

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

October 2024

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(Entries close on 21st of each month)



A MESSAGE FROM THE PRESIDENT

Remember, be kind to your family, friends and neighbours because Kindness costs nothing. But it means a lot.

I trust everyone is enjoying all the spring activities with more to come in October. The Seniors' Festival will be in the month of October, and you will be able to enjoy some of the activities that are available for you to attend. Our newly appointed governor, Sam Mostyn, expresses her desire that during her time in office she would like to see people become more caring, show greater kindness and develop a sense of belonging in our communities. U3A fills some of these ideals, perhaps we could do more in the future.

U3A is made up of people who volunteer their time to share their knowledge and skills, so we can try new skills and meet like-minded people. Remember unless you have a go you will never know. There is so much happening in October, I hope you get the opportunity to attend some of the events.

A group of talented members are rehearsing to present a "Big Night Out" on October 10th in the U3A Hall from 6.30pm. It would be wonderful if members could support this group, a night of free entertainment. BYO nibbles and drinks.

Your hard-working committee then will be preparing a Melbourne Cup Luncheon, if you would like to attend, please put your name on the poster in the hall and pay your money by the required date.

Anne White has organized an industry tour please support this activity apart from learning about it in the community you live in you will have a great time.

A number your committee will be attending the State U3A Network conference in Melbourne on the 3-5 October. So, look out for new ideas that may come from the conference to you. On Sunday 6 October, at 3.45, John Canty and others will be present at the Ukulele session for the Senior's Month Ukulele jam session.

Rita Bloomfield 0418580697

SOCIAL GATHERING – MORNING TEA

First Tuesday morning of the month: (1 October)

Time: 10 am

Guest Speaker: Greg Barnes - The History of Rock and Roll



HISTORICAL STUDIES

Thanks very much to Greg Barnes for his presentation of Rock and Roll part 2 from the late 50;s to the 70s and exploring the influence of the British Invasion on rock music. We also saw the rise of Rock in Australia with artists such as Johnny O 'Keefe, the Easy beats and the Bee Gees. Part 3 will be in December and a great way to finish off the year. Next month, we will look at the life of one of the 20th Century's most prominent figures, Winston Churchill. Remember if you would like to present something then please let me know. Thanks Livia.

TOUR OF GOULBURN WEIR-

NOVEMBER 1, 9-3.30PM

This tour is limited to 40 people at \$22 per head. Please pay into GMCU account, BSB 803078, Acc.1001 11147, or place cash into the locked box near office by 17 October. Please write your name and Goulburn Weir on the envelope. Address it to Anne White/Ian Hatton

As the tour involves going into non-public areas, we must follow GM Water rules. Dress requirements- Sunhat, long sleeve shirts and pants, sturdy shoes. Bring sunscreen and water. You won't be able to go if you are not suitably dressed.

Morning tea provided. We will go on to Nagambie for lunch at your own cost. Those who are interested can put their names on the notice at the GVU3A Hall.

TOUR OF YARRAWONGA WEIR

DECEMBER 6. This bus tour will be similar to the Goulburn Weir tour. Further information will be available at a later date. Add it to your diary.

Contact Anne White on 0438 202 799 if you have any questions.

BIG NIGHT OUT

A reminder of the big night out that is happening on the 10 October. Bring your own refreshments. It starts at 6:30 pm and you can still write your name on the list in the GVU3A hall.

Thanks Greg, Carole and Livia

STRENGTH & BALANCE

It is so good to see people improving their balance, strength and coordination in our classes. Some sequences require a bit of concentration and are not always easy to get, but everyone is trying to give it their best shot. Come along and give it a go if you haven't been before. Coffee at a designated place is always a highlight after the class.

Please note I will be away on Monday 21 October. Lyn Davidson 0402019552

BEGINNERS AND INTERMEDIATE ITALIAN

During term 3 beginning students have been conducting conversations, using holidays as a basis. Members have been to New Zealand, Western Australia and Norfolk Island, learning the word for "convicts" in Italian, *i condannati* in the process.

The Intermediate group has lately seen an increase in numbers with members returning from winter breaks. Those of us remaining have continued to be challenged by Lelia with the subjunctive and conditional tenses as well as lots of conversation.

