

Newsletter - December 2025

Are you aged 55-plus and retired or semi-retired? Live in the Bass Valley or surrounds? Want to keep your brain and body active and make new friends? Want to share your skills and experience with others? Then join in the University of the Third Age Bass Valley (U3A Bass Valley). For a modest annual membership fee you can participate in a wide range of courses, social activities, excursions and events. Learn, Laugh & Live

U3A Bass Valley Committee

President: Pam Richmond	Committee Members:
Vice President: Marg Boyer	Geoff Guilfoyle
Treasurer: Glenda Bent	Janet Cobden
Secretary: David Laing	Marcia Comber
Minutes Secretary: Di Goeman	

News

Christmas lunch - Royal Hotel Kooweerup



Those present enjoyed fun, food and good company at our annual Christmas lunch. U3A Bass Valley now offers 9 courses and programs. Members can access all of these for a small annual fee of \$35, and are encouraged to spread the word in our community given that some people are unaware of our existence. We need to reach these people given that we provide social, physical and intellectual activities which are so important for our age group.

Learning with Locals - Elder Rights Australia (ERA)

This was an extremely engaging and informative session presented by Maree Bayley. Conducted like a forum in an informal semicircle Maree was able to present individual case studies and explain how her organization was able to help. This opened up many avenues for discussion and participants were able to ask questions about their own particular circumstances and



get very helpful answers. ERA are available most hours and will return calls if you leave a message. They are able to conduct 3-way calls to providers and advocate on your behalf.



In case you missed this session, and because it was so highly praised by attendees, we are inviting Maree back next year to continue our conversations. Watch this space.

Aged Care Advocacy Line

1800 700 600 | elderrights.org.au



Elder Rights Australia Ltd is a founding member of the National Older Persons Advocacy Network (OPAN), delivering the National Aged Care Advocacy Program (NACAP), an Australian Government initiative. ABN 63 367 539 827.

Chair Yoga - Wednesday 24 December @ 11.30-12.30.

About 20 people attended our first session in November and despite some initial hiccups with arrangement of chairs they really enjoyed it.

Chair Yoga will also run on Wednesday 24 December @ 11.30-12.30 as the library will be open then. Come and join us.

The Waterline library at Grantville will be staffed for this event every 4th Wednesday of the month. Just wear comfortable clothes and simply turn up.

President's Message

It seems like an opportune time to reflect on the achievements of our first full year:

- Introduction of new classes - Book Club B, Games Club, Chair Yoga (in partnership with Waterline Library Grantville).
- Continuing classes - Book Club A, Digital Photography, Tai Chi, Ukelele (we welcomed Alan Harris who took over after the sad loss of Clive Budd).
- New program *Learning with Locals* - 3 events including French Island with Christine Dineen, How to Stay Home Longer (Latrobe Community Health), and Elder Rights Australia with Maree Bayley. More are planned for 2026 including Janet Cobden and a series on Living Well, presentations by Clare Leserve, a Nutritionist and the history of Corinella.
- Unveiling of the Historic Storyboards at Grantville Park.
- Easter Raffle at Grantville Market.
- Purchase of U3A Bass Valley banner.
- Design of the new brochure.
- Production of Tutors' Handbook and Tutors' Meeting.
- Community Grant application for \$10000.
- AGM Lunch and Christmas Lunch.
- Clarification of Charity status with ATO.
- Setting up new membership data bases.
- Production of 9 Newsletters for 2025.

I would like to thank our Committee members and volunteer group leaders for their time and commitment in making all this possible. We totally rely on them and also our members. I would also like to thank Gordon Chase for his work updating our website.

I know we also have members with plenty to share. Maybe some of the travelers could share their recent experiences as a group presentation? Think about partnering up with someone else. We can offer help and support.

Starting dates 2026

Book Club A	Tuesday 27 January
Book Club B	Wednesday 21 January
Games Club	Wednesday 11 February
Digital Photography	Friday 20 February
Tai Chi	Tuesday 27 January
Chair Yoga	Wednesday 28 January
Ukelele	To be announced

Data base of interesting places

U3A Network Victoria would like to put together a database of places to visit in Victoria. They are asking us to forward ideas.

The reasoning is that we know our community and what is available in it for many to see. They would like to include our recommendations for other U3As as potential excursions. There may be some hidden treasures that the greater community does not know about.

If you would like to contribute what you feel are the great attractions and experiences in our community, click on this link:

[Find an Excursion Form - U3A Network Victoria database of excursions – Fill in form](#)

One idea is that Wonthaggi has a lot to offer in terms of the State mine and the street art. Do you have any other suggestions?

What can we each do to lower our risk of dementia?

Surely, there is something that an individual can do. After all, many individuals try hard to prevent other killers like coronary artery disease and bowel cancer. Why not dementia?

Maintaining a healthy, balanced diet is good for brain health and every other part of the body as well. If nothing else, regular physical exercise (Tai Chi & Chair Yoga) is good for bone mass, muscle mass, falls prevention and mental health, so any positive impact on brain health is a bonus.

There is much to be gained by keeping socially active for mental health and brain health.

Humans are social animals and the maintenance of friendships and community activities (Book club) is good for your neurons (brain cells) too.

There is much excitement about maintaining neuroplasticity, i.e. doing things that require your brain to make and maintain new connections between individual neurons, whether that be doing puzzles or learning new skills (Games club, Ukelele group & Digital Photography group) such as woodworking, painting, drawing or building. If nothing else, getting out and being part of a tribe and developing new hobbies is the stuff of life. It seems to be good for your brain, too.

Other basic measures to optimise brain health include avoiding excessive alcohol consumption, getting plenty of sleep, drinking plenty of water, and treating mental health conditions promptly.

Source: Apple News

Editorial note: I have added the parts in parentheses.

Memberships

Our memberships will be opening soon for the coming year. At our recent AGM it was decided to keep membership fees at \$35 per calendar year.

Our EFTPOS Deposit details are:

BSB 633000 Account No. 132310517

U3A Bass Valley

Bendigo Bank (please include your name as reference)

No matter how you pay your renewal please also complete the membership application form so we know what courses you are interested in. The form is available on our website at u3abassvalley.com under "Membership". Membership forms will also be available from your group leaders in the new year.

Brain Tickler November

Five years ago Ray was eight times as old as his daughter Becky. In five years Ray will be five years older than three times Becky's age. How old are they now?

Solution:

	5 years ago	Now	In 5 years time
Becky	X	X+5	X+10
Ray	8X	8x+5	8X+10

So $8X+10 = 3(X+10) + 5$

$$8X+10 = 3X+30+5$$

$$8X+10 = 3X +35$$

$$5X = 25$$

$$X=5$$

So Becky is 10, Ray is 45.

More Trivia Games are available on this link: <https://www.seniorsonline.vic.gov.au/services-information/trivia>

And finally, best wishes for the festive season from our committee and snoopy. Stay safe.

