

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

June 2026

## ◆PRESIDENT

Livia Tiso 0467 952 159  
[lpt3629@optusnet.com.au](mailto:lpt3629@optusnet.com.au)

## ◆SECRETARY

Elizabeth Lee 0409 703 868  
[lizlee01@gmail.com](mailto:lizlee01@gmail.com)

## ◆ ASSISTANT SECRETARY

Fiona Johnson 0419 130 719  
[fionajohnson234@gmail.com](mailto:fionajohnson234@gmail.com)

## ◆TREASURER

Ian Hatton 0418 582 670  
[gvu3afinance@gmail.com](mailto:gvu3afinance@gmail.com)

## ◆ASSISTANT TREASURER

Gael Thompson 0458 215 794

## ◆COURSE COORDINATOR

Carol Davidson: 0411 483 920  
[dancingdavo82@gmail.com](mailto:dancingdavo82@gmail.com)

## ◆REGIONAL REP.

Greg Barnes 0438 569 611

## ◆HALL COORDINATOR / KEYS

David Taylor 0480 753 170

## ◆HALL MAINTENANCE

Anne White 0438 202 799

## ◆CATERING COORDINATOR

Julie Dainton 0438 218 050

## ◆SUPPLIES

Kerrie Midgley 0439 511 929

## ◆MEMBERSHIP ROLLS

Ian Hatton 0418 582 670  
[gvu3afinance@gmail.com](mailto:gvu3afinance@gmail.com)

## ◆WEB MANAGER

David Muir  
[muir51@optusnet.com.au](mailto:muir51@optusnet.com.au)

## ◆EMAIL ADDRESS

[goulburnvalleyu3a@gmail.com](mailto:goulburnvalleyu3a@gmail.com)

## ◆NEWSLETTER EMAIL

[gvu3anewsletter@gmail.com](mailto:gvu3anewsletter@gmail.com)  
(Entries close on 21<sup>st</sup> of month)

## ◆BANK DETAILS

BSB 803 078  
Account 1001 11147  
*Use your name as reference*

## A MESSAGE FROM THE PRESIDENT



### Connect, Engage Enjoy Learn.

It's taken me a few months, but this is the motto for this year because I believe that U3A offers all of these opportunities. We are halfway through the calendar year, and time certainly has flown, so a progress report on where we are at seems appropriate.

The screen is finally in full operation. There is a manual available and we will provide sessions on how to use it; Here are some preliminary notes: it takes two people to move the screen and remember to lock the wheels in place to stop unnecessary movement. It is best to leave the screen on standby mode unless you are the last session for the day, In that case, please power down the screen. Finally, you can connect your computer/iPad/ phone to it wirelessly. Sometimes best way to learn how to do something is to ask, so if unsure please just ask.

As mentioned at the last social morning, we have a grant to replace the toilet flooring. The proposed dates for this are from 29th June to 4th July (first week of the school holidays). A straw poll of members at this meeting were in favour of closing the hall for that week. At the committee meeting this was ratified, so there will be no courses running during this time, Notices will be put up to remind you of this. Thank you for your cooperation.

We were successful in our EOI for Sam Birrell Volunteer grants and are going to apply for some new computer equipment, (A new printer and some tablets, maybe some additional software). Applications close on the 28th of May and then it's wait and see if we can go ahead with these purchases.

June is a busy month in terms of extra activities. Roly's mobiles are holding an information 4 technology session on the 5th of June (a Friday) and we are one of the venues that will be holding a **Safe and Connected Seniors information session** which will be run by Greater Shepparton City Council on the **12th of June at the hall between 10am to 12:30pm**. The Council has coordinated the speakers for this session, which will include representatives from Elder Rights Australia, Council on the Ageing, and Community Accessibility. While SMR Legal has also been invited, they have not confirmed their availability.

This month's guest speaker is Bill Winters who will be speaking on road safety. Please as a courtesy to our guest speaker, phones need to be turned to silent mode during our social mornings. I hope to be able to visit more courses as the year progresses, and I look forward to seeing you on June 2nd.

Livia Tiso 0467 952 159

The Hall will be closed from 29<sup>th</sup> of June to 4<sup>th</sup> of July to replace the toilet flooring. No classes will be running for that week.

**Social Morning June 2<sup>nd</sup>.** 10am Guest speaker will be Bill Winters, talking about Road Safety.

### **SAVE THE DATE!**

Our biannual GUV3A CONCERT is back for another entertaining evening of fun, song, dance and other artistic performances!

Friday 16th October 2026. Put that date in your diary and start working on your act!

More information in the next few newsletters!

