

# 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)

July 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.**

Well, the shortest day of the year has now passed so hopefully we look forward to some earlier and brighter starts to the day and some rain for those who need it.

June was a very busy month for us, and we had lots of extra activities which some members attended. Roly's technology information session was very popular as was the talk by Kellie Coff. The Council provided some very interesting speakers on 12 June for recognition of World Elder Abuse Day. We are going to try and get one of the presenters to come and speak at a social morning later in the year so keep an eye out for that.

I have provided a table of upcoming events shown on page 2 below. Please put relevant dates in your diary. This is a trial to make information about future events easier to find. There is more information about the speakers and concert in other parts of the newsletter. Please consider taking part in the concert. The first concert held was very popular; we have a talented group of members to draw from to make this one even better.

The screen is now fully operational, there is a manual that has been produced for new users, but I am more than happy to run sessions for those who need extra help and are not confident in using it. It's a question of arranging a date and time to meet.

Finally, we are making a change to offsite trips. As well as contact numbers, we are going to include a column for emergency contact numbers. Hopefully, we won't need to use them, but it's good to have them there should the need arise. At the end of the trip, that information will be removed.

For those travelling to warmer climates, enjoy your trip. Otherwise, I will see you at the 7 July social morning to hear Danny Lacy speak.

Livia Tiso 0467 952 159

## COMING EVENTS

| Date           | Time    | Event                                                                                                            |
|----------------|---------|------------------------------------------------------------------------------------------------------------------|
| 29 June-4 July | All day | Hall closed for renovations                                                                                      |
| 15 July        | 10-12   | Speakers from TAFE talking about their experiences in coming to Australia See Pop Up Multicultural session below |
| 18 July        | 10-12   | Working Bee (garden tidy up)                                                                                     |
| 16 October     | 6.30pm  | Biennial concert                                                                                                 |

## POP- UP SESSION – MULTI-CULTURAL SESSION

Many of us don't come in contact with new immigrants during our day-to-day activities, but some of these people have certainly been tested in their previous lives and are still finding life a bit difficult. There will be an event at U3A from 10.30 am to 12.00 on Wednesday 15 July where four people from TAFE English classes talk about their lives before coming to Australia and since arriving.

Last year, a couple of young women told us their harrowing tales of escaping Afghanistan and a young man told us and showed us slides of his life in Java Indonesia

If you are free that day, come along and get more of an understanding of what their lot in life was like and what it is like now.

Contact: Greg Barnes

## WHAT TO DO IF YOU ARE SCAMMED

Being scammed is a stressful, scary experience that can happen to anyone. Scams can happen any time and affect people of all ages. The best thing is stay calm and seek help as soon as possible. If you think you have been scammed, or something doesn't feel right, there are a few things you can do to help limit the damage. Act immediately

- ☐ Contact your bank immediately and ask them to stop any transactions.
- ☐ Stop sending money. Don't send any more money until you're 100% sure it is not a scam.
- ☐ Change your passwords on all your devices and online accounts.
- ☐ Contact IDCARE, Australia and New Zealand's national identity and cyber support service. They can help you make a plan (for free) to limit the damage

More information <https://www.seniorsonline.vic.gov.au/services-information/be-scam-savvy>

## COMMUNICATING WITH TECHNOLOGY

Classes are in recess until Monday July 20. Due to low numbers, the 12:30 session will be dropped. That being said, if anyone is in need of assistance at that time, just contact me beforehand and I will be there.

Just a technological reminder: Don't forget to use the Services Victoria phone app to apply for your 20% car registration rebate. You have until the end of July to complete this. If anyone wants some help, please contact me around the 20th and I will assist.

David Muir 0414881369

## Science

At 1.30 on 20 July, Allan Wilson, will talk about 'The Science of Climate Change and it's Effect on our Weather in the GV. The simple physics of global warming (eg hot air rises!), why CO<sub>2</sub> warms the earth, but Nitrogen does not, why northern Australia is becoming wetter, but we are becoming drier, why there are seemingly both severe snow storms and droughts in different parts of the world at the same time. Where our weather in the GV comes from and why it will be more variable in future. He will also touch on what farmers are doing right now to adjust to these changes. Greg Barnes

## 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 26 June. Please note for July only there will be no session on the 10 July. All welcome  
Phone 0408613321 [email.rglasson65@gmail.com](mailto:email.rglasson65@gmail.com)

## Writing for Pleasure

Fourteen members attended our lively June meeting. We enjoyed many laughs as we listened to a variety of imaginative and amusing stories on the topics 'Picnic' and 'I am four: how old are you?' Our next meeting is 16 July, hosted by Moya, with topics

1. The volunteer
2. Maybe this time

August's topics are:

