

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 2026

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Use your name as reference

A MESSAGE FROM THE PRESIDENT



Connect, Engage, Enjoy Learn

We had some sad news recently. As you may already know, Nigel Liggins lost his battle with cancer and passed away in August. Greg has written a lovely post about Nigel and his contribution to GVU3A which can be found in the newsletter. Our condolences to his family and the family of Margaret Plunkett who also passed away in August.

Now on to more pleasant topics. Firstly, there is a report from the Tutor Recognition Awards in the newsletter and by clicking on the link here, <https://www.gvu3a.com.au/events-1> you can view a summary of the presentation. It was a great day, and we are proud that the work of Marg Clarke and Don Roberts was recognised.

Thanks to the work of committee members at the last working bee, there are clear guides for parking in the car park. Please use these and park within the white dots. It makes it easier for everyone. The storage cupboard has been reorganised, If you are a course leader could you please check that the materials' for your course are being used, anything not used will be stored in the sheds in the back yard. The main priority is to keep the floor clear and thereby avoid accidents with tripping, your cooperation in this area is much appreciated. On that matter, you are responsible for cleaning up your area after a course. Don't leave equipment lying around, put it away and turn off the screen after use. For all members, make sure if you are the last to leave that the front door is firmly closed, It's these little things that make the hall and surrounds better for everyone.

We have quite a few events coming up within the next few months, Thanks to Carol and Greg, planning for the concert is well underway and it will be a great event if the last one is anything to go by. You can still contact them if you want to present something so make sure you let them know. Also Hearing Australia is offering a pop-up session on the 11th of September. There is a monthly planner at the end of the bulletin, please let me know if this is useful or not.

I need every member to think about joining the committee. We are a successful organisation because of the great committee we have. If we don't have a committee then then we stop running. Committee meetings are held once a month for 2 hours on the 3rd Wednesday of each month from 3:00 to 5 :00 pm. New people bring new ideas and outlooks, and it gives everyone a chance to contribute. **Consider attending these meetings to see how things are done and putting your hand up for a role in continuing to keep GVU3A a vibrant, flourishing community.**

Finally, September is footy finals season. If your team is in the finals Good Luck, If not (and my team will not go far) then there is always next year.

I look forward to seeing you at the social morning on the first of September.
Livia Tiso 0467 952 159

Vale Nigel Liggins

Sadly, Nigel Liggins passed away on Friday 14th of August. Nigel had been leading GUVU3A Earth Science/Geology classes since 2004. In the early days, 13 years before retiring, he would lead U3A Geology after he had completed a day of teaching his science subjects at his secondary school.

Many students in his U3A class had only basic chemistry, physics and maths yet he was able to get across to them and to the rest of the group very complex concepts, by providing multiple examples and by using simple language.

He has put in a tireless effort over many years, and his quality of teaching had been outstanding, providing hand outs and excellent diagrams for participants.

He also accompanied members on two trips as a guide, one to Mungo National Park and another to Tower Hill and Mt Eccles in the Western District.

More recently Nigel had led the course "Kitchen Chemistry " which delved into the chemistry of cosmetics, dish washing liquids, plastics, paints and all matter of things in the home.

Nigel also hosted pop up Wine Tasting courses which were always well attended.

Nigel was also a committed bridge player, attending bridge regularly since retiring from teaching.

Outside U3A he co-authored two chemistry text books for secondary schools.

Prior to being a school teacher, he worked for about five years in Bass Straight on oil rigs

Nigel was a member of Rotary and had been a very diligent worker for the South Shepparton Club. He was a prime mover in the National Youth Science Forum, where secondary school science students were interviewed and if successful got to go on a nine day trip to mingle with well-known scientists.

He was the President of the Old Students Cricket Club and a board member of Goulburn Valley Family Care.



Hearing Australia Pop-Up session

Hearing Australia will hold a hearing care session on Friday 11th September from 10:00 am to 12:00 pm. They will discuss hearing care and answer any questions you may have. Following this short presentation, Hearing Australia will undertake free no obligation hearing tests to anyone interested.

