

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

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A MESSAGE FROM THE PRESIDENT

Greetings to All,

AGM:

Our March AGM was well attended with approximately 70 people enjoying each other's company and catered for by our amazing catering team. Welcome to our newest Committee Member, Ian Hatton and thank you goes to all our Committee Members who have volunteered again to contribute to the important work that a unique organisation such as ours requires. Our guest speaker, Jane O'Brien (Project Diversity Officer) gave us the opportunity to voice our needs regarding ageing positively in our community. Jane asked me to extend her gratitude for our members contribution to the Positive Ageing Strategy Consultation. Thank you, David Muir and the newsletter team, for promptly updating our committee details and photos on our GVU3A website for 2023.

Courses:

The role of Coordinator has several functions and Greg Barnes is currently focusing on encouraging members, who may have a passion and or interest in a subject area, to submit an overview of that interest and how you would deliver that program. Greg would then be able to advise all members in the monthly newsletter to assess the interest. Also, potential Leaders can avail themselves of the 'pre-existing guides' that are available from U3A Network Victoria. A big thank you to all our Leaders at GVU3A.

Coming up:

I was pleased to confirm with Gael Thompson (GVU3A Organising committee) that Melinda Martin, CEO Shepparton Arts Museum will officially open our Art, Craft and Photography Exhibition at Esson Street at 11:00am on Saturday 6th May 2023. Thank you to all members involved with this biannual event. Garry Smith will be our guest speaker at our monthly morning tea on Tuesday 4th April 2023. Garry's topic is the "Murray Darling Basin". Also, be aware that we will be having another Winery Tour in May.

Event

While there are many varied and important events that happen within our community during the year, the “Carer’s Wellbeing Forum” at **Goulburn Valley Hospice** from 10:30-12:00pm on Wednesday 12th April, will provide an opportunity for unpaid carers of older people and community members in the Goulburn Valley to learn how to care for themselves when caring for others. Also, there will be information about the Carer Gateway Packages. To register call Molly Stephens, Family Care 0477 741 926.

Finally, thank you for having the faith in me to be your President for 2023. I extend to you and your families a Happy and safe Easter break, as we look forward to a fun filled year during this, our Third Age.

John

GVU3A 2023 COMMITTEE



Back: Greg Barnes, Anne White, John Bush, Gael Thompson, Ray Watt, Julie Dainton, Ian Hatton, David Taylor

Front: Rita Bloomfield, John Canty, Elizabeth Lee, Kerrie Midgley

Goulburn Valley U3A President’s Report 2023

Ladies and Gentlemen,

People come into to our lives, for a Reason, A Season, or a lifetime.

Thank you to you the members who have made me very welcome as your President.

Our year started tentatively with many fears of the consequences of the Covid pandemic. But Liz Lee cheered us up with a new Smart Board and an introduction to the technology of the future. After many sessions of learning how to use the Smart Board, I can now say, the Smart Board has become an integral asset to our U3A members and gives us an opportunity to Zoom into our activities from home. Thank you, Liz, for your commitment in introducing us to technology of the future. It shows you are never too old to learn, which is the philosophy of U3A.

In early October I had the opportunity of attending a live U3A Network conference with John Canty and Liz Lee in Bendigo. This was an opportunity to hear and learn about other courses and how other groups function. It was here I realized how fortunate Goulburn Valley U3A is situated (thanks to those who have gone before and had the foresight to establish a building

for our group). Many do not have regular rooms to function in and it can be a course coordinator's nightmare to find places for people to meet.

October brought floods to Shepparton and interruption to many course groups again. Some went back on to zoom meetings. To our many members who suffered and still struggling with flood related issues our thoughts are with you and trust you are managing as best you can.

During the year we have been able to update the lighting in the foyer and the toilets with sensor lighting and we are now applying for a grant to have them painted. A new screen door has been put in at the back door so you can open up the doors and not be so worried by flies. The yard and garden have been tidied up and new gravel put in place after the wet winter and where many potholes had formed. My thanks go to Ray Watt for his insistence these jobs must be done. The committee is committed to keeping the hall updated, clean and safe for your use.

This Goulburn Valley U3A belongs to you the members. Many of you run courses because you have an interest, and a number of courses come from your ideas. Remember everyone is a volunteer and I thank each and every one of you for giving and sharing your time, your skills and knowledge.

