

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: Uthreese Seymour

Secretary  
Jo Gooden

Office Phone: 0448 153 572

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

## NOTICEBOARD

### November 2023

#### President's Message

Our final Melting Pot for 2023 was held earlier this month and it went very well, despite the weather. The topic was "The Power of Education" and we heard from two very enthusiastic local educators, Debbie Oliver, the new Principal of Seymour College, and Liz Tregenza, Partnership Manager of "Our Place".

Enrolment Day has been arranged for Monday 4<sup>th</sup> December with a showcase of Seymour U3A at the Seymour library on Monday 20<sup>th</sup> November, 2-3pm. The aim is to spread the word about what we provide, increase our membership and arouse interest in the new classes we are proposing for 2024.

Our AGM has been scheduled for Tuesday 13<sup>th</sup> February 2024 so pop that one into your new diary! Thank you to Anna Gear for offering to come onto the 2024 Committee and to the new tutors willing to step up and take on something new.

If you want to know more about U3A I encourage you to check out our website [http://u3aseymour.org.au/](http://u3aseymour.org.au) or, to get a wider perspective, <https://u3avictoria.org.au/>

#### 2024 courses

There has been some interest in some possible courses for next year, including one on *The Brain and Its Amazing Capacity*, *Talk, Tour and Taste* at local wineries, Art, Creative Writing, a local/current affairs/poetry/chat group at a cafe and various online classes through the U3A network. If you have any other ideas, please call Irene Telford on 0425755093

#### Reports from Groups

##### Book Group

We had Robyn Over from the Mitchell Shire Library come to our October meeting and show us what is available in our library. She shared some of the services available via a smartphone, computers or tablets, including borrowing ebooks through the BorrowBox and Libby apps. She also showed us how to put a hold on books through the library website.

Our final book for the year is *The Dictionary of Lost Words* by Pip Williams.

We will be conducting our final Book Group for the year with a coffee and a chat to finish a great year.

We have already selected our first 6 titles for next year, ensuring that we can read the books we would like. As there are several book groups in Mitchell Shire using the multiple books collection, it is important to think ahead to secure the books we want.

### **U3A Garden Group**

On a sunny Wednesday 18<sup>th</sup> October, Garden Group members met at Diane's garden in Seymour. Diane has lived on the property for a number of years and accumulated plants of all types and descriptions. Diane talked about her plants and their special attributes while showing garden members around her garden. Garden members assisted Diane with raking and filling a trailer with garden debris to make her pathways easier to get around and refreshed afterwards with tea and coffee.

Our last meeting for the year will be on Wednesday the 15<sup>th</sup> November. Details will be forwarded directly to registered members in the next few weeks. Pam

### **Friday Matinee**

Our next film is *It's a Wonderful Life* starring James Stewart and Donna Reed.

*It's a Wonderful Life* is a 1946 American Christmas fantasy drama film produced and directed by Frank Capra, based on the short story and booklet *The Greatest Gift*, which Philip Van Doren Stern wrote in 1939 and published privately in 1943. The film is one of the most beloved in American cinema, and has become traditional viewing during the Christmas season. The film stars James Stewart as George Bailey, a man who has given up his dreams in order to help others, and whose imminent suicide on Christmas Eve brings about the intervention of his guardian angel, Clarence Odbody (Henry Travers). *It's a Wonderful Life* is now considered one of the greatest films of all time. It was nominated for five Academy Awards, including Best Picture, and has been recognized by the American Film Institute as one of the 100 best American films ever made.



### **Jessica's Corral**

In our most recent meeting, we gathered in the railway tunnel under the station. The acoustics of that space made the singing even more special than usual. It was a surprise for travellers making their way to and from the train. People smiled as they passed and some even stopped to listen. Jo Gooden

### **Luncheon Club**

Our October luncheon was at the Railway Hotel, Seymour with 8 members attending. A nice lunch and good chatter were enjoyed by all.

