

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

February 2026

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(Entries close on 21st of each month)

♦BANK DETAILS

Goulburn Valley U3A Inc
BSB 803 078
Account 1001 11147
Use your name as reference



A MESSAGE FROM THE PRESIDENT

Celebrate life and let's live it.

Welcome to 2026 and I hope you had a wonderful celebration for the festive season and New Year.

As with every New Year difficult decisions have to be made, some trivial and some difficult but the only decision you as a member of U3A in

2026 will be "What course or program will I sign up for this year. Or which tour will I go on, if I join this group will I be made welcome.

Yes, you will be made very welcome and I hope whatever group you join please make yourself known so people can get to know you. Some members may even want to try something new. Please check the course program on the website or in this Newsletter.

These decisions will need to be made on Tuesday 3 February. Goulburn Valley U3A Open Day will be a time for you to catch up with old friends, encourage others to join a new program or become involved with the committee.

The committee is looking for members to form a sub group and care for the gardens as well as small jobs around the hall. If you can help out, please contact me on 0418580697.

If you have been to the hall over the past few weeks, you will have noticed freshly sealed floors and a general clean up. The committee asks that each and every one takes care of the equipment, the kitchen and general tidiness of the Hall.

We have a number of new programs for 2026 and it is planned to tighten up some of the times allocated and the use of rooms. Hopefully this will not disturb to many groups. Course coordinators will be contacted if it affects your group.

Due to rising costs, there will be some changes made to the distribution of the 2026 Newsletter.

Please read the notes in this Newsletter and if you have any queries, please put a note into the suggestion box in the foyer with a phone no and I will get back to you.

All of you will know of the devastation the bushfires in the region, and I'm sure you have been thinking of those effected, many families will have a hard time ahead of them and I'm sure we are all helping in some way. Let us not forget how fortunate we are to live in a great community of the Goulburn Valley.

Take care Live well

Rita Bloomfield President 0418580697

Changes To The Newsletter Mail Out via Australia Post

Due to the increased costs of postage, the Newsletter will not be posted by Australia Post after March. The March Newsletter, posted at the end of February, will be the last. The newsletter will continue to be printed, if you cannot receive email, it will need to be collected at the Hall, as many of you already do. Perhaps some of you will be able to assist in delivery to members who cannot collect it in person for whatever reason.

For more information please contact Rita Bloomfield or Elizabeth Lee (0409 703 868)

Membership

Your 2026 membership of \$75 is now due. Please pay by:

- Bank Transfer (preferred) - it is important to Reference your name
- Cash in an envelope - write your name on the envelope.
- EFTPOS Card processing (NEW)

Note - cheques are no longer accepted by our bank. Bank details are shown on front page.

Receipts are being issued by either: email (first), Mobile SMS (second) or manually, pick up from the hall (third). Thanks to the many who have already paid.

A Bank Transfer membership payment was received via the Victorian Teachers Credit Union without reference to a name. Without the name this payment cannot be acknowledged and receipted. Would members who use this credit union check if they have referenced their name - if you have not referenced your name, please advise me and quote the date of the transfer.

Ian Hatton 0418 582 670 hattonig@gmail.com

COMMUNICATING THROUGH TECHNOLOGY

Technology classes begin on Monday February 2. (The day before registration).

Sessions 12.30 – 2 pm, 2 – 3.30 pm, 3.30 – 5 pm.

For new members, I can offer help with computers (Apple & Windows), Phones (iOs & Android) and Tablets. Assistance can be given with Microsoft Word and Excel, photobook compilation, PayPal, Ebay, emails, and general skills for each of the devices.

If you wish to attend, please contact me.

David Muir

0414881369

500 CLUB

Welcome back to 500 everyone. It's been nice to catch up again following everyone's Xmas festivities. 500 is held each Tuesday afternoon from 3.30 pm to 5.30 pm.

We are a fun group and welcome new members. If you have not played before there will be someone who can assist you. You may have played before but just need a refresher.

Come and join us.

Gale Hatton galehatton@gmail.com 0402 047 167

STRENGTH AND BALANCE

We started back on 19 January and it is wonderful to see most participants returning all looking fit and well, the exception being balance activities which were a bit wobbly. This will improve with time I am sure.

New participants are most welcome. A reasonable level of fitness is required so if you would like to observe a class come along at 8.45 Monday mornings. You need sensible shoes and comfortable clothing. Equipment is provided if you wish to join in.

