

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

February 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

Welcome to 2023, a year of promise, excitement, highlights, a year where we will manage all that comes before us as you reflect on those who come into your lives for a Reason, a Season or a Lifetime.

I hope you had a wonderful festive season with family and friends and to those who couldn't get together for a variety of reasons, I trust you have plans to catch up soon. To those folk still struggling with the demands from the flood damages I hope that your plans are progressing well. Goulburn Valley U3A welcomes you, your friends and any new members joining us for the first time.

I know many of you have your set programs you attend, but don't forget there are many other activities you can attend. Why not try something new for 2023? Especially the Social Morning on the 1st Tuesday of the Month, where you can enjoy a scrumptious morning tea, hear from a guest speaker and have wonderful fellowship.

Over the year there will be Pop-Up short programs, so do look out for them. They will advertise in the Newsletter and Posters around the hall.

Some Ideas are -: afternoons with the Melbourne Theatre Company to be held in the U3A hall, discussion groups with the First Nations, friendships in later life (a six week course) and maybe some dining experiences at the Hall. Day trips to wineries.

Look out for the course program which will come out with this Newsletter (for post only members there will be an addressed copy for you to pick up at the hall), and please remember to come to the Open Day on February 7th 2023. You will need to enrol for your courses and pay your yearly U3A subscriptions and catch up with members and friends. Also note our AGM to be held on March 7th.

Many members have experienced sadness over the break and lost family members, my condolences are extended to those and I Know you would like me to pass our condolences to Liz and Harry Lee. Liz and Harry lost their youngest son Christopher to cancer last Thursday 12 February 2023.

Members of U3A Shepparton: I look forward to catching up with at the Open Day

Stay well, stay safe.

Rita Bloomfield President 0418 580 697

U3A DANCE AND LEARN

Come along for some fun while making new friends at our Dance class. While having this “fun” you will receive instructions on dance steps on those “old fashioned” dances you used to attend many moons ago. Or perhaps you have an urge to learn now so you can attend the local dances or simply partake in one of the best forms of exercise and brain function we can experience. All genders welcomed and the classes are structured to suit singles and couples. There is a \$5 donation to our professional tutor Linda Grima.

Suitable for beginners and experienced dancers. The classes are held every Tuesday except the 1st Tuesday of the month (due to the U3A social morning). Bookings are not required. Further information can be obtained from Linda Grima 0403 764 226 or Ray Brisbane 0447 725 012

TAI CHI

Tai Chi classes will begin for 2023 on Friday February 3rd at 3.30pm. There is a good description of Tai Chi in the Course Descriptions, see in a separate document.

BRIDGE

Bridge players have been back playing on a Wednesday. 1 - 4pm (social bridge), on Mondays, 7 -10.30pm (competition) and Saturdays, 1 – 4.30pm (competition). If you have played bridge before, come along and join us. If you would like to learn to play bridge we are planning classes starting mid-March. Further details on times and start date for lessons will be available in the March newsletter.

Contact: Derek Poulton. Tel: 5825 4112, 0418559263 dcp.klp@gmail.com

Q3A - QUIZ for the 3rd AGE

On Monday 16th January we resumed our monthly quiz mornings with 13 members enjoying a wide variety of questions from 3 quizmasters.

Newcomers are always welcome, and you can attend any month you are available, when appointments, travel and family commitments are not taking your time. We use the format devised by Peg Newman, with regular segments being Ice Breakers, Personal Best, Special Interests, True & False, and the friendly team rivalry of Challengers & Defenders. We remember facts from our schooldays, learn a few new things, and are always intrigued and amused by life in our wonderful world.

A sample of today's questions:

- Which company based in South Korea was formerly known as Lucky-Goldstar?
- Which Central American country comes last alphabetically?
- Which British singer has albums named after mathematical symbols?
- True or False: The Great White Shark is the world's largest shark.

