

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



October 2025

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Use your name as reference



A MESSAGE FROM THE PRESIDENT

Celebrate life and let's live it.

What a wonderful time spring is - October brings open gardens, art shows, Agricultural shows.

Garden parties and anticipation of all the activities of Carnivals and the Melbourne Cup.

I hope those who suffered the nasty virus of spring are now fully recovered and looking forward to longer and warmer days.

Don't forget to be on the lookout for pop-up sessions at U3A.

John Padman has been busy organizing a trip to Leeton, and I understand it was most interesting to all who attended.

I'm hoping to present another Melbourne Theatre company night. Save Wednesday October 29th at 5.00pm MTC will present "The Robot Dog" Please read the description in this newsletter.

Your committee has had a working bee during September to maintain various aspects of the hall. We are continuing to keep the hall and surrounds updated, as needed. This is to ensure you, the members, have a pleasant place to meet for all your activities.

The bathroom project will be on going. Unfortunately, the costs are more than anticipated, so we will continue to look out for future grants to help with the funding of this project.

Congratulations to Sue Birrell who was our nominated tutor of the year for the Network Victoria U3A. This award was made to our volunteer who leads the French classes and has done so for many years. Thank you Sue for all your years of contribution to U3A.

Please remember our Art/Craft/Photograph exhibition on 18th - 19th of October. A dedicated group has worked tirelessly to ensure this activity during Seniors Month is a great show. It would be great to see many people come through the doors to enjoy the work of many talented people within Goulburn Valley U3A.

The Ukulele group has been invited to play at several functions over the month of October. Please look out for the variety of activities throughout Shepparton.

I look forward to seeing many of you over the next few weeks.

Take care, enjoy all that you do

Rita Bloomfield, President, Mob: 0418 580 697

TUTOR RECOGNITION AWARD

On Tuesday September 16th, our Course Leader of French, Sue Birrell, was presented with her "Tutor Recognition Award" from U3A Network Victoria. Sue and her daughter, Emily, attended the Acknowledgement Ceremony at the Savoy Hotel, Melbourne. Congratulations Sue, from the committee and members.



OCTOBER SOCIAL MORNING

Date:	Tuesday, October 7
Time:	10 a.m.
Guest Speaker:	Zahra Khademi, President, GV Afghan Women's Association, Shepparton
Cost:	\$3.50

WOODSTOCK THE MOVIE! Screening this week!

Don't forget that the Woodstock movie will be showing over two nights, this Tuesday 23rd and next Tuesday 30th September, at our Esson Street "Cinema". The movie starts at 6pm sharp. BYO food and drinks. Wear your best Hippy gear, if you dare! Peace Man!

John Bush, Greg Barnes and Carol Davidson.

MELBOURNE THEATRE COMPANY COMING TO U3A

Wednesday 29th October 2025 commencing at 5.00PM B.Y.O. Nibbles and drinks

Melbourne Theatre Company presents a Digital Performance of ROBOT DOG.

Bark meets Byte in this thrilling tale of exploring technology, language and culture in a fast-evolving world. It's 2042 and Australia is automated more than ever before. Janell, a woman of Cantonese heritage and her partner Harry, a First Nations Man, move back into Janelle's family home after her mother has died. As they attempt to navigate their home, relationships and job seeking requirements, they find themselves assisted by the quirky AI controlling their home and a robotic therapy dog. Jannell and Harry are quickly swept into a world of augmentations' restrictions and chaos. Does their new hi-tech life help them connect to culture and each other or does it hinder it?

Robot Dog is an intercultural sci-fi comedy with a big beating heart. Robot Dog promises to be a relatable imaginative and highly theatrical production full of humor and humanity.

Contact: Rita Bloomfield, Mob: 0418 580 697

YOGA

Yoga sessions will take a break over the school holidays. Sessions will commence again on Thursday 9th October 2025 at 4.15pm.

Yoga sessions are held in Room 2 with Zoom, under the guidance of Jenny Scanderlora.

Yoga is an opportunity to work on strengthening your muscles and working on your balance.

Contact: Rita Bloomfield, Mob: 0418 580 697

HEALTH & WELLBEING

For the month of October, we will only be holding one meeting. This will be the 4th Friday - October 24th, (not the last Friday). We support each other on our health journey.

Co-ordinators: Robyn Glasson and John Padman

STOCK MARKET

We had a good session in early September and discussed the August reporting season, then had a look at the materials sector by focussing on the big companies in iron ore, Australian gold miners and suppliers of battery materials. We set up our portfolio in the new ASX game. Glenys is currently the clear leader with her BIS (Bisalloy) selection. We will check how the portfolio is tracking at our next session at 10am Friday 3 October.

With October upon us I am reminded of Mark Twain's famous quote, "*October: This is one of the peculiarly dangerous months to speculate in stocks. The others are July, January, September, April, November, May, March, June, December, August and February.*" One of the main dangers investors face is their own behaviours and decision-making processes, so a discussion on investor psychology should be interesting to show the hazards faced by some. But not our wise and experienced group?!? If time permits, we will also have a quick scan of the healthcare sector.

