

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.gvu3a.com.au

October 2017

CONTACT DETAILS

GV U3A Hall:

Esson St Shepparton
Tel: 5821 3333

POSTAL ADDRESS:

P.O. Box 14
Shepparton 3632

◆PRESIDENT

Barbara Brown 5831 8447
bbrown47@netspace.net.au

◆VICE PRESIDENT

Vacant

◆SECRETARY

Madeline Dyer 5821 0272
dycerm979@gmail.com

◆TREASURER

Carole Trotter 5823 1348
cartrotter2@gmail.com

◆COURSE CO-ORDINATOR

Greg Barnes: 0438 569611
dngbarnes@hotmail.com

◆CATERING CO-ORDINATORS

Bridgette Brisbane 5827 1316
Sue Warmsley 5825 2636 and
Kerrie Midgely 5827 1366

◆HALL COORDINATOR

John Hammond 5821 5020
johnhammond5@bigpond.com.au

EMAIL ADDRESS:

goulburnvalleyu3a@gmail.com

NEWSLETTER EMAIL:

gvu3anewsletter@gmail.com

ACKNOWLEDGEMENT

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



MESSAGE FROM THE PRESIDENT

Barbara Brown

Dates for the Diary:

Social Morning: Tuesday 3rd October.

Melbourne Cup Luncheon: Tuesday 7th November.

Christmas Luncheon: Tuesday 5th December

Urgent Melbourne Cup Luncheon - Volunteers to assist with the afternoon activities are needed urgently. If you can help please tell any of the U3A Committee Members.

Trivia Night - Despite a cold evening the U3A Trivia Night was a great success with lots of fun and some serious contenders for first prize. However, no team could match Peg's Q3As who triumphed winning the first prize and 'The Odd One Out' competition.

Committee Roles -The U3A Committee is seeking a Vice-President and Treasurer from within the Committee or other members who are keen to be involved in running the organisation.

Fairley's IGA Cheque Presentation – I recently attended the Annual Fairleys IGA Cheque Presentation at the RSL Club. Gvu3A received a cheque for \$620, a handy amount to add to our funds. Those who shop at Fairley IGA can increase that amount we receive in the future by asking for a community benefit card and nominating Gvu3A as the group you wish to support. Every time you shop a percentage of your payment is contributed by IGA to your nominated charity. From memory more than 60 Community groups benefited this year.

Snowy Mountains Trip 2018 –There are still seats available and new participants are still being accepted. A deposit of \$100 per person needs to be paid to Brian Gannon before the end of September to confirm your booking. Please place deposit in the box near the Office Door addressed to trip treasurer, Brian Gannon.

Library Books – After sorting of the library books a number of books are available for a limited time to take home and keep. The books can be found in a corner of the library room.

Regional U3A Meeting – Greg Barnes, GUV3A Regional Representative, and I attended the Regional U3A Meeting hosted by Kilmore. Eight U3As from across the region attended. Gerard Mansour, Commissioner for Senior Victorians and Ambassador for Elder Abuse Prevention was an excellent speaker covering the ageing process and the increase in elder abuse often from family members. It confirmed and built on what Steven Merrylees (Steve is willing to come back again to cover more specific issues) spoke about at the last Social Morning.



There were many points such as:

- Isolation and loneliness are significant issues for ageing Victorians
- Changes in retirement ages for men and women over the last 4 years
- The significant contribution made by Seniors to the community
- The importance of choosing the right person as your Power of Attorney
- Elder abuse is increasing and often involves family members

For further information go to <https://www.seniorsonline.vic.gov.au/services-information/commissioner-for-senior-victorians>

ON THE TRAIN

On September 27 there is an exciting trip to enjoy the "**House of Dior: 79 years of Haute Couture**", at the NGV. Then we go on to Federation Square for an exhibition: "**The Pool: Architecture Culture & Identity**". So join us on the train for an interesting experience.

