

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

Web: www.u3aseymour.org.au
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NOTICEBOARD

December 2024

President's Message

2024 is coming to a close and end of year gatherings are fast approaching. Many groups have already had their last class and celebrated with a special appreciation of their tutor. How can we look at ways to express our gratitude for all that we have? We are blessed to live in a country that is not experiencing the extreme distress that many others are. Who can we support over this time? Maybe there is someone in your neighbourhood who is "doing it tough". I think that sometimes we feel awkward about extending ourselves to others. On the other hand maybe, we are in need ourselves. There is a saying that "my need is a gift to you". Just ask and see what happens!

I trust that you have enjoyed the offerings that our wonderful tutors have provided. Thank you also to those who have supported the Committee in one way or another.

Best wishes to those who are dealing with health issues.

Tuesday 3rd December (10am – Noon) is our Enrolment Day. Many of our existing tutors will be there to share what they get up to and will fill you in on their plans for 2025. There will be a cuppa and bikkies in the kitchen, if you want to catch up informally with other members.

Another date to remember is Tuesday, February 11th, 2025, 1.30pm. It is our AGM.

IMPORTANT – PLEASE READ

Enrolment day

In an effort to lessen our paper usage, you will not receive paper enrolment forms this year. If you are an existing member, we have your details on file already.

When you arrive on Enrolment Day, we will check your phone number, address, emergency contact, and email address, and make any changes required to our online enrolment system.

If you are a new enrolment, we will gather your information to add to our system.

A copy of the Course Guide, and Timetable, is at the end of this Notice Board.



20th Anniversary of U3A Seymour and District

SAVE THE DAY!!!! SAVE THE DAY!!!!

Saturday May 3rd, 2025

2.00pm at The Hub

(Cnr Guild St and Anzac Ave)

Put this in your diary! The 20th birthday celebrations of
Seymour s wonderful U3A!!

Contact: Jo Gooden 0448 700 967



Reports from Groups

Music Made Simple

I've been attending the Music Made Simple classes through 2024 and encourage anyone interested in knowing more about music, theory and practice to become involved.

John Barton, the founder of Music Logic, is a fabulous teacher. We're so lucky to have him available to us as part of Seymour U3A. All levels of music ability, or inability, are welcome. In fact the less you know, the easier it would probably be! This is an entirely different approach to learning music. You don't even need a piano for the first 10 lessons. I had learnt piano as a child but didn't progress very far and essentially hated my lessons. Now 40 years later music and theory has never been more enjoyable and I'm playing styles of music I was never exposed to before - Blues, jazz, classical, folk etc are all covered. It's been amazing what speed and depth we've covered in just 30+ weeks of lessons.

The more people in the class, the more fun the learning is. John sprinkles fabulous stories about his students, teaching methods and, of course, his utter love of music with the class. If you've always wanted to play an instrument grab the opportunity to join the 2025 class now.

Cynthia Lim

(Thank you Cynthia for this account of your time with John and the music lessons. Such testimonies are always welcomed and give all members an idea of what the various classes do.)

Garden Group

At 10.30am on Wednesday 20th November Garden Group members met at a 30 years plus established garden in Seymour. This attractive garden had scented roses at the front and an aquaponics system at the rear. Aquaponics is a food production system whereby the nutrient rich aquaculture (fish) water is fed to hydroponically grown plants. Various vegetables such as carrots, lettuces, onions, beetroot, asparagus, tomatoes, bok choy, strawberries, blueberries, gooseberries and other plants were being grown. During the tour members were happy to obtain quite a few new ideas to try in their own gardens.

As this was our last meeting for the year the generous homeowners had invited us to a BBQ lunch, dessert and a refreshing cuppa after the garden tour. Members chatted over lunch, shared recipes and then thanked our generous hosts, Floyd and Bronwyn, for their hospitality and wonderful garden, before heading home.

The Garden Group will resume on Wednesday 19th February 2025. Meeting details will be forwarded directly to members, closer to the date.

Many thanks to our members for their input and assistance during the year and I wish you all a safe and Happy Christmas.

Happy Gardening

Pam



Luncheon Club

It has been a couple of months since we have had a report in the Notice Board. Many thanks to Joan Furletti for being the convenor during this time.

I believe that a great time was had at Happy Valley in September, as well as at the October luncheon.

Terry and I did eventually join the group on 14th November at the Magpie and Stump in Wandong for a delicious meal and a good laugh and talk. We were sorry to hear then that Ginny and John Jennings would be leaving us to move nearer to family.

They will certainly be missed, not just at our group, but by many in Seymour.

