

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

May 2023

CONTACT DETAILS

◆PRESIDENT

John Canty 0407 264 504
j.canty@hotmail.com

◆VICE PRESIDENT

Rita Bloomfield 0418 580 697
drbloom@bigpond.com

◆SECRETARY

Elizabeth Lee 0409 703 868
lizlee01@gmail.com

◆TREASURER

Kerrie Midgley 0439 511 929
kerrie.midgley@hotmail.com

ASSISTANT TREASURER

Gael Thompson 0458 215 794

◆COURSE COORDINATOR

Greg Barnes: 0438 569 611
dngbarnes@hotmail.com

◆HALL COORDINATOR / KEYS

David Taylor 5822 0872

HALL MAINTENANCE

Ray Watt 0439 716 420
John Bush 0408 290 751
Anne White 0438 202 799

◆CATERING COORDINATOR

Julie Dainton 0438 218 050

MEMBERSHIP ROLLS

Kerrie Midgley 0439 511 929

WEB MANAGER

David Muir
muir51@optusnet.com.au

EMAIL ADDRESS

goulburnvalleyu3a@gmail.com

NEWSLETTER EMAIL

gvu3anewsletter@gmail.com
(Entries close on 21st of each month)



A MESSAGE FROM THE PRESIDENT

Greetings to All,

Morning Tea: Our GVU3A morning tea is held at Esson Street on the **first Tuesday of each month**. Our Guest Speaker last Month was Garry Smith, Director of DG Consulting (Aust)PL. Garry is a qualified civil engineer

who offered members a general insight, covering topics including rural water management, water policy and planning. Our Guest Speaker for our May morning tea will be Tina Hanigan. She coordinates the 'Socrates Cafe' discussion group on the 4th Monday and is supporting John Dainton with his History Group this year on the 2nd Monday. Tina will be sharing with us the story of "Rushworth Community Support"

98.5 OneFM Interview: I had the pleasure of being interviewed by Terri Cowley on Thursday morning 20th April on 98.5 ONEFM at the studios in Parkside Drive. This was a great opportunity to inform our community about our organisation and the variety of programs that we offer to our members.

Art Craft and Photography Exhibition: We are holding our biennial Art, Craft & Photography Exhibition on Saturday, 6th May & Sunday, 7th May at our hall at 14 Esson Street. The exhibition will be open from 10 am to 4 pm each day. You can also purchase a raffle ticket to win items crafted by our members. Tell your families and friends.

Tahbilk Wine Tasting: May 11th: 11am-4pm, Wine tasting and bus \$26 (lunch at own expense). Payment due 28th April can be paid into the trip account, or placed in an envelope and put that into the box near the office.

New Dishwasher: We now have a new dishwasher in our kitchen. A big thanks to the members involved in making this happen. Can I ask all members, to please follow the instructions clearly displayed on the front of the machine.

John

Art, Craft & Photography Exhibition

Our exhibition is being held at our hall on May 6 & 7. There will be an array of paintings, photographs and craft items on display. Some will be for sale. Scones, tea/coffee will be available. Entry is a gold coin donation.

We are holding a raffle. Prizes are on display in the hall and tickets can be purchased for \$2 each. Come along and enjoy the work of your fellow members.

We would also appreciate your help on Friday, 5 May &/or Sunday, 7 May to set up and take down the exhibition. If you can help please add your name to the lists on the doors in the hall.

Gael Thompson (Exhibition Coordinator) 0458 215 794

CRAFT

Our Craft group is meeting every Tuesday, from 1 pm to 3.30 pm. Our members bring their own project to work and there is a variety of work being undertaken. All types of craft are welcome and we are always willing to learn new techniques. A date is being negotiated with Tina to hold a Slow Stitching workshop in either May or June. This will be a fun time. Keep a look out for the date.

Gael Thompson 0458 215 794

STRENGTH AND BALANCE

It is good to see people trying so hard to improve their fitness. You don't have to be a super star to join in and have a go and get moving. Just wear some good walking shoes or sneakers and come along and participate in some fun and fitness. Age range is from 55 to 87, age being no barrier.

If you would like further information, or not sure if this class may be right for you, give me a call on 04001552. The Class is 8.45 in the U3A hall every Monday morning, but please note there will be no classes on Monday 15th and 22nd May.

Lyn Davidson

YOGA

Yoga classes will resume again on Thursday April 27 at 4.15pm.

Please note, we need 10 members for the sessions to continue. If you would like to join, please contact me on 0418 580 697.