U3A Concert/ Big Night Out

On Friday 16th October starting at 6.00 pm a free concert will be happening at the U3A hall.

Admission is free, bring your own food and drink and enjoy the skits, plays, poetry, singing, line dancing, and the live sketching.

The stage is booked, the MC has been appointed, and Carol the Course Coordinator is keen and eager for more acts even though we have about 16 sketches already.

It is not often you have a good time for free.

We hope to see you there.

Don Roberts and Marg Clarke recognised at Tutor Recognition Awards

On the 30th of July I had the pleasure of attending the Tutor Recognition Awards for 2026. Held in the Federation Room at Parliament House Spring St, Don and Marg were among 30 recipients from 102 Victorian U3As that have a total of 45000 members. James Newbury MP gave opening address followed by Annie Grigg president U3A Victoria. She spoke about the recipients and what they have done for their U3A. I am paraphrasing here.

“(Tutors) Generosity reminds us that-learning continues into later life and flourishes when they contribute to others. “

U3A members present ranged in Age from 94years (Albury Wodonga tutor recognition recipient) to 48 years (James Newbury MP who sponsored the event.)

Shown below are Marg and Don with Annie Grigg and local member Kim O’Keefe. Marg Clark Don and Anita Roberts in the Federation Room

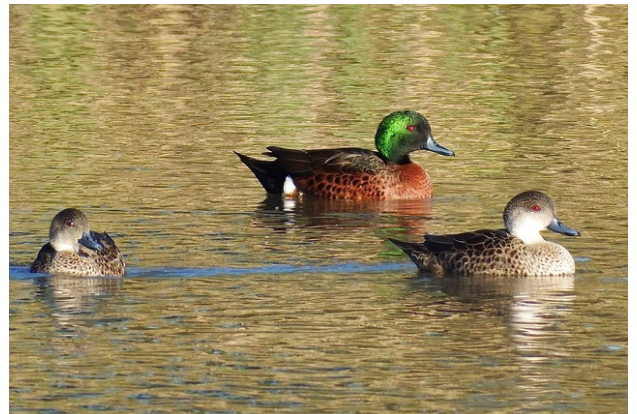


If you think of someone at GUV3A who a possible nominee could be, for next year, make a note of it and let committee members know. Livia

BIRD WATCHING

The September 16th outing will be a morning outing at Cussen Park Tatura again as the August outing was cut short by rain. Please meet at the rotunda at Cussen Park Ross St Tatura for a 9am start.

As mentioned above the morning was cut short but, in the time, spent birding 14 species were observed some being, Chestnut Teal (pictured), Little Black Cormorant, Eastern Rosella, Superb Fairywren, Pied Currawong and Welcome Swallow.



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

AROUND THE WORLD FOODIES GROUP

We are heading to Degani this month to enjoy another selection of delicious starters and main courses. Next month, on September 24, we have a delectable three-course Thai meal planned at Krua Thai in Wyndham St.

Our dinners have allowed us to sample a wide variety of food from different cuisines, in a very convivial atmosphere. The thing that has remained constant is the goodwill and excellent service we have received from the owners/managers of the business and their staff.

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

WRITING FOR PLEASURE

Ten members enjoyed August stories on Peter's topics 'I am a nobody' and 'I turned on (off) the light'.

Please note the following changes:

The 18 September meeting will now be hosted by Pam whose topics are:

1. Justice
2. The Deal

Meredith will host 16 October's meeting with the topics:

1. A very happy event
2. That (It) did not turn out as expected

Marion MacLennan 0417 319 839

LUNCH GROUP

During September the lunch group has chosen to meet at The Parklake for lunch at 12 noon. So, on the 7th, 14th, 21st and 28th a booking has been made at the venue. There is plenty of parking along Wyndham Street or in the side street. It is essential to ring up and reserve your seat.

