

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 - gvu3a.com.au



December 2025

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(Entries close on 21st of each month)

◆BANK DETAILS

BSB 803 078
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Use your name as reference



A MESSAGE FROM THE PRESIDENT

Celebrate life and let's live it.

Well, the festive season and hot summer days (maybe, its freezing cold as I write this note) are nearly upon us. Preparations, and planning for Christmas holidays are in our thoughts. Hopefully the Christmas pudding and cake have been baked and as someone said recently the silly season is

soon upon us.

Though, I like to think it is a time to reflect on the year passed, take time to catch up with the friends you have been promising to see during the year and it hasn't happened, gather the family around, or just slow down and take in time to read a book or plan a quiet time with friends or just lie in bed and know there isn't any pressure to be somewhere (mostly medical appointments at our age)

U3A members at this time of the year, are celebrating time with wonderful, old and new friends you have made over the year. It is time to have a special lunch out, to socialise outside your course or activities and a time to care for each other.

To other matters around U3A over the next few weeks. The hall is being closed from December 23rd to January 4th as this is the time the cleaners come in to reseal the floor and thoroughly clean the hall. Many groups will be taking a break from December until February, but others will commence from 6th January.

Our Christmas lunch will take place on Tuesday 2nd December and you are invited to come along and enjoy the festive time with music from our Ukelele and singing group.

A reminder to all course leaders your "Thank You lunch" will be at the Peppermill on Thursday 4th December at 12.00. Please contact Carol Davidson Course Co-ordinator.

Planning is in progress for 2026 course program. Please look on the U3A website or find the course program in the January newsletter. If you wish to continue for 2026 remember you need to register and pay your fee at the Open Day in February. As always, the committee is looking for new programs to develop. If you have any ideas, please put your proposal forward in writing to the committee.

Remember each and every one of you is a volunteer at U3A and from me a big thank you for all our contributions in any small way, whatever you bring to U3A, is very valuable.

Enjoy the festive season, plan to have a break, and take care for every day is a special day.

Rita Bloomfield

President 0418580697

- **Cheques** - Reminder that cheques can no longer be accepted as a payment method due to our bank, GMCU, advising us that they will no longer process cheques from June 2025.

- **Xmas function** - Please ensure your \$25 payment (cash or bank transfer) is made at the same time as registering. Please reference your name.

- **2026 Membership** - We are accepting membership payments for 2026 (cash or bank transfer). The annual fee is \$75. Thanks to the members that have paid.

UKULELE GROUP

The U3A Ukulele Group Meets at 12pm each Monday (School and Public Holidays excluded) and we welcome new players. Our sessions are designed to be fun and to provide a forum for improving our playing and singing skills. We also run an introductory beginner's class on the first Monday of each Month to assist those who are new to the Ukulele. We often play at functions throughout the year which gives us a heightened incentive to practice our skills. October (Seniors Month) has been particularly busy for us with 4 several Playouts during the month. Some of our members also attended Federation Square for the official opening of Seniors Week where we played with hundreds of other like-minded Ukulele players in mass Ukulele ensemble We played 9 songs from The Beatles to Elvis.

MULTICULTURAL POP-UP EVENT

There were quite a few U3A members that attended the November Multicultural pop-up class where some new arrivals to Australia and from Shepparton TAFE English Second Language classes, spoke to us.

Shepparton TAFE would like to do a couple more of these presentations at our U3A next year.

These presentations increase the confidents of the students who give these talks. It was enthralling to hear how they got out to Australia, particularly the young Afghani women, who are nothing in their own country, and they can now talk so freely of life where they came from and what they miss about their town.

TAFE is increasing the number of English Second Language students next year from 80 to 200, so they will be looking for extra volunteers to help with their conversational English classes. If you have nothing to do, feel free to help out, it's good fun.

Let me know if you are keen and I will pass your name onto the teacher. Greg Barnes

500 CLUB

The 500 club runs every Tuesday afternoon from 3.30pm to 5.30pm each week. Beginners most welcome. Come and have a fun afternoon playing cards.

Please note that 500 will not be held on Tuesday 2nd December due to the Christmas lunch being held the same day.

Also note that 500 will finish for the year on the 16th December next and resume on 13th January 2026.

