



U3A Seymour & District Inc
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NOTICEBOARD

July 2023

President's Message

While many of us will be taking a break from classes during these school holidays some people are the lucky ones - heading up north to a sunny spot. Enjoy! In July we are acknowledging the great effort that our tutors put in to make their classes good experiences. We are taking them out on a celebratory lunch as we can't do without them so we need to spoil them once in a while!

With the second semester around the corner, we are assuming that you will be continuing with the same classes unless you tell your tutor otherwise. The 2nd Semester timetable is included with this Notice Board so let us know if there are any other classes that you would like to try.

Reports from Groups

Book Group

Our book for June was "I am Malala" by Malala Yousafzai with Christina Lamb. We were not fans of this book and would hesitate to recommend it as a good read. Next month's book is "Made in Scotland" by Billy Connolly. We hope this book will be a light hearted look at the comedian's life answering the questions posed by him: "Where do you come from?" and "What do you come from?"

Jo Gooden will take over as group leader and contact for the Book Group in Semester 2. New members are always welcome to join the Book Group. Just come to the Seymour Library at 1:30pm on the 3rd Monday of the month and sit in on a session to see if it's to your liking.

Jenny Moran

As a member of the book group, I would like to thank Jenny for her contribution to our group over the past 12 months when she helped Marg Cox so much, and kept the group going during such a sad time.

Jessica's Corral

We are all enjoying singing in the Fellowship Room at the Seymour Uniting Church. Numbers have been up despite the very cold weather. Jessica is currently teaching us Simple Gifts, a beautiful three part harmony song. We have almost mastered The Beatles "When I'm Sixty Four"! We welcome any interested singers to come along and hear us in action on any 2nd and 4th Monday of the month at 1:30pm. If you like what you hear please join the group. Jo Gooden will take over as the contact for Jessica's Corral in Semester 2 as I move from Avenel to the Bellarine Peninsula. I take wonderful singing memories with me and will miss all the friends I have made through U3A.

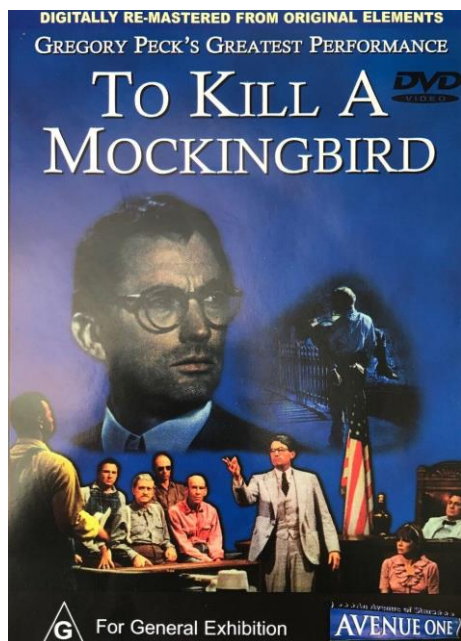
Jenny Moran

Lunch Group

The Luncheon Group is very relieved that we decided to remain In Seymour during the colder and wetter winter months. Our June luncheon, hosted by Marie Kane was held at Araminta's Tea Rooms, where we all enjoyed our lunch and gossip. We were sorry to say goodbye to Jenny and Jeff Moran as they move on to different pastures, and we wish them all the very best. Phil Block as offered to host our July Luncheon at the Seymour Club on 13th July. Details will be sent out later in the month.

To all those travelling to warmer climates, travel safely and enjoy your holidays. Margaret

Thursday Matinee



To Kill a Mockingbird is set in the fictional town of Maycomb, Alabama, during the Great Depression (1929–39). The story centres on Jean Louise (“Scout”) Finch, an unusually intelligent girl who ages from six to nine years old during the novel. She and her brother, Jeremy Atticus (“Jem”), are raised by their widowed father, Atticus Finch. Atticus is a well-known and respected lawyer. He teaches his children to be empathetic and just, always leading by example.

When Tom Robinson, one of the town’s Black residents, is falsely accused of raping Mayella Ewell, a young white woman, Atticus agrees to defend him despite threats from the community. Although Atticus presents a defence that gives a more plausible interpretation of the evidence—that Mayella was attacked by her father, Bob Ewell—Tom is convicted. He is later killed while trying to escape custody. The children, meanwhile, play out their own miniaturized drama. Scout and Jem become especially interested in the town recluse, Arthur (“Boo”) Radley, who interacts with them by leaving them small gifts in a tree. On Halloween, when Bob Ewell tries to attack Scout and Jem, Boo intervenes and saves them. Boo ultimately kills Ewell. The sheriff, however, decides ...

Travellers

July 27th

MELBOURNE WINTER
MASTERPIECES 2023:
PIERRE BONNARD

This will be a train trip to Melbourne. Meet at Seymour Station at 8.00am on Thursday July 27th.



