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

◆BANK DETAILS

BSB 803 078  
 Account 1001 11147  
*Use your name as reference*

## A MESSAGE FROM THE PRESIDENT



Welcome to May, the month of milder weather and comfortable night's sleeps. This month, hopefully, will not be as hectic as April, but I should learn not to make predictions.

A smart board update: it should be operational by the end of April. There will be information sessions for all users to familiarise you with its operation. Course leaders have proved very resourceful in its absence so thank you for that. Normal operation should recommence soon.

John Carey ran an informative presentation on CPR and the defibrillator on the 8<sup>th</sup> of April. We learned about Neffy which is a game changer replacing EpiPens and had a refresher course on CPR and using the defibrillator. Please familiarise/reacquaint yourself with the location of the defibrillator in the hall. This is also a prompt reminder to groups who are having offsite trips to collect First Aid Kits before you go.

It has been great to see people contributing to the newsletter with photos of the different activities that they are involved in. It helps increase the profile of GVU3A as people can access the information on our website. Who knows, it may be a catalyst for members to try something new. Think about attending the upcoming events at the hall and put them in your diary:

ROLYS Mobiles will be holding another information technology session on 5<sup>th</sup> of June starting at 6pm. These sessions have proved popular with members.

Greater Shepparton Council will be running a session on Friday June 12<sup>th</sup> 10:30- 12noon as part of World Elder Abuse Awareness Day (WEAAD).

**Last and by no means least, Happy Mother's Day to all mums on 10 May.**

I hope to see you at the social morning on the 5<sup>th</sup> of May to hear Rob Bryant speak.

Livia Tiso 0467952159

## MAY SOCIAL MORNING

**Date:** Tuesday, May 5  
**Time:** 10 a.m.  
**Guest Speaker:** Rob Bryant, "The Cottage" Rehabilitation Program  
**Cost:** \$3.50

## SCAM WATCH HINTS

We often receive emails and phone calls that are unknown to us. The following is a link to seniors online <https://www.seniorsonline.vic.gov.au/services-information/be-scam-savvy>

### Know the common warning signs:

- It sounds too good to be true
- You are asked to help someone you do not know
- The message has links or attachments
- You feel pressured to act quickly or that you have done something wrong
- They ask you to pay in an unusual way
- They ask you to set up new PayIDs or new accounts

## BEGINNER SCRIBBLERS

Our group – currently about 18 women, enjoy coming each week to be inspired, perhaps learn something new and a general catch-up. Through this fun group, we have all grown in our drawing skills, and a number have been inspired to create and show their work via special Council Library invitations. You can see the framed "mini art pieces" (2023) in our hall foyer and our latest effort titled "local farms" is currently on display at our Shepparton library.

In March, over two weeks, Judy showed us some basic pointers, necessary to improve our portrait drawing skills.

For anyone looking for a new hobby, come and join us, especially in May this year. Jill and Judy, our educators/motivators will be running a "Beginner Scribblers" course, commencing May 7<sup>th</sup> – June 11<sup>th</sup> on Thursdays from 10.00 a.m. – 12 noon. A total of six weeks. Men are also very welcome to attend this course and learn the basic principles of drawing.

Please email [marigold.riordan@gmail.com](mailto:marigold.riordan@gmail.com) to nominate your interest and be given a list of requirements for the course.



## STRENGTH & BALANCE

If you want some fun and fitness, come along and join our group at 8.45 on Monday mornings in the hall. As it's getting cooler in the mornings, exercise is a great way to warm up for your day. Rain, hail or snow we need to exercise and there's no such thing as bad weather. It is bad clothing.

Participants go for coffee afterwards and we have occasional lunches so we can all get to chat rather than puff.

Contact: Lyn Davidson 0402019552

## LINE DANCING

Line dancing sessions have continued through the recent school holiday period, and I thank those who have been able to come along, despite the difficulties encountered. I also thank those members of the committee who have helped me find a way to continue to facilitate the classes.

Attendees have benefited from participating in this alternative form of activity, while enjoying the necessary musical accompaniment.

Contact: Sue Lowe 041 463 1246

## WRITING FOR PLEASURE

Our April meeting was well attended with the topic 'Tell me a story' providing an entertaining assortment of tales.

Mary will host the 21 May meeting with topics:

1. Right here, right now
2. See what you made me do

Heather's topics for the 18 June meeting are:

1. A picnic
2. How old are you? I am four.

Contact: Marion MacLennan 0417 319 839

## HISTORICAL STUDIES

There was a change in schedule this month as Jan was not available, we looked at the history of the Archibald Prize instead. Remember that Shepparton will be hosting the exhibition from 5 September – 1 November 2026 (the only Victorian venue). For a complete change of pace, next month Jan Gregory will be talking about her travels on the Camino Trail.

Remember if you would like to present a topic, please let me know.

