

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

February 2024

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A MESSAGE FROM THE PRESIDENT

Greetings to All,

Please read your Newsletter, to stay informed.
(www.gvu3a.com.au)

I would like to begin by wishing you all a happy and healthy New Year.

On behalf of all our Members, I would like to thank our Course Leaders, for their passion in delivering the many and varied programs at Goulburn Valley U3A. Your contribution is noted, valued and appreciated.

Our 2023 Christmas luncheon was a wonderful success. My sincere thank you to everyone who attended and contributed to make our event such a memorable occasion.

Following tradition we will have an **open/enrolment day** on the 1st Tuesday in Feb (6th). This gives our Organisation and Program Leaders the opportunity to showcase our programs for members and potential new members. It is the day to bring along a friend.

Our GVU3A Committee would love to also hear from potential Committee members who would like to support the Committee in 2024 or beyond. Please feel free to contribute to our "Suggestion Box" at the hall.

Our Committee currently has an important responsibility to direct your attention to three items that are detailed in this newsletter.

1. The "Updated Model Rules" that were initiated on 18/11/2023.
2. The "BANKING DETAILS" have changed for paying your membership of Goulburn Valley U3A.
3. The GV U3A Course Guide and Timetable for 2024 is attached.

Please read the details regarding these items, in this edition.

In closing, thank you all for your contribution to our organisation and may you enjoy another healthy, happy and successful year in 2024 at GV U3A. (U3A was established in Victoria in 1984 – 40 years ago)

"It only takes a split second to smile and forget, yet to someone that **NEEDED IT, it can last a lifetime.**"

John

All underlined text is a link to either a course page on our website or to an internet website

ART GROUP

The Wednesday Art group celebrated another successful and productive year with a Christmas lunch at U3A. Members enjoyed a morning of painting followed by a delicious share lunch - a fitting culmination to our 2023 creativity.

Members are more than welcome to join the Art group for 2024, no prior experience is necessary - just a willingness to have a go and enjoy engaging the creative part of the brain for a few hours each Wednesday. Class begins at 10.00am and concludes around 3.00pm.



PHOTOGRAPHY

Are you a Happy Snapper who records a timeline of events and people in your life with absolutely no artistic or creative pretensions? Are you a TAKER of images and usually get what the camera gives you such as unwanted silhouettes, dull boring photos or perhaps just lack impact? If your photos are important to you, the good news is, you CAN take control of your camera. You too can make great images; you only need to join our photography group. All you need is a basic camera and a willingness to learn. Join us and explore your creativity within a friendly group. We meet on the second and fourth Thursdays from 1:30 pm to 4 pm and we love to share our knowledge. Existing members can look forward to some exciting new concepts and challenge.

See you at 1:30 pm Thursday 8th and/or 22nd February.

Lex Neville lexsan8@dodo.com.au

SCIENCE MATTERS

On Monday February 19 at 1.30, John Bush will present a discussion titled, "Science and the Enlightenment".

We will discuss the many brilliant minds who developed many of the ideas we take for granted such as the scientific method, the scientist, published experimental research, learned societies and many basic principles in astronomy, gravitation, optics, electricity, telescopes, calculators, industrial machines, biology, medicine and chemistry.

Some of the characters we will visit include luminaries like Lavoisier, Kepler, Francis Bacon, Rene Descartes, Hooke, Harvey, Boyle, Napier, and Michael Faraday.

You should enjoy the journey and you are welcome to bring a colleague.

Cheers, JB

500 CARD GAME

Happy new year to all our 500 players. Harry is taking a break from 500 this year and he has handed the reins to me. Our start date is Tuesday 13 February next from 3.30 to 5.30 pm. I look forward to seeing you all there. My email address is galehatton@gmail.com if anyone needs to contact me.

Gale Hatton.

COMMUNICATING WITH TECHNOLOGY

Classes will begin on Monday, January 29th.

Time slots 12:30 - 2:00, 2:00 -3:30 and 3:30 - 5:00

Anyone wishing to attend, please contact me - this includes returning members as well as any new members wanting to join. Numbers signing up on Enrolment Day always have me over filled. Now's your chance to get in early!

For members wanting to attend, I have moved from just computers (Apple and Windows based) to mobile phones (both Apple and Android) and tablets/iPads.

