

# 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)**

**APRIL 2020**

## CONTACT DETAILS

### ◆PRESIDENT

Elizabeth Lee 0409 703 868

[lizlee01@gmail.com](mailto:lizlee01@gmail.com)

### ◆VICE PRESIDENT

John Bush 0408 290 751

### ◆SECRETARY

Anne White 0438 202 799

### ◆TREASURER

Kerrie Midgley 0439 511 929

### ◆COURSE COORDINATOR & HALL COORDINATOR

Greg Barnes: 0438 569 611

[dngbarnes@hotmail.com](mailto:dngbarnes@hotmail.com)

### ◆CATERING COORDINATOR

Sue Walmsley 0432 016 152

### ◆HALL MAINTENANCE COORDINATOR & MEMBERSHIP COORDINATOR

Carole Trotter 0407 231 348

### COMMITTEE MEMBERS

Allan Wilson

Ray Watt 0439 716 420

Gael Thompson 0458 215 794

Terry Butler 0412 232 299

EMAIL ADDRESS:

[goulburnvalleyu3a@gmail.com](mailto:goulburnvalleyu3a@gmail.com)

NEWSLETTER EMAIL:

[gvu3anewsletter@gmail.com](mailto:gvu3anewsletter@gmail.com)



## A MESSAGE FROM THE PRESIDENT

Welcome to all Members, those returning and also to our new recruits.

What a start to the year! First the bushfires and now COVID-19 sends us many new challenges.

Our number one priority is the health and well-being of all our members at GV U3A.

The committee is monitoring the evolving situation closely and heeding the advice being given to us by the relevant government health officials, as well as our parent organisation in Melbourne.

The committee has unanimously decided to put the GV U3A into recess for an indefinite period from Tuesday 24<sup>th</sup> March. Please keep in touch with your course leaders. This has been a difficult decision as we realise many of our members rely on activities at U3A for socialising as well as intellectual stimulation.

Our committee will meet again in mid-April to review the closure and whether any further action can happen.

Our monthly newsletters will keep you informed.

Our Website will also be a way of keeping contact and can also be a way for Group Leaders to present activities/challenges that can/have be done whilst absent from classes. Please keep an eye on the **EVENTS** page on our website.

If any members are feeling vulnerable and need assistance for shopping please contact any member of the committee.

Keep in touch with each other by phone and email. Share stories, take some time to read a book, catch up, garden, try a new recipe that you've discovered, make the most of this pause.

While we enjoy this beautiful autumn weather, remain resilient, practice good hand hygiene, get plenty of sleep, eat healthily and stay well.

Liz

## U3A ANNUAL MEMBERSHIP FEES

Please be advised that the \$60 annual membership fee is now due and payable. Thank you to those members who have paid.

Although many classes have been suspended our financial commitments are ongoing so please pay asap if you haven't done so already.

Kerrie Midgley

## ANNUAL GENERAL MEETING

On March 3, our U3A Hall nearly overflowed with new and old members connecting and enjoying the delicious morning tea provided by Sue Walmsley and her committee. Our Guest speaker was the Deputy mayor, Councillor Dinny Adem who was deputizing for Mayor Seema Abdullah. Deni said he was pleased to come back to U3A and this time was encouraging us to share the wealth of knowledge and experience with the wider community. The Annual meeting proceeded in orderly fashion with retiring President Allan Wilson presenting his report of the last 12 months. There were many highlights, including the Forum on Ageing Gracefully with keynote speaker Assoc Professor Christina Bryant from Melbourne University. The election of office bearers was in the expert hands of Gail Jelliff and resulted in Elizabeth Lee being elected as President for 2020. Congratulations Liz!

## WRITING4PLEASURE

Some noteworthy stories were heard at our February meeting. Also our end of year book was distributed and received a very favourable reception. We do have a couple of spare copies available for purchase from Mary Heneghan at the Art Class on a Wednesday. The cost is \$15.00 We meet on the **THIRD THURSDAY** of each month.

**TIME : 1.00 TO 3.30PM**

**VENUE : Shepparton Library Meeting Room.**

Our meeting on 19<sup>th</sup> March was cancelled due to social distancing recommendations. Details of our cancellation were e-mailed to members on our Writing Group list. If you did not receive this email, please phone me and we will adjust our list. **For any further cancellations, (April/May) please check your e-mail before the meeting date.**

**\*\*\*PLEASE E-MAIL YOUR MARCH STORIES TO:**

**-writingforpleasureu3a@gmail.com**

**TOPIC FOR APRIL** - Take any book, turn to page 50 and use any sentence on the page as your first sentence. (500 words or less please).

**QUOTE FOR THE MONTH:**

*"The purpose of a writer is to keep civilization from destroying itself".*

**Albert Camus**

**CONTACT: Lyn Austin**

**Phone : 0468 312 602**

## LEGAL MATTERS

The one off class for Legal Matters that was to be held on Monday April 6th has been postponed until further notice.

