

GOULBURN VALLEY University of The Third Age
Incorporation Number A0016950Y (For active semi-retired or retired persons of mature age)

WE'RE ON THE WEB - www.gvu3a.com.au

MAY 2019

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ACKNOWLEDGEMENT

We sincerely thank the office of Wendy Lovell for the printing of this newsletter.



MESSAGE FROM THE PRESIDENT

Allan Wilson

Hello to all members, old and new, who together make our U3A such a vibrant organisation. The hall is always full of activity with the week bookended by Strength and Balance at 9 on Monday to Tai Chi at 5 on Friday and even Bridge on Saturday.

One of our feature events in April was the address given by Professor Peter Doherty. His talk was both informative and engaging. He spoke to us about his life in medical research, his Nobel Prize and appointment as Australian of the Year. He stressed the importance of immunisation by reference to the present measles epidemic in USA and its potential fatal outcomes for some children. There is a full report later in this newsletter.

John Dainton managed to secure Doherty as a speaker through contact made by Rob McLean. Who you know is often as important as what you know. If any member has a contact or offspring (children are a great resource!) who could be a speaker for a social morning, Natural Resources talk, or special event, please mention this to me, John or Greg Barnes. I recall past special talks from Kristian McDonald, Laura McKemish and Andrew Wilson that arose from the personal contacts of members.

It is great to see the response to my request for members to wear their name badges. The lucky door prize at our last social morning (for those wearing the badges) was won by June Curtis. For everyone else, there is always another month. We provide a standard name badge. More stylish ones with our logo can be bought at Quality Teams for \$9.50 (pin) or \$14 (magnetic).

I commend to you the pop-up course on wine appreciation that will be presented by Nigel Liggins on May 16. This is open to all members and their guests. However you have to book in early and pay \$20 to cover expenses. Jill Riordan's meditation class also commences in May.

I have enjoyed visiting some of the groups and seeing the range of activities we have in the hall. Remember to keep 'Living, Laughing and Learning' as we age gracefully together.

Allan

CREATIVE ARTS

Recently, Jackie Want again taught us all a new embroidery technique - candlewick. In the photo you can see Candy Carter thoroughly enjoying the experience. Jackie gave us different designs/projects onto which we could apply this new technique. Many of our members then went further by applying this technique to projects of their own designs/purpose. Thank you Jackie!

Our group is booked into Covers Restaurant (TAFE Hospitality) for our annual lunch, on Thursday 16th May, 12:00 midday. We cordially invite other U3A members to join us. If you are interested, could you please get in touch with Sonja Muir by the 6th May at the latest. Numbers need to be confirmed with Covers by then.

Sonja Muir, Co-ordinator.
Mob: 0421509313



WRITING4PLEASURE

Our March meeting saw another new face around the table and I am sure everyone enjoyed the varied stories that were offered. We were also very fortunate to have a presentation from two very interesting and informative guests. Di Roberts has written and illustrated, a series of children's books. Kim Mansell was her iPad/Computer Guru, fine-tuning all the photos and artwork for inclusion in the books, before Snapfish delivered the end result. Congratulations to both of them for producing an amazing set of children's stories.

We meet at 1.00 to 3.30 p.m.

On the **THIRD THURSDAY** of each month,

Venue - Shepparton Library meeting room.

A small cost of \$2.00 per person, covers hire of room and tea/coffee.

Each month a different member of our group, provides two topics for us to write approximately 500 words.

Topics for May - Something Easy
 - Life Be In It.

Word for May - Egregious

QUOTE for the month: - "It's none of their business that you have to learn to write. Let them think you were born that way" - Ernest Hemingway

CONTACT: Lyn Austin. Phone - 0468 312 602

OUR ADELAIDE TRIP

An early start but our affable bus driver Malcolm was there to welcome us.

The countryside heading northwest was bare, with clouds of dust blowing across the dry land. Patches of emerald green surrounded homes and emphasised the irrigated paddocks. Our “smoko” was at Kerang and then lunch at Ouyen. A fascinating mural covered the wall depicting the history of the area. At one stage water had been delivered to the district by train!

During the afternoon many travellers slept, lulled by the eclectic music coming through the speakers. Malcolm’s pertinent comments, as we whisked through the towns, were the highlight of the afternoon. The Adelaide hills were a welcome change of scenery. As we drove into the city, elegant homes built of sandstone lined the road. Finally we reached our motel in Glenelg, unpacked and enjoyed our first dinner together.

Tuesday morning we had a city tour before our trip on the Torrens River. Haighs factory was a chocaholics heaven. We watched the production line with some handmade specialties being created. We explored the Rundle Street Mall at lunchtime and included some retail therapy. Our visit to the Glenelg beach included a walk on the pier, a drink at the nearby hotel and for some, more shopping. After dinner we visited the Casino.

