

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

December 2016

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ACKNOWLEDGEMENT

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



MESSAGE FROM THE PRESIDENT

Greg Barnes

If you would like to come along to the **GVU3A Christmas lunch** on Tuesday 6 December at 11.30am at the Pepper Mill Hotel please put your name on the form on the folding doors at the GVU3A hall by Tuesday 29 November. The cost is \$30.00 per head for a two course meal. Lunch will be served at 12.15pm and the GVU3A Singing for Pleasure group will perform after the main course and before dessert.

The Annual Bus Trip to Tasmania from Wednesday 5 April 2017 to Thursday 13 April 2017 has a number of spare seats so we have invited the good folk from the Benalla U3A along to help make up the numbers. If you would like to go please let Denise Leffler know. The total cost is about \$2,000 depending on how many participate.

The committee of management is inviting members to become **Course Leaders** and lead a group in 2017. If you would like to take up the invitation please contact our secretary Madeline Dyer or Greg Barnes. At the moment we need Course Leaders to take Italian for Beginners and for the GVU3A Gardening Club.

The next social morning at the GVU3A hall is on Tuesday 7 February 2017. On this day we will be introducing the courses for 2017 and will be accepting cash payment for membership registration. Renewing your membership can also be done on line by using internet banking.

Jan Vibert is retiring as Catering Coordinator. Thanks Jan you have done a great job. A catering team of five is going to take on the catering role in 2017 and Kerrie Midgely will be buying the supplies of tea, coffee etc.

Thanks Kerrie Midgely for obtaining the two large chairs in the GVU3A library. These chairs will be of aid to members who have difficulty using our ordinary chairs.

Our U3A North East region will be meeting in our hall on Monday March 20 2017. Representatives of 17 U3As (Deniliquin, Albury to Yea) will be attending. Regular classes should not be disrupted.

The U3A Victorian conference will be held in Melbourne on September 4 and 5 2017. All members are welcome to attend.

The Victorian U3A network is now on **Face book**.

MESSAGE FROM THE PRESIDENT (continued)

U3A online is a good place to get lectures and information.

All U3A Victorian clubs are now linked with **Latrobe University** at all campuses.

Cup day Lunch: This was a great day. Many people pitched in to help make this day a success. I would like to thank Sue Walmsley in particular for getting this year's event up and running. About 40 or so participants attended. According to the judges the best hat made on the day was Carole Trotter's. The meals were fabulous so thanks Jan Vibert and your helpers for making them happen.

If I don't see you at the Christmas break up have a **Happy Christmas and a safe New Year.**

Greg Barnes

WALK AND TALK

On Wednesday December 14 our walk will be to KidsTown. Please meet behind Aquamoves at the foot bridge at 9.00am. Bring water to carry and we will have a car take our morning teas (including Christmas goodies to share) over to KidsTown to save carrying them.

On Wednesday January 11, 2017 we will meet at the footbridge behind Aquamoves at **8am** and walk around the lake once or twice and then have morning tea at the café at the Southern end of the lake. We shall do our planning for 2017 while we are there.

In Benalla last month we walked around in perfect weather to view as many of the Street Art murals as we could find, then enjoyed our lunch in, and a walk around, the rose garden where we enjoyed the sight and scents of hundreds of roses which were in perfect full bloom. The photo shows our group dwarfed by the huge squirrel glider painting on a Benalla brick wall.



WRITING4PLEASURE

Our last meeting and get together is upon us and we are celebrating another very productive year. For anyone out there who would like to join us, you would be extremely welcome. Writing in a group is so much better than just doing it alone. We are all expected to write something each month but it isn't a 'hanging affair' if you come empty handed.

Our writing subject for the opening meeting (20 January) is 'New Beginnings.'
Have a happy Christmas and I look forward to seeing you all next year,
Contact numbers: Mary Heneghan 5831 6997 or Bridgette Brisbane 5827 1316

ENJOYING LITERATURE

We are continuing to meet every 2nd and 4th Monday from 2pm until 3.30pm for the remainder of this year although we only have one more meeting on Monday 28 November. At this meeting we will consolidate plans for 2017, share highlights of our 2016 reading and share our "unusual words".

Our Christmas lunch is on Monday 12 December at 12 noon at Cellar 47. All those who have been throughout the year are welcome, just let me know a week to two beforehand if you are able to come.

In 2017 we will reduce our meetings to monthly and meet on the 4th Monday of the month.
Helen West 5821 4802 0411 457 462

NATURAL RESOURCES

Friday December 2; 10am U3A Hall

GUEST SPEAKER; Jeff Parry, Farm Water Inspections and Contracts Officer GBCMA

SUBJECT; Changes in irrigation within GMW, Departmentally and on farm.

Friday December 9; 10am U3A Hall

GUEST SPEAKER; Russell Pell, Murray Darling Basin Community member.

SUBJECT; Murray Darling Basin Plan. Where are we at?

