

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

November 2024

CONTACT DETAILS

◆PRESIDENT

Rita Bloomfield 0418 580 697
drbloom@bigpond.com

◆VICE PRESIDENT

Livia Tiso 0467 952159
lpt3629@optusnet.com.au

◆SECRETARY

Elizabeth Lee 0409 703 868
lizlee01@gmail.com

◆TREASURER

Ian Hatton 0418 582 670
hattonig@gmail.com

ASSISTANT TREASURER

Gael Thompson 0458 215 794

◆COURSE COORDINATOR

Greg Barnes: 0438 569 611
dngbarnes@hotmail.com

◆HALL COORDINATOR / KEYS

Anne White 0438 202 799

HALL MAINTENANCE

Ray Watt 0439 716 420
Anne White 0438 202 799

◆CATERING COORDINATOR

Julie Dainton 0438 218 050

MEMBERSHIP ROLLS

Ian Hatton 0418 582 670
hattonig@gmail.com

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



What a month October has been. The Senior's festival has given us a month of activities and I hope you have had the opportunity to go to some of them.

A big thank you must go to Greg Barnes, Livia Tiso and Carol Davidson for gathering a program of over 25 music items, skits, line dancing and Music Melodies for the Big Night Out. Thanks to over 100 members who came along to join in the fun and most entertaining evening. It was

amazing to see and hear so much talent within our U3A community.

Liz Lee, Carol Davidson, John Canty and myself had the opportunity to attend the Network U3A Conference early in October. The speakers, Dr Norman Swan and Professor Tex, from the Queensland University told us that social media and the internet are with us and we need to explore our fears of using this new technology so we can be abreast of how the world works. "Volunteers matter" from the CEO of the Museum of History, and then a speaker who gave information about the research that is going on for exploring Alzheimer's disease in older people. All these speakers gave us much to think about in how to live in our older years. On October 6th a group from the Ukulele Group then joined in with the Network Ukulele jam session at Federation Square, a fun time for all.

Remember the activities still continue with Foodies Around the World, a tour of Goulburn Murray Water and the Photography group – who are heading to Bendigo. Also don't forget the walking group, which always finds an interesting place for you to enjoy the outdoor and learn about our environment.

Our thoughts go out to the Italian group who have lost a dear friend and course leader. Meredith Chilman passed away after a short period of illness. Meredith has been involved with the Italian classes for many years at U3A. Our thoughts are with her family and friends.

Our Social mornings have been a treat this year under the capable hands of Livia Tiso, who has found us the most interesting guest speakers, and Julie Dainton who has led our catering team. A big thank you for your dedication to giving members lovely morning teas of good food, good fellowship and wonderful guest speakers.

Our next social day will be the Melbourne Cup Luncheon. Please remember to put your name on the list and pay before the due date. We are in the middle of the ever-changing spring weather, take care, look after yourselves and look out for your family and friends.

Rita Bloomfield

SCIENCE MATTERS

The topic for Monday November 18th at 1.30 pm will be "Trees". Greg Barnes will be presenting it. Some questions he will ask and answer are: If you carved your name one metre high in the bark of a beech tree, how high would it be in half a century? Are trees only made of only air and water? Are we humans related to trees? If so, according to evolution, how long ago were we the same organism? Are trees the largest living thing? How tall is the tallest tree? How thick is the thickest tree trunk? How old is the oldest tree? How big is the largest tree fruit? If trees don't have brains, how do they fight off insect attacks, avoid being eaten by giraffes and look after each other?

Come along and find out

John Bush

CHESS

Chess will not be continuing this year. We will endeavour to continue on with it at the start of next year.

Jan Mellor

HISTORICAL STUDIES

Thanks very much to Bill Bloomfield who gave a presentation on the life of Winston Churchill. From war correspondent, to soldier, to politician, to author and painter, he was a man of many talents and had a way with words! After his death, the Churchill Fellowship was established in Australia. A Churchill Fellowship offers Australian citizens and permanent residents a life-changing opportunity to travel overseas for four to eight weeks to learn more about a topic or issue that they are passionate about.

(Bill was a Churchill Fellow).

Next month: A journey through the life of the Piano Man, Billy Joel. Hope to see you there.

Livia.

A BIG NIGHT OUT

It was great to see so many people enjoying themselves at the Big Night Out on the 10th of October. I am in the process of making a presentation of the night and would really like any photos that you may have taken on the night. If you have any that you would like to share, please send them to me via message (my details are on the front of the newsletter).