More details contact Gale Hatton 0402 047 167 galehatton@gmail.com

STOCK MARKET

The next meeting of the Share Market Discussion Group starts at 10am Friday 5th December. We will find out our final ranking in the ASX Share Market Game and our champion stock picker. We will look at the volatile November market, then explore the big names in the ASX Industrial sector and consider some famous quotes and sayings about the share market, bring along the quotes and sayings that resonate with you.

Graeme Hannan 0418 548 253 graeme.hannan7@gmail.com

YOGA

Our yoga sessions with Jenny Scandalora will finish on December 4th for 2025. A big thank you to Jenny who has led us throughout the year with her charm, knowledge and developed a new awareness of meditation to all who have attended these sessions.

Yoga sessions will take a break and commence again in 2026 on 5th February @ 4.15

To all members of yoga, I wish you a wonderful festive season and look forward to seeing you in the New Year.

Rita Bloomfield, Co-Ordinator 0418 580 697

HISTORICAL STUDIES

On **December 8th at 10.00 am** Greg Barnes will be talking about the deep history of the first Tasmanians, how they now have archaeological evidence that shows these people were in Tasmania about 41,000 years ago and it wasn't luck that they survived when they were cut off from the main land, (as John Howards favourite historian said) but it was knowledge and smart thinking that got them through. Archaeologists revisited the old dig sites and found evidence to support their later theory.

Should there be time, Greg will then talk about the Black -Allan line which is the straight part of the border between Victorian NSW. It had to be surveyed and marked - and these two fellows did a great job in doing it so accurately. They started at the source of the Murray River, went up hill and down dale for 176.5 kms and came within 5 metres of where they were meant to be, they could have been within 20 metres and that would have been allowable.

I hope to see you there, Livia Tiso

AROUND THE WORLD FOODIES

We've been around the world this year - well, India, Thailand, Indonesia, Philippines, China, South Korea, and Syria. We had delicious Nepalese food and lively conversation at Ray's Kitchen last month. Our final destination for the year will be Turkey. Book your ticket to Mustafa's Kebabs & Gozleme, 276 Wyndham St, Shepparton, for our November 27 dinner.

Thank you to everyone who has joined in the fun and culinary delights we've sampled this year. We look forward to your company next year!

Bookings and enquiries: Lyndal Lancaster 0429 808 602

ASTRONOMY

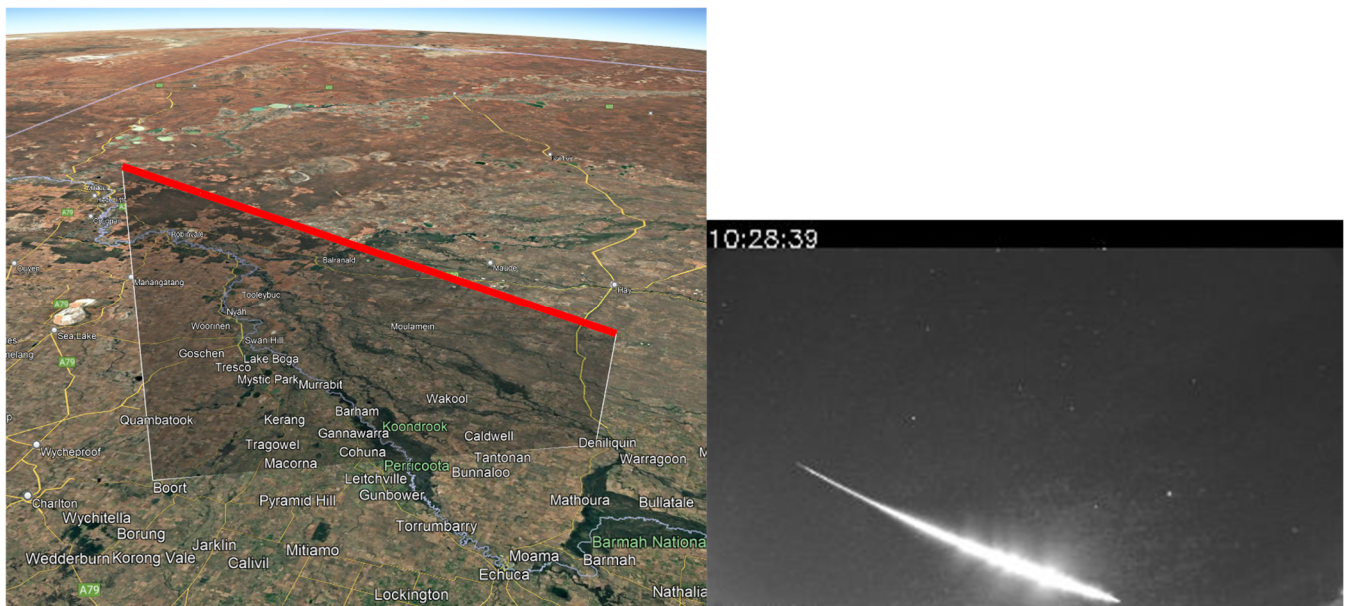
Astronomy will meet next on Thursday 18 December at the library. The plan is to have a short meeting from 7-8pm followed by sidewalk astronomy in the car park opposite the library.

