

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

March 2025

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(Entries close on 21st of each



A MESSAGE FROM THE PRESIDENT

"Let's Celebrate life and live it"

U3A Goulburn Valley is made up of a wonderful group of people who bring a variety of ideas, stimulating courses, fun programs for our enjoyment and many opportunities for members to try something new.

Over the past few weeks, we have seen our hall swell in members who enjoy singing, playing Ukulele, Art, play reading, Scrabble, Mahjong to name a few of the programs many are attending.

Over the year along with the new courses we will be having a few pop-up programs that may be a day, or as with Friends Matter it will be four weeks in May. So, keep an eye out for these activities.

I would like to remind everyone that our organization is made up of volunteers, our course leaders, committee and those that help out around the buildings and surrounds. Please remember our course leaders or coordinators give extra time and share their skills so we can have an opportunity to learn something new or just enjoy a program for the fun of getting together with like-minded people.

I believe it is important that we show our support by helping out with the setup of rooms and then leaving the room as you found it. Chairs and tables stacked away, all belongings collected, lights and coolers off. We have moved some furniture from R4 and added some of the card tables to R 2, this is to save interruption to those in R4. The dishes to be put into the dishwasher and if full could someone please turn it on, so the next group can empty it.

I would like to remind members they must collect their receipts and name badges. All names and receipts numbers are to be recorded in the course members sheets so course leaders can be sure you are a member. A reminder to members it is helpful to know names if you could wear your name badge.

A new course timetable has been updated, please disregard all others and make sure you have the new one that is in this Newsletter. Many thanks to Greg Barnes and Carol Davidson who have put many hours into this program so we the members can enjoy such a variety of programs.

AGM (annual general meeting) will take place at the first Tuesday social morning in March and I invite everyone to come along and enjoy hearing a guest speaker and join in with some fellowship.

If you know of anyone who would like to join the committee, please let me know or get your nomination to Liz Lee before 28th February 2025.

I trust all members will have a great month and wish all good health and happiness.

Take care
Rita Bloomfield
041858069

SOCIAL MORNING

Tuesday March 4. The guest speaker will be Deanne Jeffers, editorial manager of the Shepparton Adviser.

DARTS

If anybody would be interested in playing the game of DARTS at U3A let me know and we will try and get something happening.

Greg Barnes - email: dngbarnes@hotmail.com phone: 0438 569 611

HISTORICAL STUDIES

We had a great turnout for the first topic of the year which was a look at the history of glass and its many uses. Thanks to all those who put in their receipt numbers, I will ensure that the folder is passed around at the next meeting. March will be a complete change of pace. After Greg presented the History of Rock and Roll a comment was made about the lack of females. So, March will be about Female influencers on music. See you then at 10 am. remember if you want to present a topic, then please let me know. Livia

LEARN TO PLAY BRIDGE

Bridge is the most popular card game in the world so come and join us. We are a friendly social bunch and always looking for new members.

If you would like to learn to play bridge, a six-week course will start on Wednesday night 5 March 6-8pm. The course is suitable for those with no previous experience and also for those seeking to refresh their bridge skills. The course will be run by Derek Poulton and Nick Walsh. We will use Paul Marston's book 'Introduction to bridge - 5 Card Majors' as a basis for the lessons. Copies of the book will be provided at a reduced cost to the class members at the first lesson. For further information contact Derek Poulton email dcp.klp@gmail.com, ph. 0418559263, www.bridgewebs.com/shepparton

BRIDGE

Bridge is played on Wednesday afternoon, Monday nights and Saturday afternoon. We had our first 'Super Saturday' on 15 February. At our Super Saturday Derek held a class on slam bidding in the morning. In the afternoon 26 players (6 ½ tables) played competition bridge, followed by drinks and nibbles. Thanks to Mick for providing the nibbles. Nick and Spotty played in the gold coast congress with two players from Echuca. Their team ended middle of the road in the teams, but Nick and Spotty did exceptionally well coming 4th in the pair datum for their category.

On the 22-23 February Shepparton hosted the northern region pairs. Players come from across Northern Victoria and NSW to play in this competition. This year Shepparton entered 10 pairs and 3 teams. We are again running bridge classes on a Wednesday night for players – see the article 'learn to play bridge' in this newsletter. For further information.

Derek Poulton dcp.klp@gmail.com, 0418559263, www.bridgewebs.com/shepparton

QUIZ

We were delighted to welcome 20 members to the February quiz session. Here are a few questions that either intrigued or raised a laugh.

1. In a pack of cards, which king lacks a moustache?
2. Which tree does turpentine come from?
3. True or False: Bill Lear, founder of the Lear Jet Corporation, named his daughter Shanda.
4. In text chat, what is the most common meaning of AAMOF?
5. Which children's book publisher took its name from an insect?

