

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.gyu3a.com.au

October 2018

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ACKNOWLEDGEMENT

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



MESSAGE FROM THE PRESIDENT

Barbara Brown

Spring has announced itself with what I feel are some of the best displays I've ever seen along our roads and highways -the brilliant yellow bloom of the wattles, paddocks ablaze with the bright yellow of canola and the orchards with their rows of pink and white blossom. A large dollop of rain would be very welcome now.

U3A Member Profile Survey:

Recently members were asked to respond to the U3A Member Profile Survey. Victor Szwed emailed today to thank the 64 members of GVU3A who responded. He writes that represents a response rate of 21% and is right on the average response rate of 21.4% for the five U3A groups which participated. U3A Network Victoria had aimed to have a total of at least 600 responses, 767 were received. This is a good response rate for a survey. Victor is now working through the results and preparing a report which will be made available later this year.

My thanks too to those that responded. It will be interesting to see the report.

Planning for 2019:

The year is passing quickly and it is time to think about what we want for next year. Are there new courses to be added? Would you like to run a course? Are you interested in helping with the administration of U3A by joining the committee or being one of the executive? Are you interested in some of the voluntary tasks such as the joining the newsletter team, acting as hall convenor or publicising U3A? Please give some thought to the coming year and give your suggestions to any committee member or write a note to go to the committee.

Art Craft and Photography Exhibition:

The Art, Craft and Photography Exhibition is being held at the U3A hall on October 20 & 21 from 10 – 4pm each day. Come along and see the wonderful art work and enjoy a morning/afternoon tea with a friend. Details are in the flyer sent with this newsletter.

SOCIAL MORNING ACTIVITIES

Tuesday 2nd October at 10 am: Sandy Chamberlin, Executive Director of Infrastructure, will speak about 'The Re-development of Goulburn Valley Health'

Tuesday 6th November at 12pm: Melbourne Cup Day Luncheon, \$10, 11.30 for 12noon lunch
Please put down your name on the list in the hall for catering numbers.

Tuesday 4th December: Christmas Lunch and Launch of 30th Anniversary History Booklet

ANNUAL TRIP ADELAIDE - 2019

Thank you to all , who have registered your interest in the Annual Bus Trip to Adelaide - Monday 25 March to Saturday 31 March 2019.

Having the destination sorted, now the most important issue is to commit by paying a deposit , **this is the only way the trip can be locked in and your place confirmed. Please make a deposit of \$200 to paid by Tuesday 2 October** at the latest. An earlier payment would be appreciated.

PAYMENT CAN BE MADE BY 3 METHODS:

- DIRECT DEPOSIT TO THE TRIP ACCOUNT BSB 633 108 Account No 1298 96049
- CHEQUE
- CASH

CASH or CHEQUE PAYMENT CAN BE DEPOSITED INTO THE BOX , ON THE WALL NEAR THE OFFICE DOOR , OR TO A COMMITTEE MEMBER. PLEASE INCLUDE YOUR NAME. AND WHO YOU ARE ROOMING WITH .

For more information contact Ray Watt 0439716420, Carole Trotter 0407231348, Bryan Gannon 03 58222113.

LEARN TO PLAY BRIDGE

Did you know bridge is the most popular card game in the world? At U3A we have fun playing bridge three times a week, Monday night, Saturday afternoon and Wednesday afternoon.

If you would like to learn to play bridge, a four week course will start on Wednesday 3 October 6-8.30pm. After four weeks of classes there will be 4 or 5 weeks of supervised bridge at the same time on a Wednesday (6-8.30pm) where club members can answer any questions and assist you to develop your bridge skills. The course is suitable for those with no previous experience and also for those seeking to refresh their bridge skills.

The course is based on Paul Martsons book 'Introduction to Bridge – 5 card majors'. Copies of this book will be made available at a reduced cost to the class.

For further information - Derek Poulton dcp.klp@gmail.com 58254112 0418559263

SCIENCE MATTERS - PSEUDO SCIENCE

For this month we will have a talk about Pseudo (false) Science. This is science that uses science language to give the appearance of science based information, but is actually false or misleading.

A good example is a recent newspaper article by Professor Ian Plimer on Climate Change. It is titled "Repeat after me - Carbon Dioxide is good for you" and is based on several assertions that have no supporting evidence. Other examples that are easy to find are in Creation Science texts that use the language of science but are thoroughly unscientific in methods and conclusions. Then there are some alternative medicine remedies, such as homeopathy. By its own definition (dilution of the mother tincture to the point where there may be no molecules of the active substance left) homeopathy cannot work. Class members may bring along their own examples.

Contact: Allan Wilson 5822 1474

HISTORICAL STUDIES

On Monday 8th October at 10am Greg Barnes will present the second of his sessions on India. All welcome.

