

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

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NOTICEBOARD

October 2024

Reports from Groups

Matinee

Our next film will be *Mouse Hunt*
A family film about a mouse that lives in an old house where the geriatric owner dies, and Ernie and Lars Smuntz have plans for, but they have trouble getting rid of the mouse. It's like *Home Alone* with a mouse.

Trivia

The mousetraps scene was completed without any digital effects. Over 800 mousetraps were set individually and rigged with wires under the floor. It took several takes, so each trap had to be reset, baited, and wired one at a time.

Goofs

In the scene when Lars is alone inside the factory, you can clearly see an arm behind the big fan pulling the thread from his jacket. You can even see a watch on the arm.



Melting Pot

AVOIDING FINANCIAL TRAPS FOR SENIORS



Presented by Andrew Height, Managing Director &
Louisa Munro, Accountant / Financial Adviser from

HEIGHT CAPITAL

**What are the financial pitfalls for seniors? Do scammers target seniors?
How to avoid elder financial abuse?**

**Tuesday 1 October 2024
at 1.30pm**

Chittick Community Place, Pollard Street, Seymour

Everyone is welcome to come to this free information session

**Travellers (possibly the final report but definitely Anne's final report)
THE U3A TRAVELLERS LAST HURRAH!**

Thursday August 22, 2024

After 17 years of U3A Travellers Excursion, Marnie Sloane and Anne Thompson hung up their partnership with a grand final visit to Melbourne by the 9.16am train. It was all aboard for 14 members –, Loris Wilmot, Carol Smith, Lesley Dalzeil, Merle Hibbard, Marion Clarke, Nariel Ware, Heather Holloway, Carole Papworth, Pam Lawler, Joan Coombes and Paulette Andrews. Anne and Marnie of course!

Destination: William Angliss Restaurant in Little Lonsdale St for a luncheon feast.



All settled in for the ride to Southern Cross



Buggy service at Southern Cross awaited us, as it did at Seymour Station.



First step, as always after arriving at Southern Cross and post rest rooms, is to head for refreshments. The DFO Food Court fitted the bill. There was even some time for a little shopping.



All the delicious food and drink was gone. All in all, everyone not only enjoyed the delicious food and drink but also the gift of a bag of chocolates from Marnie and Anne. Then it was time to talk and reminisce about past excursions and former Travellers. Marnie read out from her special exercise book the list of places we'd been to over the years. Some favourites

nominated were - "Banks of Collin St", "Trips on the Yarra", "Jewish Museum - where Anne T handed over a bunch of rhubarb to a surprised Speaker", "the Kino in Collins St to start the year", "Lutheran Church", "Modern Art Gallery at Heide", "Chocolate Walk" and the list went on. Appreciation of the U3A Seymour and District's support for bus hire over the years was acknowledged too, eg to the Silos. Just sharing the fun of exploring places together made the 9.16 a very welcome monthly outing.

Every member who has, at one time or another, been on a Travellers' Excursion, thanks Anne and Marnie for the wonderful times.

General Items

An email received this week in the office.

To whom it may concern,

I am a PhD student at the University of Melbourne, studying the sexual health of older adults (aged 60+).

I am currently recruiting people aged 60+ living in rural Victoria to participate in interviews. I found this email address in the community directory and I would be very grateful if you could please share the information below with members of your group/organisation and anyone else who you think might be interested. I have also attached a flyer with the same information.

Seeking participants for interview

EXPLORING RURAL OLDER ADULTS' PREFERENCES FOR ADDRESSING SEXUAL HEALTH AND WELLBEING IN PRIMARY CARE

This project investigates barriers and facilitators to sexual healthcare for older patients in rural Victoria.

We are recruiting people aged 60+ for interviews.

Do you live in rural Victoria? Are you aged 60 or over? We want to hear from you!

Time commitment: 1 x 1hr interview

Format: online, by phone or in-person as convenient

Compensation: \$50 e-gift card

For more information email Louise Bouchier:

louise.bouchier@unimelb.edu.au

Or text/call Dr Sue Malta: 0409433077

This is a PhD project at the Melbourne School of Population and Global Health, University of Melbourne, in partnership with the Centre for Excellence in Rural Sexual Health and funded by the Australian Association of Gerontology (R.M. Gibson award). Project approved by the University of Melbourne Human Ethics Committee 2024-28248-49848-3

Thank you very much for considering my request. Please let me know if you have any questions.

Kind regards,

Louise

Louise Bouchier | Sexual Health Teaching Stream Coordinator | PhD Candidate

Centre for Epidemiology and Biostatistics | Melbourne School of Population and Global Health

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My teaching/supervision days are Tue, Wed & Thu. My PhD days are Mon & Fri.

I acknowledge the Traditional Owners of the land on which I work, and pay my respects to the Elders, past and present.



From the Mitchell Council

Enhancing recycling

We're updating our kerbside collection schedule in March 2025 to improve community service and boost recycling efforts.

Here's the new plan:

- General Waste (red lid): Collected fortnightly
- Mixed Recycling (yellow lid): Collected fortnightly
- Food and Garden Organics (green lid): Collected weekly
- Glass Recycling (purple lid): Collected monthly

These changes, prompted by data showing significant potential for improved waste sorting, aim to reduce landfill waste, enhance recycling rates, and save costs, contributing to a more sustainable Mitchell Shire.

8 Days of Free Public Transport

Mark your calendar – Victorian Seniors Card holders can enjoy eight days of free public transport throughout Victoria from **6 to 13 October 2024**. This includes travel across all metropolitan services, V/Line train and coach services, and selected regional bus services outside of the myki-enabled area. Learn more [here](#).

Note: The Seniors Festival organisers have taken particular care with transport for the Celebration Day 6 October at Federation Square.

Living Longer, Healthier Lives

In celebration with 2024 Victorian Seniors Festival, WEHI is delighted to invite U3A members to a rare glimpse into the medical research to discover lifesaving cures and breakthrough treatments for Parkinson's and Dementia. Over a cup of tea or coffee, U3A members will have the opportunity to meet our presenters, ask questions and discuss what the future of medical research holds. Please find the link to the event here: [Living longer, healthier lives – medical research to stop Parkinson's disease and Dementia | Seniors online](#)

Event Details:

Venue: The Walter and Eliza Hall Institute of Medical Research (WEHI),

Address: 1G Royal Parade, Parkville, VIC 3052

Date: 15 October 2024

Time: 2:00 pm to 3:30 pm

This event is free, but bookings are essential for catering. RSVP by 30 September 2024 via the link [2024 Senior's Festival 15 Oct.](#)

The Victorian Seniors Festival is back this October with a great line up of events, activities and performances across the state. The Festival features everything from country concerts, dances and high teas, to exciting new events celebrating the diversity of our community.

Check out the [online calendar](#) to see what's on near you. You can also pick up a Festival program at Coles supermarkets.

Some of the activities include:

- Chair cardio – online exercises with Carol October 1
- Through the Eyes of Surgeons – Royal Australasian College of Surgeons Museum. October 1
- Morning Melodies – Seymour, October 1
- Australian Ballet Intergenerational “Wonderland” Storytime Workshop – Diamond Valley library, October 1

There are so many, many more. Just click on the online calendar link to see them all.

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

October 25

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

Noticeboard will be sent out on **October 30**.