Gail 0400 531 856

STRENGTH AND BALANCE – Day Trip

On Wednesday 12th September a group of 9 from Strength & Balance class, plus invited extras (16 in total), travelled to Melbourne on the 9.11 train to see the 1 pm show “A Beautiful Noise , the Neil Diamond Story” at the Princess Theatre.

Half the population of Melbourne seemed to be in Spring Street that day for the show, which meant a quick lunch at a very busy cafe prior to going to the theatre!

The show was brilliant, the energy and music amazing, and so interesting as it gave the history of many of the songs Neill wrote as part of his life story.

After the show some of the group went shopping and some straight to the Mail Exchange Hotel opposite Southern Cross for coffee or drinks. At 5.30pm everyone met back at the hotel for a delicious early dinner so we could catch the 7.07pm train back to Shepparton



CURIOSITY LIFE ABOUNDS

Emotional intelligence, have you ever reflected on how important this is in your life for enhanced flow and quality. Do you have an interest in discovering how this differs from Intellectual intelligence we hear so much about. Are you aware that Emotional Intelligence is actually more important to have than Intellectual Intelligence. Meetings are held each second and fourth Friday of the month at 1.30pm. Next meeting held 28th August.

Robyn Glasson email rglasson65@gmail.com John Padman john-n-padman@gmail.com

Curiosity Travel No meeting will be held in September.

SCIENCE

At Science on Monday 21st September at 1.30, Greg Barnes will be talking about Science and the law. He will mention amphotometers and how they work, how DNA samples were used to solve some famous cases e.g., Easey Street murders and who the Beast of Bondi was; the meat substitution rackets where kangaroo, camel, goat and horse meat were substituted for beef; how toxicology and pathology were employed to determine the cause of death in suspicious cases and how they can detect drugs and poisons in the body e.g. Erin Patterson, Caroline Grills (don't think the Rickity Tickity Tin song); digital forensics and how they recover deleted data and how they track cybercrimes; forensic ballistic evidence; car accident reconstruction and the use of physics and engineering to work out what happened plus much more including many more famous cases.

I hope you can make it. John Bush

SCRIBBLERS - Colour Theory Course

Our scribbler group has now grown to over 20 participants. It is a very popular and fun group to be in. Most weeks we all continue to work on our own chosen art pieces, until our two wonderful mentors Jill and Judy decide we need more challenges.

A colour theory course is commencing on **Thursday 27th August, for six weeks**. Anyone interested in learning how to use 'gouache paints' are welcome to join us.

Remember we meet in the hall each Thursday 10.00 a.m. – 12 noon.

Kaye Faulkner 0419 562 897

BOOK CLUB 3

We started this year with 8 members saying goodbye to Maxine and Marree at the end of last year but are thrilled to have welcomed two new members over the last couple of months. We have enjoyed a variety of books that have led to some interesting discussions with each member bringing their perspectives to the table either in the U3A library or at a local cafe or restaurant. In the coming months we will have the opportunity to submit our selections for next year and hope that they are just as rewarding as in previous years.

Winona Mitchell 0491 093474. Jan Wallace 0439 728125

STRENGTH AND BALANCE

Participants are making great improvements with their coordination, strength, balance and breathing (through lots of talking and laughing).

You are able to work at your own pace and it's not a competition. Just do what you can.

Come along and give it a try. Every Monday morning at 8.45 until 9.30 in the hall.

Is great to see Marj back so soon after surgery. Certainly helps recovery if you have done pretraining work.

If you wish to know more about what we do, please give me a ring or text on 0402019552

It is a fun class with coffee after. if people want to join in.

Please note I will be away on Monday 31st August so there will be no class. Our wonderful Jeanie will organise a walk instead. Lyn Davidson

Uke3A

The major event for August was when Goulburn Valley Uke3A joined with Numurkah Ukulele Club for an afternoon performance at the Kensington Gardens Auditorium in Shepparton on Sunday August 16th. It was attended by a small but appreciative audience.

