a decorated gift box for someone special in your life? A granddaughter, a sister, a niece or perhaps yourself? Just come along to Sandra's Keepsakes class on **August 16** and make this beautiful gift box illustrated in the photo. It won't take very long so we will be making a second item on the same day. We're making a decorated mail holder to



place on your desk or your bench with all your letters, accounts, cards etc. If they are all kept in the one place you won't be forever asking yourself "where did I put that bill?" If you are interested in making these items please ring Sandra on 58210231 by Tuesday August 9th and she will order the necessary materials - the wooden base, papers, paints, stickers, flowers etc. The cost is \$24 so please bring along the correct money on the day.

## GARDEN CLUB

Unfortunately last month's Garden Club outing was cancelled due to very poor weather.

**July 28. The Echuca Moama Botanic Garden.** Nancye Smith, one of the original members who started the Echuca Moama Botanic Garden has offered to take us around this Garden on July 28th. Please meet at the U3A carpark as usual. We will leave at 9.45am. Lunch will be at the Sportsman's Club which is right next door. After lunch Nancye will take us onto her garden if the weather is fine. Members will have time to look around the Echuca Port or shops if they wish.

**August 25.** Jan Vibert has offered to show photos of various gardens. We will be out of the weather and in the comfort of her home. Jan's address is 22 Gordon Drive. Photos will include three beautiful gardens in the Blue Mountains and two Victorian gardens. Start 10am. Please bring a small plate of morning tea.

**September 22nd** outing to be advised. Claire Blake 0402 308 858

## COURSE NEWS FROM GREG

**Metaphysics and Déjà vu.** Ross Matheson spoke at our last social morning about predicting the future, metaphysics and déjà vu and would like to run a course discussing these things. If you would like to attend his class let me know.

I have been told that **dancing** keeps you fit and helps keeps your brain active especially when you are learning new moves. It was suggested at our last committee meeting that if we could find an instructor we should offer this course to our membership. Let me know if you know of such a person that might be interested.

**Network Education Committee Launches Newsletter.** Network's Education Committee is launching a new digital newsletter for Program and Course Co-ordinators, to be called *U3A Education Matters*.

The newsletter will focus on new ideas for courses, finding tutors, latest concepts in adult learning, using technology, and other matters of interest to this important group. As all U3As note that their service to their members depends most heavily on the work of their course co-ordinator, this new newsletter should be a big boost to their support.

Greg Barnes (0438 569 611) Course Co-ordinator

## NATURAL RESOURCES

**Friday August 5**, 10am U3A Hall

**GUEST SPEAKER;** Ashley Rogers, Region Landcare Facilitator

**SUBJECT;** Celebrating 30 years of Landcare achievements, challenges & future opportunities.

There are 650 Landcare groups across Victoria and thousands of projects have been completed ranging from tree planting to farm trials to community education programs. While the movement has been extremely successful it faces a number of challenges, including ageing membership, volunteer burnout and reduced Government funding.

**Friday August 12;** Dookie College Bus Trip

Visit and hear about the operation of the indigenous seed bank

Departs Ford's Bus Depot, Telford Drive Shepparton 9.15am returns approx. 12 noon  
COST \$10

Money required by August 5 Natural Resources Meeting. John Dainton 58213881

## ENJOYING LITERATURE

Our next meeting is **Monday July 25** when we will watch "Brighton Rock", the film based on Graham Greene's novel. On this occasion we will have an earlier start of 1.30pm.

In August we will meet Monday 8th and Monday 22nd at 2pm. Our topic for August will be decided next meeting.

Queries to Helen West 5821 4802 0411 457 462

## SOCRATES CAFÉ

On **Monday August 22** at 10.00am Pat Crudden will introduce the topic “Defining and Achieving Well-being”.

All are welcome to contribute to the following open discussion of the topic, under the Chatham House Rule of non-disclosure, and respect for the expression of opinions of others about issues of contemporary interest. It is not an exercise in philosophical exchange but reflects the informal discussions associated with Socrates.

Contact John Lawry 58231704 or [jrlawry@bigpond.com](mailto:jrlawry@bigpond.com)

## HISTORICAL STUDIES

On Monday **August 8** at 10.00am Greg Barnes continues with the second paper on “Some Aspects of Australian Aboriginal History”.

All welcome. Contact John Lawry 5823 1704 or [jrlawry@bigpond.com](mailto:jrlawry@bigpond.com)

**History of Toolamba by Bill Morrell.** Keith Smith would like his book back. He loaned it to someone at History maybe three years ago and he thinks they should have finished reading it by now. It used to have his name on a sticker on the yellow front cover. If you know of its whereabouts, contact either Keith or Doreen Smith, or leave it in a brown paper bag in the foyer.

## MONDAY LUNCH CLUB

### August dates

**1<sup>st</sup>** King City      **8<sup>th</sup>** Sherbourne Hotel      **15<sup>th</sup>** RSL  
**22<sup>nd</sup>** Last Straw      **29<sup>th</sup>** Terminus

Joy Markey

## BIRD WATCHING

Our **August 17** outing will be at Gemmill Swamp Mooroopna. Please meet at the U3A Hall at 9am or at the scout hall Echuca Road Mooroopna at 9.15am. Picture shows Don and Marg at Wunghnu Common in June pointing to a Wedge-tailed eagle.

