

# Goulburn Valley



**GOULBURN VALLEY University of The Third Age**  
(For active semi-retired or retired persons of mature age)

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**WE'RE ON THE WEB - [www.gvu3a.com.au](http://www.gvu3a.com.au)**

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

## A MESSAGE FROM THE PRESIDENT



Greetings to All,

This week has seen a freeing up of being able to get together with friends and family in small groups in our own homes. How lovely it has been even if we cannot return to the hugs and kisses just yet.

It feels like baby steps but for grandparents longing to see grandchildren it has been welcome.

In this newsletter, we have an invitation from Assoc. Professor Christina Bryant to participate in a study of "Forgetfulness". Prof Bryant was our keynote speaker at our "Aging Gracefully" forum last year. I am asking you to take note of this and follow up with her directly if you are interested in participating in her study.

As you can see in our newsletter some members are just as busy as ever producing magnificent works of art which we can enjoy in this newsletter and perhaps will be able to see online in more detail in the future.

We have some wonderful writing from the writing for pleasure group, and a catch up with what the Italian and Opera groups are following.

Don Roberts has contributed some great observations of local birds he has seen while out and about. How many of you have discovered new places to walk locally while in lockdown? Don would love to hear from you if you have seen an unusual bird too.

Lyn Davidson is very keen for you all to keep up to date with your physical exercises, making time to enjoy the benefits of being strong and supple.

Rob McLean has "Socrates Café" up and running on Zoom, with dates in this newsletter. John Dainton will be holding a history talk with Allan Wilson talking on Soldier Settlement. Greg Barnes will talk about the atmosphere in Science.

Enjoy the slow return to the "new normal" and all the groups on offer.

Liz

## ART GROUP - JUNE

All members of the Art group are keeping well and are in high spirits. I am pleased to report that they are getting their dose of sunshine and exercise, whilst still maintaining a creative routine. There have been several challenges set by different members of the Facebook Group, which have taken people way out of their comfort zone. They have rallied, however, and produced some inspirational works of art, some using materials that are unfamiliar, thereby expanding their creative boundaries.

The great news is that, with the slight easing of restrictions, some members are meeting for Wednesday painting sessions or chin-wags - along with copious amounts of tea and coffee. These meetings are all held in strict accordance with the recommended guidelines, and are an important "baby step" on the road to normality.

We hope you enjoy the small sample of art work produced since our last newsletter. Happy days !!!

Judi 0448 813 930



**Artwork** (clockwise) Wrens by Jeannette, Alphabet Challenge – the letter C by Peggy, Seascape by Terry, The Letter O – a Circle within a Circle by Lois, Russell Lupins – Albert Park Auckland by Meredith and Scene by Mary. For Rooster by Wayne, see below.

## Socrates Café

Socrates Café returns on Monday, May 25, and June 22<sup>nd</sup> at 10:00 am. And it's again on Zoom. The June topic: "Is suffering a necessary part of the human condition - what would people who have never suffered be like?" Contact Robert McLean on [robed@sheppnews.com.au](mailto:robed@sheppnews.com.au) if you would like to join



# The Effect of Psychological Factors on Perceived Forgetfulness: An Experimental Study

## Consider these questions:

- Are you over 65?
- Do you feel comfortable using a computer?
- Do you have access to a computer at home with internet?

If you have answered **yes** to all the above, we invite you to participate in our research.



Our study aims to improve our understanding of how psychological factors affect memory in older people. Participation would include a short phone call and an online experiment which should not exceed one hour.

This study has received approval from the University of Melbourne Ethics committee.

Please contact us if you are interested! Email Hilary Farmer at [hfarmer@student.unimelb.edu.au](mailto:hfarmer@student.unimelb.edu.au) and leave a phone number by which you can be contacted.

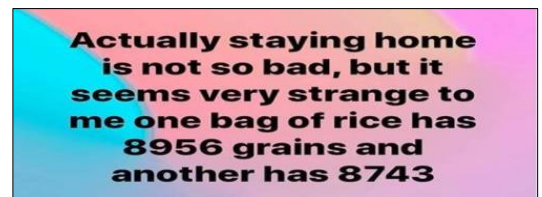
We are very excited about this study and look forward to hearing from you!

