

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

May 2025

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Graham Barrette, Anne White,
Greg Barnes, Gael Thompson,
Julie Dainton

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(Entries close on 21st of each month)

◆BANK DETAILS

BSB 803 078
Account 1001 11147
Use your name as reference



A MESSAGE FROM THE PRESIDENT

Celebrate life and let's live it.

I hope you were able to celebrate Easter with family and friends and now as April is drawing to a close and the cooler nights are coming; time to look for the winter woollies.

Your committee has received a grant from the Greater City of Shepparton Community fund; we will need to match it with \$ for \$. We can now purchase new chairs for Room 2. A huge thank you to Liz Lee who puts in many hours of time to apply for these grants so we the members can benefit from new equipment.

It is the committee's role to keep improving the assets and to attend to any that need to be maintained. It would help if members could leave a note or contact a committee member when they see areas that need attention

I ask you to look at the artwork in R2 and for those with an interest in ART/CRAFT /Photography to start preparing for the October Exhibition.

The committee has looked at some new courses and pop-up sessions so keep an eye out for notifications in the Newsletter and notice boards and remember to sign up for these sessions. It is wonderful to see the Investment group up and going, remember the day trip to the cotton fields in Finlay. I have procured screenings of plays from the Melbourne Theatre company. These will soon be screened in R2 via the Smart Screen. At present we need to find a time when the hall is free.

Please read through the newsletter to keep updated with courses and information about the activities presented at U3A.

Each year U3A Network Victoria asks for nominations for a Tutor Award. Remember all our tutors / coordinators are volunteers and have a passion in the program they present. If you believe we have a very special tutor you would like to nominate please contact Liz Lee or myself.

Take time to pause and thank all our mothers, grandmothers and aunts for all the time they care, nurture and guide us in our daily lives on Mother's Day 11th May.

Enjoy all the beautiful autumn days we have been having and when it becomes cooler, remember to rug up, come in, and enjoy the activities and catch up with your friends at U3A.

Take Care. Rita Bloomfield 0418 580 697

2025 COMMITTEE



Back row.

Graham Barrette, Carol Davidson, Anne White, Greg Barnes, Gael Thompson

Front row

Livia Tiso, Elizabeth Lee, Rita Bloomfield (Pres) Ian Hatton.

Absent: Julie Dainton



SOCIAL MORNING

Judith Roberts

Dale Wright will be the guest speaker at the next social morning meeting

April Social Morning, creative artist Judith Roberts discussed her work on “scrumbling” intricate patterns with blanket stitch and other fabric-based techniques. Very interesting and inspiring.



THE STOCKMARKET

Graeme Hannan

Graeme.hannan7@gmail.com

Our next meeting is on Friday 2 May at 10am. Content will include a check on our stock selections from our first meeting which coincided with a day of extreme market volatility (correlation, not causation!), and a look at ETFs (Exchange Traded Funds).

Hope to see you.

WALK AND TALK

John Padman 0428 745 282

In April our walk and talk group went to Barooga where we enjoyed morning tea in the Botanical Gardens and a walk around the beautiful surroundings, then lunch at a hotel where we enjoyed lively conversation and nice meals. After this we went for a good walk along the paths at the Foreshore.

Our next walk will be on Wednesday 14th May when we will be walking the Scenic Trail Walk in Echuca. This promises that we will enjoy the serenity of two rivers in one walk! The loop of the Scenic Trail will take us through bushland along the edge of the Murray River and Campaspe Rivers to the junction where they meet, and past many ancient indigenous sites, such as scarred trees, oven mounds and shell middens. We will also pass by the new Echuca Moama bridge.

We are a small friendly group who enjoy the social aspect of our easy walks. Though we tend to choose those around 3 to 5 kms, everyone walks at their own pace, and no one is committed to do the whole walk, going just as far as each wishes. We do hope more will give us a try, even if they decide not to continue monthly.

INDUSTRY MATTERS

John Padman 0428 745 282

A new group that offers a close-up look into farms and industries in our district. These may be at the U3A Hall or by travelling on site in own private cars

Each month there will be a brief summary of suggested talks or tours to gauge the amount of interest. These will be only expressions of interest and the times and details and dates will be worked out later. please put your name and phone number in block letters on the clipboard provided on the table.

