

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

May 2024

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(Entries close on 21st of each month)



A MESSAGE FROM THE PRESIDENT

"You will never know unless you have a go"

Welcome to the Month of May, a time to enjoy cooling days and a slowing down with the Autumn season and a time to reflect on all mothers, grandmothers and aunts who are recognized on Mother's Day for nurturing the families around

them.

As always, a busy month ahead for you the members of U3A, with plenty of courses to choose from and I would encourage each one of you to try another course or plan a new one of interest to you. U3A Network has online courses you can take via Zoom. If interested in any, please contact Greg Barnes or myself and we can arrange for a group to take the course through our system in Room 2.

It is the committee's plan to endeavour to include new and interesting activities over the year. Greg Barnes will include a new idea monthly and we will be looking for coordinators to facilitate those sessions. If you have a special interest and would like to share it with others, please let us know. On May 21st at MEAC a session for those interested in Cyber Security will take place. If interested please contact MEAC Mooroopna.

Your committee is always looking for ways to improve your enjoyment at U3A. After much discussion and looking at schemes to improve the sound systems we have decided that the Hearing loop system is often incompatible with the new hearing aids and very expensive if it is not effective. We are looking at investing in a new sound bar for the Smart Screen to improve the sound for many of the classes that use this system.

We have been advised by Council that we must apply for a Food Traders Certificate at a yearly cost of \$370.00. Our volunteers with Julie Dainton have all completed the Food Safety certificate. This is a council requirement because we fit in a category 2 of having more than two events over the year where food is served. If any queries please contact me on 0418 580 697.

Looking forward to meeting with many members over the month.

Rita Bloomfield
President 0418 580 697

SOCIAL GATHERING – MORNING TEA

First Tuesday morning of the month: 7th April

Time: 10 am

Guest Speaker: Shelley Hosking, Community Engagement Coordinator, Council on the Ageing (COTA) and Seniors Rights Victoria

Shelley will be speaking about planning ahead.

She has been an engagement officer for senior's rights for many years and has spoken to various community organisations around the Greater Shepparton region about this topic. For more information refer to the flyers posted on the hall noticeboard.



Q3A QUIZ

An enthusiastic group of 17 members gathered on Monday 15th April to share some knowledge and have lots of laughs.

You are welcome to join us on the third Monday of the month from 10am until 11.45am. Our next session is 20th May, in Room 2 at U3A.

Here are some questions from our April Quiz:

1. What is the middle colour in the arch of a rainbow?
2. In which town was Tina Turner born in 1939?
3. Who won 4 consecutive Gold Logies from 1993 to 1996?
4. Each year the Arctic Tern migrates to which continent?
5. TRUE OR FALSE: Lightning only occurs on Earth.

Contact: Susan McCarten 0437 215 130 (sms preferred)

STRENGTH AND BALANCE

It's wonderful to see people improving their balance. It's a problem for many of us as we age, but simple things like standing on 1 leg whilst working at the sink, or when you have a spare minute during the day helps. It is all about consistency, as with anything we wish to improve.

Classes are at the U3A hall Monday mornings at 8.45am.

You are never too old to try and improve your fitness level. Just start slowly.

Please note I will be away Monday 24th JUNE.

Lyn Davidson 0402019552

LUNCH GROUP

During the month of May the group will meet at The Peppermill Hotel complex for food, friendship and fun.

Put the following dates in your phone, in your diary, on your calendar, or wherever you record important details - May 6th, 13th, 20th and 27th.

Remember to ring Gail on 0400 531 856 to reserve your seat.

BIRD WATCHING

Our May 15th outing is a morning at Seven Creeks Park Kialla. This is a new venue for our group. Please meet at the U3A Hall for a 9am departure or at Seven Creeks Drive near the playground at 9.15am.

