

# 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](http://www.gvu3a.com.au)**

**DECEMBER 2021**

## CONTACT DETAILS

### **PRESIDENT**

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vacant

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### **ASSISTANT TREASURER**

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### **COMMITTEE MEMBERS**

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### **WEB MANAGER**

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(Entries close on 21<sup>st</sup> of each month)



## A MESSAGE FROM THE PRESIDENT

Greetings to all,

Xmas is approaching with great speed and with it the “silly” season. The end of year lunches will soon be in full swing, celebrating getting back to normal and enjoying seeing friends again.

**MASKS** Premier Dan’s announcement last Thursday, allowing us to remove masks in our Hall in Esson Street from Friday has come as a great relief to most of our members. If you feel safer wearing a mask, please continue wearing one. Please continue with QR checking in and hand sanitising. You are all making a great effort. Thank you.

**VACCINATION** Full vaccination is now a requirement for entry to all community facilities including the GV U3A building, which is owned by the Council. Some members are already having their “booster” doses.

**XMAS PARTY** Full vaccination status will allow our Xmas party to be held for 100 guests on December 7. Places are filling fast. Please pay for your meal as soon as possible if you have booked your seat, \$20 per person. Proof of vaccination will be required on the day, if you have not already had it checked off.

**VIRTUAL EXHIBITION** Please have a look at this online. Go to our recently updated website and click on the menu “Events” in the top line. David has added more items to the Exhibition in the last month. Many members names pop up who attend other courses. Such a nice surprise to witness the work of the talented and creative members among us.

**CLASSES** Some classes, or groups, will conclude very soon. Others will continue almost weekly. Your course leader will advise you.

**ENROLLMENT DAY 2022** will be held on Tuesday February 2, with the same format as 2021. More news on this in the next newsletter.

Merry Christmas

Liz



You are invited to the **U3A**

## Christmas Lunch

To be held at the U3A Hall  
Esson St, Shepparton

On

**Tuesday 7<sup>th</sup> December 12.00 pm**

**Cold lunch will be served in line with Covid restrictions.**

**BYO drinks and glasses**

Please book a place on the sheet in the hall and place \$20 in an envelope with your name on it and post in the letterbox by the office door by 1<sup>st</sup> December



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### LOST RING

If anyone lost a very nice ring in the carpeted room at U3A please contact Derek Poulton on 0418 559 263

### CREATIVE CRAFTS

Wasn't it great to hear the news that we are able to move about much more freely and start to get back to something like "normal". We can visit relatives and friends, go dancing and not have to count how many there are in the hall for Craft. We hope that we will welcome many of our crafters who have been staying safe.

At our November 30 meeting, we have decided to have a Christmas celebration. Instead of Kris Kringle we decided to bring along some food for the food basket. In addition, we will share some festivities.

There won't be a gathering on December 7 as this is the U3A Christmas luncheon. And our last gathering for 2021 will be on Tuesday, December 14. We will resume on Tuesday, January 11.

Continue to stay safe.

Wishing everyone a wonderful Christmas and a bright and happy 2022.

Gael Thompson – mobile 0458 215 794

## COMMUNICATING WITH COMPUTERS

All things are going well with our computer sessions. Members are also sorting issues with iPads and mobile phones as well. If you're wanting to find some help with technology and don't have the time to come to class, check out the Victorian Government site set up to help:

Be Connected (<https://beconnected.esafety.gov.au/index.php?redirect=0>)

It covers a wide range of topics. In particular, they have recently dealt with online security (<https://beconnected.esafety.gov.au/topic-library/advanced-online-security>) which is well worth a look.

\*\*\*I had made an offer to assist with putting Digital COVID certificates onto members mobile phones.

The offer still stands. - if you require assistance, please contact me and I will make a time for this to be done with a small group.

\*Firstly however, your phone must be able to have the Services Victoria App installed.

\*It will also require access to both an online MyGov account and having a Medicare account linked to it. (Assistance can also be offered with this).

