

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

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

President
Irene Telford

Secretary
Jo Gooden

PO Box 767, Seymour 3661

Office Phone: 0448 153 572

Email: seymu3a@gmail.com

NOTICEBOARD

September 2023

Vale Vicki Abery



We are all deeply saddened by the passing of Vicki Abery on Saturday 12th August 2023. We will miss her vibrancy and generous spirit. She always had a smile and a laugh to share with everyone she met.

As Secretary of our U3A group for 5 years, including the difficult COVID times, she made a great contribution to the organisation, to make sure Seymour & District U3A continued, retiring only at the AGM in February 2023. Even while ill, Vicki participated in classes, Feldenkrais with Olga, a big favourite; it was the lying down exercise that appealed.

Vicki was committed to the Seymour & District community; she was a relative newcomer to the area, having moved here with her partner Bruno approximately

10 years ago. Vicki was an active member of the Seymour Riding for the Disabled group, I'm sure her interest started with her love of horses, especially those retired from racing. When the RDA storage was burgled, she went on the radio to discuss the event; raising considerable donations toward RDA by speaking about it.

Vicki stood up for our U3A, she liaised with Council to ensure we kept our bookings and low charges for the use of Chittick Place, reminding them of the contribution made by previous members of U3A to having that building located at Chittick Park. Vicki and Louise investigated and with the support of the committee at the time implemented the MyU3A system to ensure that the records of our members could be tracked appropriately.

If there was to be a message to the members of Seymour & District U3A from Vicki, it would be something like "get on with life, jump in, seize opportunities, make mistakes and do what it takes, you might just really enjoy yourself along the way".

Vicki's funeral was held at St Margaret's Anglican Church, Eltham on Wednesday 23rd August, at 1.30pm. There were no flowers by request, in lieu donations to The Peter MacCallum Foundation were requested.

Vale also to Jim Sexton, a long time member and a very knowledgeable gent.

President's Message

Next week is not only the start of Spring but it is also Adult Learners Week (1-8 September) so how about attending one of our other classes to try out what is on offer? Come a couple of

times to be sure! Meditation, Mahjong or even Bobbin Lace. You might like to return to a class that you have done before. Check out the Semester 2 Timetable to get other ideas. The Tutors love having new people and participation is what U3A is all about. Why not invite a friend or neighbour who can come twice before making a financial commitment.

We are in full swing preparing the program for 2024. A reminder that you can check out U3A online courses here: <https://www.u3aonline.org.au/courses>. There are more than a 100 titles to choose from so explore and have a play around and get back to us. Botany: The Study of Plants for Enjoyment, Astronomy, The Night Witches are a few examples.

We would also like to invite interested members to “sit in” on a committee meeting to see what we do. Our meetings are usually held at 1.30pm on the second Wednesday of the month but it would be best to give either Jo or myself a call to confirm. No expectations, no obligations, just an opportunity.

If money is your thing, we are seeking someone to take on the role of Treasurer. Most of us are fearful of making mistakes but on the other hand, how do we learn if we don't step out? Be bold. Encouragement and on the job training provided!

U3A Tutors' Lunch

Thanks to a grant from the Mitchell Shire Council for Volunteers' Week the Seymour and District U3A Tutors and Committee enjoyed a delightful lunch at the Brewers Table last Wednesday. It was an opportunity to acknowledge the effort that the tutors put in to make their classes valuable and fun for the participants. Not all tutors were able to attend our lunch but three cheers for all out tutors: Maree, Jo, Pam, Trish, Trudi, Moira, Margaret, Dawn, John, Heather, Marnie, Anne & all those who have played a role in one way or another!



Reports from Groups

Bobbin Lace and Craft Group

Have you a phd (project half done) or wip (work in progress) that needs finishing? Then come to class on Mondays and join like minded people. We are a friendly group who are working on our projects chatting, laughing and helping each other. If you need help to learn a new skill or just need impetus to keep going with an old one we are the group for you. There is a lot of discussion at the moment on the importance of creative endeavours being important to our “wellness”. So. What's stopping you? Come, join us.

Maree

Just Ukcs

We are playing at Karingal on Thursday, August 31. If you want more information, please contact Moira. I am sure that the residents of Karingal will enjoy this performance.

