

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

November 2025

♦PRESIDENT

Rita Bloomfield 0418 580 697
drbloom@bigpond.com

♦VICE PRESIDENT

Livia Tiso 0467 952159
lpt3629@optusnet.com.au

♦SECRETARY

Elizabeth Lee 0409 703 868
lizlee01@gmail.com

♦TREASURER

Ian Hatton 0418 582 670
gvu3afinance@gmail.com

♦ASSISTANT TREASURER

Gael Thompson 0458 215 794

♦COURSE COORDINATOR

Carol Davidson: 0411 483 920
dancingdavo82@gmail.com

♦OTHER COMMITTEE MEMBERS

Graham Barrette, Anne White,
Greg Barnes, Julie Dainton

♦HALL COORDINATOR / KEYS

Anne White 0438 202 799

♦HALL MAINTENANCE

Graham Barrette
Anne White 0438 202 799

♦CATERING COORDINATOR

Julie Dainton 0438 218 050

♦MEMBERSHIP ROLLS

Ian Hatton 0418 582 670
gvu3afinance@gmail.com

♦WEB MANAGER

David Muir
muir51@optusnet.com.au

♦EMAIL ADDRESS

goulburnvalleyu3a@gmail.com

♦NEWSLETTER EMAIL

gvu3anewsletter@gmail.com
(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.



What a busy month October has been. Who has often remarked "where has October gone?" Well, if we keep busy and involved, life moves on at a rapid pace.

And what a busy place U3A has been – the most successful Exhibition – a huge effort by the Art/Craft/Photography groups. Thank you to all who gave up hours of time to ensure this was a very successful event. Thank you to all - the Craft group, the Art group, the Scribblers and Photography group who worked on many pieces of work to exhibit and to catering team for delicious Devonshire teas. I would like to especially thank Gael Thompson for coordinating this event. These extra activities do not just happen without all being involved.

A big thank you to all who have represented U3A at a variety of Senior Month activities in Shepparton, especially the Ukulele group.

And there is more to come -The Art Group and Scribblers have the opportunity to explore some of Brett Whitely artistic knowledge through the SAM van which visited our groups and gave some stimulating insight to the Artist world. Please find photos on [Scribblers webpage](#).

In November Greg Barnes is coordinating a **GET TO KNOW YOU** morning of three young migrant refugees who will speak of their journey to Australia.

We have another Melbourne Theatre Company presentation of ROBOT DOG to be held on Wednesday 29th October at 5.45pm in R2. Please read note in newsletter.

John Padman has an Industry Matters tour on 31st October to see Padman industry in Strathmerton. Please check in Newsletter further details.

Remember to read the course program on the board in R1, you may find something to be interested in for 2026 and perhaps visit the group at this time of the year to see if it may be for you in 2026.

Remember, if you keep stimulating the mind and body it is amazing how good life can feel.

Take care enjoy all you do.

Rita Bloomfield

0418580697



SOCIAL MORNING

The first Tuesday in November means it is the Melbourne Cup social morning.

Doors will open at 11:00 am and you can look forward to a fun time. Maybe you can even back the winner.

If you wish to attend, please put your name on the notice in the hall and pay the money as soon as possible to book your place.

MULTICULTURAL EVENT

On **Wednesday 12th of November from 10.15 to 11.30am** there will be a pop-up event where one young lady and two young men, immigrants from Afghanistan, Iran and Indonesia using PowerPoint presentations, will talk to us about their past lives in their previous countries and their present lives in Australia.

I hope you can make it.

Greg Barnes

ART, CRAFT & PHOTOGRAPHY EXHIBITION

On 18 & 19 October we held a successful Art, Craft & Photography Exhibition at our hall. There were more than 240 Exhibits. Thank you to everyone who exhibited their work. We received very positive comments on the standard of the exhibits which is a credit to you all. Kaye Poulton officially opened our exhibition on Saturday morning and the Ukelele group played for us.

I thank the members who donated a raffle prize, and I must also thank all members who assisted with the setting up and/or taking down of the exhibits and the stands. This is a huge task, and you made it very manageable.