Carol Davidson

### **AUTHOR TALK**

Kellie Coff, who writes as Lellie Lopter, is holding an informal session exclusively for us on **Friday 29th May (yes next week!), from 4.30-5.30pm, here at Esson Street.**

The session includes topics such as becoming an author later in life, process of getting a book published by a traditional publisher and how to self-publish a book in Australia or overseas. Kellie can answer questions and help anyone who is a budding author!

Kellie's artistic life is an interesting story in itself.

If you or anyone you know have a yearning to write/illustrate that book idea you have had for years, then this may be the session you need!

Carol Davidson.

### **RMIT survey** (see link below)

GVU3A Volunteers are asked to complete a survey for an RMIT pilot program. RMIT is looking to run courses which will include seniors. The completed surveys will help RMIT determine what direction in which to go and in what areas to run courses in, (e.g., maths, literature, art). It will take about 30 minutes to fill out

The project seeks to develop a lifelong learning pilot program that enables older adults to participate meaningfully in a selection of existing RMIT courses alongside the broader student cohort.

[https://rmit.au1.qualtrics.com/jfe/form/SV\\_40fEXEZ4HC6Ncay](https://rmit.au1.qualtrics.com/jfe/form/SV_40fEXEZ4HC6Ncay)

## **SINGING FOR PLEASURE**

The Singing for pleasure group has continued to meet at 9am on Wednesdays with a good attendance each time. We have a great team of helpers, especially our pianist Graeme Brewer. We didn't miss a beat during the absence of the smart screen but are looking forward to using the new one to expand our repertoire of songs well past 200.

We had two special days, for special songs -St Patrick's Day and Anzac Day. For the latter we sang commemorative songs and songs that were popular in that era. Thanks to Sharon for playing that day, and to Ernie for his snippets of war time history that he gave in between songs.

We would always like to have new members, and you will be made very welcome to join us. We have proved what they say, that singing together is a very special thing to do and makes us feel good. Our hour of singing is always extended with coffee and catch up at a cafe. We also have a booking to sing for Christmas in July "downtown"!  
Christine Wilson 0428 399 648

## **Intermediate Italian**

We welcomed 2 new members this term, Peter and Benita. Alan and Mary Rose are putting their Italian into practise in Europe.

Lelia has been challenging us with telling the time, in Italian of course.

But we first need to know our numbers in Italian up to 24, midnight and midday. Lots of discussion on whether midnight is 24.00 or 00.00.

Liz 0409 703 868

## **Visit to the Cottage** - drug rehab rehabilitation centre

Meeting at the U3A hall Monday first of June at 1 pm.

After an inspiring talk by Rob Bryant and two of the participants from the cottage I have arranged a visit to the cottage premises. We will observe how the rehabilitation system works and MEET with some more of the participants. We are extremely lucky to have a rehab Centre in Shepparton and to observe the methods used for rehabilitation.

Please fill out an expression of interest form, for further information, contact John Padman 0428 74528

## **Coach trip to the Great Stupa** - near Bendigo

September 9, 8:30am leaving from the library.

The Great Stupa is the largest in the Western world and was built for all to enjoy. The stupa is a pagoda-like structure that contains precious pearl like objects formed from the ashes of cremated Buddhist masters. Around the stupa is a village like settlement including a peace park, memorial walls, a museum, cafe, gardens and retreat. The cost of the 48-seat bus trip should be around \$100 but will depend on the numbers going. It has been organised by the Cobram U3A. Please fill out expressions of interest form for further details. Contact John Padman 0428 745282.



## **Writing for Pleasure**

Our May meeting provided some provoking views on the theme 'Right here right now' despite a smaller group being in attendance this month.

Topics for our 18 June meeting are:

1. A Picnic
2. How old are you? I am four

Topics for 16 July are:

1. The Volunteer
2. Maybe this time

Contact: Marion. 0417 319 839

## **Science**

On Monday June 15th at 1.30 pm President Livia Tiso will be speaking about Plastics and Polymers

You use them every day directly or indirectly, but how are polymers made? What are some of their uses and are there problems with their disposal? I hope to see you there.

## Curiosity Life Abounds

Our sessions continue to have interactions on all areas of life regarding our "vitality season" we are all involved in now. How to negotiate life and find growth to enhance the quality of our personal lives and our involvement with others that is so vital to us.

Sessions are held twice a month e.g. second and fourth Friday at 1pm. next one will be 12th & 26th June.

