

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: 5821 3333

WE'RE ON THE WEB - www.gvu3a.com.au

December 2024/January 2025

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(Entries close on 21st of each month)



A MESSAGE FROM THE PRESIDENT

In the flurry of life as we prepare for the festive season, take time to think about your family and friends and reflect on what this year has been for you. Taking up a new course, developing new friendship groups, or continuing to enjoy your special interest group.

The U3A year ending has come upon us very quickly in the last few weeks. Our social morning became Melbourne Cup Day, which I believe was

a wonderful day of races, good food and lively company. To each and everyone who made the day such a success, thank you. A big thanks must go to Gael Thompson and Julie Dainton who provided us with a fun packed day of racing and delicious food. And now we look forward to our Christmas luncheon to be held on December 3rd. You may note that the hall has been decked out for us to get into the festive spirit.

It is the time of the year when we give thanks to those volunteers who give their time, share their knowledge or coordinate a group session for you to come along to learn or just to enjoy the activity provided. Please remember they bring enjoyment into your lives and need to be recognized at this time of the year. The committee will be giving course leaders a "thank you lunch" on Thursday 28th November 2024.

Your committee has decided we would continue on for 2025 to realign back to a 2-year term of serving on the committee, an adjustment after covid. This means we will be looking for new members of the committee for 2025/2026. If you believe you would enjoy being further involved in GVU3A, please let me know. Each year your committee reviews the policies for the various areas such as Finance, Health and Safety, Code of Conduct, and maintenance of the hall. This is so we can be up to date with current aspects of the Goulburn Valley U3A. All our policies will be put up on the website so that all members have access to any information they may need. It is hoped that through the newsletter we can inform you about some of the policies.

As always at this time of the year, our hall gets a general clean, the floors resealed, windows washed etc. So, the Hall will be closed from December 20th 2024 to January 5th 2025.

As you prepare for your festive season, gather your U3A friends around to celebrate your good health, give some time to those in need and look out for each other over the summer break. May you enjoy the festive season with family and friends. Take care.

Rita Bloomfield
President
041858069

CHRISTMAS LUNCH

TUESDAY, 3 DECEMBER Time: 11.30 am Cost \$25

**Lunch and entertainment
Bookings with payment close 26 November**

**Please advise Julie Dainton of any dietary requirements
BYO – Glass and Drinks**



UKE3A

October has been a busy month for members of UKE3A. Apart from our weekly get together jam sessions at Esson Street we have had several events during the Seniors Month of October.

Several members travelled to Melbourne to Federation Square which was the Start of the Seniors Festival. It was Celebration Day and we attended the Mass Ukulele Workshop conducted by AJ Lenord.

We also had two playouts at the Shepparton Library and one at the Wood Turners Show. We look forward to these events as we develop new tunes in our repertoire to present at these gigs.

Many of our members also featured in the recent concert held at Essen Street, where again they were able to present those things that they practice so hard for.

Andrew Lelliott

HISTORICAL STUDIES

After a journey through the life and songs of Billy Joel, Greg Barnes will finish the year with the last part of a History of Rock and Roll in December. I would like to thank everyone who contributed to making Historical studies such a success this year. Remember that if you would like to present something, then just let me know. Enjoy Christmas and the new Year.

Historical studies will recommence on the second Monday February 10th, 2025.

Livia Tiso

PLAY READING

An exciting new program called Play Reading is set to start in the U3A rooms on Monday February 10th at 2.00 pm. It is expected to run twice monthly and sessions should be approximately 1.5 to 2 hours. Participants are seated around a table and allocated a character to read from a script.

I was able to sit in on a session at Ivanhoe U3A and it was great fun.

It has proven to be very popular with a number of U3A groups now running play reading programs. (Ivanhoe currently has 3 separate groups)

The ideal group size is 10 to 15 participants. We already have nine members wanting to be involved. If you want more information please call me on 0409121146. We particularly need a few more men.

Brian Riordan

ART

The U3A Art class will recommence after Christmas on the Wednesday 8th of January
Jeanette Fry

SCRIBBLERS - BEGINNERS

Scribblers for beginners runs for 6 weeks each Thursday morning for 2 hours. During this time, you will learn the basics of drawing using black-lead pencils. This will include a number of different techniques in a relaxed and supportive group where the emphasis is on fun. No previous drawing experience necessary, just a willingness to try. Once the 6 weeks are done you can join our group of dedicated ongoing scribblers who draw for fun and relaxation.

Visit the GV U3A Scribblers webpage to see some of their wonderful drawings.