Moira Maher

Book Group

For August we returned to a local author in reading *Stone Town* by Margaret Hickey, having enjoyed her first book, *Cutters End*, previously. We all enjoyed her books immensely, several of us reading it quickly as it was difficult to put down.

Our new book will be *The Happiest Man on Earth* by Eddie Jaku. We try to insert non-fiction texts from time to time.

As there are so many book groups within the shire, we have to plan ahead to get the books we would like to read.

Our final two books will be *The Tiger Catcher* by Paullina Simons and *Atonement* by Ian McEwan.

Jo Gooden

Garden Matters

On Wednesday 16th August, Garden Group members met at the Seymour Pioneer Park Cemetery to see if we could identify the hardy plants that survive there. The park consisted of a mixture of natives and European plants. Members identified that they had several of the plants growing in their own gardens such as the agapanthus, wattles, grevilleas, bottlebrushes, deities, daffodils, jonquils, clivias, sheoaks and various old gum trees, which are true survivors in anyone's garden.

Our next stop was the Seymour Garden Nursery where we wandered to our hearts' content and found treasures to take home.

Many thanks to Joan for hosting our cuppa, chat and providing the delicious goodies.

September 20th meeting will be visits to two more gardens in Seymour. Details will be forwarded directly to registered members in the next couple of weeks.

Reminder that the Yea Garden Expo is on Saturday 23 & Sunday 24th September.

Pam

Jessica's Corral

Our numbers have fluctuated a bit during the winter, which makes it difficult to master some harmonies. Practice makes perfect!

We are still looking for voices to add to our group. Remember, if you are not a member you can come for a couple of tries before signing up. 🎵 🎵

Jo Gooden

Luncheon Club

On Thursday 17th August 11 members met at the Rowing Club Hotel in Nagambie for a delicious lunch and lively chatting, hosted by Judy Block. Many thanks Judy.

It was wonderful to have Judy and Don Macdonald back after some time away. Judy has offered to be our host for the September lunch.

To all those on holidays we hope you are having a wonderful time and sunny days.

Margaret Flynn

Potted History

Unfortunately, this course will not restart this year. All members of the group have been notified.

Melting Pot



MELTING POT

1:30 pm, Tuesday, 5th September 2023
Salvation Army Hall, 8/10 Victoria Street, Seymour

The Voice Referendum



Sarah Brenan, editor of several indigenous books, has offered to lead a discussion on this important issue, taking into account both the YES and the NO perspectives. It is an opportunity to raise any concerns that you may have, clarify your thoughts and make an informed choice. Join us for a respectful exploration!

- What would this Voice look like?
- What powers would it have?
- What would it mean for both Indigenous and non-Indigenous citizens?

No prior knowledge is necessary however we would encourage you to read the Uluru Statement from the Heart online. <https://ulurustatement.org/>

*This talk is free, open to the public and everyone is welcome
Afternoon tea will be served.*

Seymour & District U3A
PO Box 767, Seymour 3661 Email: seymu3a@gmail.com Web: www.u3aseymour.org.au

Friday Matinee



The film for September is "My Cousin Rachel," starring Richard Burton and Olivia de Havilland. Based on the best-selling novel by Daphne du Maurier. It weaves an eerie tale of Gothic romance, set against the backdrop of the wild, rock-ribbed Cornish coast. Richard Burton, in his first American film role, stars as an anguished young Englishman, torn between dark suspicion of and an uncontrollable passion for his guardian's widow, the alluring and mysterious Rachel (Olivia de Havilland).

Miscellaneous Items

A Very worthy Cause



Tony is Jo Gooden's husband.

Tony is doing the fire fighter stair climb in September. He is not on the socials much so Jo is co ordinating for him. Any donations appreciated.

Climbing for CFA Mitchell Shire Group

G'day. On the 2nd of September I'll be running? up 28 floors in 25 kg of fire gear at the Crown Metropol Hotel to raise money to fight cancer, depression and suicide through Peter MacCallum, Lifeline and the 000 Foundation.

I hope you can help out, even just a little.

If you can – do it now, so you don't forget. Thanks!

