

U3A Seymour & District Inc
Chittick Place, Pollard St, Seymour

Web: www.u3aseymour.org.au
Facebook: Uthreese Seymour

President
Louise Byrne
0407 841 812

Secretary
Vicki Abery
0438 323 320

PO Box 767, Seymour 3661

Office Phone: 0448 153 572

Email: seymu3a@gmail.com

NOTICEBOARD

August 2022

Reports from Groups

Luncheon Club

Six members met at the Railway Hotel for a very enjoyable lunch and much chatter and laughter. Don't forget that you will be emailed early August with the details of the August luncheon. To book a place you need to respond to the email. Thank you.

Meditation

Our participants seem to be very happy with the class! Someone is sleeping much better and another is really enjoying the peacefulness and the reduction of head chatter. As well as meditating for an hour we have some great conversations. Today we had a "sound bath" with Tibetan Singing Bowls.

If you would like to know more we encourage you to call John (0433 324 607) or Irene (0425 755 093), otherwise, come along for a session or two and see if it works for you. All of us are finding it useful to have a structure to take time out of our busy worlds to pause and just "be".

Potted History

Still in recess until September. Please let Heather know of any areas which you would like to have covered. Provisional areas for this semester are Strath Creek, Benalla, and/or Bendigo.

Thursday Matinee



Our next film will be *Woman in Gold*, a 2015 biographical drama film directed by Simon Curtis and written by Alexi Kaye Campbell. The film stars Helen Mirren, Ryan Reynolds, Daniel Brühl, Katie Holmes, Tatiana Maslany, Max Irons, Charles Dance, Elizabeth McGovern, and Jonathan Pryce.

The film is based on the true story of Maria Altmann, an elderly Jewish refugee living in Cheviot Hills, Los Angeles, who, together with her young lawyer, Randy Schoenberg, fought the government of Austria for almost a decade to reclaim Gustav Klimt's iconic painting of her aunt Adele Bloch-Bauer, *Portrait of Adele Bloch-Bauer I*, which was stolen from her relatives by the Nazis in Vienna just prior to World War II. Altmann took her legal battle all the way to the Supreme Court of the United States, which ruled on the case *Republic of Austria v. Altmann* (2004).

Travellers

25 August National Gallery of Victoria – Melbourne Winter Masterpieces
The Picasso Century



Pablo Picasso was an artist in and of his time, absorbing and reacting against the ideas and actions of artists and intellectuals around him.

In this world-premiere exhibition spanning the whole of NGV International's Ground Level, see Picasso in the context of work from more than 50 of his influences, including Georges Braque, Salvador Dalí, Françoise Gilot, Dora Maar, André Masson, Henri Matisse and Gertrude Stein.

Please notify Anne or Marnie if you coming with us.

For the program of remaining events please refer to the July Notice Board.

Melting Pot

Click [here](#) for information.

All notices for the next Noticeboard need to be emailed to U3A
(seymu3a@gmail.com) **and** Heather (123hbee@gmail.com) on or before

August 26th

If you have any photographs of any activities, or busy groups, please email them to
U3A **and** Heather.

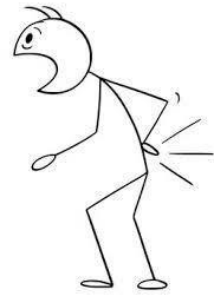
Noticeboard will be sent out on **August 31.**

For in the final analysis, our most basic common link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children's futures. And we are all mortal.

- John F. Kennedy



All Welcome



U3A MELTING POT

1:30-3pm Tuesday 2nd August 2022

Venue-Grey Building in Chittick Park near the Seymour Sports & Aquatic Centre

Pain and the Role of the Brain

Understanding the Power of the Mind Body Connection

Guest Speaker—Irene Telford

Irene has always been curious about the power of the brain, particularly in relation to well being and education. In the 1980s she discovered accelerated learning, kinesiology and massage. Her background as a Preschool teacher and as a carer for young people with intellectual disabilities, gave her “on the ground” experience with both learning and health. More recently she has been engaged in a research project dealing with her own health issues. She has discovered powerful connections between the brain, pain and our emotions. She is especially inspired by the work of Dr John Sarno.