Next Quiz session: Monday 20th February 10am - 12 midday at U3A Hall (3rd Monday of every month) Susan McCarten 0437 215 130 (sms preferred or leave voicemail) or susanmccarten2013@gmail.com

PHOTOGRAPHY

Our 2023 photography classes will commence on Thursday 9th February at 1.30pm in the U3A hall. Please bring your camera and manual. Our skill levels vary from beginner to "quite competent" and members enjoy assisting each other to improve our images. The year's program will include both indoor and outdoor activities taking into account the weather and other factors. All are welcome.

Enquiries:- Lex Neville: lexsan8@dodo.com.au; Allan Parker: parkhir@hotmail.com or Kay Cowan: kaycowan@live.com

HISTORICAL STUDIES

Monday February 13, 10am U3A Hall Presenter, Greg Barnes

Subject, Greg will present cartoons of political and historical significance, cartoons that change the view of parts of society, offered an insight in what was going on, and cartoons that are just plain funny.

The first cartoon was dated 1754.

John Dainton 583881 or mob. 041 7549 508

MONDAY LUNCH GROUP

During the month of February the group will be meeting at **PIZZA PLUS** at 204 Corio Street.

The venue has on street parking in Corio Street or off-street parking in the Cheap As Chips car park. The venue offers pizzas and pasta, schnitzel and Parma meals. There is a \$15 meal deal including pizza, pasta, salad, chips, garlic bread and dessert.

The meeting dates for February are as follows - the 6th, 13th, 20th and 27th. All U3A members are welcome to join the group on any of the dates mentioned. Just ring Gail on 0400 531 856 so a place can be reserved for you.

SCIENCE MATTERS

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

Greg will begin the year with two sessions 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 0408 290 751

STRENGTH AND BALANCE

Strength and balance is certainly going from strength to strength. It is so rewarding to see people improving their balance, coordination, strength, mobility, flexibility and general fitness. I believe consistency is the way to improve. The body is a machine and needs servicing. Your car sits in the garage for 6 months and it gets sluggish. So do our bodies if we don't use them.

A lot of praise needs to go to our over 80 age group participants who are working just as hard, if not harder than our 60 year-olds and achieving amazing results. Just wonderful to see. Those with replacement parts have improved remarkably over the time they have been coming and am sure their physios would be very pleased.

Socialising is done after class at a nominated cafe in town if you wish to have a cuppa and occasional lunches are organised. It is so much fun. A big thankyou to the girls who organise this. It is not all about huff and puff. New people are most welcome. Please give me a ring if you need more information.

Please note there will be NO CLASS on FEBRUARY 20th, but every other Monday at 8.45 in the U3A hall. Greg tells me this has been happening for the last 17 years. How time flies and I enjoy it just as much as I did 17 years ago, thanks to wonderful participants.

Lyn Davidson ph. 0402 019 552

BOLIVIA AND MAH JONG

Both classes have returned for 2023 with lower numbers at this hot and busy time of the year, but those who have attended have enjoyed some good games.

Unfortunately, we sadly lost Barbara Duncan on January, 9th. Barbara was a regular Mah Jong player and also played 500. Our condolences to Barbara's family.

Bolivia is at 1pm Thursdays and Mah Jong at 1pm Tuesdays. If you would like information about the above classes, then phone Kerrie on 0439 511 929.

CREATIVE CRAFTS

Welcome to all long term and new crafters for 2023. We had a great Christmas afternoon tea and Kris Kringle for our last gathering in December. Thank you to everyone for contributing.

Last year we had a few crafters who had health issues - I do hope that 2023 is a happy and healthy year for everyone. To those who were affected by the floods, we hope you are seeing some positives and you are getting back to some sense of normality.

We welcome new members and look forward to seeing your projects. Remember we have our Art, Craft and Photography Exhibition in May - keep working on your projects so that we have a great display.

Gael Thompson - mobile 0458 215 794

WALK AND TALK

Our February walk will be on Wednesday 8th February along the Raftery Track Walk, with Tony and Bev Palma in charge. Meet at Raftery Road Bridge at 8.30am where Tony will meet us for the walk. After the walk we will have a Coffee at the River Side Plaza before heading home.

