

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

September 2025

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♦BANK DETAILS

BSB 803 078
Account 1001 11147
Use your name as reference



A MESSAGE FROM THE PRESIDENT

Celebrate life and let's live Life

Spring is in the air and the days are getting longer. I hope you can find time to take a beautiful morning walk. I hope those that have been travelling have enjoyed all you have seen and been able to relax in some warm weather.

I had the privilege of representing you, the members, at a civic reception held on Thursday 14 August to meet with the Victorian Governor Margaret Gardner. This was an invitation from the greater City Council of Shepparton. It was a pleasure to meet the Governor and to extend our thanks for her interest in U3A.

I love to hear stories of how many members not only attend sessions but have extended gatherings. I heard the other day that the exercise group not only exercise their bodies, but have hopped on the train as a group and enjoy many a live show in Melbourne. A fabulous way to develop new friends. The walk and talk group often travel to other places to learn about different walking tracks and environment. So, if you are able, try to take on learning a new activity. Remember for fun there is Quiz, Cards, mahjong, Science discussions -lots to do.

The maintenance of our hall and gardens at times take some extra work, your committee is having a working bee on Saturday 20 September at 8.30am and would appreciate some help to spread gravel, cut back garden shrubs etc. I have a long list of small jobs to do, which helps keep the hall tidy and a clean environment. So, look forward to seeing you on the 20th.

As change is constant so is the role of committee members, this is a reminder that the committee is looking for people to be part of the committee for 2026. I have found this to be a rewarding experience and I have met so many interesting people. Please let me know if you know of someone who might be interested. Over the next few months, the committee has approved a few new pop- up courses. Please keep a look out on the notice boards for these special events, they will be open to all members.

To all our talented members who wish to put some of their work in the Art/they please note all the entry forms are now in the hall.

Enjoy all you do. Rita Bloomfield 0418 580 697

INDUSTRY MATTERS

This group will travel to Southern Cotton near Leeton in NSW on Thursday- Friday 11 -12 Sept at 7:45 am. This is a 3 1/2 hr drive, including morning tea break.

We will visit the Spectacular Malthouse Gardens. Then have lunch at the highly recommended malt house restaurant. Then tour an informative operating cotton gin. We will have a guided tour of a Murray Cod farm and the Malthouse.

We will stay at the motel Riverina (rooms starting at \$135) and have dinner at the LEETON Services Club with local U3A members.

On Friday, hopefully we will see a state-of-the-art irrigation watering event, with opportunities to visit an art deco theatre and the irrigation museum.

PLEASE fill out the expressions of interest form on the table at the front U3A door by the end of October

contact John Padman for more information 0428 745282.

HEALTH & WELLBEING

We listen, we care, we provide education on our health and lifestyle for you to take into your own life for an enhanced experience. We usually meet each second and forth Friday of the month, at 1pm.

However, we will not be meeting on Friday 12 September as we will be attending the Cotton Gin tour or 2 days, where we will be experiencing the delights the countryside holds at different destinations.

Our next meeting will be 26 September 1pm.

Contacts John Padman email. John.n.padman@gmail.com & Robyn Glasson.

Email. rghasson65@gmail.com

SCIENCE

On Monday 15 September at 1.30 Greg Barnes will talk about two things.

First '**The Maths of Life and Death**', where amongst other things he will show us the maths behind the screening for breast cancer and how this screening test can create a fair bit of angst particularly when you get a false positive (i.e., the result says you have breast cancer but in fact you don't have breast cancer) - and getting a false positive happens a fair bit in the screening process. Then Greg will talk about how bacon sandwiches can be shown mathematically to be quite dangerous to your health, or shown mathematically as not too bad for your health. It depends on how the results are presented. Later he will move onto the maths of crime and the birthday problem.

Second, (if time permits) Greg will talk about **The Science of Learning** which will include, how Greg Louganis learnt to dive so well. When Greg Barnes is giving this talk, you won't actually be listening to him. You also learn how the Himbu tribe don't see blue but can be taught how to. Also learn to change the perception of yourself to be become a good learner. I hope to see you there.

John Bush

WALK & TALK

Walk and Talk is on the Second Wednesday each month. Our next Walk will be at Euroa on Wednesday, 10 September, meeting at U3A Hall 8.45 am. Bring your Lunch And will we will have a barbecue.

In August, we had a fun walk in the BARMAH forest, where we had a pit fire and a barbecue lunch. We happened to come across the Lady governor of Victoria's entourage visiting the Aboriginal Heritage Centre. Surprisingly, we were given a professional aboriginal Tour guide who explained the history of the area and how to remove the bark from a tree to make canoe or a shelter.

We then visited the centre where they have some authentic paintings and aboriginal artefacts.

For more details, contact John Padman 0428 745282.

SOCRATES CAFE

On Monday 25 August at 10am at Socrates Cafe, we will examine the behaviour of bullying. After deciding what the definition of bullying is we will then discuss the various types bullying.