Each club played their own set of eight numbers followed by the combined group of thirty playing four more. What a great sound! Each club did a rocky number which even encouraged a few dancers to join in. Our set was varied from Jazz to Rock and also featured a couple of our players, Lyndal with 'Puppet On A String' and Greg with 'The Monster Mash' where his costume made it a real hit. (Sorry, we don't have a photo!)

Numurkah Ukulele Group were very strong vocally, with some impressive harmonies.

The performance was followed by a very adequate afternoon tea where both groups swapped stories and tips. I am sure that we will do it again one day.

Meanwhile, Marg has been networking with groups from Far North Queensland at the Reef, Rivers and Rainforest Uke Fest at Mareeba. Groups there included from the Tablelands, Babinda, Cairns, Mareeba and Townsville. Playing music together is a wonderful social activity.



Photo captions

1. Impressive music making with combined groups Numurkah Ukulele Group and GV Uke3A.
2. Rock 'n' Rollin' to the music.
3. Marg plays with Townsville Ukes at the RRR Uke Fest in Mareeba

WALK & TALK



Nine members travelled to Tongala on 12th August. After sharing morning tea, we viewed the extensive War Memorial area, walking along an avenue with photo boards and plaques.

We continued walking to the Milk Factory, which has a series of photo boards giving the history of local milk production.

Notice the rotary dairy in the background of our group photo. We then explored the main street, which also featured many interesting murals and other artworks.

We were impressed by the well-maintained appearance of this little town. After a picnic lunch, we drove back to Shepparton via Girgarre and Stanhope.

Socrates Cafe

On Monday 24th August at 10 am we will be or will have discussed (depending when you receive this newsletter);

Is education in Victoria really indoctrination? If so, is that a problem?

True education teaches students how to think. Indoctrination teaches what to think. Education is based on verifiable facts and evolving, evidence-based theories. Indoctrination is built on transmitting rigid dogmas, whether political, religious, or social. Educational settings encourage students to question established ideas and explore alternative arguments. Indoctrination requires conformity and punishes and challenges the doctrine.

Questions that might be (might have been) asked are: To learn how to think, what and how do you teach people? Is there a lot of indoctrination going on when teaching pre-schoolers? In schools, where can children get indoctrinated? Is the increase in the percentage of high school students going to religious private school, a problem for society with regard to increased indoctrination and the decrease of critical thinking? Is teaching wokeness at school a form of indoctrination e.g., teaching basic human rights? Is indoctrination the term we use whenever children are taught ideas, beliefs and values that conflict with our own? Is it possible for teachers to be nonpartisan and non-sectarian? Teaching Christian virtues such as piety, industry, frugality and temperance, is probably a good thing but is this indoctrination? Should controversial topics that you find in politics and religion, be avoided in class room debates? When teaching history had we been teaching people what to think? Should students be taught how maths is used to uphold capitalist, imperialist, and racist views? Are the overwhelming majority of public-school teachers more interested in helping students develop their critical thinking skills than in brainwashing them? Should students be encouraged not just to answer every question but also to question every answer? The Australian Pledge of Allegiance is that OK? *"I love God and my country, I honour the flag, I will serve the King/Queen, and cheerfully obey my parents, teachers and the law."*

On Monday September 28th we will discuss **Do the People of Australia have much of a culture? If not, does that matter?**

HISTORICAL STUDIES

Many thanks to Greg Barnes who gave an informative and thought-provoking talk on societal collapse. We might be all going to hell in a hand basket! Greg looked at the factors that caused a society to collapse, and it led to much discussion. It seems we have learnt very little from previous civilizations. Now for something completely different. The Australian (Tennis) open is one of the 4 grand slam tennis tournaments, but what is its story? Come along and find out! Remember if you want to present something then just let me know. Livia

BRIDGE

Our Bridge group celebrated two significant events this month: a Life Member and a Grand Master.