John Dainton 5821 3881

The photo shows the Natural Resources group at Lake Buffalo listening to Goulburn Murray Water staff talk about how it all works.



CRAFT

Craft will hold their Christmas break-up on Tuesday 13 Dec at the hall, usual time. Please bring a small plate. We will finish for the year on 20 Dec for those who wish to come. The group will start the new year on 10 January.

It has been a good year with some interesting work done by everyone. Looking forward to seeing as many as possible on 10th. Have a great Christmas and New Year and look forward to catching up in 2017. Di Courtie

STRENGTH AND BALANCE

Classes for 2017 will commence on Monday 9 January and new participants are most welcome to come along and improve their fitness as well as enjoying some laughs and social outings (is not all about hard work). The classes vary each week and comprise components of aerobic fitness, strength, balance, tai chi, yoga, stretching, pilates and circuit training. For this class you will need a reasonable level of fitness, as there is sometimes floor work involved (although there are alternatives if you can't manage to go to the floor) and good rubber soled shoes.

You are most welcome to come and observe if you are not sure if this is for you or ring me (around dinner time is best).

Time: Every Monday, 9am-9.45am. Contact; Lyn Davidson Tel; 5821 7653

GARDEN CLUB



Coombe Cottage and Alowyn Gardens



The Gardens in the Yarra Valley were spectacular for our last trip and we were blessed with a beautiful, sunny day. "Alowyn" was a mass of colour with a poppy field, clipped hedges, wisteria arbour, perfumed roses and a French themed garden with long rectangular ponds and water irises in bloom. We enjoyed the Dame Nellie tour which was very informative. We learnt about the famous opera singer and her family home. Afterwards Devonshire tea was served in the restaurant. And to top it all off, we visited the Chocolate Factory to 'ogle' at the delights on display.

November 24 Strathmerton Cactus Country Display: This is the perfect time to view the garden as the plants will be in flower. Entry: approx. \$10.00. Please meet at the U3A carpark at 9 am to carpool. This will be our last Garden Club event for this year. Morning tea and lunch are available at the cafe. Address: 4986 Murray Valley Highway, Strathmerton

Next year 2017, the Garden Club is looking for someone to organise events each month. We have a small but enthusiastic group of people who enjoy outings to various local gardens and talks. If you, or you and a friend are willing to take on this job, please call me before the end of the year. Claire Blake 0402308858

HISTORICAL STUDIES

There will be no meeting in December 2016 with the next meeting in February 2017. Development of the 2017 program is underway. It will continue a wide range of topics of historical interest.

SOCRATES CAFÉ

There will be no meeting in December 2016 with the next meeting in February 2017. Although the 2017 program is still being developed the topics under discussion at present will produce the basis for a lively "in house discussion" on issues of importance.

Contact John Lawry jrlawry@bigpond.com 5823 1704.

INDUSTRY TOURS

Are you aware of how much industry and how many service activities there are that power and provide social cohesion for those of us who live in the Goulburn Valley? John Hetherington is leading small groups of members on half-day tours of venues in or close to Shepparton, which form the backbone of our community. The interesting aspects of these activities are mostly carried out behind closed doors and therefore are not commonly available to the general public.

There were four tours in 2016, the inaugural year, which members found interesting so it is envisaged that there will be approximately five tours in 2017, They will take place at about two month intervals, commencing in March. Tours will be publicised in our monthly newsletters and at the Tuesday social mornings.

Contact John Hetherington. Email jfh@mcmmedia.com.au Tel 0419 319 339.

RAFFLE RESULTS

People had the opportunity to buy raffle tickets to support U3A at the Art/Craft/Photography Show and at the Cup Day function. The raffle was drawn on Cup Day and the winners are as follows: 1st - Joy Findlow, 2nd- Candy Carter, 3rd - Neil Watt, 4th - Peg Neumann, 5th - Kerrie Midgley, 6th - Val Moore. Thank you all for your support. Gayle Jelliff

FAIRLEYS IGA COMMUNITY REWARD SCHEME

For the last 3 years members have had the opportunity to join Fairleys Community Reward Scheme. All that is required is that members show a numbered key card every time they do some shopping. Points are automatically allocated and our group receives a cheque in the second half of the year. To date we have received \$1525 which has been a boost to our funds. We have 50 registered key card holders BUT only 37 are being used. If the number of used cards drops below 30 we will be dropped from the scheme. So, if you have a card, please remember to use it every time you do some shopping. If you would like to join the scheme please see the staff at the information desk and they will join you up to the scheme. Just nominate U3A as your preferred group and you will be helping the group out while doing some shopping. Ring Gail on 5821 1315 if you have any questions.

BIRD WATCHING

Here are 2 of the birds seen on the last U3A birdwatching outing for the year along the Goulburn River near Lake Victoria- Dollar bird and Tawny Frogmouth. Birdwatching will recommence in March 2017. Marg Clark. 0429 350 875.



The next newsletter will be the February 2017 issue. Items should be submitted to gvu3newsletter@gmail.com by January 18.

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