

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

February 2020

CONTACT DETAILS

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ACKNOWLEDGEMENT

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



A MESSAGE FROM THE PRESIDENT

Hello to all members.

Welcome back to the New Year at U3A. Our children will be overjoyed that we are going back to school and they don't have to look after us anymore! Nearly all of our regular classes will continue this year and in fact many have started already.

Do come along to our traditional first meeting on Tuesday Feb 4th, where you will hear a brief talk from each class leader on what is on offer in 2020. One of the rules for 'Growing Old Gracefully' is to try something new – so why not try a new class. This meeting will be open to friends, neighbours and newcomers, free of charge, with no obligation (but every encouragement) to join. Annual subscriptions of \$60 a member are now due and payable. No prizes, but do wear your name badge so that newcomers know who you are.

One new class is the card game 500. Harry Lee will begin with some teaching on the rules and strategies involved. The first day is Tuesday 11th of February at 4pm. It's a good social game with less complexity than Bridge, so give that a go. Bridge also has learning sessions coming up. The walking group has a new enthusiastic leader in David Taylor, with a walk in February organised to the Australian Light Horse Museum and Park at Seymour.

If you would like a longer trip with friends, why not enrol for the 6 day bus tour to Canberra in March. There are a few seats left, but you must decide soon. Call Ray Watt.

Later in this newsletter you will see notice of our Annual General Meeting in March. If you would be willing to be nominated for a position on the Committee, please give me a call (or pick up a nomination form from the foyer).

Have a good year. Live Life and Live Well.

Allan

SCIENCE MATTERS

Monday February 3 at 1.30 pm

Nigel Liggins will continue his series of talks on **Chemistry in the Marketplace** with a focus on everyday chemicals around the home. Nigel is looking forward to meeting you all again.

The first session on February 3rd will refresh additives, their use in foods and consumer products and we will continue with the cosmetics from last year. Later sessions will deal with the garden shed (fuels, paints, solvents), plastics, fibres, yarns and fabrics, the swimming pool and the beach.

Monday February 17: Artificial Meat: Its content, nutritional value and taste

Anthropologists think that meat has been an important component of hominin diets for over 2 million years. They say that meat gave humans a concentrated source of energy and protein with the best balance of nutrients that allowed the evolution of our large brains and relatively small stomachs. We are thus one of the class of animals classed as omnivores. Forward to the 21st century and some people look at meat with suspicion because of concerns for animal welfare, low efficiency of feed conversion from grains to meat, or problems with greenhouse gas (methane) emissions from cattle and sheep.

This represents a business opening for artificial meat. The 'Impossible' and 'Beyond Meat' burgers may now be purchased in our supermarkets and fast food shops. What are they made from, how are they made and what is their nutritional value? Most importantly, do they taste like meat? This is the subject of the first science talk for 2020. I hope to have some cooked samples for a blind taste test.

The March 16 meeting will be presented by Professor Bill Hutchinson from Edith Cowan University, WA, who will talk on the **Theory and Practice of Modern Organised Deception** (as in propaganda, psychological warfare, information warfare and cyber-deception).

Contact: Allan Wilson 5822 1474

BAND and UKULELE

We are looking for members who would be interested in forming a U3A band. John Canty already leads Uke3a Shepparton and is aware there are a couple of U3A members that play other musical instruments. **Beginners Ukulele classes** will be Mondays 11.45, starting on Monday February 10th.

If you are interested in joining this band email Greg Barnes on dngbarnes@hotmail.com.

ITALIAN

On Thursday February 6th the two levels of Italian classes will begin for 2020. Christine Wilson will take the Introduction to Italian Language class at 9am. This class is designed for people who have no previous experience of the Italian language, but there are several people who like to attend this class and use it for revision. (We may create another branch off this group.) We are looking for second hand copies of **Ci siamo** which unfortunately have become expensive to buy new.

At 10 am Lelia Amadei will lead the more advanced class which has been running for several years now. New people are very welcome to join either or both of these groups. We enjoy all the lessons and have a social get-together at the end of each term.

