

CONTACT DETAILS

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



MESSAGE FROM THE PRESIDENT

Barbara Brown

U3A Energy Audit: After our beautiful weather I'm wearing hats, gloves, coats and many layers to resist the frosty mornings and cold, damp days. I applaud all our members who keep coming to continue their learning, social and physical activities. It helps that we have a cosy venue and all that's needed to make our time at U3A comfortable - and we may be able to remain cosy at less cost following an Energy Audit carried out by William, Allan & Christine Wilson's grandson, as part of his studies. He has presented the committee with a comprehensive report outlining a number of ways we can reduce our energy use and energy costs. A small committee comprising John Hammond, John Hetherington and Greg Barnes will prepare a schedule from the report's suggestions that can be put in place over time. It is a win/win situation. William was looking for a larger facility than a house to fulfil his study requirements and we will benefit from the changes recommended from his report. Thank you William and best wishes for the remainder of your studies.

Trivia Night: Friday September 12 at 7.30pm. Yes, the trivia night is on again. Gail reports that Sally has prepared general knowledge questions for this year's trivia night. Make up a table and practice your general knowledge for the big night.

Scrabble: The friendly scrabble group meets on the first and third Fridays from 1.00 – 3.30pm and is encouraging members to come along and enjoy a pleasant afternoon, a fabulous way to keep your mind busy and active. And there's lots of new words in the dictionary to try. The Oxford English Dictionary announced that 1200 new words were added in 2016 including *YOLO* (you only live once) and you might be able to get away with '*Merica*' - a sarcastic term used to describe things or events that fit the American stereotype.

Contact Peg Newman Ph 5831 1485

President's Message Continued

Latrobe Lectures: Sue Naylor, Head of Latrobe Shepparton Campus has sought to gain access to Latrobe Lectures for U3A Members and is getting closer. Many lectures are online from places other than Shepparton and are not available to U3A members. However, she is looking to provide a list of local lectures that interested members could attend. Long-term members will remember that this service was available in past years. Greg Barnes will liaise with Sue and provide you information as it comes to hand.

Reminders: - Turn lights and heaters off before the last person leaves.
- Monday afternoon set-up of urns for August 1 Social morning.

Tuesday August 1 Social Morning: The topic for this meeting will be poker machines and gambling and their impact on communities. The Speaker will be Rebecca Lorains CEO, Primary Care Connect.

Tuesday September 5 Social Morning: The Speaker will be Stephen Merrylees speaking about Powers of Attorney and Wills. Our Secretary Madeline has put out booklets about this subject recently received at U3A. Please pick up copies when you come in and if they run out more can be ordered.

INDUSTRY TOUR

The next event will be a tour of **SHEPPARTON WATER WORKS, WELSFORD ST SHEPPARTON** on Thursday September 28. It is for 20 people, commencing 10am and lasting for approx 1½ hours.

Please wear warm clothing including closed shoes. There will be some stair climbing involved, but there will be an alternative activity for non-climbers. The tour is free. We can travel in our own cars, but car sharing is recommended to reduce the number of parking places needed.

I will be at the Hall at the August social morning to answer questions and will bring an attendance list then to leave in the foyer. John Hetherington 0419 319 339
jfh@mcmmedia.com.au

BIRD WATCHING



Our August 16 outing will be to the Wyuna River Reserve on the Goulburn River. This is a new venue for our group and is a full day outing so please bring your lunch chair etc. Please meet at the U3A hall at 9am or at the Undera public toilets at 9.30. We should see a mixture of resident, winter and early summer species. Please contact Don Roberts 5825 2404, 0448 889 224 or Marg Clarke 0429 350 875.

White-necked Heron seen at Numurkah

WRITING4PLEASURE

Thursday August. 17 1-3.30pm. The stories continue to flow and are never dull. The theme for August is "Hindsight" or "Hands". Will we be up to that challenge? Come to the meeting and find out.

Inquiries to Mary Heneghan on 58316997 or Joan Giuliani on 58312232 (joanig@bigpond.com) while Mary is overseas till September.