Contact: Livia Tiso

## “AROUND THE WORLD” FOODIES GROUP

Oh my! Last month Raj from Oh My Ceylon served us a wonderfully flavoursome and generous 3-course meal from his food truck. You can enjoy more of his food by visiting him in Corio St (in front of the old Fruitworks) on Fridays between 12 midday and 7 pm. This month will find us enjoying an interesting, social, and tasty meal at Lazy Moes.

Follow *all* steps in the booking process – consecutively, makes life easier for us all and ensure you are booked in.

For queries or more information, please contact Lyndal Lancaster on 0429 808 602.

## LUNCH GROUP

Our lunch group has grown this year. We have around 20 people meeting for lunch each Monday. During the month of May the group members have chosen to eat at The Shepparton RSL Club at 12 noon. Rather than give us a very long table they have chosen to allocate 2 tables of 10. Members are welcome to meet at 12 noon on May 4, 11, 18 and 25. It is essential that we know who will be attending so please ring Gail on 0400 531 856 to book a seat. Some members come each week. Others come once a month. All are welcome.

Contact: Gail Jelliff

## CREATIVE CRAFTS

Our members are continuing to enjoy meeting each Tuesday afternoon – 1pm to 4pm – to share their projects, chatter and have a laugh. As the cooler months approach we are wishing some members of our group happy travels to the warmer climates or overseas. New members most welcome.

Contact: Gael Thompson 0458 215 794

## Q3A QUIZ

Twenty members enjoyed the April Quiz session, with the frequent laughter being of great benefit to our well-being. On 18 May, Leona Sterling will lead the Quiz in my absence. Any U3A members are welcome to attend, ready to start promptly at 10am until 11.30/11.45am.

Here are some April questions, with answers on the last newsletter page.

1. Which 2 countries begin with the letter Z?
2. In what year will the next Leap Year occur?
3. What is special about the bones of most birds?
4. What is the second bottom colour in the arch of a rainbow?
5. True or False? Cadbury is the second-largest confectionery brand in the world.

Susan McCarten 0437 215 130 (SMS or voicemail preferred, and I will reply)

## CURIOSITY FOR LIFE ABOUNDS

Our meetings are interactive and informative on our personal life issues. Our purpose currently is to bring clarity, understanding, acceptance, and new skills to our members. Confidence and self-esteem are big winners when they share. Our listening skills are enhanced also. Our meetings are held every second and fourth Friday of the month at 1pm at the U3A hall. All welcome (next meeting 24 April)

Contacts: John Padman [john-n-padman@gmail.com](mailto:john-n-padman@gmail.com)

Robyn Glasson [rglasson65@gmail.com](mailto:rglasson65@gmail.com)

## BIRD WATCHING

The May 20 outing will be a morning walk at the Yania Gurtji Shared Path, a new venue as it is a new path from Kidstown to Gemmill Swamp Wildlife Reserve Mooroopna, we will be going from Kidstown to Gemmill Swamp and back. Please meet at 9am at Kidstown car park (gravel car park) in front of The Connection near the Peppercorn Trees.

For our April outing we walked the Broken River shared path from Archer St to Jackson Park on Wyndham St and back where we recorded 26 species, some being: New Holland Honeyeater, White-plumed Honeyeater, Spotted and Striated pardalotes, Willie Wagtail, Rainbow Lorikeet, Red Wattlebird, Created Pigeon, Eastern Rosella, Long-billed Corella, Weebill, Grey Fantail, Blue-faced Honeyeater and White-throated Treecreeper.

Contact: Don Roberts 0448 889 224 or Marg Clarke 0429 350 875.

## SOCRATES CAFÉ

At 10 am Monday 25 May, at Socrates Cafe we will be discussing **The value (and dangers) of pride and dignity**

**Suzy Killmaster, Senior Lecturer in Philosophy at Monash University** says - To be proud is to stand up for what one believes in. To be proud is to refuse to be treated like dirt. To be proud is to insist on one's right to exist, or more radically to flourish, in the face of a world that denies you a place.

**Google** says - Buddhism views pride as a major mental affliction and a "poison" to be overcome.

**Questions that might be asked** during the session are, Is pride an important human value? What is the value of pride? What is the danger of pride?

**Suzy** also says Personal dignity is to hold yourself to a set of standards. For example standing up against a bully. It involves taking pride in who you are, because you're living up to your own values and ideals. Personal dignity violations are central to the practice of torture, which seeks to break people down by forcing them to transgress their deepest moral or religious commitments.

**Google** says Buddhism defines true dignity not as status or superiority, but as an inherent, quiet confidence arising from self-awareness, compassion, and the realization of one's own "Buddha Nature". More questions will be asked about this too, I hope you can make it.

Contact: Greg Barnes

## UKE3A

Uke3A sessions have been on hold for Easter and school holidays and will recommence on Monday 20<sup>th</sup> April at 12 midday at Esson Street.

Some successful social events have been held with a dinner at Sabai Sabai organised by Muna and Gordon, attended by 24 people. St Patrick's Day was celebrated at Peter and Marg Tacey's farm with 17 enthusiastic, green clad, Irish song playing people. This month's evening social night on 14 April had a Beatles theme, where all the old favourites were played.

