

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 2021

CONTACT DETAILS

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◆**VICE PRESIDENT**

vacant

◆**SECRETARY**

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(Entries close on 21st of each month)



A MESSAGE FROM THE PRESIDENT

Greetings to Members.

Winter has hit with a bang reminding us of the four seasons we experience in Shepparton. Many of you will be planning to escape to warmer places, when you can, but here at U3A we have plenty of activities to keep you entertained, all in this newsletter.

SOCIAL MORNING. Tuesday July 6th Joe Gilberto will be our guest speaker this month. *Joe Gilberto* is a Personal Trainer and Fitness Instructor at Aquamoves. Joe has worked at Aquamoves since 2009 and always has some fresh ideas to warm us up. Our last social morning was cancelled, but we are looking forward to hearing Keith Twigg later in the year. Morning tea will be provided in a covid safe way.

SHEPPARTON ARTS FESTIVAL: The Shepparton Arts Festival, cancelled last year and normally held in March, had been rescheduled to June this year. It is still going ahead with some changes in times. There are plenty of interesting events advertised.

LIBRARY: our U3A library has been inundated with books this year. Thankyou to everyone who has contributed books, but we are at capacity so please no more books are needed for the moment. Thank you to Wendy and Bryan Gannon who have done a great job looking after our library for a long time and are retiring.

COVID Issues: Covid is determined to keep us dancing to its beat and we need to expect it to be part of our lives for a while yet. Thank you everyone for enduring our requests to adhere to our covid safe guidelines, due to being a council venue, as well as for our own safety. Goulburn Valley U3A is one of a few U3A's lucky enough to have a venue to use as our own.

COMING UP: A trivia afternoon will be held on Friday 24th September at 1.30, so keep this time free. Lots of intriguing questions and puzzles from Sally and Gail. More information next month.

Liz

Art Group

Members of the Art group are continuing to create beautiful and inspiring masterpieces , even though Wednesdays are always filled with lots of happy , friendly banter and , of course , some frivolity . Times have been difficult for everyone , but art is always a great escape , and accordingly , is the best medicine ever There are many "works in progress" but I have included some brand new completed works for you to peruse , and have also managed to find a few photos from my "archives" (pre masks).



The "Combi Vans" and the "Brumbys" have been painted by Jeanette



Don has been doing some wonderful colour experiments with his Encaustics



Above - Happy days (before wearing of masks !!!)

Judi 0448813930

Uke Muster

In lieu of our cancelled regular Just Jammin' Session on Monday 31st May (Lockdown restrictions) our Uke3A Members had a combined Zoom music Session with U3A Knox "Music Muster". What a resounding success it was, judging from the lots of positive feedback from members of both organisations. Representatives from both organisations took turns of leading songs for the participants, as Brendan capably managed the session and projection of music when required. The opportunity to do this again is definitely on the agenda. A big thank You to U3A Knox for hosting the event and our Uke3A Members for their participation. Happy Strumming.



SOCIAL MORNING

When: Tuesday July 6th 10.00AM

Where: GV U3A Hall, 14 Esson Street.

You are all invited to hear Joe Gilberto.

Joe works as a personal trainer and fitness instructor at Aquamoves. He has talked previously at Social Mornings and members always enjoy what he has to say.

Morning Tea \$2.50

500 Card Game

Five hundred (500) is up and running again on Tuesday afternoons at 4.00pm-6.00pm. after the COVID hiccough. It would be good to boost the numbers even further, so please feel free to come down and refresh your card playing skills that may be lying dormant.

Harry Lee 0400 770 972

Photography

Our photography group, out and about at Emerald Bank, captured these great photos.



Creative Crafts

It was great to be able to resume our gathering after a brief lock down but disappointing that we couldn't hold the Braided Rag Rug session with Leonie. We have rescheduled for July 6th. Stay safe, warm and well.

Gael Thompson mobile 0458 215 794

SCIENCE MATTERS

The next Science talk on July 19th will be presented by our local optometrist, **Graham Hill**, who will be speaking about **The Science of Ageing Eyes**. Graham will begin by telling us about the things that happen to our eyes as we get older. He will then talk about advances in treatment and go on to look into future treatments that are in the pipeline. Graham will join us as a member one day when he fully retires, but is still too busy working. Please join us for the day, even if not a regular member of the Science Group. Contact: Allan Wilson 0427 399 648

COMMUNICATING WITH COMPUTERS

Numbers are varying weekly for computer classes, so if there is anyone wanting to join in with any sessions, please contact me. Classes are on Mondays 12:30 - 2, 2 - 3:30, 3:30 - 5.

I have been attending sessions related to phones and tablets/iPads. Depending on numbers, I will offer phone/tablet/iPad sessions (probably on a Wednesday afternoon - depending on space and restrictions). If you are interested, contact me. I will need to know the type of phone/tablet you are using to see how I can adjust to fit the varieties on offer.

David Muir 0414881369 muir51@optusnet.com.au

INTERMEDIATE ITALIAN

After a break over the school holidays Intermediate Italian will return on Thursday 15th July. We have been enjoying reading *Il Globo*, studying different regions of Italy, translating members recipes, as well as reading *Jill and the Beanstalk* in Italian, something to read to the grandchildren.