[This study is under the supervision of **Assoc Prof Christina Bryant**, who was our keynote speaker at our 'Ageing Gracefully' forum last year]

## Q3A

Our group is compiling interesting, challenging and amusing sets of quiz questions for when we resume in a few months hopefully. Try these:-

1. On which planet is the largest volcano in the Solar System?
2. Which Hollywood actor founded the Sundance Film Festival?
3. What is the term for a female swan?
4. Who wrote the 1952 children's book Charlotte's Web?
5. Where was Julia Gillard born?
6. The Colossus of Rhodes was a statue of which Greek god?
7. What device did Lance Hills invent in 1945?
8. Which 3 countries begin with the letter H? (Excluding Holland, officially the Netherlands)
9. What was Elvis Presley's first number one hit song?
10. Spavin is a common name for two unrelated diseases that affect which animal?



Bonus question...What do questions 6 - 10 have in common?

Happy home-quizzing, Susan McCarten 0437215130



## SCIENCE MATTERS

The next science talk to be on Zoom on Monday June 15<sup>th</sup> at 1.30 will be presented by Greg Barnes. The topic is: **Love is in the Air and so is Oxygen and Nitrogen**. (All you wanted to know and more, about the atmosphere). Please contact Allan on [adwilson13@bigpond.com](mailto:adwilson13@bigpond.com) if you would like to be added to the invitations.



## WRITING4PLEASURE

WRITING4PLEASURE will participate in another ZOOM meeting on Thursday 18<sup>th</sup> June. Our next two topics (provided by Heather) to write on are:

- TOPICS FOR JUNE** 1. Write a story with **"I OPENED THE GATE"** as the opening line. or  
**2. CHOCOLATE**

QUOTE FOR THE MONTH: *"You never have to change anything you got up in the middle of the night to write".* Saul Bellow

**CONTACT:** Lyn Austin (Phone: 0468 312 602)

## STRENGTH AND BALANCE

I hope you are keeping well and doing some form of exercise. It doesn't seem to be the same trying to exercise on your own. So much more fun and motivating in a group.

As I write there doesn't appear to be much in gyms as yet for group exercising according to the health experts. Aquamoves will be running "Boot camp" classes outside for 10 people for the younger clientele, but as yet nothing for older adult classes. Pools won't be opening for some time. Do we really want to be outside in 5 degree temperatures and possibly drizzling rain? I don't think so.

There are lots of people out walking. I have discovered walking paths I didn't know existed and am enjoying this slowdown and time to reflect.

Do try and do some strength work. This is the hard stuff.

- Fill up or half fill some empty milk bottles with water and lift arms overhead or use a tin of fruit in each hand
- Sit-ups on the floor or stand against the wall and lift opposite knee to elbow
- Lie on tummy with arms o/h and lift opposite arm and leg off floor or do this standing against the wall
- Pushups on the floor or against the wall
- Squats
- Lunges

Just a bit each day is better than nothing.

I am looking forward to returning to "normal" again and catching up with you all. In the meantime look after your injuries and exercise at your own level.

I will advise you when we are able to resume. If I can be of any help my No. is 0402 019 552 or 5821 7653.

Lyn Davidson.



## HISTORY

On June 8<sup>th</sup> at 10am there will be a presentation on the **First World War Soldier Settlement Scheme**. It is now 100 years since this ill-fated scheme was put into place. The soldiers had high hopes of independence, but for many it meant years of poverty. The talk, by Allan Wilson, will be based on the book by Marilyn Lake. It will be supported by the personal story of his cousin (once removed), George Paton Wilson, who was drew a Mallee block at Colignan.

The meeting will be by Zoom. All those who have email addresses on the History class list will be sent an invitation. If you wish to be invited, please contact me at 5821 3881 or [jdainton@bigpond.net.au](mailto:jdainton@bigpond.net.au).

John Dainton

## EULOGY FOR AN OLD FRIEND

Some years ago we set our path, together blossomed out  
We know each other's faults and strengths yet never had a doubt  
That one day we would have to part, a friendship lost forever.

The times we shared, we've travelled far met princes, famous people  
Seen deserts, mountains foreign scenes and still through all our squabbles  
Respected mutual values, your strong support I needed.