We will continue meeting at the library from February on a Thursday night. We will likely have a Christmas function and star gazing in December, details to be announced. Will provide further advice by email to members.

The astronomy group has been run as a joint initiative between U3A and ASV over the past 2 years. We now have many more ASV members than U3A members. However, we are still looking to provide star gazing opportunities to U3A members.

Some of you may have seen the nice Fireball meteor north of Shepparton on Thursday 13 November. Several of our cameras caught the meteor, and we were able to do an analysis. The ground track went from Boort to Deniliquin, and then out of sight at about 40km height. Unfortunately, too high to be a dropper. The green colour of the meteor suggests it had a high copper content. Photos of meteor and ground track attached. You can see a video captured by Simon Waters at Tamleugh (<https://www.facebook.com/share/v/19PsSjuwp1/>)

Derek Poulton 0418559263 (SMS preferred)



LUNCH GROUP

The lunch group has chosen The Sherbourne Hotel as the venue on the 1st, 8th, 15th, 22nd and 29th of December. The following month, January 2026, the group has chosen to meet at The RSL Club. As always, please ring up to confirm a seat is reserved for you.

Call Gail on 0400 531 856

ART GROUP

Members of our ART Group are entering works into Kyabram Town Hall. The Exhibition opens on the 23rd November 25 and closes 20th January 26.

Gold coin donation. All welcome. Lots to see.

SCIENCE MATTERS

On Monday December 15th at 1.30 pm there will be two talks presented by Greg Barnes

The first talk goes for about an hour and has the title **The Science Behind Learning**. It's, as you can imagine, about learning how to learn, the frontal lobe part of the brain, the McGurk effect, how you don't really listen when Greg is talking to you, you actually predict what he is about to say, but Greg will talk about other things.

The second of two talks goes for about 30 minutes It is called **The Big Bang & the Fortunate Universe**. They say we live in a universe that sustains life – but what are the chances of that? And scientists now believe that if the laws of physics were different by just a fraction – our universe would be either empty, simple, or long ago extinct. If the strength of gravity or the mass of an electron or the speed of light was different by the tiniest amount, the universe as we know it would not exist. If you change the parameters this way or that way, just a little bit, you eventually get a dead and sterile universe. So, that means there would be no chance of habitability or no chance of creatures of any kind. It could have been a universe that literally had only protons bouncing around into each other, or it could have been a universe that had nothing.

I hope to see you there, John Bush.

SOCRATES CAFÉ

Should you get your newsletter by Monday 25th November before 10am come along to Socrates Cafe will be discussing: Is it time to get rid of legal gender status? If so what would that do to our society? Sex is determined by biological characteristics like chromosomes and reproductive organs, while gender is a person's internal sense of self, social identity, and cultural expression, which can be male, female, non-binary, or something else entirely. There are many other things about us that have at least as much significance as our gender - our sexuality, our ethnicity - but only gender has legal status. We will be talking about the pros and cons of uncoupling gender from the law. Your gender carries legal status, but your sexuality does not carry legal status, you are not legally gay or straight but neither does your ethnicity. Questions that might be discussed are: Is legal sex status something we can do without? How does getting rid of the legal gender status make it easier to transition? Why are we holding onto legal gender status? If we did not hold on to legal status what questions need not be asked? What happens to us because sex and gender in law are legal categories? If there was no gender legality would there be no inequality? What would happen if sex was defined as what you felt you were and not what other people said you were? What would happen if we abolished the idea of women should be feminine and men should be masculine? Is part of having legal gender categorisation-based laws come from thoughts of women needing protection and are vulnerable? Do you need this legal gender categorization to protect women?