Christine Wilson (Coordinator) Ph. 5822 1474 Mob. 0428 399 648

FRENCH

French Classes will begin again on 28 January.

CREATIVE ARTS



Our Group finished 2019 with a lovely Christmas afternoon tea and having the festive spirit enlivened by Carol Evans' many costume changes! (See photo). We shared a fun present 'lucky dip', and finished off with a small contribution towards rural fire relief.

This year we will continue with our own projects while exchanging techniques, ideas and chatter. We are always looking for new ideas to expand on our skills.

Any new members are made most welcome. We meet every Tuesday, from 1pm until 4pm. We look forward to seeing you.

Co-ordinator: Sonja Muir 04 2150 9313

BRIDGE

We play bridge 3 times a week at U3A. Monday night (7-11pm), Wednesday afternoon (1-4pm) and Saturday (1-5pm). We are a very friendly lot, and always happy to welcome new players. Bridge is great for anyone that enjoys a game of cards with friends.

Nick and Derek will run classes for new players starting on Wednesday 11 March between 7-9pm. Classes run for 4 nights and teach the basics of bidding and play using set hands. We will continue playing with the new players on a Wednesday night, so the group can continue to fine tune their newly acquired skills until they feel are ready to join a regular session.

If you would like to play bridge, please contact Derek Poulton (0418 559 263 or dcp.klp@gmail.com). Further information can also be found on the bridge club web site <https://sheppartonbridgeclub.wixsite.com/2014>.

In other bridge news Seb Wright, who began playing with Nick and Derek at U3A two years ago, has qualified for the Australian National Junior bridge squad. Derek has joined the Victorian Bridge Association Council and will represent Victorian country bridge clubs.

WALK AND TALK

On Wednesday February 12 Tony Palma will lead our Walk and Talk at Seymour. Please meet at U3A carpark at 8.30pm for a 8.45 start in shared transport. Bring morning tea and lunch. Wear suitable footwear. New members will be very welcome

Our January walk was along the walking track from Aqua Moves to the Queens Gardens for morning tea. We returned via Welsford Street and the High Street underpass, then rejoining the walking track to Aqua Moves. Thanks to Tony for transporting our bags for morning tea



David Taylor 5822 0872 Mob. 0412 802 427

NATURAL RESOURCES & REGIONAL DEVELOPMENT

FRIDAY, FEBRUARY 7, 10am U3A Hall

GUEST SPEAKER; SAM BIRRELL, CEO Committee for Greater Shepparton

SUBJECT; Murray Darling Basin Plan implications for Shepparton

FRIDAY, FEBRUARY 14, 10am U3A Hall

GUEST SPEAKER; Dianna McDonald, Household Research / Climate Change Coordination, Dept. Sustainability and Environment Victoria.

SUBJECT; Climate Change and Health – social research to measure awareness and knowledge among the Victorian public and our health care professionals.

John Dainton ph.5821 3881 or mob. 0417 549 502

OPERA APPRECIATION

February is a busy month for screenings of quality opera with 2 operas being presented at the Wangaratta cinema.

The traditional opera Madama Butterfly (Puccini) is showing on Sunday February 2 and the modern Opera Akhnaten (Philip Glass) (see picture) is showing on February 16.

For further information, or to go on the Opera email list, please contact Madeline Dyer on 0417 580 025, dverm979@gmail.com The first information email will be sent next week.

New members are welcome by contacting Madeline. Rides over to Wangaratta can usually be organised. Our expeditions are often longish and you can usually cross off most of Sunday by the time we travel and see a longish film; however. The quality of the films and theatrical events is amazing and the hours fly.



TAI CHI



The Tai Chi program will return on Friday 31 January starting 4pm until 5pm. We will be starting a new program as well as practising what we already learnt last year. If you have any questions phone Barb on 0428 252 494. New members will be very welcome.