Rita Bloomfield

LIFE'S CURIOSITY

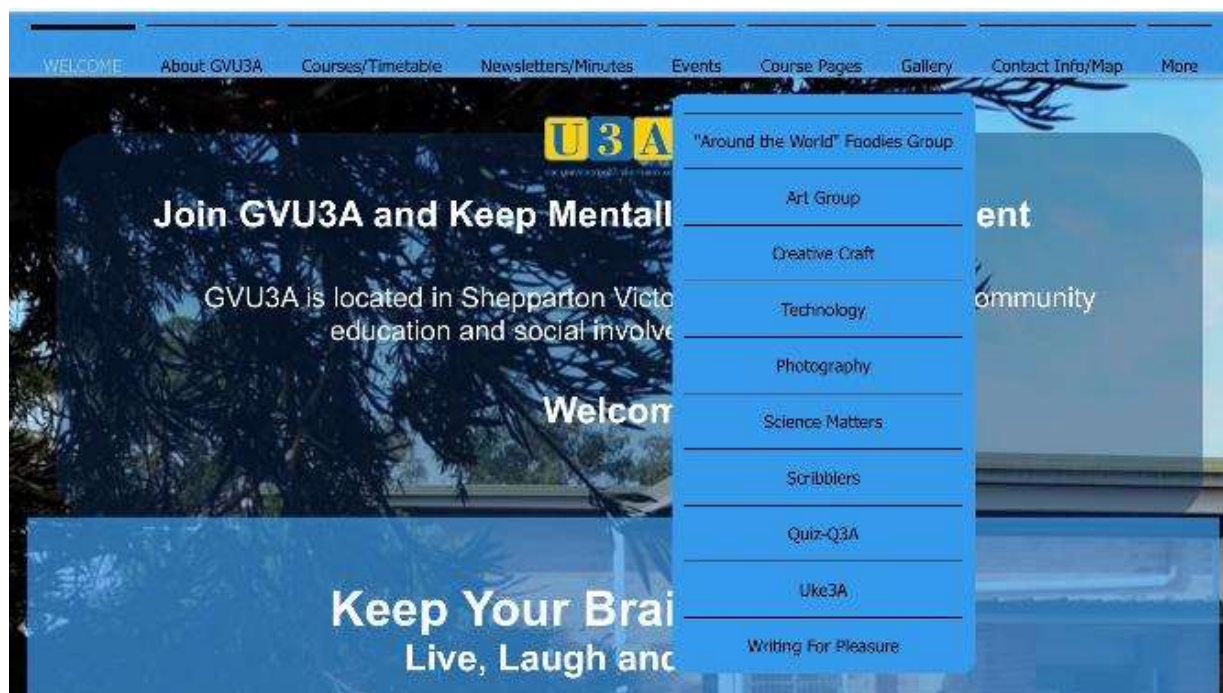
This month we will continue to explore the brain's plasticity leading into the conscious and subconscious mind. How this all occurs and can lead us into "Limiting beliefs" that we carry with us through-out life and how these beliefs can be restrictive and damaging in our every day. The good news once we become aware of them, it is within our power to change them. If interested come and try us out. You do not need to have attended before.

Look forward to seeing you there on May 1st, Monday 1.30pm. Pop in on your calendar

Robyn Glasson

[GVU3A WEBSITE](#)

I am not sure how many people have had a good look at our Website, but a number of classes have a webpage to display some of the activities our members have been involved in, give information related to sessions or to inform us of upcoming events.



Please click on the links below to have a sample look at what we are doing:

[Around the World Foodies Group](#) – photos of past meals and timetable for upcoming feasts.

[Communicating With Technology](#) – some documents to help with some technology related issues and links to improving skills with Microsoft Office (Word and Excel). Also, a link to the excellent Government website with many resources designed for helping older Australians become more technology savvy.

[Photography](#) – A timetable of activities and photos of past excursions.

[Scribblers](#) – photos of some of the great efforts as class members develop their drawing skills.

[UKE3A](#) – some videos and photos of our musicians hard at practise.

[Writing For Pleasure](#) – a couple of pieces of prose some of our talented writers. There are lots of opportunities for groups to present more of their work to keep us up to date with their activities (and in more detail than just the newsletter).

So please contact me regarding setting up a webpage for your group or to update information/photos on established pages. David Muir 0414881369



TAI CHI

Tai Chi classes will recommence with Sandra on Friday 28th April at 3.30 to 4.30pm. For May 5th, please check with Sandra 0418 571 246, as the hall will be needed for the Art and Craft show.

SING4PLEASURE

"Music is the strongest form of magic."

A little over 12 months ago we had 12 members, the majority told me that "they couldn't sing" but loved music. Currently we have 29 members, all enjoying the magic of making music. Two books containing a total of 50 songs will be enhanced with another 26 songs in 2 weeks.

Wearing something green, we celebrated St Patrick's day with a collection of great Irish songs; members told Irish jokes and family stories.

Last week we enjoyed singing along with "The Seekers" thanks to 'a Spotify' playlist. Traditional Anzac Day songs will feature in April and July will herald a winter Christmas. With the wonderful musical keyboard accompaniment of Graeme Brewer and many enthusiastic voices, not only do we magically make marvellous music, but also have lots of fun. New members are always welcome.