Coffee at selected coffee shops after class seems to be the highlight of the morning. (Not really but it is all about social as well as exercise). There are no classes on public holidays including Monday 27 January. Hoping to see you in 2026.

Lyn Davidson 0402019552

U3A QUIZ

The U3A Quiz group meets on the third Monday of every month from 10.00 until 11.45am. New members are always welcome, and you do not need to attend every month, just when holidays, appointments, volunteer commitments, and grandparent duties allow.

Try these sample questions from our January session. Answers are on the last page.

1. Name the four thoroughbred racetracks in Melbourne.
2. What is the dead skin at the base of the fingernail called?
3. In which city are the Spanish Steps located?
4. Which country grows the greatest number of mangoes?
5. In 1968 who had a hit with the song "Do you know the way to San Jose"?

Susan McCarten 0437 215 130 (sms or voicemail, and I will reply).

MUSIC THEORY FOR BEGINNERS

There will be one more session of this "pop up" course for people who would like to learn to read music but didn't have a chance when they were younger. It will be on Tuesdays from 9-10am, starting February in Room 4. Participants will need to pay \$20 for a work book. Please let me know if you are interested and I shall order the books.

Christine Wilson 0428 399 648

WALK AND TALK

Our February walk will be to Cussen park Tatura on 11 February, 8.45am at the hall. Please bring morning tea. We plan to be home for lunchtime due to possible hot weather. All welcome

Iain d Jaap

WRITING FOR PLEASURE

The Writing for Pleasure group met for its first meeting of 2026 on 15 January. 13 members enjoyed Lynda's topics: Oh why did I do that last night and Money talks.

The 19 February meeting will be hosted by Allan. Topics are:

1. Artificial Intelligence
2. Gone fishing.

A heads-up for the 19 March meeting. Dorothy's topics are:

1. It was like water off a duck's back
2. Great Grandma's old diary found in a dusty suitcase hidden in a shed

Our book of 2025 writing efforts has been printed and is available for purchase for \$10. It will be available at the U3A Open Morning on 3 February. The book provides a two to three hour reading experience of 'the way the U3A Writing for Pleasure group sees things'.

Contact: Marion MacLennan. 0417 329 839

YOGA SESSIONS

Yoga classes with Jenny Scanderlora using Zoom at the Goulburn Valley Hall will continue in 2026.

Yoga is a spiritual practice to help us become aware of our physical and mental health. What is Yoga and what does it do? Yoga is an ancient practice that involves gentle exercise, breath control and quiet meditation.

There are many health benefits of yoga that may include lowering blood pressure, improving posture and circulation and it helps you develop a sense of wellbeing. Our yoga group is a place where you can learn to relax, increase your sense of well-being and enjoy a quiet time.

Time Thursdays 4.00 – 5.00. A small fee is required.

Contact

Rita Bloomfield 0418580697

A note from John Padman

John is looking to start a new group in February in 2026.

This will be a monthly meeting with the theme of looking at your goals in life:

With our affluent society, our retirement years can hold many dreams from large to minute. We place them in a bucket and often do not get around to being active with them. Now is the time to share them with like-minded folk who may have the same dreams, or may be keen to add your dream to their bucket. Some events will be completed as a group and may involve travel and adventures. Others may be completed individually. What fun we will have making plans and sharing the outcomes.

Speak to me the February Orientation Day or contact me

John Padman 042874282

SCIENCE MATTERS

Monday February 16th at 1.30pm **PLACEBOS.**

Placebos are usually thought of as the control treatment in trials of new drugs. But these sugar pills or sham-treatments can be effective in their own right for treating some types of illnesses. Allan Wilson will review the science on this topic, which shows the usefulness of some placebos and how they may engage the mind-body connection through the release of endomorphins. The review will touch on treatments such as acupuncture and homeopathic remedies, which while dis-proven scientifically, may still be effective in some cases. It will also cover the reverse or Nocebo effect.

John Bush Phone 0408 290 751

LUNCH GROUP

All U3A members are invited to join the regular attendees for lunch. In February the group will meet at The GV Hotel on the 4 Mondays - the 2nd, 9th, 16th and 23rd. We meet at 12 noon, enjoy lunch and a chat. Bookings are essential.

Please ring Gail on 0400 531 856 to reserve a seat.