For those on the sick list, we hope you are improving and will be back with us soon. As for our holiday makers, Japan and New Zealand sound wonderful, and we are all looking forward to hearing about those great holidays.

A bar-be-que was being planned for November, but, owing to unforeseen circumstances, will not now take place. A couple of hotels etc are being tried and an email will be sent out once a decision made. Margaret

## **Mahjong**

There will be a display of Mahjong at the Seymour Library on Monday, November 20<sup>th</sup> from 2 to 3pm. If you are interested in seeing a set and, possibly, a game being played, come along and look at the display.

## **Walk & Wonder**

Early October a few of the group walked on several tracks near the Goulburn River. We were delighted to discover 3 Tawny Frogmouth Owls resting on tree branches. They blend in so well, like part of a tree branch. Later we spotted a pair of Gang Gang Cockatoos playing in the gums. Luckily, we had Val with us to alert us to these birds.

The following Tuesday a small group of us discovered a kingfisher darting close to the river behind Rotary Park. The bright azure aqua of the feathers shone so clearly in the light.

A real wonder.

Last week, our intrepid leader led us to explore Tooborac State Forest for Spring wildflowers, a colourful joy to behold as the photographs show.

The mornings all completed with a coffee and a chat at a local café.

Chrissie and Lesley.



Tooborac



Chocolate Lily



Grevillea

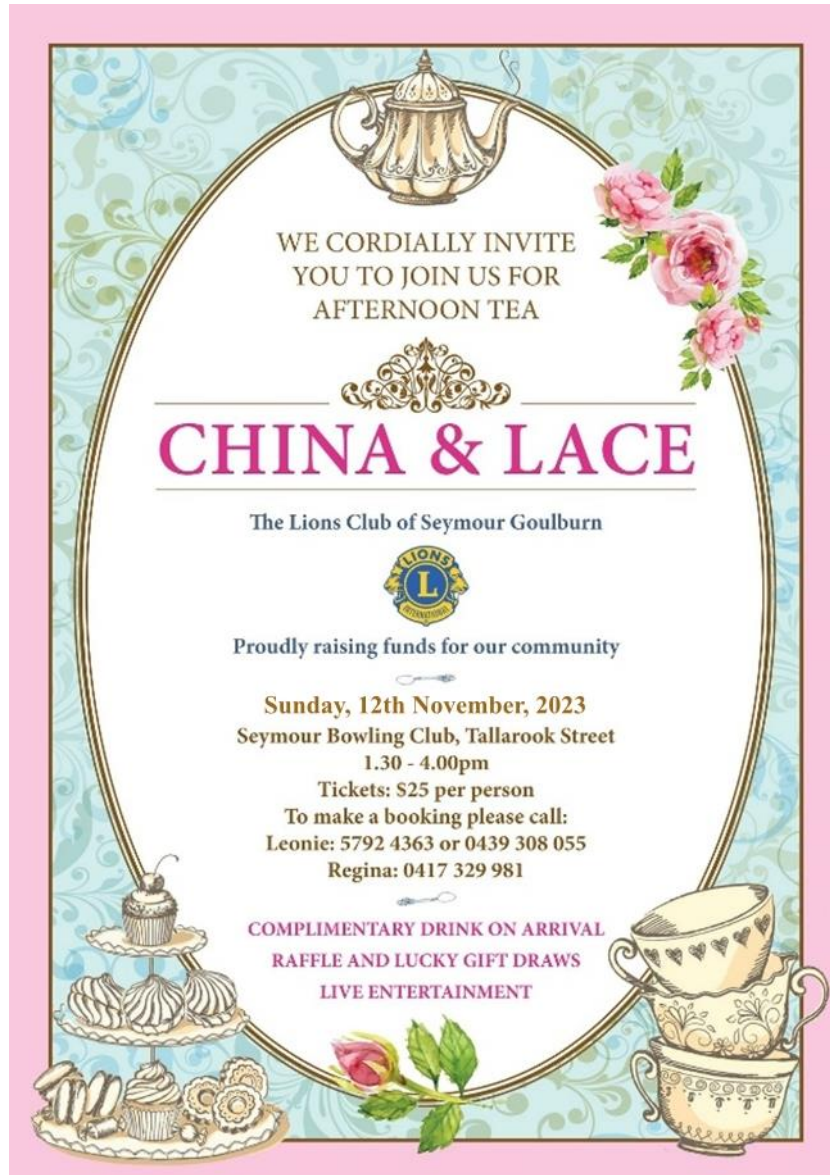


Spider Orchid



Milkmaids

## Extra Items



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

**November 22**

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

Noticeboard will be sent out on **November 27.**

# Volunteering with nexus Primary Health

**Are you passionate about making a positive impact in your community? Do you have a heart for helping older people and creating meaningful connections?**

Join the Nexus Primary Health Volunteer Visitors Scheme and become a valued companion to older individuals in need.



**About Us:** Nexus Primary Health is dedicated to enhancing the well-being of older people in our community. We believe that every person deserves to age with dignity, respect, and companionship. Our Volunteer Visitors Scheme aims to combat social isolation among older Australians and provide them with the support they deserve.



#### Why Volunteer with Us?

- **Meaningful Connections:** Your presence and companionship can brighten someone's day and make a lasting difference in their life.
- **Flexible Commitment:** We understand your busy schedule, and we offer flexible volunteering hours to fit your availability.