If you're new to classes, please bring something to write on, have a list of things you want to cover/learn (so we know where to start), KNOW YOUR PASSWORDS and bring a bit of patience while I deal with everyone else's issues as well - sometimes, some things take a little longer than expected.

Everyone will somehow have learned something (me included).

David Muir muir51@optusnet.com.au or phone 0414 881 369

MAH JONG

We play Mah Jong each Tuesday at the hall starting at 1.00pm until 3.30pm.

If you would like to learn this game please come along and have a go.

For more information please call Kerrie on 0439511929

STRENGTH AND BALANCE

Strength and balance is underway for 2024. Most people from last year have returned and we are enjoying the company of some new participants.

Come along and join us at 8.45 Monday mornings in the hall. (But note that there is no class on Monday 19th Feb)

It's not all huff and puff as many go for coffee after class and we have a luncheon once every 2 months or so, which makes for a great social outing. If you are not sure if this is for you, please give me a text or ring on 0402 019 552.

Lyn Davidson

BASKING IN LITERATURE

"That is part of the beauty of all literature. You discover that your longings are universal longings, that you're not lonely and isolated from anyone". F Scott Fitzgerald

This group provides an opportunity to explore and discuss with like-minded people, books, poetry, authors, plays, etc. It is not the same as a book club as we go where the whim takes us and everyone has a say in what we study. We will explore themes in literature and how they relate to our lives. Last year's themes were based on animals, Aborigines, books about books, poetry and books based on leaders/leadership. So, the topics are very broad and last for two months which gives us an opportunity to read books that others have read and recommended. The first theme for 2024 is anything written by Jane Austen or related to Jane Austen.

We would love to you join us.

Time: 4th Monday, 2.00 -3.30pm. Our first meeting is Monday 26 February.

Contact: Jan Gregory 0438093668 jangregory4@outlook.com

DRAWING BASICS - SCRIBBLERS

6 sessions Starting: Thursday 8th February Time: 10am to 12 noon

The 'Scribblers for beginners' sessions are aimed at sharing drawing basics while having fun. You will be shown a number of different drawing techniques using grey lead pencils within a relaxed and supportive group.

No previous drawing experience necessary, just a willingness to try. Once the 6 weeks are done you can join our group of dedicated ongoing scribblers who share their skills and knowledge across a wide range of art mediums.

Visit the GV U3A Scribblers webpage to see some of their wonderful art work.

<https://www.gvu3a.com.au/scribblers>

Please bring:

- A4 pad of drawing paper
- Black lead pencils (a minimum of 1 x HB, 1 x 3H, 1 x 4B and a 1 x 8B or as close as you can find).
- an eraser
- a smile (can be more than one)

Contact: Please enrol via email to Jill Riordan – marigold.riordan@gmail.com

SOCRATES CAFE

The topic for discussion on Monday February 26th at 10.00 am will be "**Education: What is it?**" Other questions that may be answered along the way are:

- Why is education important?
- What is the difference between a good education and a great education?

It would be good if a few past teachers could attend this day to keep us amateurs on the straight and narrow.

Last month Harry Lee facilitated the discussion on ""The Meaning of Life" I was unable to attend so I still don't know the answer.

Greg Barnes

Q3A - QUIZ

Eleven enthusiastic members started the year well at our January quiz session. Hoping to see a few new faces on Monday 19th February from just before 10am until 11.45am in Room 2 at the U3A hall.

A sample of questions from January:

- Which pioneer of antiseptic surgery had a mouth wash named after him?
- Which major invention did Isaac Singer first patent?
- Which hormone regulates the level of sugar in the blood?
- True or false: Rainlover won the Melbourne Cup twice in the 1970s.
- The brands Audi and Lamborghini are owned by which car manufacturer?

We have individual, team and whole group questions, in a light-hearted social atmosphere. You are welcome to join us any month on the 3rd Monday from 10am.

Susan McCarten Please sms 0437 215 130 if more details are needed

HISTORY

Welcome to the new Year.

This month (February) will be about Australian television advertising up to the year 2000. How has advertising shaped our lives? There is a timeline of topics which will be available from U3A on the information day.

Secondly, if you have any suggestions for what topics you would like to see covered, then let me know by either contacting me on the following address or at the regular meeting.

