

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

February 2021

CONTACT DETAILS

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(Entries close on 21st of each month)

A MESSAGE FROM THE PRESIDENT



Greetings to All.

I would like to welcome all members, returning and new, back to GVU3A for what will be an exciting year ahead.

Tuesday February 2nd is “**Enrolment Day and Bring a Friend Day**”. We have a change of format for the enrolment day. The morning will run from 9.30–11.30am. You may arrive at any time 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 reduced 2021 fees of \$40 directly to our Treasurer, Kerrie. Then enjoy a cup of tea or coffee with friends in the garden. We are hopeful Social Mornings will return in the near future. If you are unable to attend on Tuesday, you can 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 Armchair Travel, and Ecology and its application to farm conservation, as well as the return of several courses cancelled because of COVID such as Q3A quizzing. Some classes held on Zoom such as Ukulele will stay on Zoom until Easter, but most are now face to face.

Our AGM will be held on Tuesday March 2nd and there are committee positions vacant. Please consider nominating yourself or friend for the committee. We welcome new ideas and it's lots of fun.

Some of you who have been to the Hall will be aware of the need to sign in by using the “QR code” on your smartphone or by signing the COVID book. This is to allow us to have more people in the Hall by tracking visitors. Masks are no longer mandatory in the Hall. The kitchen is now open for tea and coffee. The library is also open for borrowing.

Looking forward to seeing you on February 2nd

Liz

ART GROUP

The Art Group enjoyed a wonderful Xmas lunch at the Billabong Garden Complex in December, great company, great food, and a fitting end to the challenges of 2020. The New Year has started off amazingly well for the group, with 12 artistic souls in attendance, including three enthusiastic new members.

The group would like to remind / inform all members of U3A, their family and friends, that we have, not one, but TWO exhibitions running at the moment.

The first is at MEAC (The Hub) in Mooroopna, and this will conclude on 28th January - so only another week for that one. The second is showing at the Kyabram Town Hall Gallery, and will be on display until March 15 2021. The Art Group has been very prolific, and have produced some wonderfully diverse art works, so please support them by paying a visit to these exhibitions.

Happy Days! Judi – 0448 813 930



The poster for the U3A Art Show features the Goulburn Valley U3A logo at the top, with 'U3A' in large yellow letters on a blue background. Below it, the text reads 'THE UNIVERSITY OF THE THIRD AGE' and 'Art Show' in a large, bold font. Underneath, it says 'ARTISTIC INSPIRATIONS' and '4th January - 15th March 2021'. Three small images of art are shown: a bouquet of flowers, a swan in a pond, and a group of people. The text continues: 'KYABRAM TOWN HALL OPEN 10-4 MON-SAT' and 'U3A Art Group invite you to an Exhibition of their work in the Classic Gallery at the Kyabram Town Hall'. At the bottom, there are logos for Kyabram Town Hall and Campaspe Shire Council, along with the website 'www.kyabramtownhall.com.au' and phone number '58521546 0490371641'.

BRIDGE

After 11 months break due to COVID it was great to restart bridge on Monday 11 January, and catch up with our friends for bridge at U3A. We are now back to our regular schedule of bridge on Monday night, Wednesday and Saturday afternoon. The Northern Region Bridge Association, normally held at U3A on second weekend in February has been cancelled. We are not planning on holding classes until later in the year, but if any U3A members would like to come along on a Wednesday afternoon, I am sure we can show you the ropes. We are missing our good friend Bob Cook who sadly passed away in 2020. RIP Robert.

Derek Poulton 0418559263.

SOCRATES CAFÉ

'Socrates' Cafe is back on board at U3A Goulburn Valley!

Fourth Monday of the month at 10 am, you are welcome to join a group of gentle thinkers as we openly discuss a chosen topic guided by a member. The themes chosen for this year are diverse, we touch on society, ethics, history, technology and human rights with respect and humour; an informal group in a safe comfortable space over a cup of something warm and an optional biscuit. Please feel happy to try us, just come and listen or join in and share your views as you contribute. February's theme, **'What role does the economy play in our Mental Health?'** on 22 February 2021. All welcome.

Tina Hanigan

BOLIVIA and MAH JONG

Bolivia has recommenced at the U3A hall. We invite all past players and any new players interested in learning this card game to join us each Thursday at 1pm until 4.00pm. for a thoroughly enjoyable afternoon.

Pat Commons 0458939747

Mah Jong is now up and running each Tuesday afternoon commencing at 1.00pm until 3.30pm. All past players and new are invited to join us at the U3A hall.

Kerrie Midgley 0439511929

LUNCH GROUP

For the month of February - the 1st, 8th, 15th and 22nd a booking has been made for the Shepparton Club for 12 people at 12 noon under the name of U3A. New members are always welcome to join the group - for every week or just for an odd occasion. If you are not a regular could you please let Gail know on 58211315/0400531856 so an adjustment can be made to the table booking numbers.

