

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

**February 2025**

## **CONTACT DETAILS**

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



## **A MESSAGE FROM THE PRESIDENT**

*"LET'S CELEBRATE YOU AND THE LIFE YOU LIVE"*

Welcome to a new year full of excitement, laughter and lots of challenges. I hope all members had a wonderful Christmas and New Year and trust 2025 will bring you time to enjoy your friendships and perhaps learn a new skill.

To all our new members, we welcome you and hope you will find a course or program to challenge you and to develop new friendships. Our social morning is the on first Tuesday of every month, and all member of U3A are invited to hear from a quest speaker, to enjoy a scrumptious morning tea and have time to chat to others about the wonders of the world today.

**February 4<sup>th</sup> is Registration Day.** Come along, meet the course leaders and register for your courses. Also pay your fees, collect your receipt No. and give it to your course leader.

Looking forward to meeting up with you throughout 2025. A new year, new ideas, new activities. GVU3A will provide you with an opportunity to explore new programs, and engage in Pop up sessions (keep an eye out for these over the year). I know many of you have already commenced back at your classes and I trust you are enjoying catching up with old friends and looking forward to new members joining your groups.

Your committee works very hard to keep the parking, the hall and the environment as a safe and clean place. It would be appreciated if members respected the signs throughout the building and leave the rooms as you find them and also be respectful of the parking bays and the disabled park. Please park within the parking spot to ensure all parks are used correctly.

Each year we believe it is important to encourage members to become committee members to keep new ideas afloat, to bring vibrancy and to be aware of the workings of Goulburn Valley U3A. If you would like to be part of our positive and energetic committee, please let Liz Lee or myself know. There is a nomination form included in this newsletter and our AGM is in March.

Look through the course program and the curriculum timetable to find your choices and remember you can take part in any number of the courses throughout the year. If not satisfied try something new.

Rita Bloomfield President 0148 580 697

## ART GROUP

On January 8th, the enthusiastic Arties returned to the hall. A big 2025 welcome to current art members and any new people interested in joining. New members will be made most welcome.

There is an exhibition of art pieces from our members at the Mooroopna MEAC Hub in Mooroopna commencing on January 13<sup>th</sup>. This will continue until March 10th. If you are over in Mooroopna please go and have a look at the paintings on display. All are for sale.

The Art Group meets each Wednesday at 10am in the U3A hall. For any inquiries please contact Jeanette Fry on 0438 253 982

## **BOLIVIA**

Bolivia recommenced on January 9<sup>th</sup> and we welcome all our players back for 2025.

Bolivia is held each Thursday at the U3A hall commencing at 1.00pm. New players are always welcome. Enquiries can be made to Kerrie Midgley on 0439 511 929

## **MAH JONG**

Mah Jong will recommence on January 21st. Games commence in the U3A hall at 1.00pm each Tuesday.

Contact Kerrie Midgley on 0439 511 929 for any enquiries. New players most welcome. Come and join us in 2025

## **WALK AND TALK**

On Wednesday 8th January four members enjoyed a morning walk around Cussen Park Tatura. We identified some of the birds we saw from the bird hides and swimming on the lagoons.

Tony Palma added interest to the trip home, by driving to Harriman's Point at Waranga Basin, then back to Shepparton via Murchison and Toolamba. Thankyou for a delightful excursion, and we hope to have more walkers on Wednesday 12th February.

**On Wednesday 12th February** the Walk & Talk group will meet in the U3A car park at 8.45am to organise the carpool for drivers and passengers. We will leave at 9am to drive to **Nagambie**, where we will enjoy morning tea in the park before walking along the extensive scenic lakeside boardwalk.

After our return into town, members can choose to have an ice-cream then drive back to Shepparton, or stay on for lunch at the Rowing Club or other venue. This will depend on the drivers' afternoon commitments. Remember to bring morning tea, hat, sun protection, and insect repellent is also handy.

