

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

AUGUST 2021

CONTACT DETAILS

PRESIDENT

Elizabeth Lee 0409 703 868
Lizlee01@gmail.com

◆**VICE PRESIDENT**

vacant

◆**SECRETARY**

Anne White 0438 202 799

◆**TREASURER & MEMBERSHIP COORDINATOR**

Kerrie Midgley 0439 511 929

◆**COURSE COORDINATOR**

Greg Barnes: 0438 569 611
dngbarnes@hotmail.com

◆**HALL COORDINATOR**

David Taylor 5822 0872

◆**HALL MAINTENANCE**

Rita Bloomfield 0418 580 697
Ray Watt 0439 716 420

◆**CATERING COORDINATOR**

Julie Dainton 0438 252 050

ASSISTANT TREASURER

Gael Thompson 0458 215 794

COMMITTEE MEMBERS

John Bush 0408 290 751

WEB MANAGER

David Muir
muir51@optusnet.com.au

EMAIL ADDRESS:

goulburnvalleyu3a@gmail.com

NEWSLETTER EMAIL:

gvu3anewsletter@gmail.com
(Entries close on 21st of each month)



A MESSAGE FROM THE PRESIDENT

Greetings to Members.

SOLAR PANELS: Some exciting news! The council, who are our landlords, have agreed to install solar panels on our roof over the next few months. One of our members suggested this so the Committee followed it up. This will be of benefit to all members and the environment into the future. We will enjoy the sunshine even more when it remembers to shine.

COVID Issues: As we are back in Lockdown #5, please bear with us and watch your emails or phones for when the Hall will open again. Some classes automatically swap to Zoom, so please keep in touch with your course leaders as to what they plan. Greg, our course co-ordinator, has also some suggestions for online courses from U3A's elsewhere in the state,

SOCIAL MORNING: COVID permitting, Tuesday August 3rd, at 10.00am, Grace Grieve from *Shepparton Foodshare* is our guest speaker. Grace is the manager of *Foodshare* and is involved in supporting many people across the Goulburn Valley. *Foodshare* rescues and receives fresh and nutritious food and redistributes it to those in need in the Goulburn Valley. Last month Joe Gilberto gave an inspiring talk on retraining, strengthening, and feeding our muscles as we age, answering many questions.

LIBRARY: Ann Worcester has kindly offered to take over the organisation of our Library. I am sure she will need some help as there are so many books to sort. Ann is a keen member of *Enjoying Literature*, so she knows books. Thank you, Ann.

COMING UP: A trivia afternoon will be held on Friday 24th September at 1.30, so keep this time free. More information later in this newsletter. A Wine Appreciation class will be held in October. More information next month.

Liz

SOCIAL MORNING

When: Tuesday August 3rd 10.00 am (COVID permitting)

Where: GUV3A Hall, 14 Esson Street.

TOPIC: You are all invited to hear Grace Grieve from *Shepparton Foodshare* a NFP organisation on “a mission to distribute food to local schools and emergency relief agencies, supporting those in need in the Goulburn Valley”. They are supported generously by several well-known local and national organisations and have been very busy this past 18 months.

Morning Tea \$2.50

500 CARD GAME

Five hundred (500) will resume when restrictions ease, on Tuesday afternoons at 4.00 pm - 6.00 pm. Members will be notified when we start again, I suspect, with masks on.

Harry Lee 0400 770 972

BEGINNERS and INTERMEDIATE ITALIAN

Beginners and Intermediate Italian will be on Zoom until we can meet back at the Hall. Meredith and Elizabeth will send out Zoom invitations for the appropriate days. It is quite good fun and it keeps us in touch. A different experience.

Liz 0409 703 868

Meredith 0437 313 840

WRITING4PLEASURE

How lucky was our Writing Group to sneak in our monthly meeting on the 15 July in the G.V. Library, just before lockdown. Six members attended. This is about average for the winter months, as a few lucky ones are up north, enjoying the sunshine. By all reports, the stories presented were very enjoyable.