Biddy McNamara became our inaugural Life Member, recognising her exceptional dedication and long service to the club, as well as upholding the values of courtesy, fair competition and respect for Partners and opponents.

Wayne Leppard achieved the rank of Grand Master, becoming the first member of the club to do so. Wayne is only one of 5 Grand Masters currently playing in Northern Victoria. It is a significant achievement, and the culmination of a lifetime of playing bridge well.

Congratulations Biddy and Wayne.



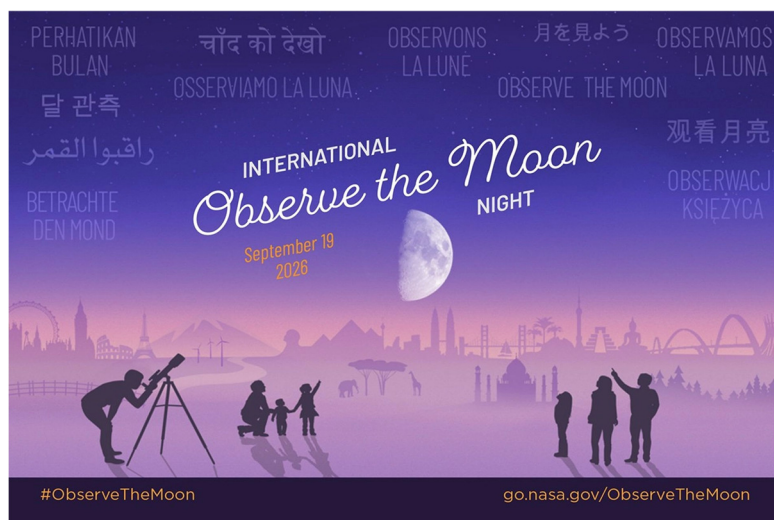
ASTRONOMY

Astronomy is continuing as a joint initiative between Astronomical Society of Victoria (ASV) and U3A hosted by Shepparton Library 7pm third Thursday of the month. At about 8pm we go outside and (weather permitting) do a sidewalk astronomy session.

Our last meeting was on 20 August. Derek gave a presentation on the history of the solar system. It was too cloudy for astronomy.

As the weather improves, we are looking to get out and about and enjoy some astronomy. We are participating in the international view the moon night. Astronomers all over the world get together and view the moon over the weekend of 18/19 September. Our astronomy group will get together on Friday 18 September at the Ardmona Community Centre to view the moon. There are also opportunities to view the moon at Benalla, Bendigo and many sites across Victoria that same weekend.

Our next astronomy meeting at the library will be on Thursday 17 September when we are planning a talk 'exoplanets'. All welcome.



GEOLOGY

Geology will continue on even though we lost Nigel. We will review the situation at the end of year. Next Friday Lorraine Noonan along with the SmartScreen will be teaching us about tectonic plates. I hope you can make it.

