

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

August 2024

CONTACT DETAILS

◆PRESIDENT

Rita Bloomfield 0418 580 697
drbloom@bigpond.com

◆VICE PRESIDENT

Livia Tiso 0467 952159
lpt3629@optusnet.com.au

◆SECRETARY

Elizabeth Lee 0409 703 868
lizlee01@gmail.com

◆TREASURER

Ian Hatton 0418 582 670
hattonig@gmail.com

ASSISTANT TREASURER

Gael Thompson 0458 215 794

◆COURSE COORDINATOR

Greg Barnes: 0438 569 611
dngbarnes@hotmail.com

◆HALL COORDINATOR / KEYS

Anne White 0438 202 799

HALL MAINTENANCE

Ray Watt 0439 716 420
Anne White 0438 202 799

◆CATERING COORDINATOR

Julie Dainton 0438 218 050

◆COMMITTEE

Carol Davidson

MEMBERSHIP ROLL

Ian Hatton 0418 582 670
hattonig@gmail.com

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

You never know unless you have a go.

I trust that every one of you is keeping warm and safe as we endure the last few weeks of very cold weather. But it is winter and spring is just round the corner.

Your committee meets on a monthly basis to discuss the needs of all Goulburn Valley members. Whether it is a new course to establish, or the maintenance of the building or just to make sure there are enough supplies needed by groups to make your time at your course enjoyable.

Remember there are a number of groups that get together outside the hall, Monday lunch group, (meet at a variety of venues around the town), Around the world foodies' group, (select some of our international restaurants for an evening meal on the 4th Thursday of the month) and the writing group meets at the library.

Over the next few months there will be a few "Pop Up" sessions to stimulate you to try something new. During the month, Socrates, History and Life's Curiosities, give you an opportunity to hear and discuss various topics. All these groups welcome new members and new ideas. Look up on the course guide and see if you can fit them into your week.

Liz Lee and I will be away for the month of August. If you need to address any issues, please contact a committee member: their names are on the Newsletter. To those who are away, travel safe. To those who are not well stay warm and I hope you recover quickly. But to all, members stay safe, stay warm and enjoy all the activities you will be doing over the next month.

Remember good friends and an alert mind, keeps us fit, healthy and wise.

Rita Bloomfield
President
0418580697

SOCIAL GATHERING – MORNING TEA

First Tuesday morning of the month: August 6

Time: 10 am

Guest Speaker: Gallina Mackenzie. Topic - her studies on Ancient Egypt.



HISTORICAL STUDIES

July was all about Rock and Roll (and it's here to stay) Thanks very much to Greg Barnes for an informative introduction to the history of Rock and Roll. We have completed part one and are still in the late 1950's. Needless to say Part 2 will be arriving in September and we are all looking forward to that. August is going to be about Irrigation in the Goulburn Valley which will be presented by John Dainton. We have had good roll ups for History and it's great to see so many enthusiastic participants. Remember, if you have a topic you would like to present then let me know on lpt3629@optusnet.com.au

Contact: Livia Tiso

WRITING FOR PLEASURE

The July meeting saw an enthusiastic group of writers relish the trip down memory lane, listening to different versions of topics Heather had set "My Mother's Kitchen" and "I Remember When", creating a buzz in the room.

August's writing has been set by Lynda and provides the challenge of writing a piece with the following five ingredients: a dead body; a hermit; fish frying on a campfire; an empty rowing boat; a deserted hut. The alternative choice is to simply choose any one or two of the above list.

September's two topics have been set by Peter and the accompanying explanations have been kindly emailed by Pam. My Friend the Homonym (briefly, three homonyms in either distinct paragraphs or one story) OR "I Didn't Mean To Say That".

Next meeting: Thursday 15th August, 1pm, Shepparton Library.

Contact - Marion 0417 319 839 or Moya 0407 680 337

"AROUND THE WORLD" FOODIES GROUP

There was an adventurous group of diners who had a lovely meal at Beneditos Portuguese Restaurant on Thursday, July 18. There are some great photos of our meals on the GVU3A website. Thank you David Muir. Another great night of good food and good company!

Our next foray into the world of international cuisine will be at the Indian Bar on August 29. We are in the middle of negotiations for a banquet type of meal so look out for an email early in August. Stay safe and healthy.

