

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

April 2017

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Wendy Lovell for the printing of
this newsletter.



MESSAGE FROM THE PRESIDENT

Barbara Brown

We have had a good start to the year with most courses underway and additional courses, Dancing and News and Current Affairs, have commenced. Sincere thanks Greg for your leadership and commitment to the GV U3A over the past 2 years. Always enthusiastic Greg has been a great promoter of the benefits of U3A. He will continue his contribution as Course Facilitator. Thank you to the 2016 committee members for their work over the year and all but one has re-joined the Committee this year. We welcome two new members John Hetherington (elected as Vice-President) and Sally Parker and look forward to their contribution.



Encouraging New Members

As I accepted the U3A Presidency at the AGM I looked across the room and marvelled at the knowledge, experience and wisdom present. How fantastic it is to see this played out in all of the 34+ courses as members enjoy learning something new, continue to practise languages, writing or bird watching or seek something outside their comfort zone! However, there are also many lonely people who could benefit from the courses and the new friends and fun that can be had at U3A. Many join because one of the members has told them about U3A and once they come along most are hooked. I encourage you to promote U3A when the opportunity arises and hopefully we will see our membership numbers grow.

Health Forum

An email arrived in my inbox this week that may be of interest to members. It concerns a forum about the Safe and Appropriate Use of Prescription Medications. I was shocked to learn that in Victoria, prescription medications have consistently contributed to more overdose deaths than either illicit drugs or alcohol. If you are interested in finding out more see the details below.

Safe and Appropriate Use of Prescription Medications Forum

A Forum aimed to educate and inform the community around the safe and appropriate use of prescription medications, focusing on medications most susceptible to misuse will be held on Wednesday, 29 March 2017, 6pm (for 6.30pm start) at the University of Melbourne, Medical School, 49 Graham Street. Light refreshments will be served. Registration is free. Please RSVP at www.scriptwise.org.au/get-involved or phone 5823 5400 to register your attendance.

Signing In

Our emergency procedures require you to sign the attendance book each time you enter the hall to attend a course. You'll see it on the stand just inside the hall. In an emergency that requires evacuation it is essential that an accurate list of all those in the building can be accessed quickly. It also helps with collecting attendance numbers for statistics. If the course you attend is at an outside venue the course leaders will provide a list for signing.

Multicultural Bus Tour hosted by Ethnic council

A reminder the Multicultural Tour is Wednesday 22nd March from 9am – 4pm. The bus will pick up at the back of the library at 9am. There is no cost for the day and lunch will be provided at the Afghan Mosque. We will visit Rumbalara Aboriginal Co-op, Turkish Mosque, Afghan Mosque, Iraqi Mosque and the Shepparton Sikh Temple. I encourage you to think of questions you would like answered – even write them down - as you will find at each place personnel who will be happy to answer your questions. If you are unable to attend please let me know. I have booked in all those on the waiting list and there are still some seats available if you would like to attend.

Health and Lifestyle Feedback

The VicU3A newsletter is calling for your U3A Health and Lifestyle course experiences at U3A. The first edition for the year of U3A Education Matters (UEM) is interested in hearing your stories about courses that fit under health and life style. Do tell your story about any of your courses that you think come under this category. Possible topics borrowed from some U3A's program offerings include "Dancercise", "PANDI GAMES", "Know your Body" and "Cognitive Dysfunction after Surgery and Anaesthesia". The 4th Health and Wellbeing Edition will be published early in April and the Network Education Committee would appreciate your contributions by the end of March. Please email your story or queries to u3anec@gmail.com with the Subject Line Health and Lifestyle Course. Note to Course Leaders: **Any member that attends a course that fits under the health and lifestyle area can send a story.**

Newsletter

And lastly, remember to pick up your newsletter when you are at U3A or check your email. It is the best way we have to tell members of any changes and additions each month. Remember your contributions to the newsletter should be mailed by 18th of the month to gvu3anewsletter@gmail.com

Until next month, Barbara Brown

Halving Electrical and Gas accounts

A pop up course (four by two hour class room sessions and two by two hour practical sessions) is being offered by Colin James on how to reduce costs of household electricity and gas. Most households consume at least twice the electricity and/or gas they need to. Unless a household is already actively applying energy saving strategies, at least 50% of energy consumption and costs can be saved for very little, often at no cost to the household through behaviour change, correct use of tariffs and retail discounts. Colin is the Course Leader of News and Current Affairs and has had 10 years of experience in the renewable energy sector. Please let him know by the end of March if you are interested in participating. Colin has more information about this course (ph 58265 366).

Bird Watching

The April 19 outing will be at Reedy Swamp Lower Goulburn National Park Reedy Swamp Road Shepparton. Please meet at the U3A Hall at 9am. Please contact Don Roberts 58252404 0448889224 or Marg Clarke 0429350875.

Our March outing was at Gemmill Swamp where we observed 27 species, including the Nankeen Night-heron, Sacred Kingfisher, Grey Fantail, Whistling Kite and White-faced Heron.

Enjoying literature

Our current topic is the author Ernest Hemingway. Our aim is to decide why he is considered such an important writer or even if we agree that he is! We are reading anything written by him or about him and may look at a film based on one of his novels in coming months. We will be meeting 27 March, 24 April and 22 May from 2 - 3.30pm.

For further information or Hemingway resources, phone Helen West on 58214802 or 0411 457 462

Singing For Pleasure

Do you enjoy singing in the shower or wherever? Have you thought about coming along to our Wednesday morning U3A singing group? No prior experience is necessary, no parts singing involved, no need to be able to read music and definitely no auditions!