David Muir – mobile 0414881369

## CHECK OUT OUR WEBSITE

Thank you for all those who have contributed to the 2021 Virtual Exhibition. We have had more entries than last year. If you haven't had a look at it yet, please do. If you have, there have been more entries included after the initial uploading the entries, so there will be some you haven't seen yet. Both of the exhibitions from this year and last year can be found on the Events tab on our website ( <https://www.gvu3a.com.au/events-1>). Simply click the appropriate year to view.

An added extra to the Events Page, is a link to a project between our UKE3A group and KNOX U3A Music Muster group. Both groups have combined to create a great piece of music. Well done to John Canty and our wonderful musicians.

It can be accessed from the same Events page as for the Exhibitions.

David Muir

## NATURAL RESOURCES & REGIONAL DEVELOPMENT

### Friday, December 3, 10am U3A Hall

Presenter, Pat Feehan, President, Birdlife Murray Goulburn

Subject; Birds of Shepparton & Region

### Friday December 10,10am U3A Hall

Presenter, Barry Croke,

We will review our limited activities in 2021, then take this to think about a preferred 2022 program. A 11am finish is planned.

John Dainton - mobile 0417 549 502      Barry Croke – mobile 0488 058 231

John - After 15 years as course leader of Natural Resources and Regional Development I have decided to retire and hand over to Barry Croke. I thank you all for your support over the years and I know the program is safe in Barry's hands.

Merry Xmas and a Healthy New Year.

## HISTORICAL STUDIES

Monday December 13, 10 am U3A Hall

Presenter, John Hetherington

Subject, Florence Nightingale "The Lady with the Lamp" - and so much more.

It is difficult to think of her and not think about the Crimean War – and vice versa.

Join us for a quick canter through a chapter in European history which was obviously of great interest to Australians.

John Dainton – mobile 0417 549 502

## WALK AND TALK

Our final walk for 2021 will be on the December 8<sup>th</sup>. Meet at U3A car park at 8.45 am. We will drive to Euroa, meeting at Apex Park for morning tea then walk around the township.

Lunch (barbecue) will be at Apex Park. Bring your own meat and salad. I will be happy to do the cooking for the group. After lunch we will do some planning for the 2022 year.

Please note before leaving U3A I will need to record your Vaccine status and QR Check in.

David Taylor - mobile 0412802427

## WRITING4PLEASURE

The final Writing Group meeting for 2021, was held on 18<sup>th</sup> November. Our group met for lunch, coffee and stories, at the Pepper Mill. It was wonderful to have ten members attend and catch up in person, after a COVID filled year. There will be no meeting in December.

**Our group will meet again at the G.V. Library meeting room at 1.00pm on 20th January, 2022**

### **JANUARY TOPICS – PRESENTED BY LYN ARE:**

1. BRIEF ENCOUNTERS
2. DIFFERENT KINDS OF LOVE  
WORD - **PRIG – (noun)**

### **QUOTE FOR THE MONTH:**

*"THERE IS NO GREATER AGONY THAN BEARING AN UNTOLD STORY INSIDE YOU."  
Maya Angelou.*

Lyn Austin - mobile 0468 312 602

## TAI CHI

The Tai Chi group has been glad to return to the hall and continuing their weekly instruction. On October 29 we farewellled Barb Kitto who had been our leader for a few years including in-between " lockdowns". We thank Barb sincerely for teaching us so well on Friday afternoons.

Our new leader is Sandra Bassett who comes to us highly qualified, and we are already benefiting from her care and expertise. Sandra is teaching us Tai Chi for Rehabilitation and next year she hopes to offer some of the following Tai Chi for Health Programmes: Tai Chi for Rehabilitation; Tai Chi for Diabetes; Tai Chi for Osteoporosis; Tai Chi for Arthritis; QiGong, also maybe Tai Chi Wand and Tai Chi Fan.

Christine Wilson.



## BEGINNERS and INTERMEDIATE ITALIAN



Ciao Tutti.