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



Our outing in April was a walk along Honeysuckle Creek near Don & Lorraine Brisbane's property, where we observed 28 species, some being; Superb Fairywren, Brown Treecreeper, Brown Goshawk, Wedge-tailed Eagle, Striated Pardalote, White-plumed Honeyeater, Little & Musk Lorikeets, Eastern Rosella, Little Corella, Noisy Miner, Red Wattlebird and Grey Shrike-thrush.

500

500 Club meets every Tuesday afternoon from 3.30 to 5.30 pm.

We are a very social group who enjoy sharing a laugh, having a chat and enjoying a great game of cards. Win or lose it's all part of the fun.

If you are an experienced player or would like to learn how to play come along. New players are always welcome.

My contact number is 0402 047 167 or email galehatton@gmail.com. Please feel free to contact me if you would like any further information.

Gale Hatton Course Leader.

YOGA U3A

Due to the break in the continuity of sessions with Anzac Day, yoga will re-commence on May 2nd in Room 2.

A fee of \$20.00 is required for 4 sessions.

Please remember Jenny would like us to be ready for our session by 4.15

I look forward to catching up with you all.

Rita Bloomfield

Co-ordinator- 0418 580 697

WALK AND TALK

On our next walk, May 8 will be visiting Tongala and Girgarre

Meet at U3A at 8.45am for a 9.00am start. We will drive to Tongala and meet at the Tongala Bakery, 90 Mangan Street, for morning tea. Following a walk around the town we will drive to Girgarre for lunch. After lunch we will walk around the town and a short walk on the rail trail, before driving home.

Note: Bring lunch or buy at the Bakery. Also bring morning tea if you are not going to the Bakery.



Walk and Talk 10/4/24 Dookie Rail Trial. After meeting for morning tea at the CWA Park, we headed north along the Rail Trail for 6km, stopping to rest before returning for lunch. After lunch we then walked the short Rail Trail in the other direction and back. All in all, a total of 16.3km. Well done everyone!

David Taylor 0412 802 427

WRITING FOR PLEASURE

Our April meeting had an enthusiastic group of thirteen writers attend. Robyn Leembruggan had set the topics and led the meeting, where we heard three or four talented writers express themselves in verse on “Seeing the world through the eyes of....”

While the other topic “Homelessness: imagine life as...”, produced thought-provoking writing and discussion.

May: The topics set by Pam are: Daring Deeds; My First Job.

June: Dorothy’s topics are: What decade brings back prominent memories. A Famous Person and why you admire them.

July; Peter has set these topics: My Mother’s Kitchen; I remember when.....

There was a short discussion about short story competitions and brief guidelines were distributed. Next month we will have a guest speaker who has had a book published recently. A good time for questions!

Lastly a reminder: Whoever sets the topics for the month, runs the meeting AND brings afternoon tea!!

Moya Turnbull

BASKING IN LITERATURE

Last year the Basking in Literature group based their reading and discussion on themes.

This year, so far, we have been focusing on authors. The first author we studied was Jane Austen. Most of the group were familiar with this author and had read some of her books. At the discussion in February people shared the book they had read and most of her books were covered. It evolved that the men in the group struggled with Austen's work, so maybe her books are enjoyed more by women. But, as there are only two men in our group, this is a small sample on which to base this assumption.

Our current author is Geraldine Brooks. We will be sharing our thoughts on her books on Monday. We will continue to read Brook's books for the next month as well, on May.27th.

Jan Gregory

"AROUND THE WORLD" FOODIES GROUP

What a treat! 27 'Around the World' Foodies group members enjoyed the hospitality and the delicious, aromatic Syrian cuisine from Syrian Bros in late March. It was heart warming to see the whole family involved in preparing and serving our food in their spotlessly clean restaurant. They were truly happy to please us and share their culture through their food.

We enjoyed a 3-course set menu including falafels, chicken with kabsa rice, lamb and culminating in a delicious, sweet Kunafa dessert. An incredible range of flavours in every mouthful. Once again, the room was abuzz with everyone's chatter, which is always a good sign!

