

GOULBURN VALLEY University of The Third Age
Incorporation Number A0016950Y (For active semi-retired or retired persons of mature age)

WE'RE ON THE WEB - www.gyu3a.com.au

July 2017

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Wendy Lovell for the printing of
this newsletter.



MESSAGE FROM THE PRESIDENT

Barbara Brown

World Elder Abuse Awareness Day fell on 15 June. It aims to raise a number of issues that can affect men and women as they age. An article in 'The Age' by Sarah Russell (14 June, 2017) writes about children with early inheritance syndrome who feel a sense of entitlement to their parents' assets, even before they die! Elder abuse encompasses financial, physical and psychological abuse.

What am I writing about this? In recent times I have had several experiences where family members were untrustworthy or one who was (fortunately) excluded from appointment as a financial power of attorney. Sadly, it often happens where one would least expect it!

Financial abuse is the most common and fastest-growing type of abuse of an older person's money, property or assets. Children can also exert undue pressure or persuasion on an older person to change their will. Children locked out of the housing market may expect help from parents and it may be a factor in the increase of parents acting as guarantors to assist their children to purchase a house. If you find yourself in this situation please speak to a trusted friend and seek assistance. In appointing financial powers of attorney you can have anyone whom you feel will represent your interests and is honest. It need not be a family member and you can choose to have more than one person appointed to look after your interests.

Update Trivia Night: The re-scheduled Trivia Night will be held on Friday 15 September.

GVU3A Membership: The membership currently numbers 320. The Committee feels that there are many others who would enjoy our programs and we are seeking ideas for publicising and marketing ourselves to relevant groups within the community. If you have a bright idea please contact myself or any of the committee members.

Visit To Islamic Museum Cancelled

The visit to the Islamic Museum on Friday 30 June is cancelled due to insufficient numbers. Those who have paid will have their money refunded. We will reschedule the visit later in the year.

Noticeboard: There is a great deal of interesting material that arrives in U3A's letter box each month from research students seeking older people to participate in research projects to events, forums and local celebrations. Our Secretary, Madeline puts these up on the board closest to the toilets. Have a look next time you are at U3A. You might find something interesting!

Fairley SUPA IGA Community Rewards Program:

We hope more members who shop at IGA will join the Rewards Program (if they haven't already) and ask for the reward points to go to the GVU3A. Café meals or drinks are included and any other purchases within the store. No matter how little or big the points add up to a donation to GVU3A of several hundreds of dollars each year. Ask about the Rewards Program at the checkout.

Tables: The non-folding table that were for sale are no longer for sale. The tables are used by some of the Courses and at times all tables are required when large numbers attend events at U3A. Apologies to those who were interested in purchasing the tables.

Social Mornings Set-up: On the Monday afternoon before Social Mornings members set up the room ready for Tuesday morning. The Catering Committee has requested and would appreciate if the urns could be $\frac{3}{4}$ filled Monday afternoon.

Newsletter: The distribution of the printed newsletters into the boxes is going well according to those who do the sorting. Thank you all for your co-operation in picking up your newsletters leaving just a few to be posted out.

July Social Morning: The Speaker for next month is yet to be confirmed but expect that one of city Councillors will speak on parking and the Mall.

Until next month, Barbara

Bird Watching

Our 19 July outing will be at Jordans Bend just off The Boulevard Shepparton where there is a paved walk along the Goulburn River.

Please meet at the U3A Hall at 9am. As Marg and Don will be away with two birdo friends birding at Cape York could you contact Christine Wilson on 0428399648 who has kindly offered to lead the outing.

Enjoying literature

Our small but lively group meet on the fourth Monday of each month to share our views about all forms of literature. During June and July we will be watching and discussing a 2004 film version of Shakespeare's "Merchant of Venice". It stars Al Pacino as Shylock and also stars Joseph Fiennes and Jeremy Irons. It features lavish 16th century costumes and is beautifully shot. The plan is to watch it on June 26 and July 24 starting at 1.45 pm.

