



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

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NOTICEBOARD

May 2024

President's Message

The year is rolling along and running smoothly, except that our anticipated Melting Pot guest speaker has become unavailable so I am it! I will be sharing about the history of French Island, where I grew up and where many of my relatives still live. I am looking forward to it as "the Island" is unusual in many ways. More about that on 7th May. The Committee is working on the program for the next semester so if you have a class that you would like to present please let Jo, or myself, know ASAP and we will look at how we can support you to do that.

Enjoy the last of the warm weather and perhaps we will see you at the Tastes of the Goulburn. Let's support those who are out there making things happen in Seymour.

Irene

Reports from Groups

Book Buffet

I would like to thank the more than capable Book Buffet group for carrying on without me while I was away. It would have been even better had I remembered to tell them I was going! They managed to discuss our book, *Nine Perfect Strangers* by Liane Moriarty perfectly well. Thanks in particular to Linda for making contact after the session.

Our most recent book, *Battle for Lone Pine*, was a non fiction text, for a change. The content was quite harrowing and it had mixed responses from our readers.

One of the great things about this group is the capacity to accept varying opinions in a respectful way. No one should ever feel that their opinion is not valued.

Jo

Jessica's Corral

It is great to be back exercising our vocal cords again. We had a very enthusiastic first couple of sessions and are hopeful our numbers will swell in the next couple of weeks. It is really such fun! If you would like to join us, please come on the second and fourth Mondays of the month to the Uniting Church foyer at 1.30. Make the commitment. It's even better if we can always attend.

Jo

Art

Some of our artists at work with Barry Dunn providing guidance when necessary.



Garden Group

At 10.30am on Wednesday 17th April Garden Group members met at Irene and John's garden which overlooks the Goulburn River. We welcomed several new members before Irene gave a tour of her garden. Irene's front garden consisted of natives, ferns, European plants and bulbs.

The back garden showcased a magnificent old gum tree with elkhorn ferns growing on the trunk and a very mature silky oak tree nearby. Irene's vege garden contained silverbeet, zucchini, and pumpkins which she generously shared and showed us several fruit trees that she had netted and baited for fruit fly.

Members enjoyed a wonderful morning tea and shared what was happening in their own gardens before departing with plant cuttings and pot plants. Thanks again Irene, everyone had a lovely day.

Next meeting will be on the 15th May and members will be advised of details closer to the date.

Pam

Pam's report on the Melbourne Garden Show.

The Melbourne International Flower and Garden Show had something for everyone!

Not only were there floral displays, plants and gardens but there were also exhibits, workshops, ideas for landscaping and objet d'art.

The cleverly designed award winning gardens were inspirational as well as sending a powerful message about our connection and responsibility to the environment.

Sustainability practices were of great interest inspiring us with ideas for reducing organic material going to landfill.

This year for the first time the Show remained open until dark for visitors to wander the extensive grounds and witness some of the best landscape and floral displays lit up at night.

Also, this year was the first time an Aboriginal heritage garden was included to remind us of the ecological and cultural significance of the land and the importance of the remaining areas of native vegetation.

Melbourne's beautiful autumn weather was the icing on the cake!

Local Current Affairs

Grahame Sharples, one of the participants in LCA, has sent the following report and has suggested we change the name of this “class” to *What do we have here?* We are wondering whether there is anyone else out there would be interested in getting to know more about Seymour.

Recent meetings of the group have discussed some of the facilities, services and locations around Seymour which may be little known to the general population. Following an open U3A meeting with a guest speaker at the Pioneer Park, last week we went for a drive around the north eastern part of the town looking at various landmarks, businesses, services and structures. This took us from the railway station car park out along Wimble Street and along Delatite Road past GV Water, up to the GVW sewerage farm and over the hill to the major new bridge works over the railway line at Avenel Road, with much discussion and observations along the way. Returning into town via new housing, Abdallah Road and the railway heritage yards and engine turntable.