Strength and balance

Once again it has been stop/start but fortunately we are now allowed to have 10 participants inside for exercise, which is some good news.

We have class on Mondays at 8.45 in the U3A hall, except for public holidays. (Please note there will be no class on Monday 28th June).

If you would like to participate and not sure if class would be suitable for you. please contact me on 0402019552.

As some members have already made the journey north (lucky people) am not expecting more than 10 people. so come along and keep up your fitness.

ECOLOGY AND FARM CONSERVATION

The next Ecology Lecture on Wed July 28th will be based on the definition of the habitats of the major wildlife species that could be the focus for a farm conservation program. Examples might be the superb parrot, bush stone curlew, swift parrot, sugar glider, or the echidna. Alternatively, it might be wallaby or kangaroo grass; the silver banksia, or the regeneration of paddock trees. What is limiting each species now: shelter, nesting sites, food, or predation, etc., and how we can help to overcome those limitations within a production farm environment? Contact Allan Wilson 0427 399 648

NATURAL RESOURCES & REGIONAL DEVELOPMENT

Friday July 2, 10am U3A Hall

Presenter, Russell Pell, ex Connections representative MDB Plan for 9 years.

Subject; Russell will discuss a recent trip up the Darling River. Items he will cover are the MDB Plan, the Northern Basin & his take on water harvesting.

Friday July 9, 10am U3A Hall

Presenter; Sam Birrell, CEO Committee for Greater Shepparton

Subject; Sam will be talking about how the group develop their initiatives and the factors influencing their success in pursuing them.

John Dainton mob.0417 549 502 Barry Croke mob. 0488 058 231

HISTORICAL STUDIES

Monday July 12, 10am U3A Hall

Presenter, Greg Barnes

Subject, Greg, will be presenting the topic Painting History.

You will get to see paintings of famous historical events and famous paintings of not so historical events spanning the years from 600 BC to World War 2. All this will be seen on the silver screen at GVU3A. Questions will be asked of the audience about what they think might be happening in a particular painting and of course an answer will be given.

All are welcome including members of the Art Class as they may well be able to inform the history class of what painting techniques were used to achieve such grandeur or to provide a particular emotion. Tolstoy said art is to convey someone's feelings to someone else in such a way that they too experience those feelings.

John Dainton mob.0417 549 502

WRITING4PLEASURE

Our writing group was a ZOOM meeting for June. Thanks Allan. Hopefully we will be back in the Library room for the July Meeting.

JULY topics, provided by ALLAN, are:

1. LOVE IN A COLD CLIMATE
2. GROWING OLD
WORD - SERENE

QUOTE FOR THE MONTH:

“FILL YOUR PAPER WITH THE BREATHINGS OF YOUR HEART.”

- William Wordsworth

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

Walk and Talk Benalla 14/7/21

Hi All. Our Walk and Talk will be in Benalla, which was to be our walk for June, but due to lockdown we had to cancel. Meet at the U3A carpark leaving for Benalla at 9am. We will drive to the Benalla Botanical Gardens for morning tea, then walk around the lake. Lunch will be a BBQ, with sausages and bread provided and cooked by David. If you wish to bring your own, David is happy to cook them for you. After lunch we will walk around the town to view the wall art, then return home

David Taylor 0412802427

Bridge is Back

Bridge restarted on Saturday 19 June and (COVID willing) we will now be back on our normal sessions on Wednesday & Saturday afternoon and Monday night. Derek and Jeff have been playing cards and chess at the library on Thursday after school with a small group of students. The Melbourne bridge congress (VCC- Victor Champion Cup), which was to be held on the Queens birthday weekend, has been rescheduled to last week in August. Also an online event was held by VBA on 5/6 June and Nick and Derek played in an online 'Real Bridge' teams event on Sunday 6 June with friends from Ballina. Real Bridge is a new online platform developed in the UK during COVID lock down. You can see and hear the people you are playing on the screen, (as well as see the cards of course) – so it's a different experience to other online bridge platforms. The 30th Yarrowonga bridge congress is being held on the 24/25 July, so no doubt a few of us will play. Our friend Seb Wright has moved on to bigger and better things – and will play in the Victoria youth team at the Australian National Championship in Perth in July.

We are planning a lasagna night before bridge in July – but will need to wait until COVID regs change and kitchen reopens.

Adult classes will be held in September. Contact Derek Poulton if you are interested to play bridge, and be part of our very friendly bridge crowd (0418559263).

Bird Watching

The July 21st outing will be a morning outing to a new venue for the group the Flats Walk Mooroopna. This is a new walk which follows the north side of the Goulburn River. Please meet at the U3A car park for a 9am departure or the Kids Town gravel car park Mooroopna. Contact Don Roberts 0448889224 or Marg Clarke 0429350875.

Our June outing was at the Wunghnu Common Broken-Boosey State Park where we observed 12 species some of were Eastern Rosella, Grey and Pied Butcherbirds, Pied Currawong and White-winged Chough.



MONDAY LUNCH GROUP

During the month of July we will be dining at Bill and Beat's in Mooroopna. So put July 5th, 12th, 19th and 26th into your diary now. We meet at 12 noon. If you have any queries, please ring Gail on 0400 531856.

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