The group has provided much loved entertainment for the residents at Maculata and Menarock Life. The chosen songs suited the audiences, with lots of interaction. Lyndal turned one song (was it 'Puppet on a String'?) into a 'work out' which got lots of the audience joining in.

As we come into the colder months, we have some members heading north for warmer places, the rest keep warm with lots of enthusiastic uke playing. Leading the group takes a heap of dedication, we thank Andrew Lelliot for his planning and enthusiasm.



Photo captions.

1. Robyn Masterson has the luck of the Irish with all those shamrocks.
2. Peter Tacey, Muna Riches, Judi Chapman and Maree Schneider.
3. The venue for St Patrick's Day.

## SCIENCE

At 1.30 pm Monday 18 May, Greg Barnes will answer the question - Energy and what has it ever done for us?

As it turns out it has done almost everything for us, we would not be here if it wasn't for energy. He will talk about what energy actually is, how energy and mass are interrelated, different types of energy, how much will a tonne of iron increase in weight if you heat up to 1000 degrees C, how much will a Tesla car increase in weight if you charge its battery up from empty to full,

And he will talk about so much more.

Contact: Greg Barnes

## WALK AND TALK

On Wednesday 8th April 8 members enjoyed our drive to Nathalia. It was a very pleasant walk beside the Broken Creek through the bush past the Chinamen's Weir. After morning tea, we crossed Broken Creek and walked in the opposite direction to the Memorial Gardens, remembering the sacrifice of men and women in several wars. After lunch, we drove to Waaia to view the recently completed silo art, depicting the local dairying and grain industries.

On Wednesday 13th May, due to the uncertain fuel situation, there will be a local walk around Lake Victoria, and along walking paths in surrounding bushland.

Meet either at the U3A carpark at 8.45am, or travel directly to the SAM (Shepparton Art Museum) carpark beside the railway line, meeting there at 9am. Bring morning tea, and enjoy good company and healthy exercise.

Contact: Iain Jaap 0428 218 229



## BRIDGE

Nick Walsh & Wayne "Spotty" Leppard from the Shepparton Bridge Club won the North Victoria Region Pairs competition on the 7th of March (Shepp News article can be seen on U3A wall). As such they qualified for the Victorian team selection held last weekend in Melbourne. There were 13 pairs of the best bridge players from Victoria: 1 pair each from the Northern Region, Eastern Region & Western region, 2 pairs from Geelong & 7 pairs from Melbourne.

Nick felt quite intimidated by the strong field and would have been happy to win a few matches. At the end of the first day, Nick & Spotty had won 5 matches, drawn 1, and lost 1 match. They were coming third!

On the second day they had two huge wins and three small losses. In bridge scoring a huge win and a small loss is significantly better than two small wins, so it was a good result. At the end of the competition Nick & Spotty were placed second. As the top three pairs are automatically selected for the senior Victorian Bridge team, Nick and Spotty are off to Canberra to play in the National Senior teams' competition held in July.

With this achievement, Nick and Spotty are the first Northern Region pair to ever make the Victorian Team, so it is a significant achievement.



## INDUSTRY MATTERS - COTTON PICKING TOUR

This month we went to Deniliquin to visit the Purtill car museum and to see the Lawson's siphon. We were joined by the Cobram U3A and had lunch with the Deniliquin U3A. We had 24 members from the three groups, and everyone was impressed with the museum and the talk from Murray Irrigation at the Lawson's siphon.

Next month, we will be conducting another cotton-picking tour, the same as last year, and we have invited Cobram U3A to come along.

Cotton picking tour Monday 4 May. Expressions of interest are being sought for a day trip to see a farm with Cotton being harvested in the Berrigan area. Cotton fields are a pristine site, and we are blessed to see the picking operation so close to Shepparton. It is approximately a 1.5 hour drive from Shepparton. Last year the same tour was conducted, and the response was so good it has been decided to run it again. The tour will conclude with a lunch at a Finley Hotel. The tour will meet in the U3A carpark at 8.15 am to arrange carpooling. Please put your name on the sheet provided at the U3A hall with your contact details. Also, please indicate if you are willing to take your car.



Contact: John Padman 0428 745 282

## NEW HORIZONS

New horizons meet At the Sherborn hotel fourth Thursday of the month, April 23 at 11 am. Bring along some new and exciting ideas that we can do as a group.

Contact: John Padman 0428 745 282

## QUIZ ANSWERS

1. Zambia & Zimbabwe.
2. 2028.
3. The bones are hollow.
4. Indigo
5. True (Mars is the largest).

## PARKING AT U3A HALL

To maximise the parking in the carpark, it would be appreciated if you could park so your car is straight and centred on the black and yellow striped guides. Thank you.

## U3A NETWORK VICTORIA

Enjoy this month's Network News. [Click here.](#)

To see what GVU3A has to offer and what other groups in GVU3A are doing.

Scan the QR code here and go to [course pages.](#)

