

# 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](http://www.gvu3a.com.au)

August 2023

## A MESSAGE FROM THE PRESIDENT

### CONTACT DETAILS

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(Entries close on 21<sup>st</sup> of each month)



Greetings to All,

*Please read your Newsletter, to stay informed.  
(Google: GVU3A Website)*

#### Morning Tea:

Our GVU3A morning tea is held at Esson Street on the **first Tuesday of each month**. All members are welcome to attend. Our morning tea in **July** provided our GVU3A attendees with the opportunity to share time together on a wettish morning.



Our **Guest speaker** was Melinda Martin, CEO of SAM (Shepparton Arts Museum). You may remember that Melinda opened our recent successful Art, Craft and Photography exhibition. Melinda kept us informed about the many facets and events happening at our SAM.

A big shout out to our dedicated 'Catering Crew'. Goulburn Valley U3A currently has 375 members.

Unfortunately, Terri Collier apologised as she will not be available to speak at our morning tea in August due to professional commitments. Ariyana Gant who is the Team Leader of Activities in the Park will be attending and will give us an update on the Positive Ageing Advisory Committee news, Robyn Glasson will speak on the topic of mindfulness and our own Uke3A band will perform a couple of toe tapping numbers. I have had the pleasure, during the month, of visiting our amazing singing group on Wednesdays and I found John Bush's science program about fossils and dinosaurs extremely informative on Monday.

**"Use your smile to change the world but don't let the world change your smile"** John

All underlined text is a link to either a course page on our website or to an internet website

## CREATIVE CRAFTS

We have welcomed a couple of new faces to our Craft Group in recent weeks. New members are always welcome. It is good to see so many enthusiastic crafters at our weekly gathering - some knitting, others crocheting and the rest of us doing embroidery or patchwork.

At our gathering on Tuesday, August 15th Tina will be guiding us through the basics of Slow Stitching. Tina tells me she has already commenced putting together a kit for each participant. To ensure there is enough, please let me know if you want to participate in the workshop. This should be a fun session and something different for us to try. I'm sure Tina and Heather will also have a number of samples to show us.

Stay warm and keep crafting.

Gael Thompson: mobile 0458 215 794

## Q3A-QUIZ

At the July session fifteen members escaped a very chilly morning by focusing on their memory skills. As usual we had many interesting questions and lots of laughs. It was great to welcome 2 new members, and any U3A members are able to come and try without obligation.

On Monday 21st August, while I am in Bali, Quiz will be in the capable hands of Livia and Leona, and your attendance will ensure an entertaining and enjoyable morning.

A sample from July's questions:

1. Which 2 fruits are anagrams of each other?
2. What is the only number-word in the English language with its letters in alphabetical order?
3. What type of crude weapon was named after a Russian politician?
4. Which is the southern-most city in New Zealand?
5. True or False: The word ketchup comes from the Chinese language.

Quiz is held on the third Monday from 10am until 11.45am in Room 2 at U3A.

Susan McCarten 0437 215 130  
(sms preferred or leave a voice message)

My memory's not as sharp as it used to be.

Also, my memory's not as sharp as it used to be.

## BIRD WATCHING

The August 16th outing will be a morning walk at one of the lakes at Kialla Lakes. Please meet at the U3A car park for a 9am departure or at the Kialla Lakes shops rear car park for a 9.15 departure.

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



Chestnut Teal (above) and juvenile Nankeen Night-Heron (right)



Our July outing was at Cussen Park Tatura where we observed 35 species of birds some of which were, Royal and Yellow-billed Spoonbills, Spotless Crake, Nankeen Night Heron, Little Pied Cormorant, Chestnut Teal, Eurasian Coot, Dusky Moorhen, Eastern Rosella, Red-rumped Parrot, Willy Wagtail, White-faced Heron, Blue-faced and White-plumed Honeyeaters, Australian and Little Ravens and Superb Fairywrens.

## LIFE'S CURIOSITY

Monday 1.30pm. The 7th of August will be our time to have a full-on discussion with both sides of our topic "Is blood thicker than water?" We have lived with this saying most of our lives. Now is the opportunity to bring into a discussion on this subject that possibly has affected many of us. We all have relationships of varying degrees that can be difficult to deal with. When is the time to walk away, or step back our interaction and commitment to that person. Do we have an obligation to stay as they are "family?". There can also be a lot of culture within the family structure that dictates how each family member is treated in certain circumstances. What is our best way to cope when this occurs?

Make a note in your diary to attend. Robyn Glasson

## DANCE GROUP

After a 6 week break, we will be returning on August 8th. We would love to see new members join us. No partners required. So come and have some fun and learn a new skill on Tuesday at 10.00am.