The winners of the raffle were:

Gayle Stewart- Kingfisher by Jill Riordan

Helen Colley – Dog by Kaye Faulkner

Maureen Ball – Ross Dainton painting

Tony Palma – Crochet Blanket by Jan Mellor

Maureen Ball – Wine

Val – Photography Portrait

Deb Hally – Table Runner by Gael Thompson

Gael Thompson ACP Exhibition Coordinator

STOCK MARKET

At our October meeting, Glenys was the top performer in our portfolio with Bisalloy (BIS). Since then, Marie has bought in and last time I looked Graham had taken top spot with a \$0.003 rise in Syntara (SNT). We will check the status of our portfolio at our next meeting. As requested, and agreed, the November meeting on Friday 7 will start at 9am in order to let me get to Melbourne in time for a medical appointment. For those that can make it, we will cover a market update for October, have a look at the Consumer Discretionary sector and have a discussion on AI (investing in and investing with). I have invited along a self-proclaimed expert in everything, so prepare your questions to put this expert to the test.

Contact: Graeme Hannan 0418 548 253 graeme.hannan7@gmail.com

MELBOURNE THEATRE COMPANY COMES TO U3A

Wednesday 29th October 2025 5.00PM
B.O.Y Nibbles and drinks

Melbourne Theatre company presents a Digital Performance of **ROBOT DOG**.

Bark meets Byte in this thrilling tale of exploring technology, language and culture in a fast-evolving world. It's 2042 and Australia is automated more than ever before. Janell, a woman of Cantonese heritage and her partner Harry, a First Nations Man move back into Janelle's family home after her mother has died.

As they attempt to navigate their home, relationships and job seeking requirements, they find themselves assisted by the quirky AI controlling their home and a robotic therapy dog. Jannell and Harry are quickly swept into a world of augmentations' restrictions and chaos. Does their new hi-tech life help them connect to culture and each other or does it hinder it.

Robot Dog is an intercultural sci-fi comedy with a beating heart.

Robot Dog promises to be a relatable imaginative and highly theatrical production full of humor and humanity.

Contact: Rita Bloomfield

ASTRONOMY

A few of us met at Shepparton library on Thursday 16 October. Several members joined us by zoom. We have decided to meet monthly on a Thursday night at Shepparton library. Our monthly meeting at 7pm will be followed by a sidewalk astronomy in the area adjacent to the library. Sidewalk astronomy is popular in Bendigo and other towns in Australia. We feel that by bringing astronomy to the general public in this way, and collaborating with library, we will be able to bring the joy of star gazing to the general public in Shepparton. We will still look at star gazing sites outside Shepparton where skies are darker.

Noel Sharrock gave a short presentation on his work to look at 'spaces' in images capture by the James Webb Telescope. Derek gave a short presentation on the poster paper he presented at Meteoroids Conference in Perth.

Next meeting 7pm, Thursday 20 November, Shepparton library, followed by star gazing (weather permitting) in the public car park opposite the library. If we have a clear night we should get a view of Saturn in the western sky.

Contact: Derek Poulton 0418559263 (SMS preferred).

AROUND THE WORLD FOODIES

Last month, we gathered at The Brewery and had a fun night and lots of tasty food. The Brewery is a very busy and popular place to dine, and we were lucky to be given a spot to the side for our group. This month, we will be treated to a Nepalese dinner at Ray's Kitchen in Mooroopna. This restaurant is relatively new and small, so we have booked the place out! November will be our final group dinner for the year – stay tuned for 2026 details!

For bookings and enquiries: Lyndal Lancaster 0429 808 602

HEALTH & WELLBEING

Friday 24 October 1pm.

LIFE'S MOST EXQUISITE CHAPTER

Discussion will evolve around Patricia Routledge's Words. (Known for "Keeping up Appearances") "Growing older isn't a final act - it can be life's most exquisite chapter if you allow yourself to bloom once more." Let the years ahead be your treasure years. You don't have to be perfect, famous, or adored. You only need to be present -fully- for the life that's yours.

