

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: 5821 3333

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

June 2022

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(Entries close on 21st of each



Some people come into your life for a SEASON, because your turn has come to share, grow or learn. This may also be a time for them to teach you something you have never done before.

Remember all U3A members are here to learn, share and to have a good time.

Hello to All

In June, Winter's crisp frosty morning and beautiful days will be with us and as we rug up in our warm coats, we look forward to spending time in front of the fire. As the days get shorter, remember to keep in touch with your family and friends. It is very easy to say its "too cold" to go for that walk or catch up with friends. This is why I love the Goulburn Valley for its four seasons.

With the flu season upon us and COVID 19 still prevalent it is very important that you keep your exercise up and keep your mind stimulated. If you feel safer, please wear a mask when attending your classes. And if you don't feel well, please stay home and rest.

Ray Watt and Kerrie Midgely have finalized our trip to visit Elvis at the Bendigo Art Gallery on June 8th. Please read the information so you are very prepared if you are going. A mask is required while travelling on public transport.

Liz Lee has done a tremendous amount of work to procure a grant to upgrade our technology services. A requirement of the grant is we must survey our members twice over the following year. A big thank to you for taking time to fill in the survey, and hopefully you will see the big screen in action soon.

We have had our building checked for safety features and you may see some changes in the electrical lights and switches coming over the next couple of months.

Geoff Allemand is our Guest Speaker at our social morning on **June 7th**. He will be talking about all things History and the future of the Shepparton Museum. I look forward to seeing you at the social morning.

To those who travel during the winter months – Travel Safe and to all members

Stay safe, Rita

CREATIVE CRAFTS

It is good to see members coming to Craft even though the weather is cooling down. The creation of the projects and the chat keep us warm and motivated.

New members to the group are always welcome. Come along and share.

We wish Joy Findlow a speedy recovery and it is good to hear that Thurlie is making progress. Hope to see both of you back with us soon.

Stay safe everyone.

Contact: Gael Thompson 0458 215 794

WALK & TALK

Some members of the Walk and Talk group will be going to Bendigo, but there will definitely be a June walk as below.

On Wednesday June 8 our walk will be at Cussons Park, Tatura, followed by a visit to the Tatura Bakery for a vanilla slice and coffee. After that, we will take a close look at the art work on the prestressed concrete water tower in Tatura featuring General Sir John Monash, who as an engineer 100 years before, designed that water tower. It is the longest surviving example of a reinforced concrete tower of its kind in Victoria.

Please meet at the U3A car park at 8.45am for a 9am start in shared transport. Bring your morning tea to have when we get there, and wear clothes and shoes suitable for the climate of the day. New members are particularly welcome to join us for this walk which is on flat ground. It is a good way to meet new people and catch up with old friends as we walk along. Please contact Christine Wilson or Marg Clarke for further information on this walk.

A group of ten walkers went to the Winton Wetlands in May. We met at Bill Friday Swamp for morning tea before starting our walk along the spit walk to the Lunette Lookout. One group followed the old lake edge, while the other drove to the lookout and walked around the island. Two of the stronger walkers did the longer return walk, viewing the Long-Necked Turtle on the way, while the others took the cars back to the start. We then enjoyed our lunch back at Bill Friday Swamp. Thanks to Allan and Christine Wilson for being the guides for this walk.



The July walk will be on the 13th July to Balmattum Hill, Euroa.

David Taylor 0412802427 and Christine Wilson (0428 399 648)

SCIENCE MATTERS

The series of talks connected to the Murchison Meteorite will continue on **19 June**. In this session we will look at how life on earth started, and how meteorites like the Murchison meteorites might have primed the start of life on earth. This idea (called 'panspermia') was given impetus by the discovery of organic compounds on the Murchison Meteorite. The session will begin with an excellent presentation by Martin Van Kranendonk (UNSW) about early life and astrobiology.

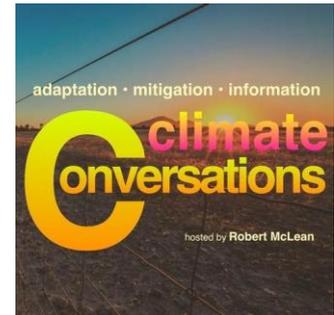
Derek Poulton and Allan Wilson (0427 399 648)

CLIMATE CONVERSATIONS – HAVE YOUR SAY

We all have, or should have, an opinion about climate change.

As a podcaster Robert McLean is keen to hear that opinion, record your views and then publish them as a new episode of his podcast "Climate Conversations". He is keen to hear your view as this, he believes is about giving a voice to the people.

The podcast can be found at: <https://www.climactic.fm/show/climate-conversations/>.



Robert is seeking volunteers to come and talk with him from 10 am on **Monday, 6 June**. Each interview/recording will take about 15 minutes, maybe longer if you have some strident views that need to be expanded upon.

The interviews will be in Room 4, that's the small office, and will proceed in order of arrival. Tea, coffee and a biscuit will be available for 50 cents for anyone waiting.

Questions can be directed to Robert McLean (0400 502 199 or r.mclean@icloud.com)

NATURAL RESOURCES AND REGIONAL DEVELOPMENT

Natural Resources has two presentations by interesting speakers in May. Any member is welcome to come along and take part in the discussion that follows.

Friday June 3; Animals in our regional eco-systems.

Dr. Steve Wilson, from the Goulburn Broken Catchment Management Authority, using his extensive supply of photographs, will lead a discussion about the animals that share the spaces around us. This will be a really interesting session that will captivate U3A members who do not usually attend our session.

Friday June 10; Regional Development

One of the senior managers for the Hume region has been asked to present a session. Members can gain some background around Regional Development Victoria by reading their internet site. The reason for having the session is to find out more about how RDV prioritise the development projects in our region and the success they are having in this process.