Joan Furletti has once again come to the fore and has organised a lunch for December 12th at the Seymour Club. We hope that all can make it to this lunch.

A reminder that we need a new convenor for the coming year. It is not a arduous position, as most months members will take a turn at arranging a lunch.



Book Buffet

It was great to catch up with the ladies for a coffee and a chat about their most recent book, *Sisters of Spicefield* by Frances Ann Cusworth. As I had been away, I was a listener more than a participant. I might just borrow that book over the holidays!

We have also selected some new titles for the new year. Join us! We read for enjoyment and do not take ourselves too seriously.

Wishing all of our members and friends a safe and happy Christmas.

Jo Gooden

Jessica's Corral

I was excited to return to singing this month after being away on holidays. As usual, Jessica provided us with some fun songs and some more difficult pieces. The byplay in the group is such a joy!

Come to our U3A Enrolment Day on Tuesday 3rd of December and sign up for next year!

Wishing all of our members and friends a safe and happy Christmas.

Jo Gooden

Travellers

Travellers' Christmas Lunch

December 5, 2024

Mitchelton Winery



You were right to think that the days that the Travellers, led by Anne Thompson and Marnie Sloane were over, and yet here is another excursion! Anne and Marnie twisted each other's arm and persuaded themselves that the Travellers need a Christmas lunch to finish things off neatly! So if you are not doing anything at 12.30pm on Thursday December 5th, then come along to Mitchelton's Provodore Café. It's an a la carte menu and we've booked an outside table and ordered a sunny day. The Muse Restaurant doesn't serve lunch. We'll carpool, so cars and passengers please be at the U3A Office at Chittick Park by 11.45am. There is an extra reason for organizing this event, and that is to give Seymour's Living Treasures, John and Ginny Jennings, a Travellers Farewell before they leave Seymour for Seaford in February.

Please give either Anne Thompson 0403 103 795 or Marnie Sloane 0418 524 572 a call to let us know the numbers that are coming. .

Walk & Wonder

We recently took a short walk in the Bushland Park, bush bashing and passing the habitat of the rare and endangered frog, the Bibron's Toadlet. This frog was discovered in the park by Val La May, and we are very committed to its survival. We then strolled past the Apartment Tree, a big old Grey Box full of nest hollows and home to gorgeous little Sugar Gliders. As they are night shift workers, they were sound asleep when we went by. All good for the soul?

Lesley



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

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

Noticeboard will be sent out on **December 27th**.



**To all members:
It is hoped that you all have
a safe and joyous Christmas.
See you next year.**



COURSES 2025

SEMESTER 1

(February - June 2025)

“Any fool can know. The point is to understand.” Albert Einstein.

1. Art Workshop
2. Bobbin Lace/Craft
3. Book Buffet
4. Creative Writing
5. Garden Matters
6. Genealogy
7. German Advanced
8. German Beginners
9. German Intermediate
10. Jessica’s Corral Singing Group
11. Just Ukes
12. Luncheon Club
13. Matinee
14. Meditation
15. Music Made Simple
16. Our Literature Selection
17. Walk & Wonder
18. Your Fascinating Brain

TO ENROL IN ANY COURSE:

Download the forms at u3aseymour.org.au

Email: seymu3a@gmail.com and we will send you out the forms.

Phone: 0448 153 572

Write: U3A Seymour & District
P.O. Box 767,
Seymour Vic 3661

Visit the office at Chittick Place (the little grey building at the eastern end of the carpark) on a Monday between 10am and 12noon.

1. Art Workshop

Keen to try yourself out in any area of Art? Follow your own interest in good company. You learn at your own pace, you share skills – and previous experience is not necessary. The group meets weekly. Beginners welcome.