Wednesday 27 September, 6.31am train. Please sign the sheet in the U3A foyer if you are interested. Beris McKemmish. 0403 089 347 5831 5484

CANINE CAPERS

September walkies and only me and mine were there. "Too cold" was the reason given and believe me it was that. Hopefully October weather is kinder and the others are joining us again. Hannah should have had her pups by then. Their photos and details will not be available for this newsletter, but will be in the next one. Walkies are scheduled next for the 2nd of October, 10am at the southern end of the lake. Coffee after at Miller Park.

STOP PRESS – Kilmore U3A doggies and their walkers will be joining us on Oct 2nd at the lake and afterwards for lunch club.

The reason a dog has so many friends is because he wags his tail and not his tongue.
Janiene 0409 337 520

MONDAY LUNCH CLUB

Join the lunch group for a meal and a chat on the following dates. **2nd October** - Cellar 47, **9th October** - The Last Straw, **16th October** - The Terminus Hotel, **23rd October** - King City, **30th October** - The Shepparton Club.

COMPUTERS

With extended travel finally over, computer classes will recommence on Monday 25th September. Anyone wanting specifically to do photobooks please contact me, David Muir on 5821 4349, or Mob. 0414 88 1369.

ENJOYING LITERATURE

Our group will be meeting at 2pm Monday on September 25th, October 23rd and November 27th. The topic for September is "Literary Letters" and for October a film version of a literary work is being considered. As I will be absent for the next couple of months the contact person is Pam Wells - 0428 561 306. Remember new members are always welcome! Helen West

HISTORICAL STUDIES

On Monday 9th October at 10am, John Lawry will discuss "Thinking about History" in relation to 1. Local indigenous history, and 2. Community Change based on a study of Italian migration to the Shire of Rodney - 1920-1954.

All welcome. Contact John Lawry 5823 1704 or jrlawry@bigpond.com

SOCRATES CAFE

On Monday 23rd October at 10am the topic for discussion is "Well Being." There are many in our community for who for one reason or another have a lifestyle that is far short of being well. They need understanding and support.

All welcome. Contact John Lawry 5823 1704 or jrlawry@bigpond.com

NATURAL RESOURCES

Friday October 6, 10am U3A Hall

GUEST SPEAKER; Guy Tierney, Flood Plain Manager GBCMA

SUBJECT; 2017 Regional Flood Plain Strategy: "The directions for the next 10 years."

Friday October 13, BUS TRIP

Dargile Forest Heathcote - Lake Cooper - Green's Lake day trip. Departs Ford's Bus Depot Telford Drive Shepparton **8.30am** returns approx. 4.30pm. The trip will include speakers on the box iron bark forest, the nest box program, an ecologist for a bird walk and talk, environmental watering program and management of Green's Lake.

Lunch provided by Heathcote CWA. **Cost \$30. Money** required by October 6 Natural Resources Meeting.

WRITING4PLEASURE

The end of the year is almost upon us and it is a little late to join our group. Please keep us in mind for next year when you will be made very welcome. This year's stories are due in NOW, so email them as attachments as soon as possible. Our topic for this month is 'Home'.

Contact me, Mary Heneghan, on 5831 6997

BIRD WATCHING



Scarlet Robin photographed by Marg at Warbies

Our October 18th outing will be a full day trip so you need to bring lunch and a chair the venue being at Wahgunyah State Forest NSW. This is a new venue for our group also a new habitat as it is a Yellow Box- Pine Forest. We could see Apostlebird, Hooded and Red-capped Robins, Sacred Kingfisher and Superb Parrot.

Please meet at the U3A Hall at 9am. Please contact Don Roberts 5825 2404, 0448 889 224 or Marg Clarke 0429 350 875.

INDUSTRY TOUR

The tour of Goulburn Valley Water will take place as planned on Thursday 28th September. Please make your own way to the venue by 10.55 am. GV Water, Welsford Street (opposite "Quest" accommodation). You must wear closed shoes.

At the time of writing there are still 2 places spare; please ring me if you are interested, or if your plans have changed and you wish to cancel.

If anyone has a tour in mind I am very interested in hearing from you, particularly if you are also able to give me the name of a contact person.