All welcome. Robyn is asking is there anyone male or female that would be available to drive her to Leeton on the 9th July for 4 days stay. (her car) Robyn has for some time attended the Australian Art Deco Festival as her annual holiday by herself which she preferred. Now it is time for her to embrace the new season in her life and seek a companion for this trip. More details given on contact. A ticket to the evening function Circus Soiree will be given. A magic 3 days. Phone 0408613321

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

## Cryptic Crosswords

CC continues on the first and third Thursdays at 1.30. Anyone interested in coming along to share crosswords or tricky clues are welcome. David Astle, famous radio presenter and even more famous crossword setter, is coming to present at the U3A State conference on 17th-18th September. More details later.

There's a well-known saying "Many hands (in this case minds) make light work." This proved to be true when 5 people managed to complete two cryptic crosswords with time to spare! I think, on the whole, we are getting better at solving them. Sharing thoughts about how a particular clue was solved certainly helps everyone understand the reasoning used to get the answer. Here is a clue that was solved; can you solve it?

*Fishfarm say? distributed ripper murray cod (7. 8)*

Harry 0400 770 972 or Livia.

## Monday Lunch Group

There are 5 Mondays in the month of June. The lunch group members have chosen to go to Pho Viet in Wyndham Street. This is near the ANZ Bank and across the road from Rebel Sports. There is parking along Wyndham Street or at the back of Lovells newsagency. So, on the 1st, 8th, 15th, 22nd and 29th the group will gather at 12 noon. If you would like to attend, please confirm your booking by 10am on the morning of the lunch gathering. Ring Gail on 0400 531 856

## Around the World Foodies Group

Lazy Moes provided us with four delicious courses and exceptional service. This month, we are heading to Mahal Green Olive, with another delicious dinner in store. As bookings have often closed before the newsletter comes out, keep an eye on the Foodies noticeboard. At the monthly morning tea at the start of the month, the new flyer will be displayed, with all the information you need to join us. The first step is always texting to book:

Please contact Lyndal Lancaster for bookings or more information on 0429 808 602.

## Historical Studies

Many thanks to Jan Gregory who presented a talk on the Camino Trail which is a renowned network of ancient pilgrim routes across Europe. After explaining about its origin, Jan completed the walk, starting in Porto (Portugal) and ending 13 days and 254 km later, at the Santiago de Compostela Cathedral where St. James is believed to be buried. There are many routes to Compostella Cathedral and no matter which route taken, it is a chance to experience the scenery, nature and history of that part of Europe.

In June, Greg Barnes will be presenting a talk on the history of Gold and Australia north of the Tropic of Capricorn. Remember if you would like to present something then let me know. See you in June. Livia

## Bridge

The 23rd and 24th of May sees 6 of our bridge players making their way to Bendigo to compete in the pairs and teams events in the Bendigo Bridge Club Congress. This will be a highly competitive and well attended weekend, so we wish them well and hope they bring back a trophy. Their success will be reported in next month's newsletter.

There have been several graduates of the bridge training program that Derek Poulton has been running since March. The graduates are now ready to play social bridge and advance their learning through playing. They will continue to learn conventions and gameplay with Derek as they progress through their bridge journey.

Below is a picture of Derek with graduating bridge players. We hope to see them at bridge games very soon.



## Bird Watching



The June 17th outing will be a morning walk at Gemmill Swamp Wildlife Reserve Mooroopna, please meet at the scout hall Echuca Rd for a 9am departure. Please contact Don Roberts 0448 889 224 or Marg Clarke 0429 350 875

Our May outing was at the new Yanha Gurtji shared path which starts at Kids Town Mooroopna and finishes at McFarlane Mooroopna overlooking Gemmill Swamp Wildlife Reserve. We recorded 32 species some being: Wedge-tailed Eagle, Blue-faced Honeyeater, Weebill, Yellow-rumped and Yellow Thornbills, Golden Whistler (pictured), Pied Currawong, Grey Fantail, White-winged Chough and Silvereeye.

## Socrates Cafe

On Monday 22<sup>nd</sup> June at 10 am the class at Socrates Cafe will be discussing:

### Would it be a good thing if all countries had nuclear weapons?

The following countries have nuclear weapons: Russia, the United States, China, France, the United Kingdom, Pakistan, India, Israel, and North Korea. There are around 12,100 warheads existing worldwide. The US and Russia hold nearly 90% of the global total. South Africa is the only country that developed and subsequently dismantled its nuclear weapons. Ukraine, Kazakhstan, and Belarus dismantled and returned all nuclear weapons inherited from the Soviet Union to Russia. Ukraine was the third-largest nuclear power at the time, with roughly 1,900 strategic warheads. Countries outside the Nuclear Non-Proliferation Treaty are India, Israel, North Korea, and Pakistan.