Contact: Barry Dunn

Phone: 0401 359 918

Email: clearpropdude@gmail.com

Day/Time: Tuesdays 10.00-12noon

Starting date: 4th February

Venue: Chittick Place

<p>2. Bobbin Lace/ Craft Intrigued at the idea of lace making? This weekly group is your chance to try the ancient skill and learn about its history and uses. Maree Langley will be “showing you the ropes” so to speak. Gender is no barrier. For \$60.00 class members hire 1 cushion and 10 bobbins. For those of you who don’t have the patience, bring your knitting, crochet, needlework or other craft and Maree will help.</p>	<p><i>Contact: Maree Langley Phone: 0409 350 064 Email: mjlangley13@gmail.com Day/Time: Mondays 10.00-12noon Starting Date: 3rd February Venue: Chittick Place Cost: \$60.00 for cushion and bobbins</i></p>
<p>3. Book Buffet A great way to discuss some of today’s best good books with like-minded people in the convivial setting of the Seymour Library. You will be intrigued at the way our chosen books lead us down surprising and challenging pathways. The only qualification is to love reading.</p>	<p><i>Contact: Jo Gooden Phone: 0448 700 967 Email: jogooden@gamil.com Day/Time: 3rd Monday 1.30-2.30pm Starting date: 17th February Venue: Seymour Library, Anzac Avenue</i></p>
<p>4. Creative Writing The aim of this group, is to provide a welcoming space and a dedicated time, for those who are keen to put pen to paper and develop their writing skills. There will be an opportunity to discuss writing projects, share ideas and seek support and input from others.</p>	<p><i>Contact: Jan Kennedy Phone: 0409 954 189 Email: jakennedy@westnet.com.au Day/Time: 3rd Tuesday 130pm Starting date: 5th February Venue: Seymour Library</i></p>
<p>5. Garden Matters This self-help group has brought together people with a variety of knowledge and interests in many different plants. Come along and find out how to look after your plants, pot plants and even your garden. You may even identify your weed as something special or vice-versa.</p>	<p><i>Contact: Pam Lawler Phone: 0437 377 479 Email: lawler_p@yahoo.com Day/Time: 3rd Wednesday 1.30-3.00pm Starting date: 19th February Venue: Chittick Place to begin</i></p>
<p>6. Genealogy Who were your ancestors? Where did they come from? This self-help group will show the way around any local information, how to get the most out of Ancestry.com through the library subscription, and suggest areas to look further afield. DNA, is it really worth it? Find out the best way to make it work for you.</p>	<p><i>Contact: Trish Archer Phone: 0409 945 807 Email: trisharch@gmail.com Day/Time: 1st Thursday 10-11.30am Starting date: 6th February Venue: Seymour Library and other locations for research purposes</i></p>
<p>7. German Advanced A continuing course for existing participants and for German speakers wanting to brush up their language in a relaxed way with Trudi, who is a native German speaker and, as an added bonus, an experienced language teacher.</p>	<p><i>Contact: Trudi Lavoipierre Phone: 5799 2425 Email: jtl3@bigpond.com Day/Time: Mondays 9.00-10.30am Starting date: 3rd February Venue: Seymour Library</i></p>

<p>8. German Beginners This is where to begin and remember, learning another language is good for an ageing brain.</p>	<p>Contact: Trudi Lavoipierre Phone: 5799 2425 Email: jtl3@bigpond.com Day/Time: Mondays 10.30-12.00noon Starting date: 3rd February Venue: Seymour Library</p>
<p>9. German Intermediate After beginners, comes the next stage. Reading German books helps to teach the construction of sentences and the importance of gender in this language.</p>	<p>Contact: Trudi Lavoipierre Phone: 5799 2425 Email: jtl3@bigpond.com Day/Time: Mondays 12noon-1.30pm Starting date: 3rd February Venue: Seymour Library</p>
<p>10. Jessica's Corral Experience the joy and magic of singing in harmony with others. It's good for your body and your soul!! Our weekly sessions will help you expand your musical knowledge, exercise your vocal cords, work together and have some fun. The only experience necessary is a love of singing. Led by Jessica Bateman.</p>	<p>Contact: Jo Gooden Phone: 0448 700 967 Email: jogooden@gmail.com Day/Time: Mondays 1.00-2.30pm Starting Date: 24th March Venue: Uniting Church Foyer Cost: \$2.00 per session</p>
<p>11. Just Ukes For those who would like to learn basic Ukulele from other members of the group. Bring your own Uke or sit in on a session or two before you decide to join us. We can also help you choose which ukulele suits.</p>	<p>Contact: Moira Maher Phone: 0427 991 623 Day/Time: Thursdays 11.00am-1.00pm Starting Date: 6th February Venue: Chittick Place</p>
<p>12. Luncheon Club Have you ever wondered what sort of gourmet delights we have in our own region and never had the excuse or time to find out? If so, this is the group for you. You will try a different restaurant each month</p>	<p>Contact: TBA Phone: Email: Day/Time: 2nd Thursday 12 noon Starting Date: 13th February Venue: Various – ring for destination</p>
<p>13. Matinee Do you remember the Saturday Matinee? Trish Archer will help bring back those memories by showing a collection of Golden Oldies. No need to travel – right here at Chittick Place. Your requests welcome.</p>	<p>Contact: Trish Archer Phone: 0409 945 807 Email: trisharch@gmail.com Day/Time: 3rd Thursday 1.30pm Starting Date: 20th February Venue: Chittick Place</p>
<p>14. Meditation In our busy lives, it seems inevitable that we all get stressed in one way or another. If you would like to improve your meditation skills, as well as your physical and emotional well-being, we suggest you join John's group. He has enjoyed meditation for years. It doesn't matter if you are a beginner or someone who meditates regularly, all are welcome.</p>	<p>Contact: John Stares Phone: 0433 324 607 Email: johnstares9@gmail.com Day/Time: Thursdays 9.30-10.30 Starting date: 6th February Venue: Chittick Place</p>

