

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

March 2024

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(Entries close on 21st of each month)



A MESSAGE FROM THE PRESIDENT

Greetings to All,

Please read your Newsletter, to stay informed. (Google: GVU3A Website)

In the wake of another extremely successful enrolment day, I want to thank those GVU3A volunteer members who selflessly gave up their time to make G.V U3A's most valuable day of the year the success that it was. On behalf of our Committee, we would like to thank our Course Leaders and our participating Members, for their passion and commitment delivering and attending the many and varied programs at Goulburn Valley U3A on offer in 2024. Your contribution is noted, valued and appreciated. Thanks Harry for the Library display.

It was noisy! at our venue in Esson St. on our open day!..! Ha!.. "isn't that great" our Committee agreed. A number of attendees from our Goulburn Valley region who attended our open day, signed up as 'paid up' members of the Goulburn Valley U3A organisation for 2024. It was mentioned at our Committee of Management meeting yesterday that 'many attendees who joined our organisation on the day, were looking forward to their involvement within this amazing organisation and the offerings.

(FYI – incidentally, for the records, membership payments are now overdue because payment begins, ladies and gentleman, from January 1st 2024.) Please pay your dues now and assist our amazing "volunteer-based organisation" to continue to provide quality programs to our valued Members. (Give your Leader your RECEIPT NUMBER please) This really assists our Treasurer.

Our AGM, on the 5th of March, follows our GVU3A convention by providing interesting speakers. We will be addressed by Mr. Peter Ryan who will be speaking on the topic of "My Personal Cycling Adventures".

(U3A was established in Victoria in 1984 – 40 years ago)

"If you Believe in yourself, anything is possible!"

John

(Click on the blue, underlined titles to visit the group's webpage)

SOCRATES CAFE

At **Socrates Cafe** on **Monday 26th of February at 10 am** we will be discussing: What is Education? What is a good Education? What is a great Education for Australia today?

If you are an ex-teacher (and anyone else for that matter) and you don't normally visit Socrates Cafe, feel free to come along to have your say.

Socrates Cafe on the March 25th will discuss: what is the impact of sport on our society?

I hope to see you there

Greg Barnes

[AROUND THE WORLD FOODIES GROUP](#)

(Click on the title above to see photos from our Aloï Thai night out)

Our first dinner for 2024 is on February 22nd, at Aloï Thai at 6pm. We had an overwhelming response and booked out the entire restaurant. With the 'Around the World' dinners being so popular we have devised a new procedure to simplify the process for everyone.

This will be the process for each month:

'Around The World' members will be contacted by email regarding that month's dinner details; You must RSVP by text or phone call to Carol Davidson, (0411 483 920) YES or NO with your name/s, no later than one week prior to the dinner;

You will receive a confirmation text from Carol.

Please be prompt with your reply as it may book out quickly. Please DO NOT reply via email.

We look forward to more great fun, food experiences and good company again this year as we dine out and appreciate our local restaurants.

Next Month: Syrian Bros... details to come.

Thanks,

Barb Stansfield, Carol Davidson and Maree Schneider.

[ART GROUP](#)

Our Art Group is enjoying being back in the U3A hall. We had a few new members join after the morning tea. One of our members is holding an exhibition in Stella's coffee café in Wyndham St next to the P.O. until after Easter. We also have two of our group displaying Art in Kyabram Town Hall. We meet Wednesday from 10am until 2.30pm. Contact Jeanette Fry 0438 253 982 for any enquiries.

[Writing4Pleasure](#)

Our 2023 Book titled "The Voice" was presented to 11 members at our February gathering.

"The Voice" contains 55 short stories and includes a variety of sayings appropriate to the writing topics. "The Voice" is available at \$15.00: a great gift for family or friends. The book will be on sale after the U3A AGM on Tuesday 5th of March.

Contact Robyn Leembruggen 0411 819 299

Writing topics for March: 1. "How come....". 2 "Making a positive from a negative" and April topics are 1. "Seeing the world through the eyes of...." Or 2. "Imagine life as a homeless person.