We are a friendly group and new members are always welcome to join our walks. More details available at the information session on Tuesday 4th February from 10am.

Denise Leffler 0409 291 155, Susan McCarten.

## **TAI CHI**

Tai Chi classes will start for 2025 on Friday February 7th. Beginners should be ready to start at 3.15pm. Advanced students will begin at 3.30pm and finish at 4.30pm. Sandra Bassett, 0418 571 246.

## **UKE3A**

Uke3a will start up in 2025 at 12.15 pm Monday 3rd February. Andrew Lelliott: 0427 970 463

## SOCRATES CAFE

The discussion at Socrates Cafe at 10.00 am Monday 27<sup>th</sup> January will be on the topic:  
"Are our governments (federal, state and local) going in the right direction?" If not, what do you suggest?"

The important issues facing Australia at the moment are: education, health, and domestic violence along with the economy, terrorism, and national security. One could include dysfunction in Australian politics, refugees and asylum seekers, immigration, climate change, China's rise.

I hope to see you there. Greg Barnes

## 500 CLUB

Happy New Year to you all. I hope you all had a wonderful Christmas. 500 has started back for the new year. New members are most welcome

Every Tuesday afternoon from 3.30 to 5.30 pm. Looking forward to seeing old and new faces  
Membership fees are now due. Make sure you bring your receipt for payment with you so that I am able to record it.

If you need to contact me my phone number is 0402 047 167 and email is [galehatton@gmail.com](mailto:galehatton@gmail.com)

## STRENGTH AND BALANCE

Is good to see so many people returning after the Christmas break. New people are most welcome and we have class every Monday morning at 8.45 until 9.30, except public holidays. There will be no class on Monday 27<sup>th</sup> January.

Research shows group exercise is 80% social and 20% exercise. We do a lot of socialising as well as a fair amount of "huff and puff", so give it a try if you are reasonably active. If you require more *information, please contact me on 0402 019 552*

Lyn Davidson

## WRITING FOR PLEASURE

Our year began after the Christmas break with plenty of enthusiasm in the room and we welcomed a new member, Dorothy. Lyn had set the topics: Housework/Homework and Tomorrow's Another Day which produced interesting (funny) pieces.

February's two topics have been set by Mary: **Immigration**, or **Timing**.

Robyn has distributed most of our 2024 Writing books – a few are still available. Many thanks also to Pam for organizing production of a meeting-calendar-bookmark. Try and remember to bring your U3A name badge or order a new one. Also, U3A subs are due; Lyn has offered to collect receipts from the hall.

Next meeting: Thursday 20<sup>th</sup> Feb, 1.00pm, Shepparton Library.  
Moya 0407 680 337 or Marion 0417 319 839

## EARTH SCIENCE

This year Geology classes will focus on the geology of Australia. state by state/ territory. We will look at fossils, iconic landforms and geological tourist attractions. These classes will be complimented with personal experiences and resources.

If you are curious about why parts of the Great Dividing Range have sea shells, why there is a lot of coal at Yallourn, why Uluru is where it is, come along and find out on 3<sup>rd</sup> and 4<sup>th</sup> Fridays at 10.00 am. Yes, it is on this Friday 24<sup>th</sup> February.

I hope to see you there Nigel Liggins

## GUITAR FOR BEGINNERS

The first class of Guitar for Beginners will be on Monday January 27th. These classes will continue every second and fourth Mondays of the month between 1.20 and 2.00 pm. If you have a guitar and you know you have a bit of time to learn it, come along and get started.

If you can play three chords you will be able to play 50 songs.

Yvonne Kartner is the contact. Email: [ykartner44@gmail.com](mailto:ykartner44@gmail.com)

## COMMUNICATING WITH TECHNOLOGY

Classes will be starting on Monday February 3. Class sizes will be limited to 6 and I already have some slots filled in all three sessions. (Mondays 12:30 - 2:00, 2:00 - 3:30 and 3:30 - 5:00).

