

Goulburn Valley



SHEPPARTON & DISTRICT

GOULBURN VALLEY University of The Third Age
Incorporation Number A0016950Y (For active semi-retired or retired persons of mature age)

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

AUGUST 2019

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ACKNOWLEDGEMENT

We sincerely thank the office of Wendy Lovell for the printing of this newsletter.



MESSAGE FROM THE PRESIDENT

Allan Wilson

Hello to all Members.

The grey nomad months are with us again. Some travellers have returned home to winter while others are still setting off to Qld or even to Europe. Still others, perhaps the majority, have adjusted to the short days and lack of sun. When it does shine, I suggest that you take a walk and enjoy its light and warmth. The sun is known as the happiness hormone. It raises the mood for the day.

In August we have the trivia night on the 30th to look forward to. Put your name down on the list in the hall for a good night out. Better still get together a team of 6 from your class. The questions are, as the name suggests, trivial – what number does the Roman symbol C represent? – but who cares; it's the jovial company that counts. Gail Jelliff gives all the details later in this newsletter.

For Senior's week in October on Wednesday 16th we have planned a major event: a forum entitled: **Live Life, Live Well: The art and practice of growing old gracefully**. Assoc Prof Christina Bryant from Melbourne University has agreed to be our headline speaker for the day. She is a research psychologist who specialises in the promotion of well-being in older people. She has a strong interest in helping older adults "add life to years, not merely years to life". This forum will be open to non-members as well as U3A members, which will give us the opportunity to advertise U3A in the local press and through retirement villages. We have received a \$500 grant from Council to support this event. Reserve this date in your diary.

Congratulations to Bev Palma for winning the lucky door prize at the July social morning of a box of Lindt chocolates. We will have another box of chokies on August 6th when the speaker will be Gideon Nyangela. Gideon, one of Shepparton's Congolese, will tell us how he became a refugee, his journey through Zambia to Australia and the problems faced in adjusting to our culture.

Allan

HURRY! HURRY!

Last chance to buy a copy of the print GVU3A 30 Year History Book at \$20.
Contact Allan Wilson with your name and payment of \$20.
Offer closes on Tuesday August 6th.

CREATIVE ARTS

Have you ever wondered what 3D Printing was all about?
Denys, a local retired engineer, will be demonstrating to our group how he uses his 3D Printer. Our group wishes to extend an invitation to all members who would also be interested in hearing/seeing Denys' demonstration.
When? 1:00pm, Tuesday 20th of August.
No cost involved.
Love to see you there.

Sonja

UKULELE TRIAL CLASS

A few keen GVU3A members are going to run a weekly Ukulele trial class starting on Monday the 29th of July and ending on Monday the 2nd of September from 12.15 to 1.15 pm. At these classes you will learn what ukulele to buy should you need one, you will learn a few chords (you can get more than 50 different songs by knowing three chords), learn different rhythms and learn how to act cool from a couple of cats that can play guitar. If you would like to be part of this just rock along on Monday the 29th of July at 12.15.

Greg Barnes

INDUSTRY TOUR

The next visit will be to "Trevaskis Engineering" in Tatura on Thursday 12th September at 10.30 am. Details will be in the September N/L and I will speak at the August and September coffee mornings. Please put the date in your diary and WATCH THIS SPACE!

John Hetherington. mrjfh@me.com 0419 319 339

SCIENCE MATTERS

Monday August 5th at 1.30: Chemistry in the Market Place with Nigel Liggins. Nigel will continue his series of talks with an emphasis on **CHEMICALS** in the **LAUNDRY**.

Monday August 19th at 1.30: Our STEM class will be on **MEMORY**. Dr Harry Lea has a special interest in this topic and will take us through four aspects of memory. What is our memory designed for? (Not names and numbers!). How does it work? How can we improve it? And some aspects of the medical side of memory.

Contact Allan Wilson 5822 1474



HISTORICAL STUDIES

MONDAY AUGUST 12, 10am U3A Hall

Greg Barnes will continue his maritime history by discussing the explorers Vasco De Gama, Ferdinand Magellan. Hernan Cortes & James Cook

All Welcome

John Dainton ph. 5821 3881 or mob. 0417 549 502

NATURAL RESOURCES & REGIONAL DEVELOPMENT

FRIDAY AUGUST 2, 10am U3A Hall

GUEST SPEAKER; Rod Schubert, Chair, Shepparton Foodshare

SUBJECT; Rod will explain how Shepparton Foodshare volunteers have delivered over 2 and a half million kilograms of food to over 100 services in the past 7 years that would have ended up as landfill.

FRIDAY AUGUST 9, 10am U3A Hall

GUEST SPEAKER; Prof. Tim Reeves, Professor in Residence Dookie Campus University of Melbourne.

SUBJECT; "Weather, water and climate – are all challenges to sustainable agriculture."

All Welcome.

John Dainton ph. 5821 3881 or mob. 0417 549 502

OPERA APPRECIATION

The next production is Dialogues des Carmelites by Francis Poulenc. It will be on Sunday August 4 at Wangaratta. A product of the 1950's it involves nuns, martyrs, the French Revolution and the guillotine. Sounds like fun!

Ring Madeline on 0417580025 if you are interested in being put on my mailing list.



BIRD WATCHING

The August 21 outing will be a full day so you need to bring lunch and a chair. This is a joint outing with the Benalla U3A bird watching group with the venue being Reef Hills State Park. The Park is 3 kms out of Benalla.