STRENGTH AND BALANCE

Strength and balance commenced on Monday 11th January for this year. 8.50 is the starting time for a 45 minute class on Monday mornings and we welcome new participants.

If you are interested and not sure what is involved, please give me a ring and I will give you more information.

Lyn Davidson m. 0402 019 552

BOOK GROUP NUMBER ONE

We are due to meet at the hall on Thursday January 28th to discuss our holiday reading book, to get the new book for February and to receive our information for 2021. We are now able to meet in the hall. See you all there at 10-30am. Ring Gail on 58211315/044531856 if you have any queries.

CREATIVE CRAFT

Creative Crafts group is back in full swing. Members have been busy with various forms of craft and we have some members who are willing to share techniques with the group. We had a small Christmas gathering as part of one of our get togethers in December. Lyn, Bev, Susan and Joy came along suitably attired. Susan also brought along embroideries and a quilt for show and tell - a beautiful display. We meet every Tuesday from 1 pm to 4 pm - new members most welcome. Bring along a project to work on whilst chatting.

Gael Thompson Phone 0458 215 794

Q3A - QUIZZING FOR THE THIRD AGE

Our first 2021 Trivia Quiz was held at U3A on Monday 18th January 10am - 12 midday, and will continue on the third Monday of each month.

It was delightful to welcome back 11 eager members, who exercised their brains on a variety of topics.

Newcomers are always very welcome, and you can attend any month you are available, when grandchildren, travel, and other commitments aren't keeping you busy.

We try to keep to the format devised by Peg Newman, with several regular members being quiz masters each session. We enjoy Ice Breakers, Personal Best, Special Interests, True & False, and a fun version of Challengers & Defenders.

We remember things from the past, learn a few new facts, and are always intrigued and amused by life in our wonderful world.

For more information, please contact Susan McCarten 0437 215 130.

NATURAL RESOURCES & REGIONAL DEVELOPMENT

Friday February 5, 10am U3A Hall

GUEST SPEAKERS, Kate Brunt & Fiona Lloyd, GBCMA

SUBJECT: Discussion on the following points of the Goulburn Broken Catchment Strategy

- *Social & economic trends influencing the catchment community
- *Major drivers of change
- *Condition of our land, biodiversity and water resources
- *Sustainability dilemmas facing our natural resources
- *How can we adapt or transform in the face of inevitable change

Friday February 12, 10am U3A Hall

PRESENTER; Barry Croke **Subject,** Barmah Choke

[Natural Resources are very fortunate to have Barry Croke helping me put the program together for the coming year.]

Contact John Dainton mob 0417 549 508 or Barry Croke mob 0488 058 231

WALK AND TALK

The next walk and Talk will be held on Wednesday 10th February with a walk around the town of Tongala which has a number of murals, and hay bales which have been painted. Meet at U3A carpark at 8.45am, morning tea on arriving in Tongala before spending the rest of the morning walking around the town. We will return home stopping for lunch in Kyabram, please note there are still some covid-19 restrictions re mask wearing / ride sharing

Our first walk was held on Wednesday 13/1/21 with 8 walkers meeting at Jackson park for a walk along the Broken river track to the railway bridge returning to Jackson park for morning tea before heading home

David Taylor m 0412 802 427

HISTORICAL STUDIES

Monday February 8, 10am U3A Hall

PRESENTER; John Dainton

SUBJECT, Early Shepparton; "Shepparton Park"

This is a history of some prominent people and events who lived in an area roughly bounded in the south by Knight St, by Hawdon Street & Verney Road in the east to just north of Wanganui Road then west to the Goulburn River from the 1870's to 1910 period.

John Dainton mob 0417 549 502

SCIENCE MATTERS

Monday Feb 15th at 1.30: The Lost Continent: Presenter John Bush

Its half a century since the Theory of Plate Tectonics began to be widely accepted as an intrinsic part of explaining our planet's evolution. We will consider this notion with respect to the latest information about the formation of Continents and their importance to our planet.

And we will discover the newly reported lost continent - and it's not the legendary "Atlantis".

Allan Wilson 0427 399 648

ECOLOGY AND ITS APPLICATION TO FARM CONSERVATION

The first talk in this short series begins on Wednesday 17th Feb and will introduce the scientific principles of ecology, its holistic outlook on nature, its basis in evolution and importance for agriculture. On the 24th I will talk about energy flows through plants, herbivores, predators and apex predators and how this knowledge can profoundly change conservation outcomes. Then I will finish with ideas on nutrient cycling in our poor Australian soils by our native plants and their associated mycorrhizae.

These talks will be at an academic level, but presented without jargon so that all can understand. They will progress to practical applications for sustainable agriculture. Contributions from the floor will be welcome.

