

## CONTACT DETAILS

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#### ACKNOWLEDGEMENT

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



## MESSAGE FROM THE PRESIDENT

Allan Wilson

Hello to all Members

The spring months have brought the usual busy sequence of special events. The first of these was our Forum on 'Ageing Gracefully' last week. We had a packed house of 120 members and visitors to hear a line-up of excellent speakers and to eat a fabulous boxed lunch. Unfortunately, we had to turn some people away. You will see the details later in this newsletter, so sufficient to say here that it went off extremely well. Thanks to the many volunteers involved in planning the event and helping on the day.

Our next event is our annual Cup Day lunch on November 5<sup>th</sup>. This is an occasion to dress up, bring along some bubbly, take a chance on the \$1 and \$2 sweeps and view the great race together with convivial company. There will be the usual fashion parade, so hats are in order. Entry is \$10 at the door along with a sweet (A-M) or salad (N-Z).

Bookings are also being taken now for our 2020 six day bus tour of Canberra and Cowra next March. The tour will take in all the highlights of our capital. You may have been to Canberra before, but there is always something new. For instance the War Memorial has redone its WWI exhibition and there are many new interactive displays where you can sit and absorb the atmosphere of a battle or event. You might like to stop and research the war history of a relative, or listen to the story of other special servicemen. The value of the trip is enhanced by the company of like-minded friends. The booking sheet is in the foyer at the hall.

On December 3<sup>rd</sup> we begin the countdown to Christmas with a midday dinner at the hall. Roving Roast Catering will again provide the dinner with their excellent hot meats and vegies. This event will cost \$30. Reserve that date in your diary.

Allan

## UKELELE GROUP



The inaugural Monthly Ukulele Perpetual Award was presented to Greg Barnes on Monday in appreciation for his initiative and creativity developing the U3A Ensemble's signature tune.



## NATURAL RESOURCES

**FRIDAY NOVEMBER 1, 10am U3A Hall**

**GUEST SPEAKERS:** Chris Norman, Chief Executive Officer & Kate Brunt Business Development Manager GBCMA

**SUBJECT:** The Goulburn Broken Regional Catchment Strategy guides land, water and biodiversity management and community involvement in the Goulburn Broken Catchment. The current Regional Catchment Strategy (RCS) is now up for review. The two-year RCS Renewal Project (2019 -2021) is delivered through a partnership approach involving key agencies, stakeholders and community.

**The session aims**

- Have your say on the current RCS – what works and areas for improvement.
- Provide input into the renewal of the GBRCS – project design, stakeholder engagement and key catchment issues.

John Dainton ph. 58213881 or mob 0417 549 502

## REGIONAL DEVELOPMENT

**FRIDAY NOVEMBER 8, 10am U3A Hall**

**GUEST SPEAKERS:** Don Roberts, U3A Bird Watching Group and Russell Jones retired dairy farmer and keen photographer.

**SUBJECT:** Russell has turned 40 acres of his property into a nature reserve and Don and Russell will take you through the changes occurring to the wildlife on the reserve by word and photography.

John Dainton ph. 58213881 or mob 0417 549 502

## HISTORICAL STUDIES

**MONDAY NOVEMBER 11, 10am U3A Hall**

John Hetherington will give a further talk on Antarctica. All Welcome.

John Dainton ph. 58213881 or mob. 0417 549 502

## **SOCRATES CAFE**

Socrates Café sets out to contemplate life's most perplexing issues and on November 25, Barbara Brown will lead/initiate a discussion on the question: "Would it be more or less difficult to be successful in the modern world than 100 or 1,000 years ago".

Socrates Café starts at 10:00 am so come along, enjoy a tea or coffee and a biscuit, and a vigorous, and rewarding conversation.