September at a glance		four week cycle			
Tuesday Sep 1st		Wednesday 9th September		Friday 18th September	
9:00 -10	Beginner Music Theory	8.45	Walk & Talk	10:00- 11:45	Earth Science
10.00 -11.30	Social Morning	9 – 10	Singing for Pleasure (2)	1:00-3:00	Scrabble
11.45 – 1.00	Book Club Three	10-3.30	Art Group (3)	1:30- 3:00	Italian
1:00 -4:00	Creative Craft	1-Apr	Bridge (social) (2)	3:15-4:15	Tai Chi
1:00-3.30	Mah Jong	Thursday 10th September		Monday 21st	September
3.30 -5.30	500 Card game	8:45-9:30	Chair Aerobics	8.45 -9.30	Strength & Balance
Wednesday 2nd September		10.00 -1200	Scribblers	10-00- 11:30	Quiz
(:00-10:00	French Beginners	1:00 - 4:00	Bolivia	12 noon	Lunch Group
10.00 -10>00	Singing for Pleasure	1:30 -4.00	Photography	12.00- 1.00	Uke3A
10:00 – 2:30	Art Group	4:00 -5.00	Yoga	12.30 -5:00	Communicating w. Tech.
10- 12noon	French	Friday 11th September		1.30 – 3:00	Science
1 -4:00	Bridge (social)	10- 12 noon POP up Hearing Australia		3.00 – 4.30	Current Affairs
Thursday 3rd September		1:00-3:00	Curiosity Abounds for Life	7:00-10:00	Bridge
8:45-9:30	Chair Aerobics	1:30-3.00	Italian	Tuesday 22nd September	
10.00 -1200	Scribblers	3.15 -4:15	Tai Chi	9:00- 10:00	French Beginners
1:00- 4:00	Bolivia	Monday 14th September		10:15-12:00	French
1:30 -3.00	Cryptic Crosswords	8.45 -9.30	Strength & Balance	11.00 –12noon	Book Club Two
4:00 -5.00	Yoga	10:00-11:30	Historical Studies	100 -4:00	Creative Craft
5:15- 6:15	Line Dancing	12 noon	Lunch Group	100-3.30	Mah Jong
700--8:00	Astronomy	12.00- 1.00	Uke3A	3.30 -5.30	500 card game
Friday 4th September		12.30 -5:00	Communicating w. Tech	Wednesday 23rd September	
10.00 -11.30	Stock Market	2:00 – 3:30	Play Reading	10.00-1100	Singing for Pleasure
1:00- 300	Scrabble	7:00 -10.30	Bridge (comp)	10:00 – 2:30	Art Group
1:30-3.00	Italian	Tuesday 15th September		1:00 -4:00	Bridge (social)
3.15 -4:15	Tai-Chi	9:00-10:00	Beginner Music Theory	Thursday 24th September	
Monday 7th September		9:00-10:00	9 French Beginners	8:45-9:30	Chair Aerobics
8.45 -9.30	Strength & Balance	10- 12 noon	French (2)	10.00 -1200	Scribblers
12 noon	Lunch Group	1:00- 4:00	Creative Craft (3)	10:30 -11:30	Book Club 1
12.00- 1.00	Uke3A	1-3.30	Mah Jong (2)	1:00-400	Bolivia
12:30-5:00	Communicating w. Tech.	3.30 -5.30	500 Card ge	1:30 - 4:00	Photography
1.30 - 2.45	Curiosity Armchair Travel	7:00	Shepp Camera Club	4:00-5:00	Yoga
3.00 – 4.30	Current Affairs	Wednesday 16th September		5:15_6:15	Line Dancing
700 -10.30	Bridge (comp)	9:00 - 10:00	Singing for	6:00	Round the World Foodies
Tuesday 8th September		9-12noon	Bird Watching(off-site)	Friday 25th September	
9:00-10	Beinner Music Theory	10:00 – 2:30	Art Group	10:00- 11:45	Earth Science
9:00- 10:00	French Beginners	1:00-4:00	Bridge	1:30- 3:00	Italian
10.00 -12	French	1:00-3:00	Writing for Pleasue	3:15-4:	Tai Chi
11.00 – 12noon	Book Club Two	3:00-5:00 Committee Meeting		Monday 28th September	
100 -4:00	Creative Craft	Thursday 17th September		8.45 -9.30	Strength & Balance
100-3.30	Mah Jong	8:45-9:30	Chair Aerobics	10:00-11:30	Socrates Café
3.30-5:00	500 card game	10.00 -1200	Scribblers	12 noon	Lunch Group
		1:00- 4:00	Bolivia	12.00- 1.00	Uke3A
		1:30 -3.00	Cryptic Crosswords	12.30 -5:00	Communicating w. Tech.
		4:00 -5.00	Yoga	2:00 – 3:30	Play reading
		5:15- 6:15	Line Dancing	2:00=3:30	Basking in Literature
				7:00-10:30	Bridge (Social)

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](#).

