

# Goulburn Valley University of The Third Age

(For active semi-retired or retired persons of mature age)

GVU3A Hall: Esson Street, Shepparton. Post: PO Box 14, Shepparton 3632



WE'RE ON THE WEB - [gvu3a.com.au](http://gvu3a.com.au)

Ph: 58213333

March 2026

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Graham Barrette, Anne White, Greg Barnes, Julie Dainton

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(Entries close on 21<sup>st</sup> 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.

I'm sure many of us are looking forward to the cooler autumn weather, difficult to think it may be cooler, when it is still hot and the land, our gardens and us have become weary of the heat. I trust you have managed the prolonged heat, by keeping well and beginning to enjoy the activities you have

become involved with U3A.

Reading a quote from a letter to the Editor in a Mindfood magazine about the "Power of Routine" and how it can be helpful in the secrets of aging well. I am reminded it is always a better day when I have a sense of purpose to get out of bed. Thank you to all members who have given me the boost to plan my day to enjoy an activity and more importantly, the chat, the conversations, and laughter that comes from being a member of U3A.

I imagine many of you have been going to various courses and, programs. I hope you have found something you enjoy. Our first social morning in March will also be AGM, and our Guest Speaker will be Ken Muston presenting his passion about restoring old cars.

I look forward to seeing as many of you to come along and enjoy a chat, and a scrumptious morning tea. The committee is looking for two new members who would love to give some time to U3A, if you could be interested, please ring me on 0418580697.

Remember if you have off site events, you need to have first aid box with you. The first Aid Box needs to be collected from the kitchen and returned. If anything has been used, please leave a note on the box so it can be replaced ready for the next excursion. If at any time you have questions, please leave a note in the suggestion box in the foyer and someone from the committee will get back to you

My term as president comes to close and I would like to thank all those who have served on the committee for their support and commitment to U3A. Over the past two years, we have accomplished a number of repairs and replacement to the hall and bought new equipment for various groups. Maintenance on the hall is continual, and the next project will be replacing the floor covering in the bathrooms. Updated first aid kits, we have had continued education in use of defibrillator and replaced computers for the Treasurer and Secretary. Our course program has been varied, and many new courses have commenced. We've trialed Popup events which proved very popular, some even developing into a regular program.

We have 406 members who enjoy being involved with U3A.

Many thanks for your support once again continue to enjoy all you do.

Rita Bloomfield

0418580697

## Membership

The 2026 membership fee of \$75 was due to be paid by 31st January 2026 and is therefore now overdue. If you wish to continue attending courses/activities, please make arrangements to pay your membership now.

If you are not continuing, please email '[gvu3afinance@gmail.com](mailto:gvu3afinance@gmail.com)' of your decision.

## U3A Goulburn Valley Annual General Meeting

The 2026 Annual General Meeting (AGM) of Goulburn Valley U3A will be held at 10.00 am on Tuesday, March 3 at the Hall in Esson Street. The AGM will be followed by a Social Morning and a delicious morning tea will be served by our wonderful catering committee.

All committee positions will be declared vacant, and nominations will be accepted until the AGM. Nomination forms are available at the Hall and are also attached to this March Newsletter. Please forward any nominations to secretary at [lizlee01@gmail.com](mailto:lizlee01@gmail.com)

The Guest Speaker for the AGM will be Ken Muston talking about renovating/restoring his car. Hoping to see you at the 2026 AGM.

## Name Tags

This is a reminder to collect your name tag from the table in the foyer. A name tag has been made up for each new member. Welcome to all new members.

Please keep your name tag with you rather than leaving it at the hall.

Contact: Gael Thompson 0458 215 794

## HISTORICAL STUDIES

What a great turn out for the first History session of the year where we looked at how the lives of Henry Lawson and Banjo Paterson affected the poetry that they wrote. This was despite some computer glitches, hopefully fixed for the next session. Thanks to everyone who asked questions and gave their thoughts and opinions on what was covered. Next month is a complete change of pace where the history of coffee will be investigated.

The current list of topics is on the website at <https://www.gvu3a.com.au/historical-studies>  
The order and topics will change, so if you would like to present something then let me know and it will be added. Either send me a text or email me at [lpt3629@optusnet.com.au](mailto:lpt3629@optusnet.com.au)  
See you next month, Livia

## NEW HORIZONS

Fourth Thursday, February 26 11am At the Sherborne hotel Wyndham Street, Shepparton New Horizons is a place where we try new things? We gather once a month to spark ideas, share laughter, and open doors to new experiences. At each meeting, a simple bucket invites your suggestions for exciting activities we can enjoy together every fortnight. Our spirit is courage, curiosity, and connection — encouraging everyone to try something for the very first time. Each new step becomes part of a friendly contest, celebrating those who embrace the most “firsts,” with a small prize and great pride. Step forward, explore boldly, and discover just how much life still has to offer.

For further information contact John Padman 0428 745282.