Questions about Socrates Café should be directed to the course leader, Robert McLean, and 0400 502 199 or email at: [r.mclean7@icloud.com](mailto:r.mclean7@icloud.com)

## **BIRD WATCHING**

The last outing for the year on November 20th will be a morning at Lower Goulburn National Park Reedy Swamp, the wetland as from October 9th has water flowing in, so by the time of our visit it should be wonderful. Please meet at the U3A Hall at 9am. Please contact Don Roberts 5825 2404 0448 889 224 or Marg Clarke 0429 350 875.

The August outing was a joint outing with Benalla U3A Bird Watching Group the venue being Reef Hills State Park, some of the birds observed were Australian King-Parrot, Little Lorikeet, Eastern Spinebill, White-plumed, White-naped, Fuscous and Brown-headed Honeyeaters, White-browed Scrubwren, Buff-rumped, Brown, Yellow, and Striated Thornbills, White-browed Babbler, Varied Sittella and Flame Robin.

The September outing was at Rushworth State Forest, Whroo Historic Reserve and Waranga Basin where we observed a variety of species some being, Noisy Friarbird, Grey Currawong, Crimson and Eastern Rosellas, Musk Lorikeet, White-eared Honeyeater, Pied Stilt, Red-kneed Dotterel, Whiskered Tern, White-bellied Sea-eagle, Australian Hobby, Purple-crowned Lorikeet, and Red-capped Plover.

The October outing was at Shadforth Reserve and Honeysuckle Creek Walk both in Violet Town, some of the birds observed were Australia King-Parrot, Crimson Rosella, Noisy Friarbird, Yellow-faced, Blue-faced, White-plumed, New Holland, and Brown-headed Honeyeaters, Collared Sparrowhawk, Weebill, Yellow, Yellow-rumped and Striated Thornbills, Rufous Whistler, Grey Butcherbird, and Red-browed Finch.

## **MONDAY LUNCH DATES**

On Monday November 4th we're trying out The Butter Factory in Wyndham Street. The next Monday, November 11th, we're off to King City in Corio Street. This will be followed by The RSL on November 18th. The last gathering in November is on the 25th when we will gather at The GV Hotel. All U3A members are welcome to come along for a meal and a chat. Ring Gail on 58211315 if you have any questions.

## **Live Life, Live Well Forum: The Art and Practice of Growing Old Gracefully.**

The forum was held last Wednesday and attended by 120 people. The U3A hall was filled to capacity and we enjoyed some inspiring talks from members of our own community as well as Associate Professor Christina Bryant from the University of Melbourne.

Our former state member for Shepparton, the Honourable Jeanette Powell showed us that “retirement is just a state of mind” and warned us that leaving a very busy job and doing nothing much, can be bad for your physical health and mental wellbeing. She explained how she has filled her days not only gardening and babysitting but also continuing to be active in responsible positions in community organisations on a voluntary basis. Her talk was invigorating, interesting and inspiring.

Christina Bryant discussed the Art and Science of Maintaining Wellbeing, by adding Life to years, not just years to Life. Subjective wellbeing has 3 components: satisfaction with life, experiencing positive feelings, and not experiencing too many negative feelings. She defined what is successful ageing, “if you are happy and satisfied with your life”. She stated that we are adding years to our lives with Australia having the 3<sup>rd</sup> longest life expectancy after Japan and Switzerland, and that after retiring at 65 we can expect to live another 20 years. Some people who retire at an earlier age have a better and more satisfying retirement, perhaps because they plan it better rather than being forced to retire because of ill health etc.

Research has shown that it is not normal to be depressed just because you are old and if you are feeling down you should seek advice from your GP. It is also important to have regular physical check-ups with your GP. Sometimes depression can be related to health problems such as high blood pressure.

Sleep. The importance of a good night’s sleep was emphasized. This can be difficult as we age with calls of nature, sleep apnoea, indigestion and worries. Many of these can be addressed. An afternoon nap is not helpful.

