



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

President  
Irene Telford

PO Box 767, Seymour 3661

Web: [www.u3aseymour.org.au](http://www.u3aseymour.org.au)  
Facebook: Uthreea Seymour

Secretary  
Jo Gooden

Office Phone: 0448 153 572

Email: [seymu3a@gmail.com](mailto:seymu3a@gmail.com)

## NOTICEBOARD

### Month 2023

#### President's Message

If you would like to contribute to U3A (without being on the Committee!) we would love to have a couple more volunteers to man the office on a Monday morning for 2 hours, 2 or 3 times a semester. You will get to learn a few new things, which is the training we all need to keep our brains in good shape. It's pretty easy and doesn't involve the computer, and you won't be left on your own until you've got the hang of it. How about giving it a try? Call Jo or myself if you would like to take that on. If you like company a couple of members could even do it together.

We had a big attendance for Melting Pot in June and encourage you to invite people to join us at the Salvation Army Hall on the 1st of August for the discussion on negotiating the My Aged Care system. Remember our Melting Pots are open to the public, not just members. Enjoy your 2nd Semester!

#### Name Tags

Finally, they are getting underway. Some members have indicated that they want them in Portrait style and others have said that they want them in Landscape style. Over the next month or so nearly every member will receive an email explaining these two styles. If I don't hear back from you, by a date included in the email, telling me that you want a Landscape style then yours will be printed in Portrait style. This means, of course, that if you want yours in Portrait style you don't have to do anything. For members who receive a posted Notice Board I will ring them for their choice. More to come.

<p style="text-align: center;"><b>Portrait</b></p> <p style="text-align: center;">Name</p>
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<p style="text-align: center;"><b>Landscape</b></p> <p style="text-align: center;">Name</p>
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## Reports from Groups

### **Book Group**

We are enjoying great conversation around books in our book group. As the new tutor for the group, I am finding my way with the help of all group members.

For our current book we are excited to read *Stone Town* by Margaret Hickey, who is an author from our region.

Our August book will be *Atonement* by Ian McEwan.

We meet on the third Monday of the month at the library and welcome anyone who would like to join.

Jo Gooden

### **Jessica's Corral**

Due to the movement of people to warmer climates during the winter we have had fewer voices in our sessions. We continue to learn and practise harmonies for well known and less well known songs.

Jessica provides encouragement and patience with our group!

Join us in the foyer of the Uniting Church on the 2nd and 4th Mondays at 1.30pm. The alto voices in particular could do with some bolstering.

Jo Gooden

### **Lunch Group**

On Thursday 13<sup>th</sup> July a small number of members met at the Seymour Club for lunch. Due to medical appointments and holidays, numbers were down but the time was thoroughly enjoyed. Many thanks to Philip Block for organising the lunch. On 10<sup>th</sup> August Judy Block will host us at the Rowing Club Hotel in Nagambie. Further information will be sent out in the near future.

### **Travellers**

#### Thursday July 27th

Trip to the NGV to see the Winter Masterpieces Exhibition

Pierre Bonnard: Designed by India Mahdavi.

This is our annual pilgrimage to the NGV. As Barry Humphries said, "At least you can say you've seen it".

Be at Seymour Station at 8.00am.

#### August 24th

No Travellers expedition for this month.

### Information

The Australian Women's Weekly: 90 Years of an Australian icon at Bendigo Art Gallery

While Travellers are not going to this, it is strongly recommended you do see it. You'll love the video on the Weekly's best selling Children's Birthday Cake book. Hilarious. It's free, not too large and the cafe is open again. Finishes August 27th.

Melting Pot

# My Aged Care

## The Start of the Journey

Do you, or someone you know, need help to understand the aged care system, including home care services?

Come along to Melting Pot on:

Tuesday, 1<sup>st</sup> August, 2023 at 1.30pm

at the Salvation Army Hall, Victoria St., Seymour

(Not our usual venue)

What services are available and who provides them?

Who is eligible?

How do I apply?

What happens next?



