

# 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](http://www.gvu3a.com.au)**

**February 2022**

## CONTACT DETAILS

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vacant

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(Entries close on 21<sup>st</sup> of each month)



## A MESSAGE FROM THE PRESIDENT

### Greetings to All.

A warm welcome to all members returning for another exciting year of fun, personal development, and social

activity.

Tuesday February 1 is “Enrolment Day and Bring a Friend” and will follow the same routine as 2021. The morning will run from 9.30 – 11.30am. You may arrive and leave at any time during these hours, to assist with social distancing. Please bring a friend so they can explore what U3A has to offer. The course leaders will be present to discuss their courses with you individually and you can sign up to as many courses as you wish. You can also pay your 2022 fees of \$60 directly. Then enjoy a cup of tea or coffee with friends in the garden. We are hopeful Social Mornings will return in April. March will be our AGM. If you are unable to attend on Tuesday Feb 1, you can still enrol in the group of your choice later, and pay your fees online, or at the Hall in an envelope.

New courses this year include: “Singing for Pleasure”, “Scribblers” a short 6-week drawing course, as well as the return of all the favourites. “Computers” with David Muir has a new name, “Communicating with Technology”.

Our AGM will be held on Tuesday March 1. Several items notified in the previous newsletter will be voted on. Please consider nominating yourself or friend for the committee. We have already received nominations for President, Vice President and Secretary. We welcome new ideas and its lots of fun. Existing committee members are renominating.

At our recent Strategic Planning Morning, we developed a Mission Statement and a Strategic Plan to carry the GV U3A through to 2025.

Our Mission is “to promote, encourage and celebrate social and learning opportunities for the retired and semi-retired.”

Looking forward to seeing you on February 1.

*Liz*

Please note that this newsletter is an adjunct to the full course descriptions that have been sent out to members as a separate document. Courses not mentioned in this newsletter will start in February as outlined in those course descriptions.

### **NEW COURSE: SINGING FOR PLEASURE 2022**

“Singing for Pleasure” is starting up again so please join us. You don’t have to think you can sing, don’t have to have a great voice, but just enjoy singing together. We look for happy songs and variety. Singing together has many benefits – physical, emotional and social, and feeling better is pretty much guaranteed. Come along and give it a try at 9.00 - 10.00 am on Wednesday February 9<sup>th</sup>

Adrian Evans - 0448 027 090 Jeanette Fry - 0438 253 982 - jeannettefry604 at [gmail.com](mailto:jeannettefry604@gmail.com)

### **NEW COURSE: SCRIBBLERS (Drawing for Beginners)**

Join Scribblers each Thursday for two hours over 6 weeks to learn some drawing basics using blacklead pencils. No previous drawing experience necessary, just a willingness to try. Please bring an A4 pad of drawing paper, Black lead pencils. 1 x HB, 1 x 3H 1 x 6B, an eraser, a smile (can be more than one). A minimum of 4 participants will be required for this class to commence. Time: Start Thursday 3rd February to 10th March (6 Weeks): 10.00am to 12.00 noon Contact: Jill Riordan – [marigold.riordan@gmail.com](mailto:marigold.riordan@gmail.com) or Ph 0467 405 252

### **ITALIAN**

**Introduction to Italian** will commence Friday, February 4, 12.00 noon – 1.30 pm

This class will start again with the basics of the Italian language with an emphasis on conversation. We use the same textbook as stipulated in the Intermediate class

Contact: Meredith Chilman email: [ich32011@bigpond.net.au](mailto:ich32011@bigpond.net.au) or mobile: 0437 313 840.

**Intermediate Italian** with Lelia Amadei is now on Friday afternoons, immediately following Beginners Italian. We look forward to getting back together after completing reading the story of Pinocchio in Italian last year. Let’s hope we remember some of the language after the break. Semester 1 Italian begins Friday 4, Feb at 1.45. For more information, Phone Liz 0409 703 868.

### **500**

Five Hundred will recommence on Tuesday 8 Feb between 3.45 and 4.00 pm starting time. Some 500 players continue onto cards after an afternoon of Mah Jong and they are keen to start. New players are most welcome, plus anyone who has played 500 before and would like to start again. Instruction will be available if you are new to the game or need a refresher.

Could I ask all previous players to try and bring a friend along who may be interested in playing 500. More information phone Harry 0400 770 972

### **BOLIVIA AND MAH JONG**

Both of these activities are now up and running for the 2022 year. Bolivia is on a Thursday from 1pm to 4pm. Any new players are welcome to come and join us.

Mah Jong is on a Tuesday from 1pm to 3.30pm and again new players are welcome.