SOCRATES CAFE

The topic for Socrates Cafe at 10am on Australia Day Monday 26 January is:

In a supposedly egalitarian democracy like Australia, do we have a misogyny problem?

To answer this question we will need to discuss things like: What are the patriarchal expectations in a misogynist society? In cases of misogyny what do men believe they are entitled to? Does one have to hate women personally to be complicit in misogyny? Is the objectification (dehumanization) of women the only cause of misogyny? Can women be part of the problem? How are women punished for making their own autonomous choices?

On Monday February 23 February at 10 am the topic will be

Forgiveness. Do we need more or less of it?

Questions could be: What is forgiveness? Is forgiveness always good? What about premature or coerced forgiveness? Can forgiveness coexist with the pursuit of justice? Why should forgiveness not replace justice? Can forgiveness complement justice when done thoughtfully? How is forgiveness shaped by cultural expectations? How is forgiveness shaped by religious beliefs? Is forgiving a deeply subjective act? Does forgiveness require a moral transformation? Does forgiveness need to be more than just letting go of resentment? Do you need to reconfigure the moral relationship between yourself and the wrongdoer? When is forgiveness not appropriate? Should forgiveness be demanded or expected, in cases of systemic injustice?

I hope to see you there.
Greg Barnes

BOLIVIA

We returned to playing the card game Bolivia on 15 January. New members who would like to learn the game are always welcome.

Meet at the U3A hall by 12.50 pm each Thursday. Games go from 1pm to 4pm.
Kerrie Midgley on 0439511929

MAH JONG

Will return to play Mah Jong on 20 January. We play at the U3A hall from 1pm to 3.30pm each Tuesday. New members are welcome.

Kerrie Midgley on 0439511929

HISTORICAL STUDIES 2026

The first session in 2026 will be on Monday 9 February and we will be looking at Henry Lawson and Banjo Patterson and how their lives Influenced the poetry they wrote. I will put up a list of topics that may be covered on the course page on the GUV3A website. if you want to present something then please let me know. Thanks to Jan Gregory who will be presenting in April

Contact Livia lpt3629@optusnet.com.au

SCRIBBLERS

Scribblers have started the 2026 year and have been running since 8 January. This is a fun, relaxed and friendly group of women (men are welcome) who enjoy drawing or painting. Our group is continually learning new things from our fellow members and being inspired. We are very lucky to have two art mentors in Judi and Jill who continue to guide and advise us on our art projects. We meet at the Esson Street Hall every Thursday 10am to – 12. This year Judi and Jill have made some plans for extra class lessons. Judi will be running basic Portrait sessions over two weeks – Thursday 19 and 26 March. Jill will be leading a beginner's course for anybody interested. This is a six-week course and will run from 7 May to 11 June 2026 . New people are always welcome.

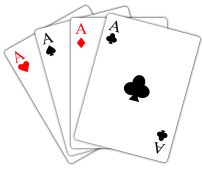
Contact Kaye . kaye@pworks.com.au 0419 562 897

CURRENT AFFAIRS

Current Affairs has already started but it is never too late attend this discussion group and voice your opinion about the local, state, federal and international news events over the previous two weeks. The group meet twice a fortnight on the first and third Mondays of the month at 3.00pm.

Greg Barnes

BRIDGE CLASSES



Bridge is played on Wednesday afternoon, Monday nights and Saturday afternoon. We are a friendly social bunch and always looking for new members. This year we are taking a fresh approach to introducing new players to bridge.

In February we plan to play bridge (one table) in the Shepparton library on a Saturday morning between 10-12am to talk to the general public about playing bridge. On Wednesday 4 March we will have an open day at U3A in conjunction with Wednesday bridge. You are welcome to join us for a cuppa and chat between 3-5pm.

For those who would like to learn to play bridge, a six-week course will start the following week on Wednesday 11 March 6-8pm. The course is suitable for those with no previous experience and also for those seeking to refresh their bridge skills. We take a step-by-step approach to take you through the basics.

The course will be run by Derek Poulton. 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. www.bridgewebs.com/shepparton

Derek Poulton dcp.klp@gmail.com 0418559263 (SMS preferred)

Quiz Answers

1. Flemington, Caulfield, Moonee Valley, Sandown.
2. Cuticle.
3. Rome.
4. India.
5. Dionne Warwick

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](#).