Our Yorkies Eatery dinner report will be included in the next Newsletter. Look out for details for our very own "Dutch Dinner" by Maria Hartel and Helpers on May 23 rd in an email soon.

Happy Travels!

"Around the World" Foodies Group

Barb, Carol & Maree

Email dancingdavo82@gmail.com

JUST FOR FUN!

They say that 60 is the new 50 and 80 is the new 70. But all I know is that the older I get the more 10pm is the new midnight.

Two young boys were at a wedding when one leaned over to the other and asked 'How many wives can a man have?' His friend answered 'Sixteen four better, four worse, four richer, four poorer'.

My new car has a switch for pretty much everything. There is even one that says 'rear wiper'. I'm still too afraid to try that one.

UKE3A

The UKE3A group performed a set at the Rotary 9790 District Conference at Eastbank on Saturday 20th April 2024. 'We have had a few payouts,' said Andrew, 'but, to be on stage at Eastbank was quite a thrill.

We came dressed up in our 60'-70's theme, played tunes that the audience could relate to beginning with the Beatles Eight Days a week and we also included 'I still call Australia Home', which I think should be The Australian National Anthem,' Andrew said.

We played well, we were well received by the audience and we had a lot of fun.



LIFE'S CURIOSITY

Our April session was very interesting thanks to Gail Jelliff. Thankyou Gail for sharing your involved active fulfilling life.

Our U3A has the fortune to obtain members with successful, involved and fulfilling lives. Each of us has a story to tell. From this we learn new life skills, values, and education elements to apply to our own lives. Therefore, we have the privilege this next session, on May 6th, to have as our guest Robyn Riddington. Robyn's work span includes a Day Surgery Nurse at Shepparton and a Private Nurse for 32 years. And would you believe, she was in this role until the age of 75 years. This is certainly something to admire. I understand she has many stories to tell.

Not to be missed Monday MAY 6th at 1.30pm. Pop it on your calendar. Welcome All.

Leader: Robyn Glasson: rglasson65@gmail.com

FEEL GOOD, EMPOWERMENT HUB.

U3A Empowerment Hub is where the process of learning from each other is transformative when we come together, share our experiences, and support one another on our respective journey's. We create connections that are not only enriching but also full of opportunities to achieve our dreams.

Our next session we will have John Padman share his knowledge of how our mindset can influence our bodies to be healthy. Mindset can influence our state of disease. What an opportunity to learn to overcome our limiting beliefs

The HUB will be held on Fridays APRIL 26th and MAY 10th at 1pm. Pop in it in your calendar. Everyone welcome.

Leader: Robyn Glasson: rglasson65@gmail.com

RUBIK'S CUBE

Rubick's Cube Beginner's Course

Barry Lynch from U3A Redcliff taught a course on the Rubik's Cube Beginner's Method, creating tutorial videos in the process.

The Beginner's Method requires students to commit six short algorithms to memory, and this is wonderful exercise for the brain. Using these algorithms, students will train their minds and fingers to work together, just as they would if learning to play the piano.

Some people enjoyed showing their Rubik's Cube skills to their grandchildren.

Besides learning the algorithms, students will also learn all the usual terms and techniques, and will be well prepared to take on the harder, (expert) method, if they wish.

The tutorial videos are designed so that the Tutor does not need to know how to solve the Rubik's cube, in order to run the course.

The only prerequisite is that all students will need to front up with a Rubik's cube (original colours please – white, yellow, green, blue, red, brown) for the first lesson. Kmart usually supplies them for about \$20.

If anyone is interested in doing this course let me know.

Greg Barnes (0438 569 611)

BANK ACCOUNT DETAILS

If you want to pay your membership fees online please use the account number below and use your name as the reference.

General account: BSB 803 078 Account number 1001 11147

Alternatively, you can put your money into an envelope with your name on the front and put the envelope into the box near the office door or give it to a member of the committee.