

Newsletter - January 2026

*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 - Lots of it!

Learning with Locals - Clare Le Serve.

Sunday 15 February 1.30 - 3pm @ Corinella Community Centre



Don't miss this golden opportunity to learn about Clare and her life experiences.

Join Clare and others afterwards, for a cup of tea and a chat. (Gold coin entry fee to cover costs.)

Clare Le Serve was born in a taxi on the way to Queen Victoria Hospital in 1954. A writer and community advocate, she served twelve years as a Bass Coast Shire Councillor, including two terms as Mayor, and is known for her independence, plain speaking and sense of humour. Her writing draws on lived experience to explore power, place, and community. She lives in Corinella and continues to write and speak out in her retirement.

Chair Yoga starting again - Wednesday 11 February @ 11.30-12.30.

myli.org.au



CHAIR YOGA @ WATERLINE LIBRARY

myli.au/events

Date: Beginning February 11 2026
Time: 11.30am
Location: Waterline Community Library, Grantville
Branch phone number: (03) 5674 1169

In partnership with U3A Bass Valley, join Myli for a relaxing morning of chair yoga.

Meeting on the 2nd and 4th Wednesday of the month, this exercise session is perfect for those wanting gentle movement.

Bookings essential.

We're set to resume Chair Yoga at Waterline Library in February, please see flyer attached. After some community feedback, we're moving to 2 sessions a month which will run on the **2nd and 4th Wednesday** of each month which is great!

Due to the small space bookings are essential. If using the booking system is difficult for some group members, they are very welcome to give us a call and we can book them in (5674 1169). The Waterline library at Grantville will be staffed for this event every 2nd and 4th Wednesday of the month. Just wear comfortable clothes and simply turn up.

Christmas lunch - Royal Hotel Kooweerup

In case you missed the lunch the video can now be viewed on YouTube at <https://youtu.be/6mHLWRjcSdc>



Discovering the Bass Valley with Geoff Guilfoyle



Those travelling along the Bass Highway heading for Wonthaggi or San Remo might well consider spending some time in the Bass Valley area. There is plenty to see and do!

The Gurdies Nature Reserve, just off the Bass Highway, offers bush walks replete with wildlife and orchids when in season. You can walk to the historic cemetery at Grantville (established in 1872, making it the oldest in the region) or to the Dunbabbins Road lookout with its view of French Island and Tenby Point.

Those willing to leave the Bass Highway for a stunning lookout and scenic drive, turn-left at The Gurdies and take The Gurdies-St. Helier road into The Shunt Off for views of rolling hills to the left and Westernport bay to the right. The lookout with its magnificent panorama of the bay is about 1km from the Grantville-Glen Alvie Road that leads back to Grantville and the Bass Highway.

If the tide is out, a few kilometres past Grantville turn right into Queensferry Jetty Road. At the end of the road are the ruins of two piers: sawmiller Alexander Stewart's mid-1870s private jetty and the early 1880s government pier. Further along the beach are the ruins of the wooden seawall, built in the early 20th century to keep back the encroaching waters - a job at which it failed spectacularly. You are now standing on the Esplanade, the main thoroughfare of the vanished town of Queensferry - its beachfront houses, school, hall, and hotel long gone.



Corinella, on the other hand, is still very much in existence. Its historical claim to fame is that it was the site of an early attempt at settlement (December 1826 until February 1828) in what became the Colony of Victoria. Starting from the local hall there is a History Trail for those feeling energetic. For those less inclined, you can always have a meal and a drink at The Fig & The Bay café located in the century old Hughes family house surrounded by Moreton Bay fig trees. Afterwards, if the tide is low, you might try a walk along the beach and examine the various colourful patterns and striation in the cliff face in and around Settlement Point and enjoy ample views of the coastline and French Island from the lookout. Or maybe a stroll along the pier, watching the boats or tossing a line.

Get involved in Mindfulness Project



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QUEENSLAND AUSTRALIA

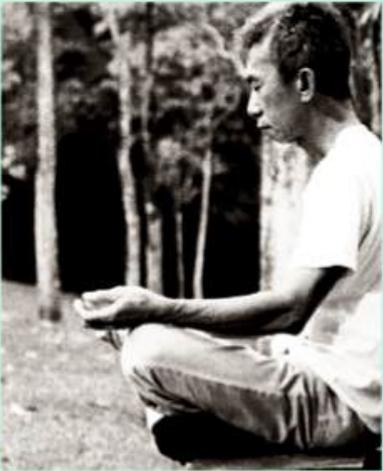


Photo credit to "Meditation" by Kah Wai Sim is licensed under CC BY 2.0.

Shape the Future: Help Us Design a Mindfulness Intervention!

Are you aged over 60 and have noticed decline in your thinking and memory? Would you like to help design a mindfulness intervention?



Photo credit to "meditation" by sashameel is marked with CC0 1.0.

What does the study involve?

We are creating a new mindfulness intervention for people aged over 60 who have noticed decline in their thinking and memory, or been informed by a health professional that they have memory or cognitive difficulties. We are looking for assistance from you to share your ideas through an online survey about the content and length of the mindfulness program, and potential modifications for it.

This study is a part of a PhD project at Griffith University
GU ref no: 2025/916

Scan here the QR Code
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Interested?

Email us:
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Phone or text:
044 900 6363

We will send you the link

or

Cathy Macleod Vanilla Slice

Lattice biscuits (or sayo biscuits)
600 ml cream
Pkt Cottees instant pudding mix -vanilla
1/4 cup icing sugar
Vanilla
Beat all ingredients until stiff

President's Message



Ronnie the Beagle inspects the new pigs

Happy new year! I look forward to a fulfilling year with lots of learning, laughing and living from the U3A Bass Valley classes and events.

Most of our classes have started or are due to start in February. We remind everyone to renew their memberships and encourage new members to join. The good news is that classes are beginning to fill quickly. As you probably know we are reliant on our memberships to cover our venue costs and to expand our programs. You might also consider offering to share your stories and experiences. We welcome all suggestions.

The Games Club now has some new games, including larger pigs for Pass the Pigs! This will require a different technique with the throw - I look forward to seeing the new approaches!

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

Heads up

I would like to give notice that this will be my last term as President due to increasing health commitments. So I would like to encourage others to step forward and nominate for our committee. It is a pleasure to work with these people and things are running smoothly. This is a great opportunity to not only make new friends but to learn about this wonderful organisation on a gentle learning curve. And most importantly to have fun!

Memberships

Our memberships are now open for 2026 calendar year:

New	\$35
Renewal	\$35
Half Year	\$17.50
Associate	\$15 (please specify which other U3A you belong to)

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 Membership 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.

Tutors Meeting

There will be a group leaders' meeting sometime in March, to be determined. This will be to welcome our wonderful leaders and also to distribute the updated Tutors Handbook with new information concerning insurance. There will be a proforma assessment form for private residences where some U3A activities take place.

Brain Games

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