Marshall Richards is still very keen to do complete this course.

## UKE3A

To reduce the impact of the corona virus, the Ukulele Program on Monday's will be postponed until further notice. This will take effect immediately. John Canty

## **CANBERRA TRIP**

Because of the Corona Virus, unfortunately the annual bus trip to Canberra had to be cancelled for March this year.

Fords Bus Company have been very helpful with the negotiations for the paid in full accommodation. The Canberra Motel will honour our booking and have advised Fords of the dates available, Fords are also negotiating with the Cowra Motel and requesting that they also honour the pre paid booking.

The dates available for Canberra are Monday 5th of October to Thursday the 8th of October inclusive returning on the 9th of October.

If the Cowra motel honours our booking we will then stay the night of Friday 9th October and return to Shepparton on the 10th.

All of these arrangements are to be confirmed and will be subject to Health Regulation Advice.

If these dates go ahead they will co-incide with the Floriade Flower Festival in Canberra and the Cowra Cherry Blossom Festival.

This report was submitted to the U3A full Committee and approved on 18/3/20.

I will endeavour to keep you informed as information and date confirmation is received.

Regards

Ray Watt

0439716420

## **INDUSTRY TOURS**

### **VISIT CANCELLED.**

Plunkett's Fruit Packers today cancelled the planned April Tour. Their work is not only seasonal so if, and when, the virus cloud clears it should be possible to re-schedule the visit.

Industry Tours is closing down. As things stand, I will not attempt to arrange any tours until.....

## **STRENGTH AND BALANCE**

Lyn conducted the last class on Monday morning in the garden. It was a very peaceful time all maintaining a distance easily with the small number. Unfortunately, this was the last of her classes while we are in recess. Lyn asks you all to set aside some time to keep strong and go for a walk.

## **FRENCH**

In view of government regulations re social distancing to protect ourselves from this virus, I have decided to cancel French classes for the moment..

I would encourage you all to continue your study through apps such as Duolingo or Memrise for beginners, and Coffee Break French for the more advanced. There are also some quite good French lessons on YouTube. I think one is called French with Alexa (or something like that). Let me know if you find something useful. Sue Birrell

## **MONDAY LUNCH GROUP**

I believe our lunch group needs to go into recess for the time being because of the Corona Virus. We sit closely together and share a meal and companionship. I'm mindful of the distance we need to keep between members as advised by the Government. I'll notify people of meal venues when it is safe to resume our group gatherings. If you have any questions, please ring me on 58211315. Keep safe everyone. Gail

## U3A MEDITATION

Thank you to those who were looking forward to learning and sharing meditations with me starting on the 30th April.

Unfortunately, I am cancelling these classes due to the Corona Virus but look forward to holding new classes after this has passed.

In the meantime, I would like to suggest you download the 'Smiling Mind' app onto your phone or iPad. This app as a program of meditations and exercises that you can follow and practice each day. If you need some help doing this feel free to email me.

So, to all my past co-meditators and those looking to start. Stay well and continue to be mindful of each present moment (and thankful we are in such a lucky country).

Cheers

Jill Riordan

## SOCRATES CAFE

I do wonder what Socrates would have said about all this, but I'm saying let's give free rein to the precautionary principle. We do know that the Coronavirus is highly contagious, it is both socially and economically disruptive, and it kills people. The evidence regarding those facts is beyond dispute.

However, what we don't know is just how bad this contagion will be here in Shepparton and so we should be taking whatever precautions we can to slow the virus's spread. It's important that each of us engage in social isolation as best we can and with that in mind, **I intend to call off Socrates Café at the Goulburn Valley U3A for at least the next two months, that's March and April.**

It does concern me that after a hiatus of two months, at least, it may well be difficult to restart Socrates Café, but that's a bridge to be crossed when we come to it. Social isolation is the only weapon non-medical people from U3A have to defend themselves against the Coronavirus and as valuable of Socrates Café might be driving our thinking, what is more valuable, at the moment, is doing all we can "flatten the curve" and that means not gathering for what is really an unnecessary event.

Those with any questions or comments can contact me at [r.mclean7@icloud.com](mailto:r.mclean7@icloud.com) or via the phone at 0400 502 199. In these strange times, I urge you to take care and stay safe.

I'll be in touch,

Robert McLean.

## BRIDGE

### Bridge Closed

The Australian Bridge Federation (ABF) and Victorian Bridge Association (VBA) have advised that bridge club sessions should close in the interests of public safety. The club decided it would close all sessions, including lessons, for one month and then reconsider the situation. It is likely that the club will close for a period of 4-6 months until advised by health authorities that circumstances have changed to allow normal club activities to resume. The VBA are exploring other ways that bridge can continue on-line and through the many bridge web sites that are available. Information will be circulated as it comes to hand.

