

GOULBURN VALLEY University of The Third Age
Incorporation Number A0016950Y (For active semi-retired or retired persons of mature age)

WE'RE ON THE WEB - www.gvu3a.com.au

MARCH 2019

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ACKNOWLEDGEMENT

We sincerely thank the office of Wendy Lovell for the printing of this newsletter.



MESSAGE FROM THE PRESIDENT

Barbara Brown

It was wonderful to see more than 100 attending Social Morning and to note a number of new people whom I hope will join us and choose one or more courses from the almost 40 on offer. As usual the morning tea was delicious and the audience was attentive to the presentations of the course leaders. I've heard several courses are welcoming new members as well as regulars returning. What a great start to the year!

Annual General Meeting: Tuesday 5th March at 10am

It is pleasing to see a number showing interest in nominating for the committee as there are several positions to fill. That is, President, Vice-President and general committee members. Nominations are due with the Secretary on Wednesday February 27 - post in the mailbox.

The 2008 -2018 History will be launched as an e-book at the AGM. Thank you to all those who have helped to record the past ten years with words, photos, and memories.

This is my last newsletter report as my term as President ends at the AGM. I came onto the committee and then into the role of President as a fairly new member of U3A. It has been a great learning experience and I am thankful for those with vast experience of GUVU3A matters that ensured we stayed on track. I have also been fortunate to have an excellent committee as well course leaders and numerous volunteers who all contribute to provide the members with interesting physical, intellectual and social activities. I have enjoyed my time as President meeting members and also the amazing talents they have. I have also enjoyed opportunities to participate with the other regional U3A's and the Victorian U3A network. One of the highlights was the May 2018 Workshop around course development which brought together U3A members from the region and further afield. Thank you all for your support over the past 2 years and best wishes to the new team that will be elected at the March AGM.

Farewell

Helen West is moving to Melbourne and we will miss her contribution to GUVU3A as a Course Leader (English Literature), committee member and attendee at various courses. Best wishes Helen and we hope to see you from time to time.

NATURAL RESOURCES & REGIONAL DEVELOPMENT

FRIDAY MARCH 1, 10 am U3A Hall

GUEST SPEAKER; Pat Feehan, U3A member and consultant

SUBJECT, What is the future for the Shepparton Irrigation Region

FRIDAY MARCH 8, 10am U3A Hall

GUEST SPEAKER, Barry Croke, Former principal of Dookie College

SUBJECT: Moods impacting on Northern Victoria.

BUS TRIP, FRIDAY MAY 3, BROWN BROS. MILAWA

Departs Ford's Bus Depot, Telford Drive Shepparton 8 am, returns approx. 5pm This trip includes a winery tour conducted by John Brown & staff, followed by an informative wine tasting. Lunch at the epicurean centre and John Brown AO will give a presentation on the history of the business.

COST \$50. Money required by April 12 Natural Resources & Regional Development meeting.

John Dainton ph5821 3881 or mob. 0417 549 502

OPERA APPRECIATION

10 members including several new people travelled to Wangaratta to see Marnie and this new opera was very well received.

Next- an oldie but a goldie. A new production of La Traviata screens on Sunday March 17.

Once again murder, mayhem and passion are the main ingredients.

Ring Madeline on 0417580025 for information. We car pool and a ride can usually be organised.



LEARN TO PLAY BRIDGE

Would you like to learn to play bridge? A course will be run by Shepparton bridge Club, for U3A members, starting at 6pm Wednesday 27 March.

The course is suitable for those with no previous experience and also for those seeking to refresh their bridge skills. The course will run over four weeks, followed by a few weeks of supervised bridge.

For further information contact Derek Poulton email dcp.klp@gmail.com, ph 58254112 or on the web www.wix.com/sheppartonbridgeclub/2013.

BIRD WATCHING

Our first outing will be on the 20th March at the Victoria Park Lake Shepparton as it is the only venue that has water in the local area. This is a morning outing so please meet at the U3A hall at 9am or at the west side of the lake near the bridge over the Goulburn River. Please contact Don Roberts 58252404 M 0448889224 or Marg Clarke M 0429350875.

WRITING4PLEASURE

The current members of the WRITING4PLEASURE group, extend a warm welcome to any members who feel they would like to join us and have a go at writing. Come along; it's fun and gives the brain a workout.

We meet at **1.00 to 3.30 p.m.**

On the **THIRD THURSDAY** of each month,

Venue - Shepparton Library meeting room.

A small cost of \$2.00 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 March - A Favourite Destination

- Unexpected

We welcomed the first month of our writing year, with some interesting stories from members. However, the highlight of the meeting may have been the distribution of our WRITING4PLEASURE book. A **very big thank you**, to Joan Giuliani and Mary Heneghan for their valuable time and expertise in compiling, editing and positioning, members' stories/poems from 2018. The end result - a WRITING4PLEASURE book to be proud of.