For any inquiries phone Kerrie on 0439 511 929.

## TAI CHI

Tai Chi is starting on the first Friday the 4<sup>th</sup> at 3.30pm. All Welcome.

Sandra Bassett 0418 571 246

## Q3A

At our January meeting 14 members enjoyed a wide variety of general knowledge questions. Our guest quizmasters tested our knowledge of word definitions and travel landmarks, followed by True or False, with at least a 50% chance of being right. After a coffee break, we formed 2 teams of Defenders and Challengers (as in Eggheads) with the selected topics of Famous Men and Australian Geography. The Challengers won this friendly competition, but the emphasis is always on having fun, learning something new, and being surprised by how much we remember.

We meet on the third Monday of each month, from 10am - midday at the U3A hall, and new members are always welcome. There is no obligation to come every month, as we know retirees are busy people.

For further information contact Q3A Group Leader Susan McCarten 0437 215 130

## WALK and TALK

The next walk is on Wednesday February 9 to the Shepparton Botanical Gardens and return to SAM for Coffee. Meet at the south end of the Lake near the boat sheds and toilets at 8.45am. There is plenty of car parking.

We will commence the walk along the track to the Rail Bridge, continuing to the new pedestrian Bridge over the Broken River and on to the Botanical Gardens. We will spend about 30 minutes there before heading back along the track to SAM for coffee. Note the walk is about 5 km and extra if you plan to walk around the Botanical Gardens. The walk to the lookout is fairly steep. Tony and Bev Palma will be our Guides.

### WHY NOT JOIN US

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|---|--|
| <ul style="list-style-type: none"><li>· Friendly Social Group</li><li>· Outdoor Activity</li><li>· Good For Your Health</li><li>· Discover Walks in Your Region</li><li>· Walk On Old Rail Trails &amp; learn their History</li></ul> | <ul style="list-style-type: none"><li>· Solve the Problems of the World While Walking</li><li>· Enjoy a Coffee Before Returning Home</li><li>· Carpooling Good for The Environment</li></ul> |
|---|--|

Our First Walk and Talk for 2022 was held on January 12 around Kialla Lakes. We started at Gunaway Park with 9 walkers and plenty of talking. We returned to the park for morning tea. With the weather starting to warm up some headed home while a few decided to walk around the second lake.

Speak to David Taylor at the Social Morning or Mobile 0412 802 427

## HISTORICAL STUDIES

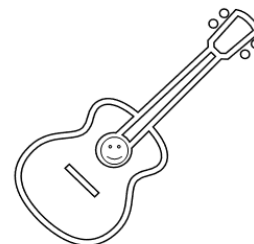
On Monday 14<sup>th</sup> February the early history of the fruit industry of east of Shepparton will be presented by Geoff Holland. Contact: John Dainton 0417 549 502

## UKE3A

Our Uke3A Program will resume for Members (and invited guests) on Monday 24th January 2022 AT ESSON ST.12:15pm - 1:15pm (Rear Garden Space).

Our members, who will be performing at the “St. Georges Rd. Food Festival” later this month, have already had a rehearsal in readiness for this upcoming event.

John Canty email: [j.canty@hotmail.com](mailto:j.canty@hotmail.com) Mobile: 0407 264 504 (text preferred please).



## MONDAY LUNCH GROUP

During the month of February the group has chosen to eat at The Peppermill on Melbourne Road. It is necessary to have a confirmed number of seats available so please ring Gail on 0400 531 856 to reserve a place. A firm commitment needs to be made by the Friday before the group meets. That's when the numbers are given to the venue. The February dates are - the 6th, the 13th, the 20th and the 27th. We usually get somewhere between 10-15 people attending but everyone is welcome to come. Gail Jelliff.

## COMMUNICATING WITH TECHNOLOGY

(Formerly 'Communicating with Computers')

After having assisted members with iPads and mobile phones during sessions over the past couple of years, I've decided to rename the course to encompass all. Whilst I am more of an Apple person, I have learned a fair bit about android phones and can generally work my way through to a solution to a problem. Spaces are limited in sessions (Mondays 12:30 - 2, 2 - 3:30 and 3:30 - 5). If I have a larger number of people with phones, I will see if I can fit in an extra class on another afternoon (depending availability).

I certainly don't know everything there is to know about technology, although I still have an idea how to find an answer and am still learning as changes regularly occur to our devices. We are being pushed more and more into becoming reliant on communication through technology - even more under the current conditions. My classes are run to help. Bring your problem, laptop/iPad/mobile phone (and please remember your passwords) and we'll sort it out.