The Italian students from both the Intermediate and Beginners Italian courses will have a break of 2 weeks over the school holidays. We will resume on Friday, October 11 at the usual times.

POP UP COURSE - BEGINNERS' MUSIC THEORY

What is a crotchet? Is it a 1 beat note or a 4 beat note?

A pop-up course will be offered in term 4. Christine Wilson will be starting with very basic music for those who have never had the opportunity to learn when they were young. We will use a workbook which presents the subject in a fun way with easy little exercises to fill in in the workbook (which will cost you \$20). If anyone wants to learn more, we will just go on to book 2 next time.

If you are interested and want to learn (more) about music theory, email Greg Barnes on dngbarnes@hotmail.com or phone him on 0438 569 611 and we will work out times etc. from there.

Note re Piano Keyboard. I would appreciate a loan of a small electric piano keyboard for these classes. If anyone has one they could lend, please contact me, Christine Wilson 5822 1474.

“AROUND THE WORLD” FOODIES GROUP

What a lovely night! ‘Around the World’ Foodies group members dined at The Indian Bar late in August. We all enjoyed the hospitality and the delicious Indian cuisine. The owners were very friendly and accommodating. They really appreciated our attendance. Once again, our members enjoyed each other’s company, sharing stories while eating our 3-course dinner in a very relaxed atmosphere.

Our members are very excited to be “travelling” back to Vietnam in September, to dine out at Pho Viet, where we enjoyed our inaugural ‘Around the World’ Foodies group dinner. We are so looking forward to our Vietnamese Banquet next Thursday, 26 th September. See you there! Happy Travels!

Barb, Carol & Maree. Email: dancingdavo82@gmail.com Phone Carol 0411 483 920

LIFE’S CURIOSITY

Our September session was indeed a unique experience. We had Robyn Masterton give us a run down on her interesting life. One to be admired with many an entrepreneur spirit. Robyn showed a lot of courage and stamina in her adventures among her many other skills. The gem of all time was our unique experience watching award winning dogs perform their training routine. What a joy. The Caboodles are named Bella & Ripley. To see them in action go to the U3A website for some viewing.

Our October Life’s Curiosity to be held on October 7th 1.30 will be an extremely interesting one. Our historian buffs will find our guest speaker, Mrs Audrey Svensen, of particular interest. Her life starts off in South Africa before the apartheid, there she had an intriguing encounter with Nelson Mandela. Her life continued in other historic countries with intriguing connections. It will indeed be an honour to have Audrey as our quest. All welcome, pop it in on your calendar for 7th October. Robyn Glasson 0408 613 321

FEEL GOOD EMPOWERMENT HUB

This describes what we do at FEEL GOOD. Feeling good it's not just about being happy. Our sessions contribute to improving your health and has many healing properties. Believe it, your body wants to heal but it won't if you keep using the wrong tools. Invest in you. Meet our members who have been able to view aspects of their lives through a different looking glass.

Our next meetings are on the second & fourth Fridays of October - 11th & 25th.at 1 pm

All welcome. Robyn Glasson 0408 613 321

Below is our new theme song, composed by John Padman. Hope you enjoy it.

We can show you the world
Feeling good, healthy and healing
Tell me people, when did you last let your heart decide
We can open your eyes
Take you wonder by wonder
Over sideways and under
On a magic carpet ride
A whole new world, a feelgood point of view
Because it's crystal clear that we can start a feelgood world for you
A whole new world, a brand new point of view
We can show you the world
Feeling good, healthy and healing
Tell me people, when did you start your magic carpet ride?
A whole new world, a magic point of view
Because it's crystal clear that we are in a feelgood world with you

LUNCH GROUP

The group has chosen The Park Lake as the venue for October. So, on the 7th, 14th, 21st and 28th we will meet at 12 noon to enjoy a meal together. Bookings are essential.

Please ring Gail on 0400 531 856 to reserve a seat.

BIRD WATCHING

Our September outing was at the Broken River Walk, Shepparton, where we walked from Archer St to Wyndham St and back. We observed thirty species some of those being Mistletoebird, Striated Pardalote (Pictured), Grey Fantail, Superb Fairywren, Eastern Rosella, Blue-faced Honeyeater, New Holland Honeyeater, Rainbow Lorikeet, White-browed Scrubwren, Weebill, Golden Whistler, Magpie Lark and White-plumed Honeyeater.

