

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

Web: www.u3aseymour.org.au
Facebook: Uthreesea Seymour

President
Irene Telford

Secretary
Jo Gooden

PO Box 767, Seymour 3661

Office Phone: 0448 153 572

Email: seymu3a@gmail.com

NOTICEBOARD

June 2025

President's Message

Well, what a celebration our 20th Anniversary turned out to be! To have such a large turnout of original, past and current members was thrilling for the Committee and particularly for the sub-committee, who took on the majority of the workload of organising the event. Our heartfelt appreciation goes especially to Carol Smith and Anna Gear from the Committee and our members Anne Thompson and Carolyn Braun. The displays were outstanding and the food excellent. We also had Sue Steele from U3A Network Victoria and members attending from Cobram and Whittlesea U3As. As the mayor said, "Pretty impressive!" It was also encouraging that the Shire provided the venue free for us. Wayne, from the Seymour Telegraph, took lots of photos so make sure you check out the local paper, especially if you were unable to be there.

Watch out also for the new U3A signs being installed at each of the town entrances, a permanent way to mark our anniversary. We're making ourselves known!

It is very interesting to note that our most popular classes are in the area of The Arts, namely Barry Dunn's *Art* class, *Music Logic* with John Barton and Moira Maher's *Just Ukcs*.

Our classes provide an opportunity to learn a new skill with talented tutors, express yourself, socialise and have fun all in one package. Healthy participation on so many levels!

Our 2nd Semester Timetable will be out next month. Please check it and see if you would like to try something new. (A copy will be on our webpage and also on our Facebook page) We will assume that you are continuing your existing classes unless you let your tutor know otherwise.

A reminder that *Away with Words* ([see the flyer below](#)), is happening on Saturday June 14 at the Recovery Hub, thanks to a grant from the Mitchell Shire Council. If you know any non-members who might find this opportunity valuable, please encourage them to register, as this event is open to everyone.

Come and bring a buddy but make sure that you book!

So much has been happening in Seymour recently. Did you take the opportunity to see *Charlie and the Chocolate Factory* by the Seymour Performers, a cast of more than 40 with lots of young people? And there was the presentation by Jelana Dokic. Both were well worth attending. Check out social media, the local newspapers or FM 103.9 to hear about other events. Chill out yet stay warm as winter moves in ... Irene

Twentieth Birthday



Birthday cake



First President (Anne Thomson), present President (Irene Telford) and U3A Victoria representative (Sue Steel).

Reports from Groups

Book Buffet

With Easter Monday falling on our usual catch-up day, we have had to read two books and try to remember them in order to discuss them when we meet next. The books we have recently read are *The Secret Keeper* by Kate Morton and *It Takes a Town* by Aiofe Clifford. They will both be up for discussion on May 19th.

Creative Writing

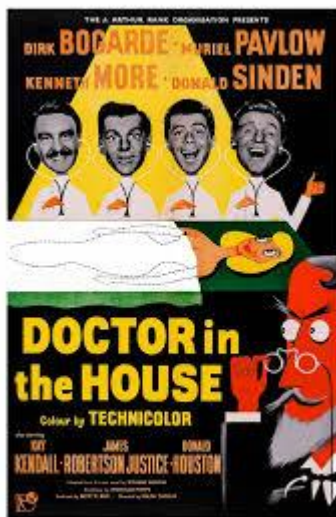
Jan and Dennis Kennedy are to be congratulated on producing "Writer's Group 2024". This little book demonstrates how far participants can come in just 12 months. Christine Duke contributed not only her writing skills but also her talent with the brush. Her background illustrations really enhanced the book. If you would like to see a copy there will be some in the little library in the kitchen. Copies can be purchased for \$5 from the office on a Monday or from Irene (0425 755 093)

Our next class is at the Seymour Library at 1.30pm on Tuesday 17th June.
Irene (on behalf of the Writing group)

Jessica's Corral

We have enjoyed some extra singing time in preparation for Jessica and Brian's absence as they travel to the USA for 6 weeks. We did not want to miss any sessions if possible. The more opportunities for practice means the better we sound! We will be in recess now until July.

