

# 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](http://www.gvu3a.com.au)

Month December 2023

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



## A MESSAGE FROM THE PRESIDENT

Greetings to All,

***Please read your Newsletter to stay informed.***  
(Google: GVU3A Website)

I would like to begin by thanking all our Course Leaders for their passion delivering the many and varied programs for our members at Goulburn Valley U3A during 2023. Your contribution is valued. Can you also please inform your members of your program arrangements for resumption in 2024.

Seventy members enjoyed our GVU3A Cup Day event at Esson Street. Thank you to our amazing Catering Crew and ALL who contributed to make this such an enjoyable day.

We traditionally have an open/enrolment day on the 1<sup>st</sup> Tuesday of February. This gives our Organisation and Program Leaders the opportunity to showcase our programs for our members and potential new members. Our GVU3A Committee would love to also hear from potential Committee members who would like to support the Committee in 2024 or beyond.

I would like to direct your attention to our modes of communication at GVU3A. Obviously our newsletter, website and for events, the 'folding doors' of the Carpeted room. We also have notice boards. However, are you aware that when we are approached with items of interest from other organisations, these are posted on the noticeboard on the South wall near the rear doors. For example, currently there is information from edConnect, Australia (supported by the William Buckland Foundation). EdConnect train and support volunteers to work in schools to provide either classroom learning support or mentoring for one hour a week. There are currently opportunities at Bouchier Street P.S. and Numurkah S.C.

In closing, may I wish you all a safe and enjoyable festive season as we look forward to another successful year in 2024.

*"Peace begins with a smile" – Mother Teresa*

John

**All underlined text is a link to either a course page on our website or to an internet website**

## U3A Christmas Lunch - December 5th

Hi members,

The list for our Christmas lunch is now full - we can only cater for 100 people in the hall.

There is a waiting list for those who have missed out. Please remember that due to the popularity of the lunch **members only** can attend. The people on the list who are **NOT** members will be transferred to the waiting list.

To secure your seat please pay your \$25, by direct debit, ASAP.

If you find you cannot now attend, please remove your name from the list or phone me.

Many thanks,  
Kerrie Midgley  
0439511929



## ITALIAN

The final day of Italian for 2023 will be Friday 15th December when we will combine the 2 groups and go out for lunch at 12 noon to Noble Monks to celebrate Natale.

We will resume Italian on Friday 9th February 2024, after the Enrolment Day on February 6th.

Contact: Liz Lee - 0409 703 868

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The Italian Class are looking for copies of this book so we can create a class set.

It is "Ultimate Italian" - Beginner - Intermediate. Published by Living Language  
It is impossible to find in shops or on the Internet but as we use it every week we would love to get a few copies.

We are willing to pay for the book, depending on condition, so please let me know if you have a copy that you no longer require.

Many Thanks. Liz Lee Italian Co-ordinator

## 500

The last official day for 500 for 2023 will be November 29th. The following week will be the week of the U3A Christmas Lunch.

500 will be in recess in January and resume February 13. New participants wanting to learn the game will be catered for from this date.

Contact: Harry Lee – 0400 770 972

## YOGA

Thank you to all who have joined the Yoga group at 4.15pm on a Thursday. Thank you for your patience in trial and error of different methods and our time spent with Jenny Scandelora who has been fabulous. A big thank you to Jenny. I hope you have enjoyed all your sessions this year. Yoga sessions will cease early December and will recommence in February 2024.

Contact: Rita Bloomfield – 0418 580 697

## **HISTORICAL STUDIES**

Livia Tiso will be talking about the History of Christmas at the last History class of the year Monday 11th December at 10 am.

Contact: John Dainton - 0417 549 5021

## **STRENGTH AND BALANCE**

The last class for Strength and Balance for 2023 will be Monday 4th December and we will recommence Monday January 10th, 2024 at 8.45 in the U3A hall.

We have enjoyed a wonderful year with people improving their fitness and most importantly balance.

We would love to see new participants. If you need more information please ring me. The hall has air conditioning so is comfortable for exercising at this early time, even on a hot day,

Make this a resolution for the new year and thank you so much to you super fun participants who have made my Monday mornings a pleasure.

Contact: Lyn Davidson – 0402 019 552

## **“AROUND THE WORLD” FOODIES GROUP**

We were thrilled with the success of the inaugural "Around the World" Foodies group this year and are delighted to announce that we will continue on in 2024, starting in February. It has been a wonderful culinary experience, supporting local businesses while providing an opportunity for social connection within our U3A members.

