

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

MAY 2021

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vacant

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(Entries close on 21st of each month)



A MESSAGE FROM THE PRESIDENT

Greetings to Members.

How wonderful it is to be **all** back at the Hall. Ukulele with John Canty recommenced this term, meeting together, face to face for the first time in more than a year. Some of the members had only previously met online, so it was a special day last Monday. It was so exciting!

SOCIAL MORNING. Tuesday May 4th. Some of you will have noticed that the Hospice building in Wyndham Street has been demolished. On Tuesday May 4th, the Hon. Jeanette Powell, President of the GV Hospice Committee, is coming to speak on the redevelopment plans for Hospice. Jeanette is very excited about the new plans. Some of you may remember Jeanette speaking at our "Aging Gracefully Forum" 2 years ago. She will also talk about "Dying with Dignity" legislation and how Hospice manages this sensitive topic. Jeanette is happy to take questions. We will be serving tea, coffee, and biscuits.

CATERING: Our catering committee is still without a co-ordinator so we will be unable to plan for events involving food service. If any member has any catering experience and would be willing to take on this role, please contact myself or a Committee member.

VACCINATIONS: Some of you may have had the first of the COVID jabs by now. Please don't forget the importance of the annual influenza shot which is also available now. Speak to your GP. If you are unwell with cold or flu like symptoms, please stay home and see your doctor. Thank you to everyone who continues to follow the COVID safe precautions at the hall.

COMING UP: Meditation with Jill is commencing on April 29th. A talk on **Legal Matters** by Marshall Richards on the first Monday, May 3rd at 10.00am for your diary. More information on these and some new online courses later in this newsletter.

Hope to see some of you at the social morning,

Liz

STRENGTH AND BALANCE

It's great to be back exercising without too many constraints.

If you feel like you need to get warm, as winter seems to be in the air, come along at 10 to 9 on Monday mornings for strength and balance in the U3A hall.

A reasonable level of fitness is required but if you're not sure this may be for you, come and have a look and see what we do. New people most welcome.

We are organising our first luncheon for the year so is not all about huff and puff.

Hope to see some new faces.

Contact Lyn Davidson. 0402 019 552

MONDAY LUNCH GROUP

During May the group will be enjoying lunch at The GV Hotel every Monday at 12 noon. We look forward to sharing a meal with you on the 3rd, 10th, 17th, 24th and 31st.

Please contact Gail on 0400 531 856 if you would like more information.

WALK AND TALK

Our next Walk and Talk will be on the 12th May to the city of Bendigo, for a Parks and Lake Walk. We will meet at the U3A Hall at 8.45am. Please bring your morning tea and lunch or buy your lunch in Bendigo.

Tallarook Rail Trail Walk - April

Leaving from U3A, 9 walkers travelled to Tallarook, meeting at the start of the rail trail for morning tea. We commenced the walk at 10.40am with the target of 45 minutes before returning. The weather was cloudy and cool, a pleasant day for a walk. We arrived at our turning point at 11.25am. We returned to the rail trail start for lunch, having walked about 7.5 km. What a good effort.



Contact: David Taylor 5822 0872

NATURAL RESOURCES & REGIONAL DEVELOPMENT

Friday May 7, 10 am U3A Hall

PRESENTER Carl Walters, GBCMA

Subject: Carl will be talking about the changes that are going on in agriculture across the Goulburn Murray Irrigation District, he will give an early insight into the Shepparton Irrigation Region, Land and Water Management Plan 30year Achievements Report and a quick overview of the Goulburn River challenges with unseasonal flows and what is happening now.

Friday May 14, 10am U3A Hall

PRESENTER Nick O'Halloran, Soils & Irrigation Officer Agriculture Vic. Tatura

Subject: Nick will develop a discussion around terms used to describe various attributes of our soil and how these attributes influence productivity and sustainability.

John Dainton mob. 0417 549 502 Barry Croke mob. 0488 058 231

WRITING4PLEASURE

Our writing group meeting was held on 15th April in the Shepparton Library Meeting Room. Ten members read some great stories/poems. The numbers allowed to attend the Library Meeting Room have now risen from ten to twenty. Therefore, we can now welcome anyone who would like to come and have a go at writing. Our next meeting will be at 1.00 on 20th May.

Our **MAY topics**, provided by Moya, are:

1. REPERCUSSIONS
2. PHONE CALLS I ENJOY WORD - SANGUINE

QUOTE FOR THE MONTH:

"IT IS A COMMON EXPERIENCE THAT A PROBLEM DIFFICULT AT NIGHT, IS RESOLVED IN THE MORNING, AFTER THE COMMITTEE OF SLEEP HAS WORKED ON IT." **JOHN STEINBECK**

Contact: Lyn Austin. (Phone: 0468 312 602)

Q3A QUIZ GROUP

At our April meeting, 13 members enjoyed a variety of activities to exercise our brains. New members are always welcome, and it is not necessary to attend every month, as we understand that grandkids and travel can alter plans.

