

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

September 2022

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(Entries close on 21st of each month)



A MESSAGE FROM THE PRESIDENT

"Life is like a chocolate box, when you open it, you don't know what you will find"

And so, with spring in the air we don't know what is ahead of us, but with new growth, budding flowers there is always the feeling of renewal when springtime comes.

So, I ask each and every member to think about a new challenge, join a new group. develop a new group (in consultation with our course leaders) inquire about the lunch group, craft group, there is always something new to do,

The Art, Craft and Photography groups are working towards an Art show to be held the weekend of October 22/23 2022. Please put that date into your diary.

Thank you to the Art group for displaying their work in R 2 at the hall, to all members please take a little time to admire the work of many clever and talented artists.

Many people have been away and we welcome them back to their various pursuits.

It seems that Covid 19 is here to stay, I know many of you have had symptoms and have had to isolate for a few days. It is very hard to keep up with the rules and regulations, but we need to be diligent and where recommended, wear a mask.

Last month at our social morning we were informed about Fire in the Home. A very informative session presented by a member of the Mooroopna Fire Brigade.

Our Guest speaker Richard Green will be from Angel Flight. Angel Flight is supported by local pilots who give their time and planes to take people from outer regions to major cities for treatment and care. Please come to the social morning session on September 6th at 10.00 to hear about the great work they do.

Look forward to seeing all of you soon.

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 [Uke3A Members](#) weekly on **ALL** Monday's in July 2022 and August 2022.



Venue: GVU3A, Esson Street Hall Shepparton.

[Uke3A Members](#) now have available weekly access to our class on the *Zoom Platform* (from our new smart board at Esson St.) Worldwide. *Zoom in from another town, state, suburb or country if you are unable to join us in person.* Time:12:15pm - 1:15pm

To view Uke3A Videos and Photos [click](#) on the 'Blue' Uke3A heading above or go to the... GVU3A website> Course Pages> Uke3A >Program Videos and Photos, where we can share our many memories with you all. We are currently rehearsing after 'week 4's' sessions for the St.Georges's Rd. Food Festival in Seniors month. Also, individual Bands are getting organized for our "Battle of the Bands" play off.

John Canty - Mobile: 0407264504 (text preferred please)

Email : j.canty@hotmail.com

[SCRIBBLERS](#)

Although everyone is free to draw whatever takes their fancy, a challenge within a supportive and fun environment is a good way to progress your drawing skills.

If you go to the U3A website and click on Courses' then Scribblers (or right click on the heading above), you will see lots of drawings by all the scribblers. As you can see from the photos of Robyn, the 'Drawing an elephant using grids' has produced not only excellent elephant drawings but lots of fun along the way.

If you like to draw, grab a sketchbook and some grey lead pencils then come and join us at the hall at 10 o'clock on Thursday mornings.

[MONDAY LUNCH GROUP](#)

On Monday the 5th, 12th, 19th and 26th the group will meet for lunch and a catch up at The Aussie Hotel. Any U3A member is welcome to join the group for lunch. Please ring Gail on the Friday before the gathering so the Aussie staff can prepare the table for us. People may join the group once a month, every fortnight or every week. Whatever suits you best.

Gail Jelliff - 0400 531 856

HISTORICAL STUDIES

Monday September 12, 10am U3A Hall.

Speaker Greg Barnes will continue on with his talk/discussion on why we (modern humans) are so successful as a species by using our imagination and believing the stories we tell ourselves. Topics covered in an historical context will be how business laws, that are not real laws like the laws of physics, came about and why we believe that all people are created equal when in fact we are not really equal. How we as a species deal with contradictions in our values (e.g. trying to follow in Christ's footsteps in turning the other cheek and yet fighting in the Crusades). How we deal with equality (Communism) and individual freedoms (French Revolution). How we changed from trading goods of real value to using money which in itself has very little value at all. How empires and religions were great global unifiers and how the scientific revolution is also a great unifier, etc.

All this came about by using our imagination.

All Welcome.

John Dainton - 0417 549 502

WALK AND TALK

14 September: Kinnairds Wet Lands

For this walk we are starting later, so that some of the walkers can attend after Singing for Pleasure.

We will meet at the U3A carpark at 10.15 am and leave at 10.30 am, meeting again at the Numurkah Train Park for morning tea. We will then go on to the Wet Lands for our walk, returning to the Train Park for lunch. Bring morning tea and lunch or buy at the local bakery, before returning home.

Our Walk & Talk to Kids Town on a cold 10th August saw 10 walkers meet at the car park near the Pedestrian Bridge. We commenced our walk along the track to Kids Town, included a short walk around the flats track and arrived at Kids Town for morning tea. We returned via the walking track behind Welsford Street and continued back to our cars and home. Thanks to Tony and Bev who transported our bags for morning tea at Kids Town.