Our first walk for the year was held on 11th January 11 walkers met at the carpark at SAM. We then walked along the lake to the Goulburn River arriving at the Railway Bridge. Our return was along the track beside the railway line returning to SAM for coffee and some planning of future walks for the year before returning home

David Taylor Mobile 0412 802 427

WRITING FOR PLEASURE

Our first meeting of the year was on the customary third Thursday of the month when a group of twelve keen writers enthusiastically participated. Thanks to Mary Heneghan for having our 2022 Year Book ready for distribution.

Our next meeting will be at the Shepparton Library, Marungi St, at 1pm on Thursday 16th February, with Mary Heneghan as chairperson. The topics to choose from for our 500 word contributions are:- ***The Monarchy, * Immigration/Refugees or * Personal Growth**
The word to include is: **ambition**

Enquiries: Moya Turnbull 0407 680 337 or Marion MacLennan 0417 319 839

500

The card game Five Hundred, will commence for 2023 on Tuesday, February 14 at 3.30, in the carpeted area. You may be new to the game or an experienced cardsharp. Come along and join the bidding wars, find a misere, or go out backwards each Tuesday afternoon!

Over the Christmas break we were saddened to learn of the death of one of our regular 500 card players, Barbara Duncan. Our thoughts are with her family and friends at this sad time.

Harry Lee 0400 770 972

INTERMEDIATE AND BEGINNERS ITALIAN.

Ciao a tutti. Intermediate Italian will commence Friday 3rd February at 1.45pm immediately following Beginners Italian which starts at 12 midday.

Lelia Amadei will continue to lead our friendly group, encouraging us in conversation, translation and a little bit of grammar. Italian culture is explored and worshipped. We encourage all who are interested in Italy, whether planning a trip or just for interest, to have a go.

Elizabeth Lee 0409 703 868

LIFE'S CURIOSITY

At some point in our life span we as humans can reflect on "Our Lives" purpose. If you are at that point or indeed have reached that stage and have gained knowledge or still in this process, then this group is for you.

The purpose of this group is to bring like minded beings together to share, express and bring together the wisdom we have gained in our life time. Life does not provide many opportunities for us to express our curiosity, wisdom, knowledge with others.

Become part of our group by attending on Monday 6th February 2023 at 1.30pm. All forms of Spirituality, Law of Attraction, Conscious Living, Energy Codes, Quantum Beliefs, Cosmos, Humanity and Cultural, etc. warmly welcomed. Arigato.

Contact: Robyn Glasson 0408 613 321

MEDITATION

A 5-week short course in meditation will commence Thursday 9th February, and continue each Thursday for 5 weeks, finishing on the 9th March. It will be from 3.15 to 4.15 at the Hall in Esson Street. Comfortable clothing is recommended and bring your own mat if possible.

Please register with Jill Riordan via email or phone for further details
Email marigold.riordan@gmail.com or phone 0467 405 252

SCRIBBLERS

Scribblers for Beginners will run for 6 weeks on a Thursday morning, beginning the 9th February. During the 6 weeks Jill will be sharing the basics of drawing using blacklead pencils. No previous experience is needed.

After the 6 weeks you may like to join the regular Scribblers group which runs at the same time. **Contact** Jill on Ph 0467 405 252 Email marigold.riordan@gmail.com

NATURAL RESOURCES AND REGIONAL DEVELOPMENT

Both the February 3 and 10 sessions are cancelled because Barry Croke has medical commitments. However be assured that he intends to be back with a good program for March 3rd and 10th.

MEMBERSHIP DUES

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

BSB **633 000** A/C 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 front and place the envelope in the white box by the office door at the hall.

There is also the opportunity to pay at the hall on Tuesday, February 7th at our enrolment day. Any queries please contact me on 0439511929. Kerrie. Midgley (treasurer)