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

WRITING FOR PLEASURE

It was a smaller group this month, with a few writers being away. However, we enjoyed the discussion that can follow the presentation of these pieces. Peter led this meeting and set the topics: A NEW WORD and A NEW FRIEND. Meredith will lead the next meeting and has set the topics:

HERE COMES THE SUN and A LOUD NOISE.

Allan reported on the book's progress and writers are encouraged to submit pieces soon. Thanks to Mary for agreeing to organize the cover.

A booking has been made for the November gathering: November 20th, 12pm - 2pm, at The Peppermill. Next meeting: Thursday October 16th, 1.00pm, Shepparton Library.

Contacts: Moya (0407 680 337) or Marion (0417 319 839)

"AROUND THE WORLD" FOODIES GROUP

August saw us return to Syrian Brothers after having a wonderful experience in 2024 and we were not disappointed.

The dips, breads and main course platter were shared between two people and were delicious. With the use of spices traditional to Syrian food bringing out wonderful flavours and the dessert surprised many of us as it was extremely sweet, possibly too sweet!!

To book in for future dinners please contact Lyndal Lancaster 0429 808 602.

Contacts: Lyndal Lancaster, Carol Davidson, Winona Mitchell, Maree Schneider

CREATIVE CRAFTS

Creative Crafts group meet every Tuesday from 1 p.m. to 4 p.m. Bring along a project you are working on – this can be embroidery, crocheting, knitting, patchwork or any other craft (probably needs to be portable). We share plenty of chatter and laughter and we welcome new members.

Contact: Gael Thompson 04158 215 794

LUNCH GROUP

The Parklake is the venue on the 6th, the 13th, the 20th and the 27th of October. There is parking available either in front of the venue or down the side street. Bookings are essential. Please ring Gail on 0400 531 856 to reserve a seat.

ASTRONOMY

The International view the moon night which happens at many sites across the world each year in October. This is a free event; however you will need get a ticket. Which can be obtained online on the ASV web site (<https://www.asv.org.au/IOTMN>). As always star gazing events are weather permitting. Check on the ASV web site. We are cancelling the Ardmona part of the event due to a lack of support. We will look it again in 2026.

After three searches for the meteorite near Maryborough we still haven't found any rocks – but we live in hope. Probably out there still. Looks be 2kg – a small football – so shouldn't be hard to see.

I have contacted the library with a view to having regular astronomy meetings at the library as part of their Thursday after dark program. The idea is to have a short meeting followed by star gazing (weather permitting).

Graeme Hannigan is proposing a star gazing night at the Corop Hall. Will provide details when they become available.

The comet 3I/Atlas is providing plenty of interest. It's only the third interstellar comet that has been observed (Hence 3I) and this is the fastest and largest of any interstellar comets so far.

Derek Poulton 0418559263 (SMS preferred)

SOCRATES CAFÉ

In September at Socrates Cafe, we discussed truth, questions like the following were asked: Are things you observe necessarily true? Is scientific truth, true? Is belief different to truth? Is trust the result of being truthful? How are trust and truth aligned?

On **Monday October 27th at 10 am** we will discuss Courage.

The questions we may well consider are e.g., What is courage? How many different types of courage are there? Have you been impressed by any acts of physical courage? Do politicians need to have moral courage to be succesful? Do women have more emotional courage than men? Is spiritual courage needed even when you are not religious? Is courage required to live authentically?

Contact: Greg Barnes

BIRD WATCHING

Our October 15 outing will be a morning at Victoria Park Lake Wyndham Street Shepparton. Please meet at the SAM car park Fitzjohn Street for a 9am start.

The September outing was at the Australian Botanic Gardens Kialla where we observed 29 species, some being: Little and Noisy Friarbirds, Striated Pardalote, Australian Shelduck, Rufous Whistler, Weebill, Buff-rumped Thornbill, Grey Fantail, Silvereye, Mistletoe bird, White-faced Heron and Western Gerygone.

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

WALK AND TALK

Second Wednesday of the month, October 15 at 8:45 am

Our September walk was at Euroa where we walked round the arboretum. A series of lakes with an aboriginal history. The local kindergarten already had a fire going and it was a beautiful place for a barbecue. Our October walk will be in the Warby ranges and again, we will be having a barbecue lunch.

Contact: John Padman

SCIENCE

The Science of Food and Nutrition - Allan Wilson will talk about the latest Science on the relationship between the foods we eat and our health, including longevity. What is new? Personalized diets, different approaches to obesity, prebiotics to encourage our lower gut microbiome, discarding calorie counting and high fat diets (keto) that can be good for some people. It will also touch on fermented foods, vegetarian diets and eating for improved immunity. As you might expect, fast foods get the thumbs down. Note that his talk is only about foods, not the full array of factors involved in wellness.