John Hetherington tel 0419 319 339. jfh@mcmmedia.com.au

TRIVIA NIGHT REPORT

Fifty-six keen trivia buffs attended the trivia night on Friday 15th September. They enjoyed friendly rivalry, showed off their knowledge, learnt a few things and enjoyed a lovely supper prepared by our catering team. One of our members supplied a plate of home-made chocolates and chocolate covered strawberries for each table. That was a yummy treat that was enjoyed by all who attended. Many thanks Michael.



The overall winners were Peg's Q3A (above), followed by Kensington Kapers and French Lettuce who finished equal second, then Retired Einsteins, JRC's, The Yorkshire Moor Walkers, Art and equal last were Down To Earth and The Golden Oldies. We look forward to seeing you all return next year for a re-match. Gail Jelliff

Thanks to compere Sally Naylor and the catering ladies who worked so hard on the day.

MELBOURNE CUP DAY ARRANGEMENTS



A Melbourne Cup luncheon will be held at the hall on Tuesday 7th November. Doors open at 11.30am, with lunch served around 12 noon. Lunch consists of cold chicken and ham served with salads. This is followed by dessert. Tea, coffee and water will be available all day. Members are welcome to bring soft drink, champagne or wine as well as their own glasses and a bottle opener. Members with surnames from A-M are asked to bring a dessert (plus serving utensils) while members with surnames from N-Z are asked to bring a salad (plus servers) to share with everyone. The cost of the day is \$10 per person. This covers the cost of the meat and accompanying bread which will be organized by our wonderful catering team.

The television will be on so you can see the races. There will also be some \$1 and a \$2 cup sweeps. You write your name down in a blank space and get allocated a horse - it could be the winner or an also ran. So bring along your \$1 and \$2 coins on the day and have some fun. If you are a serious punter I suggest you visit the TAB before you come to the hall. People are encouraged to wear their cup finery. There will be prizes for the best dressed and the best hat. A large sheet is on the folding doors at the hall. Please put your name down if you are attending. Several people are needed to help with activities between courses. If you can help please ring Gail on 5821 1315.

NEWS AND CURRENT AFFAIRS

Please note a change of starting time for discussion of News and Current Affairs with Colin James. First Monday: 1.30pm Third Monday 3pm

Contact: Colin James Phone 0418 590 464

WALK AND TALK



On October 11 we plan to go to the Killawarra Forest to enjoy the Wildflower Walk. This is my favourite walk in October - lots of wildflowers and quite easy walking. Please meet at U3A at 8.45 for a 9am start in shared transport. Bring morning tea and lunch and wear strong shoes and clothes suitable for the weather conditions. You may like to bring water to carry and a hiking stick.

Our walk in September provided us with varying weather conditions and varying surfaces to negotiate. We are fortunate to have Marg Clarke on our walks. Marg finds and names the orchids and birds for us as we walk along. Her photos are attached. We would love to have new members join our group. Christine Wilson 0428 399 648

SCIENCE MATTERS

In October we will turn our minds to the **Human Microbiome**. Our bodies are home to millions of bacteria cells, inside and out, that may co-exist without harming us, or form beneficial relationship with their human hosts. However, in our fear of the bad ones, we treat them poorly, sometimes to our detriment. We smash them with antibiotics, knock them with antiseptics and fail them with the foods we eat. Are we being too clean? That is the topic for October 16 at 1.30pm. Allan Wilson 5822 1474

OPERA APPRECIATION

The new season of Met Opera productions begins in Wangaratta on October 29 with Bellini's "**Norma**" filmed in HD. For more details contact Christine Wilson at 5822 1474.

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.

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.

For further information contact Derek Poulton email dcp.klp@gmail.com 5825 4112

ASTRONOMY NIGHT WITH DINNER

Thursday 28 September (The night before the AFL public holiday). This night starts at the Murchison Hotel with dinner from 6.00 pm. Then Star gazing in the Park from 7.30 pm with telescopes. Views will include Saturn and the moon. The Bendigo Astronomy Society will bring telescopes, or bring your own. The Star Gazing night is part of the Greater City of Shepparton's activities in the park.

Contact Neil Watt 0427 794 088 for information and for dinner booking 23rd September, or just turn up and take your chances.

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