2023 began with a buzz, new courses, renewal of courses and friendship that had slowed because of the Covid pandemic. Thanks to those members who have started up new groups and I believe the Foodies group have had their first successful dinner. Thank you to the art group who have added paintings to room 2 which creates an interest and we can admire the work of some of our talented artists.

To the following: Liz Lee, Anne White, Gael Thompson, John Canty, Greg Barnes, Kerrie Midgley, Ray Watt, Julie Dainton, John Bush and David Taylor, a big Thank you. To you the members thank you for allowing me to meet with you and be your President for 2022.

Rita Bloomfield

(Click a [Blue Heading](#) at the top of each newsletter article to find out more from each group on their webpage)

BIRD WATCHING

The April 19 outing will be at the Lower Goulburn National Park Reedy Swamp. This is a morning outing. Please meet at the U3A car park for a 9am departure or at the second car park on Reedy Swamp Road 9.10am. Please contact Don Roberts 0448 889 224 or Marg Clarke 0429 350 875.

Our March outing was at Gemmill Swamp Nature Conservation Reserve Mooroopna where we observed 41 species of which were many wetland species as the swamp is still 100% full after the October floods. Some species were White-necked and White-faced herons, Nankeen Night-heron, Great Egret, Eurasian Coot, Australasian Grebe, Black Swan, Little Pied and Little Black Cormorants, Grey Teal, Pacific Black Duck, Sacred Kingfisher, Eastern and Yellow Rosellas and Mistletoe bird.

SMARTBOARD (BIGTV)

If anyone would like training in the use of the GVU3A Smart Board, (the big TV screen), for Zoom, YouTube, Google, connecting your computer to the big screen, etc., let Greg Barnes know on dngbarnes@hotmail.com

'AROUND THE WORLD' FOODIES GROUP

First stop: Vietnam 23 February, 2023

Wow, what an amazing, successful first night for our "Around the World" Foodies group!

Our first stop over was Vietnam with 34 excitable Seniors Flying into Pho Viet in Wyndham Street, Shepparton, with hostesses greeting at the door. The room was abuzz with chatter and anticipation when the food began to arrive. And it did not stop from there (the food or chatter!). \$30 was well spent as each delectable dish was served and served and served for our set menu of eight delights.



Many new friends were made as we dined and chatted our way throughout the evening. The chef Huy and staff, Hanna and Vu were very friendly, welcoming, and efficient, serving us an abundance of sensational Vietnamese tastes in a timely manner. This was a wonderful new experience for many of our travellers who proclaimed that they would be back again.

Our Happy diners scored the evening a 10 out of 10 and many were keen to board the plane for our next stop over to India in March, with 34 confirmed passengers already.

Indian cuisine on the 25th of March at Zaika, followed by American cuisine at Barca Love on 27th April. Pre-orders are encouraged for Barca Love when you book with Muna. (Check out their Menu on our website – [CLICK HERE](#)). Tickets are available now if you would like to book the next adventures to tantalize your tastebuds. Please book with Muna, by phone or email.

Barb, Muna and Maree were thrilled to be able to offer such a successful evening and we would like to thank everyone for their company, open mindedness, positive comments and sense of adventure. A picture tells 1000 words, so enjoy the pic attached. (Visit the web page for more photos and calendar).

FUTURE DINING EXPERIENCES

March 23 Zaika Indian
April 27 Barca Love American
May 25 Last Straw Thai
June 22 Okami Japanese
July 14 Bonshaw French

August 24 Zambrero Mexican
September 28 Lutfiyes Albanian
October 26 Bonshaw French
November 23 Casablanca Italian

u3afoodiesgroup@gmail.com
Muna Riches 0438 830 384

HISTORICAL STUDIES

Monday April 10 at 10am U3A Hall

John Dainton will lead a discussion about the dairy industry on the eastern side of Shepparton. The talk will start at the 1890's with the creameries and then look at the changes to farm practice over the years.

