

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 2026

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(Entries close on 21st of month)

◆BANK DETAILS

BSB 803 078
Account 1001 11147
Use your name as reference

A MESSAGE FROM THE PRESIDENT



Hello everyone.

In honour of Spring, a little verse

Spring is sprung, the grass is riz.

I wonder where the birdies is.

They say the birdies on the wing, but that's absurd.

I always thought the wing was on the bird.

Anonymous, though a favourite of the great Spike Milligan,

We should make the most of this weather as I get the impression that hotter days are going to come sooner than expected!

September was a busy month, and October will be the same, more so as it is Seniors Festival month! For GVU3A this means the Big Night Out. Carol and Greg have put a great deal of work into organising the event and I would like to thank them especially and everyone who has put the time in to make this into what I believe will be an enjoyable occasion for all. There is a flyer in this newsletter with all the relevant details so that you can plan ahead. I want to acknowledge Greater Shepparton City Council who have provided a grant for the hiring of a stage for the event. I know other groups are also performing at different venues. Thank you Uke3A, I hope to be at MEAC whilst you are playing. There are also festival guides for activities in the Greater Shepparton Area for you to look at in the foyer.

You would have seen that we have problems with the wooden bifold doors. **DO NOT MOVE the left side bifold doors.** Council are aware of this and they will be fixed, but I don't know the date. The storage cupboard has been re-organised. **The main priority is to keep the floor clear and thereby avoid accidents with tripping so what was originally on shelves should be returned to shelves after use. Your cooperation in this area is much appreciated.**

For all members, make sure if you are the last to leave that the front door is firmly closed, it's these little things that make the hall and surrounds better for everyone.

We have quite a few things happening within the next few months. I can't believe I'm writing this, but the Melbourne Cup is not too far away and it has always proved to be a very popular social event. There are details about this posted in the hall. In the monthly planner at the end of the newsletter some of these events have been highlighted, Please let me know if this is useful or not.

Yes, this last paragraph was in the previous months newsletter but it is being repeated. I need every member to think about joining the

committee. We are a successful organisation because of the great committee we have. If we don't have a committee then we stop running. Committee meetings are held once a month for 2 hours on the 3rd Wednesday of each month from 3 pm to 5 pm. New people bring new ideas and outlooks and it gives everyone a chance to contribute. **Consider attending these meetings to see how things are done and putting your hand up for a role in continuing to keep GVU3A a vibrant, flourishing community.**

I look forward to seeing you at the social morning to hear David Muir speak.

Livia Tiso 0467952159

OCTOBER SOCIAL MORNING

Date: Tuesday, 6 October

Time: 10 am

Guest Speaker: David Muir, My trip around Central Australia

Cost: \$3.50



ART

U3A members are preparing to exhibit their paintings at the Kyabram Town Hall - on display from October to November; gold coin donation. The Kyabram Town Hall is an art hub that displays a broad range of local art.

Member art is also on display in the carpeted room and is available for purchase.

New members are always welcome and supported.

Course Coordinator: Jeanette Fry, 0438 253 982

WRITING FOR PLEASURE

Twelve members enjoyed our September meeting with the topics Justice and The Deal.

October's topics from Meredith are -

1. A very happy event
2. That did not turn out as expected

Please submit up to six of your articles for the end of year book to Allan at this email address:

writingforpleasureu3a@gmail.com

Please put the Monthly Topic at the top of your articles so Allan knows under which month and topic to place them. Other 'non-topic' articles, family history and memoir etc that you have not related back to a topic, will go under a new section titled 'And there's more....' Please put 'Non-topic' on the top of these articles to assist Allan.

There will be a lunch meeting in November at a venue to be advised. There will be no topics or readings for November. This will be the last meeting for the year.

Contact: Marion MacLennan 0417 319 839

LUNCH GROUP

The lunch group has chosen to go to Degani Restaurant at Riverside Plaza during October. So, on 5, 12, 19 and 26 the group will meet at 12 noon for a meal and a chat. You must ring up and make a booking to reserve a seat for our 12 noon gathering.

Contact: Gail Jelliff - 0400 531 856

CURIOSITY LIFE ABOUNDS

Our group continues to explore the many areas about life that help us navigate a life with more flow and joy. We interact and everyone is involved. We are a supportive group. Our meetings are held each second and fourth Friday of the month at 1pm. Next meeting 25 September. Everyone is most welcome and keep smiling because if you are smiling the body cannot hold another emotion at the same time.

Contact: Robyn Glasson rglasson65@gmail.com or John Padman john-n-padman@gmail.com.

HISTORICAL STUDIES

After the September topic of the Australian Open Tennis championships, we are going to be continuing this sporting theme. On Monday 12 October Dr. David Hogg will be talking about the history of AFL/VFL club mergers, failed mergers and takeovers. I have it on good authority that he did not complete his PhD in footy history! It should prove to be a very entertaining subject, and I look forward to seeing you there.