Thanks in anticipation: Livia lpt3629@optusnet.com.au

SINGING4PLEASURE

Happy New Year singers. I hope you are all looking forward to another year of singing, frivolity and friendship.

Sing4Pleasure will commence on Wednesday 31st January at 9.00 am in the hall. Please bring book 1 and 4; and of course you will need your beautiful voices.

Cheers Robyn Leembruggen redrobynmarie70@gmail.com

TAI CHI

Tai Chi classes will recommence on February 9th at 3.30pm at U3A. New members would be welcome. Sandra Bassett 0418 571 246

LIFE'S CURIOSITY

Our theme for the year in Life's Curiosity is 'Friendship'. We commence on **Monday February 5th at 1.30pm**, the day before orientation day with our guest speaker Mr John Dainton. He is a well-liked and respected member of U3A and will give us a run-down of his life, the many aspects, achievements, successes, and challenges he has encountered. This share will be one of great interest. John tells me he has indeed had a book written about his earlier life and his journey into the business sector, namely the water industry. We are to hear about the many challenges he faced with little of the basic requirements that one normally has to go on and achieve such notable life. We are amazing people and it just goes to show what can be achieved if we focus and have a passion. This is a not to be missed share time. Pop it on your calendar now.

The following week we will merge with Rita Bloomfield's 6-week course on "Friends Matter". (see below).

Cheers Robyn Glasson

FRIENDS MATTER

A new pop-up program for 6 weeks commencing on Monday 12th February at 1.30.

This is a new program presented by U3A Network discussing issues around Making Friends in Later Life. A program to stimulate the mind of how to develop good friendships, in what way can you help to keep friendship groups going and how to look at developing new friendships in later life.

Come along and hear opinions of others about how good and negative friendships help you with your life.

Co- Ordinator: Rita Bloomfield 0418 580 697

FEEL GOOD EMPOWERING HUB

To be held 2nd and 4th Friday at U3A Hall, commencing 9th February 1pm

Are you a person that wishes to adapt, learn, and grow? The aim of this hub is in believing in the potential for change and evolution. If this resonates with you and you have more questions or simply curious, or know there is more to life, then speak with John Padman on U3A orientation day (he will be wearing a "Feel Good" t-shirt). After our session we will gather for refreshments

For more detail on this class, read the description in the 2024 Course Guide

Leaders Robyn Glasson and John Padman

WRITING FOR PLEASURE

For the first meeting in January we had a good turn up of a dozen keen members. The topics, which were given prior to Christmas, 'Flying High' and 'The Calm Before the Storm', produced some interesting pieces of writing. We have a couple of writers in the group who entertain us in rhyme with their take on a topic – a wonderful skill.

February's topics have been chosen by Selina: 'Sweet Sixteen' and 'When I was', Selina will provide afternoon tea.

Ideas were forthcoming on expanding our writing skills with the inclusion of a focal point each month. Dorothy and Mary will lead this next month.

Next meeting: Shepparton Library Thursday 15th Feb. 1pm. Enquiries: Marion 0417 319 839 or Moya 0407 680 337

CRYPTIC CROSSWORDS

"Cryptic crosswords don't make sense!"

You have probably heard this comment from others, and you may have said it yourself. And everyone is right – in a manner of speaking! In fact, if a cryptic clue makes sense to you before you have learnt a little about them, then you are wrong. You see, there is trickery going on here. You must always ignore any meaning of the clue as a whole. You need to understand the compiler's tricks. Once you do, it is like opening the door of a darkened room and enjoying the sunshine.

Come along to learn these tricks and contribute your thoughts. Some of you may be familiar with Cryptic Crosswords and would like to share what you know.

Course Leader: Harry Lee 0409 703 868 and others!

When: 1st and 3rd Thursday of the month 1.30-3.00pm Room 2 commencing 15th February.

YOGA

The Yoga sessions for 2024 will commence on Thursday 15th February at 4.15.

If you would like to join this group, please put your name down on the list at the U3A open day on February 6th.

You need – your membership no – a mat and small towel or blanket. The sessions start 4.15 so you will need to be at the hall by 4.00 pm.

