

# 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 2022

## CONTACT DETAILS

### ◆PRESIDENT

Rita Bloomfield 0418 580 697  
[drbloom@bigpond.com](mailto:drbloom@bigpond.com)

### ◆VICE PRESIDENT

John Canty 0407 264 504

### ◆SECRETARY

Elizabeth Lee 0409 703 868  
[lizlee01@gmail.com](mailto:lizlee01@gmail.com)

### ◆TREASURER

Kerrie Midgley 0439 511 929

### ASSISTANT TREASURER

Gael Thompson 0458 215 794

### ◆COURSE COORDINATOR

Greg Barnes: 0438 569 611  
[dngbarnes@hotmail.com](mailto:dngbarnes@hotmail.com)

### ◆HALL COORDINATOR / KEYS

David Taylor 5822 0872

### HALL MAINTENANCE

Ray Watt 0439 716 420  
John Bush 0408 290 751  
Anne White 0438 202 799

### ◆CATERING COORDINATOR

Julie Dainton 0438 218 050

### MEMBERSHIP ROLLS

Kerrie Midgley 0439 511 929

### WEB MANAGER

David Muir  
[muir51@optusnet.com.au](mailto:muir51@optusnet.com.au)

### EMAIL ADDRESS

[goulburnvalleyu3a@gmail.com](mailto:goulburnvalleyu3a@gmail.com)

### NEWSLETTER EMAIL

[gvu3anewsletter@gmail.com](mailto:gvu3anewsletter@gmail.com)  
(Entries close on 21<sup>st</sup> of each month)



## A MESSAGE FROM THE PRESIDENT

Remember everything comes into our lives for a reason, but sometimes I wonder what the reason is. What a month October has been, our town and surrounds have been swamped with WATER. Wet cold days and water everywhere. As the waters rose around the rivers of Shepparton, many

properties and public buildings were flooded by smelly water and a huge number of people have lost homes and stock. Our thoughts go to those who have had to face the cleanup and contend with the mould and horrible smell within their homes. Please remember to ask for help if you need it.

Due to floods and inclement weather, it was decided to postpone the Art/Craft/ Photography exhibition. A date for next year will be May. Keep up with the preparations for the event in 2023.

Over the past month we have had a lovely Melbourne Cup luncheon, capably MC'ed by John Canty. Thanks to Robyn Leembruggen and the singers for their entertainment and many thanks to Julie Dainton and her catering team for a scrumptious lunch.

Many course leaders gathered to celebrate a year of some normality in their classes. A huge thank to all members who convene, run or co-ordinate the groups within U3A. You all do a fantastic job. After some discussion it has been decided all course leaders would make arrangements for their starting dates for 2023. Please let your group know what has been decided. Thank you to Greg Barnes for undertaking the mammoth task of keeping all the courses up to date and please let Greg know if there are any changes to group leaders, especially telephone numbers.

Your committee has been working on plans for 2023. There will be some new courses, and the committee is looking for people who would love to support the committee. The nomination form will be included in this newsletter. If you know someone who would be great for your committee please let me know.

Our year comes to an end with lunches and gatherings to celebrate a year that was. Our next social day will be our Christmas luncheon to be held on Tuesday 7th December in the hall from 11.30 am.

Look forward to seeing as many of you as possible.

Please stay and well.

Rita

## Uke3A

Our regular Uke3A Program is delivered for Members weekly at the hall on Mondays. Not Mondays in School Holidays or Public Holiday's falling on Monday. (Provided for Members who are still working and/or may have school holiday minding duties). Time:12:15pm - 1:15pm

Uke3A Members have weekly access on the Zoom Platform (from smart board at Esson St.) Worldwide. Our last Session for the year is 19th DECEMBER. Our first Session next year is 23rd JANUARY 2023.

Individual Bands are getting organised and 'booked in' for our "Battle of the Bands" play off.

Welcome to Marg and Peter, our newest members and big hello to Graham participating as a guest.

Beginners are supported and welcome. John Canty

Email : [j.canty@hotmail.com](mailto:j.canty@hotmail.com) Mobile: 0407264504 (text preferred please)

## **HISTORICAL STUDIES**

Monday December 12, 10am U3A Hall

**Presenter:** Uncle Lance James, former head of the Aboriginal Elders Council.

**Subject:** The Registered Aboriginal Party (RAP) process.

RAP's are the primary source of advice and knowledge on all matters relating to Aboriginal places or Aboriginal objects.

The Historical Studies group will recommence next year on Monday February 13.2023

Wish everyone a Merry Xmas and a Healthy New Year.

John Dainton, mob. 0417 549 502

## **WRITING FOR PLEASURE**

The Writing Group's last meeting for 2022 was lunch and coffee at The Peppermill on 17th November. Our clever bunch of writers shared some great stories/poems.

