

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

August 2020

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(Entries close on 21st of each month)

A MESSAGE FROM THE PRESIDENT



Hello to All Members.

We are more than halfway through the year and some of our groups are coping very well in the restricted circumstances that COVID has forced upon us.

Ukulele with Zoom had 16 participants today and was a lot of fun! Some of our members appeared on ABC "Back Roads" last Monday night, which was filmed at Girgarre's music festival last summer.

Earth Science with Nigel Liggins has a devoted following and resumed at the Hall last Friday. It now meets every Friday at 10am. You can contact Nigel on 5823 1736.

Current Affairs, as a small group, is functioning well, with social distancing at the Hall. Topics continue to be discussed vigorously including issues such as Kerr's Letters to the Queen, the cost of the new Australian War memorial, and the wearing of masks.

Science, with Allan Wilson, is running well on Zoom, with quite a few participants zooming in. It is good to have some divergent thoughts from time to time; that's what universities are all about. It is a shame that our current technologies at GV U3A are not yet quite up to combining a Zoom meeting with a meeting at the Hall in a successful way. Our Committee is looking into how this might be achieved for the future."

If you decide you would like to have a go at Zoom but are unsure about how to go about it, please ask Greg Barnes or myself for some advice. It is a great way to see people and communicate. After some recent vandalism at the hall, the committee has approached the Greater Shepparton Council, who own the property, in the hope of improving external security. Our watering system was damaged, and some rubbish was strewn about but fortunately the hall was not entered.

The committee hopes that the restrictions will not be tightened in the Goulburn Valley and we can continue to enjoy some social interaction in our "new normal".

Liz

INDUSTRY TOURS

Before the great pestilence was upon us all, we had planned to visit DECA in March and Plunkett's Packing Shed in April. Those arrangements were put on hold "until later in the year".

Alas, it might well be next year before restrictions are lifted sufficiently to allow all U3A members to feel comfortable visiting in a group. And our intended hosts will have to meet their own requirements.

So, regretfully, the "shop is closed" until further notice. John Hetherington.

WRITING4PLEASURE

WRITING4PLEASURE will participate in another ZOOM meeting on Thursday 20th August 2020. We are all eager to get our group back together, but I was advised that the Library meeting room will remain closed until further notice. I will keep you informed regarding any changes to this.

Our next two topics to write on are: {provided by Moya)

TOPICS FOR AUGUST 1. I'LL NEVER FORGET

2. BORN THAT WAY

WORD - INNOVATIVE

QUOTE FOR THE MONTH:

"START WRITING, NO MATTER WHAT. THE WATER DOES NOT FLOW UNTIL THE FAUCET IS TURNED ON." - **Louis L'Amour**

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

STRENGTH AND BALANCE

It seems to be one step forward and two steps back in these uncertain times, but we are hopefully starting back on Monday 3rd August at [9.am](#) in our U3A hall.

As we are only allowed 10 people in class, for safety reasons, you will need to ring or text me between 4 pm and 6 pm, on Sunday afternoon if you wish to attend, as we don't want people making the effort and then not able to join in. This will need to be done every week.

All equipment will be disinfected before and after class but you may prefer to bring your own band and weights (2 cans of baked beans will do the job if you don't have weights). We will be starting with gentle exercises for those of us who haven't been doing much.

There will be plenty of room in the hall for social distancing.

Older adult classes have commenced at the stadium and other venues and Aquamove pools are operating for swimming and individual hydrotherapy.

Hoping to see you on Monday, 3rd August but don't forget to ring in.

Lyn Davidson - 0402 019 552.

BIRD WATCHING

The August outing on the 19th will be at Walters Park (Jordans Bend) Shepparton. Please meet at the car park below Jordan Place off the Boulevard not at the U3A car park. Our July outing was at Gemmill Swamp Nature Conservation Reserve Mooroopna where we observed 38 species some of which were Spotted and Striated Pardalotes, Yellow and Crimson Rosellas, Weebill, Buff-rumped and Striated Thornbills, Golden Whistler. White-plumed and Brown-headed Honeyeaters, White-winged Chough, Little and Rainbow Lorikeets, Superb Fairy-wren and Grey Fantail. Wetland species, Grey and Chestnut teal, Wood Duck, Pacific Black and Australasian Grebe.

Please contact Don Roberts 5825 2404 M 0448 889 224 or Marg Clarke 0429 350 875

HISTORY

Speaker: Greg Barnes

Monday August 10, 10am U3A Hall

Subject: Greg will give the second of his three talks on the history of China. This month his talk will commence from the Han Dynasty, 200BC and go through to the Sui Dynasty 620AD

Tables and chairs will be set out to ensure safe social distancing and all GVU3A Covid 19 rules are to be observed.