Answers are printed later in this newsletter.

Our next quiz session will be on Monday 17th March from 10am until 11.45am.

Susan McCarten 0437 215 130 (SMS preferred)

BEADING CLASSES

If you would like to learn how to do beading, come along to the Lincraft Community Room on Monday 3rd of March between 1.00 to 3.00 pm. Bring your own water but everything else is supplied. The kit will cost \$15.

Contact Dianne 0419 394 328

SCRIBBLERS

Like many of the U3A groups we started back for 2025 in January. In 2024 we had 12-14 regular members attending each Thursday morning. It is a very friendly group. We have time for a chat, or extra instruction, and most often, we are all working quietly on our latest work. We as a group help to inspire and challenge each other. Currently Jill and Judy are holding six week "learn to draw" classes for the new intake of scribblers. Some of our current members are taking advantage of this refresher course. Once these classes finish, we will welcome any of the newcomers who wish to continue their art journey to join our group. A big thank you to our inspiring art teachers Jill and Judy and their great work.

From a very happy scribbler,
Kaye.

BIRD WATCHING

Our first outing for 2025 will be a morning outing to Jordans Bend Shepparton on Wednesday 19th March. Please meet at the U3A car park for a 9am departure or at the car park below Jordan Place at 9.10am.

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

SCRABBLE

We welcome new members to join our Scrabble group. We meet on the first and third Fridays of the month from 1.00 to 3.00pm.

The next 3 sessions are on March 7 and 21, and April 4. There will be no Scrabble on April 18 Good Friday. For more information please SMS Susan McCarten 0437 215 130 (while the Course Leader Sue Walmsley is on leave).

CRYPTIC CROSSWORDS

Cryptic Crosswords will commence on Thursday 20th March and then the 3rd of April. Bring along a pencil, pen, eraser, and your lateral thinking hat. You are sure to be challenged!

More questions? Call Harry Lee 0409 703868

COTTON PICKING TOUR

This day trip will be held on Thursday 1st May. Meeting at U3A Hall at 8.30 a.m. and returning approximately 4.30 pm. PLEASE NOTE THE HALF HOUR EARLIER START THAN ORIGINALLY ADVERTISED.

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 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.

Please RSVP by 28th March to John on 0428 745 282 or Janice on 0431 777 830 or put your name and phone number on the flyer in the hall.

LIFE'S CURIOSITY

Life's Curiosity commences on March 3rd 1.30 Monday.

Our theme for the year will be "our memories "and "lived experiences' We anticipate some lively discussions on the memories of our parents and grandparents, in reflection on today's living. Each month we will bring to the table different elements of their lives as we remember it.

At our March meeting we will talk about their living conditions and types of employment, and how this differs to today's standards. We will be sitting around in a circle in an informal setting. All members very welcome. Look forward to hearing your stories.

Robyn Glasson email. rglasson65@gmail.com

500 CLUB

The 500 club is off and running for another year. Our numbers are up with a few new members, some of which are playing for the first time. Everyone is enjoying themselves. New members are most welcome. Tuesday afternoons from 3.30 to 5.30

Gale Hatton: 0402 047 167 galehatton@gmail.com

SOCRATES CAFÉ

On **Monday 24th February at 10.00 am** the discussion for Socrates Cafe will be "Is societal collapse inevitable? " Thanks for the idea, Liz Lee.

The data on deforestation and population rate the chance of catastrophic collapse at 90% or more. Some say today's challenges are so great that it is now time humanity comes to terms with extinction. Others say collapse will just be the end of life as we know it today. Elon Musk reckons the next big drought won't be water, but it will be energy, Arnold Toynbee says Civilizations die from suicide not murder and Jared Diamond thinks "A lower-impact society is the most impossible scenario for our future – except for all other conceivable scenarios."

On the following month, Monday 24th March at 10.00 am, the discussion will be on "What is Australian culture, and does it need to be scrutinized to be more valuable to our society?" Come along and tell us what you think.

Greg Barnes

STOCK MARKET

Good to meet many of you at the U3A registration day on 4 February. Our first session of the Stock Market discussion Group will be at 10:00 on Friday 7 March and thereafter on the first Friday of the month. At the first session I will introduce the program for the year, we will kick off our Stock Market Game, so come along with a couple of stocks in mind that you would like the group to track. Then there will be some general discussion about the Australian Stock Market (ASX); the sectors that make up the ASX and some key indices that track the performance of the market. We will discuss some of the key events from the past month, there have been plenty, with reporting season in progress, the merger of Sigma and Chemist Warehouse, interest rates and tariffs. If you haven't signed up yet and are interested, let me know or come along and sign up on the day.

