

# 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](http://www.gvu3a.com.au)

October 2023

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(Entries close on 21<sup>st</sup> of each month)



## A MESSAGE FROM THE PRESIDENT

Greetings to All,

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

**Morning Tea:** Our GVU3A morning tea is held at Esson Street on the **first Tuesday of each month**. All members are welcome to attend.

Our morning tea in August provided our GVU3A attendees with the opportunity to share time together on another cold, but sunny Tuesday morning. An extra big thanks to our amazing catering Team.

Our Guest speaker Richard Bryce, a native of Canada, gave attendees an overview of his employment journey. Richard was a cub reporter in Canada and recounted interviewing Mohammed Ali. He became an editor at a very young age and his association with Shepparton includes editor at the Shepparton News, manager at GM Water and currently he is employed by the Education Department.

Goulburn Valley U3A currently has 381 members. At our August GVU3A committee meeting, it was decided to close the GVU3A Esson Street Hall from Friday night the 15 September to Monday 25 September for painting and affixing new curtains.

A calendar of events is available in September for Senior's month in October. Over 100 events are on offer (large and small). Our Uke3A Group will be performing at the Library, Rumbalara Aged Care Facility and at Esson Street. See our main notice board for this and other important communications from our Council and various Community groups.

The world always looks brighter from behind a smile

John

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

## STRENGTH AND BALANCE

Come along and warm up on these cold winter mornings. 8.45 am in the U3A hall on Mondays. Just wear comfortable gear and some comfortable shoes and you will stay warm for the rest of the day. Some participants enjoy a coffee together after class and we will be organising a social event in the next few weeks so it is not all huff and puff.

Contact: Lyn Davidson - 0402019552

## LIFE'S CURIOSITY

### **October 2nd, Monday 1.30pm.**

All most welcome for this special session. Following from our September session where the members met myself in more detail and in relation to my health journey. This month, October, we are meeting our esteemed friend Greg Barnes. Greg has kindly agreed to be our subject. Greg will present himself and his life's journey. I bet he brings some research and scientific facts about himself. I hope he is ready for some loaded questions from the other members. Now is the time to show your appreciation to Greg himself by coming along and hearing his story. Each of us bring a unique spirit into the world and by sharing we create a chance for others to learn and share together.

During my session in September, I expressed my passion and message to the group:

*As our years are passing question your beliefs around your health and become educated and knowledgeable about your body. Our body does age but it is not designed to have disease. It would prefer to be healthy. Disease, whether you believe it is in your genes or part of aging' has only developed in the body because conditions were ready for it and along the way you provided a stressful environment for a disease to develop. You do have control and are worth becoming committed to yourself. Question every problem you have and ask why did the body activate this problem, what message is it giving me that I need to at least provide the right tools to ease the situation. Unresolved trauma and stress are key factors. You are so worthy of becoming curious.*

Be warned: it does take commitment.

Warm regards Robyn Glasson

## HISTORICAL STUDIES

### **Monday 9 October, 10 am U3A Hall**

Speaker, Livia Tiso will give a brief history of the Melbourne Cup and what is it that makes it so special and captures our imagination.

John Dainton mob 0417 549 502

## CREATIVE CRAFTS



Welcome to a couple of new faces to our group. It is always great to see new members joining in and sharing their projects.

At an August get together Tina and Heather showed us many of their "slow stitching" creations and helped us start our own creation. Well done to Susan



and Sonja on completing their item. The photos show the result. I know there are some more nearing completion and we look forward to seeing them.

As always, we welcome all new comers to our group and sharing our skills.

Contact: Gael Thompson - Mobile 0458 215 794

## WRITING FOR PLEASURE

The September meeting at the Shepparton Library was run by Peter Leffler who had put forward the topics: Scrooge and The Plastic Bag. The writing pieces produced from this latter topic prompted much discussion. The October meeting will be led by Marion McLennan and the suggested topics are: The Best or Worst Trip, or A Mini Novel (or story) in 500 words. Robyn Leembruggen has taken over the collating of the writing pieces for our yearly book. Send your pieces to her please.

Our next meeting: 19th October, 1pm -3 pm. (We have shortened meeting time to 2 hours, due to parking restrictions) Contact: Moya Turnbull 0407 680 337 or Marion McLennan 0417 319 839

## BIRD WATCHING



The 18 October outing will be a morning walk along the Seven Creek at Euroa. Please meet at the U3A car park for a 9am departure or at the car park at the side of the Seven Creek Hotel facing the parkland. Our September outing was in the Rushworth Forest where we recorded 45 species of birds and many wonderful plants. Some of the birds recorded were



Little Friarbird, White-eared Honeyeater, Brown Thornbill, White-throated and Brown Treecreepers, White-browed Babbler, Weebill, Mistletoebird, Jacky Winter, Grey Fantail, Painted Buttonquail, Eastern Yellow Robin, Rufous Whistler, Fuscous Honeyeater and Red Wattlebird.

Don Roberts – Mobile: 0448889224 or Marg Clarke – Mobile: 0429350875

## LUNCH GROUP

On October 2nd, 9th, 16th, 23rd and 30th the group will gather at The Sherbourne Hotel for lunch at 12 noon. To reserve a space please ring Gail on 0400 531 856

## SCIENCE MATTERS - THE EVOLUTION OF HUMANS

**Monday Oct 16 at 1.30** - Humans developed from a branch of the great apes (hominids). You probably know that already, but how and why did it occur. In the first talk in this 2-part series Allan Wilson will present what we know about our physical evolution – the what, why and how of bipedalism, loss of fur, harnessing fire, making tools, etc. Also, a bit about our spread around the globe, separating into genetically different groups, then rejoining again. Then, a bit about modern evolution, such as genetic tolerance of high altitude, lactose tolerance and susceptibility to Covid19. In the second talk in November there will be a presentation on social evolution and collective learning, which is how we have come to dominate the world.