Derek Poulton 58254112 0418559263

## SCRABBLE

Unfortunately, due to the present issues with the Coronavirus, Scrabble is to be suspended for the foreseeable future. In the meantime keep reading your dictionaries for new words for when we can play again. Sue Walmsley.

## OPERA

As the Wangaratta cinema is closed until further notice we will not be travelling over until they have reopened for business. Madeline Dyer

## **CURRENT AFFAIRS**

The Current Affairs group has also ceased despite valiant efforts to continue. More news to come

## **ART**

Hello to all our happy painters! These are very trying times, please, try to stay positive and motivated. Remember that art, along with all other forms of creativity, is good for your mental well-being, and excellent medicine for your soul.

A challenge for you all - should you wish to participate - Find a portrait of your favourite artist , and create your own interpretation using only three tones (any colour/colours of your choice) a dark, a mid and a light. No rush, no stress - take your time and enjoy the process.

Send a photo of your masterpiece (anything you are working on really) to David Muir, who has very kindly offered to post them on the U3A Art Webpage for you (until I learn how), allowing the group to keep in contact. Take care of yourselves and make sure you get plenty of sunshine.

Kind regards

Judi 0448813930

## **U3A WALK & TALK**

Hi to all who enjoy a healthy walk, due to the escalation of the Coronavirus I have made the decision to cancel the walks and review in June /July

On the 11<sup>th</sup> of March the walk and talk group travelled to the Barmah Forrest, visiting the township of Barmah to view the old Ferry. We then drove to the old stockyard and the Dharnya Centre before reaching the Murray River and the Barmah Choke for lunch and a walk along the river to see some of the large river red gums. Returning home via Picola and Waaia thanks to Bobby for the day which was enjoyed by all

David Taylor 0412802427

## **NATURAL RESOURCES & REGIONAL DEVELOPMENT**

ALL MEETINGS HAVE BEEN CANCELLED UNTIL FURTHER NOTICE

BUS TRIP; STRATHBOGIES MAY 1; CANCELLED

John Dainton 58213881 or mob. 0417 549 506

## **BIRD WATCHING**

As with other groups, due to the current issues, bird watching activities will cease until further notice. Our March outing was at Cussen Park Tatura where we observed 35 species some of those were Grey and Chestnut Teal, Pacific Black Duck, Dusky Moorhen, Black-fronted Dotterel, Red-rumped Parrot, Eastern Rosella, Musk Lorikeet, White-plumed Honeyeater, Willie Wagtail and Superb Fairy-wren.

## **PARKING**

At times street parking around the U3A Esson Street premises can be difficult but we must all remember that it is a residential area.

Can members please pay particular attention NOT to park across driveways.

Our new next-door neighbour at 101 Balaclava Road has respectfully asked members to give her at least one metre on either side of her driveway to allow her to navigate her driveway more easily. She has 2 small children and when cars are parked on either side of the road it becomes difficult for her.

Thank you. Liz. President

## **HISTORICAL STUDIES**

ALL MEETINGS CANCELLED UNTIL FURTHER NOTICE

John Dainton 58213881 or mob. 0417 549 506

## MAH JONG

Due to the current Health Crisis Mah Jong has been suspended for the foreseeable future. Members can play in their own homes if they wish.

Let's hope we will be back together soon and the world returns to normal.

Kerrie Midgley. 0439511929

## BOLIVIA

Due to the revised distancing Bolivia is cancelled

## COMPUTERS

Computer classes have been cancelled until further notice. Should assistance be required, please give me a call. I'll put a few links related to activities class members have been requesting onto the computer page on the website (<https://www.gvu3a.com.au/computers>). I would like to ask Course Leaders to consider ways they may be able to use the U3A website to continue activities related to their area.

I encourage group leaders to contact me regarding setting tasks/challenges/showing completed work for members that can then be published (eg in the way of photos of completed work or written articles) on our website as a way of keeping contact and continuing to use learned skills.

The **EVENTS** page on the website will also be used as a contact point for updated information.

David Muir 0414881369

## Q3A QUIZ GROUP

Quiz group will not be held until it is safe once again to be seated next to friends. You will be informed via the newsletter, and SMS to our regular class members. During this necessary absence, if looking for cerebral exercise, I suggest you compile some quiz questions, either general knowledge or on a specific theme. These will be much appreciated when we resume our monthly quiz mornings. Take care, Susan McCarten 0437 215 130

## CREATIVE ARTS

Due to the social distance required for the current health situation, Creative Arts will be "in recess" until further notice. To keep in touch as a group, could you each please take a nice clear photo of each piece of work you complete and send it to me via text message? It can then be published on the web so we can see each other's fantastic work!

Sonja Muir 0421509313

### 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