We will look at "what being present" means for us.

What is in your bucket? Life or death?

Are you letting life be dictated by the aging process or have you been able to rise above it and use your wisdom and gratitude that you have attained.

"This is our most precious time of all".

Contact: Robyn Glasson 0408613321 & John Padman 0428745282

SCIENCE MATTERS

For our next session on Monday, 17 November, our own Ray Pearson will present on The Rare Earth Metals.

This is a topic that is constantly in the news at the moment.

Ray will provide answers to your questions regarding what they are, what they are used for, where they come from and how they are refined. We would love to see you there.

Contact: John Bush

LUNCH GROUP

During the month of November, the group will meet at The Last Straw in Keppel Street at 12 noon. There will be a variety of meals from traditional cuisine to your usual Aussie fare of wraps, rolls etc. We will meet on November 3, 10, 17 and 24. Please ring Gail to make a booking.

Phone Gail on 0400 531 856.

SOCRATES CAFÉ

On Monday 27 October at 10am the people at Socrates Cafe will be discussing **How does society benefit when we act with courage?** We will discuss what are the different types of courage (moral, spiritual, social) and discuss other questions such as: Does it take courage to be yourself, to be authentic, to courage to be disliked? Have you been impressed by any acts of physical courage? How does society benefit from courageous people? Is Australia a courageous society? If not, what society is? Are conservatives more courageous than socialists? What historical events have involved much courage to activate change? Is the ability to act courageously a key aspect of effective leadership?

On Monday 24th November at 10.00 am the topic will be: **Is it time to get rid of legal gender status? If so what would that do to our society?**

I hope to see you there

Contact: Greg Barnes

NEWSLETTER CHANGES

There will be changes next year to the production of the Newsletter (more on this to come). In order to facilitate this change and reduce rising posting and printing costs could members who are not currently receiving an email newsletter please provide their email address. Those members who still need a paper copy please organise to collect from the U3A Hall, usually after the 24th of the previous month or arrange for someone to deliver your copy.

Updates to gyu3anewsletter@gmail.com

QUIZ-Q3A

Class attendance is increasing with the warmer weather. Seventeen enthusiasts gathered for the October quiz session.

We have two more meetings this year: 17 November and 15 December, and after the Christmas and New Year celebrations we will recommence on Monday 19 January. You are always welcome to attend any quiz session on the 3rd Monday of the month from 10am until about 11.45am, so you can get to the U3A lunch.

Susan McCarten 0437 215 130 (SMS or leave a voicemail and I will reply)

A few October questions with answers on the last page.

1. What name links a town in Victoria, a blonde sex symbol of the 1950s, and a 1999 film?
2. What is the world's most populated city?
3. Which British band topped the charts with 'Paperback Writer' in the 1960s?
4. True or False: Ferdinand Porsche designed the Volkswagen Beetle vehicle.
5. The jingle that introduced decimal currency to Australia was sung to which tune?
(See end of newsletter for the answers)

WRITING FOR PLEASURE

A smaller group met this time, but the benefit was plenty of lively discussion as we heard the pieces set by Meredith: **Here Comes the Sun** and **A Loud Noise**.

January's topics have been set by Lynda: **Money Talks** and **Oh, Why Did I Do That Last Night!**

The Book: The *closing date* for inclusion is 31st October. Big thanks to Allan Willson for organizing the collation and lay-out.

U3A Writing Group Christmas lunch:

The Peppermill - 20th November Time: 12pm - 2pm (Take note of early start time)

*Text RSVP 13 Nov to Moya *no readings – activities instead *Group photo

Next meeting.: Thurs 15 Jan 2026, 1.00pm, Shepparton Library.

Moya 0407 680 337 or Marion 0417 319 839

WALK AND TALK



Our October Walk and Talk went to the Warby Rangers where the Group saw some beautiful wildflowers.

The next walk we will be travelling to Ulupna Island. Meet at the U3A Hall on Wednesday, 13 November at 8:45am.