- How does your body and your mind team up (or not!)?
- Could we train our brains to be kinder and more encouraging?
- Would humour and play make a difference?
- Can we “talk top our brain”?



Seymour and District U3A Timetable – Semester 2 – 2022

28/07	COURSE	July	August	September	October	November	VENUE	CONTACT
1	Bobbin Lace/Craft Mon 10.00-12noon	SH, 11, 18 25	1, 8, 15 22, 29	5, 12, SH SH	3, 10, 17 24, 31	7, 14, 21 28	CP	Maree Langley 5796 2337
2	Book Group 3rd Mon 1.30-2.30pm	18	15	19	17	21	Seymour Library	Marg Cox 0417 233 055
3	Garden Matters 3rd Wed 1.30-3pm	20	17	21	19	16	TBA	Pam Lawler 0437 377 479
4	Genealogy 1st Thurs 11-12noon	7	4	1	6	3	Seymour Library	Trish Archer 0409 945 807
5	German Intermediate Mon	SH, 11, 18 25	1, 8, 15 22, 29	5, 12, SH SH	3, 10, 17 24, 31	7, 14, 21 28	Seymour Library	Trudi Lavoipierre 5799 2425
6	German Beginners Mon	SH, 11, 18 25	1, 8, 15 22, 29	5, 12, SH SH	3, 10, 17 24, 31	7, 14, 21 28		
7	Jessica's Corral 2nd & 4th Mon 1.30-2.30pm	-	-	12, 26	10, 24	14, 28	Anglican Church Hall	Jenny Moran 0437 022 301
8	Just Ukés Thurs 11am-1pm	7, 14, 21 28	4, 11, 18 25	1, 8, 15 22, 29	6, 13, 20 27	3, 10, 17 24	CP	Moira Maher 0427 991 623
9	Literature 1st Wed 1.30-3.00pm	6	3	7	5	2	CP	Trudi Lavoipierre 5799 2425
10	Luncheon Club 2nd Thurs 12 noon	14	11	8	13	10	Venues TBA	Margaret Flynn 0400 105 425
11	Mahjong Mon 10am -12 noon	4, 11, 18 25	1, 8, 15 22, 29	5, 12, 19 26	3, 10, 17 24, 31	7, 14, 21 28	CP	Dawn Leece 5792 1595
12	Meditation Thurs 9.30-10.30	7, 14, 21 28	4, 11, 18 25	1, 8, 15 22, 29	6, 13, 20 27	3, 10, 17 24	CP	John Stares 0433 324 607
13	Melting Pot 1st Tues 1.30-4.00pm	-	2	6	4	-	CP	Seymour U3A 0448 153 572
14	Potted History 4th Wed 9.30-11am	-	-	28	26	23	Meet CP car park	Heather Baetge 0419 923 248
15	Thurs Matinee 3rd Thurs 1.30-3.30pm	21	18	15	20	17	CP	Trish Archer 0409 945 807
16	Travellers 4th Thurs	28	25	22	27	24	Meet at station	Marnie Sloane 0418 524
17	Walk and Wonder Tues 9.00 am	5, 12, 19 26	2, 9, 16 23, 30	6, 13, 20 27	4, 11, 18 25	1, 8, 15 22, 29	Meet CP car park	Lesley Dalziel 5792 1848

Abbreviations: CP: Chittick Park Community Place SH: School Hols PH: Public Holiday.

School Holidays – June 25 to July 10 (incl.), September 17 to October 2 (incl.)

U3A office is open each Monday from 10.00 – 12.00. (excluding public holidays)

Email: seymu3a@gmail.com Website: www.u3aseymour.org.au Phone: 0448 153 572

Please advise your tutor/contact if you are unable to attend a session.