One last big reminder is that everyone is welcome to join us for our last dinner for 2023. Our numbers are unlimited at Casablanca. So please, why not come and enjoy the party? Eat, chat and dance the night away! First timers are welcome too! Let's party!

Casablanca 23rd November, 6 pm, Italian Night! BYO Wine. Drinks at bar prices. \$26 payable at the door

Contact: Muna - 0438 830 384

Happy travels, Muna, Barb and Maree - "Around the World" Foodies Group

## **LIFE'S CURIOSITY**

Life's Curiosity December 4th 1.30pm {pop it on your calendar}

As this is our last session for 2023 I would like to thank everyone who has attended or shown interest in the group. It is with delight to be able to be such a part of U3A. November our guest was Don Brisbane, he delighted everyone with his life story. Thank you, Don.

I am hoping 2024 to be a bumper year with the theme of "Understanding Friendships in our Later Years". There will be further details in our January newsletter. Friendships are at the core of our needs as humans that provide great health outcomes.

Life's Curiosity guest for December will be one of our members John Padman. He will provide key elements of his life story that involve business success, inventor, health challenges and how to overcome challenges that present. How not to take no for an answer & how to remain determined to find the answers. There will be a lot to learn from listening to John. All very welcome.

Contact: Robyn Glasson – 0427 286 495

## **U3A Health Hub**

If you are wondering about how to start your improved health journey then look no further as a starting point than “sleep”. We all know how important sleep is to feeling refreshed and better able to cope with the stress of the next day but have you reflected recently on the health benefits that it provides our body. Nature has provided a “night” time for the body to have an environment to rest, rejuvenate, replenish and heal. It is important for the sleep patterns to be given time to do what they are designed for. Apparently cortisone naturally increases at 2am so therefore it is important to have a few hours sleep prior to this to allow this mission to be successful for a more rested day. Like a plant requires water to have energy, not wilt and be bright and chirpy then sleep we need as well. Routines are paramount in our sleep endeavour. Loads of information on the internet. Remain curious. Wishing everyone a fun festive season, keep safe “keep smiling” See you all in 2024.

Contact: Robyn Glasson – 0427 286 495

## **CREATIVE CRAFTS**

We are nearing the end of a fun year where we have seen our members create many wonderful items. Some members participated in a “Slow Stitching” workshop run by Tina and Heather. We also had many exhibitors put items into the Art, Craft and Photography Exhibition. Thank you to you all.

There will be no Craft on Tuesday, December 5 as this is GVU3A Christmas Lunch. Our last gathering for 2023 will be on Tuesday, December 19 where will have afternoon tea – bring a small plate of food to share. We also decided that instead of having a Kris Kringle we would donate to the Salvation Army Christmas Appeal. If you would like to donate, please put your money into an envelope and I will take it to the Salvation Army.

We will resume on Tuesday, January 16, 2024.

I wish you all a very lovely Christmas with your family and friends and health and happiness throughout 2024.

Contact: Gael Thompson - 0458 215 794

## **WRITING FOR PLEASURE**

The group met for the last time in 2023 and gathered out at The Peppermill. We had a combined meeting and lunch which was a nice arrangement. There was a good turnout, with members returning from holidays. Also Allan brought his wife, Chris, as a guest. Lynda had set the topics for the month: “Describe a place that makes me feel a certain way” OR “The Best Christmas Ever”. The latter one helped us move towards the spirit of Christmas and as always, prompted conversation.

Robyn is very kindly collating our writing contributions for the Yearbook and gave us an update, so we look forward to seeing that in print. We took the opportunity for the annual group photo to round out the year.

We are pleased that Pam has had an attractive bookmark produced, which displays our groups’ details. Pam has also provided the topics for our January meeting: “Flying High” or “Calm Before the Storm”.

Next meeting will be at The Shepparton Library, Thursday 18th January 2024, 1.00 pm.

Contact: Moya Turnbull - 0407 680 337 or Marion MacLennan - 0417 319 839

## **SOCRATES CAFÉ**

Socrates Café is looking for a new Coordinator. Are you interested?

Contact: Tina Hanigan – Mobile: 0416 156 945

## PHOTOGRAPHY

November saw the photography group venture to the Shepparton Botanical Gardens and to the Kyabram Fauna Park. At the botanical gardens we all got a few good shots even though the windy conditions were a bit tricky for photography.