You often caused me grief and pain, I tried to set you straight,  
Hard tested with your wayward course my patience running thin  
When you became obnoxious and I became resentful  
It was time for us to go our separate ways.

Your life now ebbing softly past, regrets flood through my heart  
So please forgive the many times of intolerance and doubt,  
I'm truly sorry loyal friend it's time for you to go  
My prop, my guide, my lifelong friend, my nemesis – my toe.

Pam Wells (Writing4Pleasure)

Our cleaning lady just called and told us she will be working from home and will send us instructions on what to do.

I watched the replay of last year's preliminary final. Collingwood lost again!

What do you call a group of 20 people?

Two weddings and a funeral

## BIRD WATCHING

Autumn-Winter for me is as interesting as Spring-Summer with the arrival of the Winter migrants, the noisy Pied Currawongs the first arrivals then Golden Whistlers a few coloured males but mostly grey coloured immatures. Late April early May the Robins visit - Scarlets (see Marg Clarke's photo) first followed by small flocks of Flames (2<sup>nd</sup> photo) and one lone Rose Robin these species add to the resident Red-capped Robin. A few Honeyeaters like our Winter as well, this week I have seen Yellow-faced and White-naped Honeyeaters and Eastern Spinebill all feeding on Grey Mistletoe flowers which grow on Silver Wattles.

Grey Fantails and Spotted Pardalotes are present in Spring-Summer but are in greater numbers in the cooler months suggesting a migration for some of their population from colder climates. The Tasmanian subspecies of the Striated Pardalote also comes for a warmer climate it can be identified by a yellow wing spot, ours have red, its fellow Tasmanian subspecies of the Silvereye likes it here they can be identified by dark chestnut flanks ours are much duller. All the mentioned birds I have seen this month at Gemmill Swamp Nature Conservation Reserve Mooroopna.

I have yet to see the Swift Parrot, they have been recorded close by in flowering Ironbark at Goorambat and Mangalore in the last two weeks so keep your eyes peeled for this endangered species.

Don Roberts.



## ITALIAN

The Italian groups have kept operating while we have been in isolation at home. The 9am class is working on emails sent on Thursdays and all ten members of Lelia's group have met on zoom every Thursday, to say ciao and to discuss the stories we have translated and new grammar which we have had for homework.

On April 25th we not only recognised ANZAC Day but discovered it is the day the Italians celebrate Liberation day from the second World War "Bella Ciao" was a folk song originating in late 19th century Italy. The Italian partisans (resistance) changed the words slightly and adopted "Bella Ciao" as a song of rebellion against the Nazi invaders of WW 2. It has since become a song of revolution and dissent throughout the world. Recently it has again become popular with youth thanks to the award winning television series "Money Heist". It has been translated and sung in many languages. We have been listening to it on U-tube and may sing it at our U3A Xmas Lunch (fingers crossed).

## OPERA APPRECIATION

The opera group can continue to have their operatic experiences online thanks to the input of some very informed members. There is plenty to view if you have the time.

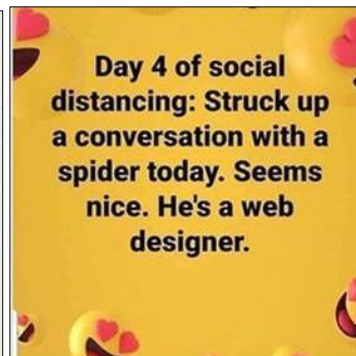
There is a different free Met opera every day at [metopera.org](http://metopera.org) (home) during the shut-down that many of us are enjoying.



Bet Brown continues to provide us with some very amusing- but cultural- clips.

We are all looking forward to resuming normal activities when we can.

Pictured- Dame Joan Sutherland in one of her famous roles: The Mad scene from Lucia di Lammermoor.