I always have more people sign up than can be fitted into classes, so get in early. I will also have a 'Waiting List' as some who sign up do not attend, or only need a few sessions, so there will be places available throughout the year. Anyone wishing to attend can contact me before sign up day.

David Muir 0414 881 369

## GETTING-TO-KNOW-YOU COFFEE MORNINGS

We are looking for expressions of interest in having a monthly Coffee Morning to encourage members to get to know each other better. We envisage having small groups around separate tables with 4 to 6 people who may not have had conversation with each other before.

This would be at a location outside the U3A Hall, possibly about 10 am, for about an hour and a half. Days of the week and location to be decided. Ring or text John Padman on 0428 745 282

## COTTON PICKING TOUR

I am looking for expressions of interest for a day trip to see a farm with cotton being harvested and rice being grown in the Berrigan area, about one hour 15 minutes from Shepparton. We would also visit the Padman Stops irrigation precast factory at Strathmerton.

Cotton has gone through some remarkable changes since its introduction to the Riverina about a decade to go. Yields have increased threefold in the last 30 years and Australia is now the most efficient in the world producing 1½ times more cotton per hectare than our nearest competitor.

We will stop at Berrigan for coffee and come back there for lunch. You could either bring your own or have lunch in one of the many pubs in Berrigan at our own cost. I would like you to indicate if you're willing to take your car or to carpool and put in something for the petrol. suggested time would be the first week in May.

For further information contact John Padman 0428 7452 82 or email [John.n.padman@gmail.com](mailto:John.n.padman@gmail.com)

## MUSIC THEORY

**The Beginners Class** is for people who have never had the chance to learn the theory of music. It will be held on Thursdays at 10-11am (except on the fourth Thursdays.), starting February 6th. The workbook will cost you \$20. Please let me know if you would like to join this class as soon as possible so that I can order the books.

**Grade 1 Music Theory** will continue on Tuesdays (not the first Tuesdays), at 9-10am for those already enrolled from last year

Christine Wilson 0428 399 648:

## **SINGING4PLEASURE**

Our “Melody Makers” finished on a high as we sang for the U3A Christmas lunch diners. We will commence singing again on Wednesday 5th February. You will need books 1 & 2. If you have a receipt for 2025 subs, please make sure that you enter the receipt number against your name on the Sing4Pleasure list.

Adrian and I have been discussing ideas for fun. We plan a Christmas lunch in July at the Aussie Hotel with carols prior to the lunch. The hotel Has a baby grand piano which will be great for Graeme. We will have a green Irish day in March and Songs in Remembrance for Anzac day in April. We also have plans in the making for a bus trip to Melbourne to enjoy a suitable Musical.

Looking forward to seeing everyone on the 5<sup>th</sup>.  
\_Robyn Leembruggen

## **HEALING OURSELVES AND THE PLANET 2025**

Dr John Beaney, from Mornington U3A is presenting a 34-week course via Zoom on diseases of our civilization that have a basis in how we manage our environment and treat or soil. It includes time for discussion.

If you would like to participate, you may contact John on 0438 752 146 or ozebeanz@gmail .com

Join Zoom at ID 847 2040 4828 Passcode 430205 9.15 am Tues and Fri, starting Jan 28

## **HEALTH AND WELLBEING**

Health and Wellbeing, commences on Friday 14th February at 1pm. Have you ever reflected on the “Power of attitude” There is a format behind staying healthy into our 90’s and beyond. Learn about the top 10 powerful habits when you attend Health and Wellbeing. We anticipate some lively discussion. A valuable use of your time, we would love for you to be part of this discussion.

Health and Wellbeing is held every second and fourth Fridays at 1pm. All things Health and Wellbeing will be discussed. Meet with us on orientation day for further information.

John Padman [John.n.padman@gmail.com](mailto:John.n.padman@gmail.com), Robyn Glasson [rglasson65@gmail.com](mailto:rglasson65@gmail.com)

## **LIFE’S CURIOSITY**

Life’s Curiosity commences on March 3rd 1.30 Monday. Our theme for the year will be “our memories” and “lived experiences’ We anticipate some lively discussions on the memories of our parents and grandparents. Each month we will bring to the table different elements of their lives as we remember it.

