

# Newsletter - March 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

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

## News

### Learning with Locals - Clare Le Serve.

**Sunday 15 February 1.30 - 3pm @ Corinella Community Centre**



Our first presentation for the year was well attended and a great success! Those attending heard Clare's incredible story, both amazing and inspirational. We were able to look through all the supporting materials provided, some acquired through the Freedom of Information process. Clare also highlighted the fact that thousands of children were taken away from their parents and put into orphanages during the 1950s and 60s.



If you missed Clare's presentation U3A Bass Valley recorded it and it is available for viewing on YouTube if you click [here](#).

## Learning with Locals - Living Well with Janet Cobden

15 & 22 March 1.30-3pm

### Corinella & District Community Centre (CDCC) Blue Room

Come and hear our very own Janet talk about Positive Ageing (session 1) and Strength, Resilience & Nutrition (session 2). These are stand alone sessions. To book just email [admin@u3abassvalley.com](mailto:admin@u3abassvalley.com) with your name or phone 0411 049 708. Gold coin entry fee.

Janet Cobden Edition

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# U3A BASS VALLEY NEWS

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**POSITIVE AGING  
15<sup>TH</sup> MARCH**



**Positive aging**

1.30-3.30pm @ Blue Room CDCC (Gold coin entry fee to cover costs)

*"Aging is not lost youth but a new stage of opportunity and strength."  
Betty Friedan*

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**JANET COBDEN  
LEARNING WITH LOCALS**

Janet is a retired physiotherapist with over 30 years of experience. She has a background in physiotherapy rehabilitation for older people, studying changes that occur as we grow older. She has written several papers, books and has Master Degrees in this area. Janet will be presenting 2 stand alone sessions on living well at the Corinella & District Community Centre on the Sunday 15<sup>th</sup> March & Sunday 22<sup>nd</sup> March. **PUT THESE DATES IN YOUR CALENDAR SO YOU DON'T MISS OUT, & DON'T FORGET TO LET YOUR CHUMS KNOW!**

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**STRENGTH, RESILIENCE, & NUTRITION  
22ND MARCH**

1.30-3.30pm @ Blue Room CDCC (Gold coin entry fee to cover costs)

*"Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!"  
Ingrid Bergman*

## Bass Coast Refugee Sponsorship Group - Trivia Night

Dalyston Hall, 21st March 2026 at 7.00pm. \$35pp tickets at TryBooking  
<https://www.trybooking.com/events/landing/1539783>



Sharpen your trivia skills and join the Bass Coast Refugee Sponsorship Group for a fun(ny) night of facts and figures, comedy, food, music, and games.

Have a great night, while supporting the settlement of refugees in our region.

Our Group has recently welcomed a fourth refugee family to Bass Coast. Our task is to ensure their settlement in Australia is smooth and a positive experience. This involves arranging accommodation, schooling, English language training and many more aspects of life in their new country.

Bring your friends! Book a table!

Promote in your school newsletters!

See attached poster for more details.

Bass Coast Refugee Sponsorship Group



## Chair Yoga continuing 2nd & 4th Wed @ 11.30-12.30.

We're set to resume Chair Yoga at Waterline Library, 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.

## Gaye's Chocolate Fudge



Here at last is my chocolate fudge recipe..

One 397g tin of sweetened condensed milk, and 375g packet of dark chocolate buttons.

I place condensed milk in a saucepan first, then chocolate buttons and on a low heat, continuously stir together and as buttons melt, it will thicken.

I line a container and put coconut on top. I have placed chopped peanuts through, and on top. Add whatever you like.

## President's Message

All of our classes have now commenced. We are still collecting memberships and our numbers are increasing. Tai Chi now has over 20 members and Ukulele numbers have also increased. I have received very positive reports about these classes. When the Tutors' Handbook is revised with additional insurance information I will arrange a Tutors meeting. Thank you to all our wonderful volunteers! (Still no pianist for our choir though!)

I urge all members to log in to the [U3A Victoria Network website](#) . On the bottom left hand side of the page you will find a link to the [U3A Network Victoria News](#). This recently featured a very informative article on AI which I have reproduced below. (I've added the bold text for emphasis)

(From March 2026 U3A Network Victoria Newsletter)

### **Recent Advances in Artificial Intelligence – What It Means for Us**

Over the past six months, artificial intelligence (AI) has continued to develop at a remarkable pace. While AI can sometimes sound technical or futuristic, many of the latest advances are already influencing everyday life in practical ways.

One of the biggest improvements has been in “generative AI” — systems that can **write, summarise, answer questions, create images, and even help with computer tasks**. These tools are becoming easier to use and more conversational, so you can ask questions in plain English and receive helpful, easy-to-understand responses. **Many people are now using AI to help draft emails, plan travel, research family history, or learn new topics.**

**Healthcare** is another area seeing strong progress. New AI systems are helping doctors **detect illnesses such as cancer earlier and more accurately by analysing medical scans and test results**. AI is also being used to remotely monitor patient health, which may improve access to care.

**Voice technology** has also improved significantly. AI can now better understand natural speech and different accents, making digital assistants more useful for **setting reminders, sending messages, and finding information without typing.**

Importantly, governments and organisations are paying closer attention to AI safety and ethics. There is growing focus on protecting privacy, reducing scams, and ensuring AI systems are reliable and trustworthy — an important issue for older people who may be targeted by online fraud.

Overall, the latest advances in AI are less about robots and more about practical tools that can assist with communication, health, learning and daily tasks. Used wisely, AI has the potential to make life easier, more connected and better informed — at any age.

*John Taubman, Vice President - Operations*

Recently on ABC Radio they invited listeners to respond to this question:

You hit midlife, which house would you choose -

1. Pickleball
2. Sour dough and books
3. Plants or birds
4. Strength training & protein
5. Art and craft

(I would choose several.)

## Memberships

Our memberships are due 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](http://u3abassvalley.com) under "Membership". Membership forms will also be available from your group leaders.

## Brain Games

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