### Questions that might be asked.

- Would universal nuclear proliferation drastically increase the risk of accidental, unauthorized, or intentional nuclear war?
- Would more countries with nuclear weapons mean more chances for regional conflicts to escalate into nuclear exchanges?
- Would all nations be able guard, nuclear weapons reducing the risks of theft by non-state actors?
- If all nations know that stockpiles of nuclear weapons could destroy most of humanity, then surely, they would only use them in the direst of circumstances?
- If every country had nuclear weapons, would it prevent major powers from intervening in or invading smaller nations?
- Do you think Russia would have attacked Ukraine if Ukraine had nuclear weapons?
- Why do you think that North Korea is left alone and not liberated?
- They say that nuclear terrorism would increase if everybody had nuclear weapons. Is Russia a nuclear terrorist?
- Would have the USA ever invaded Afghanistan or Iran, if they had nuclear weapons?
- Does it demonstrate nuclear weapons act as a deterrent when there was no real war during the Cold War and since?

Come along and give Socrates Cafe a try.

Greg Barnes

## Walk and Talk Group



On 13 May the walk and talk group met and did a walk around Victoria lake, the 10 walkers then went on to the confluence of the Broken and Goulburn rivers The Broken River is 225 km long and when it is flowing in flood mode it is the fastest flowing river in Australia. We stopped at a point of the path where sugar gliders can be seen after dark using a torch, great fun for children and adults of all ages. The group then walked to the railway line, and we walked parallel to the railway track back to the visitor centre carpark for morning tea and coffee.

Wednesday June 10 the group will go to Eldorado. The museum, inside an old school, building no 246 built 1869, will be opened for our group thanks to a local lady, Sue Philips. The rough plan is to drive to Eldorado using carpooling, short look at the gold dredge mainly for folk who have not seen it, then on to the museum followed by lunch at the McEvoy tavern, supposed to be the smallest pub in Victoria. They do not open for lunch every day however the lady said they would be

open on the 10th of June. They also do coffee and snacks as well having a fire pit outside in their beer garden. Due to uncertainty of weather this would cover all eventualities. After lunch a walk along the river trails looking for gold and gemstones. Leaving Eldorado, we will stop at the dredge for a walk around it and inside part of it that has a purpose-built ramp and enclosed observation area .

We will meet at 08 15 and depart U3A carpark 08 .30 the distance to Eldorado is 125 km and about 1 hour 40 drivetime. We aim to be back in Shepparton for 5 pm.

This is open to all U3A members and friends, please come, you will be made welcome

Iain Jaap 0428218229

Goulburn Valley U3A

## Uke3A

Uke3A put on a very professional performance at Kensington Gardens on 4<sup>th</sup> May with 21 members playing. We followed it up with a strum and singalong session with the members of the Kensington Gardens ukulele group. It was a fun session followed by morning tea. Thanks to Geoff Holland for organising the event.

The May social night at the Tacey's farm had a Pop Divas theme, strictly women singer/songwriters including Carole King, Stevie Nicks, Melanie Safka, Joan Baez and Ellie Greenwich. Some impressive songs, and impressive costumes were worn on that night!

We are adding to our song list with Queen's 'Crazy Little Thing Called Love' being practised for June. It would be great to have a percussionist, so if you play the drums and are willing to join Uke3A speak to Andrew Lelliot on 0427 970 463. Also, is there anyone who can play the dulcimer? Marg Tacey has been given one handcrafted by Frank York.

Playing at Maculata Place



Performing at Kensington Gardens



Guest artist at our Women Singer/Songwriter evening social.



Frank York presents Marg with a dulcimer he has handcrafted.

## Industry Matters

Friday, May 1<sup>st</sup> saw a group of U3A members join with U3A members from Cobram to travel the further 32 km from there to Berrigan NSW to view cotton harvest in action. We were hosted by Baxter's of Berrigan who run an extensive cotton and transport enterprise a few km est of the town

On a perfect Autumn day, we were treated to a lovely morning tea and heard a rundown of the farms operation from Noel Baxter who then kindly fielded many questions from us all.

Following this we were escorted in motorcade out into the field where 2 giant John Deere harvesters were in action. One of the drivers halted his machine and gave us an overview on how it processes the crop and answered more questions from his awe-struck audience and posed for the many photos taken beside the (cool 2 million dollar) machine.

Then it was back to Berrigan where we had a lovely lunch at the Royal Mail Hotel, which has plenty of old-world charm and good food.

Special thanks to John Padman for organising this great day out. Lorraine Noonan



The answer to the cryptic crossword clue was **primary producer**.

## 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](#).**