1. I am a nobody
2. I turned on the light

Contact: Marion MacLennan. 0417319839

## Monday Lunch Group

The group will be meeting at The Shepparton Club in July. So on the 6th, 13th, 20th and 27th members will meet there at 12 noon. There is parking directly in front of the club. If you are unlucky and can't get a park there you can always use the paid parking area near JB HI FI and surrounding shops. It is necessary to reserve a seat. Please confirm your attendance by phoning Gail by 10am on the day we gather. Gail 0400 531 856

## Historical Studies

Thanks very much to Greg Barnes who presented two topics. Firstly, why Australia was not really colonised north of the Tropic of Capricorn (compared to the south ) and then the history of Gold. It's shiny, heavy, used in jewellery but is it useful for anything else? This month's presentation will be a brief look at the history of nursery rhymes and crosswords. Remember, if you would like to present a topic, then please let me know. Many thanks Livia

## Around the World Foodies Group

Mahal Green Olive lived up to our expectations for our May dinner, serving us a delectable 3-course dinner, with seven different menu items to taste. The service provided was also exceptional and included complimentary masala tea at the conclusion of our meal. We had a dedicated area for our group, which was ideal for socialising.

Our travels will continue on 25 June to Tea Stall, with Malaysian cuisine to look forward to and tempt your taste buds. We appreciate everyone who follows the 3-step booking process and wears their name badge. Although we have a core group who rarely miss a dinner, we also have new or less regular attendees.

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

## Bird Watching

The outing on the 15 July will be a morning at the Lower Goulburn National Park - Reedy Swamp, Reedy Swamp Road Shepparton. Please meet at the second car park on Reedy Swamp Road for a 9am start.

The wetland has received some environmental water recently so could be good for wetland species. Please contact Don Roberts 0448 889 224 or Marg Clarke 0429 350 875.

The June outing was at Gemmill Swamp Wildlife Reserve where 28 species were observed some of those being, Black Swan, Whistling Kite, White-throated Treecreeper, Superb Fairywrens, Yellow-rumped Thornbill, Yellow Thornbill, Olive-backed Oriole (pictured), Pied Currawong and Grey Fantail. Thanks to Marg for leading and Pat for doing the bird list in my absence.



**STOP Press: GUV3A congratulates Don Roberts and Marg Clark on being recognised in this Years Tutor Recognition Awards. Well done!**

## Quiz

Twenty members attended the June quiz session to enjoy some brain enrichment and social interaction. Our next session is on Monday 20 July, will start promptly at 10am and finish between 11.30-11.45am.

New members are always welcome.

Test yourself with these questions, with answers on the last page of this newsletter.

1. What sea creature caused the death of Steve Irwin?
2. Kangaroo Island is off the coast of which Australian state?
3. Which paper size is larger - A2 or A3?
4. Which Australian banknote was replaced in 1966 by the \$1 note?
5. True or false? In AFL football, the 2 goal posts are 5.4 metres apart.

Susan McCarten 0437 215 130 (SMS preferred)

## Socrates Cafe

At Socrates Cafe on Monday 27 July at 10 am, the topic for discussion will be: Love, a look beyond the emotions.

Science has a lot to say about love, the Ancient Greeks said there are about eight forms of love and there has been a lot of rubbish written about love, so at the Cafe (U3A hall) we will discuss all sorts of questions about love like: Can you really love your Country? Do women tend to be more pragmatic and cautious about love? Is love an involuntary emotion or a conscious choice? Can love exist without compromise? Is unconditional love actually real? Can you really love God? When you take on the interests and well-being of a partner, do you lose your individual sense of self? Is love ultimately a form of selfishness? Can you love someone without truly knowing yourself? Is there a destined partner for everyone, or is love entirely a matter of timing, proximity, and chance? If you love someone based on their qualities (like kindness or humour), what happens to love if those qualities change or fade? What is the scariest part of being deeply in love with someone? Is love a state in which a person sees things as they are not? Are unhappy marriages not due to a lack of love, or a lack of friendship? Does romantic love manifest as a desire to possess and control another person completely, making it more akin to greed than selflessness? Chaucer and Shakespeare said love is blind. Are they correct?

Greg Barnes

## Curiosity Travel

First Monday, 6 July 1:30 pm. Curiosity travel will be featuring a humorous version of the story of Burke and Wills. The story will be narrated by Janice Dwyer, The fully costumed ghost of Robert O'Hara Burke will be played by John Padman, The singer actress whom Burke was in love with will be played by Robyn Glason and the other characters such as Wills, Gray and King will be Greg Barnes or if anyone wants to come in as one of those characters they have the opportunity to do so. This will be a Fun event not to be missed we look forward to seeing you there for more information. Contact John Padman 0428 745282.

## Bridge

Some of our new bridge players from the class of 2026 are coming along to the bridge sessions which is great. Derek is still planning to do one more lesson on the stayman convention.