Richard and I were the only two to venture to the Fauna Park. There we endeavoured to put into practice some of Lex's lessons. We were satisfied with our results even though we are still novices.



The last two sessions for 2023 will be on 23rd November and 14th December.

We wish everyone all the best for the rest of the year, especially the Christmas and New Year period. Keep safe both on and off the roadways.

Contact: Allan Parker – 0418 144 131

## BIRD WATCHING



Our last outing for 2023 was at the Australian Botanic Gardens Kialla where we observed 34 species, some being Pied Butcherbird (pictured), Dollarbird, Sacred Kingfisher, Eastern Rosella, Little Friarbird, Red Wattlebird, Superb Fairywren, Grey Fantail and Rufous Whistler. Our next outing will be in March and there will be a notice in the February newsletter.

Contact: Don Roberts – 0448 889 224 or Marg Clarke – 0429 350 875

## BOLIVIA

The last game for this year will be on December 21st. This will be a Christmas lunch prior to the afternoon game commencing at 11.45 am. Please bring a small plate of food to share. Food details will be sorted out over the next couple of weeks.

Games will recommence on January 4<sup>th</sup> for those who are not on holidays.

Merry Christmas to all our players and we hope to welcome new members in 2024.

Contact: Kerrie Midgley – 0439 511 929

## MAH JONG

Our last weekly game will be on December 12<sup>th</sup>. Games will recommence on January 9<sup>th</sup>, 2024. New members are always welcome.

For our last week please bring a small plate of afternoon tea to share.

Please remember there will be **no** Mah Jong on Dec.5<sup>th</sup> as this is the U3A Annual Christmas Lunch.

Best wishes to all for Christmas.

Contact: Kerrie Midgley – 0439 511 929

### WANTED: Meditation Instructor

If anybody knows of a suitable meditation Instructor that might like to conduct classes at GVU3A please let me know.

Regards

Contact: Greg Barnes - 0438 569 611

## LUNCH GROUP

The silly season is fast approaching with lots of fun times spent with family and friends. Our U3A lunch group will be catching up throughout the festive season and into the new year. So, get your pens ready, open your diaries, put these dates into your phones or on your calendars. During the month of December we will be meeting on the 4th, 11th and 18th at The RSL Club. Then in January we will meet on the 1st, 8th, 15th, 22nd and 29th at the Shepp Club. This will be followed by The Overland on February the 5th, 12th, 19th and 26th. Please ring Gail to book a place at these gatherings.

Contact: Gail - 0400 531 856

## COMMUNICATING WITH TECHNOLOGY

Thank you to all the people who attended technology sessions this year. I believe we sorted out a number of problems for phone users, computing issues and a few iPad difficulties. Computing issues present challenges to us all (yes, including me)! I have enjoyed the challenges and the satisfaction of finding a solution. There have been a number of regulars each week and a few drop-ins for one off issues. Next year's classes will commence on Monday January 29th. Sessions will again run as in previous years: 12:30 - 2, 2 - 3:30 and 3:30 - 5. I would appreciate those wishing to attend contacting me so I know the numbers. We will probably be around for most of the holidays, so I should be able to assist with any major issues anyone has over the break.

Contact: David Muir – 0414 881 369

## NATURAL RESOURCES AND REGIONAL DEVELOPMENT

The final session for 2023 will be held on Friday December 1, 10 am

It will be an “in house” exercise where we discuss two items.

1. Productivity Commission’s review of Murray Darling Basin Plan:  
Exploring why regional logic and opinions are disregarded.  
How can people in our region learn to accept the direction for water allocation.  
Future emphasis in managing water storages especially for carryover and environmental water.
2. The 2024 program:  
Lessons learnt from the 2023 program and earlier years.  
How can the 2024 program be organized and delivered.  
Members’ opinions will provide the guidance necessary to determine what should happen next year.

Contact: Barry Croke – 0488 058 231

## Q3A QUIZ

Our final quiz for the year will be held on Monday 18th December, from 10am until 11.45am.

We will resume on Monday 15th January from 10am.

Everyone is welcome to come along and enjoy an entertaining morning with friendly people. We always have a few laughs, are amazed at the odd facts we remember, and maybe learn something new.

Contact: Susan McCarten 0437 215 130 by sms, or phone and leave a message.

