

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

July 2022

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(Entries close on 21st of each month)



A MESSAGE FROM THE PRESIDENT

“Lifetime relationships teach us lifetime lessons, experiences that we build on and share with others giving us wonderful memories of family and friends. May you continue to develop lifetime relationships”.

Welcome to beautiful crisp winter days, lovely warm fires, hot chocolate, and delicious hot soups

to warm the soul.

Thank you to Ray Watt for organizing a great day to see the Elvis Exhibition in Bendigo on June 8th. A great day was enjoyed by all, and those Elvis fans had a trip in nostalgia. Thank you to the ukulele group for getting us in the “Elvis Mood” at the social morning the day before

Over the next few months, we have some exciting and informative speakers for you, so come along enjoy a scrumptious morning tea, a guest speaker and time to chat to other members.

To all those trivia buffs, remember to put your name down for the trivia afternoon on July 29th

Our new smart board screen has arrived and been installed; all course coordinators will be asked to attend a training session so they will feel comfortable using it for their courses. Many people have worked very hard for this modern technology to be introduced at our hall. I ask you to embrace the concept and develop knowledge about the correct usage – if in doubt please contact David Muir

Remember winter is a time to snuggle up with a good book, so to all our book club members, enjoy your selected book for this month.

I want to encourage all members to try **something new and look at other** groups that are conducted throughout the week. The hall is cosy, cup of coffee available for 50c and you meet some very interesting people.

Our social morning for July is a mystery so come along to be surprised.

To those folk who are traveling I north, travel safe, enjoy all you see and experience, and we look forward to you coming back to U3A as soon as possible.

Stay warm, stay safe and look forward to seeing you over the next month.

Rita

All underlined text is a link to either a course page on our website or to an internet website

[Uke3A](#)

Our regular Uke3A Program is delivered for Members (and invited guests) on **ALL** Monday's in June 2022 except Public Holidays that fall on a Monday and June 27th and July 4th (which are school holidays)

Venue: GVU3A, Esson Street Hall Shepparton.

Time: 12:15pm - 1:15pm

We have had many highlights during April and May including an Easter Saturday evening dinner at Bonshaw Homestead organized by Muna and Gordon Riches. Our Uke3A May monthly award was presented to Muna and Gordon and John Bush for his talent on the 'African drum'. Uke3A was well represented at the GVU3A June morning tea with a tribute to Elvis Presley. Some Uke3A members attended the Bus trip to Bendigo for the Elvis Presley Exhibition.

(NOW AVAILABLE)

For **ALL** Uke3A Videos and Photos click on the 'Blue' Uke3A heading above or go to the GVU3A website, Course Pages, Uke3A Program Videos and Photos, where we can share our many memories with you all.

John Canty

Email : j.canty@hotmail.com

Mobile: 0407264504 (text preferred please)



Enjoying Literature with Pam Wells

On the 27th of June at 2.00 pm the Enjoying Literature Class will have our own Pam Wells talking about her recent book "The Tiger Has Many Lives" which is a story about Rod Wells survival during WWII as an officer in Malaya and Singapore and as a POW.

Let me know if you wish to come along.

Greg Barnes (mob. 0438 569 611)

HISTORICAL STUDIES

Monday July 11, 10am U3A Hall

Greg Barnes will discuss "How did the imagination of modern humans lead us to dominate the World as a species. We imagined things like money, laws, nations and religions and although these things are not real like the laws of physics, they did make it possible for us to achieve wonderful complicated networks and discoveries all because large numbers of us could cooperate with one another and for this cooperation to happen we needed money, laws, nations and religion."

John Dainton mob.0417 549 502

COMMUNICATING WITH TECHNOLOGY

The last session (for a couple of months) will be July 4th.

Since the start of the year we have been covering a lot of ground with members learning how to create spreadsheets in Excel, documents using Word, sorting through photographs to create photobooks, learning more about web browsing, sorting through and organising the thousands of emails we all receive, discovering eBay and Gumtree buying and selling, some have explored Medicare and MyGov – particularly in ensuring their record of vaccinations are up to date. We've also had a number of members also learning how to be much more efficient in using their phones and tablets.

I've also made a few home visits to help sort out a variety of problems from computers, to phones, to smart tvs and even a robotic vacuum cleaner!

Whilst I'm away, I am still contactable and have been known to help sort out a problem from a variety of places throughout Australia. A website I highly recommend to not only assist in helping to solve some computer problems, but also to offer great advice and assistance in helping older Australians stay safe online is [BE CONNECTED](#) (Click on the underlined link to go to the website). It provides a lot of short, easy to follow lessons on a variety of topics (eg online security, accessing government services online, using the Cloud and some fun games).