Reminder: Travellers’ Meeting - Monday July 3rd, 9.30am at Baracca Lane

Melting Pot

This is a report and summary of the very informative Melting Pot from June 6th.

U3A Melting Pot

Seymour U3A hosted a forum on *Living at Home and Staying Independent for Longer*.

There are resources from the session which members can access at the U3A office on Mondays from 10-12noon.

[Ambulatory Care Centre of Seymour Health](#) - Sophie and Carmel presented information about their services. Topics include Diabetes Education, Dietitian, Hospital Admission Risk Program, Occupational Therapy, and Strength Training for the over 50s. There are also programs in Cardiac rehabilitation, hand therapy, pulmonary rehabilitation, physiotherapy and a planned falls prevention program. Everyone is recommended to take the Health & Lifestyle Checklist to assess your own risk of a fall before it happens. There is a cost for most services, but there are FREE General Health Check Ups (30 minute appointments) also available if you call Ambulatory Care Centre on 5735 8050.

Seymour Sports and Aquatic Centre - Kat outlined the importance of balance, strength and mobility as we age and explained their programs for Seniors. A copy of the timetable is posted on the U3A notice board, beside the office, in Chittick Place. Personal assessments can be done and an individual program set for your needs. Group programs include Senior Strength and Aqua exercise. Programs have a fee attached.

Victoria Police provided information sheets which include Personal Safety Tips, Protecting Yourself from Online Crime, Preventing Home Burglaries, Installing CCTV, Safety tips for using an ATM, Shed and Garage Security. Copies are available in the office.

VicRoads left information sheets about your health and driving; Ageing and Safe Driving which Includes a Self Assessment Guide; Your Car and Your Safety; Vision and Driving with information on cataracts, glaucoma and macular degeneration; Dementia and Driving; Diabetes and Driving; Seizures and Driving; Sleep Apnoea and Driving; Medical Forms and Fact Sheets; Vicroads Medical Review. Some conditions require the driver to notify VicRoads. These sheets can be found on the vicroads.vic.gov.au website if you search the title, or they can be copied in our office.

Nexus Primary Health unfortunately did not participate in this forum and we are currently following up to get the information to share with you. More about that in a future Notice Board.

Having your Advance Care Plan, Will and Power of Attorney in place; being willing to ask for and to accept help as we age; and the importance of concentration as we go about our daily tasks.

A future forum could be arranged if members are interested in following up on issues that couldn't be covered in this forum. We welcome suggestions for future Melting Pot topics.

Something Extra from U3A Melbourne City

U3A Melbourne City in collaboration with The University of Melbourne Presents: *Approaching the Voice*
The committee of management of U3A Melbourne City is pleased to announce that in Term 3 they will be giving Victorian U3A members the opportunity to attend four sessions with speakers from the Indigenous Unit at The University of Melbourne.

Later this year you will be asked to vote in the Referendum on a Voice to Parliament and in the coming months you will be bombarded with opinions from all political perspectives. In the *Approaching the Voice* series they will bring you voices that you will not regularly hear on radio and television: the voices of people who work continuously in this area and who are willing to share their expertise with us.

U3A Melbourne City is sharing these four 90 minute sessions as webinars via Zoom with all U3As in Victoria. Unfortunately, due to the size of the potential virtual audience there will be no questions via the chat facility but if you would like to contribute to the debate, please email Marilyn Harris with your questions for the speakers: MerilynH@u3amelbcity.onmicrosoft.com

Session 1: Monday, 10 July, from 2:00 pm - 3:30 pm

Speaker: Professor Sarah Maddison is Director of the Australian Centre at the University.

Topic - 'Contemporary conversations about treaty and voice'

Session 2: Monday, 17 July, from 2:00 pm - 3:30 pm

Speaker: Dr. Rachel Standfield is a Senior Lecturer in Indigenous Studies, Culture and Communication.

Topic - 'Politics, truth-telling and history-making: a non-Indigenous person's reflection'

Session 3: Tuesday, 25 July from 12:30 pm - 2:00 pm

Speaker: Dr. Matt Campbell lectures in the area of treaty and agreement making.

Topic: Taking Indigenous knowledge seriously- a grounded account of listening to Indigenous voices

Session 4: Tuesday, 1 August from 12:30 pm - 2:00 pm

Speaker: Professor Barry Judd is Pro-Vice-Chancellor (Indigenous) and Director of the Indigenous Studies Program.

Topic - 'Indigenous Voice: Uluru as pathway to Australian social reconstruction'

If you are interested in any of these talks, please contact Heather and she can forward more detailed information to you.

Lego Masters

I know there are quite a few grandparents who will be busy with grandchildren during these holidays. There is an activity at various libraries around the shire involving Lego bricks, which may prove interesting for your grandchildren. I am only including information about the Seymour session but more information can be found at the Mitchell Shire website.