This week was a completely different focus with a visit to the remarkable facility of Our Place which is the Seymour Family and Children’s Centre in Stewart Street, next to the Seymour College entrance. This is an impressive new 2019 building with two kindergarten rooms, community areas and an infant welfare and medical centre. An adult vaccination service is run from here by the shire, with a nurse practitioner. A full week’s program of activities and services is run for the families & children. Further information is available on their Facebook page or their website <https://ourplace.org.au/our-sites/seymour/> You could even pop in and arrange a time for a look around.

From here the U3A group went to the Community House in Anglesey Street where we met with the enthusiastic manager Krystal Russell, who has been here for three months and is expanding services. She has special qualifications in early learning and as well as activities for adults, or you can just drop in for a chat sometimes hear an interesting guest speaker. The building is undergoing ongoing renovations and is already smart inside. Look out for the high childproof door handles!

Next door, on the corner is SEED, a hub for women. The somewhat misleading acronym stands for “Sustaining Economic Empowerment and Dignity for Women.” Again, this is a government building but the free community service is being run by the Brotherhood of St Laurence to help school leavers thru to older women [no men on staff here] with a wide variety of advice and direction concerning anything that falls under a financial heading. Not just difficulties but such things as job interviews and applications, superannuation, loans etc. The aim is to improve their work options and capacity to make good decisions early and avoid problems later. You can find more information on their website at

<https://bsl.org.au/services/saving-and-managing-money/the-seed-project/> or on Facebook.

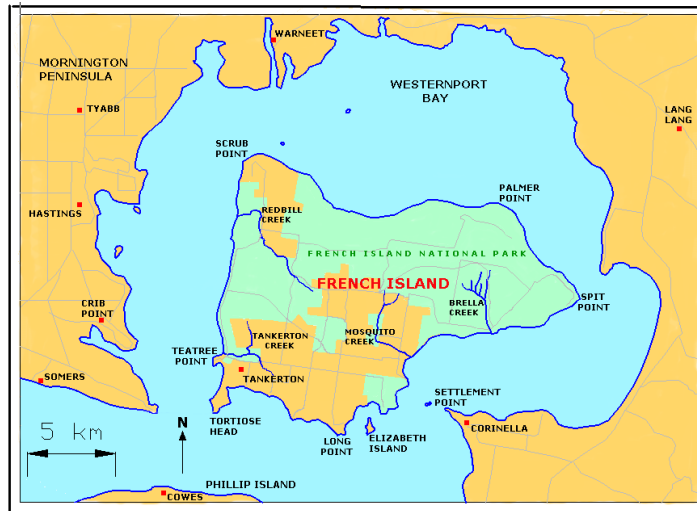
Next time we expect to cover other aspects of Seymour and perhaps take another short tour to see what is there and how it works. For more information contact Irene Telford 0425755093

Melting Pot

1:30 pm Tuesday 7th May 2024

Chittick Community Place, Chittick Park, Pollard St., Seymour

Life On French Island

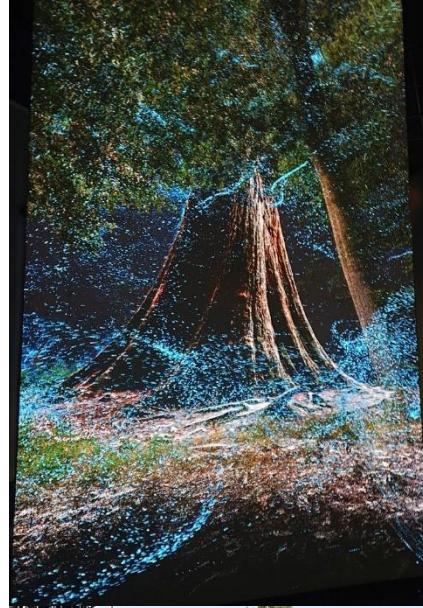


Irene Telford will share her story of growing up on French Island, Victoria's largest coastal island where her great grandparents settled in 1893.

Everyone is welcome to this free event - afternoon tea will be served.