For a small club we continue to punch well above our weight in state congresses and events. Nick and Wayne (spotty) Leopard did well in the Victorian team trials and will travel to Canberra later in the year to be part of the Victorian team in the national championships. Mick Parr and Derek Poulton did very well in the Bendigo congress and won best Northern Region pair. In the Victorian Festival of Bridge (Victoria's main gold point event). Mick Parr playing with new partner Colin Morrison, came second in the restricted pairs. Derek Poulton playing with new partner Peter Lyons (gold coast) were winners in the country pairs category.



Player numbers are down with our players off on travels, but we are continuing with the occasional pizza night on a Monday and with wine and cheese as part of our super Saturday events.

## Walk and Talk Group



In June, 13 members enjoyed a day in Eldorado. After morning tea, we went for a walk along the Reedy Creek followed by a visit to the Eldorado museum. This was opened for our group by Sue Philips who put on a DVD of the history of gold exploration in the area. After this we explored the displays both inside the old school house and outside. Two men put on a display of blacksmith skills for our group which was interesting. We learned about the different ways that gold was found in the area, about 80,000 ounces, today's value about \$491,600,000. After lunch in the McAvoy Tavern, the smallest pub in Victoria, we went to the dredge site to explore inside part of the dredge and to walk around the perimeter area. A very pleasant day out with good company.

On 8 July we will meet at U3A hall at 8 45 aiming to leave at 9. Please bring morning tea and picnic lunch. We will be going to Euroa with a walk along the river and visit to the arboretum. Subject to the weather the group will decide whether to go to Polly McGuinn's or the local museum which is open on Wednesday afternoons or perhaps both. All members are welcome to come along to this friendly group  
Iain Jaap 0428218229



## Uke3A

Being retired provides the opportunity to travel for some of our members, especially when the weather is cold in this part of Victoria. So, some members are away, others are 'keeping the home ukes burning!' When Andrew Lelliot was away recently, Greg Barnes stepped into the leadership role, with the group playing Bob Dylan's 'Rainy Day Woman #12 and 35' otherwise known as 'Everybody Must Get Stoned.' A fun performance! We have missed John Bush as he dealt with a health issue, and welcome him back to Uke3A. Events to look forward to, and practice for, are the performances for Senior's Week in October, co-ordinated by John Canty (dates and venues to be advised in case you would like to be part of the audience) and the U3A concert on 16th October. Another event that is in the pipeline is a meet up with the Numurkah Ukulele Club. They had a successful Uke-Oke (Karaoke with a Ukulele Twist) as part of the Shepparton Arts Festival in March. We are hoping to learn from them the secret to their great public performances at the Numurkah Australia Day celebrations and Numurkah Christmas Carols. One day we might be invited to perform at Shepparton festivals. We truly are good enough! Have you heard us lately?



1. Our last performance at Maculata Place saw a smaller audience as most residents were watching the telecast of Neale Danaher's memorial service.

## Great Stupa Bus Trip

Thank you those who have put their name down for this unique event, however, we need some more names to make up the numbers to make it worthwhile for the hiring of the bus. The cost now looks like about \$60 for the entry and the bus trip and we would have to purchase our own lunch. Could you please place your name on the list near the door so that I can make a decision to whether the event will happen Before 30 June

Further information contact John Padman 0428 745282

## ASTRONOMY

Astronomy is continuing as a joint activity with the Astronomical Society of Victoria (ASV) and U3A. We now have regular meetings on the third Thursday of the month as part of the Shepparton library after dark program. We are having a short talk each month on an aspect of astronomy. Noel Sharrock has given talks on 'the impossibility of space travel' and 'supernovae'.

The library has been very helpful making the space available and also promoting through the library newsletter and citizen science corner in the library. We have a short meeting between 7-8pm each month and then go out in the adjacent car park (weather and clouds permitting). On Friday 7 August we are planning a star gazing night at Ardmona Community Centre. This a joint event with North Shepparton scout group, who will provide a sausage sizzle.

At the May meeting we captured a nice photo the Carina Nebulae using the seestar S50 astrophotography gear donated by ASV to the group.

The Carina Nebula is an immense, glowing cloud of gas and dust located about 7,500 light-years from Earth. Spanning over 300 light-years across, it is one of the largest and most active stellar nurseries in the Milky Way, famously home to dozens of monster stars and chaotic star-birth environments.



### QUIZ ANSWERS

1. Stingray. 2. South Australia. 3. A2.
4. Ten shillings 5. False (6.4m / 7 yards)

## U3A NETWORK VICTORIA

Enjoy this month's Network News. [Click here.](#)

To see what GUVU3A has to offer and what other groups in GUVU3A are doing.

**Scan the QR code here and go to [course pages](#).**