Allan Wilson: 0427 399 648: Third and Fourth Wednesdays, 10-12am

WRITING4PLEASURE

Welcome to 2021. Our January meeting was held at the Library meeting room, with eight members in attendance and some great stories shared. For our February meeting, I will advise by e-mail, closer to the date, whether we will meet by Zoom or attend the Library. Our February 2021 topics, provided by Dorothy, are:

- 1. A PICTURE TELLS A THOUSAND WORDS**
- 2. IF I KNEW THEN WHAT I KNOW NOW**
- 3. WORD:- APPROBRIUM**

QUOTE FOR THE MONTH:

"AS A WRITER YOU SHOULD NOT JUDGE, YOU SHOULD UNDERSTAND." *ERNEST HEMINGWAY.*

CONTACT: Lyn Austin. Phone; 0468 312 602

COMMUNICATING WITH COMPUTERS

I will be starting computer classes on Monday, February 1st. As the computer room is too small to run classes, they will be held in the Library Room. Three sessions are still planned, 12:30 - 2:00; 2:00 - 3:30 and 3:30 - 5:00. By using the QR scanner on entry to the hall we can easily accommodate class sizes of 5 or 6. Please contact me if you are wanting to attend on the first Monday, otherwise, see me at the Social Morning on Tuesday 2nd. I will set up tables and hopefully have enough power boards to cover us (preferably everyone will arrive with a fully charged laptop to avoid any problems). Should you wish to come but don't have a laptop, that can be covered (Just let me know beforehand).

As with other years, I will be running sessions based on what participants want to learn - some examples being: general computer tidying up; dealing with photos; using Microsoft Excel, Word or PowerPoint; emailing; creating photobooks; ebay and PayPal. Whilst most users tend to be using a Windows-based computer, I am an Apple Mac user and can work with either operating system. I am also able to assist with iPads and have a general knowledge of dealing with a few varieties of mobile phones (again, contact me first please). Sonja and I will be away at different times of the year (particularly in winter, if the borders are open), so get in early to cover what you want to learn!

David Muir 0414 881 369

ARMCHAIR TRAVEL

Armchair Travel will be continued on Zoom provided we can find a course leader to organise it. I have acquired plenty of material from Keith and Doreen Smith that I can give to the leader and there would be a number of people that would have slides of their holidays that would be able to assist. Let me know if you wish to run this group.

Greg Barnes (dngbarnes@hotmail.com)

ITALIAN CLASSES IN 2021

The class for Beginners in Italian will be led by Meredith Chilman in 2021. The time will be Fridays from 12 to 1.15pm.

Lelia Amadei will continue with the more advanced class on Thursdays at 10am.

New members will be very welcome to join either of these classes. If you have any questions, please phone me,

Christine Wilson Coordinator Mob 0428 399 648

Yoga at GVU3A with Pauline Tacey

If you would like to come to Yoga at GVU3A in 2021 please email or phone Greg Barnes on dngbarnes@hotmail.com or 0438 569 611 by the 3rd of February and we will see what we can arrange.

Below are more details:

8 weeks of Yoga, 1 hour class time, on the mat or on a chair (depending on the individual's preference) and \$5 per class

The proposed time is Thursday mornings from 8.45 to 9.45

Pauline is a financial member of Australia's governing Yoga body (Yoga Australia). Her professional information is: 40 + years teaching students and training Yoga Teachers. Trainer of post graduate teachers, specializing in "60+ and Gorgeous" (with people over 60 years of age).

This course is designed for people over 60 that are reasonably fit and healthy and with various levels of wellness.

Yoga has many benefits and it is known as a science as well as a lifestyle.

Yoga works on the mind, the physical body and all the internal body systems.

The breathing section of Yoga is known by the medical sector as being of huge benefit too young and old alike.

Hatha yoga is the oldest style of yoga and has been around for over 2,000 years BC. Therefore this makes yoga so adaptable it is suited for all ages, levels of wellness, body shapes and sizes.

Our moto is "Yoga is for every body and every one - No pain ALL gain."

Greg Barnes: dngbarnes@hotmail.com or 0438 569 611

TAI CHI

TAI CHI at U3A will recommence on Friday Feb 5, 4-5pm. All new participants are welcome as we will be going over previous movements of a new Tai Chi form. For more info please call me. Barb Kitto 0428 252 494.

Subscriptions of \$40 a member are now due

BANK ACCOUNT DETAILS

If you want to pay your membership fees through the internet please use the account number below and use your name as the reference.

General account: BSB 633 000 Account number 127742898

Annual General Meeting 2021

The 2021 Annual General Meeting of Goulburn Valley U3A will be held in the U3A Hall at 14 Esson St, Shepparton on March the 2nd at 10am.

Nominations are welcome to fill four committee positions.

Anne White (Secretary) 0438 202 799

Nomination Form

I nominate:

For the position of

Signed:

I agree to be nominated for the position

[candidate to sign]