Contact: John Lawry 5823 1704 0417150933 or jrlawry@bigpond.com

SOCRATES CAFE

On Monday 22nd October at 10am Greg Barnes will introduce the discussion on "Will religion every become obsolete?" All welcome.

Contact John Lawry 5823 1704 or jrlawry@bigpond.com

GARDEN GROUP

This month the meeting will be at the home of a keen orchid grower where we will learn how to care for the ones we already have or the ones we saw at a nursery and that we would like to own!

We meet at 10.30 Friday, 28 September at 10 Corio Avenue, Shepparton. This is the home of Barry and Shirley Russell. Barry has been growing orchids for long enough to now exhibit at the local shows and take out some first prizes. I am hoping he will tell us if a Dendrobium is a type of orchid, and if so, how many other types are there? Do come along and join us, U3A members if you would like to learn more about these interesting orchids.

Progress on the Hall garden and the Car Park garden has continued. We now have a working watering system in place. Thanks go to Ray Watt for this. This week I have been taking soil samples to assess the PH and I have discovered small adjustments need to be made to suit the plants already in. Being native plants they like well drained soil (never to be flooded) and they are best kept on the dry side, once established. Experienced growers of natives never water after the first summer, just relying on our rainfall. Over the next month there will be more planting done from the tube stocks we were able to purchase cheaply.

Jan Vibert 5823 5433

NATURAL RESOURCES & REGIONAL DEVELOPMENT

FRIDAY OCTOBER 5, 10am U3A Hall

GUEST SPEAKER; Steve Wilson Land & Bio Diversity Manager GBCMA.

SUBJECT; Update on PhD white rhino study and recent visit to Indonesia & Nepal.

FRIDAY OCTOBER 12, 10am U3A Hall

GUEST SPEAKER; James Whitten is an urban designer, architect and planner with 20 years' experience working on large urban projects. As a PhD candidate at the University of Melbourne, James is investigating the governance of high speed rail planning in Australia.

SUBJECT; High- speed rail and regional development: don't believe the hype?

Crises of urban congestion and housing (un)affordability in Australia's largest metropolitan regions have re-energised calls to rebalance the Australian settlement. Simultaneously, national economic growth and new corporate models of infrastructure governance have simulated a wave of speculative high-speed rail (HSR) proposals. This presentation examines claims made by governments and private firms about the regional development benefits of HSR investment.

Bus Trip, Friday November 2, Gunbower Creek & Forest

Departs Ford's Bus Depot Telford Drive Shepparton 8.30am returns approx. 5pm. **COST \$40**, includes picnic lunch, morning and afternoon teas. **Money required by October 12 meeting.**

This winter environmental water has been delivered to the forest floodplain and wetlands through a large regulator constructed in 2013 and the plants in the forest have responded with a flourish of new growth. Spring is a great time to visit the forest and its wetlands while they are looking at their best.

Contact John Dainton ph. 0358213881 or mob. 0417 549 502

CREATIVE CRAFT



Our craft group meets each Tuesday at 1pm until 4pm. Come along and enjoy a social time as well as doing your craft, whatever you choose. This year the Art, Craft & Photography Show will be held on 20th & 21st October at the hall. We will be showing our craft as well as beading. So check your work at home that can be displayed or contact Diane Courtie at 5821 5394.

Rug and bear made by Lena



Tea pot cozies

Maria Hartel has offered her time to take a class in scarf making at a minimum cost \$6-\$8. Any interested contact Maria at 0427 315 486.

INDUSTRY TOURS

About the time this issue of the Newsletter is published, 26 of us will be visiting the Mooroopna Historical Museum with the guidance of Barry Campbell. This visit concludes our activities for 2018 as I am going overseas shortly and the "silly season" will be almost upon us soon after I return. But watch this space for notices of some interesting visits in 2019. During nearly every visit someone mentions to me a worthwhile possibility for a future one. Thank you for that and for your participation.

John Hetherington

BIRD WATCHING

The 17 October outing will be in the Strathbogrie Ranges a full day outing so lunch will be required. Please meet at the U3A hall at 9am. Our August outing was at Tahbilk Wetland and Wildlife Reserve in the morning, Goulburn Weir for lunch and an afternoon walk to the weir. Ten members observed 36 species most of which were at Tahbilk. Some species observed were; Chestnut and Grey Teal, Australasian Grebe, Powerful Owl the first I have seen along the Goulburn River, Crimson Rosella, Little Wattlebird the first I have seen in northern Victoria, Spotted and Striated Pardalotes, White-browed Scrubwren and Flame Robin.



Please contact Don Roberts 58252404 0448889224 or Marg Clarke 0429350875.

WALK AND TALK

On October 10 we will be travelling to Rushworth to take a wildflower walk organized by Linley Walker. Please meet at the U3A car park at 8.45 for a 9am start. If you would like to meet at Ferrari Park, Midland Highway, Mooroopna at 9.10am, please let Linley know on 0408 552 421. New members will be welcome to join us for our walk. Wear suitable clothes and good walking shoes and have sunscreen, hats and water to carry if required. Bring your own morning tea, or you can purchase it Rushworth Bakery. After the walk, there is the option of having your byo lunch or purchasing it at the Bakery.