At 10 am on Monday 17th May, in addition to the usual Icebreakers, Personal Best, True or False, and Challengers & Defenders, Judy will have a Book Title Quiz to entertain us.

Susan McCarten 0437 215 130 or susanmccarten2013@gmail.com

SCIENCE MATTERS

How the Media Lies with Statistics: Science and the Media don't go well together. Science is about populations and dry statistics. Results are often hedged with uncertainty. The Media is about the emotions of the individual and has no time for confidence limits and uncertainty. Hence, they over emphasise and twist the message to make it more newsworthy. Stories about a 50% increase in cancer are a favourite fear, even if it is only a rise from 4 to 6 in 100,000. We will explore these traps for young players at our talk on Monday, May 17 at 1.30.

Contact: Allan Wilson 0427 399 648

ECOLOGY AND FARM CONSERVATION

Webs of Interdependence. This series of talks continues on Wednesday May 26 at 10am with a presentation on webs of dependence and interaction in nature. This will centre on Bell Minor Associated Dieback in woodlands and the value of Mistletoe for insects and birds as examples of this inter-dependence. 'Birds need trees and trees need birds, with insects in between!' [The April 28 talk is about populations, biodiversity and species richness, and how populations and patch size are so important for conservation.]

Contact: Allan Wilson 0427 399 648.

BIRD WATCHING

Our May 19th outing will be a morning trip to the Lower Goulburn National Park Bunbartha. We should see some of the winter migrants such as Flame and Scarlet Robins, Golden Whistler and Eastern Spinebill. Please meet at the U3A hall for 9am departure.

Please contact Don Roberts 0448 889 224 or Marg Clarke 0429 350 875

LEGAL TALKS

Marshall Richards will present topics of a legal nature which will include some of the following topics.

1. Wills, Financial and Medical Powers of Attorney, (General, Limited & Co. Powers of Attorney).
2. Difference between Joint Ownership and Ownership in Common.
3. What is Negligence in law?
4. Probate and Probate Duty.
5. New Consumer Protection Laws.

All members are welcome to attend as this is a one-off presentation. Marshall will take questions of a general nature.

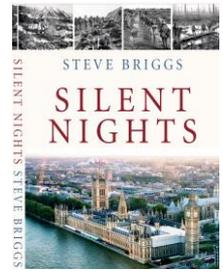
Monday May 3rd - 10.00 to 11.00 am

Contact Greg Barnes 0438 569 611

SPECIAL HISTORY SESSION

Monday 10 May 10am

Steve Briggs is an engineer based in Deniliquin with a keen interest in history, especially history of the middle east ancient history and World War 1. His career has enabled him to travel the world and check out these places firsthand. Steve has recently written and published an excellent book called 'Silent Nights,' which is an historical novel written around the actual evidence submitted to the 1916 and 1922 Royal Commissions into the Great War. Steve will be making a presentation about the events leading up to the war and the motivation behind the writing of the book. The presentation will be at U3A on Monday 10 May. **We are opening this special history session open to all U3A members.**



The title 'Silent Nights' was chosen on the basis of four critical nights during the course of WW1, where history was in the balance and the outcome could have been very different. On these nights there were incidents that could have dramatically changed the result. On three of these occasions Churchill's quick action saved the day, yet he was severely chastised for them at the time. The story is one of high drama and political intrigue.

Contact: John Dainton 0417 549 402

CREATIVE CRAFTS

It is good to see so many members keen to come along each Tuesday to work on their project/s, share techniques and chat. Our second gathering for April saw a very enthusiastic group, armed with wool and crochet hook, spending the afternoon learning freeform crochet with Jan Mellor. Thank you, Jan, for guiding this group.

At the May 11 gathering, Gael will be showing the patchwork technique - English Paper Piecing (EPP). If you would like to have a go, please bring a piece of cotton fabric about 18" square (can be floral, striped, or patterned), needle, cotton thread to match the fabric, Sewline fabric glue pen (if you have one), fabric scissors and small scissors. Gael will provide the glue stick, papers and templates.

The group meets every Tuesday, from 1 pm to 4 pm and all members are welcome. Members work on their own project, whilst chatting and checking out what we are all working on.



Contact Gael Thompson 0458 215 794

Photography

At our last meeting the group concentrated on the macro aspect of photography. We focused our cameras up close and personal on inanimate objects, which members brought along, although Gordon was seen to show some animation at times.

In May we will have a show and tell, with mildly constructive criticism encouraged. As well Lex will give us the low-down on our efforts at Emerald bank where he introduced us to the use of wide and telephoto lenses.



500

Five Hundred is a very social game with a few laughs, some mental concentration and strategy development. A great game to learn and teach the grandchildren too. Maybe you played it at university or in your misspent youth and would like to refresh or revisit your memories.

The card game "500" is continuing for at least another month. If you have not yet had the time or opportunity to come to the Hall 4.00-6.00 on a Tuesday afternoon, please come.