Intermediate Italian will end on December 9. Beginners will finish the next day, Friday, December 10. Tutors will be on holiday until February. Thank you to Lelia Amadei and Meredith Chilman for tutoring us during 2021

Buon Natale e Buon Anno.

Liz - mobile 0409 703 868

Meredith - mobile 0437 313 840

## 500

Harry has recommenced "500" back at Esson Street at 3.30 for a 4.00 start on Tuesday afternoons. This will continue for the next 2 weeks, November 23 and 30, until the Christmas break. There will be no 500 on December 7 or after this date.

Harry Lee - mobile 0400 770 972

## PHOTOGRAPHY

A small group of keen photographers visited Susan Marshall's property in Archer Drive on Thursday 11<sup>th</sup> November. We are grateful to Susan and her husband for allowing us to venture far and wide across the property, where a diverse range of photographic opportunities presented - flowers, birds, animals and an old vehicle. An enjoyable afternoon was had by all and we thank the Marshalls for their hospitality.

On Thursday, November 25<sup>th</sup>, there will be no U3a photography, however our next and last meeting for 2021 will be at the U3a hall on the afternoon of Thursday December 9<sup>th</sup>. We will do a show and tell, so bring all of your best images on a USB stick, particularly those from Susan's garden, but any others as well. Also feel free to bring any problematic images for our "brains trust" to select solutions.

This will be our last session for the year, so also feel free to express interest in next year's activities.

We would also like to thank David Muir for the opportunity to display our skills at the annual, again this year online, exhibition. Great effort David.

Allan Parker and Lex Neville

## SOCRATES CAFÉ

Socrates Cafe is a monthly open discussion group. We meet under the Chatham House Rules\* on the fourth Monday of the month at 10 am. Come along and join in, or just sit and listen; all are welcome. For 2022 we are starting the year with a few pre-arranged discussion topics, this year we will update the program as we go, by mutual suggestion.

**January 24<sup>th</sup>** – Is ageism a real thing? How should it be tackled?

**February 28<sup>th</sup>** – It's a man's world – Discuss

**March 28<sup>th</sup>** – Are election campaigns a waste of money?

Tina Hanigan – mobile 0416 156 945

\*Chatham House Rules – anyone who comes to a meeting is free to use information from the discussion but is not allowed to reveal who made any particular comment. It is designed to increase openness of discussion.

## LUNCH GROUP

In December the group will be enjoying lunch at the Shepparton RSL. People attending must indicate this to Gail on 0400 531 856 so a booking can be made for December 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>. In January the group will be going to The Vic Hotel on January 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup>. Numbers need to be finalised so a booking can be made at this venue too.

Gail Jelliff - mobile 044 531 856

## Uke3A

This is our Ukulele class held outside in the garden when we could get together outside.

John Canty has been very enthusiastic all the time during the lockdowns when we haven't been able to sing together, keeping us connected on Zoom. It was great to get back together 2 weeks ago

He'll be entertaining us at the Christmas Lunch on the December 7<sup>th</sup>.



Liz Lee

Our collaboration project with Knox U3A Happy Together, has received 3.1 k views. The link is available on our own website (thanks David M) and U3A Network Victoria (thanks Greg).

Great news: "As from 11:59 pm on Thursday, 18<sup>th</sup> November 2021, facemask requirements have been relaxed." My understanding is that, providing we are:

- Monitoring all attendees via QR system
- Members are double vaccinated,
- Social distancing
- Sanitising regularly

We can return to singing indoors without masks.

John Canty – mobile 0407 264 504

## SCIENCE MATTERS

**Metals: what we do without them?** Monday December 20 at 1.30

John Bush will give a brief "chemistry for beginners" background on this topic, utilising a little of the most recognisable version of the Periodic Table.

He will examine what a typical metal is, and the ones that aren't typical. How and where they formed? Where you find them? What do we use them for and why?

At the conclusion we will retire to the main hall for coffee and cake. Please bring a little of same for the table.

Allan Wilson - mobile 0427 399 648

### 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