WRITING4PLEASURE

Our Christmas breakup at the November meeting was well attended. We all enjoyed the varied stories along with the scrumptious food. Let's hope everyone is well rested after the festive season and brimming with interesting ideas for forthcoming stories/poems, as we settle into 2020. Our group had a January meeting and the writing topics were: HOW WILL I COPE and THE NEXT BIG THING

We, at the WRITING4PLEASURE group, extend a warm welcome to any members who feel they would like to join us and have a go at writing. We meet on the **THIRD THURSDAY** of each month, **1 to 3.30pm, at the Shepparton Library meeting room.**

Each month, a different member of our group provides two topics for us to use in a story or poem. We keep the word count to approximately **500 words** or less. This enables each member to read their story on the day.

TOPICS FOR FEBRUARY: IF ONLY and THE HEART OF AUSTRALIA

A small donation of \$2 per meeting/per member will continue and go towards the cost of printing our end of year book.

QUOTE for the month: - *"Great is the art of beginning, but greater is the art of ending."*

- Henry Wadsworth Longfellow.

Lyn Austin Phone - 0468 312 602

COMMUNICATING WITH COMPUTERS

Computer sessions will commence on **Monday 3 February.**

Lessons are based on individual needs. This might include just coming to grips with the basics, creating documents/spreadsheets (Word/Excel), organising your computer (creating and sorting folders), importing and organising photographs, creating presentations (Powerpoint), online shopping (eBay /Gumtree / PayPal).

Requirements:

Have something to learn and a bit of patience as we may have up to 6 people per class. If you have a laptop, bring it. If not, desktop computers are available to use. Classes cater for Windows and Apple iOS operating systems.

There will be three sessions each Monday: 12:30 - 2:00, 2:00 - 3:30 and 3:30 - 5:00.

David Muir 0414 881 369

BOOK GROUP 1

This enthusiastic group of readers meet every Thursday at 10.30am at the hall. We discuss the book each week but the only requirement for attendance is the final Thursday of each month when the book is discussed in detail and the book for the next month is distributed.

The books we will read in 2020 were chosen by the group towards the end of 2019. We have 2 vacancies in the group so if you feel you would like to become involved please ring Gail on 5821 1315 or 0400 531 856.

HISTORICAL STUDIES

MONDAY FEBRUARY 10, 10am U3A Hall

GUEST SPEAKER; Geoff Earl, U3A member

SUBJECT; History of Victorian Water Development

John Dainton ph.5821 3881 or mob.0417 549 502

MONDAY LUNCH CLUB

All U3A members are invited to join our lunch group any Monday at 12 noon. We visit various eating places in Shepparton and Mooroopna. The first venue chosen for February is Monday the 3 February at The Goulburn Valley Hotel. The following Monday, the 10 February, is The Vic Hotel. This is followed by The Royal Mail Hotel in Mooroopna on the 17 February. The final venue for the month is The RSL Club on the 24 February. We book a table for 10 at each venue but if more people turn up we just join a few tables together. We'd welcome your company each week - or when you can make it. If you have any questions feel free to contact Gail on 5821 1315 or 0400 531 856.

U3A BUS TRIP CANBERRA March 16-21

The Canberra Bus Trip in March is still open for late comers up until February 11. Partners and friends are welcome.

The trip includes 4 nights in Canberra and 1 night at Cowra, arriving back at Shepparton on Saturday 21 at approx. 6pm. The full itinerary is displayed in the hall. Some highlights of Canberra are: Parliament House (old and new), the Royal Mint, National Gallery, The War Memorial and other points of interest. Cowra will include the Japanese Gardens, guided tour of Cowra and Cowra's Hologram War Time History.

The cost of the trip is \$1250 per person twin share and \$1600 for a single. If you are interested please contact Ray Watt on 0439 716 420. Payment can be made by cash or cheque (placed in the box at the office door, or direct deposit to the U3A trip account BSB 633-000 Acc. Number 129 896 049. Please include your surname and the word "trip" in the reference line.

ANNUAL GENERAL MEETING

The 2020 Annual General Meeting will be held at U3A Hall, 14 Esson St, Shepparton on Tuesday, 10am 3 March. All members are invited to attend.

Anne White, Secretary

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