Heather has provided our AUGUST TOPICS –

1. THE MASK
2. WHY CAN'T I?
WORD - OBNOXIOUS

QUOTE FOR THE MONTH:

“I try to create sympathy for my characters, then turn the monsters loose” - Stephen King

Lyn Austin. Phone: 0468 312 602

NATURAL RESOURCES AND REGIONAL DEVELOPMENT

Friday August 6, 10am U3A Hall

Presenter, Steve Wilson, Land & Biodiversity Manager GBCMA

Subject: After 6 years of research in East Java, I have completed my PHD on studying the ecology and conservation of the Javan white rhino.

Friday August 13, 10am U3A Hall

Today's presentation will centre around hydrology and climate change using excellent presentations from a recent Murray Darling Basin Authority conference in Griffith. There will be ample opportunity to stop each presentation and explore the meaning of these future projections to the Murray Darling Basin.

John Dainton 0417 549 502 Barry Croke 0488 058 231

HISTORICAL STUDIES

Monday August 9, 10am U3A Hall

Presenter; John Hetherington

Subject; John King Davis, Australian Master Mariner, "Trial By Ice"

John Dainton 0417 549 502

TAI CHI

I will hopefully be travelling for 5 weeks as soon as we're able to, but Tai Chi will continue to run with an experienced leader Sandra Bassett, who will start the Friday after we leave. Until we can travel, I will be continuing with the classes, pending the lifting of the COVID lockdown.

We have a dedicated group and I hope all of those will continue to attend. Sandra has been teaching for a long time and is a great teacher.

Barb Kitto 0428 252 494

BIRD WATCHING

The August 18 outing will be at The Flats Walk Mooroopna. This was our July venue but COVID put an end to that. Please meet at the U3A car park for a 9 am departure or at the Kidstown gravel car park 9.15 am.

Contact Don Roberts 0448 889 224 or Marge Clarke 0429 350 875

STRENGTH AND BALANCE

Strength and balance are what we neglect to work on as we age but are most important to help us remain healthy and well. COVID has made it so difficult for those of us who prefer the motivation of group work to keep fit. Aerobic fitness is easier to maintain. There is no such thing as bad weather it is bad clothing, so put on your coat, hat, gloves and scarf and go for a brisk walk. You will feel so much better for having been in the fresh air. When we are able to return to class we meet at 8.45 am at the U3A hall every Monday. No better way to start the week, so come along to improve your strength, balance and aerobic fitness.

New participants are most welcome.

Lyn Davidson 0402019552

BOLIVIA AND MAH JONG

Unfortunately, the hall isn't open at the moment and so we are unable to gather. Once restrictions are lifted, we will be back in action. If you are unsure after next Tuesday midnight of what the rules are, please contact me. Chin up!!!

Kerrie Midgley 0439511929

LUNCH GROUP

Our lunch group managed to enjoy lunch at Bill and Beats twice before the current lock down prevented any more enjoyable lunch gatherings there. People had suggested some new venues for us to gather and share each other's company in the coming months BUT before I could check them out we went into lockdown. So, I'm inviting you all to return to one of our favourite venues for August - The Sherbourne Hotel. That will be August 2nd, 9th, 16th, 23rd and 30th. Then we can check out the newer venues in the months after August.

If you have any questions, please feel free to ring Gail on 0400 531 856.

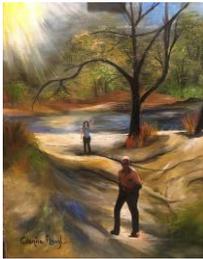
ART GROUP

Hello to all U3A members. Well, another month has literally flown past, and we are now well and truly heading towards Christmas again. Ha - sorry about that. The Art group is "painting on" regardless of the chill factor in the air these days, and are enjoying each other's company and, of course, the opportunity to show off their creations. This was until lockdown forced us to stay home. We have been delighted to welcome a new member, Margaret, who hails from "Vera" country in the UK.

There is an old saying that "actions speak louder than words" - well I am going to say "pictures speak louder than words", and will leave you with some images of "art in the hall".

Best wishes to everyone,

Judi 0448813930



Glenice



Jan



Jill



Don

SOCRATES CAFE

It has been good to have a good group of members joining in the discussions at Socrates Café each month. The topic for Monday, August 23 is "Is technology something to appreciate or fear?"

Commences at 10 am. Look forward to welcoming new faces.