Contact: Livia Tiso

“AROUND THE WORLD” FOODIES GROUP

At our August dinner at Degani, we once again enjoyed a wonderful meal and had a fun night. Our dinner at Krua Thai is just around the corner. Next month, on October 22nd, we will head to the newly opened Bami restaurant in Fryers St. This will be our penultimate dinner for the year, and as the name suggests, the cuisine is Vietnamese.

For bookings and enquiries, please contact Lyndal Lancaster on 0429 808 602.

Q3A QUIZ

Eighteen members enjoyed a delightful quiz morning on 21st September, showing great support for Judy Blackley during my enforced absence (broken ankle in plaster cast).

I hope to lead our next session on Monday 19th October, from 10-11.45am. New members are always welcome.

Here are 5 of Judy's questions, with answers on the last page of this newsletter.

1. Of which state is "Peace and Prosperity" the motto?
2. Use the clue to name the Elvis song - Mahogany beating organ.
3. True or False: Donald Trump said, "I am the President of the United States, and I'm not eating any more broccoli."
4. The quagga is a subspecies of which animal?
5. Which bird can tell the difference between a Monet and a Picasso painting?

Susan McCarten 0437 215 130 (sms preferred or voice mail).

STOCK MARKET

The Stock Market group is having Sophie Sepe from Dawes and Vary come along to its session on Friday October 2 starting at 10am, to talk about Estates. Sophie will cover topics like - what are the key things to do to avoid disputes and challenges for your Executor; Are there important inclusions if you have a SMSF; and, if we have time, What are the legal structures (eg Testamentary Trusts) you might put in place.

All are welcome to come along and join us. Please contact Fiona Johnson on 0419 130 719 if you plan to come so we can make sure there are enough seats for everyone!

Contact: Fiona Johnson

WALK AND TALK

Five members travelled to Kids Town on the Causeway Mooroopna on Wednesday September 9. As we were relatively early we did the walk before morning tea. Walking in a northerly direction to the rear of Kids Town, we turned left onto the newly opened walking track, walking past the old piggery over newly erected bridges at the back of Mooroopna golf course.

The weather was a beautiful spring morning, slightly breezy but very pleasant, and the wattle in full bloom. We walked to Gemmils swamp, before returning to Kids Town for morning tea under the shade sails.

The next walk is Wednesday October 14. Meet at the U3A Carpark at 8.45am for 9am departure. We might do the walk from the Mooroopna end, coming back to Taste of Capri coffee shop for coffee and cake.

Contact: Iain Jaap - 0428 218 229 or Ross Johnstone - 0421 350 997

SOCRATES

On **Monday 28 September at 10 am** we will be discussing **Do the People of Australia have a strong culture? If not, does that matter?**

Culture means the shared beliefs, values, customs, behaviours, and arts that characterize a particular group, society, or organization. It includes how a group eats, dresses, and greets each other.

Questions we will try to answer maybe: What defines Australian culture? What happens if a society loses its culture? What are the good and bad things about a strong culture? Can morality change based on culture, or is there a single universal right and wrong? Does a culture have the right to judge the traditions of another group? Are human rights discovered by reason or invented by Western culture? Can you truly step outside of your own culture, or does it always shape how you think? Is cultural appropriation an act of disrespect, or a natural form of sharing and appreciation? Does a shared national or ethnic culture dilute individual freedom? As the world becomes more connected, is a global culture destroying local diversity? When does preserving an old tradition stop being a virtue and start holding back human progress? Can an authentic culture survive mass commercialization and the internet?

At the October discussion session we will concern ourselves with the topic: Would Humans be better off without Religion?

Contact: Greg Barnes - 0438 569 611

BIRD WATCHING

The October 21st outing will be a morning outing at Kialla Lakes, this is a new venue as the previous walk was at a different lake. The meeting point will be at the playground in Waranga Drive Kialla Lakes at 9am.

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

Our September outing was at Cussen Park Tatura where we observed 38 species some being: Chestnut Teal, Eurasian Coot, White-faced Heron, White-necked Heron, Great Egret, Purple-crowned Lorikeet (pictured) New Holland Honeyeater, Blue-faced Honeyeater, White-breasted Woodswallow, Pied Currawong, Australian Reed Warbler and Welcome Swallow.



CURIOSITY TRAVEL

As you know many of us were privileged to go on a great bus trip in conjunction with Cobram U3A recently to The Great Stupa, Bendigo. The Great Stupa is certainly a magnificent place and concept. Hard to believe such a project is developed in today's age. The grandeur is not normally seen in Australia. The spiritual aspect certainly has stayed with me.

