

# 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)**

**June 2024**

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



## **A MESSAGE FROM THE PRESIDENT**

*"If you don't have a go, you will never know".*

Welcome to the beginning of Winter, think of – warm fires, cozy clothes, crisp frosty mornings.

I know many of you head for warmer climes at this time of the year, travel safe and enjoy all you see and do. With the onset of winter comes the usual flus, colds and now covid, all these are infectious and we ask if you have symptoms, PLEASE, stay home for your own health and the benefit of others. Though covid is community spread it is still recommended you isolate for 5 days.

I know those that come to the social mornings appreciate the scrumptious morning tea of cakes, sandwiches, hot food and slices. It has come to the committee notice that often our expenses exceed the income. It is not the intention of the committee to make money at the social morning but we need to cover costs. We appreciate the donations of food and the effort of the catering team to keep costs at a minimum. Unfortunately, all living costs have risen and we need to raise the morning tea cost to \$3.50. I am sure you will agree with me that the social mornings, the guest speakers and the delicious morning teas are time to look forward to catching up with friends. We look forward to seeing you at future social mornings.

Your committee is working tirelessly to improve the sound system in the hall, please be patient with us as we experiment with various systems. Good sound is very difficult to please everyone with and with modern technology, systems change rapidly so does the quality of sound systems. Eventually it will work out. Remember our theme for the year, if you don't have a go, you will never know. We are endeavouring to work in new courses into our programs. Rubik's cube could be done online at the Hall if enough people are interested. Could anyone recommend someone to take line dancing or Chess? Don't forget you are very welcome to try any program, look up the course program and turn up and listen in, it may be for you. Any questions about courses please contact Greg Barnes.

Enjoy the Month of June, though it may be cold, come and join an activity at the hall or the off-site groups, you will always go home feeling better for being among good company. Take care, stay safe.

Rita Bloomfield 0418 580 697

## SOCIAL GATHERING – MORNING TEA

**First Tuesday morning of the month: 4 June**

**Time: 10 am**

**Guest Speaker: Felicity Macchion CEO of GV Libraries**



## 500

Great to see that our 500 club is going strong with a few more new participants. Everyone welcome beginner or experienced. Every Tuesday afternoon 3.30 pm to 5.30 pm.

Gale.

## HISTORICAL STUDIES

After some technical difficulties with sound, we finally managed to get through a brief history of opera. Thank you all for your patience. Next month we will look at Australia at the Olympics. If you have any stories about either the 1956 Olympics or the 2000 Olympics, please come along and share them.

In July, Greg Barnes will present the history of Rock and Roll (and hopefully our sound issues have been resolved.) Remember, if you want to present something then let me know  
Livia lpt3629@optusnet.com.au

## ART

Our Art Group have been busy producing some lovely work since the beginning of the year. We would like to thank the committee for allowing us to hang our Art in the carpeted room with the new hangers. It will look impressive when it's finished. Just letting you know our Art will also be displayed at the Tatura Art Show on the 8/9/10 June from 10am - 5pm  
If anyone wishes to join us anytime we are willing to offer our support and help  
Contact Jeanette Fry 0438 253 982

## MEETINGS

### May Meeting

When Shelley Hosking spoke at the May meeting about senior's rights, she mentioned a site where you could access a statement of values. Here is the link: <https://www.myvalues.org.au/>. You will need to register but the information on the page is self-explanatory.

'What happens once have completed a 'MyValues Profile'? Here is the link to seniors Victoria website where there is a list of videos that you may want to look at' Just click on the videos they open automatically: <https://seniorsrights.org.au/resources/planning-ahead/>

### June 4th Meeting

Our guest speaker is Felicity Macchion CEO of GV Libraries appointed in February 2023. Before being appointed here, Felicity was head of Yarra Libraries. A library is far more than books and internet services. She will speak about what services the library has to offer. See the flyer on the notice board for more information.