Next meeting: Shepparton Library Thursday 21st March at 1pm. Enquiries: Marion 0417 319 839 or Moya 0407 680 337

Singing4Pleasure

I am delighted to report that our singing group membership now numbers 30, both male and female. We have a variety of over 120 songs on our list. We are so fortunate to have the musical skills of our pianist Graeme Brewer and Ann White who operates the large computer to screen the words of each song. After each meeting all are welcome at the café at Billabong Gardens for coffee and a chat.

Our “happy voices” commence singing at 9.00 am each Wednesday morning. We do not meet during the school holidays.

Contact; Robyn Leembruggen - 0411 819 299 - redrobynmarie70@gmail.com

STRENGTH AND BALANCE

New members are most welcome. 8.45 in the U3A hall every Monday morning.

Please note I will be unavailable for class on Monday 18th March.

Please ring me if you would like more information

Lyn Davidson: ph 0402 019 552

SCIENCE

The next Science talk on March 18th (1.30pm) will be on the topic: **SCIENCE IN THE OUTBACK**. This will be a short summary of some of the science conducted from the CSIRO Riverina Lab at Deniliquin, from 1945 until 1990. It will begin with the common question: why would you put a branch of our National Research Organization at such an out of the way place as Deniliquin? Then it will cover the two main themes of that research. Firstly, the work on irrigated pastures for the newly irrigated lands around Deniliquin. Then the research on the ecology and management of the semi-arid rangelands of western NSW. It will be presented by Allan Wilson, who was a research scientist there from 1963 until 1990.

MONDAY LUNCH GROUP

During March the group will meet at Stanleys Cafe/Restaurant at 48 High Street Shepparton at 12 noon on the following dates - March 4th, 18th, and 25th. On March 11th we will go to The Shepparton RSL because it is one of the few venues open on a Public Holiday i.e. Labour Day. It is essential that you ring Gail on 0400 531 856 to reserve your seat. You are welcome to attend on any or all of these dates.

BIRD WATCHING

Our first outing for 2024 is a new venue for the group, that being Black Swamp at Wunghnu. It is a morning outing on the 20th March, so could you please meet at the U3A Hall for a 9am departure.

I may have to change the venue due to duck shooting so there won't be a meeting point at Wunghnu. I will find somewhere else to go to in Shepparton.

Please contact Don Roberts 044 8889 224

WALK AND TALK

Our next walk will be to Yarrowonga on the 13/03/24 meeting at the U3A Carpark at 8.45am leaving at 9.00am we will meet at the Yarrowonga Information Centre for morning tea. Our walk will be along the Yarrowonga / Mulwala bridge and back over the weir to the Information Centre.

Lunch you can bring your own or buy a meal at the Burkes Hotel. Need to contact me for bookings at the Hotel by the 28/2/24.

After lunch we will drive to the Yacht club then on a walk around Chinaman's Island Reserve for a walk before heading home



Walk and Talk, Winton, Wetlands and Glenrowan

9 Walkers left U3A carpark for the Winton wetlands arrived parked cars and walk up to Greens Hill for morning tea. Then a walk along the Green's Hill Track then back to the cars for a drive to Glenrowan lunch in the park then a visit to the new tourist centre with the history of the Kelly Gang. Then a drive along the old Hume Hwy with a view of Solar Panels in the paddocks. Then on to Benalla for coffee before heading Home (photos below from the Wetlands Walk)

David Taylor 0412802427



LIFE'S CURIOSITY

What a great start we had. Our February speaker was John Dainton. A man to be greatly admired. No formal education or training was had at all by John. He still achieved so much. Greatly respected and sought after. He utilised his own inner resources and values. Much was achieved by John in his working life and he is still engaged fully in his interests. We all gained by spending this time with John.

There will be no March meeting: we will be back in April. Information will be in the next newsletter. Robyn Glasson 0408613321.

