

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

April 2025

CONTACT DETAILS

◆PRESIDENT

Rita Bloomfield 0418 580 697
drbloom@bigpond.com

◆VICE PRESIDENT

Livia Tiso 0467 952159
lpt3629@optusnet.com.au

◆SECRETARY

Elizabeth Lee 0409 703 868
lizlee01@gmail.com

◆TREASURER

Ian Hatton 0418 582 670
hattonig@gmail.com

ASSISTANT TREASURER

Gael Thompson 0458 215 794

◆COURSE COORDINATOR

Carol Davidson: 0411 483 920
dancingdavo82@gmail.com

◆HALL COORDINATOR / KEYS

Anne White 0438 202 799

HALL MAINTENANCE

Ray Watt 0439 716 420
Anne White 0438 202 799

◆CATERING COORDINATOR

Julie Dainton 0438 218 050

◆COMMITTEE

Carol Davidson

MEMBERSHIP ROLLS

Ian Hatton 0418 582 670
hattonig@gmail.com

WEB MANAGER

David Muir
muir51@optusnet.com.au

EMAIL ADDRESS

goulburnvalleyu3a@gmail.com

NEWSLETTER EMAIL

gvu3anewsletter@gmail.com
(Entries close on 21st of each month)



A MESSAGE FROM THE PRESIDENT

Celebrate life and let's live it.

Remember today is a good day, forget about what you cannot change, reflect on what has been good and live today as if there is no tomorrow.

Thank you to those who were elected to the Goulburn Valley U3A committee. Your 2025 committee was elected at the AGM Social morning on 4th March. I'm hoping over the year to get a small profile on each member to add to our newsletter so you get to know your committee. I thank each and everyone who has committed to our committee and if you have any concerns, please talk to a committee member. You will find their names on the Newsletter and please always remember you can contact me.

And I'm sure many of us will be thinking of Dr Richard Scoulyer, Australian of the year 2024 as he faces the time when he cannot do more for science and or find cures for brain cancer. Think about what his courageous and selflessness will bring to others in the future. A man to be admired.

Autum is with us, bringing cooler nights, changing colours and time to slow down after the heat of summer and early March. Recently I had the time to be in Bright and reflected on how beautiful the country side was, and how Bright, with all the spreading trees were a lovely green and now we can look forward to wonderful autumn tones. If you get a chance and or an opportunity to restore your soul, Bright and surrounds are the place to go.

Over the next few months there will be some industry tours starting with a trip to Finley to see how the cotton is picked and hear from the farmers Please Check out with John Padman or put your name on the list in the hall.

Thank you to Ian Hatton (treasurer) who has spent many hours checking members lists, sending notes to those who have not paid dues and keeping our member list updated. This has not been an easy task and taken Ian time to update the lists. Thank you to members who have updated their membership.

Remember we have mentioned Pop-Up programs. Jenny O'Connell has offered to run some workshops, please note in the Newsletter and let the course coordinator know if you are interested. I'm planning to run "Friends Matter" over 3 Sessions in May. At the moment I'm searching out Digital Theatre from Melbourne Theatre Company.

Looking forward to talking with many of you over the next month
Take Care,

Rita Bloomfield President 0418580697

2025 Gvu3A COMMITTEE MEMBERS

President Rita Bloomfield

Secretary Liz Lee

Treasurer Ian Hatton

Committee Greg Barnes, Gael Thompson, Anne White, Graham Baratee, Carol Davidson, Liva Tiso and Julie Daiton

HISTORICAL STUDIES

After a brief walk-through Female influences on rock and roll music, next month will be a timeline of Computer History. Remember if you want to present something, then please let me know. See you Monday 14th of April, 10 am
Livia

MORNING TEA GET TOGETHER

Our next Morning Tea Get Together at the Shepparton Club will be at 10.15 am. on Wednesday 16th April. If you are likely to attend it would be appreciated if you let John know on 0428 745 282 so he knows how many to book the table for.

WALK AND TALK

Our next walk will be on Wednesday 9th April when we will meet in the U3A car park at 8.45 a.m. We will leave at 9 a.m. to drive to Barooga where we will enjoy morning tea in the Botanical Gardens before walking along the paths at the Foreshore and will be having lunch at the Barooga Hotel. Please don't forget to bring your own morning tea.



In March, six members enjoyed a visit to the Bendigo Botanic Gardens. We explored both the new and old sections, appreciating the magnificent old trees as the day was quite hot.

More details available from leader John Padman on 0428 745 282.

SOCIAL MORNING

April 1st, Judith Roberts will be speaking about Textile Arts and repurposing materials

COTTON PICKING TOUR

Don't forget this day trip will be held on Thursday 1st May. Meeting at U3A Hall at 8.30a.m. and returning approximately 4.30 p.m.