There will be NO Socrates Cafe in December but there will be on Monday January 26th where we will discuss Misogyny Questions on this may be: In Australia, do we have a misogyny problem? What are the men's rights that are claimed to be affected? Can women be part of the problem? What are the patriarchal expectations? In cases of misogyny what do men believe they are entitled to? Do you know of cases where men feel entitled to something when women are far more entitled than men are? Misogyny is a form of entitlement. So can some women be accused of this type of thing? Is it the objectification (dehumanization) of women the only cause of misogyny? How are women punished for making their own autonomous choices?

I hope to see you there. Greg Barnes

QUIZ-Q3A

Our November meeting was very well attended with 18 members enjoying a wide range of topics. Bridgette challenged us with identifying Leading Ladies from movies, some from long ago. Judy presented a wonderful collection of sayings involving the word 'blue', such as blue in the face, once in a blue moon, and blue stocking.

Our final session for 2025 will be held on Monday 15th December, from 10am until 11.45am. We resume on Monday 19th January, so if your favourite class is having an extended break, you are very welcome to join us for some light-hearted fun.

1. Which 2 well-known fairy tales featured the Big Bad Wolf?
2. Who is the patron saint of children?
3. Maine is the only U.S. state with one what?
4. Which heavyweight boxing champion finished his career of 49 fights without ever having been defeated?
5. Name 3 Australian Prime Ministers whose surnames ended in the letter D? (Excluding Frank Forde)

Susan McCarten 0437 215 130 (SMS preferred or leave voice mail)

Answers on the last page of this newsletter.

WRITING FOR PLEASURE

The Writing for Pleasure group met for lunch at the Peppermill for their last meeting of the year on 20 November. We thank Moya Turnbull for her valued contribution in sharing the role of co-ordinating the group over the last three years.

The group will resume on Thursday, 15 January 2026. Lynda will host the January meeting. Topics are:

1. Money talks
2. Oh, why did I do that last night!

February's meeting (on 19 February) will be hosted by Allan. Topics are:

1. Artificial Intelligence
2. Gone fishing

Contact: Marion MacLennan 0417 319 839

PLAY READING

Our last reading for the year is a play called Cosi. It is a very funny story about a young man fresh from university who is trying to direct his favourite opera, Cosi Fan Tutte in a mental institution. His fellow inmates are neither opera singers nor Italian speakers and his problems do not end there.

The play is a hoot and has been staged by Shepparton Theatre Arts Group several years ago. It was so loved that they are soon to present it again.

We are looking forward to some great plays to read in 2026 and welcome new members to join us.

For more information contact: Brian Riordan Brianriordan118@gmail.com 0409121146

WALK AND TALK

Our October walk was at Ulupna Island where we spotted five koalas and had a great day. December Christmas Walk and Talk will be on Wednesday 10th of December meeting at 8:45 at the U3A Hall, we will then travel to Jackson Park Broken River Drive, Shepparton. Contact John Padman 0428 745282



BOOK CLUB (2)

We're seeking 2 new members for next year.

Please contact Wendy Humphrey on 0428549924

EXCURSION TO THE BLUE LOTUS WATER GARDEN YARRA JUNCTION

MARCH 19th, 2026

A chance to see a beautiful garden displaying Lotus flowers plus thousands of annual and perennial flowers in full bloom.

The cost will be around \$65 for bus and entry.

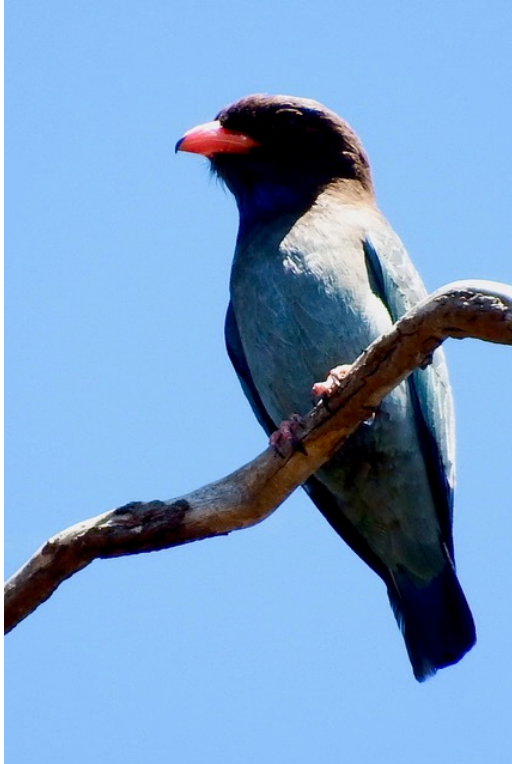
You can take your own lunch or buy at the venue at your own expense. We would need to leave at 8am, returning 530pm.