Look forward to seeing you on the 14th

Co- Ordinator Rita Bloomfield 0418580697

MONDAY LUNCH GROUP

During the month of February the group will meet at The Overlander Hotel Complex on Benalla Road. The group meets at 12 noon for lunch and a casual chat. If you would like to join the group on any or all of the following dates - the 5th, 12th, 19th and 26th you need to ring the lunch group co-ordinator and reserve a seat. Gail 0400 531 856

BEGINNERS ITALIAN

Beginners Italian with Meredith will commence on Friday, February 9th from 12.00 - 1.30. Intermediate Italian with Lelia will commence on Friday February 9th at 1.45 following Beginners Italian.

We are still in need of the book "Ultimate Italian" to form a class set.

Please consider either donating or selling it to us if you no longer have use for it. Any condition is suitable.

Liz Lee 0409 703 868

WALK AND TALK

Our next walk will be at Winton and Glenrowen, and the history of Ned Kelly and the Last Stand.

Meet at U3A carpark at 8.45am and departing at 9.00am bring morning tea and lunch or buy in Glenrowen. Tony and Bev Palma will be our guide for this walk

Our first walk and talk was held on 10/01/2024 with a walk from Ganaway Reserve around Kialla Lake.

Suggestions for following walks include, Dookie, Loch Garry, Strathmerton, Ulupna Island, Euroa water fall and Thompson's Beach at Cobram-

David Taylor 0412 802 427

NATURAL RESOURCES AND REGIONAL DEVELOPMENT

At the final 2023 session I distributed a page summarizing the 2023 program and indicating unresolved issues for 2024. The primary matter was finding a lead organizer for the 2024 program. The search continues.

I am no longer a good person for this task. Age and decreasing competency plus competing personal commitments mean a new leader is needed. Ideally this new leader needs a support group of two or three members. This would bring a fresh approach, devise the program plan, make contacts, write confirming notes to contributors and give updates for the U3A newsletter.

The first session on Friday February 2 at 10am will focus on formalizing the new approach. Without a satisfactory outcome the program is in jeopardy. If you are interested in continuing this program please attend the structured discussion I will chair in order to devise the 2024 arrangements.

Barry Croke 0488 058 231

BOLIVIA Cards

Our games have recommenced on Thursdays at the hall starting at 1.00pm until 4.00pm. New players are welcome. For more information you can call Kerrie on 0439511929

AROUND THE WORLD FOODIES GROUP

The Foodies Group's first outing for the year is at the Aloï Thai restaurant, 339 Wyndham St, on Feb 22nd, 6pm. This is a 2-course banquet, \$25 pp, BYO.

Book before Feb 15 with Carol Davidson, 0411 483 920

GV U3A Artists

In Seniors Week GV U3A artists from Scribblers and the Art group participated in Master Miniatures in conjunction with the GV Library. These works have now been framed by our member Margaret Holleran and are hanging in the entry at our Hall.

The Library staff were very excited by our enthusiasm for the project.

ANNUAL GENERAL MEETING

The Annual General Meeting (AGM) of GV U3A will be held Tuesday 5th March at 10.00am at the Hall in Esson Street.

All members are invited to attend, and morning tea will be provided as usual. There will also be a guest speaker. All committee positions will be declared vacant and nomination forms will be in the foyer.

There are 2 items of interest to members:

1. That we set the fees for membership at \$70 for the 2025 calendar year
2. That we accept the updated Model Rules from Consumer Affairs. These updated rules are the rules which guide the committee in running our organisation in the state of Victoria and are provided by Consumer Affairs Victoria (CAV). The key changes include updated language to support the flexible use of technology, new processes for disciplinary appeals, changes to grievance processes, and stronger disclosure requirements. For more information, please go to the CAV website or look at the copy which will be displayed at the Hall.

Liz Lee (Secretary)

GVU3A SUBSCRIPTIONS 2024 NOW DUE

The annual membership fee of \$60 per person is now due. If you wish to pay by direct bank transfer, use the new bank details, as below. **DO NOT USE LAST YEAR'S BANK ACC No**

You may also pay by cash or cheque. Place it in an envelope with your name on it.

- Either hand it to the Treasurer at a GVU3A meeting, or
- Place it in the secure box beside the office door at the GVU3A Hall

Cheques can also be posted to: U3A, P.O. Box 14, Shepparton 3630

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: Acc **Name GVU3A Inc BSB 803 078 Account number 1001 11147**

Don't forget to add your name.