Please bring: · A4 pad of drawing paper, · Black lead pencils (a minimum of 1 x HB, 1 x 3H, 1 x 4B and a 1 x 8B or as close as you can find, an eraser and · a smile (can be more than one). See link to course page: <https://www.gvu3a.com.au/scribblers>

Scribblers for Beginners: Starts Thursday 13th February Time: 10.00am to 12.00 noon

SCRIBBLERS

Start: Thursday 9th January

Time: 10.00am to 12.00 noon

Contact: Please enrol via email to Jill Riordan – marigold.riordan@gmail.com

TAI CHI

Members of the Tai Chi class would like to thank Sandra Bassett very much for all the happy Fridays she has helped us through in 2024. The last class for this year will be Friday December 13th and we will recommence on Friday February 7th at 3.30pm.

Sandra Bassett 0418 571 246

MUSIC THEORY GRADE 1

This class will finish for 2024 on Tuesday December 10th and recommence on Tuesday February 11th at 9am in Room 4.

Congratulations to all members of this class who have graduated from the Beginners' class!

Christine Wilson 0428 399 648

MUSIC THEORY FOR BEGINNERS

A new class will commence on Thursday February 6th at 10-11 am in Room 4. This will run for 5 weeks and is for people who never had the chance to learn the mysteries of written music when they were young. We will use a text book which costs \$20.

Christine Wilson 0428 399 648

SINGING FOR PLEASURE

Singing4Pleasure has enjoyed lots of fun and laughter as we have learned many new songs; some challenging, and some “golden oldies”. We enjoyed sharing our talents on stage at the U3A Senior's Week concert. It was wonderful to see smiles on the “Melody Makers” faces at the end of each song. This year our numbers have been consistently over 20, even on the coldest mornings. On Wednesday 27th November we will sing Carols at our Christmas party and will **NOT sing at U3A that morning**. We will sing on Wednesday on December 4th and 11th.

Singing will resume Wednesday 5th February 2025 at 9.00am.

Merry Christmas Everyone. Robyn Leembruggen

“AROUND THE WORLD” FOODIES GROUP

Another enjoyable night out for our “Around the World” Foodies group was held at Okami's Japanese Restaurant in Fryers St in October. We all enjoyed an abundance of delicious food and fantastic company.

Our last international dining evening for the year will be a quick trip to North St, Shepparton to dine at Bicaro's Italian Restaurant on 28th November. Please note that it is fully licensed. I'm sure that everyone will have another wonderful evening out together.

We are delighted to share with you all that our “Around-the-World” Foodies group will continue again for 2025. More info will be shared at 2025 Enrolment Day.

Happy Travels!

“Around the World” Foodies Group
Barb, Carol & Maree

SCIENCE MATTERS

We will start 2025 on January 20 with a presentation by Ray Pearson

The title of the January Science Talk will be “HMVS Cerberus”. HMVS Cerberus, a monitor warship of the Victorian Naval Forces, holds a renowned place in naval history and heritage. Launched in 1868 and commissioned in 1871, she was the first warship to serve the colony of Victoria, Australia. Named after the mythological dog that guarded the underworld, HMVS Cerberus served as both a coastal defence ship and a symbol of maritime innovation.

In the late 1860's Victoria was awash with gold. Things were a bit dodgy around the world and Victoria [the state and not the head of the empire] decided we needed a gunboat.

The talk will include all aspects of STEM, the mathematical part being how many heads did Cerberus have, and the technology being how did Artificial Intelligence produce the initial paragraph in a fraction of a second?

Meanwhile...wishing you all a very happy (and scientific) Festive Season and hope to see you all next year.

John Bush

Q3A QUIZ

It was great to have 16 members at our November Quiz session. Livia presented an alphabetical quiz of famous people and places where each answer started with the next letter of the alphabet. Judy played a musical confession game where we listened to popular song lyrics which suggested what we did or didn't do, will or won't do, and want to do. Some answers were - I shot the sheriff, we didn't start the fire, I will survive, and I want to break free.

The fun doesn't stop there, as we will enjoy our final 2024 quiz on Monday 16th December, from 10am to 11.45am, with Bridgette and Leona providing special interest segments.

We will resume on Monday 20th January, and any U3A members are welcome. You do not need to attend every month, but you're sure to learn something new while having a few laughs.

Some questions (answers later in this newsletter)

1. Which was the first city in Asia to host the Summer Olympics?
2. On standard dice, which number is directly opposite 6?
3. Which Australian cricketer has scored the most Test centuries?
4. What type of flower is a Lady's Slipper?
5. True or False: A human infant has more bones than a human adult.