FEEL GOOD EMPOWERMENT HUB.

Watch this space. We are up and running. Thank you to all that enrolled with us. Not everyone was able to come to our first session. Looking forward to seeing you all on the 2nd and 4th Friday of the month at 1pm. Therefore, our next session is on Friday March 8th at 1pm. The empowerment hub is a safe environment where we can explore and develop our life's skills. We meet fortnightly so as to foster bonding and have lots of time to explore new ideas. "All we can do is provide the fertile soil to create the spontaneous life changes and live our true destiny"

Leaders John Padman. 0428 756 282. Email. John.n.padman@gmail.com

Robyn Glasson 0408613321 Email. Rglasson65@gmail.com

Nigel Liggins receives an award from U3A Network



Nigel Liggins received a 2023 Tutor Recognition Award from U3A Network for his efforts in teaching classes at GVU3A. Nigel has been leading GVU3A Earth Science/Geology classes since 2004, thirteen years before retiring as a school teacher and becoming a member of our U3A. In the early days he would take our GVU3A Geology class after he had completed a day's teaching his science subjects at his secondary school.

Many students in his U3A class had only basic chemistry, physics and maths yet he was able to get across to them and the rest of the group very complex concepts, by providing multiple examples and by using simple language.

He has put in a tireless effort over many years and his quality of teaching has been outstanding, providing hand outs and excellent diagrams for participants. He also accompanied members on two trips as a guide, one to Mungo National Park and also to Tower Hill and Mt Eccles in the Western District.

More recently Nigel has run a course called "Kitchen Chemistry " which delved into the chemistry of cosmetics, dish washing liquids, plastics, paints, other products from oil and all matter of things in the home. Nigel also ran pop up Wine Tasting courses which were always well attended. He has co-authored two text books for secondary schools.

Nigel is also a committed bridge player, attending bridge regularly since retiring from teaching. Prior to being a school teacher, he worked on oil rigs as a geologist for about five years in Bass Straight. Nigel is a member of Rotary and has been a very diligent worker for the South Shepparton Club.

Nigel's next talks will be about **How Solar Cells Work**, from March 15th at 10am (3rd and 4th Fridays).

CREATIVE CRAFTS

Following registration day, we have welcomed a couple of new members to our group. As always it is great to have new faces to share new ideas.

Are there any new techniques you would like to learn? Are there any techniques you would like to share with the group?

We do have to plan our cutlery "stocking" workshop. Is there any date/month that suits better?

Gael Thompson Mobile: 0458 215 794

QUIZ GROUP

Eighteen members met at U3A Hall on Monday 19th February for some light-hearted learning. A big Thankyou to Ann for her set of literature questions, and Graeme with an assortment of general knowledge and quirky questions like "Starting from one and written using letters, which is the first number to use a B?"

If you have ever enjoyed watching The Chase, Millionaire Hot Seat or Hard Quiz, then you are very welcome to join us in Room 2 at the U3A Hall on the 3rd Monday from just before 10am until 11.45am.

Even if you claim not to know anything, you're sure to have a few laughs.

More questions from our February session:

- Who or what is the Pink Panther in the film of the same name?
- A frugivore mainly feeds on what?
- True or False? The human hand has 27 bones.
- How many stars are on the Subaru logo?
- Which musical instrument's name translates to "jumping flea"?

Susan McCarten 0437 215 130 (SMS preferred)

BRIDGE

There are many good reasons to play bridge. First and foremost, it's a fun game to play. That's why bridge is the most popular card game in the world. At U3A bridge is played socially each Wednesday and by experienced players on Monday nights and Saturday afternoon.

If you would like to play bridge, a seven-week course will start on Wednesday 3 April. The course is suitable for those with no previous experience and also for those seeking to refresh their bridge skills.

Shepparton will again host the Northern Region Bridge Associations (NRBA) championship weekend on the 2 and 3 March. Players will come from all over Northern Victoria to compete in the regional championship.