### 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.

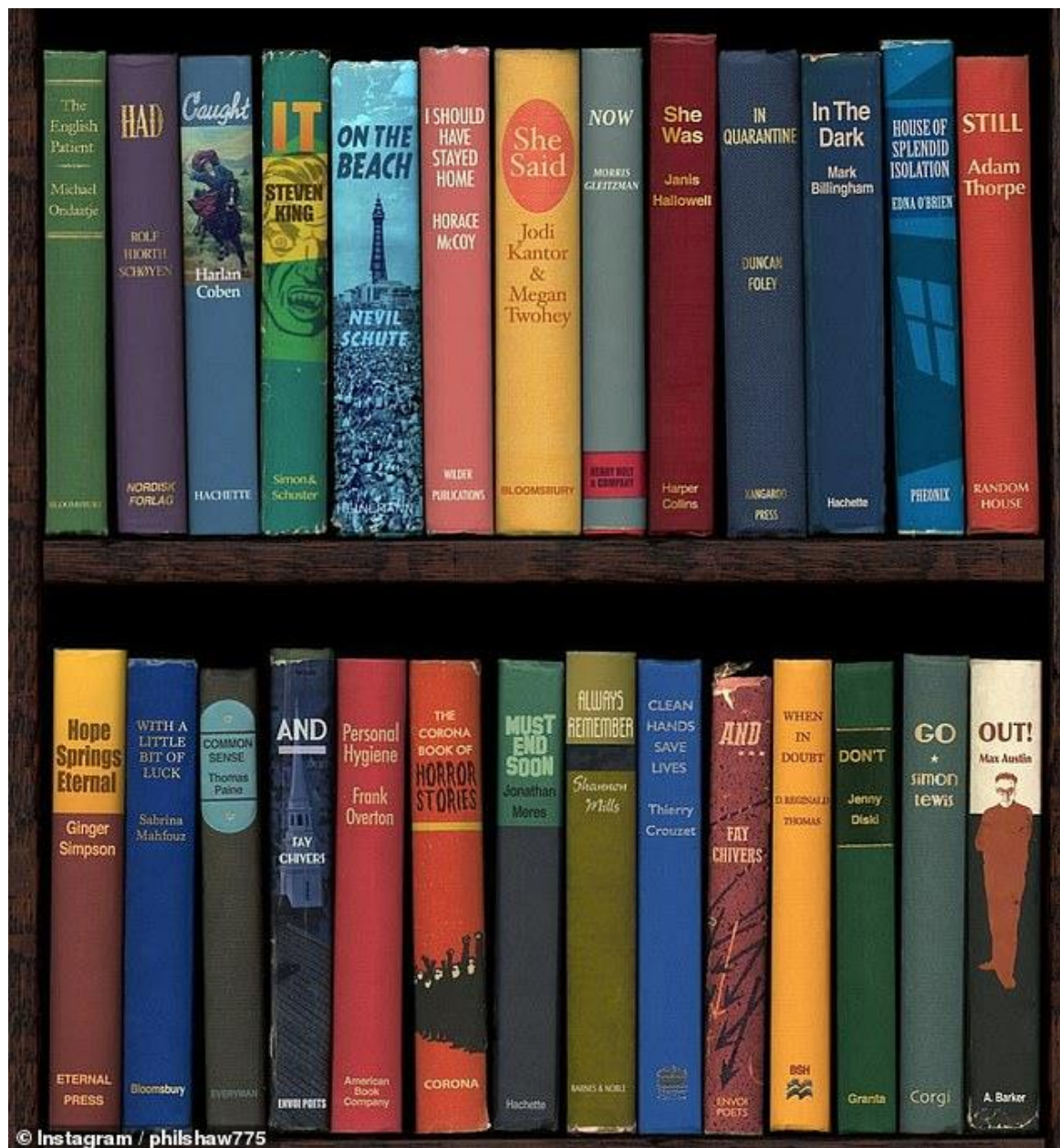
General account: BSB 633 000 Account number 127742898

Trip account: BSB 633 000 Account Number 129896049



**The Back Page:** a few pictures that did not fit in the main newsletter

What a librarian does when the library is closed? – see below. They are real books! Read the titles from left to right.



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The word **HELLO** means;

**H** - How are you?  
**E** – Everything alright?  
**L** – Like to hear from you  
**L** – Love to see you soon!  
**O** – Obviously I miss you.  
 So, Hello!  
 It has made me smile every time I say hello.  
 So send this message to the people you care about and say hello to them.

Thanks to Glenys Rokahr and Derek Poulton for sending in many of the jokes.