Contacts – Carol, Barb and Maree

LIFE'S CURIOSITIES

Our August meeting will be held on Monday 5th at 1.30pm (day before social morning). This gathering will be different. No quest speaker but instead we will focus on a very important subject, that being STRESS. As we all know it is the one element that affects our bodies and lifestyle the most. It comes in many forms. It is a vast subject, we will look at ways to handle stress when it comes our way, and ways to deal with the every-day pressures that present. Our quality of life depends on us having effective methods at these times and it is a subject that we need to reflect on. Our group is a small, safe environment to discuss these issues.

Our July meeting brought a nice surprise when Olwyn Graham presented a quilt she had made representing the areas of her life. This was enjoyed by all and was indeed a unique form for her life to be expressed in. A lifetime treasure. Thank you Olwyn.

Pop the date on your calendar August 5th at 1.30pm See you then.

Contact Robyn Glasson: rjglasson65@gmail.com or 0408613321

FEEL GOOD EMPOWERMENT HUB

Dates will be 9th and 30th August at 1pm (second and 4th Fridays)

Our theme will be looking at the “decisions” we make in a day. Apparently we make between 33,000 and 35,000 decisions daily. If we reflect on this we realise just how much control and say we have over every single aspect of our life. And yes, it does impact on our health as our decisions very much affect how our body reacts to every incidence in our life. A bold statement but this is why educating ourselves is so vital.

Diseases that we believe we inherited don't necessarily manifest themselves unless we provide the right environment in our bodies. More scientific evidence is being discovered frequently. We need to be curious and involved in our own care.

Pop the dates into your calendar. Love to see you there.

Contact - Robyn Glasson rjglasson65@gmail.com or 0408613321

SCIENCE

Science – Quantum Computers: What advantages will they have? How would they work?

Some of us know a little bit about computers (classic computers) and some of us know as time goes on, that they get faster and faster and they get smaller and smaller. The first computer was made in 1946 and weighed 30 tonnes, the Cray 2 supercomputer made in 1985 and weighed two tonnes and today's smart phones weigh about 190 g and is 5,000 times faster than the Cray 2.

Quantum computers are so different in many ways to classical computers, they use subatomic particles, such as photons. Photons are the smallest unit of light, photons do not weigh anything at all, they are made up of pure energy.

How would a quantum computer work and what sorts of things would they be able to calculate? Come along to Science on Monday August 19th at 1.30 pm and find out.

Contact – Greg Barnes

CREATIVE CRAFTS

It is great to see so many members attending the craft group. Knitting and crocheting seem to be the main focus during these colder months but there is also general sewing, patchwork and embroidery. We had a productive day on July 16 making Christmas stockings – it was quite a production line and everyone seemed to be enjoying themselves.

New members always welcome.

Contact – Gael Thompson 0458 215 794

LUNCH GROUP

On the 5th, 12th, 19th and 26th of August the group will meet for lunch at 12 noon at The Shepp Club. Please confirm your attendance with Gail on 0400 531856 so a seat can be reserved for you.

GVU3A A Big Night out on October 10

We are looking for acts on the night. Please let Greg, Carol or Livia know if you are prepared to perform (maximum of 5 minutes per act), sing, dance, recite, skit - really it's up to you. Watch this space for more information in the coming months.

Concert Subcommittee

BIRD WATCHING

The August 21st outing will be a morning at the Boulevard Bushland Reserve Shepparton. This is a new venue for our group. Please meet at the Reserves car park at the corner of The Boulevard and Rudd Road at 9 am.

Our July outing was at Victoria Park Lake Shepparton where we observed 40 species including Australian Pelican, Black Swan, Azure Kingfisher, Eurasian Coot, Australasian Swamphen, Dusky Moorhen, Australasian Grebe, Pacific Black Duck, Little Grassbird, Little Black and Little Pied Cormorants, Australian Darter, Great Cormorant, Australian White Ibis, Eastern Rosella and Superb Fairywren.

Contact Don Roberts - 0448 889 224.



Australasian Darter

INTERESTED IN PLAYING CHESS?

If anyone would like to play chess at GVU3A, let me know and if enough people are interested, we can commence playing the game.