I hope all remain safe and sound whilst we are away. I will be in touch with my regulars (and note it in the appropriate newsletter) as to when we will be back. Should any members who have not attended any of my classes (or have taken a break themselves) wish to develop a few more skills or overcome some issues with their phones/computers or tablets/ipads. Let me know by email or text before we get back.

David Muir

0414881369

SINGING FOR PLEASURE



Our singing group meet at U3A every Wednesday morning beginning at 9 until 10am. Robyn our director has printed many lovely songs for us to sing.

Graeme our talented pianist does a wonderful job playing the keyboard. Everyone is welcome to come along and sing their hearts out. Even if you think you can't sing.

There will no longer be singing at Adrian's as we now have the room available to us every Wednesday.

Robyn

WALK AND TALK

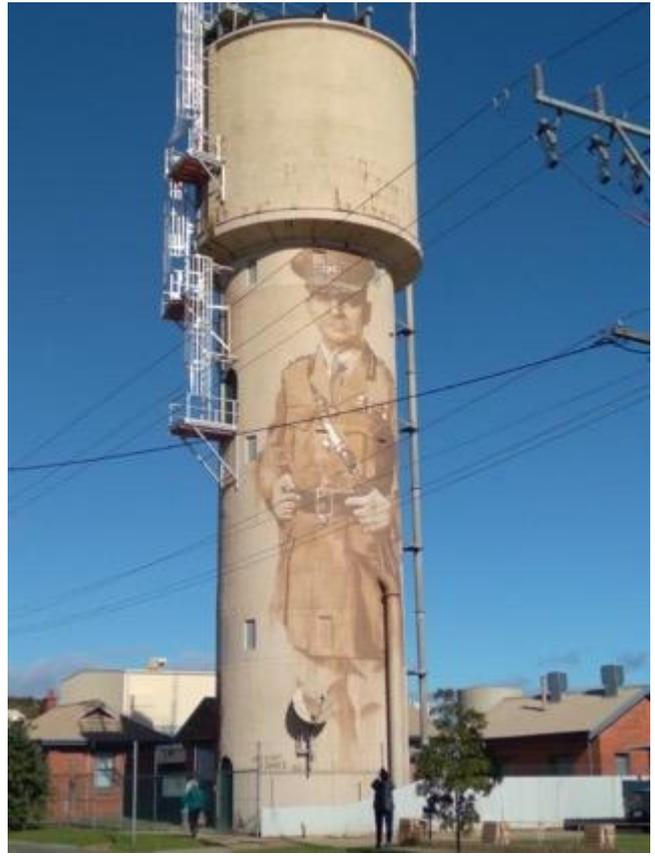
13th July 2022 - Our next walk will be in Euroa with two options 1. A walk up Balmattum Hill - Distance one way 1,330 metres moderation walkers 45 mins / 60 mins return.

2. A walk along the Seven creeks walking track (Apex Track)

Meet at the U3A Carpark leaving at 9am. We will then meet at Apex park for morning tea and, later, lunch and a walk around Euroa before returning home.

Walk and Talk Cussen Park Tatura June 8th

8 members enjoyed a walk through Cussen Park Tatura enjoying the fresh air and the bird songs along the way. Then we went to the Hot Bread shop for coffee and the traditional vanilla slice. This was followed by a visit to admire the portrait of General Sir John Monash painted on the 1912 Tatura water tank. It is the earliest surviving example of a reinforced concrete tower of this design to be constructed in Victoria. (Monash pioneered the use of prestressed concrete following its invention by Joseph Monier in France).



Thanks Allan and Christine for doing the walk in my absence.

David Taylor

WRITING FOR PLEASURE

The next meeting for the Writing Group will be on Thursday 21st JULY at the G.V. Library. PAM will be our Leader. Topics chosen for this meeting are:

1. IMPROVEMENTS
2. INSIDE MY MIND OR INSIDE THEIR MIND

WORD – NINCOMPOOP

QUOTE FOR THE MONTH:

“IF MY DOCTOR TOLD ME THAT I HAD ONLY 6 MINUTES TO LIVE, I WOULDN'T BROOD, I'D TYPE A LITTLE FASTER.” - ISAAC ASIMOV

CONTACT: Lyn Austin. (Phone: 0468 312 602)

BIRD WATCHING

The July 20 outing will be a morning at the Lower Goulburn National Park Bunbartha. Please meet at the U3A car park for a 9am departure. Contact Don Roberts 0448889224 or Marg Clarke 0429350875.