Please contact Don Roberts 58252404 0448889224 or Marg Clarke 0429350875

Photos from this month's bird watching at Cussen's Park



SOCRATES CAFÉ

Thee question - "If you were given the ability to reform how your country's leaders were chosen, what would you change" - will be discussed at Socrates Cafe on Monday, July 22. Monday's 10:00 am session will see the discussion led/initiated by the course leader, Robert McLean.

Special thanks to John Hetherington is stepped in a short notice to lead last month's discussion. Thanks John and I understand the conversation was vigorous and most worthwhile.

Questions about Socrates Cafe can be directed to Robert McLean at email: r.mclean7@icloud.com or phone: 0400 502 199.

FILM CLUB

FILM CLUB is cancelled due to lack of interest and difficulties with the showing of movies using the U3A technology, the lack of comfort of the seats and venue. If any of you are interested in movies being shown I could try to get the theatre at TAFE back again and there are so many movies available at the Library we are allowed to show without charge as well. We would be very comfortable at TAFE theatre and could go back to 10am Friday showings with option of lunch together afterwards as we used to. If you would like this please contact Greg Barnes who will let me know what you decide and I will endeavour to implement it.

Greg Barnes : see contact details in Newsletter. Janiene 0409 337 520

Q3A QUIZ GROUP

Our next meeting will be Monday 19th August, 10am -12 noon. We are a very friendly group and new members are always welcome. We cover a wide range of general knowledge and special interests, with several quizmasters each session. Come along for some cerebral exercise, and you're sure to enjoy a few laughs as well.

Susan McCarten
0437215130

GARDEN GROUP

Along with one teacher and seven VCAL students at Wanganui Secondary College members have been working on the vegetable garden, and a hydroponics shed. The transformation of a neglected garden to six garden beds, full of vegetables and strawberries, has been worthwhile. At the U3A hall gardens you will see some new developments in the back yard, the new plants are Pandorea jasminoides, a climber for the back fence and three standard roses, long stemmed and long flowering varieties. Their names are Gold Bunny, Queen Elizabeth and Hommage Barbara.

We might have a vase full of colourful roses to brighten our Christmas lunch, we will see. Jan Vibert

WALK AND TALK

On Wednesday August 14, our walk will be led by Marg Clarke to Euroa. After stopping for our morning tea at the park in Euroa, we will go out to the car park at the foot of Balmattum Hill and walk to the top. We will carry our lunch, so we can eat at the rotunda part way down the hill. Please meet at U3A at 8.45am for a 9am start in shared transport. Bring your own morning tea and lunch, and water to carry. A degree of fitness is required for this walk and good footwear is necessary and a hiking stick could be useful. As usual, wear clothes/hats suitable for the conditions of the day. New members will be welcome.



We had good weather for our walk along Honeysuckle Creek at Violet Town in July. Then we visited the memorials and sites of the Southern Aurora train crash which occurred in Violet Town 50 years ago. Marg Clarke's photo from the day.

Christine Wilson
58221474 0428 399 648

WRITING4PLEASURE

At our June meeting, members read out an interesting and varied collection of stories/poems, they had written.

We meet at **1.00 to 3.30 p.m.**

On the **THIRD THURSDAY** of each month,

Venue - Shepparton Library meeting room.

To be advised - whether a small cost of \$2.00 will still continue

Each month a different member of our group, provides **two topics** for us to write approximately **500** words.

Topics for August - CROSSING PATHS

- GRIT AND DETERMINATION

Word for AUGUST - INCORRIGIBLE

QUOTE for the month: - *"My own experience is that once a story has been written, one has to cross out the beginning and the end. It is here that we authors do most of our lying"*
ANTON CHEKHOV.

CONTACT: Lyn Austin. **Phone - 0468 312 602**

TRIVIA NIGHT 30TH AUGUST

Where are all the people? Only 31 names to date on the attendance sheet in the hall. We need more for the night to proceed.

The trivia night is planned for Friday August 30th at the hall. Doors open at 7 pm with questions commencing at 7-30pm. The night will be concluded by 10 pm. People may like to bring something to drink, a glass and a bottle opener. Tea and coffee will be available on the night. You may like to bring some nibbles to share with the people on your table. Supper of sandwiches and slices will be served. Tables of 6 will be set up so encourage your U3A activity group members to attend along with your family and friends. You need to pay \$10 on the night to cover the cost of prizes and the supper. Please put your names down on the sheet in the hall ASAP. If you have any questions please ring Gail on 5821315.

Guest speaker at our July Social Morning.



Dr Rebecca Coates was our guest speaker at our social morning on July 2nd. Rebecca spoke very enthusiastically about the new SAM, which is in the initial stages of construction in Shepparton. She said that SAM would have the focus on ceramics for which it is well recognised throughout Australia and beyond. An important principle of SAM is to identify with the local community, both present and historical. There will be spaces in the new building where many educational, recreational, cultural and leisure activities can occur. Art will be displayed throughout the building and the top floor will also be available for big functions.

All in all it should be able to draw visitors from far and wide. Rebecca said, in answer to a question, that if a "blockbuster" show were to be held it would only be once a year and would be the only time that there would be a charge for viewing the wonderful art that SAM will hold.

Christine Wilson.

LUNCH GROUP DATES

During August the lunch group will meet at the following venues - King City Restaurant in Corio Street on August 5th then The GV Hotel on August 12th followed by The Shepparton Club on August 19th. The last Monday of the month we will meet at The Royal Mail Hotel in Mooroopna. Any U3A members are welcome to join the group. We meet at 12 noon for food, fellowship and wine. Contact Gail on 58211215 if you have any queries.

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