Try some of the fun Lego challenges for kids at the library this school holidays!

Library Lego Masters - Seymour

When:

Friday 30 June at 2:00pm - 3:00pm

Where:

Seymour Customer and Library Service Centre
125 Anzac Avenue, Seymour VIC

Topic:

School Holiday Programs

Cost:

Free

Book Online at https://mitchell-events.bookable.net.au/#!/event-book/ev_51686649b452443f94620119c82691e5

We supply the Lego; you bring the imagination! Come and try some of the fun challenges at the library or build your own creations.

<https://www.mitchellshire.vic.gov.au/our-region/events/library-lego-masters-seymour>

All notices for the next Noticeboard need to be emailed to U3A
(seymu3a@gmail.com) **and** Heather (123hbee@gmail.com) on or before
July 19th 2023

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

Noticeboard will be sent out on **July 24th 2023.**

Seymour and District U3A Timetable Semester 2 - 2023

Jul	COURSE	JUL	AUG	SEP	OCT	NOV	VENUE	CONTACT
1	Bobbin Lace/Craft Mon. 10.00-noon	SH, 10, 17 24, 31	7, 14, 21 28	4, 11, SH SH	2, 9, 16 23, 30	6, 13, 20 27	CP	Maree Langley 5796 2337
2	Book Group 3 rd Mon 1.30-2.30pm	17	21	18	16	20	Seymour Library	Jo Gooden 0448 700 967
3	Garden Matters 3 rd Wed 1.30-3.00pm	19	16	20	18	15	TBA	Pam Lawler 0437 377 479
4	Genealogy 1 st Thurs 11-12noon	6	3	7	5	2	Seymour Library	Trish Archer 0409 945 807
5	German Advanced Mon. 9.00-10.30am	SH, 10, 17 24, 31	7, 14, 21 28	4, 11, SH SH	2, 9, 16 23, 30	6, 13, 20 27	Seymour Library	Trudi Lavoipierre 5799 2425
6	German Beginners Mon 10.30-12noon	SH, 10, 17 24, 31	7, 14, 21 28	4, 11, SH SH	2, 9, 16 23, 30	6, 13, 20 27	Seymour Library	Trudi Lavoipierre 5799 2425
7	German Intermediate Mon 12noon-1.30pm	SH, 10, 17 24, 31	7, 14, 21 28	4, 11, SH SH	2, 9, 16 23, 30	6, 13, 20 27	Seymour Library	Trudi Lavoipierre 5799 2425
8	Jessica's Corral 2 nd &4 th Mon 1.00-2.30pm	10, 24	14, 28	11, 25	9, 23	13, 27	Uniting Ch Foyer	Jo Gooden 0448 700 967
9	Just Ukes Thurs 11.00-1.00pm	6, 13, 20 27	3, 10, 17 24, 31	7, 14, 21 28	5, 12, 19 26	2, 9, 16 23, 30	CP	Moira Maher 0427 991 623
10	Literature 1 st Wed 1.30-3.00pm	5	2	6	4	1	CP	Trudi Lavoipierre 5799 2425
11	Luncheon Club 2 nd Thurs 12noon	13	10	14	12	9	TBA	Margaret Flynn 0400 105 425
12	Mahjong Mon 10.00-12noon	3, 10, 17 24, 31	7, 14, 21 28	4, 11, 18 25	2, 9, 16 23, 30	6, 13, 20 27	CP	Dawn Leece 5792 1595
13	Meditation Thurs 9.30-10.30am	6, 13, 20 27	3, 10, 17 24, 31	7, 14, 21 28	5, 12, 19 26	2, 9, 16 23, 30	CP	John Stares 0433 324 607
14	Melting Pot 1 st Tues 1.30-4.00pm	-	1	5	3	-	Salvos Hall	Seymour I3A 0448 153 572
15	Potted History 4 th Wed 9.30- 11.00am	26	23	27	25	22	Meet CP car park	Heather Baetge 0419 923 248
16	Matinee 3 rd Fri 1.30-3.30pm	21	18	15	20	17	CP	Trish Archer 0409 945 807
17	Travellers 4 th Thurs	27	24	28	26	23	TBA	Marnie Sloane 0418 524 572 Anne Thompson 0403 103 795
18	Walk & Wonder Tues 9.00am	4, 11, 18 25	1, 8, 15 22, 29	5, 12, 19 26	3, 10, 17 24, 31	7, 14, 21 28	Meet CP car park	Lesley Dalziel 5792 1848

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

School Holidays: 24 Jun - 9 Jul, 16 Sep -1 Oct

U3A office is open each Mon from 10.00 – 12.00.

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

Facebook: <https://www.facebook.com/uthreea.seymour>

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