John Dainton 0417 549 502

From U3A HEADOFFICE: SOMETIMES READERS

This group is the result of an experiment during lockdown where a group of readers decided to read Crime and Punishment as a Facebook group. They were to read slowly - a half an hour each day. Over time they have read ten books in this way. It has been great fun for them, and in 2023 it is being offered as a distance class to U3A members via U3A Darebin

How it Works

The Convener will set up a schedule for the reading comprising about 15 pages a day. They will start each day with a few observations on the Facebook Page and others can add their thoughts and ideas as they see fit. The suggestions for how this will work will be on the Facebook Page instructions. Members of the group contribute as much or as little as they like, but they are encouraged to keep the conversation going by adding comments and information to these posts.

The Group has started the year with a group reading of Steinbeck's Grapes of Wrath, which they will finish in early March.

On 1 March, there will be a Zoom event Hosted by Nellie Collier, who is a group member, where members can interact with each other. There will be some discussion about Grapes of Wrath and plans made for a second read later in the term. Suggestions are welcome.

COMMUNICATING WITH TECHNOLOGY

A wide variety of topics have been covered by class members over the past weeks – record keeping with Excel spreadsheets, importing photos from phones to computers, sorting/organising/sending emails, booking trips, learning to use jigsaws on an iPad, dealing with SPAM, using phones as hotspots to save a bit of money, and just coming to grips with a variety of aspects of a computer, phone or tablet/iPad. I've even learned new things when asked to help solve a variety of issues.

There were a few people who put their names down on signup day who are on my waiting list. I will probably be contacting some of them to join us in the near future.

As Sonja and I will be displaced again shortly, there will not be any classes on the 3rd and 10th April whilst we move about a bit. (I will still be available to possibly help with assistance over the phone.)

David Muir

0414881369

NATURAL RESOURCES & REGIONAL DEVELOPMENT

One session only this month because April 7 is Good Friday.

On **April 14 at 10am Pam Beattie**, Project Co-ordinator **River Health & Environmental Water**, will present a session focusing on the **Broken River and Broken Creek systems**. These drainage systems, frequently not at the forefront of local consciousness, cover a diverse set of ecosystems. The catchment includes districts around Mansfield to east of Benalla, then north to the west of Warby Ranges and thereafter to the flat irrigation country east of Katamatite. Additionally, the natural connection between the Broken River and Creek systems, which starts around Casey's Weir and goes north to Tungamah, has been modified. Irrigation systems are also interconnected. The East Goulburn Main Channel runs into the Broken Creek and Murray system water enters the Broken Creek at several spots between Katamatite and immediately south of the Barmah Choke.

Pam's presentation will describe what lives in these diverse ecosystems, how they are being managed and the difficulties in achieving the GBCMA goals for these streams."

Barry Croke

WALK AND TALK

Walk and Talk Dookie Rail Trail Wednesday 12/4/23

Meet at U3A Carpark at 8.45am for a 9.00am start. Meet at CWA Park Dookie for morning tea. Then a walk along the rail trail before returning via the streets of Dookie for lunch at the park. After lunch a short Drive to the Cosgrove silo, then a short walk back to our cars for a drive home.

Walk and Talk Broken River Track 8/3/23



Twelve walkers gathered at Jackson Park for a walk along the Broken River Track to Archer St, stopping for a short break, before returning to Jackson Park for morning tea and returning home

Note our intended walk was Lock Garry, which was closed. We will hopefully do the walk later this year.

David Taylor 0412802427

Morning tea at Jackson Park, March 8.

ITALIAN CLASSES

'PESTO ALLA GENOVESE' - 'DELIZIOSA'

The two Italian classes enjoyed the Pesto alla Genovese, cooked by Lelia Armadei. The basil was grown and donated by Nancy Barca. For some of us it was the first time we had eaten the traditional Ligurian pasta called Trofie. Meredith Chilman



INTERMEDIATE ITALIAN

The highlight of this month was when Lelia Amadei invited the Beginners to join us for a pasta lunch with her home-made pesto. In class we have been discussing Weddings through history, as well as contemporary Italian wedding customs. All in Italian of course!

Next week we will be discussing our own weddings with photos, using some of the vocab learned over the past few weeks.

Liz 0409 703 868

500

Five Hundred has begun the year well with a few new faces. Some of us are recalling days of misspent youth when they first learnt to play 500, testing out the rusty grey matter.

If you don't manage to play every week, it doesn't matter. Just drop in occasionally and we will find you a seat. We play conventional rules including Misere, and occasionally there are a few laughs and general chatter when someone has a terrific hand or bids for Kitty and overcalls ridiculously. 3.30-5.30 on Tuesday afternoons.