Susan McCarten - 0437 215 130

LIFE'S CURIOSITY

Our sessions for 2024 have ceased. We must thank Gael Thompson for another great presentation. We were privileged to be shown 2 handmade quilts that had significance to her. To hear someone's story always offers us a change to reflect on life in general and Gael was able to bring this home to us due to her work in the Emergency Sector. Thank you to all our guest speakers for the year, each one has brought something into our lives, and into their life as well.

The year 2025 will see a different direction for Life's Curiosity. We will re-commence on Monday 4th March at 1.30pm. Check out the course description for 2025 for details.

Thanks to the Newsletter team over 2024 for the opportunity to promote our activities. Always good reading.

Contact Robyn Glasson 0408 613 321

BASKING IN LITERATURE

Over the last few months we have been reading from lists where books have been highly recommended. We chose books from the New York Times list of best books for the 21st Century, then a list of classic novels less than 25 years old and finally from The Guardian's Top 100 Books for this Century. Each month members shared their books whether it be one book or in some cases a lot more. The discussions were interesting and varied depending on the book being discussed. We focused on one list for two months and the second month found people reading books that others had read and recommended. It was interesting to hear different perspectives on the same book.

Literature classes recommence after the Christmas break at 2.00 pm on Monday 24th February
Jan Gregory

CREATIVE CRAFTS

The Creative Crafts group has had a happy year with members working on their own projects, achieving great results with plenty of laughter and chatter. Our last gathering for 2024 will be on Tuesday, 17 December. We have decided to share an afternoon tea (please bring a small plate of food to share) and, if you would like to make a donation to the Salvation Army, please put your donation into an envelope and I will collect it from you to take it to the Salvation Army.

We will resume on Tuesday, 14th January

Wishing everyone a great Christmas and a very happy and healthy 2025.

Gael Thompson – mobile 0458 215 794

SOCRATES CAFÉ

On Monday November 25th at 10.00 am at Socrates Cafe we will discuss **What would happen if a maximum income was implemented?**

A maximum income has been considered before. In Sweden in 1976, there was 102% tax rate imposed on the highest bracket tax and in the USA, President Franklin Roosevelt suggested a maximum wage of \$25,000 during WWII (about \$400,000 today), which led to the imposition of a marginal tax rate of 93% on upper incomes.

Some of the questions likely to be discussed are: Does having a maximum wage produce a shortage of certain types of workers? Who decides on what proportion of our country's income does each of us get? Would we lose our incentive to work hard? Would a maximum wage send a message that there's more to life than chasing after ever greater amounts of money? Does large inequality between wages lead to an inefficient allocation of talent and opportunity, stifling creativeness?

I hope to see you there.

Greg Barnes

PHOTOGRAPHY

On Thursday 14th November our photography group visited Bendigo, firstly to the Grand Stupa and then to Bendigo Pottery. We all had a great day with many images taken at the Stupa, both inside and out. A bonus - the Hupmobile Car Club was visiting with their gorgeous old cars lined up in the car park. Inside the Stupa we enjoyed the statues and decorations as well as a talk on its history.

After lunch at the Bendigo Art Gallery it was off to the Bendigo Pottery where a couple of resident artists were operating. We also were encouraged by Lex to use our imagination with old kilns and the like as well as the antique? shop for our final photographic destination.

On December 5th we will be doing a night shoot of the heavens all being well. This will be at Kay Cowan's residence, away from the city lights.

As this will be our last Newsletter for 2024, we would like sincerely thank Lex for his input to our photographic journey. We also wish all a great and safe Christmas and New Year.

Allan Parker



LUNCH GROUP

Lunch Group will continue through December and January. We have decided to go to The Sherbourne for December – the dates are 2nd, 9th, 16th, 23rd and 30th. The Shepparton Club will be the venue for January – the dates are 6th, 13th, 20th, and 27th.

Please contact Gail Jelliff to book. Phone: 0400 531 856

STRENGTH AND BALANCE

It has been a great year and everyone has tried very hard to improve their fitness level.

Our last class for this year will be Monday December 9th and we will begin again on Monday, January 6th, 2025. After Christmas most people feel they have over indulged and it is good to get back to being trim, taut and terrific. (Maybe in our dreams)

If you have been away and would like to join us for Christmas lunch on Monday 25th November, please give me a ring and I will give you details and add your name for booking. Be lovely to see you all even if you haven't been able to get to class recently.