<https://www.firefighterclimb.org.au/climber/tonygooden/>

Keeping Safe Online

<https://ruralwomenonline.org.au/keep-safe-online>

This is an initiative of Rural Women Online and covers such topics as Spotting Scams, Social Media, Factor Authentication, PayPal Accounts (a safe and secure way to send and receive money online), Password Managers and Malware (software designed to steal your information and damage your computer). Well worth a visit if you are wary of the internet.

Karingal Seymour

Karingal is in need of volunteers to work with the residents. This is very rewarding work and I certainly recommend it. The time you work is entirely up to you. The Lifestyle Program co-ordinators, pictured right, are a vibrant and helpful trio. Just to sit and talk with a resident or two would be much appreciated by all. Please contact Karingal on 03 57352200 if you can help, or you know someone who can.



Exclusive Offer for U3A Groups for *The Best of Britain*

Discounted entry to a guided tour of 'The Best of Britain' exhibition at The Johnston Collection in East Melbourne (www.johnstoncollection.org) one of Melbourne's 'hidden treasures'.

U3A special discount price: \$20 per person (+ \$3.50 booking fee)

The Johnston Collection is a multi award-winning, critically acclaimed museum with a superb collection of English Georgian, Regency, and Louis XV fine and decorative arts, and objet d'art which was a gift from William Robert Johnston (1911-1986) to the people of Victoria. Johnston was a prominent Melbourne-born antique dealer, real estate investor and collector. The Collection is displayed in a constantly changing domestic setting, in his former residence, Fairhall, an historic East Melbourne townhouse.

Tours operate at 10am, 12pm and 2pm on Wednesday – Sunday.

Book via the website using the Exclusive UoM Promo code: U3A20

BOOK HERE

Important information about planning your visit: <https://johnstoncollection.org/Visit~4>

Explore the exhibition online at: <https://captur3d.io/view/the-johnston-collection/the-best-of-britain>

About the Exhibition

THE BEST OF BRITAIN | WILLIAM JOHNSTON: His Residence and Collection features key pieces from William Johnston's collection that represent all that is eclectic and extraordinary about fine and decorative arts in Britain during the long 18th century. This visually enticing display of over 400 years of art history showcases Johnston's lifetime passion for collecting. Rare items adorn each room of Fairhall exhibition-house. Immerse yourself in otherworldly treasures and luscious interiors, filled with stories of design, history, travel, and tales of the past.

Enjoy viewing beautiful objects, arranged in a domestic setting, unfettered by ropes or barriers.

Your ticket includes:

- an introduction to The Johnston Collection by one of our knowledgeable Volunteer Guides
- an intimate tour experience (no more than 8 visitors per Guide)
- tea or coffee served on our delightful Wedgwood fine bone china
- time to indulge in some retail therapy in the TJC Shop

Invitation - Anti-Scam Forum with Assistant Treasurer and Rob Mitchell MP

Please see below invitation to attend an Anti-Scam Forum with Assistant Treasurer and Rob Mitchell MP.

Rob Mitchell MP, Federal Member for McEwen, in cooperation with Mitchell Shire Council would like to invite you and your members to attend an anti-scams forum presented by the Assistant Treasurer, Stephen Jones MP.

Whether it's spam texts, calls or misleading advertisements on social media, scam activity is on the rise and costing people, businesses, and the economy billions of dollars each year.

The forum will be an opportunity to learn ways to protect yourself from scams, know what to do if you have been targeted by a scam, and hear about the steps the government is taking to crackdown on this crime.

DATE: Wednesday 30 August 2023

TIME: 3:45pm for a 4pm start concluding no later than 5:15pm.

LOCATION: Wallan Multi-Purpose Community Centre, Seniors Hall, 42-80 Bentinck Street, Wallan

RSVP ESSENTIAL: ged.kunkel@aph.gov.au or 03 5716 3000 by MIDDAY,
MONDAY 28 AUGUST

Please feel free to pass this invitation on to anyone you think might benefit from this event.
You can also find this event on the Mitchell Shire Council website:

<https://www.mitchellshire.vic.gov.au/our-region/events/anti-scams-forum>.

All notices for the next Noticeboard need to be emailed to U3A
(seymu3a@gmail.com) **and** Heather (123hbee@gmail.com) on or before
September 20

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

Noticeboard will be sent out on **September 25**