Our June outing was a walk from the SAM car park along the southern shore of the Victoria Park Lake to the Goulburn River where we went south to the junction of the Broken and Goulburn Rivers and then onwards to the new path and bridge over the Broken River to the Australian Botanic Gardens. At the Gardens we did the short loop around the wetland.



Some birds observed were Azure Kingfisher (Pictured) Tawny Frogmouth, Australasian Grebe, Dusky Moorhen, Purple Swamphen, Eastern Rosella, Rainbow Lorikeet, Little Black and Little Pied Cormorants, Great Egret, Black-fronted Dotterel, Masked Lapwing and White-faced Heron. In total 31 species.

SCIENCE MATTERS

The next science matters meeting will be on Monday 18 July at 1.30pm when we will screen another presentation from the Murchison Meteorite 50th Centenary in 2019.

Phillip Heck (Chicago Field Museum) will describe how presolar grains contained in the Murchison Meteorite have informed the science behind Formation of our Solar System.

Allan Wilson and Derek Poulton

MONDAY LUNCH GROUP

Our Monday lunches will be at The Sherbourne Bistro on July 4, 11, 18 and 25, We wish Gail a speedy recovery following her operation and we look forward to welcoming her back soon.

Contact: Gael Thompson 0458 215 794

CREATIVE CRAFTS

Although the colder weather is now with us, it is good to see our members coming along to sit, stitch and chat. For those who are venturing north, safe travelling and we will look forward to welcoming you home.

Our Art, Craft and Photography Exhibition has been scheduled for October. Any members with craft they would like to display are most welcome. It would be good if you could indicate that you have item/s to display.

It was great to see Thurlie at our Social Morning Gathering and we hope she will be back with us soon. We continue to wish Joy well.

Contact: Gael Thompson 0458 215 794

ELVIS TRIP

Our trip to the Elvis Exhibition in Bendigo on June 8th was a great success. There was enough to see and do to keep everyone happy and ready for more. The exhibition included several Elvis Jump suits, his red motor bike and red MG. There was also lots of information about his life history, his time in the army and his songs. The day was much enjoyed by our many Elvis fans. Thanks to Ray Watt for this restart to our bus trips after several years of COVID interruptions.

We had a stop to view the Colbinabbin Silos and take the obligatory photo of the 44 U3A members who attended the event.



NATURAL RESOURCES AND REGIONAL DEVELOPMENT

Friday July 1 at 10am.

Mr. Josh Kirby of the Murray Daring Basin Authority will lead a discussion on current issues including the Barmah Choke, supplying irrigators downstream of Swan Hill, flows in the Goulburn River, and use of irrigation channels to meet downstream river demands. Josh has been told to expect many other discussion points being raised by participants.

Friday July 8 at 10am.

Lisa Birrell, who has been appointed to run Norvic Foods, will provide a focus on the University of Melbourne's involvement with the food processing industries in Northern Victoria.

Barry Croke

0488058231

Q3A - QUIZZES FOR THE THIRD AGE

Light-hearted quizzing with interesting and diverse topics, general knowledge and specialised subjects.

Each session features several volunteer 'quizmasters' who have compiled sets of questions from TV, newspapers, books, online and personal experiences.

Sessions include Ice Breakers, Personal Best, Special Interest, True or False, then following a coffee break, we form 2 teams for the friendly rivalry of Challengers and Defenders.

We have a few laughs, are surprised by the trivia we know, and enjoy learning something new.

TIME: Third Monday of each month, 10am - Midday at U3A Hall

CONTACT: Susan McCarten 0437 215 130 susanmccarten2013@gmail.com

New members are always welcome!

LETTER TO THE EDITOR

I attended a meeting with the Kiwanis Sunrisers on June 16th and the guest speaker was Greg Barnes.

Greg gave a great overview of U3A and the many opportunities of being part of such a wonderful organization. He spoke about the courses and activities and why it is important to keep our brains active in retirement.

The PR of U3A is in very good hands. Well done Greg.

Jill Myers.

Get your team together for a fun time at our

TRIVIA AFTERNOON

Friday, July 29th Time: 2 pm – 5 pm

at GVU3A Hall, 14 Esson Street, Shepparton.

Teams of 6. Cost is \$10 per person – includes afternoon tea.

Prizes galore

Participants to be put names on the sheet at the hall.

UPCOMING EVENTS

TRIVIA AFTERNOON July 29th Teams of 6 for a fun afternoon

(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