Looking forward to another productive year in 2025 and keep well.

Lyn Davidson ph. 0402 019 552

Excursion Report: On 30th October 12 members of the Strength & Balance class caught the 9.06 am train to Melbourne. We took a tram to Exhibition Street for a quick lunch, then across the street to Her Majesty's Theatre to see the musical "Beauty and the Beast, full of wonderful music, amazing characters and colourful costumes.

A quick tram ride back to Southern Cross station to catch the 4.07pm train back to Shepparton was a bit rushed, but we made it! All agreed it was a great day out.

Marj Bradley

MAH JONG

Mah Jong will re-commence on January 21st Kerrie Midgley

New Class – **STOCK MARKET**

Graeme Hannan has offered to lead a class on the Stock Market starting in 2025. This class would study the ASX, have guest speakers, and discussions for members to share their insights, experiences and wisdom. It is proposed that the group members will establish and monitor a virtual portfolio for fun, focus and some competition. If you are interested let Greg Barnes know on dngbarnes@hotmail.com or put your name down with Graeme on the GUV3A open day on Tuesday February 4th 2025.

BIRD WATCHING

Our last outing for the year was at the Australian Botanic Gardens Shepparton where we observed twenty-seven species some being: Little and Noisy Friarbirds, Chestnut and Grey Teal, Masked Lapwing, Eastern Rosella, Little and Long-billed Corellas, Black-faced Cuckoo-shrike and a pair of Black-fronted Dotterel with three little chicks. Next outing March 2025.



GOULBURN WEIR TOUR

23 members enjoyed their trip to the Old Murchison Pump Station and Goulburn Weir. Many thanks to John Dainton, who was able to give us the history of the pump station which his Great Grandfather built.

Three staff attended as well and were excited to see for the time, the information and photos that John had put together. From there we went to Goulburn Weir where we had an extensive tour. Thanks go to staff, Graeme Hannon, who explained the operations of the Weir, and to Shane McGrath, who covered the construction aspects.

YARRAWONGA WEIR TOUR

As it is a busy time of year, we have decided to postpone the Yarrawonga Tour to next April.

WALK AND TALK

There will be no December Walk and Talk.

Our next walk will be at the Tatura Cussen Park 8th January 2025.- Meet at U3A carpark at 8.45am to leave at 9.00am. We will drive to Cussen Park for morning tea before walking around the park. Note: wear brim hat, a long sleeve shirt and use sunscreen protection. If the weather is going to be a Total fire ban we will cancel the walk.

Thanks to all the walkers who have joined the walks this year. Wishing you all a great Christmas and see you in January 2025

David Taylor Mobile 0480753170

WRITING FOR PLEASURE

For our Christmas meeting, ten writers met at The Gallery, in the Terminus Hotel. We enjoyed sharing time over a meal before we moved to the usual business of reading our pieces. Some great accounts of hair-raising events were versions of “Close Encounters” and were accompanied by Lyn’s delicious rum balls. Marion prepared a helpful flyer with 2025 dates.

Importantly, Robyn Leembruggan gave an update on our book and reminded people to submit pieces ASAP. Robyn’s aim is to have the publication ready for launch at the U3A Christmas lunch on Dec 3rd for about \$20- \$25. A great gift!

Lyn Austin has volunteered to lead next meeting and has put forward topics: “Housework/Homework” or “Tomorrow’s another day”.

Next meeting: Shepparton Library, 16th January 1.00pm.
Enquiries: Marion 0417 319 839 or Moya 0407 680 337

EARTH SCIENCE

The Earth Science class is very grateful to Nigel Liggins for bringing us very interesting lessons this year. We will start again on 24th January 2025, followed by 31st January.



MELBOURNE CUP LUNCHEON

Winners of Fashion on the Field,
Adrian Evans and Sue Corboy,
pictured with President, Rita
Bloomfield.



Big Night Out Video

Thanks to all of you who sent photos and clips of the Big Night Out, I have made up a video of the night and sent it to David so that it can go on our website. Look out for this soon.

Here is the link to November Edition of Network News.

<https://mailchi.mp/u3avictoria/network-news-november-2024-5852368>

Lots of news and interesting information about U3A

QUIZ ANSWERS

1. Tokyo 1964
2. 1 (opposing sides add to 7)
3. Ricky Ponting 41 (Steve Smith & Steve Waugh 32)
4. Orchid
5. True (300 to 206 bones)



Wishing all members a very Merry Christmas
and
a healthy and happy 2025.
from
Newsletter Editorial Group



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.