John Bush 0408 290 751

## SOCRATES CAFÉ

The next meeting is on Monday 25 October. The next meet of Socrates is a slightly different and relevant issue. We are throwing the doors open to anyone who wants to come and discuss the Voice referendum in a safe and non-judgemental space.

The idea is a moderated round table discussion based on the booklet that was delivered to all homes by the government. We are not lobbying any opinion and welcome whole-heartedly members who are undecided. 'If you don't know - please don't vote no, make your vote an informed one.'

The basis of Socrates is respectful discussion that stays in the room, when it's over we do not extend any differences of opinion into the everyday. In that way no one should feel pressured into speaking, they are very welcome to just listen.

Should be a good morning. Tina

## WALK AND TALK

### Wednesday 11th October - Rushworth Town and Rail Trail

Meet at 8.45am U3A carpark leaving at 9.00, stopping at the Rushworth Toilet and café for morning tea. Then we will walk the first part of Rushworth's 'Hidden Treasures Walking Track', returning for lunch. After lunch we will walk another part of this historic town, including the cemetery.



Our Walk and Talk last month was at the Warby Ovens National Park with 12

walkers. Our first stop was the small town of Devenish for Morning tea. We then went on to Wenhams Camp. We walked the Friends Track loop, which proved to be very difficult in some parts. After the walk we had lunch at Wenhams. A small group went in the opposite direction and returned later. David Taylor Mobile 0412802427



## ITALIAN

The Beginner's class will continue as normal after the school holidays. Intermediate Italian will recommence after the school holidays at 1.45pm on Friday 6th October. We will welcome back Lelia after her Italian holiday and enjoy getting together again.

## AROUND THE WORLD FOODIES GROUP

Hi Foodies. Thank you for joining us on our Food journey around the world. Have a look on the U3A website under courses, drop down the menu to 'Around the World' for the list of venues for the rest of year. David Muir has been wonderful uploading photos and updates with each dinner, so a big thanks to you always David!!

Each event has delighted our taste buds as well as added lots of conversations and interactions as we get to know each other and of course share our world travels. So many in our group are very well travelled. The restaurants for the remainder of the year are:

**September 28th:** Albanian smorgasbord at Lutfiyes at 6pm. Azem, Jaihan & their daughter Zainab, will be preparing some very special Albanian dishes for our dinner (see photos for a sample of the types of foods which will be on offer in the evening). Cost is \$35/per person (cash only) which includes smorgasbord dinner, a can of soft drink, dessert and tea/coffee (cappuccino, latte etc...). Please note that there is no BYO. Additional drinks can be purchased on the night. Please confirm attendance by Monday Sept 25th.



**October 6th (note 1st Thurs/month):** France at Bonshaw with chef Bernie is fully booked out and there is a waiting list. Cost: \$70/per person (cash only). Please confirm attendance by Monday Oct 2nd.

**November 23rd:** The Italian buffet down the back at Casablanca at 6pm will be our final gathering for the year. We hope dancers will come prepared to dance the night away. Cost is \$26/per person for a buffet style dinner of pizza, pasta and salad which will be replenished as needed throughout the evening. BYO or drinks available at bar prices. Hopefully we can get some people in the Italian classes to join us as well or any classes for that matter. We can have 100!!!

Muna 0438830384, Barb 0408299497 or Maree 0439315861 or email [u3afoodiesgroup@gmail.com](mailto:u3afoodiesgroup@gmail.com) for bookings we would like confirmation on Mondays before.

## NATURAL RESOURCES AND REGIONAL DEVELOPMENT

**Friday October 6 at 10am:**

**Continuing on with Approaches to Insect Control: Dr Malcolm Campbell**

At our September 1 session there was a well-supported request to continue discussing this theme. It was centered around approaches that have/are/could be used for insect control. The October 6 session will start with plague locusts, then other insect species will be considered according to members' requests.

Malcolm will draw on his experience as an entomologist in a career that included Burnley, Mildura and Tatura with the Department of Agriculture.

**Friday October 13 at 10am:**

**Current on-farm production expectations: Mr Tim Anderson, Advanced Ag. Shepparton**

A few decades ago agronomy (crops) and agrostology (pasture), expectations were in the region of 2.5t/ha (wheat), 8t/ha (irrigated corn grain) and 9t/ha (irrigated perennial pasture). These are measures of how well solar energy is being captured by plants within the regime of soil nutrient, moisture, pest competition and plant breeding. Come along to learn how these yields are being eclipsed. Tim with his local business, Advanced Ag, has over 30 years assisting farmers achieve major productivity gains. A paddock with an Advanced Ag coreflute on the fence is usually a site to behold. Tim's session will cover current expectations for yields and the management of underlying technologies that sustain these farming systems.

Barry Croke  
0488058231

## BRIDGE

Bridge has been continuing despite hall painting. Thanks to Maree, Chris, Louis and Bridgette for hosting the Wednesday session at Freedom Place. Nick and Derek went over and played in Benalla. The Northern Region held their annual GNOT teams final at the hall on 27 August. Derek and Geoff competed in a Shepparton team. Our numbers on Monday night seem to be dwindling – but Saturday and Wednesday seem to be stronger than ever with our new players enjoying the competition and doing well. Derek is having an input to running state bridge through the newly formed Bridge Operations Committee Victoria (BVOC). BVOC are exploring a new gold point congress for Victoria, revamping of state competition, director's courses and much more. A State Manager for Bridge will be appointed in the near future. A committee meeting is planned for Wednesday 27 September.

### 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