## SCRIBBLERS – INTRODUCTION TO DRAWING FOR BEGINNERS

This 6 week course will begin on Thursday February 8th. Bookings via email are essential.

Contact: Jill Riordon – 0467 405 252

## WALK AND TALK

There will be no walk and talk in December.

Our January Walk and Talk is at Kialla Lake Walk on January 10<sup>th</sup>. Meet at Gunaway Reserve. We will walk around the lake then have morning tea at the Reserve. Before leaving we will plan some walks for 2024. Directions: Drive south on Goulburn Valley Hwy, turn left along Kialla Lakes Drive. Gunaway Cres is the second street on the left.

### November Nagambie Walk and Talk

10 Walkers met at Nagambie in the park for morning tea before our walk along the board walk. Coming to the new Board walk leaving a few walkers we continued along after about 20 minutes we rejoined with all the walkers and returned for lunch at the Nagambie Rowing Club which was a great social 2 hrs before returning home.



Contact: David Taylor – 0412 802 427

## ART

For artists exhibiting at the Kyabram Town Hall, your painting/s will need to be collected on Friday 24th November after 10am.

GVU3A artists will meet on Wednesday 13th December at the Mooroopna Golf Club for lunch. Those who would like to attend please contact Jeanette as numbers are required before booking. Partners welcome.

On 20th December, our last day of painting, we will have a break up lunch. Please bring a plate to share.

The art class for 2024 will resume on 10th January, normal hours. 10 am start time. Anyone who would like to join the art group is more than welcome. From beginners to whatever standard you feel you are at. We are a friendly group, no teaching as such but plenty of help from any one of us.

Contact: Jeanette Fry - 0438 253 982.

## SCRIBBLERS

The Scribblers group have had a very productive and enjoyable year. Members of this group are requested to refer to their "Whats App" group messaging to keep up to date with times for ending the year and commencing in 2024.

December 7th will be the last session at the U3A hall with our last meeting for year being held on the following Thursday, 14th December at Marg Hollarn's home. Merry Xmas and Happy Holidays.

The first session in 2024 will be at the U3A hall on Thursday 11th January.

Contact: Jill Riordan – 0467 405 252

## TAI CHI

The Tai Chi group has had an enjoyable year under the leadership of Sandra Bassett. Thank you Sandra for your expertise, friendship and patience with us all. The final Tai Chi for this year will be Friday December 15th and we look forward to starting again on Friday, February 9th, 2024.

Contact: Sandra Bassett - 0418 571 246.

## BASKING IN LITERATURE

This year ten people signed up for Basking in Literature and we had a good turnout each month. We worked on themes which went over two months. In February and March our theme was fiction books about animals. There was no set book; people chose their own books from a suggested list or a book that they sourced based on animals.

In April and May we read books on the theme of indigenous Australians. There was a wide variety of books read and interesting discussion resulted. At each month's meeting there would be a list of questions that members could use to stimulate their thinking which then helped to contribute to the conversation.

June and July's theme was books about books. It was surprising how many different books were read which led to an interesting discussion. The advantage of having the theme run over two months was that people could read books that were discussed in the first month resulting in wider reading for the participants.

In August and September we moved away from novels to poetry. Each person read a poem of their choice and led a discussion about it. Greg Barnes wrote poems that he shared with the group. Well done Greg!

The final theme for the year is on leadership which includes biographies, autobiographies, novels about leaders and commentaries on leaders.

This theme approach will continue in 2024 and we would love to see more literature lovers to join us. We meet on the fourth Monday of the month at 2.00pm for about an hour and a half. The first meeting for 2024 will be Monday 26 February.

Contact: Jan Gregory - 0438 093 668

## UKE3A

Uke3A has had another successful year in 2023 with Andrew Llelliot at the 'helm' as Leader. Thanks Andrew. Monday sessions have been well attended and Seniors Month saw no less than four 'GIGS' performed. Two of these at the Shepparton Library, one at Rumbalara Aged Care facility and one at Esson Street. Our LAST session for 2023 is Monday 18<sup>th</sup> December 2023 and Uke3A will resume on Monday 5<sup>th</sup> February 2024.

Happy Festive Season and Happy strumming.

Contact: John Canty – 0407 264 504

From the Newsletter Crew



### **BANK ACCOUNT DETAILS**

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

General account: BSB 633 000 Account number 127742898

*Please do not pay your annual membership into this account. We are changing to banking with GMCU and account details will be provided in the January newsletter.*