Suggestion 1

PADMAN STOPS PRECAST FACTORY AND AUTOMATION

This will be a short trip to Strathmerton and Cobram.

There we will see the product, the manufacturing process, and hear the history of Padman Stops. At Cobram You will get an inside look into our electronic facility and get a demonstration on how our state of the art automation works.

Suggestion 2

RICE TALK AT THE U3A HALL IAN MASON

Ian is a Director of the Board of Sunrice, and has previously been chair of Rice Research and Development for the rice marketing board. Ian will give an insight into how rice is grown in Australia and how Australia has become the most efficient rice producer in the world and just how many people Australian rice feeds. He will also bring along some of the products that you may not be aware of that are on your supermarket shelves.

HISTORICAL STUDIES

Livia Tiso 0467 952159

lpt3629@optusnet.com.au

Thanks to everyone who showed up for a talk on a timeline of computer history. Next month, Greg Barnes will be presenting a talk on "A Brief History of the Soul." (This book is a clear and concise history of the soul in western philosophy, from Plato to cutting-edge contemporary work in philosophy of mind.) From Wiley Publishing "

Remember if you would like to present something then please let me know

HEALTH & WELLBEING

Robyn Glasson
rlasson65@gmail.com

Next session to be held on Friday 9th May at 1pm. Meetings are held on the second and fourth Friday of the month.

Empowerment skill for our serenity years.

We are opening up our meeting for everyone to attend from U3A.
Please note we will not be meeting on Anzac Day.

Areas covered will be in our serenity years, some of us find that we are left to continue our life without a partner. Many questions arise at this time as we will be in a deep state of grief, many questions you will be asking yourself as you progress through the areas of grief that you will be experiencing. Many of you have found your way into U3A in the hope of establishing a new life. Searching for answers and hope to find a new direction to take.

If so, come along on the 9th May where we will have an interactive group, sharing, a chance to talk with others who are experiencing the same as you. You will have many questions about life and what does it mean and where do I fit in. What do I want my life to look like/ Where can I go to have my needs met. What are my needs? How can I go forward on my own? How do I cope with the loneliness? Etc.

Some notes will be provided on the areas covered. Sharing with others will be a means of recovery and moving forward.

You owe it to yourself to have self-care. Hope to see many of you there for a forward-thinking session. There are no restrictions on the time frame of when you lost your partner.

PHOTOGRAPHY GROUP



A small group of photographers, eager to practice Lex's hall lessons, visited Emerald Bank on Thursday 10th April.

A great place to just wander around is Emerald Bank and better still on a beautiful autumn afternoon with camera in hand. Hopefully we will have a chance to view each other's images when we next meet in the hall, however, if this weather continues, we may head outdoors once more. Stay tuned for an email from Lex for our next exciting location.

YOGA

Rita Bloomfield 0418 580 697

Yoga sessions will commence on Thursday May 1st at 4.15pm at the U3A hall.

DEALING WITH STRESS & TRAUMA FROM A NEUROSCIENCE PERSPECTIVE

Carol Davidson 0411 483 920
or Greg Barnes 0438 569 611

This is a reminder to the participants who have already booked their place in these sessions by Jenny O'Connell, that the first session of this pop-up course will be on Monday 5th May commencing at 9.45am. This course is full.

MONDAY LUNCH GROUP

Gail 0400 531 856

On Monday 5th, 12th, 19th and 26th the group will meet at The Sherbourne at 12 noon. Some members come each week. Some join the group once a month. To make sure a place is reserved for you at the table please ring Gail

MUSIC THEORY

Christine Wilson 0428 399 648

The new Grade 1 Theory class will start on Thursday June 12th. This will include those who were not here to complete the class earlier in the year, plus some people who have now completed the Beginners book, and some people who are patiently waiting for it to start. When we meet, we can decide whether to continue on Mondays or Thursdays.

LIFE'S CURIOSITY

Robyn Glasson
rjglasson65@gmail.com

We meet on the first Monday of May 5th at 1.30pm

We continue with our enlightening discussion on our past connections and memories in life and make the comparison to today's world, finding a renewed connection in our lives. To be part of this environment, come along. Just bring yourself, but you will find sharing is also a delight. We will cover the areas of beliefs and still have further discussion on values as it is a large subject. There are many areas of our lives we can break these in to.