Livia

LUNCH GROUP

The Last Straw is the venue for November. The dates are 4th, 11th, 18th and 25th. We will meet at 12 noon to enjoy a meal together. Bookings are essential.

Please ring Gail on 0400 531 856 to reserve a seat.

CREATIVE CRAFT

Members are enjoying each other's company at Craft every Tuesday afternoon from 1.00 pm to 4.00 pm.

Bring along the project you are working on at the moment or come along and learn a new craft. We are all willing to share our skills and encourage new learning.

Contact: Gael Thompson 0458 215 794

BIRD WATCHING



The November 20 outing will be a morning at the Australian Botanic Gardens, Botanic Drive Kialla. Please meet at the Gardens at 9am.

Please contact Don Roberts 0448 889 224 or Marg Clarke 0429 350 875.

Our October outing was at the Warby-Ovens National Park where we observed 31 species some being: Hooded Robin, Fuscous Honeyeater, Mistletoebird, Shining Bronze Cuckoo, Spotted and Striated Pardalotes, Buff-rumped Thornbill, Rufous Whistler, Noisy Friarbird, Western Gerygone, Sacred Kingfisher, Olive-backed Oriole and White-throated Treecreeper.

ART GROUP

Our Art Group have been working hard producing some lovely paintings to go into the Kyabram Town Hall Exhibition beginning October 7th and running until November 29th. These original paintings are all for sale. The group meets every Wednesday, except Christmas. If you wish to join our happy group (beginners welcome), please contact Jeanette on 0438 253 982

SOCRATES CAFE

Socrates Café is on at 10.00 am Monday 28th October. The topic for discussion is: "Does marriage as an institution need to be updated, or is it fine how it is?"

Questions that are likely to come up during the discussion are: What was/is the purpose of marriage? How is marriage good for the physical and mental well-being of children? Are there any changes you think that should be made to marriage? Is marriage an outdated institution as it no longer leads to a stable or permanent relationship? Should marriage be for life if you are unhappy in it? What would society be like without marriage? What happens when marriage is deinstitutionalised? Is marriage now, a benefit to both men and women? Is marriage essential to have a good life?

If you want to know the answers, come along and find out.

Greg Barnes

MUSIC THEORY FOR BEGINNERS

This group has got off to a very enthusiastic start, with classes on Tuesdays at 9.30-10.30 (except for Cup Day and Christmas parties at U3A). After three Tuesdays the class can hardly be called beginners as they are delighted to be already understanding the code of written music. I expect we will be moving onto the next Grade in November. This class is full, but a new beginners' class will be offered next year.

Contact Greg Barnes if you are interested. Christine Wilson

CRYPTIC CROSSWORDS

Cryptic Crosswords is in recess until next year. Harry Lee 0400 770 972

“AROUND THE WORLD” FOODIES GROUP

Well, life is full of surprises and it certainly was a surprise at Pho Viet. Firstly, we were seated out the back in a private room, beautifully decorated with flowers and fairy lights. This was very special -- just for us. We received wonderful entrees and were pleasantly surprised by the early arrival of these delicacies on our tables.

Our main meals were also a surprise and our desserts were certainly very different. Some people may not have been very impressed with some of our dishes, but that's what it's all about. We get to try something different, something new. What an experience – lovely and interesting food!

Christine, our hostess, ended the evening with a special treat for us. A lucky draw and 10 lucky people received vouchers or Vietnamese key rings. What a surprise! Again, the night was full of fun and fellowship and very interesting food.

One thing to note and be particularly mindful about, is late cancellations. Unfortunately, this happened. We are very grateful for everyone's positive attitude and ability to chip in to cover the expenses of the meals that were catered for.

See you all again at our next function at Okame in October.

Happy Travels! “Around the World” Foodies Group. Barb, Carol & Maree

Phone/Text Carol 0411 483 920 for Bookings. Maree Schneider 0439 315 861 57maree@gmail.com

LIFE'S CURIOSITIES

Here is some exciting information for Life's Curiosity to be held on November 4th at 1.30pm.

First, we must send a grateful thank you to Audrey Svendsen. A life that is so rich in history. It was indeed an honour to be part of her life for a small time in our group. Audrey has indeed inspired me with an idea for next year's Life's Curiosity. Watch this space for details before the end of the year. The idea will include our art group and performance in next year's Concert.