Elva is our highly skilled conductor with years of experience and endless patience for those of us with lesser skills. She arranges all our music and has all the backing prepared making it very easy to follow. We plan to give a short demo of what we do at the May Coffee Morning. Yes, I know 9am is early but it is the most wonderful way to start the day and we just love our sessions. Do think about coming along!

Please note: We will have a break next week 22/3 due to the Multicultural tour and also during April (5th, 12th and 19th) Helen West 0411 457 462

Industry Tour Wednesday 24 May

Neatline Homes, Melbourne Road Kialla are pleased to show us what they do and how they do it. We will meet at U3A at 10am to arrange car sharing and to arrive at 10.30am for a tour lasting 1-1.5 hours. Twenty people. First in best dressed. There will be an enrolment list in U3A foyer and I will be at the April Social Morning to answer any questions. It should be an interesting trip given that the price of land

and of houses is rising so steeply. Because of car sharing: COST FREE unless you make a contribution for car share.

JOHN HETHERINGTON. 0419 319 339 jfh@mcmmedia.com.au

Science Matters Monday 24 April

The Science class for April will be held one week later than the normal third Monday to avoid Easter and 2 hours later to avoid other classes on that 4th Monday. The topic will be the science behind A2 Milk, as detailed in the previous newsletter. Allan Wilson 0427 399 648

Writing 4 Pleasure

Writing 4 Pleasure is flourishing. We have several new members and are always looking for more. This year we have compiled a small book with samples of our work for 2016. After distribution to our members, there are a couple left and are available for purchase at \$5 each. This month's topics are: 'Looking Through the Window' and 'Fresh Bread'.

Mary Heneghan. 58316997.

Bridge Champions on the Gold Coast



Nick Walsh and Derek Poulton won the novice pairs bridge competition in the Gold Coast Convention in February. They were the best placed mixed team in the novice teams competition (4th overall), where they played with Jim Skeen and Lisa Yoffa from the Waverley Club.

The Gold Coast Convention is the largest bridge convention in Australia and the 5th largest in the world – so this is a great achievement.

Nick and Derek run bridge classes for beginners and advanced players, so come along on a Wednesday afternoon and join us.

Derek Poulton 58254112

Proposed Multicultural Group

Those people interested in attending the group are invited to meet Thursday 23rd March at 11.45am at the U3A hall to discuss the day, time and course information. It will commence in Term 2. Call Barbara Brown if you have any questions or if unable to attend the meeting and still want to participate Ph. 5831 8447.

Scam emails

An interesting article from Tom Wong, Honorary Treasurer of Vic U3A, has been put on the general noticeboard. It shows how to distinguish a genuine email from a bank compared to a scam one

Natural Resources

FRIDAY APRIL 7, 10AM U3A HALL

GUEST SPEAKER, Keith Ward, Living Murray Project Manager
SUBJECT, Water management in the Barmah Millewa Wetlands and results of monitoring fish, birds and plants.

NO NATURAL RESOURCES FRIDAY 14 GOOD FRIDAY

John Dainton 58213881

Historical Studies

On Monday 10 April at 10am Bruce Lloyd will discuss the political career of John McEwen.
All welcome. Contact John Lawry 58231704 or jrlawry@bigpond.com

Socrates Cafe

The topic for discussion on Monday 27 April is Motivation. The question "Why" needs to be answered by everyone from time to time. It is important to be clear about why we choose to live the way we do.
All welcome. Contact John Lawry 58231704 or jrlawry@bigpond.com

Walk and Talk



Eleven members enjoyed the March walk in the Bright area. Marg Clarke's photos show the group at Myrtleford for morning tea and on the Chinese Bridge at Wandiligong.



On Wednesday April 12 we will travel in shared transport to Tallarook and walk the Rail Trail. Please meet at the U3A car park at 8.45am for a 9am departure. Bring your own morning tea and lunch and wear suitable shoes and clothes for the weather of the day. You may need water to carry and sunscreen as well. Christine Wilson 5822 1474 0428 399 648

Introduction to Italian Language

This mini course will commence on Thursday 23 March at 9am at the U3A hall. I intend to use the Ci siamo text books and tapes and if anyone would like to lend or recycle these books to the new members that would be very useful. I will give an introduction to the Italian language while we are waiting to find a permanent Italian-speaking teacher. Please contact me if you are interested in joining this group. Christine Wilson 5822 1474 0428 399 648

Opera Appreciation Group

On Sunday 23 April we will travel to Wangaratta to view the film version of Rusalka by Dvořák from the Metropolitan Opera with English sub-titles. This lyric fairy tale tells of the tragic water nymph, Rusalka, who wishes to have a human form so she can be with the prince she has seen beside the lake, but then has to suffer the consequences of being mute. The opera contains the beautiful Aria, Song to the Moon. We will depart Shepparton about 11am depending on when the Cinema is to commence the screening. This is a 4 hour film including interval and several live interviews with the singers back stage. Bring your own lunch. Coffee is available for purchase. It is necessary to tell us if you are coming so we can arrange sufficient drivers for transport.

Allan and Christine Wilson 5822 1474 0428 399 648

Monday Lunch Group

April locations: 3rd Little Gourmet food company, Wyndham st; 10th Sherbourne hotel; 17th The Carrington Hotel; Wyndham st , 24th Cellar 47, Joy ph.58216387.

Canine Capers

Meet at cafe end of Lake at 8:30am with doggies. Morning tea at Miller Park Gourmet Food Cafe. Birthday party for the two year old St Pat's Day dogs was a great success at Jeanette's. Three brothers participated Archie, Benji and Toby. Janiene 0409 337 520.

Newsletters from other clubs

The Secretary receives newsletters monthly from surrounding clubs such as Seymour and also from Vic U3A. They are usually very club specific as is ours. However, if you would like to receive these newsletters please make a request for a copy to Madeline or give her your email for electronic mailing.

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