For our October meeting we will gather to reflect on this great monastery. Come along and contribute to the discussion whether:

1. You were on the trip and would appreciate the opportunity to reflect, discuss, understand more on others perception of what they felt occur with them or what they have taken away
2. You were not able to attend but would like to know more about this 100 years project that is being built. The build process has been in progress for 23 years.
3. You have knowledge of this Monastery and would welcome sharing your thoughts.

Our gathering will be on Monday 5 October at 1.30pm.

Contact: John Padman john-n-padman.com or Robyn Glasson rglasson65@gmail.com

SCIENCE

On Monday October 26 at 1.30 pm, Harry Lee will be talking about **Counter Intuitive Science**.

He will tell us there is no such thing as suction, like when you drink using a straw you don't actually suck the liquid up the straw. Harry will tell you what is actually happening.

Hot air rising isn't itself due to low pressure up above - it is buoyancy from being less dense than its surroundings. Who would have thought and all is not what it seems. Harry will tell us what is going on.

The planets were formed because of gravity, but gravity does not act the way we think it would. Harry will put our thinking right here.

Temperature and pressure are not directly linked at all. Harry has a bit of explaining to do here because there will be people in the audience who reckon they know better.

I hope you can come along for another entertaining lecture from Harry.

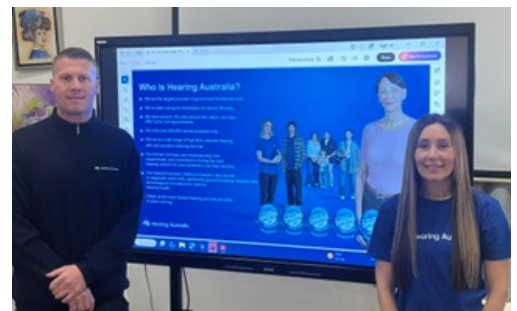
MUSIC THEORY

Music Theory classes will re-commence on Tuesday October 13 at 9am to 10 am. Anyone who has a basic knowledge of written music is very welcome to come to revise what you know and learn a bit more about sharps, flats, key signatures, scales, rhythm and transposing. We will go at a slow pace using the Grade 1 workbook.

Contact Christine Wilson if you are interested - 0428 399 648

Hearing Health Pop-Up Presentation:

Hearing Australia gave an informative presentation on the importance of hearing health and conducted hearing tests to those interested. Hearing is important to general wellbeing and loss of hearing has been linked to dementia, falls and social isolation, amongst other things. Loss of hearing can be gradual and go unnoticed. An annual hearing test is encouraged to establish a baseline and monitor hearing health.



Ian Hatton

Goulburn Valley U3A

BRIDGE

Shepparton players travelled to Benalla for the pairs competition which was successful for Nick Walsh and Wayne Leppard achieving second place, the following day Shepparton hosted the teams competition for the Northern Region Bridge Association which was won by the Walsh Team comprising Nick Walsh and Wayne Leppard from Shepparton and Leigh Carrol and Adam Pierce from Echuca.

Whilst several players were in Benalla at the pairs event, those remaining organised a social day of bridge with some wine and nibbles. This was both well attended and much enjoyed by all.

QUIZ ANSWERS

1. Victoria. 2. Wooden Heart. 3. False. It was George WH Bush 4. Zebra. 5. Pigeon



**GVU3A'S
BIG NIGHT OUT**

6.30pm, Friday October 16th, 2026

**A wonderful night full of our
talented GVU3A members!
BYOE drinks, food, glasses etc.**

**Come along for a great two
hours of FREE entertainment!**

Please be seated by 6.20pm.

**If you have any questions about this wonderful night
of entertainment, contact Greg Barnes (0438569611)
or Carol Davidson (0411483920)**



THE UNIVERSITY OF THE THIRD AGE



2026

MELBOURNE CUP LUNCHEON

TUESDAY, NOVEMBER 3

11am onwards

at

GVU3A Esson Street Hall

Cost: \$25 (Pay before 27 October)

BYO Drinks & Glasses



Competitions

Fashions in the Hall

Wear your special hat



Lunch served at 12.15

Book & Pay by Monday, 27 October. Put your name on the list at the hall and pay online into GVU3A Admin Account:
BSB: 803 078—Account number: 1001 11147— ensure to include your name with the payment or place money in an envelope and put into the box near the office.