Tina Hanigan 0416 156 945

TRIVIA AFTERNOON

Friday September 24th from 1-30 onwards has been selected as the date and time for our first trivia afternoon. Our previous sessions have been held in the evenings, so we look forward to a new time slot. We have prepared 6 rounds of questions with some small fun activities between rounds while we do some bookwork and record the scores on the whiteboard for all to see. Our catering team are ready to prepare some afternoon tea for all to enjoy. All you need to do is put your name down on the poster in the hall to say you will be attending. You can join your friends from one of our U3A groups, you can bring some family members and friends along or you can add your name to the poster, and you'll be joined by some other U3A members. There will be 6 members to each team. Cost is \$10 per person and will be paid as you enter the hall. The cost covers afternoon tea and the prizes. Come along and have a fun afternoon.

If you have any queries, please ring Gail on 0400 531 856.

ENJOYING LITERATURE

30 August at 2pm is the next date for our discussion of VANITY FAIR by William Makepeace Thackeray. Follow the ups and downs of the scheming Becky Sharp, the virtuous but insipid Amelia Sedley and the unlikely hero William Dobbin. This satirical novel set around the time of Regency England is a classic work and an amusing, entertaining comment on society which still applies to today's aspiring upwardly mobile. New members welcome to join us.

Greg Barnes 0438 569 611

CREATIVE CRAFT

Thank you to Leonie for showing us the braided rug technique. There is always a way to use “scraps”. It is disappointing that we haven’t been able to gather for a couple of weeks but all being well we will be back stitching, knitting, chatting in August.

Stay safe.

Gael Thompson 0458 215 794

SCIENCE MATTERS

August 16th at 1.30 There will be a science presentation in August, in one form or another, depending on the vagaries of the ups and downs of the various Locks that may be either on or off on the day. It will be in person if we are open and on Zoom if we are closed. The presentation might be on the ins and outs of **Psychotherapy** or focus on the **Science of Ageing Eyes**, depending on who is shut in or out by borders or willing to brave the downside of zoom and focus on the positives of working from home.

I will email those the Science Matters class list in the days before hand, with an invitation to attend in one form or another. If you are not on that list, and we are open, just turn up at the U3A hall.

Allan Wilson 0427 399 648

WALK AND TALK

Our next Walk and Talk will be on the 11 th August (weather and COVID19 permitting). We will venture to Rushworth Hidden Treasures Walk, leaving the U3A Carpark at 9.00 am. Bring morning tea and lunch. Allan Wilson will take us around the outskirts of Rushworth past old diggings, a battery and little used buildings that were grand in their time but now mark a forgotten town. The walk is 6.5 km but can be cut short in various places if a shorter walk is desired. (And there is an inviting ice cream shop that might be a good place to end the walk)

You can catch the details at <http://www.rushworthit.com.au/rushworth.pdf>

David Taylor 0412 802 427

PHOTOGRAPHY

Well, like everyone else, photography has been put on hold for the time being along with planned get together with the Ukulele Group.

Our trip to Kyabram Fauna Park didn't go ahead due to the weather. It was replaced with some Photoshop practice by some members. We have had a Ukulele planning session in which we looked at posing ideas.

Barb and Kay have provided some shots taken pre Covid (Italy - Barb) and between lockdowns (Tassie - Kay). Hope you enjoy them.



Cortina in the Valley



Dolomites



Ravine Tassie



Falls Tassie

Contact: Lex Neville 5835 6824

WINE TASTING EVENING

This is a preliminary notice that in October on a Thursday or Friday evening there will be wine tasting evening with Nigel Liggins where various food types will be tried with various wine types.

The cost per person will be about \$25 per head. This event has previously been very popular.

More information on dates, times, cost and the RSVP date in the September and October newsletters.

COURSES ON U3A NETWORK WEBSITE

On the U3A network web site under Members Network are a number of courses available or about to be available that can be run by interested people at our U3A for example:

- The First Nations Course has lots of links, information and resources for one of our members at GVU3A to run such a course.
- Friendship in Later life has online information about connection, companionship. loneliness, solitude, independence, level of friendship, friendship maps, toxic friends and how to deal with them.
- Scribblers for people who want to experiment with drawing, how to draw birds, flowers, study colour theory, links to learn about skeletal structure, painting poetry (where someone recites a poem and then you draw a picture about it).
- Buddhas teachings,
- Bitcoin and crypto currency,
- History of Great Battles.

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