## UKULELE GROUP

GVUke3A started the year enthusiastically on 2<sup>nd</sup> February with an Australian theme, followed the next week by A Little Bit Country theme. Our songs each week cover all eras from colonial days to the 2020s, but mainly ones we grew up with! We cater for beginners through to experienced players. Beginner's classes are on the first Monday of the month from 11am to 12, with our regular session from 12 to 1pm every Monday. New members are always welcome. We had a GVU3A presence at the Girgarre Moosic Muster in January. Around 10 members had been meeting beforehand to practise, and we managed to fit in a few performances before the event was cancelled due to the Catastrophic Fire Danger. We are now looking forward to the next Girgarre Camp in April. We perform regularly at Maculata Place (Shepparton Villages) and during Senior's month in October and welcome any other invitations to play. Marg Tacey



Preparing to perform



GVU3A Campsite area

## GVU3A Trip to the Blue LOTUS Water Gardens 19<sup>th</sup> March. 8am to 530pm

Due to numbers, we will be travelling in a 24-seater bus which will be cheaper by \$25 per person. Partners are most welcome.

There are 4 seats left. Final names with your phone number, are needed by the 1st of March. At the moment, cost of bus and entry, will be \$80, this includes bus and entry. Lunch at own expense. If we get 22, the cost will \$70.

Money to be paid by the 6<sup>th</sup> of March. I will ring you to confirm.

Anne White 0438202799/ [anne.shane@westnet.com.au](mailto:anne.shane@westnet.com.au) for any questions.

## MAH JONG

We were very pleased to welcome 4 new players this week. It will take 2-3 weeks of encouragement and learning to have them flying solo.

More players would be very welcome, and we look forward to those who signed up on enrolment day joining us. Play is each Tuesday at the hall from 1.00pm to 3.30pm.

Kerrie Midgley 0439 511 929

## BOLIVIA

We are still wanting to recruit new players. If you can play Canasta, then you will very quickly pick up the game of Bolivia.

If you would like to try Bolivia, join us at the hall on Thursdays from 12.50pm until 4.00pm.

Kerrie Midgley 0439 511 929

## 500 CLUB

Wow! What start for our 500 group. 16 people which is four tables. Absolutely fabulous.

500 is held every Tuesday from 3.30 pm to 5.30 pm. We are a fun group and don't play for sheep stations. There is usually abundant laughter.

New members are most welcome regardless of whether you have played or not. There are plenty of players only too happy to assist.

Gale Hatton 0402 047 167 [galehatton@gmail.com](mailto:galehatton@gmail.com)

## AROUND THE WORLD FOODIES

2026 has started with a burst of new members and enthusiasm. Our first dinner at Subai Subai is fully booked. For those who haven't sent me their 2026 membership receipt number, please text it to me as soon as possible. Please remember to follow *all* steps for booking into events to make the process more streamlined and wear your name badge to all dinners to allow us to get to know each other more readily. We look forward to a great year together!

Contact Lyndal Lancaster 0429 808 602 for bookings and enquiries.

## LUNCH GROUP

Every Monday the lunch group meets at a selected venue to enjoy a meal and a chat. Some people come every week. Some come once a month. Some come once in a blue moon. For the Monday of March, the venue is The Peppermill Hotel. So on the 2nd, the 9th, the 16th, the 23rd and the 30th we will meet at 12 noon. Please ring Gail on 0400 531 856 to reserve a seat.

## CURIOSITY FOR LIFE ABOUNDS

Meetings are held twice a month, second and fourth Fridays of the month at 1pm.

Next meeting 27th February.

Our members are unique individuals, and as such have a wealth of life experiences and wisdom. Time to celebrate this uniqueness and share with fellow members. Each session we will showcase a topic to interact on and learn from. Communicating by sharing, knowledge, and the social aspect of life then "Life Abounds" Our Life forever expresses surprises and benefits. To be part of our community join us on the 27th February.

Robyn Glasson [rlasson65@gmail.com](mailto:rlasson65@gmail.com) John Padman [john.n.padman@gmail.com](mailto:john.n.padman@gmail.com)

## BIRD WATCHING

Our first outing for the year will be a morning at the Seven Creeks Park Kialla. Please meet at 9am at the playground on Seven Creeks Drive.

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

## SOCRATES CAFÉ

Depending when you receive the newsletter, on Monday 23<sup>rd</sup> of February at 10 am we will discuss, or will have discussed, “**Forgiveness: Do We Need More or Less?**” Some of the questions that maybe asked or may have been asked are: Is forgiveness always good? Can forgiveness coexist with the pursuit of justice? Is forgiving a deeply subjective act? Does forgiveness require a moral transformation? Do you need to reconfigure the moral relationship between yourself and wrongdoer? When is forgiveness not appropriate?

On Monday 23<sup>rd</sup> March at 10 am we will discuss **Freedom of Speech and Hate Speech, what is the Difference?** Questions asked maybe: When does criticism of public figures or groups cross the line into endangering a safe, functional society? Does freedom of speech truly help discover truth, or do falsehoods? as data suggests, spread faster and further than accurate information? Does a robust philosophy of free speech impose a moral obligation to listen to opposing, even unpopular, views? Is hate speech defined solely by the speaker's intent, or by the impact on the target? Must it be directed only at marginalized groups, or can it target dominant groups?

