

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

September 2020

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(Entries close on 21st of each month)

A MESSAGE FROM THE PRESIDENT



Hello members,

Spring is just around the corner. The wattles have been blooming magnificently along the banks of the Goulburn River, my daphne is smelling heavenly at the front door and the magpies are swooping. It is **that** time of year. Only this year has been a bit different. The sewing machine has been retrieved after many years from the bottom of the cupboard to stitch some masks, zooming is not reserved only for Mazda's (Zoom, Zoom, Zoom...) and sales of lipstick have plunged.

To celebrate Spring, the Committee has decided to hold a Virtual Social morning using the Zoom platform on Tuesday 1st September. It might be a while until we can have a social morning at the Hall so we hope this may be a way to contact some of you online. There will not be a guest speaker this time but there will be a few things to entertain you all. Details on the next page.

In October David Muir, our information technology guru, is hoping to create an online virtual Art, Craft and Photography Exhibition, highlighting the creative talent which has been busy since the first lockdown. In a normal year we would be holding our biennial Art and Craft Exhibition at the Hall in October for Seniors Week, but this has been cancelled. More information later in the Newsletter.

It is fast approaching that time of the year when we all want to get out and about. Perhaps set some new goals and try something new. We won't be physically travelling overseas anytime soon but how does some armchair travel to the Greek Islands sound? Greg Barnes has some exciting news on that later in the Newsletter, so keep reading.

See you for coffee on the 1st September.

Don't forget your special coffee mug.

Liz

You are invited to the first online

U3A Social Morning

Spring Fling Celebration

Let's get together and share some stories, entertainment and a few laughs in a new way. Your online invitation will arrive 31st August, asking you to join the meeting via clicking a [blue link](#).



WHERE: U3A Zoom at home

WHEN: Tuesday 1st September

TIME: 10.00am

ARM CHAIR TRAVEL

Arm Chair Travel starts in the Greek Isles at 1.30 pm on Tuesday the 15th of September. Is the lockdown getting you down? Well come away Zooming with Keith Smith on virtual trips around the world.

Keith has got hold of many beautiful photos and can Zoom you to places like the Outback of Australia, Alaska, Blue Mountains, Western Victoria including the Grampians, Eastern Europe & Russia, Greek Islands, Myanmar, Cambodia, Vietnam, Batemans Bay, Barham N.S.W, Hawaiian Islands, Goldfields of Victoria, cruise from Tokyo to Vancouver, cruise East coast of Australia, Cunard cruise of Australia and the Singapore cruise.

If you join Keith you will find it better than being there because there will be no flies to annoy you and no bad smells. People who have been to, or know the history of, the places visited can make comment as Keith goes through his presentation.

If you want to be part of this **Great Escape** that will be on the 3rd and 4th Tuesday of every month from 1.30 to 2.30 pm email me, **Greg Barnes**, on dngbarnes@hotmail.com ASAP so we know if we have an idea of the numbers and so that I can send you a Zoom invitation

VIRTUAL ART/CRAFT/PHOTOGRAPHY/WRITER EXHIBITION

As we are unable to gather in numbers in any place, there can be no Gvu3A Art-Craft Exhibition. That being said, we intend to run a **Virtual** Online Exhibition.

There are no prizes on offer - this is to allow **ANY members from Gvu3A** to display their talents whether it be in textiles, painting, photography, woodworking, or in written prose (150-200 words).

Items presented:

- Can be from any medium
- Must have been completed during this year's COVID-19 period
- Photographs of items must be clearly in focus to ensure we present your work in the best possible way
- Photographs of items created to be taken on a neutral background or they may be cropped to make sure the item is the highlight
- Each item submitted should include:
 - Title/Description
 - creator's name
- Medium used (where appropriate)
- Limit of 2 entries per person
- All entries to be submitted to gvu3aweb@gmail.com by: 7th October
- The 'Fair' will be presented on our website (gvu3a.com.au) from 29th October



As this is an experiment by me, I am not yet sure how everything will be presented. This will depend largely on the numbers of pieces to be included. I will attempt to meet the presentation date. Members will be informed when it has been set up.

Any queries can be made to me either by phone or emailed to the gvu3aweb@gmail.com email.

David Muir 0414 881 369

Bolivia & Mah Jong

It has now been many months since we have all been together, but up until this last lock down many of us have been playing Bolivia and 500 in our own homes in small groups. This has been a great distraction and social catch up, but alas we are back in lock down again.

Pat Commons continues to recover from her broken leg and we all wish her well for a full recovery.

Sadly, Leslie Webb passed away in late July at the age of 90. Leslie enjoyed playing Mah Jong and last year commenced playing Bolivia. We send our condolences to Leslie's family.

Many, if not all of us are itching to get back to the hall, hopefully it will be soon.

Take care and stay well. Kerrie Midgley 0439 511 929



HISTORY

Monday September 14 at 10am. Most likely by zoom.

