

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

September 2017

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ACKNOWLEDGEMENT

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



MESSAGE FROM THE PRESIDENT

Barbara Brown

Recently local newspapers covered the 27 sports people nominated to the inaugural Greater Shepparton Sports Hall of Fame. Many notable sports people are represented but the stand out for me was Edna Harling, a winner of many bowling competitions including representing Victoria for 20 years. The oldest awardee, Edna now 103 years old, attended the recent dinner, walked briskly to the stage, spoke and returned just as briskly to her seat. What an inspiration to all of us as we age and to all of us at U3A who follow her philosophy of remaining physically active and mentally alert. Let's all give ourselves a big pat of the back!

August Social Morning Follow-up:

Our speaker in August, Rebecca Lorains, CEO at Primary Care Connect gave us a much better understanding of the services available at Primary Care Connect (PCC). In particular she spoke about the Gambling Help Program noting the huge amount spent gambling in Greater Shepparton during 2016-2017 -\$28.5 million and offered some suggestions if you suspect someone is gambling beyond their means.

Many questions were asked but one crucial question was not asked.

How do you access the services at PCC?

Here are the ways:

1. Walk in to the PCC office at 399 Wyndham Street between the hours of 8.30am and 5pm weekdays and ask to speak to an intake worker
2. Phone and ask for an appointment with the intake worker on 5823 3200
3. Use the self referral form on the website

www.primarycareconnect.com.au

If they can't help you directly they will do their best to find someone who can.

CUP DAY CELEBRATIONS

On Tuesday 7 November U3A members have the chance to celebrate Melbourne Cup Day with friends at the U3A hall. The doors will open at 11-30 a.m. with lunch to follow at around 12 noon. Lunch consists of cold chicken, ham and salads followed by dessert. Members pay \$10 for the meat and slices of bread stick. Members whose surname falls between A-M are asked to bring a dessert to share with others. Members whose surname falls between N-Z are asked to bring a salad to share with others. It would be helpful if you brought some servers with each dish. You are welcome to bring along something special to drink, glasses and a bottle opener. Tea, coffee and water will be available all day. The large screen television will be on in the hall so you can watch all the races, but particularly the Cup itself. Members are encouraged to select a horse in either a \$1 or a \$2 cup sweep. So bring along your loose coins on the day. A few fun activities will be organised throughout the day. Put your name down on the sheet. This will appear in the hall shortly. A fun day is assured for all.

Tuesday 5 September Social Morning: The Speaker will be Stephen Merrylees speaking about Powers of Attorney and Wills. Our Secretary Madeline has put out booklets about this subject recently received at U3A. Please pick up copies when you come in and if they run out more can be ordered.

Missing Member U3A - Have you paid your membership to join U3A and not yet received a receipt? There is one member who did not put their name with their money. If you are a new but have not received a receipt for your membership please contact treasurer Carole on 5823 1348 or crtrrotter2@gmail.com Our membership is now 324.

Do you want to rid your home of unwanted chemicals?

The Victorian Government is offering a FREE collection of home chemicals and poisons Toxic household chemicals - such as solvents, poisons, cleaning products, fertiliser and car care products - can be safely disposed, at no cost, on 'Detox your Home' collection days in Melbourne and across regional Victoria. Collected items are recycled for recovery and diverted from landfill.

The 'Detox your Home' service is for household chemicals only. There's no restriction on the number or volume of household items that you can bring, however

- The maximum acceptable weight or size of any single container is 20 kilograms or 20 litres
- Decanting isn't permitted, so bring chemicals in disposal containers

When? Saturday 2 September 2017 - 10am to 12pm

Where? The [Shepparton Resource Recovery Centre](#), Wanganui Road, Shepparton.

For more information visit the COGS website, call Sustainability Victoria on 1300 363 744, or call the Shepparton Resource Recovery Centre on (03) 5832 9348.

Seniors Week this year is from 8 October – 15 October, 8 days of free public transport and many other free and low cost activities.

Trivia Night: Friday 12 September at 7.30pm - make sure you don't miss out.

The Australian Hearing Services (AHS) are offering free hearing tests to a group of U3A members. They would come to the U3A hall to conduct the tests. If there is enough interest a suitable time will be arranged with AHS.

A gentle reminder to check that lights, heating/cooling, fans and taps are off before you leave the hall.

I will be away from mid-September to early October enjoying the beauty and sights of New Zealand. Look forward to catching up once I return.
Barbara Brown

Bird Watching

Our September 20 outing will be at two venues, Doctors Swamp Murchison and the eastern section of the Rushworth State Forest, this is a full day outing so please bring your lunch chair etc.