At our March meeting we will talk about their living conditions and types of employment, and how this differs to today’s standards. We will be sitting around in a circle in an informal setting. All members very welcome.

Robyn Glasson email. [rglasson65@gmail.com](mailto:rglasson65@gmail.com)

## **HISTORICAL STUDIES**

Welcome to Historical studies for 2025. The first topic will be the **Role of Glass in History**.

To see some of the topics to be covered, look on the GVU3A website in the Historical Studies course page. The list is by no means complete and can be changed; You don’t want to hear me all the time so if you want to present a topic then please let me know.

Our first meeting is on Monday 10th of February at 10 am. I look forward to seeing you there.

Livia

## BEADING CLASS

If you would like to learn the art of beading from Dianne, let me know and we might be able to get a class started at U3A.

Greg Barnes Mob. 0438 569 611 or [dngbarnes@hotmail.com](mailto:dngbarnes@hotmail.com)



## SCIENCE MATTERS

Dear Colleagues, thank you to those who attended our first session for the year which was a most informative presentation by Ray Pearson about HMVS Cerberus.

Our February session will be presented by Allan Wilson and titled “**Why is the Ocean Blue**”, and other interesting things about the seas. What drives the ocean currents? Why are there fish in some places and none in others? How do whales communicate when their ears are blocked and their eyesight is limited? See you on Monday February 17.

John Bush

## LUNCH GROUP

During February the group will gather at The Overland Hotel on Benalla Road for lunch every Monday at 12 noon. Please put the following dates into your diary, your phone, on your wall calendar or wherever you record important information - the 3rd, the 10th, the 17th and the 24th.

A dedicated group meet each week for food, friendship and a chat. New members are always welcome to join the group. You may choose to come every week or once in a blue moon. Whatever suits you is fine. Please ring Gail on 0400 531 856 to confirm your booking.

## WORKING BEE: SUNDAY 2ND FEBRUARY.

Our Hall and gardens in Esson Street belong to you, the members.

There is always something to do to keep it looking neat and tidy and ready for the new year of fun and learning. Come along on Sunday 2nd Feb at 8 am and join the committee in a working bee at the Hall in Esson Street.

All abilities welcome. **Free** tea and coffee this day only!

Liz Secretary 0409 703 868

## MEMBERSHIP

Friendly reminder that your \$70 membership fee is due by 31st January. Thankyou to the members that have already paid. Bank Transfer (EFT) payment is preferred as this provides better documentation. GMCU, 803-078, 100111147.

Please ensure to type your surname in the EFT description box to enable your payment to be identified. I have received two EFT payments with no surname - Both from the Victorian Teachers Credit Union, 2nd Jan and 9th Jan - Please contact Ian Hatton if you believe one of the payments relates to you.

Receipt numbers will be provided and can be collected in a box located in the foyer. There were about 30 receipts that were not collected last year. It is important to collect your receipt for proof of payment. Receipt numbers must be proved to course/activity leaders

Thanks Ian Hatton (Treasurer)

## U3A GOULBURN VALLEY ANNUAL GENERAL MEETING

The Annual General Meeting (AGM) will be held on March 4 at the March Social Morning at 10 am. All committee positions will be declared vacant and an election will be held. All financial members are eligible to be nominated and to vote.

We would like more men to consider nominating for the committee. Please contact a committee member, or myself, if you wish to nominate yourself or someone else.

Liz Lee Secretary 0409703868 [lizlee01@gmail.com](mailto:lizlee01@gmail.com)

### Goulburn Valley U3A Nomination Form

**I nominate:**.....

**For the position of** .....

**Signed:** .....

**I agree to be nominated for the position** .....  
[candidate to sign]

### 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. This year the membership fee is \$70.

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.