I hope you can make it.

Greg Barnes

## QUIZ-Q3A

The U3A Quiz group meet from 10.00 -11.45am on the third Monday every month. New members are always welcome, with our next session on 16th March. Twenty-one people enjoyed a few laughs and perhaps triggered a few old memories at the February meeting. Here are some of those questions:

1. How did Swedish group ABBA get its name?
2. The character Simba appears in which Disney film?
3. What Latin phrase means ‘A favour for a favour’?
4. True or False? 50% of the Earth’s fresh water is located in Antarctica.
5. What distance are all Olympic rowing events raced over?

Susan McCarten 0437 215 130 (SMS or voicemail)

## CHAIR AEROBICS

Chair aerobics started a few weeks ago and has been well received. With about 12 eager participants each week. These session videos are accessed through the smart TV and will be the same exercises for the rest of this term at least. We may delve into the longer version later in the year. So, for now we will enjoy the gentler exercises and shorter video.

Remember to text or ring Deborah (0427956385) with your receipt number asap. See you at 8.45am Thursdays. Happy exercising, Deborah Candiloro.

## CRYPTIC CROSSWORDS

Cryptic Crosswords resumes for 2026 on Thursday, March 5 at 1.30pm in the carpeted area, Room 2, at the U3A Hall. The sessions will then be held on the first and third Thursdays of the month. We welcome all the usual attendees, as well as newcomers to cryptics.

There is a settled format of doing two of *The Age* cryptics, but this is open to input and change from the group.

Each of the first 6 sessions will include a summary of the different approaches of doing the cryptics. Beginners will be given extra instruction on the day and are free to sit in on the usual sessions. We always endeavour to have a slightly larger group so if anyone has friends who would like to come along, please invite them.

For those people in U3A who enjoy doing normal crosswords, spending 6 weeks with cryptics will improve your normal crosswords out of sight. Harry 0400 770 972

## **INTERMEDIATE ITALIAN**

Intermediate Italian has commenced with four new members, and we welcome Mary Rose and Marie (graduates from Beginners) and Alan and Linda, new to U3A. Benvenuti! It's great to see all the previous students returning as well.

Lelia has begun the year with 2 sensational Italian historical women, Lucrezia Borgia and Caterina de Medici. We've also been trying to improve our pronunciation of some of the more distinctive sounds like rolling our "R's". Liz Lee 0409 703 868

## **WRITING FOR PLEASURE**

Fourteen members attended the February meeting on the divergent and entertaining topics of Artificial Intelligence and Gone Fishing. A warm welcome to new member Frances.

Topics for March, to be hosted by Dorothy, are:

1. It was like water off a duck's back
2. Great grandma's old diary found in a suitcase

April's topics, submitted by Lyn, are:

1. Tell me a story
2. Every last drop

Our book of writings for 2025 is available for purchase for \$10. It provides two to three hours of reading on how members of the Writing for Pleasure group 'see things'.

Marion MacLennan - 0417 319 839

## **CURIOSITY TRAVEL**

On the first Monday of the month, 1:30 pm second of March Iain Japp will present a talk on the CAMINO FRANCES also known as the way of SAINT JAMES walking trek stretching some 900 km from France to Spain. Iain has trekked portions of this walk twice

The talk will cover the early history and some spiritual and physical aspects of the walk.

John Padman

## **WALK AND TALK**

The walk and talk group enjoyed an outing to Cussen Park, Tatura on February 11th. Lots of bats were seen but few birds due to the heat and the dry conditions. Morning tea was enjoyed under the rotunda, and we were back in Shepparton by 12.30.

Next outing is on March 11th which will include a short walk along part of the Honeysuckle Creek, Violet Town, and information on the Southern Auroa rail crash of February 7th 1969.

Mr. Bruce Cumming who is involved with the Violet Town project, has agreed to meet our group, give a brief talk and arrange for the small museum to be open for us.

Meeting at 8.45am at the U3A hall please bring morning tea, we plan to be back in Shepparton by about 1.30pm. All are welcome. Iain Jaap 0428218229

## **CREATIVE CRAFTS**

It has been wonderful to welcome some new members to our group and who bring some new skills with them. We did cancel one gathering due to the hot weather, but all other gatherings have been well attended.

New members are always welcome. If you can't make it every Tuesday afternoon, that's okay. You are most welcome to attend whenever you can. Come along and share a chatty, happy afternoon whilst knitting, crocheting, embroidering, patchworking or any other craft you enjoy doing. Contact: Gael Thompson 0458 215 794

## **BRIDGE CLASSES**

For those who would like to learn to play bridge, a six-week course will start on Wednesday night 11 March 6-8pm. The course is suitable for those with no previous experience and 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.

Enquiries Phone Derek Poulton 0418559263 Email [dcp.klp@gmail.com](mailto:dcp.klp@gmail.com)

### **Quiz Answers**

1. Acronym: Agnetha, Benny, Bjorn, Anni-Frid
2. The Lion King
3. Quid pro quo
4. False (60-70%)
5. 2000m (2km)

## **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.](#)



### **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