An early start the next day and a long drive to the ‘whispering wall’. A curved concrete wall crosses the river which creates not only a weir, but a sound shell. You can whisper on one side and the sounds can be easily heard on the opposite bank. Then to the Barossa Valley where Seppelts had wine tasting on offer. There is also an art gallery exhibiting unique pieces and also individual studios where artist do their crafts. In the old vinegar room there is an extensive range of beauty products and delicious gourmet food. Most of us had lunch at the Nuriootpa Coop before we headed off to see the ‘big boys toys’ at the National Motor Museum in Birdwood. There are more than 300 vehicles and motorcycles. Alice Anderson is the only female featured at the museum. She was the first woman to have her own garage and employed only female mechanics. Chauffeurs were provided and driving lessons as well. Our last stop was The Rocking Horse Toy Shop at Gumeracha. More adventurous members climbed 18 metres to the top of the model horse, as we checked out the huge range of locally made wooden toys available inside.

On Thursday scones, jam and cream were served during our cruise of the Adelaide lakes. We were surrounded by imposing modern houses and some of the smaller original homes. The Maritime Museum gave us an idea of how cramped conditions were on immigration voyages to SA. There were artifacts from shipwrecks around the coast and the history of pearling as well. Off to Hahndorf after lunch. We wandered around the fascinating town, with its German heritage, sampling the coffee and delicious food. We decided not to visit the Beerenburg Strawberry farm.

An early breakfast on Friday before we headed to Mt. Gambier. We had morning tea at Menindee, between showers, and a quick stop at Kingston to check out the ‘Big Lobster’. Lunch was at Robe in one of the many eateries. The Chinese landed here, (to avoid the Victorian poll tax), before walking to the goldfields. We had a look at the Blue Lake at Mt. Gambier before descending into the cave gardens. A volcanic crater that is now an oasis of green, with terraced lawns and cascades of ivy covering the limestone walls. Our final (coldest) night was spent at the upmarket Southgate motel.

On our last day we drove through some green undulating countryside with sweeping views. Morning tea was beside a wonderful community garden with a large range of vegetables.

Lunch was at Ararat where some beautiful historic buildings have been preserved. The railway station at Maryborough is magnificent and now contains an art gallery as well as a cafe. Our final 'cuppa' was at the Bendigo Pottery which now showcases the craft of many artists as well as the pottery.

The star of our travelling show was Malcolm. Always friendly and helpful despite the tardiness of some passengers. He was directed by Ray Watt, ably assisted by Kerrie Midgely. Thank you for a wonderful trip.

Glen Burdekin



Photography

There will be photography group on Thursday, April 25 from 1 pm to 4 pm. Please let Lex Neville know if you will be attending.

On May 9, we will be having an evening outing to Nagambie. Meet at the U3A Hall at 3.45 pm to arrange car pooling and leave for Nagambie at 4 pm. We will have a BBQ at Judy's home before venturing out to do some evening photography. Please bring meat and drinks. Salads will be supplied. Questions to Lex or Gael (0458 215 794).

Wine Appreciation Pop up Course

On Thursday 16 May from 4.30 to 6.00 pm Nigel Liggins will be leading a wine appreciation evening. During the evening we will learn which wines go with which foods, how some foods enhance the flavour of some wines and how some wines enhance the flavour of some foods. The cost will be about \$20 per head depending on numbers. You may bring a guest to this event, consider someone whom you think might be interested in joining our U3A.

Please let me know by Wednesday 8 May (I already have a few names from the previous newsletter article)

Greg Barnes email: dngbarnes@hotmail.com or phone: 0438 569 611

WALK AND TALK

For **Wednesday May 8** our walk to **Crusoe Reservoir** at Kangaroo Flat has been planned by Denise Leffler. We will drive straight to the nearby Number 7 Park where there is a nice undercover picnic area and a toilet for morning tea. Number 7 Park Reservoir was the first of its kind in Australia in supplying treated drinking water to Bendigo's gold miners of the 1860's. After eating we will then drive a couple of km to Crusoe Reservoir where we will walk the 3.3 km track which takes about an hour. The Park has all been designed to be accessible for people of all abilities. We will then return by car to Number 7 for lunch. Some people might choose to walk the link track back!

After lunch, if we choose, we could then walk the short track 1.4km track around Number 7 reservoir. This takes about half an hour. Bring your own morning tea and lunch and wear shoes and clothing suitable for the weather conditions of the day. New walkers are very welcome to join us. Meet at the U3A car park at 8.45am for a 9am start in shared transport.