Our next session on November 4th will be our very own Gael Thompson. Gael plays a large part in U3A and has done so for some time. Many of you know her, but now will be an opportunity to find out more about her growing up years in Marysville and her later life in Shepparton. I actually worked with her at the same organisation in 1970's. Quilts and more quilts are a major part of Gael's life as well as other crafts. Therefore' we will be privileged to see some of her significant work. Her work has been featured in the Shepparton News.

Everyone is most welcome, new and not so new. Robyn Glasson 0408 613 321

COMMUNICATING WITH TECHNOLOGY

There will be no Technology classes for November 4, 11 and 18.

I will start again on November 25. David Muir 0414 881 369

ITALIAN

Sadly, we farewelled our Beginners Tutor, Meredith Chilman, last Friday with a glass of Spritz and shared some memories of a well-liked and engaging teacher. Meredith's funeral was held on 11th October at Longleat Winery and many students of her Italian class attended.

Lelia is away for the next 3 weeks so we have decided to run a combined class at 12 midday and possibly for the rest of this year. We will begin by revising/learning Chapter 5 of our textbook.

If anyone knows of a person capable and willing to teach beginners Italian next year, I would love to hear from them. Liz: 0409 703 868

U3A QUIZ

The U3A quiz group meets in Room 2 on the third Monday of every month, ready to start at 10.00am until 11.45am. We cover a very wide range of topics in a light-hearted manner, with added variety provided by two volunteer quizmasters. A few laughs are guaranteed, and new members are always welcome.

Questions from our October session:

1. What word means both a baby mouse and your little finger?
2. What is the longest highway in NSW?
3. Captain Hook is the nemesis of which fictional character?
4. Which song features the lyrics "Swingin' down the street so fancy-free"?
5. True or False: Port bow refers to the front left of a ship.

Answers can be found further on in this newsletter.

Susan McCarten 0437 215 130 (sms preferred)

WRITING FOR PLEASURE

It was a smaller group that met for our last meeting in the Shepparton Library for this year. However, we were entertained by the various takes on "The Secret". The other topic set by Marion was "He's not here, said the policeman" which produced thought-provoking pieces. There was a short discussion on various genres and our own style.

The final meeting of the year has topics set by Glenda: "If I Only Had the Words" and "A Close Encounter With..." For this month, members are given the option of producing a 300 -word piece or the usual 500 words.

Robyn is reminding writers that the November meeting is the cut-off for inclusion of pieces in our book. The November meeting will be combined with lunch, which will be in The Gallery Room at The Terminus Hotel, High Street, Shepparton, Thursday 21st November at 12.30 pm. (Take note of time). Enquiries Moya 0407 680 337 or Marion 0417 319 839

ZOOM COURSE

Doctor John Beaney is a member of the Mornington U3A. He has offered us at GUVU3A, Zoom courses on Tuesday and Fridays entitled "Welcome to Healing Ourselves and the Planet 2025"

He has been giving these talks since 2015, He will give the talk live on Zoom at 9.15am for a 9.30 start on Tuesdays and repeat it live on the following Friday. You are welcome to attend either, or even both classes if you wish.

Below is the Zoom link. It is the same link for Tuesday and Friday and should work throughout 2025. Please keep it somewhere safe.

HE DOES NOT SEND OUT THE LINK EACH WEEK:

<https://us02web.zoom.us/j/84720404828?pwd=q6eCSy7E7JCIsbqVjDw0WhYfmereng.1>

Meeting ID: 847 2040 4828 Passcode: 430205

If you are interested and want to know more, email me, Greg Barnes on dngbarnes@hotmail.com. I have lots more information.

Zoom Course continued: If you have any further questions or concerns or lose the link, don't hesitate to contact John Beaney on email ozebeanz@gmail.com or mobile 0438 752 146

John Beaney says "We should be living in a time of unprecedented good health. Instead, we have switched from the infections of the 19th century to our current, mostly non-infectious, chronic, disabling diseases. In addition, we are overshooting the boundaries that protect our precious planet. Let's investigate what constitutes personal and planetary good health, re-engage with nature, and regenerate what we have lost. Expect me to challenge current dogma and expose myths. No prior knowledge is required, but do bring an open, enquiring mind and a sense of humour"

WALK AND TALK

Our next Walk and Talk will be on Wednesday November 13th. It will be the last walk of the year. We will be travelling to Strathbogie.