Thinking and Memory – Some things get better. Our brains become more densely wired and although our reaction time or memory retrieval may slow down, capacity for complex thought can continue to develop. We learn to see different sides of a story. We can become WISER! Many people worry about their memory as they age. Poor memory of recent events is not usually due to a disease process but rather to lack of attention. “Much forgetfulness is because we are distracted”, we are not concentrating well enough, at the time, on the thing we need to remember.

Christina urged us to maintain our wellbeing by following her mnemonic “MY TREAT NOW” which included not smoking, “what’s good for the heart is good for the brain”, exercise regularly, eat more fresh fruit and vegetables as well as plant-based protein. She encouraged us to remain socially connected and do what we enjoy and are meaningful with other people, perhaps learn a musical instrument, a new language or a new dance step. You need to look after your friendships and family relationships as much as possible.

Sing Australia choir entertained us with a wide selection to get our toes tapping and our voices tuned up. This was to also demonstrate the power of music in older age to communicate, engage and stimulate our brain.

After a delicious and nutritious lunch, from the Connection, organised by Sue Walmsley and her team, Lyn Davidson, from Aquamoves talked about her life as a fitness instructor and gave us some tips on staying fit as we age. She used her own life as an example of

the benefits of exercise at any age. She was supported by Glenys Rokahr who recited a little ditty on her health since turning 70 called “The Seniors Day song”, which was amusing and called on us to join in the chorus. Lyn also suggested that we try exercises in water to reduce impact on joints and do things in the water that are too challenging on land, with our bodies buoyed by the water.

Ray McDonald was chosen to speak because of his remarkably active life since he retired from full time teaching almost 30 years ago. At 84 Ray is truly an inspiration to us all. Since retiring he continued to work overseas as a volunteer teaching building and carpentry skills in developing countries. Lately he continues to be actively involved in the Men’s Shed making exquisitely decorated boxes and wooden 3-dimensional puzzles which definitely require an active mind to both assemble and disassemble.

Our final speaker for the day was Greg Barnes, a past president of our U3A and currently our course co-ordinator and regional delegate. Greg was tasked with identifying courses, groups and places attendees could find something new to do. It was an entertaining talk for all, mainly focussing on U3A options. In our take home notes, Greg had included a list of other venues in the Goulburn Valley in which we could find other groups and activities which may be of interest.

Finally, Christina gained the podium again to assist us in setting some realistic goals to make identified changes to our lifestyle whether it be walking each day, improving your Italian or joining the gardening group.

The emphasis of the Forum could be summed up in these 3 simple messages:

1. Activity: you are never too old to try a new activity, be curious.
2. Health: exercise and healthy eating are important at every stage of life.
3. Friendship: Friends, Family and Social Connections are extremely important in keeping life meaningful

Or in a few words..... Have fun, enjoy life!

The talks are available as podcasts on our website at <http://www.gvu3a.com.au/events>



## SCIENCE MATTERS

**Monday November 4th** at 1.30: Chemistry in the Market Place with Nigel Liggins. Nigel will continue his series of talks with an emphasis on **Cooking Oils** and begin to look at the **Chemistry of Cosmetics**.

**Monday November 18th** at 1.30: Our STEM class will be on **GM Foods** and **Eating for a Healthy Gut**. The next generation of GM foods come with health and flavour benefits. Think of good gluten, oils rich in beneficial omega-3, tomatoes that stay fresh, apples that don't brown, bananas that are high in Vitamin A and high fibre white bread. Just some of what is in the pipeline, yet none are approved for growing in Australia. Why not? There is certainly no evidence of harm. Perhaps it is the yuck factor, or opposition from the Organic Foods industry. Opinions abound, but opinions are not science. What is the scientific view?

And what about eating for a healthy gut? Gut upsets may not about gluten at all but could be about FODMAPS. What is a Fodmap? Come along and find out.

