

### CONTACT DETAILS

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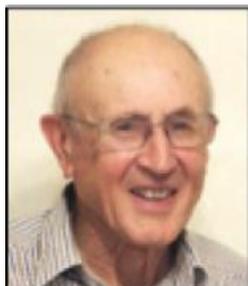
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### MESSAGE FROM THE PRESIDENT

Allan Wilson

Hello to all Members

Membership is a continuing focus for your Committee. As at this date we have 328 members in total, which may seem adequate, but there is a turnover of around 50 members a year who need replacing and there is a feeling that our membership is getting older. Even old persons groups can get too old and seem unattractive to recent retirees, who are our strength and inspiration for the years ahead. All of our classes have space for more members and some need new tutors/leaders to replace those who have retired.

To this end, your committee has designated our social morning in October (1st) as an open day, to which members are asked to bring a guest (friend or neighbour). This is preferably a person who is younger than you are, but of course older are also welcome. Then, there is a plan (still not finalized) for a special event during Senior's week that will be open to non-members. This will be a forum on how we retired folk can maintain our minds and bodies in good shape, so that we 'Age Gracefully'. We are inviting some prominent speakers to headline this day. More info next month.

Also, to keep better track of our membership structure, we will, in future, include a place to enter a non-mandatory Date-of-Birth on the enrolment form. New Ideas for improving our U3A are always welcome. This can be about our communication, our hall or our classes. Ideas also need a volunteer to run with them, so come with a complete package, if you can. Last month's idea of a Ukulele class has attracted a few members and a potential tutor, but it may not be able to start until next year.

My apology to the Q3A class re name badge wearing – when I attended I found that they are "100 percenters". One other class that I dropped in on was around 10%. Really hard for the new chap to get to know them. The door prize for badge wearers in June went to Bill O'Hare – an indoor plant that he really needed! Look out for chocolates next time.

Allan

## GUEST SPEAKER

At our June Social morning our speaker was Professor Lisa Bourke, who was in Shepparton to release the Crossroads II Research Study report on the survey into the health and well-being of residents of Shepparton and Mooroopna in 2016-18. This was a follow up of an earlier survey in 2001-3. 82% of randomly selected volunteers in the survey reported their health as excellent. 71% were happy or very happy, which was an increased level from 15 years ago.

Smoking was down and below the Victorian average and 8% fewer than in 2001-3. Physical activity and the eating of healthy amounts of fruit and vegetable were up, while the consumption of take-away foods had increased. 68% indicated they were overweight or obese. The results from the study will provide vital health data to local services for service planning and improvement in the region. Christine Wilson



## SOCRATES CAFE

“What would you change if given the ability to reform how our country’s leaders are chosen?” is the question to be asked and discussed at this month’s Socrates Café.

Course leader, Robert McLean, will initiate the conversation; a conversation that appears entirely appropriate and relevant considering the rather surprising outcome of Australia’s recent federal election.

So join us on Monday, June 24, at 10am for a cup of tea/coffee and a vigorous discussion.

Questions should be directed to Robert McLean at [r.mclean7@icloud.com](mailto:r.mclean7@icloud.com) or mobile: 0400 502 199.

And please remember to wear your name badge.

## HISTORICAL STUDIES

### MONDAY JULY 8, 10am U3A Hall

John Dainton will discuss the confused early history of Shepparton before it was Shepparton. All welcome.

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

## FILM CLUB

Second Monday of month at 2pm, U3A club rooms. That is July 8. I will try to get a copy of **Gone with the Wind** and would expect to do so.

Janiene Sandford 0409 337 520

## NATURAL RESOURCES & REGIONAL DEVELOPMENT

**FRIDAY JULY 5, 10am U3A Hall**

**GUEST SPEAKER;** Meg Pethybridge, Project Officer River Connect

**SUBJECT;** “The Goulburn & Broken River environment, the life and soul of our community.”

This session will take you on a journey through the area describing the rivers history, leisure and citizen science opportunities, local flora and fauna and River Connect opportunities.

**FRIDAY JULY 12, 10am U3A Hall**

**GUEST SPEAKER;** Neville Wells, Parks Victoria Ranger

**SUBJECT;** **Role and responsibilities of Parks Victoria.** Neville’s talk will include a brief overview of the restoration of Day’s Mill Murchison.

John Dainton ph. 5821 3881 or mob 0417 549 502

### MONDAY LUNCH GROUP

Our group members have chosen the following venues for July. On Monday July 1st we meet at La Porchetta. This is followed by The Last Straw on July 8th. Then we venture to Mooroopna for a meal at Bill and Beats on July 15th. People can meet in the U3A car park at 20 to 12 and we can offer a ride if people don’t like driving over the Causeway. Then we’re back in Shepparton on July 22nd for lunch at The Sherbourne. Our final gathering for July is The RSL on July 29th. Our regular members enjoy a meal and a chat.