We will be travelling to Finley for a morning tea/toilet stop at a cafe and proceed to check out the farm where rice is grown. Ian there will give an interesting talk as he is a Director on the Board of Sunrice and previously been Chair of Rice Research & Development for the Rice Marketing Board of NSW.

After leaving there we will continue on to have lunch at the Royal Hotel in Berrigan, after which we will travel to Baxter's Farm and Transport, where we will be able to see their cotton being harvested. Noel Baxter also grows corn and with his father, Kel, runs a large transport company from the property, so there will be plenty to see and ask about.

Hoping everyone has let John know if they are attending and if not, please do ASAP.

John Padman 0428 745 282.

DEALING WITH STRESS AND TRAUMA FROM A NEUROSCIENCE PERSPECTIVE

Jenny O'Connell is an accredited mental health social worker and an accredited clinical social worker. She mostly deals with people who have experienced trauma in all of its forms and for 20 years has led small groups with regard to the trauma recovery process.

Jenny has offered to run a course for our U3A "Dealing with Stress and Trauma". In an ideal world, the course would run for six sessions, once a month. The most appropriate time for her would be the 1st Monday morning of the month.

The course would demonstrate how the three main parts of the brain work in relation to stress and trauma, how we build brain (neural) pathways in dealing with stress, understanding your own personality to address stress, how to identify your own stress patterns established in early life, how to change those no longer working, and building goals associated with the changes you wish to implement in a: Social, Emotional, Intellectual, Spiritual and Physical way.

If you are interested in doing this course let either our new Course Leader, Carol Davidson (phone 0411 483 920) or let me know (Greg Barnes 0438 569 611)

MONDAY LUNCH GROUP

The group has chosen to meet at The Peppermill in April. So, on the 7th. 14th. 21st and 28th the group will meet at 12 noon.

Please make sure a seat is reserved for you by ringing Gail on 0400 531 856

QUIZ

Fourteen members enjoyed our St Patrick's Day Quiz on Monday 17th March. We appreciated the excellent range of Irish Questions compiled and presented by Jane Lloyd. Here is a small sample:

1. What is the population of Ireland's capital city?
2. What seafood did Molly Malone sell?
3. Who is known for the hit song, "Nothing Compares to You"?
4. What famous Irish drink was invented as a health tonic by an apothecary?
5. What had the greatest detrimental effect on the Irish whiskey industry?
6. What do you call an Irish spider?
7. Who is the only non-Australian-born player to win the Brownlow medal?
8. Why don't you ever iron a four-leaf clover?

(Answers at the end of the newsletter)

Please note that the April Quiz session is cancelled due to Easter Monday. Livia will lead the 19th May Quiz from 10am - 11.45am at the U3A hall. New members are always welcome.

Susan McCarten 0437 215 130 (SMS is easiest)

SOCRATES CAFÉ

On Monday 24th March at 10.00am the topic for discussion will be about the Australian culture. Some of the questions that may well be asked that day are:

Do societies need culture? What is Australian culture? Does Australian culture need to be scrutinized more to make it more valuable to our society? Do we need religion in our culture? Is Australian society, really egalitarian? Does a person's level of education and wealth, necessarily earn them status or respect? What should be looked at and improved in our culture for the 21st century.

On Monday 28th of April at 10am: Is Liberalism the basis of a truly meaningful life? A fun, good rewarding life?

The questions asked that day maybe: Should individuals be free to pursue their own passions and interests in life? Does liberalism mean more than freedom of speech and small government? You might not identify as a liberal, but are we in fact all liberals at heart? Should you be able to decide: How you live your life? Where you reside? What career you choose? Whom you can marry? Which gods you worship? Can you think of a situation where freedom of speech can be damaging? Can you think of a scenario where the freedom of the press should not be allowed? Is freedom of religion always good? Does no freedom of religion lead to fear and conformity? Is separation of church from state always essential? Should we in Australia have the right to bear arms? When should we not have the right to due process, and equality before the law?

Greg Barnes

BOLIVIA

We have welcomed 3 new players to the exciting card game of Bolivia this year. We meet on a Thursday at 1.00pm and play until 4.00pm, at the U3A Hall. If you would like to join us you will be most welcome.

Kerrie Midgley 0439511929

U3A NETWORK VICTORIA

Enjoy this month's Network News. [CLICK ON THIS LINK.](#)

CRYPTIC CROSSWORDS

Cryptic Crosswords commenced on Thursday 20th March at 1.30
The next date will be Thursday 3rd April and then the 17th April (before Good Friday). So far, we have learnt about anagram clues and how to detect them. We will go on to learn another 13 types of clues including spoonerisms, subtractions, wordplay, double meanings, acronyms etc -the list goes on. It's not too late to come along if you want to join in.