Contact Allan Wilson 5822 1474

## WALK AND TALK

On Wednesday November 13 we will be walking at Benalla, starting at the Rose Garden, walking around the Lake then back to the barbecue behind the Rose garden to cook our sausages and eat lunch. After that we will walk around the streets to see some of the Street Art that Benalla has to offer.

Please meet at the U3A Car park at 8.45am for a 9am start in shared transport. Bring your own morning tea and sausages for lunch with extra bread and/or salad. David will cook the meat and will bring extra sausages. Wear clothes suitable for the weather conditions of the day and bring sunscreen and water to carry if you wish.

Our October walk in Bright was once again held in perfect Spring weather along two sides of the rippling clear water of the Ovens River. Thanks to David Taylor for organising a very enjoyable day. Marg Clarke's photos are attached.

New members are always welcome. We will be walking on flat ground this time in Benalla. In December we will be walking to KidsTown and planning for next year's activities.

Enquiries to Christine Wilson 5822 1474 0428 399 648



## U3A ANNUAL BUS TRIP 2020

You are invited to join the U3A trip to CANBERRA from Monday 16<sup>th</sup> to Saturday 21 of March 2020. Departure will be from Fords bus Depot at 8.00 am. Car parking will be available.

All U3A members are welcome, along with partners and friends who are non-members. A minimum of 25 persons is required for the trip to proceed. Shared and single accommodation will be available. Please place your name(s) and contact number in the blue folder located in the foyer if you intend to join us.

The trip allows for 4 nights in Canberra and 1 night at Cowra, arriving back at Shepparton on Saturday 21<sup>st</sup> 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 will be \$1250 per person twin share with a minimum of 25 people and \$1600 for a single room (both reduced by \$50 for over 30 people). A deposit of \$200 per person will be due by Friday December 6<sup>th</sup> and the final balance by Tuesday February 11<sup>th</sup> 2020.

Payment can be made by cash or cheque deposited in the mail box by the office door or by cheque posted to PO Box 14 Shepparton 3632. Please mark the envelope with your name and "Canberra Trip". Or direct deposit to the U3A trip account BSB 633-000 Acc. Number 129896049. Please include your surname and the word "trip" in the reference line.

Ray Watt 0439 716 420, Carole Trotter, 0407 231 348, Bryan Gannon 5822 2113

## OPERA

Turandot next Sunday October 27. Manon November 23. Contact Madeline on 0417 580 025 or [dyerm979@gmail.com](mailto:dyerm979@gmail.com) for further information.



**2019 CUP DAY LUNCHEON – TUESDAY, 5 NOVEMBER  
at the U3A Hall**

**11.30 am for 12 noon start**

**\$10 per head – payable on the day**

**Lunch: Chicken, Ham Bread and Nibbles provided**

**BYO Drinks, glasses and a bottle opener**

**Members surname A – M to bring a sweet**

**Members surname N – Z to bring a salad**

**Fashions on the Field**

**\$1 and \$2 sweeps**

**Lucky door prize**

**Put your name on the list in the Hall for the FUN DAY**

**CHRISTMAS LUNCHEON – TUESDAY, DECEMBER 3, 2019  
at 12 noon at the U3A Hall**

**\$30 per head – payable prior to the day**

**Traditional Christmas Lunch provided by**

**The Roving Roast (nibbles also provided)**

**BYO drinks, glasses and bottle openers**

**Names must be in by TUESDAY, 26 NOVEMBER**

**Come along and enjoy this great lunch**

**OCTOBER GUEST SPEAKER**

The true history of the beginnings of white settlement in Shepparton were revealed by John Dainton AM when he was our guest speaker at our October Social morning. John pointed out that many of the histories written about early white settlement in Shepparton have relied on previously published accounts. However new research into original documents with specific dates show that it was Sheppard and not Khull who was the first settler. Documents show that Khull was in Scotland at the time. Thanks to John for an interesting talk about the people involved in owning and settling the large pastoral runs in our area and the subsequent building of our city named after Sheppard.