Robyn Leembruggen, (conductor)

BRIDGE

We began early January and have had another wonderful start to the year with lots happening. Many players have been attending several games every week.

Monday evenings, Wednesday and Saturday afternoons have been well attended. Wednesday play allows players to discuss the hands more freely and learn more about the bidding and play. Nick Walsh is also guiding a group of eight who are keen to learn the game. Hopefully they will become regular players.

Throughout the year we have a number of social dinners before we play. Last Monday evening we had a pizza night before the game. Most enjoyable.

There is a capacity to compete state-wide or nationally as many Bridge tournaments are conducted throughout the year. Congratulations to Nick Walsh and his partner for a win in the Coffs Gold Coast Intermediate Swiss Pairs in February. Congratulations too to Derek Poulton and Liz Knight for their win in the Northern Regional Bridge Association Pairs event on March 5. This Association hires our hall twice a year to conduct their annual tournaments. Derek and Liz are now eligible to play in the next event of the series. We wish them all the best in the next stage.

John Moore

CARDIO PULMONARY RESUSCITATION (CPR) REFRESHER

The annual CPR refresher will be held at Esson Street on Wednesday May 24th from 4.00-5.00pm with John Carey from "000 Training".

The Committee will be covering the cost and encourage interested members to take advantage of the opportunity to refresh their skills.

Please add your name to the list at the Hall or ring me on 0409 703 868

Liz Lee

ITALIAN

Ciao a Tutti. The Intermediate class will be without Lelia for several weeks. We shall continue with some work, but classes will be mostly revision and perhaps Italian cultural events, movies and music. On May 5th, both groups will be going out to lunch, instead of lessons.

Contact Liz on 0409 703 868

HISTORICAL STUDIES

Monday 8th May 10am U3A Hall: **Speaker**; Tina Hanigan.

Subject; “We are gentle angry women and we are fighting for our lives” – The story of the Greenham Common Women’s Peace Corp, UK 1980’s and their links with their Australian sister groups at Pine Gap, NT.

The escalation of the cold war nuclear arms race of the 1980’s prompted a group of British Housewives and Mothers to take action and protest at the USAF Base in southern England. They walked to the airbase; after they were ignored by the authorities, they set up a peace camp and stayed for 19 years, until the missiles were removed and the land returned to the people of Newbury. News of their actions spread world-wide and a friendship forged with like-minded Australian women led to the 1983 Pine Gap Protests and the foundation of the Women For Peace movements. This was the subject for Tina’s honours thesis last year.

John Dainton mob 0417 549 502

NATURAL RESOURCES & REGIONAL DEVELOPMENT

Friday May 5: Arcadia Fish Breeding Facility

The U3a rooms have been scheduled for the art display on May 5. Therefore, our session will be on site at Ross Road Arcadia, where the Victorian Fisheries Authority are developing a former dairy farm into a significant fish breeding facility.

Ryan Burniston, the Manager, has agreed to host our visit, subject to Head Office approval. Ryan understands that you would like to know about the production objectives and a discussion about the development and operation of the facility.

You will need to wear footwear and clothing suitable for outdoor conditions of the day. We will assemble in vehicles outside the Trotting Track gateway (south of airport) before 10am. At 10am sharp we drive the 13 km by travelling south, then right into Gribben Road, then first left into Ross Road proceeding, past a centre pivot irrigator then turning right. After passing the creek depression the fish farm entrance is signposted on the right.

Friday May 12: Manipulating populations of living species in our food production and natural ecosystems

David Bell will conduct this session at the U3a rooms. David grew up on a Katunga dairy farm, then completed the Dookie Ag College Diploma and followed this with a post-graduate Diploma at Hawkesbury Ag College, and later a Master’s degree at Charles Sturt University, Wagga. His career included running IK Caldwell’s Cobram Ag chemical business, time with Monsanto and then operating his own Ag and Horti consultancy that has included activity associated with research and legal agencies.

David’s session will be about management of plants, insects, arthropods, rodents, bacteria and fungi in farm production systems and perhaps in natural ecosystems. Hopefully there will be time to touch on requirements and obligations of those involved in implementing these management approaches.

Barry Croke

SCIENCE MATTERS

The Evolution of Mammals: Monday 15th at 1.30

There are more than 6000 mammals on earth today. Lions, horses, monkeys, mice, rabbits, elephants and dogs. Also, the less well-known sloths, armadillos, pangolins and hyraxes. Add in bats, whales, kangaroos and the woolly mammoths of the past. Where did they all come from? Did you know that whales evolved from a land-based animal that looked like a dog? Did you know that early mammals lived at the same time as the dinosaurs?