Some of the questions we might consider are: Could the World function properly without Bullying? What tactics do governments use when bullying us and why do they need to use these tactics? What would the world look like if there was no bullying? Could our defence forces function without bullying? With regards to the operation of an army, George Orwell in his book Homage to Catalonia, who fought in the Spanish Civil war and for a short time was in charge of a group of anarchists describes the difficulties that arise in leading men such as these.

On Monday 22 September at 10am we will examine what truth actually is. Apparently, there are three types of truth, things we can actually observe, a scientific truth and if a statement is true in the long run. The following are examples of the three different types of truth:

The cat sat on the mat - this is true, except when it is not. **Jesus loves us** - is true for some. **Black holes emit radiation** - this is true because it fits in with established principals. But you can't actually see it.

Anyway come along and check us out. Greg Barnes

HISTORICAL STUDIES

Thanks very much to Greg Barnes who completed his presentation on "A Brief History of the Soul" providing many thought-provoking ideas for the audience.

For a complete change of pace Greg then showed a brief presentation on trolling before the internet. In the words of Oscar Wilde, a famous troller. "Always forgive your enemies; nothing annoys them so much" and other examples. September's topic will be the History of Chess, (no moves will be discussed): where it began and how it evolved over the 1500 years of its existence. Remember if you want to present a topic then please let me know

Livia

JUNE SOCIAL MORNING

Our guest speaker at the 2nd September social morning will be Dr Rob Jones, The Aquarium Vet.

STOCK MARKET

Thank you to Graham Boast for running the August session in my absence. From memory I was exploring Kalbarri National Park in WA on the day. Graham discussed the July share market performance, then moved onto software for tracking the share market. This included a demonstration of trades and dividend recording using '[Sharesight](#)', a website that allows for tracking portfolios of under 10 shares for free. Graham also covered programs that your accountant is likely to use, and using [Xero](#) for investments such as property.

The next meeting is on Friday 5 September at 10am. We will talk about the new ASX stockmarket game and go through the GUV3A portfolio, take a look at some highlights of the August reporting season and an overview of the materials sector, the second largest sector on the ASX. Having looked at the financial sector back in June, we will consider whether the great rotation from financials to materials is really on and is it for us.

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

OFF THE PAGE – DISCOVER THE JOY OF DIGITAL READING

Join us for Part 2 of our Digital eResources Information Session, happening in Room 2 at 10 am on Friday 12th September.

This session is all about helping you get even more out of your digital reading experience. We'll explore new tips and tricks and tackle any challenges you've faced along the way—whether it's with devices, apps, library logins, passwords, or getting access to your favourite reads.

Special guest Tom Harding, eResources expert from GV Libraries, will share a short, insightful presentation on the library's digital treasures. Then, together with Graham Boast and myself, we'll dive into some hands-on troubleshooting to make your reading journey smoother and more enjoyable.

If you missed Part 1, no problem—you're still very welcome to join us. Register now by emailing: kath@shepcomputer.com.au

We can't wait to help you unlock even more joy in digital reading! Kath Boast

CURIOSITY TRAVEL

Curiosity Travel is on the first Monday of the month at 1.30pm. Our first travel presentation on Norfolk Island was well attended with the focus on "learning with fun".

This month at curiosity travel we will have an interactive discussion on South Africa Including some of the lesser-known facts about one of the world's most famous statesmen Nelson Mandela. Audrey Svendsen, who was born in South Africa, will add her knowledge to one of the most remarkable stories ever told.

Contact John Padman 0428 745282.

OPERA IN WANG

The next film of an opera to be screened in Wangaratta is Beethoven's Fidelio on Sunday, August 24, probably at 1pm. The Marriage of Figaro is screening on September 14

If you are interested in going to either, I may be able to organise a ride for you if you ring me (Madeline) on 0417580025 or email on dyerm979@gmail.com

500 CLUB

500 club is held every Tuesday from 3.30 - 5.30 pm.

Spring is on its way and the finish time for 500 is no longer dark and cold. Time to brush off those winter blues and get back to 500.. If you would like to come and learn a new card game you are most welcome. We have a lot of fun.

For enquires please contact: Gale Hatton galehatton@gmail.com 0402 047 167

BRIDGE

September was a busy month. Derek, Graham and Kath went to Melbourne and played in the teams of three event and ended up 5th in the competition. Wayne did some teaching on a Saturday morning, with sessions well attended. We have been trying to run a teams night when we have exactly 4 tables. Derek and Graham are grappling with scoring system so we can use compuscore to score the result. Shepparton is again hosting the Northern Region (NRBA) GNOT teams event on Sunday 31 August. Six teams from across the region have already entered.

Derek Poulton 0418559263 (sms preferred)

BIRD WATCHING

Our August outing was at the Mooroopna Common where we observed twenty-nine species some being; Spotted and Striated Pardalotes, Weebill, Golden Whistler, Olive-backed Oriole, Striated and Yellow Thornbills, Grey Fantail, Eastern Rosella, Mistletoebird and Silvereye.