David Taylor – 0412 802 427

ART GROUP

Our Art Group have hung a few of our paintings in our carpeted area. Thank you to all for your positive feedback. We will take turns in changing over and hanging new paintings, so keep an eye out.

Jeanette Fry – 0438 253 982

WRITING FOR PLEASURE

The next meeting for the Writing Group will be on Thursday 15th September at the G.V. Library. SELINA will be our Leader. Topics chosen for this meeting are:

1. IF ONLY I HAD.....
2. IT'S A LONG WAY TO?.....

WORD - SUPERSTITION

QUOTE FOR THE MONTH:

"BE CAREFUL ABOUT READING HEALTH BOOKS. YOU MAY DIE OF A MISPRINT." - MARK TWAIN

Lyn Austin - 0468 312 602

BIRD WATCHING

Our September 21st outing will be a full day outing in the Rushworth State Forest so you need to bring lunch and a chair. Please meet at the U3A car park for a 9am departure or the toilets in Murchison at 9.30.

The August outing was at Cussen Park Tatura where we observed 38 species, some of which were Chestnut and Grey Teal, Dusky Moorhen, Pelican, Black Swan, Great Egret, Yellow-billed Spoonbill, Musk, Little and Purple-crowned Lorikeets, White-plumed Honeyeater and Purple Swamphens.

Don Roberts - 0448889224 or Marg Clarke - 0429350875

BOOK CLUB 3

Tuesdays – commencing at 11.45 am

"Any Ordinary Day" by Leigh Sales is our novel for September. Members will be exploring Leigh's thoughts on how after the most horrific situations, the human capacity for hope, courage and kindness, lives on.

Rita Bloomfield - 0418 580 697

SOCRATES CAFÉ

Socrates Café is held on the 4th Monday of each month at U3A hall commencing at 10 am. A different topic is discussed each month, led by either Tina Hanigan or one of the group. Discussion is interesting and topics are varied. You can say as much or as little as you like. Come along and join the group. September topic is being developed but, I am sure, will be interesting!!

Gael Thompson for Tina Hanigan

NATURAL RESOURCES AND REGIONAL DEVELOPMENT

Any U3A members with an interest in the topics we discuss are encouraged to attend. You can be assured of being enlightened about how developments are shaping our use of local resources.

Friday September 2, 10am

Ms. Lisa Birrell, Executive Manager of **NorVicFoods**, will speak about her organization's role in our local food industry. NorVicFoods was set up for local food manufacturers under the University of Melbourne umbrella to assist various aspects of these important regional businesses, including research and development. Lisa is well versed in local food production systems, having spent the early part of her career as a dairy factory field officer.

This session should give a great insight into where food manufacturing in our region's factories is moving to create demand for our farm produce by producing internationally competitive products. We should also learn of some of the challenges in making this happen.

Friday September 9, 10am

Murray Darling Basin Authority announcements about alternate approaches to having more water flow past or through the Barmah Choke will undoubtedly be a hotbed for discussion in coming months. These approaches each have potentially significant but different impacts on our region. Impacts could include use of irrigation infrastructure that is maintained by local irrigators to convey more water out of the region, transformation of ecosystems around Barmah, consternation to local first nations people and a reshaping of the river constraints we once thought were part of the natural order.

Our U3A discussion on this topic will be led by a speaker from the Catchment Management Authority on how they manage water demands with system constraints. The actual speaker on the day will be sent out to class members by email in the week before. This will give insight into the performance of ecosystems around Barmah in the past, present, and also outline the indicators that will need to be kept to the forefront as future approaches for Barmah develop.

This session aims to give us a better appreciation of how changed river management may influence the natural order of the region.

Barry Croke – 0488 058 231

SCIENCE MATTERS

Monday, September 19th

Visit to Murchison Museum: Kay Ball, President of the Murchison Historical Society and award winning presenter, will talk to us about the Meteorite and its collection. We will then partake of afternoon tea. The cost is \$12 per person.

Meet at the U3A Hall at 1.30 for shared transport, or at the Museum at 2.00. If you would like to attend, and have not yet indicated that attendance, please send me a message before noon on the Friday before (for catering purposes).

Allan Wilson - 0427 399 648 or adwilson13@bigpond.com.

CREATIVE CRAFTS

Tuesdays – 1.30pm

Our group has welcomed some new members over the past couple of months. It is always great to see new members to the group, catch up with their craft interests and view their current project. If you have craft skills/techniques you would like to share you are most welcome to come along and join the group.

Thank you to Sue McKindley for bringing along some vintage clothing. The work in these garments was exquisite and makes one wonder how these clothes were made by hand, usually at night under lamps and/or candles.

Looking forward to see you all through September.

Gael Thompson – 0458 215 794

Q3A - QUIZZES FOR THE THIRD AGE

Monday, September 19th – 10 am to 12 noon. At our August session, 17 members enjoyed a morning of entertaining brain challenges. Along with the usual Ice Breakers, Personal Best, True or False, and Defenders & Challengers, our guest quizmasters presented 'What's in a Name' (Leona), and a Music quiz (Bridgette & Ray).