The 16 October outing will be a full day at the Warby-Ovens National Park, so you will need to bring lunch and a chair. Toilets are on site. Please meet at the U3A car park for a 9am departure.



Striated Pardalote (Pat Feehan)

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

TAI CHI

Tai Chi lessons will continue during the school holidays and next term, except for Friday 27 September, the Grand Final holiday. Please send a message if you can't come, Sandra Bassett.0418 571 246.

POP UP COURSE EGYPTOLOGY

Following Gallina McKenzie's presentation on 6 August, she has offered to run some popup classes on Egypt. Suggested dates are **Friday 4 October and 11 October at 10 am**. Gallina has suggested looking at art, architecture, ancient technology but is open to ideas, See you there.

BRIDGE

We held our second 'Super Saturday' on 21 September. Seven tables and red points, with cheese and nibbles to follow.

Derek is planning to give a short lesson on more advanced topics for members at Shepparton and other clubs. The first lesson will be on Saturday 5 October when the subject will be 'bidding and responding to weak twos'. Derek and Mick have been going over to the new Euroa Club to assist with setting up their scoring and reporting to members. Derek and Geoff are attending a Director's course in Bendigo on Saturday 28 September. The bridge group have been talking to the U3A committee about cost sharing to purchase more comfortable chairs. No firm decision yet, but there was some productive and amicable discussion at the last U3A committee meeting.

ASTRONOMY

It was disappointing that the International 'observe the moon night' at Ardmona on 13 September was cancelled due to cloudy weather.

However, you have another opportunity to enjoy a star gazing night on Friday 27 September. This is a ticketed event as part of the Murchison Meteorite 55th anniversary. A great opportunity to take your grandkids to see the stars and planets through a nice telescope. Derek is also giving a talk about the Global Meteor Network and showing some recent results.



Use the link below or follow the link from the ASV website to get tickets (<https://www.eventbrite.com.au/e/murchison-viewing-night-tickets-1006451462417?aff=oddtcreator> or go to <https://asv.org.au/>)

In other news ASV are planning to buy a seestar S50 telescope which allows real time stacking of astro photos to an ipad or mobile phone. Derek 0418 559 263 (sms preferred)

Q3A QUIZ

Thirteen members enjoyed exercising their brains at our September meeting. Hopefully a few more of our regulars return next month after holidays or health issues, and new members are always welcome. Thanks to Graeme and Leona for their entertaining and informative questions.

Some sample questions:

1. The United States Bullion Depository is best known by what name?

2. In which country did the Samoyed breed of dog originate?
3. What type of flower is named after Princess Grace of Monaco?
4. Which Beatles song was performed in Leningrad by Billy Joel?
5. The name of which Sesame Street character is also the nickname of a former West Indian cricketer?

If you found these interesting, join us on Monday 21st October from 10am until 11.30/11.45am in Room 2 at U3A Hall.

Susan McCarten 0437 215 130 (sms or voice message preferred)

WALK AND TALK

Benalla Lake and town walk 11 September. We car pooled from the U3A hall to the Benalla Rose garden for morning tea. We then walked around the Lake and onto the Weir, then back to the Rose garden for lunch. After lunch we walked around the town, and had coffee before leaving for home (we walked about 10kms).. The weather was a little on the warm side with a breeze.



Ulupna Island Walk and Talk 9 October. Meet at the U3A carpark at 8.45 for a 9.00am start for a drive to Ulupna Island. Bring morning tea and lunch. We will stop at Strathmerton for morning tea, where you can buy coffee etc at the Bakery. After parking at Ulupna Island we will walk around the island and eat our lunch on Ulupna beach. We will stop at Numurkah for a coffee on the way home.



David Taylor mobile 0480753170

WRITING FOR PLEASURE

It was a lively group that attended our September meeting. Peter set the topics and we enjoyed some funny takes on "My Friend the Homonym". For the October meeting, Marion's suggested topics are: " 'He's/She's/They're not here' said the policeman" and "The Secret". Our November meeting topics are offered by Glenda: "If I only had the words" and "A close encounter with...."

Topics to inspire frequent writing were suggested with a brief impromptu pen-to-paper exercise. Robyn has encouraged us to forward writing pieces towards the production of our book. March and July writing topics especially, would be welcome. Contact Robyn with queries.