Greg Barnes will give his third and final talk on the history of China. This talk covers a very tumultuous period in China's history, looking at the Ming and Qing Dynasties, the Republic of China and Communist China with stories of pirates and Opium Wars, the Taiping Rebellion, the Boxer Rebellion, the Long March, Sino Japanese Wars, Mao Zedong, Deng Xiaoping, Tiananmen Square and more.

If you would like a zoom invitation please contact me. John Dainton .58213881 or 0417 549 502

STRENGTH AND BALANCE

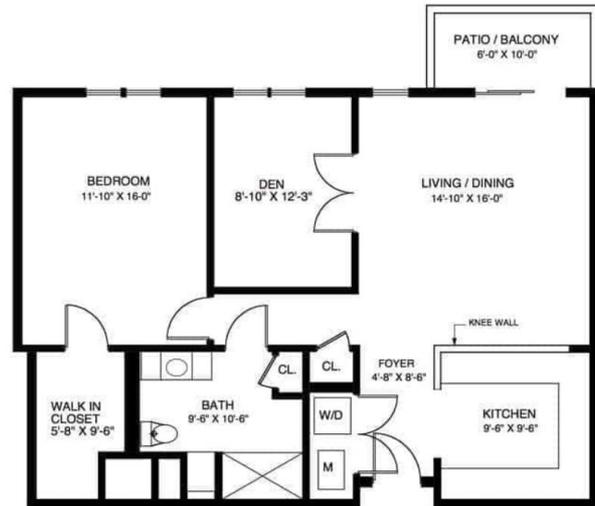
Stop, start, stop, start. We are attempting to commence classes again as soon as we are hopefully out of stage 3 lockdown. I am sure there will still be a limit of 10 people per class so please ring or text me between 4 and 6 pm on Sunday 20th September for class on Monday 21st September at 9.00am, if all goes as planned.

There is plenty of room for social distancing and we won't be moving around the room. All equipment will be disinfected before and after class. If you haven't been doing much exercise in lockdown I can assure you it will be a gentle class to start with.

Hoping to see you in September. New participants most welcome.

Lyn Davidson. 0402 019 552

Looking at the map for some weekend travel ideas.



BIRD WATCHING: MARVELLOUS MISTLETOE

My interest in Mistletoes was triggered in early November 2017 when I observed the beautiful Scarlet Honeyeater (*Myzomela*) feeding on Grey Mistletoe, (on a Silver Wattle host tree). The Scarlets stayed for some time feeding on the flowers. This observation was at Gemmill Swamp Nature Conservation Reserve Mooroopna where there are four species of Mistletoe, the Grey *Amyema quandang*, Creeping or Gum-leaved *Mullerina eucalyptoides*, Bronze or Box *Amyema miquelii* and Fleshy *Amyema mirabilosa*, which mostly grows on other mistletoes.

I decided to record the birds that visited the Grey Mistletoe as it flowered for most of the twelve month period of the observations. The host tree being a Silver Wattle made the flowers much easier to observe than the other three Mistletoes, their host tree being the River Red Gum. The birds recorded were Yellow Thornbill, Eastern Spinebill, Yellow-faced Honeyeater, Noisy Miner, Spiny-cheeked Honeyeater, Red Wattlebird, Yellow-plumed Honeyeater (the first record in fifty years of keeping notes for this Reserve), White-plumed Honeyeater, Fuscous Honeyeater, White-naped Honeyeater, Brown-headed Honeyeater, Black-chinned Honeyeater, Little Friarbird, Noisy Friarbird and the beautiful Scarlet. The only resident Honeyeater I didn't observe was the Blue-faced. The two fruit eaters the Mistletoebird (Marg Clarke's photo pictured) and the Painted Honeyeater (Oct 2018) were also observed.

Mistletoe is also an important host plant for Butterflies and Moths some nineteen species have been recorded visiting the four Mistletoes mentioned across their distribution. Recent research has found the much maligned Mistletoe is not a tree killer, but the opposite adding nutrients to the soil. In the Rushworth State Forest during the 1982-3 drought I observed that many Mistletoes died but the host tree survived. So let us celebrate the marvellous Mistletoe. It is a long overdue recognition that they deserve.

Don Roberts



SCIENCE MATTERS

Mathematics - What has it ever done for us? Monday Sept 21 at 1.30 on Zoom

Greg Barnes will present this topic and begin this class with a play where Harry and Liz try to answer this rhetorical question. Later we will find out how maths dragged us out of the stone age, why the Indians and Arabs were so important in the progress of maths, how our search for infinity introduced us to calculus so we can check up on our electricity bill, how Archimedes was necessary for ship building and quantum physics, how Newton quantifies what actually happens in a bike crash, see the most beautiful mathematics formula ever, learn what ant and whale geometry are and finally how we should not blame the Global Financial Crisis on maths but on people.