Contact Harry 0400 770 972

MEDITATION

Meditation with Jill will commence Thursday April 29th from 4.15 – 5.15 at the Hall in Esson Street

Join us each Thursday for an hour of wonderful meditation followed by feedback with those who would like to share their experience. The group will try a variety of meditations such as guided, silent, sound, drawing, walking and some short readings depending on the group's preferences. All these meditations will be conducted in a mindful manner and new to advanced meditators are all welcome. Comfortable clothing is recommended and bring your own mat if you prefer to lie down while meditating. Chairs will be provided for everyone.

Time: Start Thursday 29th April 2021 (5 Weeks): 4.15pm to 5.15pm

Contact: Jill Riordan – marigold.riordan@gmail.com or 0467 405 252

ART

The Art Group continues to thrive, with, at times, up to twenty intrepid artists all showing off their "masterpieces in the making". The number of artists does vary weekly, as people are now able to move around more freely, enabling them the opportunity to catch up with friends and family, or to just trip around enjoying our beautiful country. We have been delighted to welcome some new members, all of whom offer their own unique talents to the mix, including Don, who specializes in Encaustic (Hot Wax) painting. A very happy and positive group - to be sure. Lynne Hume, our Collage guru, has a wonderful exhibition displaying in the Kyabram Town Hall Gallery at the moment - "Crazy Cat Ladies" - great excuse for a day out in Kyabram. The following photos are of our newest members, Don, Muna and Jan.



YOGA U3A. 8.45am Thursdays

Yoga will be cancelled on the 29th April and the 6th May 2021.
Look forward to seeing you all back on Thursday the 13th May at 8.45am.

What more can I say when this is what my students are saying.

"Hi all U3A readers. Our Yoga Class is both learning about looking after our bodies, unwinding from the daily routine and balance which is something we lose over the years. The class have really enjoyed ourselves with Pauline as our wonderful knowledgeable teacher. Come along and join the class we can always learn something new and its exciting as well". Jeanette

"Pauline is running Yoga classes at 8.45am on a Thursday. It is no effort to be up and out by that time as I have found the classes to be friendly, informative, entertaining, full of sage advice and well within the physical range of anyone, fit or flabby. So, for \$5 for an hour, this is a great way to start a day and wind up a week. Thoroughly satisfying and worthwhile. Thanks for coming all that way Pauline". Madeline

"Pauline's yoga classes are informative, rejuvenating and relaxing; and her fitness and flexibility is enviable." Jan

So please come along and enjoy the benefits and fun of Yoga for yourself.
Limited spaces. Booking essential on 0407 840 702.

U3A ANNUAL BUS TRIP 2021

Contact has been made with Fords Bus Company re our annual trip. We are advised they are prepared to arrange 4-5 day trip for U3A. It has been suggested at Committee to have the trip in October and could be to Canberra or stay in Victoria.

For the Committee to further consider this option, if you are interested, please contact Ray Watt on 0439 716 420 or Kerrie Midgley on 0439 577 929.

Ray Watt

Coming Soon – Arm Chair Travel

Keep a watch for the date of the resumption of Arm Chair Travel. You won't have to leave your arm chair as the group will continue using Zoom.

Acknowledgement

Thank you to Cathy Pratt for taking over the role of Quartermaster. Cathy will purchase/maintain the supplies for the hall.

Name Badges

Name badges have been made for all new members and can be collected from the table in the entrance foyer. Please keep you name badge with you. It is preferable that you do not leave it on the table. Thank you

Open online courses

If you would like to get involved in an online course, head to the Open Online Courses and Activities page of U3A Network's website and click on the yellow button to notify a proposal for an Open Online Course or Activity.

U3A Network is offering grants of up to \$700 per U3A to pay the enrolment fee for their members to attend activities listed in the Open Online Courses and Activities section of the Network website.

Current online courses are:

Introduction to Buddha's Teachings

<https://u3avictoria.us3.list-manage.com/track/click?u=3cff2c97535bdf273894eedaf&id=8ae7f24eee&e=08e2e9265d>

Biology

<https://u3avictoria.us3.list-manage.com/track/click?u=3cff2c97535bdf273894eedaf&id=9b65cfca9a&e=08e2e9265d>

Introduction to Astrology

<https://u3avictoria.us3.list-manage.com/track/click?u=3cff2c97535bdf273894eedaf&id=977a94e737&e=08e2e9265d>

Morning Meditations: Start the Day Well

<https://u3avictoria.us3.list-manage.com/track/click?u=3cff2c97535bdf273894eedaf&id=8a697c6c74&e=08e2e9265d>

French – Upper Intermediate

<https://u3avictoria.us3.list-manage.com/track/click?u=3cff2c97535bdf273894eedaf&id=6326f2fef7&e=08e2e9265d>

Italian

<https://u3avictoria.us3.list-manage.com/track/click?u=3cff2c97535bdf273894eedaf&id=6e6f6919e5&e=08e2e9265d>

Basics of Western Numerology

<https://u3avictoria.us3.list-manage.com/track/click?u=3cff2c97535bdf273894eedaf&id=b2ff067394&e=08e2e9265d>

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