<p>15. Music Made Simple John Barton, a Seymour resident and creator of Music Logic, will help people understand music. This group will cater for total beginners and those more experienced. John promises that music can be easy and fun. Check the website musiclogiclessons.com</p>	<p><i>Contact: John Barton</i> <i>Phone: 0425 778 051</i> <i>Email: jgbjgb@bigpond.net.au</i> <i>Day/Time: Wednesdays 10.00-11.00am</i> <i>Starting date: 5th February</i> <i>Venue: Chittick Place</i></p>
<p>16. Our Literature Selection Not quite what you'd expect for a literature group. They've wandered off the trodden path to round-up some different subjects.</p>	<p><i>Contact: Trudi Lavoipierre</i> <i>Phone: 5799 2425</i> <i>Email: jtl3@bigpond.com</i> <i>Day/Time: 1st Wednesday 1.30-3.00pm</i> <i>Starting date: 5th February</i> <i>Venue: Seymour Library</i></p>
<p>17. Walk and Wonder The emphasis is on the "wonder". We visit interesting places with a focus on Nature in all its many guises. Mostly we visit local attractions like Hughes Creek, Bushland Park, Light Horse Park, and the river walking trail. We look for birds, wildflowers, butterflies. We also visit places further afield, like the Zoo and the Botanic Gardens. This is a warm welcoming group. Includes one walk a month focusing on birds with Val la May.</p>	<p><i>Contact: Lesley Dalziel</i> <i>Phone: 5792 1848</i> <i>Email: jldalziel12@bigpond.com</i> <i>Day/Time: Tuesdays 9.00am</i> <i>Starting date: 4th February</i> <i>Venue: Meet in Chittick Place carpark</i></p>
<p>18. Your Fascinating Brain Your brain is an amazing tool. In this group, you will gain a basic understanding of how the brain works. Have fun and games to improve your memory and explore some of the latest neuroscience discoveries.</p>	<p><i>Contact: Irene Telford</i> <i>Phone: 0425 755 093</i> <i>Email: irenetelford1@gmail.com</i> <i>Day/Time: Tuesdays 9.00am</i> <i>Starting date: 4th February</i> <i>Venue: Meet in Chittick Place carpark</i></p>

What is U3A? U3A stands for University of the Third Age. It is about sharing skills and interests for mutual benefit. Commencing in France in the 1970s it has spread to many countries, with the first Australian group forming in Melbourne in 1985.

Seymour and District U3A started in 2005; and is a member of U3A Network Victoria. Network supports over 100 Victorian member U3As through running workshops, conferences and distributes grant money received from the State Government.

There is no age limit. Members join classes for different reasons; e.g. to gain and share knowledge and skills, to enjoy a physical activity and/or to meet new people.

Venues - Most classes are held at Chittick Place, the dark grey building between the Seymour Sports & Aquatic Centre and the Cricket Club Rooms in Pollard Street.

Costs - The cost of venue hire for the majority of classes is covered by the annual membership fees, but sometimes a class will need a special venue or require special materials, and members will be asked to contribute.

Code of Conduct - U3A Seymour & District members are expected to treat everyone with respect. If there are situations where this does not occur, or behaviour is inappropriate e.g. sexual harassment or bullying, contact a member of Council for advice and help.

Can't make a class? – As a courtesy, if you are unable to attend a class please let the tutor or course contact know, or ask a fellow course member to let the tutor know.

Name Tags - Members are encouraged to wear their name tags so that everybody knows each other's names. It is important to put your **medical and contact details** on the back of your name tag. **This could be vital in the case of an emergency.**

Changed details? – If you move house, change your phone or email address, please let the U3A office know.

Insurance. General members of U3A are not covered in the event of an accident under the Volunteer Personal Accident Policy and, in the event of an accident, general members must use their own medical insurance. Tutors and contacts are covered by the Volunteer Personal Accident Policy whilst doing anything related to the courses.

“If someone else, e.g. the owner of the premises, is legally liable for the injury, public liability insurance may be activated.” (From the VMIA Insurance). To make a claim, the course/session must be registered and the attendance sheet completed, and returned, to the office at the completion of the course or semester. An incident report form (in the tutor's folder) should be completed after every incident and given to the Secretary. (This applies whether, or not, you eventually make a claim.)