- **Personal Fulfillment:** Experience the joy of giving back and forging relationships that truly matter.
- **Training and Support:** Receive comprehensive training and ongoing support to ensure you have a rewarding and successful volunteering experience.
- **Community Impact:** Be part of a movement that enriches the lives of seniors and promotes social well-being.



**Your Role.** As a Nexus Primary Health Volunteer, you will:

- Visit and spend quality time with seniors in aged care homes or home care settings.
- Engage in conversations, play games, read books, or participate in activities based on the interests of the individuals you visit.
- Provide a friendly and empathetic presence, helping to reduce social isolation and enhance the overall well-being of older people in our community.

## How to become Volunteer as part of the Volunteer Visitors Scheme:



#### Register Online:

Scan the QR Code or head to our website to complete the Expression of Interest form.

[www.nexusprimaryhealth.org.au/careers/nexus-volunteering](http://www.nexusprimaryhealth.org.au/careers/nexus-volunteering)



#### Contact the Volunteer Support Team:

1300 77 33 52

Kevin Twan, Volunteer Coordinator:  
KevinT@nexusprimaryhealth.org.au  
0418 357 161

## Nexus Primary Health is currently seeking volunteers to help deliver essential services in the Seymour Community.

There are a range of opportunities with our volunteer program, including:



**Meals on Wheels:** Volunteers help deliver meals to people in the community who may have difficulty making meals themselves.



**Individual Social Support:** Volunteers will help older people, who live alone, to connect with others and be involved in the community.



**Local Transport Service:** This program will link a volunteer to an older person who cannot drive. The volunteer will help them to attend appointments in their local area.



People with a range of different skills and experiences can volunteer with us. Volunteering is a way that you can contribute to your community and grow your skills, experience and knowledge.

At Nexus, all of our volunteers are required to have a valid Police Check, Working with Children's Check, NDIS Check and confirmation of COVID-19 vaccination status before commencing their volunteering service. Our Volunteer Support Team at Nexus Primary Health can assist you to collect these documents, if required.

### How to become Volunteer at Nexus Primary Health:



**Register Online:**

Scan the QR Code or head to our website to complete the Expression of Interest form.

[www.nexusprimaryhealth.org.au/careers/nexus-volunteering](http://www.nexusprimaryhealth.org.au/careers/nexus-volunteering)



**Contact the Volunteer Support Team:**

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