Our outing on 17 September will be a morning at the Australian Botanic Gardens Kialla, please meet at the gardens for a 9am departure

Please contact Don Roberts 0448 889 224.



LUNCH GROUP

The group has decided to meet at Degani Restaurant at Riverside Plaza at 12 noon on the 1st, the 8th, the 15th, the 22nd and the 29th of September. Bookings are essential to reserve a place. Please ring Gail on 0400 531 856 to reserve a seat.

ASTRONOMY

The meteor cameras operated by U3A members in Northern Victoria were centre stage when a bright fireball arrived near Maryborough at 7.30 pm Sunday 10 August. Cameras at Invergordon, Stanhope, Rushworth, Kaniva Melbourne and Murchison caught it. We think it dropped a large meteorite about 2kg in size. A few U3A members were involved in a search on Wednesday 20 August. Found nothing – but stay tuned.



Derek went to the Katandra West school and gave the students a talk on meteors and meteorites during science week. Graham Hannigan is continuing to have fun with our new seestar S50. He captured this nice image of the 'eye of god' nebulae

The astronomy group are planning a star gazing night on Friday 3 October, at the at Ardmona Community Centre, as part the NASA view the moon night which happens at multiple locations across the world, weather permitting. All welcome.

Derek Poulton 0418559263 (SMS preferred)

SINGING FOR PLEASURE

The Singing For Pleasure group has been meeting for over 3 years at 9am every Wednesday at U3A with Robyn Leembruggen conducting and co-ordinating. Graeme Brewer, with his vast musical talent, accompanies us on the piano. Unfortunately, Robyn has retired to Melbourne. To give her a farewell, we sang *Christmas Carols in July* at the Aussie on July 16. We followed an hour's singing with a meal together, then President Rita Bloomfield made a presentation and spoke some kind words on behalf of U3A and our group. Graham Mitchell also spoke of our appreciation of all that Robyn has done for the group over the years.



Pictured is Rita with flowers to present to Robyn, with Adrian Evans on the left and Graham Mitchell on the right.

The good news is that **SINGING FOR PLEASURE** is continuing under the leadership of Adrian, Graeme and Graham and many other helpers. We still fill the room on Wednesdays with lots of "melody makers" singing favourite songs.

Contact Adrian Evans, 0448 027 090, or Jeanette Fry, 0438 253 982, or just come along on a Wednesday. Christine Wilson, 0428 399 648.

WRITING FOR PLEASURE

The August meeting saw a good turn up, with fifteen writers present. Charlotte chaired the gathering and we were treated to some thought-provoking pieces, mainly on 'A Thing of Beauty is a Joy Forever'. September topics have been set by Peter: **Create a new word**, or **New Friend**.

October topics have been set by Meredith: **Here Comes the Sun** or **What was that Loud noise?** or **A Loud Noise**

Allan provided the meeting with an update of the number of contributions made towards our book. Writers are encouraged to send pieces to Allan. We appreciate his willingness to collate these.

Next meeting: Thursday 18th September, 1.00 pm, Shepparton Library.

Enquiries: Marion 0417 319 839 or Moya 0407 680 337

CRYPTIC CROSSWORDS

Even though we've missed Harry and Liz, the people who showed up to cryptic crosswords had great fun completing all the clues (albeit quite slowly at times). It's amazing how far we've progressed as we are getting better at recognizing different types of clues (although some clue setters are evil). New players are most welcome. We meet at 1:30 pm on the first and third Thursday of each month. If you would like to practise, here is a link to a site that has clues, and more importantly a video, explaining how the answer was arrived at: www.minutecryptic.com. Here was a clue that we didn't like. 'State religion adopts grand new president (10).' The answer is Washington (which is easy once you go through the clue again)

FOODIES GROUP

On Thursday 24 July 26 of us were found at the Esson Street Hall enjoying a wonderful South Korean Dinner provided by Mihye and Moonboo of Nana Sushi. They shared a variety of dishes from their home country including Bulgogi, marinated beef, a dish that is often served on special occasions such as birthdays. Each dish was served with a perfectly matched condiment or accompanying side dish, for instance the Kimchi pancakes were served with a sweet sauce. Many of us took the opportunity to practice our chopstick skills, some of us definitely more accomplished than others!!

To all who helped clear the tables and set the hall back to rights thanks so much and a special thank you to Sonia and David for helping with the dishes.

August will see us at Syrian Brothers so keep an eye on your emails. Be sure to follow the steps for booking in and that payment is made in the correct manner by the required date to avoid disappointment.

Winona Mitchell



UKE3A SOCIAL EVENT

Come along in your best hippy gear, for a rockin' time watching "Woodstock; the Movie." If you always wanted to attend this amazing music festival, but without the rain, the mud and lack of toilets, then this may be the event for you! Watch out for more information, to be posted around the Esson St. Hall., telling us the time and date of this musical evening. Be there or be square, Man! Ask Carol Davidson for details.

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](#).