Helen West 58214802 or 0411 457 462

Trip to the Bald Archys

Your art group are arranging a trip to see the Bald Archys on Wednesday 30 August. The show is arranged by the Swanpool community who offer a delicious and varied lunch for visitors at a minimum cost. We will be leaving our hall at 10am to travel to Swanpool. At Swanpool we will view the displays having a great laugh as we all indulge in in-depth, informed and critical discussions appreciating the artist's abilities and satirical humour. The Bald Archys originate as a way of taking the mickey out of the Archibald awards and more often than not contain a political or popular slant to its exhibits. On leaving Swanpool we will then travel to the Benalla Art Gallery for afternoon tea and a further viewing of local arts. We have booked a 28 seater bus and expect to fill it up fairly quickly. Cost for the entire day will be approximately \$25.

All welcome. Waiting to hear from you. Carole Trotter 0407 231 348

Science Matters Monday 17 July

Our topic for July is the Physics of Climate Change and Observations of Temperature Rise across the Arctic. The physics part of the presentation will look at how carbon dioxide and other gases influence the temperature of our earth and the consequences for global weather. The best evidence of the warming effect comes from the Arctic, where temperatures are rising faster than other places on the globe. This is a warm up for Professor Karoly's presentation to the Natural Resources Group later in the year on the general topic of climate change.

Allan Wilson 5822 1474 0427 399 648

Writing 4 Pleasure

In May, we had a very talented guest speaker speak to us about rhythm and rhyming in poetry. Joan McCann has had two books of poetry published and maybe there is another one 'in the pipeline'. She made the meeting informative and lively with lots of interaction. The topic for next month is; 'It Was Time'. A story by Bridgette Brisbane is featured in the newsletter below.

We meet on the third Thursday of the month, 1pm to 3.30. Mary Heneghan. 58316997.

Natural Resources

Friday July 7, 10am U3A Hall

GUEST SPEAKER; Simon Cowan, Manager Drainage Systems, GMW

SUBJECT; A different approach to drainage. The renewed Shepparton Irrigation Region surface drainage program – applying new thinking to past successes.

Jo Anderson GMW Chair will also be in attendance.

Friday July 14, 10am U3A Hall

GUEST SPEAKER; Shannon Lancaster, Manager of customer relations GMW

SUBJECT; Customer experience -how we adapt our services and communications in an ever changing technological environment.

John Dainton 58213881

Historical Studies – Monday July 10, 10am

Greg Barnes commences his series of talks on the History of religion and science. All welcome. Contact John Lawry 58231704 or jrlawry@bigpond.com

Socrates Café – Monday July 24 10am

The topic for discussion is: Equity Is a “fair go for all” just a slogan? Can it really determine the lifestyle of Australia as a country and Australians as sharers in our common humanity? All welcome Contact John Lawry 58231704 or jrlawry@bigpond.com

Walk and Talk

On **Wednesday 12 July** we will travel to Ulupna Island, 12 km north of Strathmerton. Please meet at U3A at 8.45 for a 9am start in shared transport. Bring your own morning tea, water to carry and lunch. Lunch will need to be carried with us if it looks like being a suitable day to have lunch on the beach. Wear suitable shoes and clothing for the weather conditions.



We had perfect weather for our walk at Yarrawonga in June. We walked the loop of the 2 bridges and after lunch we walked around the Chinaman's Island wetland/nature walk where some of us are pictured in the photo attached.

Christine Wilson 0428 399 648 5822 1474

Opera Appreciation Group

On Sunday 23 July we will travel to Wangaratta to view Tchaikovsky's opera *Eugene Onegin*, which was filmed live in HD at the New York Met earlier this year. I am looking forward to hearing world famous Anna Netrebko reprise one of her most acclaimed roles of the naïve heroine Tatiana. The *Letter Scene* in this opera is well known.

Please contact us if you wish to attend so we can be sure we have sufficient transport. We will leave Shepparton around 11am depending on the exact time that the film is scheduled at the Cinema. Bring your own lunch to eat in the park or inside if it is cold. There is also a take-away shop for salad rolls very close, and coffee is available at the cinema. This is the second last opera in this year's season, but there are more wonderful shows scheduled for starting later in the year.