Each month, I will include a writing quote from a famous author.

QUOTE - *"Exercise the writing muscle every day, even if it is only a letter, notes, a title list, a character sketch or a journal. Writers are like dancers and athletes. Without that exercise, the muscles seize up."* - **Jane Yolen**

CONTACT: Lyn Austin. Phone - 0468 312 602

PHOTOBOOKS

Due to lack of numbers, Photobook sessions will not be held on Thursday afternoons. Should anyone wish to learn about how to create a photobook, contact me and I'll try to fit you in on a regular Monday afternoon session.

David Muir 0414881369

EBAY/GUMTREE/PAYPAL

A number of people have asked about sessions specifically on EBay and Gumtree. A limited number of sessions will commence on Thursday 28th February at 3pm.

Those wishing to attend, please contact me.

David Muir 0414881369

WALK AND TALK

On **Wednesday March 13** our walk for the morning will be at Moira Park, led by Bev and Tony Palma. Please meet at U3A at 8.45 for a 9am start in shared transport. If it is easier for you, go directly to Moira Park, (turn right into Moira Drive off the main road just past Kialla West school). Bev and Tony will wait for you there from 9am. Bring your own morning tea and wear clothing and footwear suitable for the day. You may need sunscreen and water to carry. New members are welcome to join us for a morning out in the fresh air.

Our walk in Nathalia turned out very well on quite a cool day compared with the scorching temperatures lately. Our photo shows us with a statue of a wood cutter swinging a broad axe which was an essential tool in the development of the timber industry in the Barmah forest and surrounding towns.

Thanks to Bobby Dohnt for showing us points of interest in the town where he grew up, and also Marie and Dr Bill O'Hare who joined us and reminisced about the time they lived and worked there.



On April 10, Ted Stephens is organising a long day trip to Harrietville to visit the extensive Shady Brook garden which should be in full autumn colour then. Everyone is welcome to join the trip, meeting at 8am at U3A and travelling in private cars. The plan is to have our morning tea at Myrtleford, stop at Harrietville and walk around the historic Dredge Hole, then have our lunch, then at 1.30 John Atkins will walk around his gardens with us and explain what everything is.

Christine Wilson 5822 1474 0428 399 648

U3A MEDITATION

If you would like to attend the series of 6 Meditation sessions planned to start on Tuesday 30 April, 4 -5pm, please contact the Course Leader Jill Riordan at marigold.riordan@gmail.com Three people already registered but we need 1 more participant for this course to go ahead.

COMMUNITY REWARDS PROGRAM

If you shop at Fairleys IGA in Numurkah Road you may like to sign up for a community rewards tag at the desk. You show this tag every time you shop at IGA - at the supermarket, the cafeteria or the bottleshop. Towards the end of the year our U3A group is given a cheque to spend on whatever the committee decides is needed for the club. Around \$500-\$600 is a great help for the club and it doesn't take much effort. Please consider signing up to the program. If you have any questions please ring Gail on 58211315.

Q3A QUIZ FOR THE THIRD AGE

It was wonderful to have 18 eager members at our February quiz session. We challenged our memories while having a few laughs. Everyone is welcome to attend any month that suits them, and we try to include a wide range of topics to appeal to all interests.

Try these:

Name 3 towns/suburbs in Victoria with a 3 letter name.

How many wives of Henry VIII were not named Anne or Catherine?

Where would you find the Ocean of Storms?

February answers: Something Stupid, Jupiter, Seaweed.

Our next quiz session will be 10am - 12 noon, Monday 18 March.

Susan McCarten susanmccarten2013@gmail.com 0437 215 130

SCIENCE MATTERS

Nigel Liggin's series on 'Chemistry in the Marketplace' will continue on Monday March 4th at 1.30pm. This series shows how carbon is combined with other elements to make the chemicals we use in the kitchen, laundry and medicine chest.

Our STEM (science, technology, engineering and maths) series talks for the third Monday continue on the 18th, also at 1.30, with a talk by Ray Pearson titled "What I Think I Know about Bitcoin and Blockchain". Cryptocurrencies are an attempt to create a digitised anonymous currency free of the conventional banking system. They are often associated with the dark web and secret (read illegal) exchanges of wealth, free of government scrutiny (ie. anonymous). Blockchain technology has also been proposed as a way of recording the transfer of ownership of other assets, such as land or shares, that would be cheaper than our present systems.