Our September walk led by Margaret Clarke was very enjoyable on a pleasant Spring day. We discovered some orchids, greenhoods and Early Nancy wildflowers and we saw and heard many birds. Marg's photo shows 6 of the 11 walkers on the Pine Gully track in the Warby-Ovens National Park: Jill Myers, Allan & Christine Wilson, Peg Jordan, Ray Watt, Richard Brown.



Christine Wilson Ph 5822 1474 Mob 0428 399 648

WRITING 4 PLEASURE

The meetings are doing well in the library and the year is coming to an end, please send me any stories you would like to have published in the yearbook.

We meet on the third Thursday of the month, 1pm to 3.30. at Shepparton Library. ALL WELCOME, Mary Heneghan. 58316997, or Mobile; 0400573985.

OPERA APPRECIATION

On Sunday 14 October the Wangaratta Cinema will be showing the film of Opera Australia's production of La Boheme on Sydney Harbour.



On Sunday 28 October the film in HD at Wangaratta will be the first of the new productions for the New York Metropolitan Opera's 2018/19 season. This will be Aida, starring renowned soprano Anna Netrebko.

Please contact me if you would like to join our enthusiastic group and travel to Wangaratta in shared transport for either of these productions. There will also a charity opera afternoon at the Tatura Convent garden on Sunday November 18. Contact me for details.

Madeline Dyer on dyerm979@gmail.com or 0417580025

PHYSICAL ACTIVITY AT U3A

Lyn Davidson who takes exercise classes at GUV3A received a series of papers from U3A network which she forwarded onto to me. These papers were from a work shop held at U3A Nunawading this year. Amongst all the information were a few useful points.

Intensity of exercise

Should you be exercising, be aware of the Intensity of exercise.

The Australian Government recommends 150 minutes a week of moderate intensity of exercises which include walking up hill, walking brusquely, line dancing, weight training, bike riding and lap swimming. To determine how intensely you are exercising you can do the talk test.

- If you can talk and sing while exercising without running out of breath you are exercising at a **low intensity**.
- If you can chat comfortably but can't sing any more than a few words without running out of breath you are exercising at **moderate intensity**.
- If you can only say a few words before pausing to breathe you are exercising at **high intensity**.

Types of Exercises

Endurance, strength and balance are exercises that can help achieve improved health and well being.

- Endurance exercises are walking, riding and swimming
- Strength exercises are lifting weights and stair climbing
- Balance exercises walking, turning, going up and down stairs and muscle flexibility.

A mix of these three types of exercises improve general health and well being and reduce the chance of falls.

Greg Barnes

MONDAY LUNCH GROUP

The Monday Lunch Group is made up of friendly people who enjoy a meal, a drink and a chat. We meet every Monday at 12 noon at various venues around town.

There are 5 Mondays during the month of October so our group will have plenty of time for a catch up, a meal and a chat. On Monday 1 October we will meet at The GV Hotel. They do a good meal for around \$10. The next Monday, 8 October we will meet at The Sherbourne Hotel. Parking is available out on Wyndham Street or around the back past the bottle shop. On Monday 15 October we will gather at King City in Corio Street. This will be followed by The Mooroopna Golf Club on Monday 22 October. You can travel over the Causeway by yourself or, if you don't like doing that, you can meet at U3A and we will car pool over there. We'll discuss transport options the week before we go to Mooroopna. And finally, on Monday 29 October we will meet at The Terminus Hotel. If you haven't seen the renovations this is your big chance. Please ring Gail on 58211315 for more information.

CANINE CAPERS

Meeting at car park south of Aquamoves at 10 am on first Monday in October (1 October ??). Editor note: Janiene is away so doggie walkers please contact Janiene before event to confirm.

More information: Janiene 0409 337 520 sandfordjaniene@gmail.com

COMING EVENTS

Date	Event
2 October	Sandy Chamberlin, Executive Director of Infrastructure, will speak about 'The Re-development of Goulburn Valley Health
16 October	Course leaders lunch
20/21 October	Art, Craft & Photography Exhibition: 10-4pm, U3A Hall
6 November	Melbourne Cup 11.30am for 12 Lunch \$10pp, details next newsletter. Please put down your name down on the list for catering numbers.
3 December	Christmas Lunch & launch of 30 th anniversary booklet
3 rd Wed at 3pm	GVU3A Committee Meeting Members are encouraged to write to the Committee about any issues of concern or speak to one of the Committee members.

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



Jan says thanks to her U3A family for these most beautiful flowers and intends to come along to whatever she can fit into her somewhat changed diary over coming months.

Photograph Carole Trotter