

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

March 2023

CONTACT DETAILS

◆PRESIDENT

Rita Bloomfield 0418 580 697
drbloom@bigpond.com

◆VICE PRESIDENT

John Canty 0407 264 504

◆SECRETARY

Elizabeth Lee 0409 703 868
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

◆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

EMAIL ADDRESS

goulburnvalleyu3a@gmail.com

NEWSLETTER EMAIL

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



A MESSAGE FROM THE PRESIDENT

People come into your life for a Reason Season or a Lifetime, I have had the privilege of being in your lives for a Reason as your President and it has been wonderful to get to know so many of you and I know many of you will be in my life for a season and a lifetime. As the outgoing president this will be my last newsletter. But...Autumn is just around the corner with cooler days and beautiful shades of leaves from our wonderful gardens as the colours begin to change. And remember, sometimes nature is all you need, a walk in the bush, a wander around a garden or parkland, so don't forget to add a little bit of nature into your day.

Welcome to all our new members, I hope your time with U3A will be an opportunity to meet new people and enjoy your chosen activities. There was such a buzz around the hall on our open day. We were delighted to have so many of you there. A big thank you must go to Greg Barnes for working out where all the courses can fit into a monthly program. So, every time you check the program, please take note of all the coordination that goes into planning course times and dates.

The AGM is to be held at the March Social morning and I ask all of you to come and join in welcoming our committee for 2023. It is the time of year as some changes are needed to keep abreast with the times. At times U3A decides to source out an instructor for some sessions, where members are sometimes asked to pay a small fee. It is not the practice of U3A to charge for sessions as all sessions are open to all members and run by interested members. These course coordinators give up a lot of time to bring instruction in the various pursuits and often have a great interest in their subject. There are to be no changes at present but it's important that members know rules and policies.

Another change will be the price of refreshments being biscuits 50c, tea/coffee 50c, biscuit /tea coffee \$1.00. This will commence from April 1. There are ongoing plans to update the hall and new sensor lights to be put in the toilets. The committee is asking that if you are unable to make your course/meeting please let the course leader know, because leaders are giving their time so you can enjoy your activity.

Our Guest Speaker for the March meeting will be Cherrie Secomb, Regional Volunteer Coordinator for CO.SD.IT Social Support Individual and Community Visitation Scheme. Thank you to each committee member for your work during my time as president, I have enjoyed getting to know many of you, the members, and interested in all the various courses members participate in over a month. So, enjoy your walk with nature, stay safe and well.

Rita Bloomfield

All underlined text is a link to either a course page on our website or to an internet website

[Uke3A](#)



Our regular Uke3A Program is delivered for Members weekly on **Mondays**. Not Mondays in School Holidays or Public Holidays falling on Monday. (*Provided for Members who are still working and/or may have school holiday minding duties*)

Venue: GVU3A, Esson Street Hall Shepparton, Time:12:15pm - 1:15pm

Uke3A Members have weekly access on the *Zoom Platform* (from our smart board at Esson St.) Worldwide.

Uke3A performed at “The Carrington” for a local Probus organisation. We have currently 29 active members in our program. Andrew Lelliot is transitioning very well into his new role as the incoming Leader for Uke3a. A warm welcome is extended to our new Members.

John Canty

Email : j.canty@hotmail.com

Mobile: 0407 264 504 (text preferred please)

ART

Whilst visiting U3A Hall on Wednesday, it was very pleasing to see so many artists plying their skills. This is a good sign for an excellent Exhibition in May.

(Gael Thompson) for Jeanette Fry



HISTORICAL STUDIES

Monday, March 13, 10 am U3A Hall

Presenter: Tina Hanigan, Historian

Subject: ‘From your kid brother Jim: Letters home from RAAF WW2 Spitfire Pilot.’

A family discovery of a six-page letter from Jim to his brother Jack in Sydney in 1941 started a detective quest to find out more about Uncle Jim and his brief, tragic career in the RAAF over England and France in the summer of 1941. Please come along to listen to this fascinating story presented by guest presenter, recently qualified historian, Tina Hanigan.

The Historical Studies Group Co-ordinator: John Dainton, Mobile: 0417 549 502

Assisted by: Tina Hanigan, Mobile: 0416 156 945

CREATIVE CRAFTS

It has been great to see so many at Craft during February. Members are working on items using knitting, crocheting, patchwork and beading techniques. We are in the process of organising a workshop using the slow sewing technique. Stay tuned for further details.

Gael Thompson – Mobile: 0458 215 794

WALK AND TALK

Lock Gary Weir/ Lock Gary Wildlife Reserve 8/03/2023

Meet at the U3A Carpark 8.45am for a 9.00 am start. We will drive to the wildlife Reserve for a short walk to the Goulburn River, returning for morning tea. Then a short drive to Lock Gary Weir for a short walk. Before returning home.