COTA Victoria will present this free information session and will answer your questions. For more than 70 years Council on the Ageing (COTA) Victoria has been the leading not-for-profit community organisation representing the interests and rights of people aged 50+ in Victoria.

A representative from NEXUS (provider of primary and community health services) will also be available to answer your questions and provide information about their services.



**Everyone is welcome to come to this information session.**

You do not have to be a U3A member.

### Friday Matinee

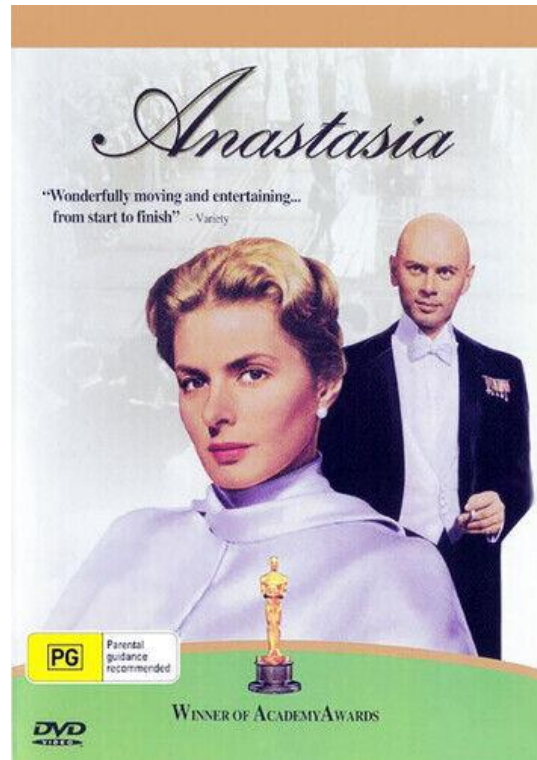
This film marked Ingrid Bergman's Hollywood comeback, after being effectively blacklisted in 1949 for having an affair with director Roberto Rossellini and having a child out of wedlock.

This movie was based on the story of Anna Anderson, a woman who claimed to be the Grand Duchess Anastasia. It was later discovered that, in fact, she was not who she claimed to be; the mystery was solved through DNA examination of a small piece of tissue cut from Anna in an operation years before. A group of exiled Russians claim to have found the living daughter of the Tsar, presumed executed in 1918.

Ingrid Bergman won the Oscar for Best Actress and the film was nominated for Best Music Oscar.

Cast includes:

Ingrid Bergman, Helen Hayes, Yul Brynner, and Akim Tamiroff.



### Busy Groups

On Monday German classes are led by Trudi in the Seymour Library and once a month Book Group, lead by Jo, is also held in the Seymour Library.



## Want to Enjoy a Navy Band Concert?



The Yea Wetlands were substantially damaged in the October 2022 flood. The Royal Australian Navy Band has generously offered to perform two fundraising concerts to assist with repair and recovery of the Wetlands. You are invited to attend one or both of these concerts on 30 July at the Yea Shire Hall.

Starting at 1pm, the first concert is titled "Chamberwaves". It will feature smaller ensembles including the clarinet choir, brass quintet and woodwind quintet.

From 2pm to 3pm there will be an afternoon tea at the hall for audience members with tickets to both concerts (\$2.00 donation).

At 3pm the Jazz Concert will feature seven of Navy's finest jazz musicians. The group includes a rhythm section, trumpet, saxophone, trombone and vocalist. They will be performing selections from their diverse repertoire which ranges from classic jazz standards, swing, bossa-nova and samba, to New Orleans and boogaloo.

For more information and to buy tickets, visit:

[https://www.trybooking.com/events/landing/1067364?fbclid=IwAR10Btod69Ft4spnq0N1TrB7UJyNovt7wUb9qQcoXegabLyKo9HI64ueE\\_I](https://www.trybooking.com/events/landing/1067364?fbclid=IwAR10Btod69Ft4spnq0N1TrB7UJyNovt7wUb9qQcoXegabLyKo9HI64ueE_I)

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

**August 23**

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 28.**