Please meet at the U3A hall at 9am, please contact Don Roberts 58252404 048889224 or Marg Clarke 0429350875

John Dainton has invited our group to join with his Natural Resources group on Friday 13 October on a bus trip to Dargile Forest Heathcote, Lake Cooper and Greens Lake Corop (see below).

Learn To Play Bridge

Bridge is played at U3A on Wednesday afternoon, Monday night and Saturday afternoon. We also host special events for the Northern Region as well as team competitions with other clubs. Our membership is growing and we regularly have 20-30 players on a Monday night - our main competition night. We are a very social group, and have fun playing bridge but always find time to talk about other stuff.

If you would like to learn to play bridge, a four week course will start on Wednesday 11 October. Each lesson will run for 2 hours from 6 to 8pm. The course is suitable for those with no previous experience and also for those seeking to refresh their bridge skills. Players start playing 'minibridge' in first lesson. This allows participants to play bridge and have fun playing the cards right away. From week 2 we teach players, based on Paul Marston's book 'Introduction to bridge - 5 Card Majors'. Copies of the book will be provided at a reduced cost to participants.

After the 4 week course you will be invited to play supervised bridge for a few weeks at the same time to fine tune your newly acquired skills. Experienced players will be available to assist with the bidding on difficult hands.

The bridge group is hosting the Northern Region Grand National Open Teams Competition on Sunday 27 August, open to all teams in Northern Victoria. We are also having a social night with the Echuca and Nagambie bridge clubs for a bridge teams competition and supper on Wednesday 4 October.

For further information contact Derek Poulton email dcp.klp@gmail.com, 58254112 or on the web www.wix.com/sheppartonbridgeclub/2014.

Enjoying Literature

Our next gathering will be Monday August 28th at 2pm. We have completed our viewing of The Merchant of Venice and next meeting will continue our discussion of our reactions to this play considering the relevance of Shakespeare in our world today. We will move on to delve into the topic of "What is good literature?". We are always open to any U3A members who would like to join our friendly group!. Helen West 58214802 or 0411 457 462

Writing 4 Pleasure

Several of our travellers have returned from their winter exodus and should have some good stories to tell/write. The theme for September is "Going Home". Should be interesting. We meet on the third Thursday of the month. New members welcome. 1pm to 3.30. Mary Heneghan. 58316997.

Science Matters Monday Sept 18 at 1.30pm

In September, Science Matters will explore the application of “*Top Predator Theory*” for wildlife management. It has been successfully applied to the return of wolves in Yellowstone National Park in the USA. Would it apply to the management of Foxes in Tasmania and to Dingos in mainland National Parks? Foxes are thought to be absent or rare in Tassie. Have they been kept out by quarantine or through predation by Tasmanian Devils? Kangaroos are in plague numbers in some of the outback National Parks of NSW. Would the re-introduction of Dingos restore the balance and allow the vegetation to regenerate?

Allan Wilson 5822 1474 0427 399 648

IPad Classes

IPad Classes will resume on Friday, 1 September from 1.30pm and continue this semester each Friday until early December.

For those with limited experience, we will cover BASICS in the first hour from 1.30pm to 2.30pm. New people always welcome. Just bring your own iPad, fully charged, and a notebook and pen. Then from 2.30 to 3.30pm the iPad Users Group will discuss and try out new things on their iPads. So please come armed with lots of ideas and suggestions. New people welcome. Please Note: These classes are not suited to Android Tablets (Samsung, etc).

Carmel Naughton Ph 5821 6807 or 0458 216 818

Natural Resources

Friday September 1, 10am U3A Hall

GUEST SPEAKER; Dr. Jenny Wilson, Strategic Landscape Planner GBCMA

SUBJECT; There are many aspects to consider when trying to manage land across large areas so that it conserves most of our unique flora and fauna into the future – there are social and economic considerations as well as trying to determine what species require to survive, and then there is threats to species, such as pest plants and animals and climate change that change over time and space – and where should we work anyway? I will discuss some of the issues we face and how we are prioritising what we do using the best available science to inform decision making.

Friday, September 8, 10am U3A Hall

GUEST SPEAKER; Matthew Collins, Manager Product & Solutions Rubicon

SUBJECT; Rubicon then and now.

BUS TRIP, Friday October 13

Dargile Forest Heathcote, Lake Cooper, Green's Lake day trip.