## **“AROUND THE WORLD” FOODIES GROUP**

Our ‘Around the World’ Foodies Group enjoyed our dinner out a week earlier this month, as our usual date coincided with Anzac Day. This month we ventured out to Yorkies Eatery. We enjoyed a delicious, hearty meal with friendly service there on Thursday, despite them having to work with last minute challenges of being broken into the night before and the chef calling in sick. We had to wait a little longer for our meals, however, this only meant that we had lots more chatting time with friends. Bonus!

We enjoyed Mexican cuisine, having pre-ordered from an extensive menu. We ate everything from onion rings, sweet potato wedges, to burgers, burritos, steak, quesadillas, tacos, taco salad bowls and nachos. A few even indulged in decadent desserts! The meal servings were very generous, great value for money and very well received. We look forward to our next event, a “Dutch Dinner” by our very own Maria Hartel and Helpers, to be served in Esson St. Happy Travels!

Barb, Carol & Maree

## **LIFE’S CURIOSITY**

At our May meeting our guest speaker was Robyn Riddington. Hearing about Robyn’s life was intriguing. She kept us well entertained and our knowledge increased.

The next meeting to pop on your calendar for 3 June at 1.30pm is to hear U3A’s dynamite Carol Davidson. Have you ever seen her climb the poles when setting up screens? Now she won’t be giving us any demos at Life’s Curiosity, but we are in for a treat. Carol is very active in U3A and brings to the table bucket loads of creativity as a starter. Love to see seats filled to show Carol how much we love her. So, pop it on the calendar or you will miss out.

Robyn Glasson 0408613321

## **FEEL GOOD EMPOWERMENT HUB**

We meet second & fourth Friday at 1pm. 14 June and 28 June this month. We welcome new members, only a small group as some members are on holidays. Now is your opportunity to check us out. Our subject is “Our Beliefs” It is incredible when we take time out to reflect to understand how we take on beliefs that limit us in our every-day life. They can be so restrictive and we avoid becoming involved in certain life events due to some belief we have obtained that can be destructive to our progress in life. We have obtained these beliefs from our parents, work mates, friends, people in power over us and the list goes on. Understanding this is vital.

Robyn Glasson 0408613321.

## **CREATIVE CRAFTS**

Now the colder months are here, the members of our group have really got the knitting needles and crochet hooks working hard making scarves, jumpers, knee rugs and other interesting items. There are also some members who are doing lovely embroidery and patchwork. If you are interested in joining our group come along on a Tuesday afternoon at 1 pm. There is also plenty of chatter. It is great to hear that Sonja and David have at long last returned to their home.

Gael Thompson 0458 215 794

## LUNCH GROUP

The GV Hotel is the venue for our lunch group gatherings on the 3/10//17/24 June. Remember to text or phone Gail on 0400 531 856 to reserve a seat at the table.

## SOCRATES CAFÉ

The topic at Socrate's Cafe for Monday May 27<sup>th</sup> (10.00 am) is "Do Humans need God to Exist"? Prince Talleyrand, who lived during the French Revolution said that a single priest does the work of 100 soldiers. I presume the Prince would be talking about how religion and a belief in God would control a large population of people without the need for soldiers and their guns. Come along and discuss this topic with us.

On 24 June, 10am the topic will be "How should we measure the productivity of society?" I hope to see you there. Greg Barnes 0438 569 611

## BIRD WATCHING

Our May outing was at Seven Creeks Park Kialla, where we observed 35 species, some being Wood Duck (126 birds mostly in one flock), a good number of Parrot species, Little and Long-billed Corellas, Sulphur-crested Cockatoo, Galah, Eastern Rosella, King Parrot, Red-rumped Parrot, Musk and Rainbow Lorikeets. Also wetland birds: Royal Spoonbill, White Ibis, Great Egret, Little Black Cormorant, Dusky Moorhen, Purple Swamphen, Pacific Black Duck and Grey Teal.



The June 19 outing will be a morning at Gemmill Swamp Wildlife Reserve Mooroopna. Please meet at the U3A hall for a 9am departure or at the Scout Hall car park, Echuca Road Mooroopna at 9.15am.