Barry Croke

500

Five hundred continues on Tuesday afternoons with the earlier starting time of 3.30, finishing at 5.30.

All welcome Harry 0400 770 972

STRENGTH AND BALANCE

Strength and Balance is going from strength to strength. We are pleased to have welcomed some new exercisers to class this year and it has made for more fun and laughter. There is still a lot of mobility, flexibility, strength and balance happening and people are working hard to maintain their fitness which is wonderful to see.

Participants are getting together after class to go for coffee if they wish. Research has shown that group fitness is 80% social and that is why it has been so successful over the years and continues to be so. It is much more fun puffing and panting in a group than on your own!

Class commences at **8.45 on Monday mornings** for 45 minutes except for public holidays and new people are most welcome. If you would like to join in and are unsure if it would be suitable for you, please ring me on 0402 019 552.

Lyn Davidson

MONDAY LUNCH CLUB

The lunch group will be meeting at DEGANI RESTAURANT at Riverside Plaza every Monday in June. There is plenty of parking available. We have been allocated a carpeted room which I'm assured isn't too noisy. So, on **June 6th, 13th, 20th and 27th** our usual group will gather there for nice food and conversation at 12 noon. Any U3A member is welcome to join us on any of these dates. You must make a reservation by phoning Gael Thompson on 0458 215 794 by the Friday before we gather, so the numbers attending can be sent to the restaurant and they can set up the tables. Gael has kindly agreed to manage the group as I won't be available during June.

WRITING4PLEASURE

The next meeting for the Writing Group will be on **Thursday 16th June** at the G.V. Library. Moya will be the Leader. The topics chosen by Heather are:

1. TEAPOTS
2. IT STARTED AT SEVEN (include this statement somewhere in your story)

* **NEWS FLASH** – Regarding our end of year book - "**Spilling The Beans**".

WE HAVE **FIVE COPIES** available, waiting for five lucky people. TO PURCHASE ONE, PLEASE SEE MARY HENEGHAN AT THE ART GROUP ON A WEDNESDAY MORNING, U3A HALL. THE COST IS \$20.00

QUOTE FOR THE MONTH:

"AND NOW THAT YOU DON'T HAVE TO BE PERFECT, YOU CAN BE GOOD".

- John Steinbeck

CONTACT: Lyn Austin. (0468 312 602)

ELVIS TRIP

Plans for the Elvis trip to Bendigo on **8 June** have been finalised.

The bus will be at Esson Street at 8.15 for a prompt departure at 8.30am.

We will stop at the Bendigo shopping centre for lunch and shopping, then see the Elvis Exhibition at 1.00pm. We will return via Colbinabbin to view the silo art.

We expect to return to Shepparton at approximately 5.00pm.

Please consider car sharing to the Hall and parking in Balaclava Road as there will be a number of classes at the Hall on Wednesday.

Ray Watt 0438 569 611

QUIZ GROUP

Our quiz group meets at the U3A hall on the **third Monday of each month** from 10am - midday. New members are always welcome, and you do not need to attend every month. We had 17 members at our June meeting, who enjoyed remembering details about a wide variety of different topics.

Along with general knowledge, Livia tested us on identifying photos of people and places, and having mastered the technology, we look forward to more of her visual exercises. We had heard of synonyms and antonyms, but Judy challenged us with a ...nyms quiz, featuring eponyms, demonyms, toponyms, etc. It's always fun to learn new things.

After 'True or False' and morning tea, we were amused by the friendly rivalry of the team game Defenders & Challengers, with the topics of Food and Movies.

Come and join one of our entertaining mornings,
Susan McCarten (Course Leader)
0437 215 130

BIRD WATCHING

Our June 15th outing will be a morning walk from the SAM car park Shepparton to the Australian Botanic Gardens, via the new bridge over the Broken River. Please meet at the U3A car park for a 9am departure or at the SAM car park 9.10. Please contact Don Roberts 0448 889 224 or Marg Clarke 0429 350 875.

The May outing was to the Broken-Boosey State Park, Drumanure, where we observed 26 species. This included Grey Fantail, and Tawny Frogmouth (both shown below), as well as Golden Whistler, Brown Treecreeper, White-plumed Honeyeater, Superb Fairywren, Eastern Rosella, Australian Hobby and the Nankeen Kestrel.



BOOK CLUB 3

All members are reminded our next book club will be held at the hall in Room 3 at 11.45 on **Tuesday 7 June**

Jan Wallace/ Rita Bloomfield.

HISTORICAL STUDIES

Monday June 13, 10am U3A Hall

John Dainton will discuss the City of Greater Shepparton's heritage plaques program and the wording of some of the inscriptions, along with early photographs of some of these buildings.

John Dainton 0417 549 502

TRIVIA AFTERNOON

Now that restrictions have been removed our Trivia night has been resurrected as an afternoon event in July. Come along for a fun afternoon' Add the date to your calendar.

Date: Friday, 29 July

Time: 2 pm - 5 pm

Cost: \$10 per person

Team: 6 people

Venue: U3A Hall

Afternoon tea will be provided. Prizes galore. Class teams welcome.

Please put the names of your team on the sheet on the door in the hall. There will be no Italian or Tai Chi that afternoon.

Contact: Gael Thompson 0458 215 794

UPCOMING EVENTS

Social Morning	June 7th	Speaker: Geoff Allemand
Bendigo Elvis Exhibition	June 8th	Elvis Exhibition and Colbinabbin silo art
Trivia Afternoon	July 29th	Teams of 6 for a fun afternoon

BANK ACCOUNT DETAILS

Direct debit: BSB 633-000 A/C no: 127742898

Name: U3A Inc

Please include YOUR name in the reference.