Greg Barnes (email: dngbarnes@hotmail.com or phone: 0438 569 611)

Q3A QUIZ

The chilly morning did not deter 16 members from attending our quiz session on 15th July. Room 2 is comfortably warm once the heater is on and the doors are closed.

Thankyou Marg for themed rounds of Winter and Olympics, and Livia for an intriguing alphabet quiz.

A sample of questions from the morning:

1. What is the largest structure ever made by living creatures?
2. In which month does Oktoberfest typically begin?
3. Which is the hottest planet in our Solar System?
4. How many years of marriage does an emerald anniversary celebrate?
5. True or False? Buddy Franklin won the Coleman Medal 4 times.

New members are always welcome. Our next quiz will be from 10am until 11.45ish on Monday 19th August.

Susan McCarten 0437 215 130 (sms preferred)

ANYONE FOR CROQUET?

If you wish to further your education on sport and on life in general the Shepparton Croquet Club at 37-41 Winston Street Shepparton, would like to run a pop up learn golf croquet course for U3A members.

The course would be over 6 weeks, with the first 2 weeks free and then \$5-00 per week for attendees.

The course would commence on Monday August 19th and for the next 5 Mondays. Arrive at 1-45 for a 2pm start and play for about 2 hours.

Tutoring and all equipment is supplied including tea, coffee and biscuits. Please wear flat soled shoes.

Interested people please call Wayne or Louise Comer on 0409357807 to place their name on the list. Numbers are required so we have enough tutors for everyone.

WALK AND TALK

Our next walk is around the Lake. We will meet for breakfast at Hungry Jacks at 9 am, then to the SAM carpark for a 2 lap walk around the Lake, before heading home.

Note: the next walks will be led by one or two members of the Walk and Talk group. The dates are: 11 September, 9 October, 13 November and 11 December.

Our walk on 10 July saw 8 walkers leave for Cobram with our first stop at Thompson Beach for morning tea, then on to Quinns Island. The weather was pleasant for walking around the Island and then back to Cobram for lunch in the park. A walk around the shopping centre and a coffee was enjoyed before returning to Shepparton.

Contact: David Taylor – 0412 802 427

BLAST OFF

The dates for our next evening will be in the next newsletter. Expected to be early September.

STRENGTH & BALANCE

Come along and get warm at 8.45 Monday mornings in the hall. No such thing as bad weather, or is bad clothing. {ha ha}.

If you're unsure that some strength, balance, aerobic fitness, mobility and a lot of laughs is for you please give me a ring. Joining the class is very much about improving strength and balance of participants. Prevention of falls is one of the main concerns for our ageing population and this a big focus in class.

We love new participants. Contact - Lyn Davidson 0402019552

Twelve members from Monday morning Strength and Balance Class went on an excursion to Melbourne on Wednesday 12th June. We caught the 9.06am train to Southern Cross station, then a tram along Collins Street. A quick but excellent lunch at Kinetic Cafe in Flinders Lane.

Then a brisk walk to the Comedy Theatre to see Shane Jacobson and Todd McKenny in the "The Odd Couple", well played by two very funny men.

Finally a tram back to Southern Cross, with just time for most to purchase coffee and a snack (mostly donuts!) before catching the 4.07pm train back to Shepparton. A cold day for an outing, but a good day enjoyed by all.

Report by Marj Bradley

BOOKSHELVES

If you have a bookshelf that you no longer use then GUV3A would be interested in talking to you. Please let Anne know on 0438 202 799 and we will go from there.

SENIOR'S WEEK EVENT

Seniors event at Federation Square on Sunday 6th October – for those members of the ukelele club who are interested. Russell Morris "The real Thing" never sounded so good as when it's played on the ukelele. All members are invited to attend if you are interested. Free train travel on V/line is available.

U3A NETWORK News

<https://mailchi.mp/u3avictoria/network-news-july-2024-5456744>

This link provides us with news and updates from the U3A Network based in Melbourne. It has items of interest on what other U3A's are doing, online courses which are available, details of 40th birthday celebrations and the 2024 State Conference in October.

Secretary Liz

BANK ACCOUNT DETAILS

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

General account: BSB 803 078 Account number 1001 11147

Alternatively, you can put your money into an envelope with your name on the front and put the envelope into the box near the office door or give it to a member of the committee.