Contact Allan Wilson adwilson13@bigpond.com

COMMUNICATING WITH COMPUTERS

As we are unable to meet in groups of more than one, ie no visitors, running computer sessions is a non-starter. Whilst I am unable to make house calls, I have been able to assist a few members with computer problems via the phone. So, if anyone is having any problems, be it computer, iPhone or iPad, please don't hesitate to give me a call and I might be able to help sort the problem. For people who are having issues with some of the programs they are running, links to a number of sites relating to Zoom, Facebook, FaceTime, Microsoft Word and Excel can be found on the Gvu3A website (<https://www.gvu3a.com.au/computers>). If anyone is having a specific in creating a document of any sort, please also give me a call.

David Muir 0414881369

ART

Hello everyone. Well, another month has flown by - goodness - where has the time disappeared to. The Art Group managed to enjoy a few weeks back in the hall, creating some beautiful art works, and generally enjoying each others' company, before we had to "close shop" once again. Some of the artists have been busy on sewing machines, some sorting out family history, some gardening, and even some painting. Sadly, this latest shutdown has been a blow to many artistic souls, but I have faith that they will all bounce back bigger and better than ever before. I do hope it will not be too long before the group can all enjoy the companionship of their U3A Art family once again.

The following photos are a continuation of the ones published in last months' newsletter. Take care everyone. Judi 0448 813 930



WRITING4PLEASURE

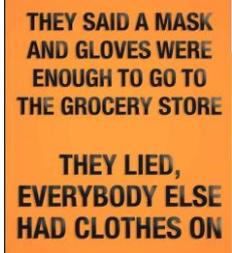
WRITING4PLEASURE will participate in another ZOOM meeting on Thursday 17th September 2020. Our ZOOM meetings are progressing well, but I'm sure we are all looking forward to when our group can get back together once again. I will keep you informed regarding any changes to the reopening of the Library Meeting room. Our next two topics (provided by Meredith) are:

Topics for September:

1. I Often Wonder What Happened Next.
2. Someone Called My Name

Word: Haphazardly

Quote for the Month: *"Kindness is the language the deaf can hear and the blind can see"*
Mark Twain.



Contact Lyn Austin 0468 312 602

Telephone, Email and SMS Scams

Many of us have received phone calls that are part of coordinated scams designed to steal personal banking information. The calls could be from an automated voice recording which prompts you to speak to an operator, or from a person directly. Recent callers have claimed to be from Telstra and advise that someone is trying to hack into your bank accounts. The caller is likely to ask you to download software that allows them to remotely access your accounts to check for signs of compromise and/or confirm your banking details. This type of attack could be made from scammers pretending to be from any major organisation – potentially including the department – and are designed to steal protected information from you.

There have also recently been malicious software attacks through Messenger, usually stating your name and asking you to click on a link. This, more often than not, means a friend has clicked the link and the malware has attached itself to their contact list and spread itself that way.

To avoid falling prey to such attacks, it is important to consider the following:

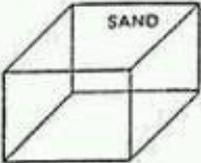
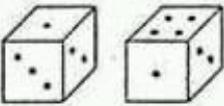
1. DON'T PANIC! Their aim is to cause you to react without time for thought.
2. "Don't share your password with anyone else" really does mean that. There is NEVER any need for anyone to know your password
3. Requests to remotely access your computer and/or perform software downloads on it should only be granted if they are expected, eg made in writing in advance:
 - a. If you have made an IT support request, an automated email with a reference number is typically provided to the requester. Users can use that reference number to verify that such calls are in relation to that IT request
 - b. Unexpected incoming calls requesting action or information that were not first advised in writing should be **ignored under all circumstances**.
4. The information of every customer of a bank is stored within the same corporate network which – like other organisations - is protected by a single suite of IT and policy measures
5. NEVER click on any link within an email or SMS - particularly if you don't know the sender
6. Always ensure your virus protection is up to date on your computer.

Please also be aware that random SMS/Email messages seeking action that contain malicious links are also still in circulation. If it's something you haven't requested, simply hang up, delete the email (without clicking on any links within the email) or delete the SMS (again, without having clicked on any links).

Still worried about this, give me a call. David Muir 0414 881 369

Exercise your mind on some of these

BRAIN TEASERS

1. 
2. MAN BOARD
3. STAND I
4. |R|E|A|D|I|N|G|
5. WEAR LONG
6. ROAD
A
D
7. T
O
W
N
↓
8. CYCLE
CYCLE
CYCLE
9. LE
VEL
10. $\frac{0}{M. D. S. A. P. H. D.}$
11. $\frac{KNEE}{LIGHT}$
12. $\begin{matrix} 11 \\ 00 \\ 00 \\ 00 \\ 00 \end{matrix}$
13. CHAIR
14. 
15. T
O
U
C
H
↓
16. GROUND

17. MIND MATTER
18. HE'S / HIMSELF
19. ECNALG
20. DEATH LIFE

The answers to these teasers will be revealed at the Zoom Social morning on September 1st. Can you get 20 out of 20? First prize is a round of applause! The answers will also be printed in the next newsletter. Thanks to Lyn Davidson

Therapist: Your wife says that you never buy her flowers. Is that true?
Man: To be honest, I never knew that she sold flowers.