Meet at the U3A carpark at 8.30am, ready to leave at 9.00am. We will stop in Euroa for morning tea, then drive on to Strathbogie for a walk around the town. We will have lunch at the Strathbogie General Store, which has a menu with plenty of choice, along with wine and beer on tap. There is seating both inside and outside. I have copies of the menu.

We will return along the Merton-Euroa road via Polly McQuinns and Gooram Falls.

Please note: can you please let me know if you are attending by Wednesday 6/11 /24.

Our September walk was at Ulupna Island. After leaving the U3A car park, our first stop was at Strathmerton for morning tea with some buying coffee at the bakery. We then drove to Ulupna Island and walked along a track next to the Murray River on the Victoria side. After we had been walking for 45 minutes, we returned to our cars. Then, after a short drive we found a sandy beach with a log, where we sat and enjoyed lunch. This was then followed by a walk of 30 minutes upstream, then back to the cars. We then had a coffee stop in Numurkah on the way home. The day's weather made for pleasant walking, with us clocking up about 12 km. Well done all on the walk.

David Taylor mob 0480 753 170

QUIZ ANSWERS

1. Pinkie. 2. Newell Hwy. 3. Peter Pan 4. Georgy Girl. 5. True

TOUR OF GOULBURN WEIR

FRIDAY 1st NOVEMBER 9.00am - 3.30pm

We will now be travelling in a 24-seater bus, to reduce costs. Unfortunately, we won't be able to include morning tea due to the size of the bus, but we may be able to talk the driver into a coffee stop!

Please bring adequate fluids for the trip. We are including a short visit to the Old Pumping Station in Murchison before the Goulburn Weir. John Dainton's Great Grandfather built the station.

Just a reminder that we have to wear a long sleeve shirt, slacks and sturdy shoes. Bring a sunhat and sunscreen. booking has been made at the Nagambie Bowling Club for lunch, which will be at your own cost.

Anne White 0438202799

A NOTICE WILL GO UP SHORTLY FOR THE YARRAWONGA WEIR TRIP ON FRIDAY, 6TH DECEMBER.

2024 MELBOURNE CUP DAY LUNCH

Come and enjoy a day at U3A of fun, competitions, sweeps, fashion, food and more.

On Tuesday 5th November the day will begin at 11.00am, with a delicious lunch being served at 12.30pm.

BYO drinks and glasses. Please advise of any special dietary requirements.

The cost is \$20 and payment is due by October 31st, so please refer to the banking details below, or pay by cash with your name included on an envelope and place in payment box. Once you have paid, please write your name on the list on the wall.

A highlight of the day will be the fashion on the field competition, so come dressed in your Cup Day fashion and special hat.

Melbourne Cup Day Sweeps. Kerrie will be running several sweeps for the Melbourne Cup Race.

The sweeps will be \$2 and \$1, paying out 1st, 2nd and 3rd prizes.

PLEASE bring appropriate coinage with you on the day if you intend to have a flutter - No large notes.

See you there and good luck. Kerrie Midgley

If you have any enquiries, contact Julie Dainton 0438 218 050 or [mailto: j_dainton@hotmail.com](mailto:j_dainton@hotmail.com)

PHOTOGRAPHY

Recently our group descended on Mooroopna in the early hours of the evening to photograph the light trails of vehicles in McLennan Street, with the illuminated water tower as a background. All had some success, with first timers excited about their results.

Not resting there it was then off to the Shepparton lake to continue our night photography, where Lex presented us with a spectacular light show to use the skills that he had shown us. As we were all new to this aspect of photography. We were truly amazed at how our images turned out.

We wish to thank Lex so much for imparting his skills on a collective and personal level to enable us to add to our photographic journey.

Below are a couple of examples of the above and if you would like to view more, please visit the photography section of the U3A web site.

Allan Parker 0418 144 131





CHRISTMAS LUNCH

Come and enjoy our Christmas lunch on
Tuesday December 3 at 11.30am
Cost \$25

A list will be on the wall for you to fill in from
November 11. Only write your name down after you
have paid.

Payment can be made electronically with your name
and reference *Christmas Lunch*, or by putting money
in an envelope with your name on it and placing it in
the box near the office.

Please indicate any dietary requirements.

There are 120 places and no reserved tables.

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 803 078 Account number 1001 11147