Seven Creeks Track

February saw 13 walkers meet at the Raftery Road bridge for a walk along the track which runs alongside the Sevens Creek. We then walked along Taig Ave to the Riverside Plaza for coffee before returning back to the Sevens Creek Bridge.

Thanks to Tony and Bev Palma for guiding us on the walk and transporting some walkers back to Raftery Road.



Photo of Allan Wilson playing on the Flying Fox instead of keeping up with the group!

David Taylor - Mobile 0412802427

PHOTOGRAPHY

A small group attended our first meeting in February, with one new member. Welcome Winona. In this session Lex concentrated on basic composition, which may be seen as the pleasing organization of objects within an image frame. This coming Thursday, the 23rd February, will see a continuation of basic composition with a view to putting our learning into practice in March. Please bring a USB stick.

Allan Parker – Mobile: 0418 144 131

BOOK CLUB 3

Book Club 3 will next meet in Room 4 on Tuesday 7th March 12.00.

Members will be discussing the novel -Walking Free - Munjed Al Muderis

Looking forward to seeing all there.

If you cannot make it please text Jan Wallace on Mobile: 439728125

Rita Bloomfield – Mobile: 0418580697

WRITING FOR PLEASURE

Writing for Pleasure

Twelve writers attended and we welcomed a new member. We had a good choice of topics which prompted some lively discussion.

The next meeting is Thursday 16th March, 1 pm at Shepparton Library, Marungi Street.

Our leader for next month is Dorothy and she has chosen our topics:

*A New Beginning * Memories of a (Favourite) Teacher. Word to include precipitation.

Moya Turnbull - Mobile 0407 680 337 or Marion MacLennan - Mobile 0417 319 839

BIRD WATCHING

The first outing for 2023 will be a morning visit to Gemmill Swamp Nature Conservation Reserve Mooroopna on the 15th of March. Please meet at the U3A car park for a 9 am departure or the Scout/Guide Hall Echuca Road Mooroopna at 9.15am. The wetland is 100% full at present so will still have water when we visit.

Don Roberts – Mobile: 0448889224 or Marg Clarke – Mobile: 0429350875

SCIENCE MATTERS

After the Atom part 1 and 2: Monday 20th March at 1.30

Continuing from the February session, Greg will present the second part describing how the atom and the various sub-atomic particles work. He will discuss the simple experiments that have provided evidence for our understanding over the last hundred years or so, and include current graphics for our enlightenment.

Greg will explain cathode rays, x-rays, the electron, alpha beta and gamma radiation, the electromagnetic spectrum, cosmic rays and dark matter. There will be explanations of the periodic table, the synchrotron, the large hadron collider and other ways of investigating our universe.

Hope to see you there.

John Bush – Mobile: 0408 290 751

MONDAY LUNCH GROUP

The GV Hotel is the venue for the lunch group during the month of March. People will gather on the 6th, 13th, 20th and 27th at 12 noon for a meal, a drink and a friendly chat. Limited parking is available on High Street. Plenty of parking is available in the car park at the rear of the hotel with entry through the gaming venue. All U3A members are welcome to join the group. Just let Gail know so a place can be reserved for you. Please ring a few days before the group meets.

Gail Jelliff – Mobile: 0400 531 856

COMMUNICATING WITH TECHNOLOGY

We have finally managed to start up again. All classes have filled very quickly. However, numbers change over time and some class members need a total break for a variety of reasons. Therefore, should there still be members who would like to attend classes, there is a 'waiting list' and can be slotted in if someone is going to be away for a while. Please get in touch if you want to be added to the list and be prepared for short notice ability to attend a class.

David Muir – Mobile: 0414 881 369

SCAMMING ALERT

There has been a significant rise in the number and sophistication of scamming phone calls, emails and in particular text messages. Apart from assisting a few U3A members, over the past couple of days I have received a number. Following is the last one I received: “Hi Dad just a quick message to let you know about my new number, whatsapp me on <https://wa.me/+61478152846> once you get this so I can update my contacts.” (note: there is usually incorrect spelling or grammar)

This link (you can click on this one) <https://www.accc.gov.au/media-release/accc-warning-of-suspicious-messages-as-hi-mum-scams-spike> will give you more information if you want check out the “hi mum” scam. Also refer to www.scamwatch.gov.au

There is no problem with opening the actual text message/email, however, a common feature of each of these scam messages is the use of a clickable link. This is where the problem comes for the receiver. **DO NOT CLICK ON THE LINK!** In doing so, you will give the sender access to your phone/laptop/computer/tablet/iPad and possibly then onto your bank account.

Other types will have come from someone who may have already been hacked, and so you will recognise the name of the supposed sender. Again, there will be a link you are being asked to click on. **DON'T!** If you are unsure, phone the person who has sent the message. No name? Delete!

I am here to help. if you are unsure of what to do or want to any other issues you may have, give me a call.

David Muir – Mobile: 0414881369

SOCRATES CAFÉ

Monday, March 27th commencing at 10 am

The topic for March is “The Trolley Dilemma” – a light hearted look at a common Ethical Dilemma to be led by Graeme Hanigan.