There will be two 15-minute breaks. One on the way and return.

Expressions of interest can be made by putting your name down on the flyer at the hall from next Wednesday.

Contact for queries - Anne White 0438 202 799

BIRD WATCHING



The last outing for 2025 was a morning walk at the Shepparton Regional Park Raftery Bend Kialla where we recorded 41 species, some being: Shining Bronze-Cuckoo, Great Cormorant, Sacred Kingfisher, Dollarbird (pictured), Musk Lorikeet, White-throated Treecreeper, Brown-headed Honeyeater, Little Friarbird, Striated Pardalote, Weebill, Striated Thornbill, Western Gerygone, Rufous Whistler, Grey Fantail, Leaden Flycatcher and Mistletoe bird.

Our next outing will be in March 2026, details in the February newsletter.

Don Roberts.



Members birdwatching next to the Goulburn River 19th Nov

CREATIVE CRAFTS

Our craft group has had a happy and fruitful 2025. To celebrate we have arranged to have an afternoon tea on Tuesday, December 16. Please bring a small plate of food to share. Also, if you wish you can put in a donation for the Salvation Army. Put your donation in an envelope and there will be a basket on the afternoon tea table for the envelope. This gathering will be our final get together for 2026. We will return on Tuesday, 13 January.

Wishing all GUVU3A members a wonderful Christmas and a happy and healthy 2026.

Looking forward to sharing our talents next year.

Contact: Gael Thompson 0458 215 794

What do you call Santa when he accidentally falls into a fireplace?

Krisp Kringle

Who hides in a bakery at Christmas? A mince spy

What do you call an elf who's won the lottery? Welfy



Christmas is a great time for the family, it's important to laugh to be happy, and it does the body good too

CURIOSITY TRAVEL

This month we did a presentation “Characters of the Titanic” where we dressed up the audience and told their story. We had plenty of humorous interaction and everyone had a great day. At curiosity travel on Monday, 1 December at 1:30 pm. Greg Barnes will be talking and singing about his trip to Vanuatu.

He will be talking and showing slides about how his family got there, what they did when they did get there, the history of the place e.g., black birding, cannibalism, cyclones, earthquakes, independence, the geography of it, the places they visited, the tours they went on, the restaurant they visited and the joys of the IRKIRA resort. He will sing a song about how he initially got to want to go to Vanuatu and how once he got there he was pleased he did go.

Contact Robyn Glasson 0408 613 312. John Padman 0428 745 282

INDUSTRY MATTERS

Our last tour was to the Padman stops factory at Strathmerton and an irrigation farm at Katamatite. this was a fascinating and educational look at precast concrete manufacturer and state of the art surface irrigation automation. At Daryl Lukies’s farm at Katamatite the group was inspired with automated irrigation where the 82 year-old owner could easily handle 900 acres of irrigation and grow undoubtedly the best crops in the area



SINGING FOR PLEASURE

The Singing For Pleasure group will take a break after we have sung at the U3A Christmas Lunch on December 2. Many thanks to all who have helped during the year, especially our pianist Graeme Brewer. Thanks also to Graham and Christine Mitchell who hosted our very happy End of Year function. Singing Silent Night together outside in their garden was a highlight. We look forward to another happy year of singing in 2026. Contact Adrian Evans 0448 027 090.

QUIZ ANSWERS

1. The Three Little Pigs & Little Red Riding Hood
2. St Nicholas
3. Syllable
4. Rocky Marciano
5. John Howard, Kevin Rudd, Julia Gillard (and George Reid from before our time).

U3A NETWORK VICTORIA

Enjoy this month's Network News. [Click here.](#)

To see what GUVU3A has to offer and what other groups in GUVU3A are doing.

Scan the QR code here and go to [course pages](#).



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 803 078 Account number 1001 11147