Pop this into your diary. Cheers Robyn Glasson

## STRENGTH AND BALANCE

Well done to those participants who are working hard to improve their strength, balance and all-round fitness. It is so good to see the improvement people are making. Just the effort of getting out of bed on these cold and frosty mornings for such an early start deserves a gold star.

A big thank you to Allan Wilson for suggesting it was time to get our equipment organised and for his ideas and time. Ray Watt gave up his time, ideas and skills and we now have a very workable and accessible storage area for some of our gear. Thank you so much gentlemen. It is very much appreciated.

8.45am every Monday morning in the U3A hall if you are interested. Give me a ring if you need further information.

Lyn Davidson 0402019552

## MONDAY LUNCH GROUP

On Monday the 7th, 14th, 21st and 28th the group will meet at The Aussie Hotel on the corner of Fryers Street and Maude Street across the road from the entrance to the Maude Street Mall. There is some parking on nearby streets. Alternatively there is off the street parking in 2 nearby car parks.

It is necessary to make a booking so a space can be reserved for you. Please ring Gail on 0444 531 856 to reserve a space.

## COMMUNICATING WITH TECHNOLOGY

Classes will not be held on Monday 31st July.

An excellent website with free online courses for seniors is: [Be Connected](#). Clicking on this link will take you to a variety of courses to assist with topics such as:

Staying safe on Facebook

Avoiding scams

Shopping and banking on the internet

Government websites

and others.

Hosted by the eSafety Commissioner, Be Connected presentations cover a range of topics every month. All presentations are free, live streamed and delivered in an easy to understand format.

Times and dates vary, so check the site out and book yourself in for one or more sessions (each about an hour).

If you want to find out more, contact me.

David Muir 0414 881 369



## WALK AND TALK

### Avenel Town Walk 9<sup>th</sup> August

Meet at 8.45 at U3A carpark for a 9.00am departure. We will travel via the Goulburn Valley Highway and leave the highway at the Nagambie, then continue to Kirwans Bridge for morning tea and a walk across the bridge if opened. From there we will travel to Avenel via Nagambie for a walk around the town and lunch before returning via Nagambie for a walk and coffee if time permits. Please bring your own lunch, however there is a café and service Station in Avenel if required.



Thirteen walkers met at the SAM car park for a walk along the Goulburn River track to the junction of the Goulburn and Broken Rivers. However, we were soon to discover the track was impassable due to the Goulburn River in flood, so we back tracked to then enjoy a social time over a coffee at SAM before going home.

David Taylor O412802427

## NATURAL RESOURCES & REGIONAL DEVELOPMENT

### Friday August 4 at 10am: Fruitco at former SPC Ardmona

Rob Bryant, Manager of Fruitco, a division of Geoffrey Thompson Fruit Packers, has agreed to us visiting this new facility. It is the largest fruit packing facility in Australia costing some \$70 million. Many of the functions have been automated from fruit sorting through to warehousing.

Covered footwear is prerequisite for entry. There will be some walking within the facility.

**Directions:** Drive south down Young Street, Mooroopna, to just before the railway line. There is a car park on the west side of Young Street outside the entry point to the building. Please endeavour to be there for a 10am start.

### Friday August 11 at 10am Esson Street rooms

Speaker : Gaye Sutherland - Working with Aboriginal Cultural Heritage

People working with our natural resources and involved with regional development find Aboriginal Cultural Heritage matters require consideration. Our land titles often include a heritage overlay. Gaye, in her previous career with GBCMA, was responsible for community observance of these overlays. More recently she has submitted her Master's thesis on another aspect of heritage. This relates to aboriginal peoples' use of rock types at Mt.Major and their trade in tools derived from this rock. Gaye's talk and members' discussion will be able to increase our depth of understanding on these matters.

## SCIENCE MATTERS

### Science Matters August 21st

#### Ray Pearson will present: "What is Fibonacci Day? An exploration of things Mathematical"

It seems the Yanks have a day for everything, so when I was asked recently "What is Fibonacci Day?" I was intrigued. I had heard of a Pi Day but not a Fibonacci Day. I knew that Fibonacci tried to convince the Italian merchants of his time to abandon the Roman numbering system and adopt the Hindu Arabic system. He came up with a sequence of numbers that crop up occasionally in nature and that I had once studied and long since forgotten so it was back to the books, or to be honest to the internet.

So on 21st of August at 1.30 at U3A in Esson Street I will be talking about Fibonacci, Series and Sequences, Pi and Euler and Compound Interest, mathematical procedures that cannot be reversed, amongst other things.

There will not be a test.

John Bush 0408 290 751

## YOGA

Yoga sessions have commenced in Room 2 at 4.15 on Thursday for third term. These sessions will give you time to relax, enjoy gentle exercise and meditation. All members are welcome to come and join.

Convenor: Rita Bloomfield 0418580697

I felt like my body had become totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.

I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

### **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