Harry Lee 0400 770 972

INTERMEDIATE ITALIAN

Buongiorno. Come va?

Lelia is giving everyone an opportunity to master the correct pronunciation of the Italian language. It is such fun!

Everyone is enjoying some new language skills, especially those in the class who are visiting Italy later in the year.

Fridays at 1.30 until 3pm.

Ciao, Liz - 0409 703 868

MAH JONG

We commenced the new year with 2 new players. Mah Jong is a Chinese game playing with tiles. It is very interesting and tests your brain and memory. If you are interested, please join us at the U3A hall on a Tuesday at 1.00pm. Games finish at 3.30pm.

Kerrie Midgley 0439511929

MUSIC THEORY

There will be a new Music Theory Grade 1 class in May or June. Watch this space. There are several people waiting for this class and if anyone else is interested please contact me.

The Grade 1 class that has been running this year is almost finished and will meet finally when we can arrange a time.

Congratulations to everyone who did Beginners or Grade 1, for all your hard work in learning the language of music.

Christine Wilson. 0428 399 648

SCRABBLE

The next Scrabble session is on Friday 4th April from 1.00 - 3.00pm.

We would be thrilled to welcome some new players as our current numbers range from 2 to 5, and the more the merrier. We always have time for some friendly chat during the games. We meet on the 1st and 3rd Fridays of the month, with the exception of Good Friday this year.

Sue Walmsley 0432 016 15

STRENGTH AND BALANCE

It's great seeing such a number of people exercising to try and maintain a healthy body and mind. More people, more fun, so come along and give it a try. Class at 8.45 every Monday morning for 45 minutes, except public holidays.

If you require more information, please give me a call on 0402019552
Lyn Davidson

LIFE'S CURIOSITY

Our first session has been held and we have started our process for exploring our memories involving the people in our lives has begun. I believed we all gained from our discussion. The April meeting will focus again on the memories and the emphases will be on the values and beliefs that were around in our past and are they any different today. Which ones give us greater value in today's society?

Session will be held on Monday 7th April at 1.30pm. It will be great to see you then.
Leader Robyn Glasson email. rglasson65@gmail.com

YOGA

Yoga classes have grown this term and I hope those attending have enjoyed the program with Jenny Scanderlora, Classes will be suspended for the school holidays recommencing on 24th April. Enjoy the break and I will send a note to all at the beginning of term 2.

Rita Bloomfield coordinator – 0418580697

BIRD WATCHING

The April 16th outing will be a morning at the Lower Goulburn National Park Bunbartha. Please meet at the U3A car park for a 9am departure. Please contact Don Roberts 0448 889 224 or Marg Clarke 0429 350 875

The March outing was at Jordans Bend on the Goulburn River Shepparton where we observed 32 species, some being: Little Corella 400, Long-billed Corella, Crimson Rosella the Yellow subspecies, Rainbow, Musk and Little Lorikeets, White-throated Treecreeper, Superb Fairywren, Red-browed Finch, Red-rumped Parrot, Striated and Spotted Pardalotes, Little and Australian Ravens, White-plumed Honeyeater and Little Friarbird.

500 CLUB

Held every Tuesday from 3.30 pm to 5.30 pm.

Our group is going from strength to strength. Lots of new faces which is fabulous. If you would like to come and learn a new card game you are most welcome. We have a lot of fun.

For enquires please contact:

Gale Hatton galehatton@gmail.com 0402 047 167

HEALTH & WELLBEING

To be held on second and fourth Friday at 1pm. Next session March 28th
We have been covering topics in the self-esteem realm, In the next session we will focus on
“Breaking free from perfectionism and Fear of Failure and Taking imperfect action.
Love to see you there.
Leader Robyn Glasson email.rglasson65@gmail.com

POP-UP SESSIONS

It is planned to give members opportunities to experience new programs or activities over 2025. I will be conducting the U3A network program of Friends Matter over 3 sessions in May I'm exploring the Melbourne Theatre Company Digital, theatre program. This is an opportunity to view plays from the Theatre Company on our smart screen. I'm hoping we can get a screening in late June.

These sessions will be one off programs.
If you have any suggestions for pop up sessions or an activity that will benefit members, please send an outline to the Committee (meeting 3rd Wednesday each month) for approval. Look forward to hearing from members.