John Dainton ph. 58213881 or mob. 0417549502

PHOTOGRAPHY

The U3A photography group has come out of hibernation with a field trip to Shepparton Lake to take some Panorama images and practice our social distancing. It was good to get together again although we travelled in separate vehicles. On Thursday the 23rd July we are going to brave the cold and photograph the Mooroopna Cenotaph at dawn. Should be safe. We reckon anyone with the virus would not be silly enough to be up that hour! Thursday the 13th August we intend going to visit the Colbinabbin silos on an STD basis (Subject to Dan)

Anyone wishing to join us is welcome. My contact is lexsan8@dodo.com.au



Panoramic view of the Cenotaph at Mooroopna taken by Allan Parker. We are all hoping to do this well tomorrow.

SCIENCE MATTERS

Probiotics: Science class will meet again by Zoom on Monday August 17th at 1.30pm. The topic, 'Probiotics', will be presented by **Dr Rowan Wilson** from Nutriment Health Pty Ltd, who is presently working from home. This is his introduction to the topic.

Ten years ago very few people had heard the word 'Probiotics'. Now it is seen and heard everywhere, from Chemist's billboards to magazine articles and even on bags of chook food. But what exactly are Probiotics and what do they actually do? Rowan Wilson is an intensive animal veterinarian who works day to day with Probiotics in the animal industries and he will attempt to answer these questions and any others you may have in a presentation via zoom.

I will issue a zoom invitation to those presently on the Science class list (we had 18 online in July) and to any other U3A member who registers with me beforehand.

Allan Wilson 0427 399 648 or adwilson13@bigpond.com

ART

I am so pleased to let everyone know that the Art Group has had a very successful and happy "restart" to our creative sessions in the hall. Everything went just brilliantly, and the artists were very happy to be with familiar faces in familiar surroundings. We have had three meetings so far and, surprisingly enough, amongst all the chatter, there were times of silent concentration, and already some brilliant artwork produced. The few restrictions applied to our return have not dampened enthusiasm in any way.

Any of our artists who are not able to re-join us as yet are in our thoughts, and we look forward to their return when they are able. Happy days!

Judi Gillam 0448 813 930



From left: Meredith's Rose, Graham with self-portrait, Rob's Rocks and Ailsa's first try with water colour pencils

CREATIVE CRAFTS

Creative Crafts has recommenced meeting each Tuesday in the hall. We have had three happy afternoons stitching, knitting, sharing show and tell of finished items, and chatting with up to 7 participants. We have been able to practice social distancing given the set up of the tables and chairs in the main hall. We encourage our friends to return to enjoy the company and chats.

Gael Thompson for Sonja Muir. Gael – 0458 215 794`

WALK AND TALK

On Wednesday August 12 we will be walking at Cussen Park, Tatura, followed by a visit to the Tatura Bakery. Please meet at the U3A Car park at 8.45 for a 9am start or at Cussen Park at 9.30am. Our group will have to be only 10, going in separate cars.

Our mid-winter walk was very enjoyable at Kinnairds Wetland in Numurkah followed by lunch spaced out at the park by the Lake. Attached is Marg Clarke's photo on the day.



David Taylor 0412 802 427

SOCRATES CAFÉ

Socrates Café continues to meet at 10:00 am on the fourth Monday of the month, but because of the Covid-19 crisis it's not face-to-face, it's virtually, over Zoom. And of course it will be on again on Monday, July 27, when Greg Barnes will lead a discussion about the topic: "Is humanity heading in the right direction?" The Zoom link for that meeting is:

Join Zoom Meeting

<https://us02web.zoom.us/j/84124188055?pwd=TzZISVR1WVITRDVTc0pKUG1jQVFvdz09>

Meeting ID: 841 2418 8055

Passcode: Socrates

In August, the topic for discussion will be "If you had to guess, what do you think would be the most likely way you'll die?" Robert McLean will initiate the discussion.

Questions about Socrates Café should be directed to Robert at 0400 502 199 or via email at r.mclean7@icloud.com.

Children Are Quick

TEACHER: Why are you late?
STUDENT: Class started before I got here.

TEACHER: John, why are you doing your math multiplication on the floor?
JOHN: You told me to do it without using tables.

TEACHER: Glenn, how do you spell 'crocodile?'
GLENN: K-R-O-K-O-D-I-A-L'
TEACHER: No, that's wrong
GLENN: Maybe it is wrong, but you asked me how I spell it.
(I Love this child)

TEACHER: Donald, what is the chemical formula for water?
DONALD: H I J K L M N O.
TEACHER: What are you talking about?
DONALD: Yesterday you said it's H to O.

TEACHER: Winnie, name one important thing we have today that we didn't have ten years ago.
WINNIE: Me!

TEACHER: George Washington not only chopped down his father's cherry tree, but also admitted it.
Now, Louie, do you know why his father didn't punish him?
LOUIS: Because George still had the axe in his hand.....

TEACHER: Clyde, your composition on 'My Dog' is exactly the same as your brother's.
Did you copy his?
CLYDE : No, sir. It's the same dog.
(I want to adopt this kid!!!)

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