Next meeting: Thursday 17 October, 1 pm, Shepparton Library. Last regular mtg for 2024
Moya Turnbull 0407 680 337 or Marion McLennan 0417 319 839

SCIENCE MATTERS

The next science class on 21 October will be about **The Management of the Semi-Arid Rangelands of Western New South Wales**.

This will be presented by Allan Wilson who was previously engaged in research on this topic from his base at CSIRO in Deniliquin. In these lands the rainfall is too low for crops or sown pastures and agriculture is based on the grazing of sheep or cattle on sparse native pastures.

The sheep cohabit with wildlife, mainly grey or red kangaroos, as well as feral goats, while the grasses they depend on compete with shrubs and trees. Hence the management is more ecological than agricultural. The talk will be illustrated by slides from the region.

John Bush

U3A Network News

The U3A Network is very active in promoting all matters to do with, and connected, with U3A and Seniors. In their newsletter are many interesting items. Here is the link for NN September. Happy reading. *Elizabeth Lee*

<https://mailchi.mp/u3avictoria/network-news-september-2024-5695768>

PLAY READING

A new course of Play Reading is being offered to GVU3A by Brian Riordan.

A play reading group usually consists of 8 to 12 participants. Scripts are sourced from The Victorian Drama League Inc. They have a wide selection of one or two act plays that are suitable for reading in one session.

Plays will be selected that have a similar number of characters to the number of participants, so that everybody involved in a session has a chance to play the part of a particular character.

There are a number of U3A groups, both in Victoria and in NSW, that are members and conduct regular play readings. Some groups meet weekly, others fortnightly or once a month. Some groups run two different sessions, depending on the interest.

If you are interested in joining the Play Reading group at GVU3A let Greg Barnes know on Mob. 0438 569 611 or email: dngbarnes@hotmail.com.

SINGING4PLEASURE

Our lovely group of singers continue to meet on Wednesday mornings at 9am. Between the laughter and chatter I am hearing joyful singing. Those who have said that they couldn't sing have launched their voices and so we have a real choir. Our choir have been rehearsing for the Senior's week concert on October 10th, it will be great to have an appreciative audience. A reminder to choir members that singing will recommence on Wednesday 8th October. Enjoy your break and sing in the shower instead.

Robyn Leembruggen.

EDITOR FOR NEWSLETTER

The idea of a newsletter team was developed in 2011 by the then president. Before that the newsletter was written, collated and mailed out by one person. It was agreed that the task was too onerous for one and a team was formed to prepare the newsletter, with one person to coordinate the editorial, and mail out. The role of newsletter coordinator was taken over by Derek Poulton in 2012. Allan Wilson took over the role of coordinator in 2019.

The time has come for Allan to retire from this position at the end of 2024. He has had had this role for a number of years and now feels it is time to pass the role to younger member of U3A. Amongst our U3A community the committee believe there is a very capable member with fabulous skills to take over this role.

The newsletter coordinator is supported by 4 U3A members who take on the role of editor each month. The newsletter coordinator's role is to proof read the final copy and dispatch it to all members by email, as well as to print and mail it out to the few who continue to receive a hard copy – as well as to print a copy for the notice board. Allan (and Derek) are available to assist in the transition period.

If you believe you have the skills, please contact Allan Wilson 0427 399 648, Lizz Lee 0409 703 868 or Rita Bloomfield 0418 580 697

MELBOURNE CUP DAY LUNCH

The annual Cup Day lunch will be held at the U3A hall on Tuesday November 5th from 11 am.

The cost is \$20, to be paid before October 31st.

Place your name on the list at the hall.

Full details are in the flyer at the hall and attached to the newsletter email.

CHRISTMAS LUNCH

Our Christmas lunch will be held at the hall on Tuesday December 5th

A list will be placed at the hall in November, after the Cup Day party. Cost \$20 a head.

Places are limited to 120.

More details will be in the next Newsletter.

BANK ACCOUNT DETAILS

If you want to pay your membership fees online please use the account number below and use your name as the reference.

General account: BSB 803 078 Account number 1001 11147

Alternatively, you can put your money into an envelope with your name on the front and put the envelope into the box near the office door or give it to a member of the committee.