

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

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## NOTICEBOARD

### March 2025

#### President's Message

Thank you to those members who came along to our AGM. It went well and we are grateful to Councillor Andrea Pace for chairing the election of the new committee. We are still looking for a Treasurer and would welcome a couple more committee members.

The classes seem to be rolling along quite well, the membership is increasing and we are exploring the possibility of some new classes. Please let us know if you have an interest in participating or there is a class that you would like to run. Another reminder that Seymour River and Ranges free music festival is on Saturday March 15<sup>th</sup> but you MUST book online. Enjoy the last of the summer months!

Irene

The Seymour and District U3A AGM was held on Tuesday 11th of February. Irene Telford and Jo Gooden were returned to the positions they held in 2024. Thank you to the members who stood for the council.

Unfortunately, we were unable to secure a treasurer for this year. If there is someone with the skill set for this job, we would love to have you. At this stage, if it meant you could do it, it would not be compulsory to attend meetings.



U3A is a fabulous asset to this town. We need many hands to enable it to continue into the future.

People often have suggestions for courses they would like to attend. We would love to add more courses but we also need the expertise to run them.

Armchair Travellers is looking for a leader. It would not be a difficult job, just a contact person is required to get it up and going.



Pickleball is a possibility at the Sports and Aquatic Centre if you would like to have a go. The Shire has the required gear. All that is needed is participants who would like to learn. There is a \$5.50 cost per session if we can raise the numbers.



Can you speak French? There is interest in learning French if we can find someone to teach it. Let us know if that is you. Merci beaucoup!!



Computer skills are always needed. Could you run some sessions and share the knowledge?



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Wanting to get physical? Love moving to music? There is the possibility of a dance class - who's interested?? let irene know on 0425 755 093

### **Reports from Groups**

#### **Garden Matters**

The Garden Group's first meeting for the year was held at a Seymour garden on Wednesday 19th February. After introductions, Richard, our host, gave us a tour around his garden which is run on permaculture principals. Richard explained the way he conserves and uses water, garden produce, pest management and natural fertilizing. Richard also showed us his new project of netted wicking beds and tree plantings. Members asked many questions and gained a great deal of information which they are going to experiment with in their own gardens in the near future. We thanked Richard for generously sharing his garden and knowledge before heading off to a well-deserved lunch. 19th March meeting details will be forwarded directly to members. Til next time, Happy Gardening Pam



## Your Fascinating Brain

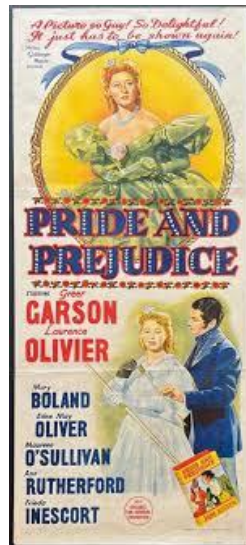
Three of the five sessions in the current block have been completed. We've looked at brain anatomy, memory and language and now will cover the impact of meditation. In the final class we will explore some of the latest neuroscience research. It's been a learning curve for me and I am really enjoying the discussions and the different way we see the world.

Irene

## Music Made Simple

We have had a wonderful start to the year with 15 participants. There is a great energy in the group and John Barton is at his best, having us laughing as well as learning! I wonder what we will be playing by the end of the semester?

## Matinee



Mr. and Mrs. Bennet have five unmarried daughters, and Mrs. Bennet is especially eager to find suitable husbands for them. When the rich single gentlemen Mr. Bingley and Mr. Darcy come to live nearby, the Bennets have high hopes. But pride, prejudice, and misunderstandings all combine to complicate their relationships and to make happiness difficult.

## Meditation

Been considering joining this class? This quote might help you decide.

“The point of meditation is not to get good at meditation; the point of meditation is to get good at life.” Emily Fletcher

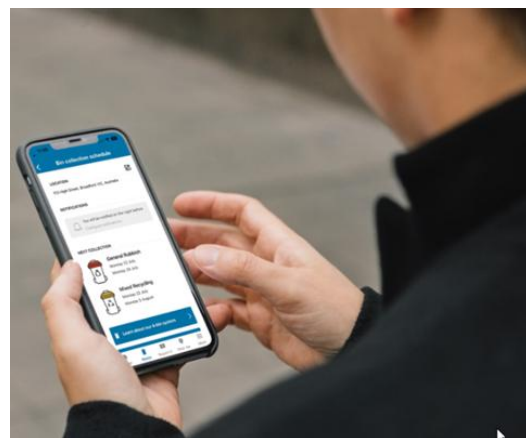
## General Items

### Bin App

Don't Miss Bin Day

The My Mitchell mobile app is available to download from the App Store and Google Play. It's an excellent tool with lots of handy features including setting bin day reminders, lodging bin service requests and reporting non-urgent issues. Use the 'Near Me' feature to find local services, playgrounds, current projects and more!

[Read more](#)



## Solar Savers

Come along and learn about Goulburn Murray Solar Savers, a new program available to Mitchell Shire residents and businesses. The program offers a fully vetted provider and installer of solar PV, battery systems, hot water heat pumps and efficient reverse cycle heating and cooling systems, with more products being added.

Friday February 28 6.30pm-8.30pm at Seymour Customer and Library Service Centre. Please register to attend.



**Kings Park,  
Seymour**

**SEYMOUR**  
**River and Ranges**  
Music Festival 2025

**Saturday 15 March, 2-10pm**

**Black Sorrows | Taylor Sheridan | Kingswood  
Carter & Carter | Navy Band | DJ and More | Food Trucks**



For further information  
scan the QR Code



Limited tickets, bookings are essential.  
No tickets available at the gate.

 **Free Entry. Book tickets at**  
[mitchellshire.vic.gov.au](http://mitchellshire.vic.gov.au)





## 20<sup>th</sup> Anniversary 2005 – 2025

### Update on Planning the 20<sup>th</sup> Anniversary Celebration

The 20<sup>th</sup> Anniversary Working Party - Carol Smith, Anna Greer, Anne Thompson, Carolyn Braun and Jo Goodin have been beavering away planning for the 20<sup>th</sup> Anniversary celebrations.

- All the best plans of mice and men ... it dawned on us, with help from Carol, that our plans for a celebration on May,4 could run into an election campaign! Some quick phone calls, support from Mitchell Shire Hub team and the date has now been locked in for

**May 24<sup>th</sup> @ 2.00pm @ the Hub**

- The Hub has allocated us a number of display boards and tables for articles. We're asking Tutors and Members to come up with display material that could be put up on the display boards. The Working Party will provide to each U3A group sheets of display paper for putting up such things as photos or memorabilia. Tutors will be notified when they can pick up the display sheets.
- Members and groups are encouraged to collect to write up their experiences and dig out any photos that could be shared.
- The format for the day is being refined. The broad outline is that we'll have a formal part of proceedings, followed by some fun! Reminiscences, reenactments, items from some groups and even a short karaoke session. (Think of the tune Que Sera Sera)!!!!
- Afternoon tea menu is being finalised which brings us to the next item.
- We will need VOLUNTEERS to help on the day. If you wouldn't mind letting one of the Working Party know that you could help us with such things as greeting people, help with the afternoon tea etc. This help would be much appreciated.
- Any ideas for the day, do let us know.

Many thanks – Carol, Anna, Anne, Carolyn, Jo

Carol Smith:- 0457 991 970

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

**March 19**

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

Noticeboard will be sent out on **March 26.**