David Muir 0414 881 369

### Membership fees are now due - \$60

Members are asked to now consider paying their \$60 membership fee for this year. Fees can be left in the post box outside the office door in an envelope with **your name on the front**.

Direct debit can also be done into our bank account.

BSB 633-000 A/C number: 127 742 898 A/C name: Goulburn Valley U3A Inc

**Please place your name in the reference line.**

## SCIENCE MATTERS

The Murchison Meteorite (MM) is of global significance and has given rise to new science projects including space missions to asteroids, investigation of life and water on earth, the origins of our solar system and how to better detect and track meteors. In 2022 there will be a series of presentations based on the MM talks recorded at the 50<sup>th</sup> anniversary in 2019.

In the first presentation in the series on Monday Feb 21 at 1.30pm a video will be screened "A Student's Experience collecting fragments and the subsequent science impact" Andy Gleadlow – Melbourne University. This is a fascinating account of Andy's experience as a student collecting MM fragments in 1969 and how the news of the meteorite fall was received in Shepparton. After the presentation there will be a short discussion. Can you remember the meteorite fall?

Derek will also give an outline of other presentations planned in 2022. Derek has recently been involved in setting up a meteor camera as part of the Global Meteor Network and is also part of a group forming a Shepparton Astronomy Group. Further information and how you can get involved will be also be presented.

Allan Wilson 0427 399 648

## NATURAL RESOURCES AND REGIONAL DEVELOPMENT

Natural Resources and Regional Development sessions will not be conducted in the coming weeks. The way sessions are normally conducted creates several difficulties in the current epidemic.

Firstly, participants are of an age where at least 15 to 20% will have immune systems insufficiently activated to resist covid infection despite being triple vaccinated. Involvement in group discussions in an indoor setting is a key part of successful sessions. This cannot happen in conditions of spatial distancing when we cannot hear muffled talk.

Most sessions depend on good speakers from various organisations. Currently there is a reticence or refusal to requests. Furthermore, when less than about 20 people can attend, I am uncomfortable asking busy people to give freely a few hours of their time to prepare and present.

I am approaching these epidemic conditions as another of life's hurdles that needs risk appraisal. My wife and I, around 80 years of age and two years into retirement, are intent on enjoying our new found freedom. In doing this we are acutely aware of our sub optimal respiratory systems and do fear complications should there be covid infection, especially when our communities health services are so challenged. However, we are fortunate living at a spot where we have reasonable choice in managing infection possibilities. Activities at home and drives to some of the great places in our region are keeping us interested.

Meanwhile I do hope that the covid scenario in a couple of months' time will enable more optimism about Natural Resources sessions and a return to great discussions.

Barry Croke 0488 058 231

## WRITING4PLEASURE

How quickly time rolls by. Christmas and New Year seem to have disappeared in a flash and once again our first writing group meeting has come and gone. Seven of us met at the library meeting room on 20<sup>th</sup> January. It was very enjoyable to meet again in person and listen to all the stories on offer.

FEBRUARY TOPICS – PRESENTED BY MARY, ARE:

1. A MOMENT(S) IN HISTORY
2. DARK CLOUDS  
WORD - HYPERBOLE

QUOTE FOR THE MONTH:

*“THERE IS NOTHING IN THE WORLD SO IRRESISTIBLY CONTAGIOUS AS LAUGHTER AND GOOD HUMOR” Charles Dickens*

Lyn Austin. 0468 312 602

## ANNUAL GENERAL MEETING

The Annual General Meeting will be held at the GVU3A hall, 14 Esson St, Shepparton on Tuesday the 2<sup>nd</sup> March, 2022 at 10am. All members are invited to attend.

The Bylaws and Constitution from 2013 are to be ratified as we can't find a written record of these items being passed.

The three Special Resolutions (that require a majority of  $\frac{3}{4}$  of the membership present.) are:

- a. The term of the office of President, worded as in our previous constitution:

“A member who has served as President for two consecutive years shall not be eligible for re-election to the office of President until a period of one year has elapsed during which the member has not served as President”

- b. A resolution covering financial investments, worded as:

“The committee shall, when deemed necessary, invest funds in an Authorised Deposit Taking Institution, which is covered by the Government Deposit Guarantee Scheme.”

- c. A provision for allowing tutors to be Associate members of GVU3A that follows the entry in our current constitution, worded as:

“The Committee may appoint volunteer tutors as Associate members of the Association. Such members are afforded all rights of membership for the duration of their course or activity, except the right to participate in other learning activities of the association, to vote at meetings, or to be elected to office or membership of the Committee.”

Proxy forms are available for those that want to vote but are unable to attend.

Anne White  
Secretary