Please advise dietary requirements

Enquiries: Julie Dainton—0438 218 050 or j_dainton@hotmail.com

October at a glance		four week cycle			
Thursday 1st October		Monday 12th October		11.00 – 12noon	Book Club Two
8:45-9:30	Chair Aerobics	8.45 -9.30	Strength & Balance	100 -4:00	Creative Craft
10.00 -1200	Scribblers	10:00-11:30	Historical Studies	100-3.30	Mah Jong
1:00- 4:00	Bolivia	12 noon	Lunch Group	3.30 -5.30	500 card game
1:30 -3.00	Cryptic Crosswords	12.00- 1.00	Uke3A	3:15-4:15	Tai Chi
4:00 -5.00	Yoga	12.30 -5:00	Communicating w. Tech	Wednesday	21st October
5:15- 6:15	Line Dancing	2:00 – 3:30	Play Reading	9:00 - 10:00	Singing for
700–8:00	Astronomy	7:00 -10.30	Bridge (comp)	9-12noon	Bird Watching(off-site)
Friday 2nd October		Tuesday 13th September		10:00 – 2:30	Art Group
10.00 -11.30	Stock Market	9:00-10:00	Beginner Music Theory	1:00-4:00	Bridge
1:00- 300	Scrabble	9:00-10:00	9 French Beginners	1:00-3:00	Writing for Pleasue
1:30-3.00	Italian	10- 12 noon	French (2)	3:00-5:00	Committee Meeting
3.15 -4:15	Tai-Chi	1:00- 4:00	Creative Craft (3)	Thursday 22nd October	
Monday 5th October		1-3.30	Mah Jong (2)	8:45-9:30	Chair Aerobics
8.45 -9.30	Strength & Balance	3.30 -5.30	500 Card ge	10.00 -1200	Scribblers
12 noon	Lunch Group	7:00	Shepp Camera Club	10:30 -11:30	Book Club 1
12.00- 1.00	Uke3A	Wednesday 14th October		1:00-400	Bolivia
12:30-5:00	Communicating w. Tech.	8.45	Walk & Talk	1:30 - 4:00	Photography
1.30 – 2.45	Curiosity Amchair Travel	9 – 10	Singing for Pleasure (2)	4:00-5:00	Yoga
3.00 – 4.30	Current Affairs	10-3.30	Art Group (3)	5:15 _6:15	Line Dancing
700 -10.30	Bridge (comp)	1-Apr	Bridge (social) (2)	6:00	Round the World Foodies
Tuesday 6h October		Thursday 15th October		Friday 23rd October	
9:00 -10	Beginner Music Theory	8:45-9:30	Chair Aerobics	10:00- 11:45	Earth Science
10.00 -11.30	Social Mornina	10.00 -1200	Scribblers	1:30- 3:00	Italian
11.45 – 1.00	Book Club Three	1:00- 4:00	Bolivia	3:15-4:	Tai Chi
1:00 -4:00	Creative Craft	1:30 -3.00	Cryptic Crosswords	Monday 26th October	
1:00-3.30	Mah Jong	4:00 -5.00	Yoga	8.45 -9.30	Strength & Balance
3.30 -5.30	500 Card game	5:15- 6:15	Line Dancing	10:00-11:30	Socrates Café
Wednesday 7th October		Friday 16th October		12 noon	Lunch Group
(:00-10:00	French Beginners	10:00- 11:45	Earth Science	12.00- 1.00	Uke3A
10.00 -10>00	Singing for Pleasure	1:00-3:00	Scrabble	12.30 -5:00	Communicating w. Tech.
10:00 – 2:30	Art Group	1:30- 3:00	Italian	2:00 – 3:30	Play reading
10- 12noon	French	3:15-4:15	Tai Chi	2:00-3:30	Basking in Literature
1 -4;00	Bridge (social)	6:30-8:30 A Big NIGHT OUT		7:00-10:30	Bridge (Social)
Thursday 8th October		Monday 19th October		Tuesday 27th October	
8:45-9:30	Chair Aerobics	8.45 -9.30	Strength & Balance	9:00-10	Beginner Music Theory
10.00 -1200	Scribblers	10:00- 11:30	Quiz	9:00- 10:00	French Beginners
1:00 - 4:00	Bolivia	12 noon	Lunch Group	10.00 -12	French
1:30 -4.00	Photography	12.00- 1.00	Uke3A	11.00 – 12noon	Book Club Two
4:00 -5.00	Yoga	12.30 -5:00	Communicating w. Tech.	100 -4:00	Creative Craft
5:15- 6:15	Line Dancing	1.30 – 3:00	Science	100-3.30	Mah Jong
Friday 9th October		3.00 – 4.30	Current Affairs	3.30-5:00	500 card game
1:00-3:00	Curiosity Abounds for	7:00-10:00	Bridge	Wednesday	28th October
1:30-3.00	Italian	Tuesday 20th October		9:00 - 10:00	Singing for Pleasure
3.15 -4:15	Tai Chi	9:00- 10:00	French Beginners	10:00 – 2:30	Art Group
		10:15-12:00	French	1:00-4:00	Bridge