Thanks to Ted Stephens for organizing our walk around the Tronah Dredge Hole and garden visit at Harrietteville in April. Our photo shows John Atkins showing us around his 12 acre *Shady Brook* garden which had many different shrubs, flowers and trees which were coming into their autumn glory.

Christine Wilson 5822 1474 0428 399 648



INDUSTRY TOUR Wednesday 22 May 10.30 am

The next industry tour will be to GOTAFE William Orr Campus, Wanganui Road, Shepparton on Wednesday 22 May.

Owen Starritt will show us around for about 1 ½ hours. Some senior secondary college students will be present on the day, to have a look at courses that may appeal to them. That should add interest to what Owen tells me is a wide range of activities.

Note the time: 10.30 - not our usual time of 10.00 am. Wear closed shoes. Meet at the campus just before 10.30. There is ample parking. Car sharing should be easy; I will place an attendance form in the lobby with space to indicate a need for a lift.

John Hetherington

mrjfh@me.com

0419 319 339

Opera Appreciation

The Opera Appreciation group will be travelling to Wangaratta on April 28 for our next Met opera Adriana Lecouvreur. Carmen will be coming up soon after that on May 12. Bring your hankies if you are prone to a tear or two. Be prepared for the heroines to die in both. That's Opera!!

If you feel like a good cry ring Co-Ordinator Madeline Dyer on 0417580025 or dyerm979@gmail.com to organise transport.



NATURAL RESOURCES & REGIONAL DEVELOPMENT

FRIDAY MAY 3, BUS TRIP, BROWN BROS. MILAWA

Departs Ford's Bus Depot Telford Drive Shepparton **8am** returns approx. 5pm
The trip includes a winery tour conducted by John Brown & staff, followed by an informative wine tasting, lunch at the epicurean centre, and John Brown will give a presentation on the history of the business.
Cost \$50.

FRIDAY MAY 10, 10AM U3A Hall

GUEST SPEAKER; Neville Wells, Parks Victoria Ranger Team Leader Shepparton

SUBJECT; Role & Responsibilities of Parks Victoria. Neville's talk will include a brief overview of the restoration of Day's Mill Murchison

John Dainton ph. 5821 3881 or mob. 0417 549 502

HISTORICAL STUDIES

MONDAY MAY 13, 10AM U3A HALL

Bryan Gannon will give an overview of the history of the State Savings Bank from 1842 to 1991.

All Welcome

John Dainton ph. 5821 3881 or mob.0417 549 502

BIRD WATCHING

Our next outing will be a morning at the Australian Botanic Garden Kialla, on the 15th May. Please meet at the U3A hall at 9am departure or at the Garden at 9.15am. Please contact Don Roberts 5825 2404. 0448 889 224 or Marge Clark 0429 350 875. The March outing was at Victoria Park Lake and Goulburn River Path where we observed 42 species some of which were, Australian Reed-Warbler, White-breasted and Dusky Wood-Swallows, Azure Kingfisher (see picture), Musk and Rainbow Lorikeets, Little and Long-billed Corellas, Eastern and Yellow Rosellas, Weebill and Brown Treecreeper. The April outing was at Lower Goulburn National Park Bunbartha, this location has rolling sandhills with Yellow Box, Grey Box and River Red Gum and plantings of Silver Banksia and Grey Mulga which were growing well considering the low rainfall in recent months. The birds were very poor - only 13 species recorded, some of which were White-throated and Brown Treecreepers and Striated Pardalote.



Different courses for U3A

Liz Lee and I attended a U3A regional meeting with about 11 other local U3As in early April. There was a segment about what courses each U3A does so Liz and I noted down the courses we don't do at our U3A. The courses were: archaeology, visiting the artist, ukuleles, cryptic crosswords, understanding the share market, genealogy, chess, on line subjects, walking football (soccer without running - a good way to integrate different ethnic groups) and Pickle ball (like tennis but with a largish plastic ball with circular holes cut in, largish wooden bats, a metre high net and the court is the size of a badminton net. It is all the rage in Wangaratta and Whittlesea. If you would like to lead any of these courses, or any other course for that matter, let me know.

Greg Barnes phone 0438 569 611 – email dngbarnes@hotmail.com

SCIENCE MATTERS

Monday May 6: Nigel Liggins will continue his series of talks on '**Chemistry in the Market Place**', with emphasis on cooking oils.

Monday May 20: John Bush will present a talk on **How things Evolve, the Age of Enlightenment and the Magic of the Galapagos Archipelago.**

Evolution is all around us. We will consider early evolutionary thought and carry out a brief tour of the very special Galapagos Islands.

Both talks begin at 1.30. **Contact:** Allan Wilson 0427 399 648

SOCRATES CAFÉ

Questions are at the heart of Socrates Café, asking rather than answering them, as the answer can almost be found in posing the correct question.