Harry 0400 770 972

LIFE'S CURIOSITY

At our next meeting is on April 3rd at 1.30pm the topic for discussion will be "The importance of positive thinking on the brains plasticity". We will also cover 'Above and below the line' thinking. Everyone welcome. Come and meet us, remembering to bring along 'Your curiosity'.
Robyn

WINE TASTING AT TAHBILK WINERY

Thursday May 11th 2023 - 11am-4pm

Join us for another wine tasting experience at Tahbilk followed by lunch in the café (at your own expense). The wine tasting will be held in the Len Evans Museum with an experienced wine ambassador! Tahbilk wine and history will be explained while you sample 9-12 tastings accompanied with light snacks.

The bus will hold 20 people and will leave and return at Esson St. \$26 for bus and tasting, lunch at own expense. To be paid by 28th April into trip account, or into the box near the office door at U3A.

Envelope marked with your names. No refunds after 28th April.

Contact Anne White by email (anne.shane@westnet.com.au) or phone 0438 202 799 if you wish to go.

GVU3A Trip Account BSB 663-000 Acc. 129896049

YOUR COMMITTEE NEWS

We have welcomed a new Committee member, Ian Hatton, who was elected at our AGM. John Canty has taken up the role of President with enthusiasm, and we thank Rita Bloomfield for her year of Presidency. New lighting at the entry and in the bathrooms, a new screen door at the rear entry, have made us safer, and solar panels on the roof have cut our electricity bills. These have all been thanks to Rita's leadership. We look forward to having the bathrooms and entry foyer painted later this year. Plans are underway for The Art. Craft and Photography Exhibition on May 6 and 7. We hope not to disrupt too many group activities.

We do need a tandem trailer for the Art Show for use over the weekend. Please let a committee member know if you have one we could borrow.

VOLUNTEERS NEEDED

Dementia Australia are looking for volunteers to join a walking group to enable people living with dementia and their support person to be physically active and socially connected.

If you are free on the 3rd Wednesday of the month from 10-12.30 enjoy a 4-5 kms walk this may be for you.

For further Information contact Jacinta on 0428 051 780 Liz

QUIZ FOR THE THIRD AGE (Q3A)

Our quiz group meets at 10am on the 3rd Monday of every month for 2 hours of light-hearted fun.

Any member of U3A is welcome to attend any month to enjoy a variety of questions from several 'quizmasters'.

Fifteen members were at the March meeting, and some of our challenging questions were:
Which bird lays the largest egg in proportion to body size?
Samuel Johnson won which reality TV series in 2019?
True or False: On average, women in Australia live longer than women in New Zealand.
What colour are the flowers of the curry plant?
What is the longest English word you can type using only I, O, P and L?
Which word can precede gun, brush and polish?
If you enjoyed those questions, there are plenty more at our friendly quiz sessions.
Susan McCarten

WRITING 4 PLEASURE

We had thirteen attendees at our last meeting, including the welcome return of two members from last year. Writers' take on the topics 'A New Beginning' and 'My Favourite Teacher' sparked plenty of chat. Especially significant was the piece of verse which described the effects of the floods. Heather Higgins told us of an interesting Writers' Workshop she attended in Mansfield. More of this later.

The next meeting will be held on Thursday 20th April, 1pm at Shepparton Library and will be chaired by Pam Wells. Her two topics are: 'On the Road' and 'Stagnation' with the focus word 'complicit'.

Enquiries: Moya Turnbull 0407 680 337 or Marion MacLennan 0417 319 839

SCIENCE MATTERS

Monday April 17: Everything you ever wanted to know about Dinosaurs but were afraid to ask (presented by John Bush)

Did you eat a dinosaur egg recently?

We will discuss the evolution of these strange creatures from their earliest beginnings to their spectacular demise (or rebirth?).

We will examine the ecosystems they dominated and the huge variety of ecological niches and geographical ranges they occupied. Be ready to be amazed.

MONDAY LUNCH GROUP

The Shepparton Club will be our venue for April 3rd, 10th, 17th and 24th. A booking has been made for 15 people for each date. If you don't normally attend the lunch group and you would like to join us for lunch at 12 noon, please ring Gail on 0400 531 856 so an adjustment can be made to the number attending.

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