Contact: Allan Wilson 5822 1474

FILM CLUB

2nd Monday of month at 2 pm in club rooms. "SECRETS AND LIES"

Janiene Sandford 0409 337 520

CANINE CAPERS

1st Monday of the month 8:30 am at the Lake. Meet just past Aqua moves for walkies with or without dogs.

Janiene Sandford 0409 337 520

TAI CHI COURSE

Barb Kitto will be at a wedding and will be unable to take the Tai Chi class scheduled for Friday March 1.

LEGAL TALKS

Legal talks with Marshall Richards will start at 10 am on April 1st (not March 4th as previously stated). You don't have to believe everything you read but you should believe this.

MONDAY LUNCH GROUP

The Monday Lunch Group will meet at the GV HOTEL on the 4th of the month. Then on the Labour Day holiday the venue is the Shepparton Club. This is followed by The Sherbourne Hotel on the 18th and finally on the 25th at King City. Everyone is welcome to attend. We have booked for 12 people at each venue but we can quickly add more tables if they are needed. Ring Gail on 58211315 if you have any questions.

'EVERYTHING YOU NEED TO KNOW AT GUV3A'

U3A is more than joining groups and enjoying the company of members. It's also about tasks such as setting up rooms, finding the light switches, checking the doors are locked and a myriad of other jobs which have to be done. The committee as members of this voluntary organisation has puzzled over how to inform members about these matters. A small group of very experienced members have put together a suggested list of 'Everything You Need to Know' to help you to know where and who can help you find what you need. I suggest you place it in a prominent position at home, particularly if you are a new member and read it through from time to time. It is a long list but something may have been missed and if so, please let any one of the Committee know. Particularly useful for new members and reminders for ongoing members.

General

- Newsletter/Minutes/Course Timetable available on website: <https://www.gvu3a.com.au>
- Emergency Contact Card (available at door) – please fill in and carry it with you at all times
- Name badge provided and should be worn when attending any U3A activity/event
- Name badge to be taken with you and not left at hall
- Name badge request sheet on table near door
- Receipts in box on entry table
- Sign in book at the door – should be signed for each visit to the hall
- Names of members attending activities away from the hall must have names put in Sign In book by course leader
- Tea/coffee always available for a cost of 50c
- Free SENIORS newspaper available each month – please take and read
- First Aid kit available in U3A kitchen
- Defibrillator on wall near kitchen – training of use available
- First Aid book in the entry area to be completed following the injury in hall/outdoor activity
- Monthly newsletter emailed
- If no email address, collect newsletter from the pigeonhole near door. Save postage by having newsletter emailed or collected
- When last to leave the hall, must ensure lights/air conditioners/heating/fans are turned off and all doors are locked
- Changes to member details must be notified to the Secretary to ensure GVU3A records are accurate and up-to-date
- When parking in the car park, ensure park between the white dots to ensure maximum car parks are available

Library

- DVDs, library books and jigsaws are available for borrowing.
- Record name, date and item taken in appropriate book
- Items can be donated to the library

Noticeboards around the Main Hall

1. Inside front door - Current Newsletter, Course time table and Course descriptions
2. Near kitchen - Constitution/policies, etc
3. Next noticeboard - U3A Activities and information
4. Near toilets – “Adverts” for outside group events

Phone: GVU3A Ph 5821 3333

- If incoming phone calls relate to new member enquiry and member cannot help,
- Take name and phone number of callers
 - Advise enquirer someone will phone back within the next couple of days
 - Put the information in the box near the office
 - The above information to be put on a laminated note near the phone so any member can handle enquiries
 - GVU3A

EMPHASISE:

NEWSLETTER IS THE PRIMARY MEANS OF COMMUNICATION ALONG WITH THE MONTHLY SOCIAL GATHERINGS

- Changes to advertised activities will be placed on the whiteboard on the **front door of the hall.** Course leaders may contact members using the data in the course enrolment folders

Dishwasher

- Place all dirty dishes in the dishwasher
- Follow instructions for use
- Empty/store items in cupboards when cycle has been completed

Chairs

- Only 2 chairs are to be stacked on top of each other at any time

Tables

- Take care when setting out and packing away the spring-loaded tables

Carpeted Areas

- Please notify a committee member of what action has been taken to clean up spillages

Repairs

- Please notify a committee member of any broken furniture so repairs can be undertaken

From time to time or on an ongoing basis, depending upon the “need to know”, reminders will be given in the Newsletters.

Contact Details in Newsletter:

- Combine Course Co-ordinator and Hall Bookings Co-ordinator has become one position within the management committee. Currently Greg Barnes is the person to see.
- Add Hall Maintenance Co-ordinator
- Include all Committee members

Website:

- All course details, timetable, current committee members, application form, newsletters and some specific course pages are to be found on our website at
www.gvu3a.com.au

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