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

## CRYPTIC CROSSWORDS

Cryptic Crosswords has now completed its first 6 weeks. We will now meet once a month on the first Thursday of the month, at 1.30, next on the 6<sup>th</sup> of June.

Harry Lee 0400 770 972

## NEW COURSE LINE DANCING

If anyone would like to do line dancing, let me know and we will see if we have the numbers and a teacher to start a class. Greg Barnes 0438 569 611 [dngbarnes@hotmail.com](mailto:dngbarnes@hotmail.com)

## NATURAL RESOURCES AND REGIONAL DEVELOPMENT

If anyone has any suggestions of topics for Barry Croke to study up and present as a lecture for Natural Resources phone on 0488 058 231.

## BRIDGE

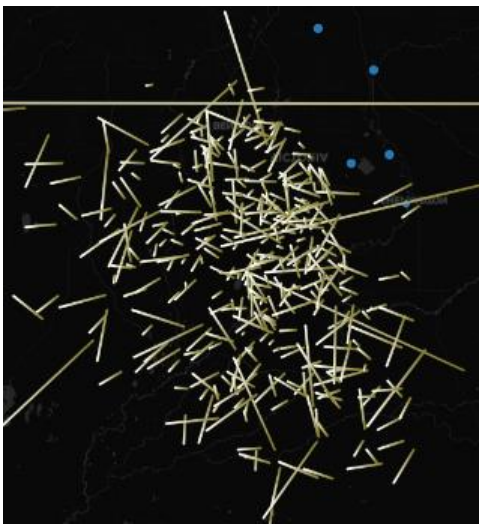
Nick Derek and Ruth have been conducting bridge lessons on a Monday. We will continue with supervised play to assist our new bridge players to learn the ropes.

Our Monday night and Wednesday and Saturday afternoon sessions continue to be well supported. Graeme Boast has transformed our computer systems, and we are now up to date using Compuscore to score our bridge sessions and Bridge Webs for presentation of results. The link to bridge webs can be found below.

<https://www.bridgewebs.com/shepparton/>

We have 4 members heading off to the Bendigo Bridge Congress on the weekend of 25-27 May. Nick, Derek, Graeme and Kath. Wish them luck! Derek Poulton 0418 559 263

## ASTRONOMY



We had a star gazing night at Bunbartha on 12 April (thanks to Peter Read for hosting) and a zoom meeting on 14 May. Thanks to Liz for facilitating the zoom, after just returning from Darwin on the red eye. Derek has been busy installing meteor cameras, with 3 at Kaniva, 1 at Tocumwal, Melbourne and Mandurah, just in the last month. The results from the meteor camera network are uploaded every morning and can be viewed on the www (search on GMN weblog and look for AU000B). There is also a meteor map available (Example left: meteors recorded in April). Derek also gave a talk to NotreDame students at Murchison recently, and the students are fired up to put up their own camera. Put September 28 in your diary – not because of the boring footy match on that day – but it's the 55<sup>th</sup> anniversary of the Murchison Meteorite. Star gazing on the Friday night and talks on Saturday. Derek 0418 559 263 (txt and email preferred)

## Q3A QUIZ

Seventeen members arrived on a chilly morning for our May Quiz session. Gaye and Leona were our special quizmasters. Gaye challenged us with questions on politics, movies, and other topics. Five of Leona's questions appear below.

1. How long has the Men's Shed movement been going: 10, 20, 30, or 40 years?
2. The name of which green leafy vegetable sounds like a word meaning 'burnt and blackened'?
3. What is the most common bird in the world?
4. Where on the human face is the philtrum?
5. Which 20th century writer's name is an anagram of 'soft crafted glitz'?

Our next quiz session is at 10am on Monday 17th June. New members are always welcome. Susan McCarten 0437 215 130 (sms or voice message preferred)

## .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 direct link to the May Network News. <https://mailchi.mp/u3avictoria/network-news-may-2024-5451035>

*Elizabeth Lee*

## WALK AND TALK

**Numurkah Town / Kinnairds Wet Land, 12 June**  
Meet at U3A at 10.15am leaving at 10.30 drive to Numurkah meeting at the park with the Steam Train for morning tea. Then a Short drive to Kinnairds Wet Lands returning to the Train Park for lunch. Bring morning tea etc and lunch or buy at the Bakery. Then return home after lunch.