For further information contact Derek Poulton email dcp.klp@bigpond.net.au, ph 58254112 or 0418559263

U3A YOGA

Thursday 4.25-5.15

IMPORTANCE OF YOGA: “The purpose of yoga is not to put your foot behind your head. Or do the splits. Or perfect a handstand. Yoga is about more than pretty poses. It’s about healing. Thriving. Understanding what it means to be truly alive. (Nicola Jane Hobbs)

With more and more people being drawn towards yoga as a practice to support all manner of health ailments, from physical to mental, to emotional, to spiritual, it is valuable to understand the importance of yoga: why and how the practice works.

The practice of yoga is less about gaining and striving, yet transformation does indeed occur through regular practice – just not often in the way we expect. “Yoga is not a work-out “write author Rolf Gates, “it’s a work-in. And this is the point of spiritual practice; to make us teachable; to open up our hearts and focus our awareness so that we can know what we already know and be who we already are.”

In this way, we can look at yoga as an unravelling of that which no longer serves us, so that our true self can shine. As yoga teacher Bryan Kest guides, Yoga doesn’t ask you to be more than you are. But it does ask you to be all that you are.

We will have our instructor, Jen Scandolera, on Zoom for 2X4 sessions this term.

Thursday 15th Feb 4.15

Thursday 22 Feb 4.15

Thursday 29th Feb 4.15

Thursday 7th March 4.15

Thursday 14th March

Thursday 21th March

Thursday 28th March

Thursday 4th April

Fee: **\$20.00 per 4 weeks.**

I will pay Jenny and members will reimburse me at the beginning of each 4-weekly session.

Trust you will enjoy your time in this group

Rita Bloomfield: coordinator

HISTORICAL STUDIES

Well done to everyone who braved the heat and went on a tour through Australian advertising.

The next topic for March 11th will be presented by John Dainton (thanks for this). John will give an overview of the Greater Shepparton plaques program and will have a photographic display of many of these sites.

Also, please note that this in on the Labour Day Long weekend. I look forward to seeing everyone there

Livia

CRYPTIC CROSSWORDS

The next Cryptic Crosswords groups will be held on Thursday 7th March and the 21st March. Our first "class" was held with 8 enthusiastic members and we talked about Anagrams and how they are woven into the crossword clue.

Next time we will look at double definitions and charades. Everyone went home to practice on an Age crossword, not Fridays...

Harry 0400 770 972

GV U3A Annual General Meeting

The AGM will be held on Tuesday March 5th at the Hall. Morning Tea will be provided as usual. All members are invited to attend, whether or not you regularly attend the Social Mornings.

All committee positions will be declared vacant and election of office bearers will be held. Nomination forms are available in the foyer.

It will be an opportunity for you to meet the new committee, pass on any suggestions, or voice any concerns. The Annual Budget will be discussed, fees for 2025 will be set and changes to our Model Rules adopted.

After the business has concluded Peter Ryan will be speaking on "My Personal Cycling Adventures".

Liz Lee Secretary. 0409 703 868

NATURAL RESOURCES

Natural Resources will be on Friday the 2nd of March at 10 am only and **NOT** on Friday 9th of March.

The topic on Friday the 2nd what methods used were used to improve crop yields around the world and what new methods can be used in the future. We will be looking at sowing techniques, pesticides used, what was done in the 1960s to get prodigious yield improvements, new plant varieties and new pesticides.

I hope to see you there. Greg Barnes

OVER DUE FEES - \$60

Many people are still to pay fees for this year. Unfinancial members will be deleted from the membership list at the end of March. Place money in the box beside the office door, or pay by bank transfer: see details below.

A reminder to course leaders that receipt numbers must be recorded on the attendance sheet for all people attending classes.

Thank you
Kerrie Midgley Treasurer

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. Note that has changed since last year.

General account: **BSB 803 078 Account number 1001 11147**