## WRITING4PLEASURE

It was great to see a good turn up for our September meeting. Those present on the day, read and listened to an interesting and varied collection of stories.

The November meeting will be our **last gathering for 2019**

We meet at **1.00 to 3.30 p.m.**

On the **THIRD THURSDAY** of each month,

**Venue - Shepparton Library meeting room.**

A small donation of \$2.00 per meeting will continue and go towards the cost of printing our end of year book.

**Topics for NOVEMBER:**

- **WHO WOULD HAVE GUESSED**
- **THE NIGHT BEFORE CHRISTMAS**
- **WORD - WHIMSY**

**PLEASE KEEP THE WORD COUNT FOR NOVEMBER only - AROUND 250 WORDS - TO ENABLE US TO ENJOY SOME CHRISTMAS CHEER.**

**SURNAMES FROM A – L PLEASE BRING SAVOURY  
SURNAMES FROM M – Z PLEASE BRING SWEETS**

**QUOTE for the month:** - *“If you can tell stories, create characters, devise incidents and have sincerity and passion, it doesn’t matter a damn how you write”.* –**Somerset Maugham**

**CONTACT:** Lyn Austin. Phone - **0468 312 602**

## IF ONLY

Eileen carefully inserted the key. Should have just knocked or rung the doorbell for him to let her in she wondered, vaguely. Leaning on the door as she closed it she surveyed the room; hers and Declan’s sitting room. Her eyes were drawn to something silvery white on the couch. She picked up the flimsy article which was a chemise; a very nice chemise which definitely was not hers! “Dec’, where are you?” She called in a querulous voice. No immediate answer. Was he upstairs? Was there someone with him? Could it be a woman? It was only then that she saw the high heeled shoe under the sofa. She took a quick breath and headed into the tiny downstairs bathroom. Almost immediately she could hear his voice outside. “What are you doing home Eileen? You said you’d be late!” “I felt sick. Must have been that fish.” She said coming out. “What’s happening?” His face was smeared with what looked like mascara. Her face asked more questions than she could speak. He hung his head and whispered, “You weren’t supposed to find out.” Turning, she locked the bathroom door, not able to look at this stranger she was married to. An hour passed, with him on the floor, outside the door as she crouched beside the toilet, inside. “Come out, Eil’, we can talk can’t we?” No answer. “Please, Eileen, I never meant to hurt you, come out and we can sort it out. I’ll never do it again, I promise please come out.” He just heard her say softly “Only when you shower.” Immediately he ran for the stairs and scrubbed as the shower did its work. As they faced each other in little sitting room she was first to speak, “At least you look like a man now.” “It’s only something I like doing, a pastime if you like,

Love” “Not exactly fishing, though, is it? Or football? How long have you been dressing up?” “It started when I was about thirteen, I think, but I always thought it would pass, particularly when we got married. I really thought it had gone.” “And you didn’t think to tell me?” “I thought you wouldn’t marry me if you knew.” “You were right, I wouldn’t have. Don’t know if I can stay married to you, either.” She sobbed. “I’m still the same, Eil’, still think the world of you.” “I need to think, try to sort out my feelings. Just leave me alone, please.” “I’m still just me, Love. It doesn’t make me less of a man.” For the next two days they avoided each other. It was difficult but they both worked and Eileen spent a lot of her spare time in the bedroom. On Wednesday she came out and sat opposite him. “Are you feeling better, Eil’?” He asked. “Not really” she said, “and I still don’t know what to do.” “I’ve told you Love, it’ll never happen again, I swear, and I still love you.” “I know but I don’t know how I feel about you. Put yourself in my position. You’d feel the same way.” Another dash to the toilet and he heard the now familiar sounds of stomach upheaval. Returning after five minutes she threw something to him which missed and hit the floor. Declan bent to pick up the positive pregnancy test and heard the misery in her voice, “You’re right, Dec; It doesn’t make you any less of a man!!!!”

MARY HENEGHAN

**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