Please ring Gail on 58211315 if you would like any information.

### BIRD WATCHING

The July 17 outing will be at Cussen Park Tatura, a morning outing. Please meet at the U3A Hall 9am or at Cussen Park, Ross St (Tatura-Undera Rd) 9.30am.

Please contact Don Roberts 5825 2404, 0448 889 224 or Marg Clarke 0429 350 875

### TRIVIA NIGHT

Our annual trivia night is on Friday August 30. U3A members, their friends and family members are all invited to come along and have some fun. The hall will be open from 7 pm with the questions starting at 7.30pm. The fun night should finish by 10pm. People are invited to put their names on the blue sheet which is on the folding doors at the hall. Teams of 6 are needed. People will need to pay their \$10 entry fee on the night. Sandwiches and slices will be provided for supper. Tea and coffee will be available. Feel free to bring along some soft drink, beer or wine along with some glasses and a bottle opener. If you feel like some nibbles to share with your team members, please bring them along too.

If you have any questions please ring Gail on 5821 1315.

## WRITING4PLEASURE

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

We meet at **1pm to 3.30pm** on the **THIRD THURSDAY** of each month.

**Venue - Shepparton Library meeting room.** A small cost of \$2 per person, covers hire of room and tea/coffee.

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

**Topics for July - Gin Squash or A School Reunion**

**Word for July - AMATORY**

**QUOTE for the month:** - *“A writer without interest or sympathy for the foibles of his fellow man, is not conceivable as a writer.* – JOSEPH CONRAD

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

## OPERA APPRECIATION

Die Walkure is screening at the Wangaratta cinema on Sunday July 21. Ring Madeline on 0417 580 025 if you would like to go but car seats are likely to be in short supply.

This is the second part of Wagner's Ring cycle.

In what is expected to be a Wagnerian event for the ages, soprano Christine Goerke plays Brünnhilde, Wotan's willful warrior daughter, who loses her immortality in opera's most famous act of filial defiance. Tenor Stuart Skelton and soprano Eva-Maria Westbroek play the incestuous twins Siegmund and Sieglinde.



*Die Walküre* is set in mythological times, when gods, giants, dwarves, and humans all contended for power. While the first part of the cycle, *Das Rheingold*, moves between realms above and below the earth, *Die Walküre* takes place entirely in human territory, as the balance of power in the cosmic struggle tips ever so slowly toward humanity.

Sounds likely to be heavy and, quite possibly, long.

## CANINE CAPERS

First Monday of month at 10am. (1 July) Meet at Lake just past Aquamoves.

Janiene Sandford 0409 337 520

## WALK AND TALK

On Wednesday July 10, our walk will be at Violet Town along both sides of Honeysuckle Creek. Please meet at U3A at 8.45 for a 9am start in shared transport. Bring your own morning tea and lunch. Wear suitable clothing and shoes for the weather and a hiking stick would be useful in a few patches if it is damp. We will stop in the main street for morning tea at the toilets and lunch tables (there is a good barbecue too). Coffee is available at the Babblers Café over the road. There are several places where there are commemorations of the terrible Southern Aurora train crash 50 years ago which we can visit before and after lunch. New members will be welcome to join us.

Thanks to Ray Watt for organising the June Walk and Talk in Echuca. The weather didn't turn out as badly as forecast and 17 people had fun in the drizzling rain and on the MV Paddle Steamer, Mary Ann. Jan Maude took the attached photo of some of our group sharing the day with many school children and another scene in the rain at Echuca.

Christine Wilson 5822 1474 0428 399 648



## SCIENCE MATTERS

**Chemistry in the MarketPlace:** Monday July 1st Nigel Liggins will continue with his series on "Kitchen Chemistry" with emphasis on cooking oils

**Big Issues in STEM:** Monday July 15th. Ray Pearson, will present a talk on the importance of understanding zero - or nothing!

A talk about nothing sounds suspiciously like an oxymoron. Nothing can be a number or the absence of something. We will look at some interesting mathematics [not too hard and there will not be a test], and why, in 1299, the rulers in Florence banned the use of the Hindu Arabic number system and especially zero.

What was there before the big bang? How hard is our body working when we are doing nothing? Will we ever achieve absolute zero degrees Kelvin?

There is much to discuss about nothing.

**Contact:** Allan Wilson 5822 1474

### UPCOMING EVENTS

Friday August 30	Trivia Night
Tuesday October 1	Visitors Social Morning
Wednesday October 16	Ageing Gracefully forum
Tuesday November 5	Cup Day Event and lunch
Tuesday December 3	Christmas dinner at our hall

### 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