STRENGTH and BALANCE

Strength and Balance classes are held Mondays at 9.00am in the U3A hall and are going from strength to strength. We are very happy to have 5 men join the class and they are working hard at improving their balance and well and truly keeping up with the ladies.

Fitness is for everyone and research suggests that people are more likely to continue exercise if it is in a group. On Monday August 14 I welcome newcomers to a "come and try" session. A reasonable level of fitness is required and wear good walking shoes or runners. It is not all about puff and sweat. We laugh a lot, go out for lunch occasionally and try hard to keep good health in a fun environment.

If you are interested and not sure if it will be suitable for you please give me a ring on 58217653. Leave a message and I will get back to you as soon as I return from holidays.

Lyn Davidson

HISTORICAL STUDIES

The next talk will be on August 14 at 10am when Greg Barnes will present the second paper on "**The History of Religion and Science**" All welcome. Contact John Lawry 5823 1704 or jrlawry@bigpond.com

SOCRATES CAFÉ

The next meeting will be on August 28 at 10am when the topic for discussion is "**Safeguarding the environment.** Caring for the world in which we live is an indispensable priority." All welcome. Contact John Lawry 58231704 or jrlawry@bigpond.com

BRIDGE

Bridge Scoring Made Easier: Bridge scoring equipment was purchased by the Shepparton Bridge club earlier this year. The equipment purchase was made possible by a City of Greater Shepparton Community Matching Grant. Under the grant scheme 50% of the cost (\$1103) was provided by the bridge club and 50% by the Council through the Community Matching Grant. With the help of Carole Trotter the grant was auspiced by U3A. The grant is only possible if an incorporated body like U3A auspice the purchase. The scoring equipment is now in use 3 times a week when U3A members play bridge. Scoring at the end of the bridge session is both more accurate and timely compared with manual scoring.

DANCE AND LEARN

Our accredited dance Instructor, Linda, has been teaching U3A members on Tuesday mornings for a few months now. Although it has been an early time slot, Linda has been able to get each of us warmed up and familiar with several dances, resulting in some of us even attending local dances despite our limited repertoire.

To date our numbers have been small, the main reason being that 8.45am is just too early for some. Members have expressed interest in learning if a later time slot that did not clash with other U3A activities could be arranged. Linda has responded by making the decision to return to teaching on a regular basis. Therefore, the following has been suggested:

Commencing in September, we would like to start a regular "tea dance" concept - 5pm - 8pm each Friday. The idea is to teach for the first segment of that period then continue in a true social dance format with a light tea for a break around 6.30pm - each participant is invited to bring a small plate of finger food to share. Non U3A members will also be approached. The fee for U3A members will be \$5 for three hours, while non-members will pay \$10. If you think this is something in which you may be interested, please let Jan Maude know by telephoning 0428 597 794.

Meanwhile, Linda is keen to continue with our current arrangement - 8.45 - 10am every Tuesday morning (except 1st Tuesday of the month). At the moment this tuition is free so you could come along and check it out.

MONDAY LUNCH CLUB

You are welcome to join the lunch group at 12 noon at the following venues in August. Monday 7th - **RSL Club**, Monday 14th - **Cellar 47**, Monday 21st - **The Last Straw**, Monday 28th - **The Terminus Hotel**. Come along and share a meal and a chat with friends.

ANNUAL TRIVIA NIGHT

We are holding our annual trivia night at the hall on **Friday September 15**. The doors will open at 7pm. The questions will start at 7.30pm. The evening will be finished by 10 pm. Please come along and have some fun. Cost is \$10 per person payable on the night. There will be 6 rounds of 10 questions with a few fun activities between rounds. You can enter as a team from one of our U3A groups. You can enter as an individual and join other people to make up a team. You can bring along family members and friends.

A light supper of sandwiches and slices will be provided. Tea and coffee will be available throughout the night. You are welcome to bring along something to drink, a glass and a bottle opener. If you would like to bring a plate of nibbles to share with the people on your table you are most welcome to do so. We look forward to seeing you there.