New members are always welcome.

Sue.McCarten - 0437 215 130 (please leave your name & number and I will return the call).

GEOLOGY (EARTH SCIENCE)

Friday. September 16, 23 and 30 – 10 am to 11.30 am

New members are very welcome to attend Nigel's lessons on the new topic "**Evolution of Man**". This topic will be pursued for the remainder of the year.

The Geology (Earth Sciences) group has studied origins of oceans and atmosphere this year under our tutor Nigel Liggins.

CHEMISTRY IN THE MARKET PLACE

Monday September 5th (1st Monday of each month) – 1.30 pm

Nigel's' other class is **Chemistry in the Market Place and around the home**. The current topic is "Paints, adhesives and cements"

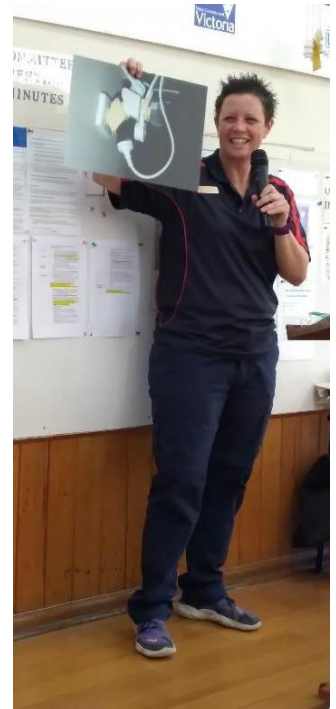
New members are welcome.

IS YOUR HOUSE FIRE SAFE?

There are 3,000 house fires every year in Victoria, some with fatalities. Such was the message from Cara Disent, Community Liason Officer with the CFA, when she spoke to our U3A Social morning earlier this month. House fires are becoming more dangerous too because smoke from plastics is toxic and we have more electronic devices that can overheat. Note that we will not detect a fire at night without a smoke alarm, because we cannot smell smoke when we are asleep. Cara told us that risk reduction was the key.

- Install smoke detectors in hallways and bedrooms.
- Check them annually – batteries go flat and detectors need replacing every 10 years.
- Phones and computers must be set on solid surfaces for charging – they get hot.
- Double adapters can be trouble – replace them with power boards.
- Check electric blankets for kinks in the wires and turn them off before you go to bed.
- Keep drying clothes at least a metre away from heaters.

For more information go to www.cfa.vic.gov.au



Another Excellent Wine Tasting

The third wine tasting created interest from 11 people who sampled some of the current wines available from Campbells Wines in Rutherglen. Tasted were the following matched with complimenting food.

White Wine 1. Labelled 'GGT' – a blend of three grape varieties, Gewürztraminer, Goyura and Tullilah. These are both new crosses developed by the CSIRO for a hot climate. The food was a series of cheese, salami, dips, and biscuits.



White wine 2 and 3 were a 2014 Riesling and a 2021 Gewurz. The food that I prepared was sushi, a sample of duck, and a blini with salmon and caviar.

Red Wine 1 was a 2019 Cabernet. This wine is a blend of Cabernet Sauvignon, Ruby Cabernet and Shiraz.

Red wine 2 was a 2019 Bobbie Burns Shiraz. Both of the reds were served with a slow cooked lamb shank meat, vegetables, and potato.

Finally I provided a Muscat coupled with a dark chocolate.

I wish to thank those who attended, and especially the waiting staff of Llew Sandford and Belinda Liggins. Their help with the food distribution and clearing up contributed to the evening's success.

Nigel Liggins

UPCOMING EVENTS

SEPTEMBER SOCIAL GATHERING

Our Guest Speaker for the September Social morning will be Rex Booth from Angel flight, an organization of pilots who give their time and planes to help those in need. Rex will highlight the work done throughout the organization in outback and regional areas, to help those who have difficulty in travelling to major cities for treatment.

Please come along and hear of the great work of Angel Flight.

ART, CRAFT AND PHOTOGRAPHY EXHIBITION

The exhibition is scheduled for October 22 and 23, which is during Seniors week. The exhibition will commence at 10 am with an official opening being arranged for 11am. There will be morning/afternoon tea available on both Saturday and Sunday with a barbeque lunch available on the Saturday. Further details will be advised at Social Mornings and through the newsletter.

WINE TRIP

A Wine Trip to Fowles Winery is being planned for November. Keep an eye out for further details as the planning continues.

REMINDER/REQUEST

Our newsletter is the most efficient way for groups' news and happenings to be relayed to all our members. A reminder is given to all group leaders to submit information for the group and all members are strongly encouraged to read the newsletter to keep yourself updated. As you can see above, upcoming events are included.

(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