Looking forward to 2023, our first meeting will be as follows:

\*Meet at the G.V Library \* January 19th 2023

\*Leader – Lyn

**Topics:** 1. A GARDEN TALE 2. THE TABLE

QUOTE FOR THE MONTH:

"IF YOU ARE ALWAYS TRYING TO BE NORMAL, YOU WILL NEVER KNOW HOW AMAZING YOU CAN BE." - Maya Angelou

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

## BIRD WATCHING



Our November outing, the last for the year' was at Lower Goulburn National Park - Reedy Swamp. The swamp was flooded so we walked along Reedy Swamp Road to observe the birds.

Wetland birds were few in numbers and species but the usual forest birds were present including the spring-summer migrants, Dollarbird, Rainbow Bee-eater and Sacred Kingfisher (See Photo from Pat Feehan).

We recorded 42 species some being. Eastern and Crimson (Yellow) Rosellas, Grey and Chestnut Teal, Musk Duck, Dusky Moorhen, Brown and White-throated Treecreepers, Rufous Whistler, Eastern Shrike-tit, Mistletoebird, Grey Shrike-thrush, Black-faced Cuckoo-shrike, Red-browed Finch, Superb Fairy-wren, Brown Falcon and Little and Rainbow Lorikeets.

Next outing will be in March 2023. Don Roberts

## MONDAY LUNCH GROUP

### LUNCH GROUP VENUES FOR DECEMBER 2022 AND JANUARY 2023

The lunch group will meet at The Peppermill Hotel on each Monday in December at 12 noon. We hope to see you on the 5th, the 12th, the 19th and the 26th. As usual you are asked to let Gail know if you are attending so she can reserve a place for you.

During January 2023 the group will meet at The Sherbourne Hotel at 12 noon each Monday. There are 5 Mondays in January - the 2nd, the 9th, the 16th, the 23rd and the 30th. Please contact Gail on 0400 531 856 to let her know if you are attending. She will then reserve a place for you.

## CREATIVE CRAFTS

We are fast approaching the end of another year - where has it gone? A reminder there will be no Craft group gathering on Tuesday, December 6 as this is the U3A Christmas Luncheon - hope to see you there.

At our gathering on November 8 we decided the following:

- Our Christmas break up will be held at our final gathering for the year on Tuesday, December 20. Bring a small plate of food to share for afternoon tea and a \$5 Kris Kringle present.
- There will be no Craft gathering Tuesday, December 27 to Tuesday, January 13,
- Our gatherings will resume on Tuesday, January 17.

Wishing all members of GUV3A a very Merry Christmas and a great 2023.

Contact: Gael Thompson - mobile 0458 215 794

## ART, CRAFT & PHOTOGRAPHY EXHIBITION

The committee is really disappointed that the Art, Craft & Photography Exhibition had to be cancelled in October but it was much more important that we were able to stay home, protect our properties and stay safe.

The new dates for the ACP Exhibition is now planned for Saturday, May 6 and Sunday, May 7. Further information will be provided early in the new year.

## NATURAL RESOURCES AND REGIONAL DEVELOPMENT

**Friday December 2, 2022**

### **Adapting to Global Warming Stories.**

These stories seem to be coming at us from all angles. How relevant is each story to your daily activities? How can we gain a perspective that suggests good reason to change our ways and adapt? It can be very difficult to interpret many of these stories. Without proper analysis there is the potential to be led "up the garden path".

Barry Croke hopes to generate lively discussion with the group using a variety of recent media sources. Group members are asked to bring along media clippings or internet addresses that can be accessed on the new screen to prompt discussion.

This will be the final session for 2022.

### **The 2023 Program**

Natural Resources and Regional Development session will commence on Friday February 10. Thereafter it will be conducted on the first two Fridays of the month at 10am.

Continued scheduling of sessions will depend on good attendances. Many of the presenters are busy people who have to put in a few hours to plan their session for no financial reward. Their only reward is in knowing there has been an appreciative audience, hopefully of least 20 people.

Maintaining adequate class attendances depends on the topics being interesting. In 2023 we will spend a few minutes at sessions gaining group suggestions and leads that could involve us in new insights into regional issues of interest.

Barry Croke 0488 058 231

## **U3A "Around the World" FOODIES GROUP**

### **COURSE DESCRIPTION**

All U3A members are welcome to join our group to visit restaurants for dinner within Shepparton and surrounding region to enthusiastically experience varied cuisines from around the world.

This is an excellent way to experience local restaurants with friends and to extend our appreciation of international cuisines. The aim is to broaden our palates in a social interactive atmosphere and support local businesses at the same time.

Members will pay for their individual meals.

**Time:** 4th Thursday in the month. 6pm. February until November.

**Contacts:** Barb Stansfield 0408 299 497

Muna Riches 0438 830 384

Maree Schneider 0439 315 861

**Email:** [u3afoodiesgroup@gmail.com](mailto:u3afoodiesgroup@gmail.com)

## WALK AND TALK

### DECEMBER 14TH 2022 Violet Town, Honeysuckle creek, walk and Lunch

Meet at U3A 8.45am for 9.00am start. We will drive to Violet Town and meet at the Lions Park in the main street for morning tea. Then on to the Honeysuckle creek walk, which is a flat loop walk of 2.71 km. Following that, we will walk to the Ellen Frances Hotel where we will have lunch at 12pm. I will make a booking of around 12 attending. Please contact me by the 7/12 /22 so I can contact the hotel re numbers.