Allan and Christine Wilson 5822 1474 0428 399 648

A DEFINING MOMENT IN MY LIFE.

I had thought long and hard about my defining moment, and then it came to me. Although difficult for me to go back over that part of my past, I thought it would be therapeutic as well as confronting. However, there was no doubt that this was definitely a defining moment almost similar to a sliding doors idea.

When my mother, stepfather and their three daughters arrived in Australia in 1959 I have to admit that I was a reluctant teenager. My dear grandfather had seen us off from Southampton dock and offered me the chance to stay with him and make further decisions later. I had spent much of my childhood with him, partly due to the war and post-war period, and also because of my mother's relationship with my stepfather. I was not allowed to stay, however, possibly due to the lateness of the invitation. So off we set on our big adventure. Being a teenager I have to admit the journey, which was four weeks on a beautiful ship, was exciting. I managed to make some lovely friends on the voyage; I guess they were all in the same situation as myself.

On arrival in Melbourne we settled in Kew for a while, my step father being employed by the Melbourne City Council. He decided he would prefer to work in a rural city and was transferred to Shepparton. So off we went again. We all found our first experience of a summer in northern Victoria to be challenging, extremely hot, the heatwave of 1960.

After a while I managed to secure a position in the administration wing of the new Campbells Soups at Lemnos. Our superiors at that time were Americans from the parent company and were a pleasure to work for. Meanwhile socially life was good for me. I had met a lovely young man, we hit it off, so to speak, and his large family were welcoming and friendly. It did not take long to feel part of the family myself.

My own family rarely shared future plans and important decisions with their children. However, I sensed they were not completely happy. They received news from Scotland that my step father's parents were unwell, possibly a bit of a plea for him to return sooner rather than later. They had only been in their new country for a bit over two years but decided to make arrangements for their return. After some time they told me, thus my defining moment. Would I return home with them, begin all over again regarding friends, work, a place to live? I had really embraced my new life in a great country, had a job that I enjoyed and a boyfriend with whom I felt special. I guess I had become somewhat removed from my own family – very hard to admit. So I decided to stay.

The immediate weeks following their departure were very difficult. I had always been very fond of my youngest sister; the separation from her was a time I will never forget. Although still pretty young, my boyfriend and I became engaged and fifty years plus later I have no regrets about the decision to stay. We have made many trips back to England and I love to visit but I know I did the right thing, especially for my children and grandchildren. Australia, what a great country for them to be part of!

BRIDGETTE BRISBANE

Craft

Ladies who come regularly to Craft know that each year we go to Covers for lunch one day. This year the day is 19 July. If you are interested in coming please either come to the Craft group on a Tuesday afternoon to put your name on the list or ring to book with Di so the list can be finalised before that date. We are always happy to see old and new members coming on a Tuesday but we are happy if you just join us on the day we go out for lunch. Thank you. Contact Di Courtie 58215394

Scrabble

If you find you have some spare time on the first and third Fridays of the month from 1 - 3.30pm come along to Scrabble and have a friendly and social afternoon. Peg Newman is the Course Leader for this. Check the web site for more information or phone Peg.

Greg Barnes

Industry Tours

The next tour will not be until August, as I am going overseas. Watch this space!
Members who attended the visit to Neatline Homes on 24 May will be pleased to know that I have, on behalf of us all, sent a letter of thanks to Stephanie. It was a most successful visit.

John Hetherington. 0419 319 339 jfh@mcmmedia.com.au

Monday Lunch Group

July locations: July 3 - The Last Straw, July 10 - Terminus Hotel, July 17 - King City, July 24 - Shepparton Club, July 31 - Sherbourne Hotel We meet at 12 noon for a meal and a chat. All U3A members are welcome to join the group.

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 633 108 Account number 1277 42898

Trip account: BSB 633 108 Account Number 1298 96049