Contact: John Bush

Q3A QUIZ

Thirteen quiz members enjoyed an entertaining morning on 15th September. We appreciated Jane's questions about countries and word definitions. You are always welcome to join us on the 3rd Monday of any month from 10.00 till 11.45am.

Here are some examples of September's quiz. Answers given on the last page.

1. Is a cucumber a fruit or vegetable?
2. In which country were potatoes first cultivated 7000 years ago?
3. Actor Mickey Rooney had nine what?
4. How many Campbell's soup cans are featured in Andy Warhol's 1962 painting?
5. True or False: The Murray River is approximately 1520 km long.

Contact Susan McCarten 0437215130 (SMS preferred or leave a message.)

INDUSTRY MATTERS

In September we visited a cotton gin near LEETON and also saw a Murray Cod farm as well as a Malt House tour. We stayed in Leeton overnight, visited the local museum and the historic hydro hotel. The 12 people who went had a great time. Our next tour will be the Padman Stops factory meeting on Friday, 31 October at 9 am at the U3A Hall for carpooling.

We will get to see how the stops are manufactured including the electronic automation. We will be showing a PowerPoint presentation of its humble beginnings to present day.

Padman Stops will be providing a barbecue lunch.

There are already 27 names on the clipboard on the table next to the front door, so if you can't come, please cross your name off the list because we need to limit the tour to 30 people.

Contact John Padman m0428 745 282



POP- UP SESSION – MULTI-CULTURAL

Many of us don't come in contact with new immigrants during our day-to-day wonderings, but some of these people have certainly been tested in their previous lives and are still finding life a bit difficult.

There will be an event at U3A from 10.30 am to 12.00 on Wednesday 12th November where three people from TAFE English classes will talk about their lives before coming to Australia and since arriving.

If you are free that day, come along and get more of an understanding of what their lot in life was like and what it is like now.

More information about this event will be in the next GVU3A newsletter.

Contact: Greg Barnes

ART DECO CURIOSITY

Presented by Roxy Robyn and Jazzy Johnno who will appear in Art Deco costumes.

To be held on October 6th Monday @ 1.30pm.

Our feature this month will be Art Deco from Robyn's eye. Presentation will feature the following:

1. Description of what Art Deco is, time frame and features of same. Featured will be world famous spectacular buildings.
2. Photos of Art Deco buildings in Shepparton
3. Photos of Art Deco buildings along the streets. In Leeton N.S.W. Featured will be the Hydro Hotel and Roxy Theatre
4. An Art Deco Festival is held yearly in Leeton. You will see the glamour and glitz that occurs at this time. Featured will be photos of Robyn attending over the years and the events held.
5. On display will be Art Deco Clothing including flapper dresses, evening wear, day wear, accessories and jewellery as owned by Robyn
6. Also on display will be actual antiques from the era, as owned by Robyn. Larger furniture will be left home
7. Photos will also be shown of the Art Deco featured fittings that were included in Robyn's home when it was built.
8. Photos will include: An art exhibition of Art Deco paintings by the Leeton Art Society.
9. Photos will also be featured from the Art Deco costumes at Move Shepparton, Loel Thomson Costumes Collection. and also Cars of the era - Hot Rods etc.

All welcome to hopefully enjoy discovering Roxy Robyn's passion for Art Deco.

Contacts: John Padman and Robyn Glasson

HISTORICAL STUDIES,

In September, we went on a tour of the game of Chess and how it evolved. In October it is a complete change of pace where we will look at the history of women's right to vote in elections, (i.e. the Suffragettes) in Britain, Australia and the USA. Quite a few similarities in each case

Remember if you want to present something then let me know Livia.

QUIZ ANSWERS

1. Fruit. 2. Peru. 3. 9 children (8 marriages) 4. 32. 5. False (2520 km long).

ART, CRAFT & PHOTOGRAPHY EXHIBITION

Volunteers Wanted

Anyone who can assist with the setting up and pulling down of the exhibition would be greatly appreciated. Times: Friday, October 17 from 1.00 p.m. and Sunday, October 19 from 4.00 p.m.

Contact Gael Thompson on 0458 215 794 if you can assist or just turn up on the day. Any assistance will be gratefully accepted.

Raffle

From early October the raffle prizes will be on display in the hall along with tickets for you to purchase. Tickets are \$2 each. Write your name on the butt, take the other half and put your money in the tin. Thank you to our members who have kindly donated these prizes worth winning.

GVU3A Committee

We are nearing the end of another great year of GVU3A and, therefore, time to think about the make of the committee for 2026. Have you thought about joining the committee for 12 months? You are invited to talk to any of the current committee members to learn about what is required.

President: Rita Bloomfield, Mob: 0418 580 697

U3A NETWORK VICTORIA

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

To see what GVU3A has to offer and what other groups in GVU3A 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