Please contact Don Roberts 5825 2404  
Mob 0448 889 224 or Marg Clarke M 0429 350 875



## WRITING4PLEASURE

You may have noticed that, on the last page of the last Newsletter, there was a poem by Lyn Austin. We are very proud that some of our work is being displayed in this way; it is a great way of showing what we are about.

There are several new members and we would encourage anyone to come and join the fun. Writing topics for next meeting (21st July) are: 1. Patience, 2. Childhood Friend or 3. Power in the Playground.

Contact numbers Mary Heneghan 5831 6997 or Bridgette Brisbane 58271316.

## BIG ISSUES FROM SCIENCE

**Monday August 29** 1.30 pm (2 weeks later than usual)

Science continues the Big History series with Threshold 7 in which *Homo sapiens* hunter-gathers invented settled Agriculture around 10,000 years ago. Information from many sources shows that this invention catapulted our progress forward by supplying surplus energy for a growing population, thus allowing some people to specialize as soldiers, craftsmen and traders. Societies then developed hierarchies with rulers and underclasses.

Big History tells the story through a series of video clips. Allan Wilson 5822 1474

## WALK AND TALK

**On Wednesday August 10** the Walk and Talk group will visit **Seymour** with Bev Palma (phone 5823 2721) as leader. Activities in Seymour will be determined by the weather of the day. Please meet at the U3A car park at 8.45 for a 9am start in shared transport. Bring your own morning tea and lunch and wear suitable clothing and footwear for walking. New members will be welcome to join in.

**Our September 14** outing will be all day in the Warbies. We will do the Wildflower Walk in the Killawarra forest first which is always beautiful at that time of the year. After lunch we will drive to a nearby area to do another walk or just sight-seeing depending on the weather. Our October 12 walk will be at Dookie. Our November 9 walk will be at Benalla and our December 14 walk will be to Kidstown.

Our sincere thanks to Meryl Fitzgerald from the Shepparton Tourist Information centre for guiding 16 of our group along a Heritage strip of Shepparton on an extremely cold and windy day in July. Morning tea at the Butter Factory café helped warm everyone up as the conversations continued.

Christine Wilson 5822 1474 Mob. 0428 399 648.



## NEXT NEWSLETTER

Entries for the September newsletter should be emailed to [gvyu3anewsletter@gmail.com](mailto:gvyu3anewsletter@gmail.com) by **August 18**. It is easier for us if you type your entry into the body of the email, rather than as attachments, but we accept both. We each have different computing systems, so there is less conversion work that way. Your Newsletter team: Derek, Denise, David, Allan & Christine.

**“THURSDAYS”** - by Joan Giuliani, GUV3A WRITING4PLEASURE group.

Retirement is a wonderful stage of life! It is the reward for a lifetime of work and every day seems like a Sunday. One of my Sun-days is called “Thursday” and here in Mountainview Court it is the highlight of the week which, of course, doesn’t say much for the other six days. The morning begins in a calm, leisurely manner, much like any other day, but builds in excitement to a crescendo in the evening because, in Mountainview Court, Thursday is BIN DAY or, to be precise, PUTTING OUT BIN DAY.

Putting out the bin is not a simple exercise and is the cause of much matrimonial disharmony. Whose responsibility is it to perform this important task? Zsa Zsa Gabor said, “I’ve been married to a communist and a fascist, and neither would take out the garbage.” As I am the only person living in my house, the responsibility is all mine - and I take it very seriously. Failure to perform this duty leads to a form of constipation in rubbish removal and it takes another week or fortnight for any further movement to take place.

Come nightfall the ritual begins but, first, let me set the scene. There are no young families in Mountainview Court apart from the occasional visiting grandchild. This means that neighbours see one another only in passing in their vehicles and exchange the royal wave but do not assemble on the footpath for idle chatter. No, no, no, we are all too busy for that. The end result of this is that we rarely see one another except, of course, for the Thursday night command performance. With this in mind it would be infra dig to be seen heading to the footpath wearing slippers and an apron. I have been known to have a complete wardrobe change for the two minute dash and then revert back to sartorial sloth in the privacy of my own home. It’s called ‘keeping up appearances’.

The protocol is firstly to select the appropriate colour of bin for that week. Getting this wrong could lead to public humiliation and ridicule. Just imagine what would be said if the wrong coloured bin appeared outside No. 3. “Poor old Joan is starting to lose it,” they would say. “Did you see that she put out the wrong bin last night? Perhaps she needs a case manager,” all the while making tut-tut noises with compassionate dentures. Having checked the calendar and made the correct colour choice, you open the garage door, hold your head up confidently, and walk swiftly to your allotted spot on the foot path. You park your bins securely with handles to the house, not too close to a tree or post, and never ever with both bins touching. At this point you have achieved the suburban equivalent of reaching the summit of Mt. Everest so you pause, sniff the night air, look around to see if anyone is watching, wave if necessary, then do a 180 and return to base. Having completed this task, your work is now done and you can then retire to bed in the certain knowledge that you will be woken the following morning by two very noisy, garbage guzzling vehicles hauling your contribution up and into the abyss. The whole procedure is repeated in reverse sequence following the departure of both vehicles.

And so the week progresses in relative peace and harmony until the following Thursday. I can only hope that I’m up to the challenge.

**Bank Account Details**

If you wish to pay your membership through the internet please use the account number below and use your name as the reference.

General account: BSB 633 108 Account number 1277 42898