Walk & Wonder

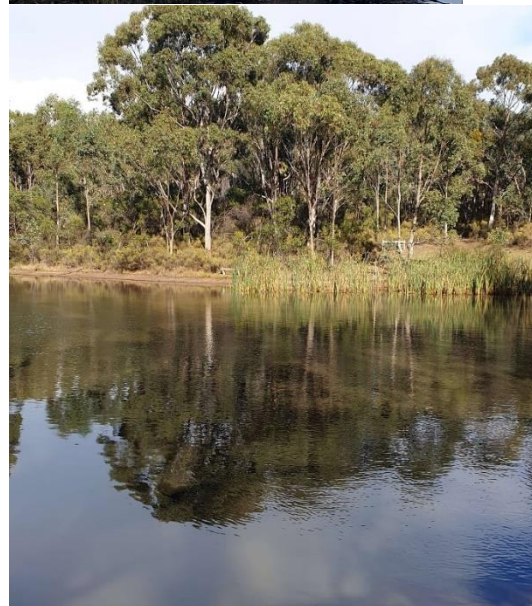
On the 26th of March our intrepid group set off to ACMI, the Australian Centre for Moving Image at Federation Square, for a truly sensational experience. The laser light show was incredibly beautiful and thought provoking, some of us were able to go back for a second visit. To quote ACMI, “From the roots of a majestic Amazonian tree to the unseen branches of the body and the birth of galaxies, this hypnotic, immersive experience explores the rhythm that cultivates and connects all life – breath”. But words can’t describe how wonderful it was. The company was great too.



In April our group visited Kings Park with the deep red of autumn in the small trees. Bushland Park provided clear reflections in the small dam and at Mangalore the Marsh Wallabies bounded over the track.



We would like to invite other U3A members to share our delightful experiences, Tuesdays at 9am for a few hours, then a chat over coffee at a local café.



Your Fascinating Brain

We have continued to discuss (and practise) how memory works. Here are a few words from Lisa Genova, author of the book "Remember":

Creating a memory takes place in four basic steps:

Encoding - Your brain captures the sights, sounds, information, emotion and meaning of what you perceived and paid attention to and translates all this into neurological language.

Consolidation – your brain links the previously unrelated collection of neural activity into a single pattern of associated connections.

Storage – This pattern of activity is maintained over time through persistent structural and chemical changes in those neurons.

Retrieval – You can now, through the activation of these associated connections, revisit, recall, know, and recognise what you learned and experienced.

If you remember, join us on the 2nd & 4th Tuesday at 1.30pm at Chittick Park. The group would be delighted to have new members.

General Items

- **The SEED Project** seedproject@bsl.org.au

Project Administration Officer, The SEED Project

Sustaining Economic Empowerment and Dignity Project for Women

Monday, Tuesday, Wednesday

I'd like to highlight that we have on offer two evening workshops:

- **Superannuation**
Wednesday May 15, 6.30pm – 8pm
 - **Keeping Safe Online**
Wednesday May 29, 6.30pm – 8pm
- And a brand-new workshop
- **Navigating Services Australia**
Thursday June 13, 10am – 2pm
Thursday June 27, 10am – 2pm

To register participant attendance, please email seedproject@bsl.org.au or phone 0482 188 099.



Brotherhood of St Laurence
Working for an Australia free of poverty

➤ **U3A State Conference** <https://u3avictoria.org.au/2024-conference>
Our 2024 State Conference is now open for bookings.

Here is the link to the event on TryBooking: <https://www.trybooking.com/CPDWW>

If you would like to know more about the conference, you can visit our website:
<https://u3avictoria.org.au/2024-conference>

2024 Conference — U3A Network Victoria (u3avictoria.org.au)
Kind Regards,
Kylie Gerber
Member Services Officer

➤ **Fridays at the Library**

Are you looking for the company of other U3A members?
Unlike some other U3As we don't have a dedicated space to hangout in so how about this idea? If you are at a loose end on a Friday afternoon at 3pm, or thereabouts, pop into the library and enjoy a free tea or coffee and a chat. It's completely informal and "pot luck" if any of our members are there. At least you have the opportunity to find a good book or catch up on the local paper if no one else shows up! An alternative is simply to organise a few of your group to gather at the library (or anywhere else). If you would enjoy this activity, you could be the one to organise it!

Quote of the Month

"The minute you choose to do what you really want to do, it's a different kind of life."
— Buckminster Fuller

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

May 24

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

Noticeboard will be sent out on **May 29**