Rita Bloomfield 0418580697

CRAFT

Craft has got off to a good start this year but we would always welcome new members. There is a variety of crafts being undertaken by our members, including crocheting, knitting, embroidery, patchwork, hatmaking, crossstitch. We are always happy to provide guidance if needed.

Come along and enjoy a pleasant afternoon every Tuesday from 1 pm to 4 pm.

Gael Thompson Mobile 0458 215 794

TAI CHI

Tai Chi will continue on Fridays and then take a break for School holidays, Good Friday and Anzac Day - 11th, 18th and 25th April.

Sandra Bassett 0418 571 246

THE STOCKMARKET

The first session of this course is now Friday 4 April. The unfortunate delays in getting started has meant that there is plenty of new content to discuss as the stockmarket has been on a wild ride. Hope you haven't lost patience, looking forward to meeting and kicking this off after I get some training in how to use the equipment at the hall.

Graeme Hannan: Graeme.hannan7@gmail.com

PLAY READING

Our play reading program has now had two sessions and our third and fourth sessions are scheduled for 24th. March and 7th. April. Our first play (which ran over the two sessions) was entitled "Australia Day" and was a great hit with all the participants. There were plenty of belly laughs along the way.

Our next reading (which will probably also run over two sessions) is a comedy called "Sylvia". This play comes highly recommended by my able assistant Dale Roberts, who has actually directed this play under the auspices of the Shepparton Theatre Arts Group.

Our program is fully booked but if any vacancies arise you will be advised via this newsletter.

Best wishes

Brian Riordan 0409121146 brianriordan118@gmail.com

WRITING FOR PLEASURE

Ten members enjoyed some interesting memories at our meeting on 20 March with the topics Where are We? and Looking back I ...

Please note that Heather will now host the 17 April meeting as Pam is unavailable on that date. (Pam will host the June meeting instead.)

Heather's topics are:

- Number 6, 21st Street
- Hobbies / Hobby

May's topics from Glenda will be listed in the next Newsletter.

Next meeting: Thursday 17 April, 1.00pm Shepparton Library.

Moya 0407 680 337

Marion 0417 319 839

ART, CRAFT & PHOTOGRAPHY EXHIBITION

At the last Committee meeting, it was agreed we would hold our biennial Art, Craft & Photography Exhibition in October during Senior's month. The dates will be October 18 & 19. You are encouraged to start getting together your exhibits. Further information will be provided as the event gets closer.

Gael Thompson Mobile 0458 215 794

MEMBERSHIP

Since the last newsletter the issuing of Membership receipt numbers has changed. Receipt numbers are issued directly by email, by SMS phone message if no email or mailed if there is no email or mobile phone.

If you have misplaced your receipt number, please contact Ian Hatton at gvu3afinance@gmail.com or 0418 582 670

FOODIES

Dosa Hut provided a wonderful start to our Foodies year. The quality and presentation of the food and the service were exceptional. Our host, Abhi, explained how some of the traditional Indian dishes were prepared. One notable couple 'keyed in' the incorrect address, but in spite of their late arrival, were still well looked after. For our next event, we travel to Thailand, to Thai Coconut Restaurant, 66 High St, Shepparton, on March 27. Please note that outstanding receipt numbers need to be sent to Lyndal Lancaster before this event to be eligible to attend. lyndal11@netspace.net.au or 0429 808 602.

TECHNOLOGY

I have a few places available on Mondays at 12:30 for anyone wanting assistance with computers, phones tablets/iPads. Click on the title for this article to take you to our website to see some of what is offered.

David Muir 0414881369

WEBSITE

New members may not have had a good look at [our website](http://gvu3a.com.au) [gvu3a.com.au] (and others who have been with us for a while might need to have a refresh of what's there).

Apart from past and present newsletters, there are application forms, our current course list and timetable. There are also some course pages detailing some of the activities the group has been doing (Underlined Headings in this newsletter will take you to that site).

In the meantime, click on any of the following links to have a look at some samples:

[AROUND THE WORLD FOODIES](#), [HISTORICAL STUDIES](#), [UKE3A](#), [SCRIBBLERS](#),
[PHOTOGRAPHY](#), [WRITING FOR PLEASURE](#), [BLAST OFF](#).

Thinking about contributing to the upcoming Art/Craft/Photography Exhibition, check out our previous online exhibitions ([2020](#), [2021](#)).

Any course leaders wishing to add a page or make changes to their page, contact David Muir.

QUIZ ANSWERS

1. We don't know because it's always Dublin (doubling).
2. Cockles and mussels.
3. Sinead O'Connor
4. Bailey's Irish Cream
5. Prohibition in USA
6. Paddy-long-legs
7. Jim Stynes
8. You don't want to press your luck

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