### JANUARY 11th 2023 Victoria Park Lake and Broken River junction/Railway Bridge.

Meet near SAM at 9.00am. The walk will head north, then south along the track to the railway bridge and back along the track to SAM for a coffee. Note, put on your thinking caps re walks within one hour drive time and this will help me set up a program for 2023.

### Boulevard River Track South in November

Eleven walkers enjoyed a pleasant walk along the Boulevard Track. With the Goulburn River still at a high level, our walk continued along the Princess Park levee bank where the muddy flood water was being pumped out of the park and football ground into the river. Returning via Quinan Parade and the Boulevard. We enjoyed morning tea before heading home.

David Taylor mobile 0412 802 427



## Q3A QUIZ

After cancelling our October session due to flooding, on Monday 21st November, 15 members enjoyed a fun quiz morning.

Here is sample of our many varied questions:

On which appliance would you find a 'feed dog' and a 'presser foot'?  
What colour is the 10 on the door of 10 Downing St, London?  
What action is also called the great Aussie salute?

**True or False:** Yesterday today was tomorrow.

Our next quiz will be Monday 19th December 10am -12 midday, then on Monday 16th January 2023 10am -12 midday.

Everyone is welcome, you are not committed to coming every month, just when life allows, but the more the merrier!

Wishing you a joyful festive season with family and friends,

Susan McCarten

0437 215 130 (SMS preferred)

## COMMUNICATING WITH TECHNOLOGY

Firstly, I would like to apologise to those members who were looking forward to continuing with improving their computer, phone and iPad skills. Unfortunately, until we can finish clearing our house and get ourselves settled into accommodation outside of our caravan, it won't be happening this year.

That being said, I am only a phone call away and have assisted a few members with solving problems - it helps to take a break from the sorting and lifting. Please DO call if you need help - sometimes it can be solved over the phone and sometimes it needs a visit. We shouldn't be much longer in getting ourselves sorted and I'll be looking to keep my mind occupied with something else!

I plan to start classes again on Monday February 6th (The day before class signup). I will email or call my 'regulars' if there is any change in this. We will, more than likely, be around Shepparton for most of the Christmas break period, so again, if help is needed, give me a call.

At some stage soon I shall probably be changing my email address, so phone call/sms will be best contact.

David Muir 0414 881 369

## SOCRATES CAFÉ

On the 28th of November at 10.00 am, the discussion at Socrates Cafe will be led by Tina. It will be an informal discussion looking retrospectively at the year 2022. Could you bring along for this discussion "a gain and a loss" / "a good thing and a bad thing".

## ITALIAN

Introduction to Italian will start 12.00 noon on Friday 10th Feb. 2023

## SCRABBLE

Our small but enthusiastic group of Scrabble enthusiasts meet at U3A on the first and third Friday of the month from 1.00 to 3.30. Our last games for 2022 will be held on Friday 16th December and will be resuming on Friday 20th January 2023.

Stay safe and have a wonderful Christmas.

Sue Walmsley

## ART GROUP

Art class closes on 21st December for our luncheon at Ruby Salt Bush at 12.00 noon and returns in 2023 on Wednesday 11th of January.

## FRENCH

French will start on Tuesday February 14, 2023.

## ENJOYING LITERATURE

Enjoying Literature may start up on Monday February 27th 2023

## CURRENT AFFAIRS

Current Affairs will be continuing on in December on the 5th and the 19th and will return on the 16th January in 2023.

## BOLIVIA

Over the Christmas / New Year break, Bolivia will continue without a break for those who are able to attend.

New members are always welcome on Thursday afternoons at 1.00pm to 4.00pm at the U3A Hall.

Merry Christmas to all. Pat Commons 0458 939 747

## MAHJONG

The last Mah Jong game for this year will be on December 20th. We will recommence on January 10th 2023.

Please remember there is no Mahjong on December 6th, due to the U3A Christmas lunch in the hall.

Merry Christmas to all players and new members are welcome to join us on Tuesdays from 1.00pm to 3.30pm at the U3A Hall.

Kerrie Midgley 0439511929

## STRENGTH AND BALANCE

We will be starting classes for 2023 on Monday 9th January in the U3A hall.

New members are welcome to join us for 45 minutes of fun and fitness at 8.45am. If you would like to know more about what we do please phone me on 0402 019 552.

This is a good opportunity to work off those extra calories we've put on over Christmas, so come along and have a go.

Lyn Davidson

## 500

Merry Xmas to all 500 card players.

The last day of 500 for this year will be November 29th November.

We will break until February 14th when we will resume for 2023.

Enjoy the break. Harry Lee 0400 770 972



### (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



**GOULBURN VALLEY**  
UNIVERSITY OF THE THIRD AGE

## NOMINATION FORM

I nominate: .....

For the position of: .....

Signed: .....

I agree to be nominated for this position

..... (signature)