The U3A Seymour office is situated in Chittick Place in the dark grey building near the Seymour Sports & Aquatic Centre, Pollard Street. It is open on Mondays between 10.00am and 12.00 noon for members to leave, or collect, information, or to talk with a member of the council. If you can't come to the office, ring 0448 153 572 or email seymu3a@gmail.com

Seymour and District U3A Timetable Semester 1 – 2025

18/11	COURSE	FEB	MAR	APR	MAY	JUN	VENUE	CONTACT
1	Art Tues. 10.00-12noon	4, 11, 18 25	4, 11, 18 25	1, 8, 15 22, 29	6, 13, 20 27	3, 10, 17 24	CP	Barry Dunn 0401 359 918
2	Bobbin Lace/Craft Mon. 10.00-noon	3, 10, 17 24	3, PH, 17 24, 31	7, 14, SH 28	5, 12, 19 26	2, PH, 16 23,30	CP	Maree Langley 0409 350 064
3	Book Buffet 3 rd Mon. 1.30-2.30pm	17	17	21	19	16	Seymour Library	Jo Gooden 0448 700 967
4	Creative Writing 3 rd Tues	18	18	15	20	17	Seymour Library	Jan Kennedy 0409 954 189
5	Garden Matters 3 rd Wed. 1.30-3.00pm	19	19	16	21	18	TBA	Pam Lawler 0437 377 479
6	Genealogy 1 st Thurs 10-11.30am	6	6	3	1	5	Seymour Library	Trish Archer 0409 945 807
7	German Advanced Mon. 9.00-10.30am	3, 10, 17 24	3, PH, 17 24, 31	7, 14, 21 28	5, 12, 19 26	2, PH, 16 23, 30	Seymour Library	Trudi Lavoipierre 5799 2425
8	German Beginners Mon 10.30-12noon	3, 10, 17 24	3, PH, 17 24, 31	7, 14, 21 28	5, 12, 19 26	2, PH, 16 23, 30	Seymour Library	Trudi Lavoipierre 5799 2425
9	German Intermediate Mon 12noon-1.30pm	3, 10, 17 24	3, PH, 17 24, 31	7, 14, 21 28	5, 12, 19 26	2, PH, 16 23, 30	Seymour Library	Trudi Lavoipierre 5799 2425
10	Jessica's Corral 2 nd &4 th Mon. 1.00-2.30pm	-	24	10, 24	14,28	9,23	Uniting Ch Foyer	Jo Gooden 0448 700 967
11	Just Ukés Thurs 11.00-1.00pm	6, 13, 20 27	6, 13, 20 27	3, 10, 17 24	1, 8, 15 22, 29	5, 12, 19 26	CP	Moira Maher 0427 991 623
12	Luncheon Club 2 nd Thurs 12noon	13	13	10	8	12	TBA	Margaret Flynn 0400 105 425
13	Matinee 3 rd Fri. 1.30-4.00pm	20	20	24	15	19	CP	Trish Archer 0409 945 807
14	Meditation Thurs 9.30-10.30am	6, 13, 20 27	6, 13, 20 27	3, 10, 17 24	1, 8, 15 22, 29	5, 12, 19 26	CP	John Stares 0433 324 607
15	Music Made Simple Wed. 10.00-11.00am	5, 12, 19 26	5, 12, 19 26	2, 9, 16 23, 30	7, 14, 21 28	4, 11, 18 25	CP	John Barton 0425 778 051
16	Our Literature Selection 1 st Wed 1.30-3.00pm	5	5	2	7	4	Seymour Library	Trudi Lavoipierre 5799 2425
17	Walk & Wonder Tues 9.00am	4, 11, 18 25	4, 11, 18 25	1, 8, 15 22, 29	6, 13, 20 27	3, 10, 17 24	Meet CP car park	Lesley Dalziel 5792 1848
18	Your Fascinating Brain Mon 1.30pm	3, 10, 17 24	3				CP	Irene Telford 0425 755 093

Abbreviations: **CP:** Chittick Park Community Place **SH:** School Hols **PH:** Public Holiday.

School Holidays: 5th April 2025 – 21st April 2025, 5th July 2025 – 3rd July 2025

U3A office is open each Mon from 10.00 – 12.00.

Email: seymu3a@gmail.com Website: www.u3aseymour.org.au Phone: 0448 153 572

Facebook: <https://www.facebook.com/uthreea.seymour>

Please advise your tutor/contact if you are unable to attend a session