Please write your name on the sheet on the folding doors at the hall so we know how many people to cater for. Ring Gail Jellif on 5821 1315 if you have any questions.

OPERA APPRECIATION GROUP

On Sunday August 13 we will be travelling to Wangaratta Cinema to view the Opera **Der Rosenkavalier** filmed live in HD at the Met in New York earlier this year. American soprano Renée Fleming sings the role of the Marschallin in this rich romantic masterpiece by Richard Strauss.

This is the final opera for the 2016-2017 season. Departure from Shepparton will be around 11 am depending on what time the cinema shows it. Please let us know if you wish to come so we can be sure there is enough transport for everyone. Bring your own lunch as usual to eat in the park before the film. Coffee is available at the cinema. Allan and Christine Wilson 5822 1474



WALK AND TALK

On Wednesday August 9 our walk will be among the wattles in the Reef Hills State Park not far out of Benalla. Please meet at the U3A car park at 8.45 for a 9am start in shared transport. Bring your own morning tea and lunch. We will probably move nearer to the Rose Garden in Benalla at lunch time so you might wish to buy coffee at the Gallery. As usual, wear shoes and clothing suitable for dirt tracks and variable weather.

Our July walk was enjoyed by an enthusiastic group and we were pleased to have Marg Clark help us identify the birds we saw at Kinnairds and then at the lake by the main road at lunch time where we watched many water birds including a pelican sent there to amuse us (it seemed). Jan Maude caught the wing stretching (photo next page) and Marg Clark captured 2 walkers at Kinnairds. New people are always welcome to join us on our "walk and talks". Christine Wilson Ph. 5822 1474 Mob. 0428 399 648



ENJOYING LITERATURE

Our Enjoying Literature Group meet again on July 24th to complete our viewing of The Merchant of Venice.

Our dates for the next few months are Monday August 28th, September 25th and October 23rd at 2pm. Topics for these dates are not confirmed as yet but following our discussion of The Merchant of Venice we will investigate another genre of literature. An interesting question that has arisen is "What is Good Literature"? We are endeavouring to answer that question! Members are encouraged to bring along a short piece of what they consider to be good writing to each meeting. We are more than happy to welcome new members. Helen West 0411 457 462, 5821 4802

NATURAL RESOURCES

Friday August 4, Guest Speaker: Nick Nagle, CEO Goulburn Valley Waste, Resources and Recovery, 10am U3A Hall - **Subject:** Waste Management

Friday August 11, Guest Speaker: Eugenie Stragalinis, Strategic Planning Consultant, formerly GMW, 10am U3A Hall - **Subject;** Strategic planning for the water industry

Bus Trip: Dargile Forest Heathcote, Lake Cooper, Green's Lake day trip

Friday October 13: Departs Ford's Bus Depot Telford Drive Shepparton 8.30am, returns approx. 4.30pm. Trip will include speakers on the box iron-bark forest, the nest box program and an ecologist for a bird talk and walk, environmental watering program and management of Green's Lake.

Lunch provided by Heathcote CWA **Cost** \$30. Money required by October 6 Natural Resources Meeting. John Dainton 5821 3881

SCIENCE MATTERS

Our Science Class for Monday August 21 will return to the **DNA** theme. I will talk about why sex is so important in biology and why cloning won't do. I will talk about what DNA shows of human migrations in pre-historic times and why African athletes dominate the Olympics. It will include what DNA can tell us of recent human evolution and the origins of the CRISPR genes that are now being used to edit genomes. **DNA** is the brave new world of biology. Allan Wilson 5822 1474.

POWERS OF ATTORNEY

Multiple copies of 2 booklets produced by the Office of the Public Advocate have been left on the table in the foyer. Feel free to take copies. One booklet called "Your Voice - Trust your Choice" contains tips for Seniors making enduring Powers of Attorney. It is best read in conjunction with the other booklet "Take Control- a guide to making enduring powers of attorney." Madeline Dyer

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