Allan Wilson will present the story of Mammal evolution over 325 million years, in two talks beginning on May 15th. He will explain how this evolution was driven by the moving continents, changing climates, competition from predators and co-evolving vegetation. Millions of mammals have gone extinct across geological time, but can be traced by their fossils found in rocks and ash beds, along with remnants of DNA found in descendants still living.

It will be illustrated by photos of their skeletons and artist's impressions of the many fossils on which the story is based.

John Bush 0408 290 751

BIRD WATCHING

The May 17 outing will be a morning walk along the Goulburn River at Jordans Bend (Walters Park) at Jordan Place, Shepparton. Please meet at the U3A car park for a 9am departure. Please contact Pat Feehan 0437 354 088.

Our April outing was at the Lower Goulburn National Park- Reedy Swamp Shepparton, where we observed 51 species of birds some of which were, Musk Duck, Australasian and Hoary-headed Grebes, **Tawny Frogmouth** - see picture), Australasian Darter, Little Pied, Little Black and Great Cormorants, Nankeen Night-Heron, Whistling Kite, White-bellied Sea-Eagle, Brown Treecreeper, Spotted and Striated Pardalotes, White-breasted Woodswallow, Grey and Pied Butcherbirds, Mistletoebird and Red-browed Finch.



Don Roberts

WRITING FOR PLEASURE

The topics for the April meeting were set by Pam: On the Road and Stagnation, resulting in some stimulating and amusing pieces.

Next month's meeting is on Thursday 18th May 1pm at the Shepparton Library.

The topics set by Heather are: **Learning to Drive**, or **An Historical Event I Have Lived Through**.

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

UKE3A



Our regular Uke3A Program is delivered for Members weekly on **Mondays**. Not Mondays in School Holidays or Public Holiday's falling on Monday. (*Provided for Members who are still working and/or may have school holiday minding duties*). Venue: GUV3A, ESSON Street Hall Shepparton, Time: 12:15pm - 1:15pm

Uke3A Members have weekly access on the *Zoom Platform (from our smart board at Esson St.)* A big thanks to John Bush, Greg Barnes and Geoff Holland who are assisting with the Just Jammin' sessions during Andrews absence for the next three Sessions.

John Canty Email: j.canty@hotmail.com Mobile: 0407 264 504 (text preferred please)

SHEPPARTON FOODSHARE

The Committee have been advised that Shepparton Foodshare are again accepting donations of non-perishable foods and are supporting that we recommence collections. A basket will be placed in the foyer and any contributions can be put into this basket. Please do not leave egg cartons as they are no longer accepted.

Thank you for your donations.

Gael Thompson for GUV3A Committee

PHOTOGRAPHY

On Thursday 13th April the photography class was held in the U3A hall where our focus was on the upcoming Art, Craft & Photography show in May. Entries were finalised, or nearly that is, and planning for our participation was discussed. Volunteers are required to help with the unpacking and packing up of the display units, as well as helping to sell raffle tickets on both the Saturday & Sunday of the show, so please put your name down on the list in the hall if you are able to help at any time. Also, we are personally responsible for bringing to, and the hanging of, our own entries at the hall on Friday 5th May.

Our next event will be held next Thursday 27th April. Hopefully the weather will hold so we can gather at 1.30pm at the Windmill, Melbourne Road, where a fine display of Autumn colours awaits us. Look for Lex's email prior to the event for confirmation.

Allan Parker

MONDAY LUNCH GROUP

The lunch group has decided to return to one of the best eating places in Shepparton during the month of May. On the 1st, 8th, 15th, 22nd and 29th the group will meet at 12 noon at PHO VIET which is in Wyndham Street near The Eco Store and across the road from Lovells Newsagency. There is some parking on Wyndham Street and plenty of room in the car park at the back of Lovells.

If you are interested in attending you must let Gail know by the Friday before the following Monday so adequate seating is available. **Please ring Gail on 0400 531 856** and your name will be added to the list.

WALK AND TALK

Reef Hills State Park Wednesday 10/5/23. Meet at U3A carpark at 8.45am for a 9.00am start, travelling to Benalla morning tea at the Rose Garden. Then on to Reef Hills State Park where we spend the rest of the morning walking around the park. Bring your Lunch to eat at the park. We will then go back to Benalla for a walk around the CBD, before returning home.

David Taylor mobile 0412 802 427

SOCIAL MORNING

The next social morning will be on Tuesday May at the hall. Come along for a sumptuous morning tea and some social chat. The guest speaker will be Tina Hanigan who will tell us about Rushworth Community Support.

The photo shows Garry Smith, the speaker at our April social morning. We look forward to meeting you there.



WINE TASTING or LUNCH AT TAHBILK WINERY

Thursday May 11th 2023 - 11am-4pm

We have a few spots available so if you would like to just come for lunch and a stroll, the bus fare is \$11 plus your lunch costs.

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 633-000 Acc. 129896049.

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