Departs Ford's Bus Depot Telford Drive Shepparton 8.30am returns approx.. 4.30pm

Trip will include speakers on the box iron bark forest, the nest box program and an ecologist for a bird talk and walk, environmental watering program and management of Green's Lake.

Lunch provided by Heathcote CWA

Cost \$30. Money required by October 6 Natural Resources Meeting.

John Dainton 58213881

HISTORICAL STUDIES

On Monday 11 September at 10am Greg Barnes will present his third paper on "The History of Science and Religion". All welcome. Contact John Lawry 58231704 or jrlawry@bigpond.com

SOCRATES CAFE

On Monday 25 September at 10am the topic for discussion is "**Complacency**. Are we too laid back, leaving it to others to sort out the problems?"

All welcome. Contact John Lawry 58231704 or jrlawry@bigpond.com

Walk and Talk

On Wednesday 13 September we plan to be walking in the Warby-Ovens National Park on the Friends Track. We will meet at U3A at 8.45 for a 9am start in shared transport. Please bring everything you need for the day, including morning tea and lunch, water to carry, strong shoes with a grip and wear clothes and hat appropriate for the weather of the day. A hiking stick could be very useful. A camera and binoculars can be useful too for there should be lots of wildflowers and shrubs in bloom.



Our walk at Reef Hills in August was enjoyable among the wattles as Marg Clarke's photo shows. We would welcome any new members who would like to join us on our walks. It is a good way to spend a day in the bush and a good way to meet new people.

Christine Wilson
0428 399 648 5822 1474

Dance and Learn

Commencing on Friday, 8 September, at 5pm, Linda will commence her Dance and Learn classes at 14 Esson Street.

Due to the Trivia Night being held the following Friday, 15 September, there will be no class that week. Recommencing on 22 September, and then including non-members, there will be classes every Friday afternoon from 5 to 8pm. You will have the opportunity to learn Old Time and Nu Vogue under Linda's expert tuition after which these classes will be incorporated into a social format, creating a fun learning environment for the evening. There will be a break for a light shared meal around 6.30-7pm. Tea and coffee will be provided. The cost of the lessons will be \$5 for U3A members and \$10 for non-members.

Dancing is a great form of exercise and we are offering the opportunity to refresh your memories of your early days at the local dance. Come and enjoy the music and the fellowship and get your feet tapping. Enquiries: Jan Maude Ph 0428597794

Snowy Mountains Trip

Kevin Jordan reminds people that intend to travel on the March 2018 Snowy Mountains Tumut Tour March 2018 that a deposit of \$200 per person is due now. Brian Gannon has accepted the role of trip treasurer and will be happy to receive your deposits to ensure your place. Please place money or cheques in the box to the left of the Office Door or give it directly to Brian.

Multiculturalism Course

The Multiculturalism in Shepparton Course has finished although we hope to re-schedule a visit to the Islamic Museum possibly late October and may partner with the friends of SAM who are also planning a tour there. More information will be available shortly and any member of U3A will be welcome to attend. Those attending the last session are keen to continue with occasional speakers and visits and I will work on that over the next month or two. Monday continues to be the preferred day for those attending. Thank you to all who attended for your enthusiasm and reflection on our local society.

First Aid Course – Expressions of Interest

Interest has been expressed to run another First Aid course with the focus on CPR and use of the defibrillator. Please put your name down if you are interested once the sheet is placed in the foyer.

CANINE CAPERS

We cancelled the last walkies because of the cold. I could not get a dog for Katie so advertised in the Shepp News for one. Joy of joys a beautiful Papillon was offered and he had a perfect bight, was true to breed and had a loving nature. BUT Katie must have been past her use by date because she rejected him. BUT unknown to me Hannah was also on heat. They tied 7 times that I knew of and what the lascivious beasts got up to in the night while I slept God only knows. BUT I expect puppies at the end of September. Katie will be 6yrs old in May next year so I may spay her. The puppies of Hannah and Pepe (not La Pu) are true designer dogs. Dog book recommendation "affectionate, dainty size, good house dog and usually strong and healthy - as Hannah is. Next walkies scheduled for the 4th of September, at the lake, Southern end. PS. seems Hannah has morning sickness so I guess she is pregnant. Babies would be due end of September.

Janiene 0409 337 520 or Jeanette 0438 214 808.

Monday Lunch Group

During the month of September the lunch group will be meeting at the following venues at 12 noon. September 4th - The Shepparton Club, September 11th - Miller Place, September 18th - The Sherbourne Hotel, September 25th - The RSL Club. Come along and share a meal with friends. Enjoy a chat. All U3A members are welcome.

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