Graeme Hannan: Graeme.hannan7@gmail.com

MORNING TEA GET TOGETHER

We had our first Morning Tea Get-Together at the Shepparton Club on 19th February and though it was only a small group, John Padman who instigated the group was delighted with the outcome. Everyone had enjoyable discussions, and it was agreed that we would follow his idea of having these based on different topics each month. The next gathering there will be on Wednesday 19th March, though we're making the starting time at 10.15 a.m. this time, as the Club doesn't open until 10 a.m. John will be away for that month, though Janice Dreyer will be there to welcome all comers. Last month a couple stayed back to enjoy a lunch and obviously anybody is welcome to do that again. To have numbers for booking the table, please advise by text to Janice on 0431 777 83 if you are likely to attend.

DANCE AND LEARN

The course Dance and Learn is not running this year.

PHOTOGRAPHY

Photography, under the tutelage of Lex, commenced on the 13th February in the U3A hall. We welcomed three new members on the day and also the return of Dave after a long absence due to injury.

Lex introduced the group to the broad concept of composition. Further to this we will be off to Emerald Bank for our next session on Thursday afternoon the 27th February to put into practice our composition knowledge. The weather may have an influence on this so stay tuned for an email from Lex prior to the event.

Allan Parker

MUSIC THEORY

The Beginners' class is making great progress and is planned to run till March 20th. The Grade 1 Class is also making great progress in becoming familiar with the language of written music in scales, intervals, and chords. The last lesson will be on 18th March with a break until June when there will be a new start with chance for anyone who needs to catch up on missed lessons.
Christine Wilson 0428 399 648.

HEALTH & WELLBEING

Held each second and fourth Friday of the month at 1pm.

How great it was to see some of our previous members return, and equally fun to see new folks.

Our discussion was on the 10 habits of living. A healthy life and this thread will continue throughout the year especially in relation to our "Power of attitude". The next couple of sessions we will explore our beliefs, about oneself, our general thinking patterns and our beliefs that limit and hold us back in life. What we focus on expands, take note of where your thoughts are at.

Next meeting is on Friday 28th at 1pm. See you there

Robyn Glasson 0408613321

AROUND THE WORLD FOODIES

Welcome to Around the World Foodies Group for 2025. We look forward to enjoying a variety of delicious international cuisines from various local restaurants. We have found it necessary to swap April with May, so in April we will now be going to Indonesia and in May we will go to the Philippines. Next week will see us at Dosa Hut, a local Indian restaurant in Fryers Street.

So, if you would like to travel to distant shores for dinner once a month without leaving Shepparton consider joining the Around the World Foodies Group. For any enquires please email lyndal11@netspace.com.au

Please note: to ensure your participation it is a requirement that you provide your U3A 2025 receipt number.

Carol Davidson, Lyndal Lancaster, Winona Mitchell, Maree Schneider

LUNCH GROUP

There are 5 Mondays in March. On the 3rd, 17th, 24th and 31st we will be dining at The Last Straw in Keppel Street at 12 noon. On the 10th - which is a Public Holiday in Victoria - we will be dining at The Shepp Club. Please ring and make a booking so you can be assured of a place at the table. You do this by ringing Gail on 0400 531 856.

MEMBERSHIP

The membership fee of \$70 is now overdue. Pay by bank transfer to GUV3A, BSB 803-078, Acc 100111147. A unique receipt will be issued and placed in a Receipt box in the foyer of the hall - PLEASE COLLECT the receipt and provide the receipt number to each of your course/activity leaders. Thank you to those members who have paid.

NEWSLETTER GROUP CHANGES

The unsung heroes of U3A are the 5 members that put together the newsletter each month. Alan Wilson has been coordinating the team for several years. Well done Allan!! Kath Boast has now joined the newsletter team and has also taken on the coordination role. Allan will continue to be part of the team. Other team members are David Muir, Denise Leffer, Gail Thompson and Derek Poulton.

U3A Victoria Network News

<https://mailchi.mp/u3avictoria/network-news-february-2025-5855146>

WALK & TALK

In February our walk and talk group went to Nagambie. We met in the park for morning tea, then walked along the boardwalk around the lake, about 4 km in total. Although it got very hot, we had an enjoyable morning. After a picnic lunch on the lake foreshore, we drove around the lake to see where the campground, yachting and kayaking clubs are situated and then on to Kirwans Bridge. Before returning home we detoured to see the Arcadia Native fish hatchery which was very interesting.

The March walk will be to the Bendigo Botanic Gardens, White Hills. Please note an earlier starting time for this walk. Meet at the hall at 8.15 to be ready to leave at 8:30. Please bring your morning tea and lunch. This walk is being led by Denise Leffler 0409291155. Group Leader John Padman 0428 745282

QUIZ ANSWERS

1. King of Hearts
2. Pine tree
3. True
4. As a matter of fact
5. Ladybird

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