Contact John Padman 0428 745282

CREATIVE CRAFTS

Craft continues to welcome new members. Thank you to the group members who entered exhibits in the craft area. There was a lovely display of work. Congratulations to you.

We are fast approaching the end of the year but we still have several get togethers to continue our stitching, knitting, crocheting, embroidery and a new craft, scrapbooking.

Contact: Gael Thompson 0458215794

BIRD WATCHING

The last outing for the year is on 19 November. It will be a morning at the Shepparton Regional Park, Raftery Bend Kialla. This is a new venue for our group, so could you please meet for a 9am departure at the entrance to the forest just past Edgewater Road off Raftery Road. Kialla.



Our October outing was at Victoria Park Lake Shepparton where we observed thirty-nine species, some being White-breasted Woodswallows (pictured), Australasian Darter (pictured), Great Little Black and Little Pied Cormorants, Black Swan, Australasian Grebe, Eurasian Coot, Dusky Moorhen, Superb Fairywren, Eastern and Crimson (Yellow) Rosellas, Sacred Kingfisher, Rainbow Bee-eater, Red Wattlebird, Galah, Long-billed and Little Corellas and Magpie-Lark.

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

CURIOSITY TRAVEL



Our October session on art deco from Robyn's life was one of fun and laughter and dressing up. The room was full of art deco attire and antiques brought from Robyn's home. A PowerPoint presentation was given.

Our next meeting will be held on the first Monday of the month 3 November at 1:30pm. The topic is:

SINKING OF THE TITANIC

In April 2012 I was privileged to go on the 100 year Centenary of TITANICS ill-fated voyage where I learned some unusual little known facts. In this session we will have the option to be part of a dress up activity to explore how each major character coped during this event, teaching us skills that we can use today. This will be presented in a LEARNING WITH FUN approach. There should be lots of laughter as we learn how to become truly unsinkable.

Contact Robyn Glason 040861312 John Padman 0428 745282

STRENGTH AND BALANCE

I will be away on Monday 3rd November so there will be no class. I have an experienced instructor who is happy to fill in for me in my absences but unfortunately, she will be away at the same time as me in November. I know someone from the class will organise a walk so you will still be able to get a puff up and of course enjoy your coffee after.

If you are interested in joining our class at the U3A hall on Mondays from 8.45 until 9.30 please phone me on 0402019552 and I will explain the content of the class.

Contact: Lyn Davidson

INDUSTRY MATTERS PADMAN STOPS FACTORY TOUR

A trip to Strathmerton is being held on Friday 31 October. Travel will be carpooling. Meet at the U3A Hall at 9am.

We will be travelling to Strathmerton to view the manufacturing of Padman Stops, their state of the art automation, and have a PowerPoint presentation of the history of Padman Stops.

Padman Stops will be supplying a barbecue lunch and later we will be stopping by a farm at Katamatite to view some Padman Stops in action.

Contact: John Padman 0428 745282

INDUSTRY MATTERS NICE RICE FACTORY TOUR JERILDERIE

A trip to the Nice Rice Factory in Jerilderie has been arranged for Thursday, 20 November. Meet at the U3A hall at 8am to arrange carpooling.

We will travel to Jerilderie where we will have a tour of the Nice Rice newly constructed rice processing plant. After morning tea in Finley we'll have one of the directors show us the latest in rice growing. This will feature delayed permanent watering which has aided the industry in huge water savings, helping us to maintain a reputation of being the most efficient rice growing country in the world.

Please fill out the form in the hall foyer before 13 November.

Contact: John Padman 0428 745282

QUIZ ANSWERS

1. Mansfield (Jayne Mansfield and Mansfield Park)
2. Tokyo.
3. The Beatles.
4. True
5. Click Go the Shears

Colds, Flu and Covid are still around!

Please be aware that there are various contagious illnesses still around the area. Many of our members, including myself, have been quite ill, and it is advisable that you stay home until you are well.

Even if you are a Course Leader, and you are not well, stay home! Please delegate someone from your group to take the course while you are ill.
Sickness is something we don't want to share!

Thank you and stay healthy,

Carol Davidson Course Coordinator

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](#).



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