Thanks to Tony and Bev for filling in for me on the Tongala and Girgarre Walk when Lorraine had to go to Melbourne for a scan at St Vincent Hospital (all clear). David Taylor



## WRITING FOR PLEASURE

After a full house last month, this time our numbers were considerably fewer, due to members either going on holidays or being unwell. However, we were fortunate in having a guest speaker Barbara Carey, who spoke to us of the process in having someone write her late husband's biography. Lots of questions were asked and it was helpful that copies were available to peruse and give us inspiration. Pam chaired the meeting and the writing pieces were centered around 'Daring Deeds' or 'My First Job'.

June's meeting will be chaired by Dorothy and her topics are: 'What decades bring back prominent memories?' and 'A Famous Person and why you admire them'.

July's topics set by Heather (incorrectly reported last month): 'My Mother's Kitchen' and 'I Remember When.....'.

Anyone who wants to enter the Paynesville Library Short Story competition has until 28 June . We have one member who has written 2,500 words for this. Well done!

Next meeting: Shepparton Library, 20th June at 1 pm:  
Moya Turnbull 0407 680 337 or Marion McLennan 0417 319 839

## BLAST OFF

Launch time, Thursday 6 June , 6pm to 8pm. U3A hall. A warm toasty evening is awaiting for your presence to ward off the winter blues for the launch of BLAST OFF to proceed.

A ROCKET FULL OF SINGING, & DANCING, AND TO TOP IT OFF A MEAL OF FISH AND CHIPS. DRESS CODE: MIX AND DON'T MATCH.

Pre Order your fish and chips by contacting either  
Greg Barnes 0438 569 611, [dngbarnes@hotmail.com](mailto:dngbarnes@hotmail.com), or  
Robyn Glasson 0408613321 [rglasson65@gmail.com](mailto:rglasson65@gmail.com)

Orders to be in by 4th June. You may bring your own meal if fish & chips is not to your liking. BYO DRINKS and GLASS. Bring your own ear plugs if you have sensitive ears.

Dancing will be a range of Hoot dancing, (eg progressive jive with instructions). Line dancing, Rock and Roll, Limbo Rock, Lawn Mower. Requests taken on the night. Music provided on "Big Screen" A HOOT night is assured. Time for BLAST OFF! (no costs other than meal).

Robyn Glasson Blast Off!

## SCIENCE MATTERS

The next science talk on Monday 17 June will be presented by Harry Lee. Harry will be talking about probability and gambling. It will briefly cover the maths involved, but mostly look at the concepts and the uses of probability. People can ask questions on investing, the races, health, gaming odds (like Tattslotto) and have some fun with two trick questions.

Statistics is data. Probability is how to use data in all walks of life. When people buy a ticket in Tatts they are buying the dream of winning. But if they are looking to get rich, perhaps they should look at the odds. John Bush

## GEOLOGY

Geology is held on the 3<sup>rd</sup> Friday and 4<sup>th</sup> Fridays of each Month 10.00 am to 11.45 am.

The current sessions are on Economic Geology. Web sites are provided for further reading and personal development. These are optional and are not required for subsequent sessions. These sessions will complement the last unit on energy. The overlap will be utilised as needed, however the concepts will be revisited and retaught as required.

These Economic Geology sessions will cover the following aspects.

- Metallic materials
- Non-metallic materials e.g. limestone, building basalt.
- Renewable v Non-renewable: Supply v Demand cycles.
- Language and measurements used by the mining industry to describe the resources.
- Exploration of the resources. Costs of these activities.
- Development and extraction of the mining site.
- The refining and purification of the resource. The technology required and the historical developments.
- The location of the materials in Victoria, Australia, and the main global sites. The associated discovery and history of the resource material within Australia.
- The geographical, economic, political significance of each resource will be covered as it is relevant.

Further aspects will be covered as arise through questions and interest

Nigel Liggins