All are welcome to Socrates Café, with gatherings held at 10:00 am on the fourth Monday of each month. Socrates Café provides an opportunity for members to engage in open discussion, under the Chatham House rules, tackling topics of contemporary interest. The topic for May 27 is “**Does absolute power corrupt absolutely?**”

Contact: Robert McLean 0400 502 199, r.mclean7@ciloud.com.

MEDITATION

Jill Riordon is leading Meditation classes again in May where different types of meditation will be explored. Bring your own mat and wear comfortable clothing. If you wish to attend the class the first session is on Tuesday May 7th, 4-5pm. For more details phone Greg Barnes on 0438 569 611.

Visit of Professor Peter Doherty, Friday 12, April 2019



Nobel Laureate Professor Peter Doherty was welcomed by John Dainton to the U3A Goulburn Valley last Friday morning.

Professor Doherty entertained all present with a talk titled "Living with Killers".

Professor Doherty related his journey of research from training as a veterinarian to jointly winning the Nobel Prize for physiology of medicine with Rolf M. Zinkernagel in 1996. This was awarded in the broad area of T-cell-mediated immunity. He described making the scientific discovery together by chance, then they worked hard to prove it. This allowed others to go on in research to make further breakthroughs.

He gave a brief history on the discovery of different types of blood cells, particularly focussing on lymphocytes, a type of white blood cell responsible for our immunity. He described different types of immunity - both our innate immunity and adaptive immunity. Adaptive immunity has a high degree of specificity and forms the basis of the modern immunisation system, mediated via the white blood cells, or their secreted products, antibodies. He said smallpox had been wiped out world-wide in 1977, and Rinderpest, a bovine disease in 2011, by global immunisation programs.

He went on to explain that there are 2 types of lymphocytes, described as "helper" and "killer" T cells. He showed a short real time video of a "killer T-cell" attacking a bacterium. He also demonstrated the complexity of the research currently being done at the University of Melbourne, ANU and Monash Universities. The "killer T-cells" also keep cancer under control. His work has helped doctors in the USA develop therapies to successfully treat some cancers, an example being melanoma. A colleague of Professor Doherty discovered that there is a molecular switch turned off in cancer and then worked out how to turn the switch on.

Although Professor Doherty no longer works actively in research, he urged all people to get vaccinations for the current influenza season. He said further research needed to be done to discover why fit young adults, pregnant women and indigenous communities were particularly susceptible to the current strains of the flu.

He also suggested that children need to get "down and dirty" or play in the dirt as we need to give our immune system a bacterial load early in life, the current theory being that our society is too clean, leading to the development of allergies, although he said, this theory was difficult to prove.

He related a story about being asked over the phone to be Australian of the Year in 1997, while he was in Memphis, USA working in research at the St Judes Children's Hospital. He was extremely busy running research projects and politely asked if it could be put off for a year. He was told "No" and then he realised what a wonderful opportunity it was to promote science to ordinary Australians, and what a difference it would be to the usual sporting heroes or entertainment personalities that were usually appointed.

Professor Doherty was extremely generous with his time and fielded many questions from a very engaged audience. He signed copies of his latest book, "the Incidental Tourist" and later in the day spoke about this at the GV Library.

eBook: The Third Decade 2008-2018

The eBook that tells the story of the third decade of our U3A is now available on our web site. This builds on the previous book "The Score of Our Years" that was published 10 years ago to commemorate the first 20 years since our beginning in 1988. 'The Third Decade' has moved into the new age with publication online, along with lots of colour photos. It is 42 pages, so it takes a lot of reading. However the online format invites the reader to pick and choose according to their interests. Have a look at gvu3a.com.au. When you open the website you will see the link on the 'Courses and Timetable' page.

The book was always planned as an eBook and this allowed it to expand into a longer edition with lots of colour. This makes it expensive to print as a hard copy, but we will do so if there is enough demand. If you would like us to print a hard edition, please see Barbara Brown or leave your name on a list in the foyer. However, it might cost as much as \$50.

Many thanks to Barbara Brown, Greg Barnes and David Muir for the long hours that they put into its production.

MAY LUNCH DATES

On 6 May the group will meet at The GV Hotel where there is plenty of parking either in High Street or at the rear of the venue. The RSL is our meeting place on May 13th. There is plenty of parking space available. Then on May 20th we meet at The Last Straw. Get there early if you want a parking space within easy walking distance. The last Monday in May we go to King City in Corio Street. Ring Gail on 58211 315 if you have any questions.

LEGAL STUDIES

Marshall Richards continues his series on Legal Matters on Monday May 6 at 10am. His topics this month are assault and battery, fences – you and your neighbour, negligence law, and buying a property.

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