Tina Hanigan – Mobile: 0416 156 945

NATURAL RESOURCES AND REGIONAL DEVELOPMENT

I am confident our U3a year will commence with two memorable sessions. Both will enable people to be very much part of the discussion. In fact we expect this because involvement is key to making sessions relevant.

Please encourage members who may not be traditional Natural Resources & Regional Development attendees to come along not only for their own benefit, but also so we can have a good audience out of respect to our speakers who give freely of their time in preparing and presenting material.

Friday March 3 10am Goulburn Broken Catchment Management Authority: **Helen Reynolds**

Helen has been associated with various committees of the GBCMA for over a decade and in recent years has been Chair of the GBCMA Board. The initial part of her address will remind members of the responsibilities GBCMA has to people living in our region, and secondly, of external accountabilities. The budget and organisation that achieves this will be briefly outlined.

The main part of the session will be given to discussing members' enquiry about Natural Resource Management in our area, including flora and fauna, waterways, sustainable irrigation, aboriginal access to water and many other possibilities.

I hope members find a few minutes to access the GBCMA website to prime their thinking for the session. For instance, the GBCMA Annual Report is certain to alert you to some points that could be pursued in discussion with Helen.

Friday March 10 at 10am **Bees and Honey: Garry Beavis**

After graduating from Dookie in the early 1970s Garry worked at the Department of Agriculture Kyabram Irrigated Research Station. He then proceeded to several years of dairy farming and in more recent times has been an apiarist.

Garry's analytic approach meant he thought through the business and technology of bee keeping in some detail. Now that he is coming toward the end of his career with bees, he has a wealth of knowledge to share, and be assured, he does this well.

I am certain you will go home with new insights into the honey industry. I also invited Garry to bring along some of his produce which will be available in 1 Kg and 1.5 Kg packs at around \$15 to \$20. You may even convince yourself you should acquire a hive.

Barry Croke – Mobile: 0488058231

YOGA

Starts Friday 24th February 8.45 to 9.45 am

6 weeks of Yoga, 1 hour class time, on the mat or on a chair (depending on the individual's preference) and \$5 per class

Time: Friday mornings from 8.45 to 9.45am starting February 24th ends March 31st

Contact: Annie Mob: 0480 364 855

COURSE DESCRIPTIONS AND TIMETABLE DOCUMENTS

With this edition of the GUV3A newsletter are the updated Course Descriptions and Timetable. These have been attached with your email as separate documents for your information, as there is a new course added and a number of changes made to the previous documents you were sent last month. [Mail only members can pick up a copy in the foyer]

UPCOMING EVENTS

Smart Screen

If anybody would like some instruction on how to use the Smart TV screen at the hall let me know and I will arrange a lesson.

Greg Barnes - Mobile: 0438 569 611

WINE TASTING AND LUNCH AT TAHBILK WINERY APRIL 27th, 2023

More details to come. We aim to hire a bus again, but need a driver with an SR or MR license, depending on numbers. Please let me know if you can assist.

Call Anne White – Mobile: 0438202799

POSITIVE AGEING ADVISORY COMMITTEE

The Greater Shepparton City Council, in consultation with the Positive Ageing Advisory Committee, **our valued community and key partners**, are developing a Positive Ageing Strategy.

The strategy will assist/create a more vibrant, cohesive community that celebrates and incorporates positive ageing for our senior community members of all ages. We want to be a welcoming place for our ageing population now and into the future and provide appropriate services to meet our community's needs. We are seeking input via workshops, public consultation and survey.

The results of this consultation will inform the development of a four-year strategy. Dates and venues for the consultations in February/March, can be found on this website

<https://shaping.greatershepparton.com.au/positive-ageing-strategy>

John Canty
U3A Goulburn Valley, (Community Representative)
Positive Ageing Advisory Committee.

ART. CRAFT & PHOTOGRAPHY EXHIBITION

Saturday, May 6 & Sunday, May 7

Entry forms will be available in the foyer or from your group leader next week and can be returned to your group leader or Gael Thompson.

Get your entries together and let's have a great exhibition.

IS THIS YOUR PAYMENT?

A membership payment of \$60 was paid on February 15th from Bankfirst with a reference no. 0199587539 and a notation of 2023 U3A fees. No name was attached in the reference line. If this is your payment, please contact Kerrie Midgley, Treasurer – Mobile: 0439511929.

Many thanks from Kerrie

2023 Membership Fees are now due

BANK ACCOUNT DETAILS

The U3A yearly membership payment is now due for 2023. The fees are \$60 and can be paid online. Use:

General account: BSB 633 000 Account number 127742898

Please place your name in the reference line. Alternatively, you can place your money in an envelope with your name clearly marked on the envelope. Then put the envelope in the small box on the wall beside the office door.

Use the Trip account to pay for trip fees through the internet please use the account numbers below and use your name as the reference.