Also finding Life's Curiosity is a great medium to get to know folks and expand our knowledge of the world. Everyone is most welcome.

OFF THE PAGE

new ways to access online reading

Kath Boast 0418 710 192
kath@shepcomputer.com.au

A new pop-up course to look at available online resources to access free and/or purchased reading materials, and how to get the most out of them. We will focus on eBooks, eMagazines, eNewspapers, audible books, and podcasts.

All links discussed will be emailed to participants and if there is enough interest, creation of a social media group for participants to recommend books and sites.

No date set yet, but please email your interest to Kath. Further information in next newsletter or on Notice Board.

TAI CHI

Sandra Bassett 0418 571 246

Tai Chi will re-commence on Friday May 2nd at 3.30pm for the regular class and 3.15pm for beginners.

BIRD WATCHING

Don Roberts 0448 889 224 or
Marg Clarke 0429 350 875

The May 21 outing will be a morning at a new venue for our group, it will be along Seven Creeks shared path starting at Riverview Drive, ending at Raftery Road and return. Please meet at the park at 83 Riverview Drive where the path starts, please note not at the U3A car park. Please be at the park for a 9am departure.

The April outing was at Lower Goulburn National Park Bunbartha where we observed 29 species including: Peaceful Dove (pictured); Wedge-tailed Eagle; Nankeen Kestrel; Australian Hobby; Crimson Rosella (Yellow); Eastern Rosella; White-throated Treecreeper; White-plumed and Brown-headed Honeyeaters; Spotted and Striated Pardalotes; Weebill; Grey Shrikethrush; Golden Whistler; Pied Butcherbird; Pied Currawong; and Grey Fantail.



Melbourne Theatre Company comes to Goulburn Valley U3A

Rita Bloomfield 0418 580 697
drbloom@bigpond.com

I have been able to procure digital screenings of past MTC plays for members of Goulburn Valley U3A. I have arranged that we can screen a play through the Smart TV. It is proposed to screen the play in R2 with perhaps an afternoon tea or if later in the day maybe a wine and nibbles.

I need notification of how many members would be interested, this will be a one-off session with a time and date is to be set. Please watch out for the information on the notice board.

If you have a query, please contact coordinator

AROUND THE WORLD FOODIES

Lyndal Lancaster 0429 808 602
lyndal11@netspace.net.au

On the 27th of March a group of 26 intrepid U3A members went for dinner at Thai Coconut. The various dishes shared over dinner were enjoyed by all with the overall experience being great fun.

In April we will be going to Indonesia so keep an eye out for the email that will provide you with all the details. If you would like to join us please contact Lyndal

WRITING FOR PLEASURE

Moya 0407 680 337
Marion 0417 319 839

It was good to see our new members, Charlotte, Rowena and Dorothy at our last meeting and great to hear their contributions, along with those of the other familiar faces. There were certainly some interesting pieces around the topics set by Heather. May's two topics have been set by Glenda: It was a Dark and Stormy Night and Under a Burning Sun.

There was considerable discussion around the production of our book. It will be followed up. This was in response to learning that sadly, Robyn is leaving our group because of family reasons. We have certainly appreciated her contribution.

Next meeting: 1.00pm, 15th May, Shepparton Library.

500 CLUB

Gale Hatton 0402 047 167
galehatton@gmail.com

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.

CANVASSING INTEREST FOR TWO TRIPS IN SPRING

Anne White 0438 202 799
anne.shane@westnet.com.au

YARRAWONGA- A tour of Yarrawonga Weir, similar to the tour of Goulburn Weir. Probably carpool, depending on numbers, and lunch at own expense.

RUTHERGLEN OVERNIGHT TRIP ON A WEEKEND

Carpool or drive your own car, depending on your individual plans.

Bus wineries tour from Rutherglen – 11 seater (\$80) or 24 seater bus (\$48) for 7hrs. Our choice of what to do.

or

3 Venues: Tastings and cheese platter; Winery lunch and glass of wine; Cocktail, wine, cider, beer or mixed drink.

11 to 19ppl- \$210pp, 20 to 24ppl- \$199

Overnight in Rutherglen. Own choice of hotels or a group booking.

Could be between \$200-\$300. People are welcome to stay longer or trip off on their own.

Expressions of interest and comments to Anne or leave a letter in the post box near office.

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.](#)