Matinee



Simon Sparrow (Dirk Bogarde) arrives at St. Swithin's Hospital to begin five years of study in order to become a doctor. From his first day, it's obvious that studious, inexperienced Sparrow will have a series of humorous adventures. He has some difficulty finding lodgings where the landlady's daughter isn't out to seduce him. Two fellow students, Richard Grimsdyke (Kenneth More) and Tony Benskin (Donald Sinden) finally take him in; they're old hands who didn't pass their exams the first time around. Aside from the normal medical-student woes and dealing with senior physician Sir Lancelot Spratt (James Robertson Justice), Simon has little luck with romance. His chums talk him into going out with nurse Joy Gibson (Muriel Pavlow); he isn't keen, but love is often found in the strangest places. As the years go by, Simon becomes a competent doctor as, along with his pals, he faces the hurdle of final exams.

Music Logic

This group is expanding so much that we are looking at starting another class next semester. Please contact me (0425 755 093) if you would like to join. We need ten people and have 5 already.

Irene (on behalf of the Music Logic group)

Meditation

Our group has been very consistent and everyone is using the free Insight Timer app. If you are interested in meditation and you can't get to the class you can download the app onto your mobile and listen at your convenience. Remember that if you are not sure if meditation is for you or not, feel free to come along for a session or two and try it out for yourself. I'm encouraging the participants to bring a friend and expand our group even more. Everyone is welcome, even if you are a complete beginner.

John

General Items

I am sure that all the members, who attended our twentieth birthday celebrations on Saturday, would like to congratulate all members of the Birthday Organising Sub-committee for the wonderful presentation and presenters, posters and food that we all enjoyed. It was interesting to learn some of our U3A's history and development. The posters were also very interesting to look at.

Victorian Volunteering Awards 2025 Now open

Do you know a local volunteer or community group making a big difference in Mitchell Shire?

The Volunteering Awards 2025 are now open, recognising the incredible contributions volunteers make in strengthening communities across Victoria.

This is your chance to celebrate individuals and organisations who are building connection, resilience, and support right here in our region.

There are eight award categories open for public nomination, covering both individual volunteers and community organisations supported by volunteers.

The Awards are delivered by Volunteering Victoria, with support from the Victorian Government (Department of Families, Fairness and Housing).

📅 Nominations open: Tuesday 29 April 2025 at 12.00pm

📅 Nominations close: Friday 4 July 2025 at 4.00pm

Let's shine a spotlight on the people who make Mitchell Shire such a strong and caring community.

Link to nominate and for more information: <https://volunteeringvictoria.awardsplatform.com/>
Meghan Harvey

Metro Tunnel Project

Hello U3A,

I'm Velos, from the Metro Tunnel Project's community visitor centre – "Metro Tunnel HQ." I am reaching out to your group to invite you in for a visit to experience and discover some of the biggest public transport projects in Victoria's history as part of your social outing. Some of your branches have already come and found it most interesting, so we are extending the invitation.

Metro Tunnel HQ is located at 125 Swanston Street, Melbourne. It's insightful and informative, with interactive displays, virtual reality experiences, and an immersive panoramic theatrette. Our award-winning information centre brings to life the Metro Tunnel Project, the largest rail project in Melbourne since the City Loop was built more than 40 years ago! For example, did you know the Metro Tunnel will provide people with more choice and better connections to parts of Melbourne not previously serviced by trains. Come on in and we'll tell you all about it.

The presentations run for 60 minutes. Our friendly staff will present on the Metro Tunnel Project – including the new stations, trains, systems, and technological innovations. Following the presentation, guests will have time to explore the centre at their leisure. We could even take you on a short walk to the Town Hall Station construction site (foot path view only, and optional) where we will touch on Victoria's biggest archaeological dig as well as station construction methodology.

And this is all free. 😊

We have availability in the upcoming months. If this sounds interesting to you and your group or if you have any questions, please reach out to me and I can assist further.

Explore our website: Metro Tunnel Project - Victoria's Big Build

We look forward to welcoming you soon!

Kind regards,

Velos Panteli

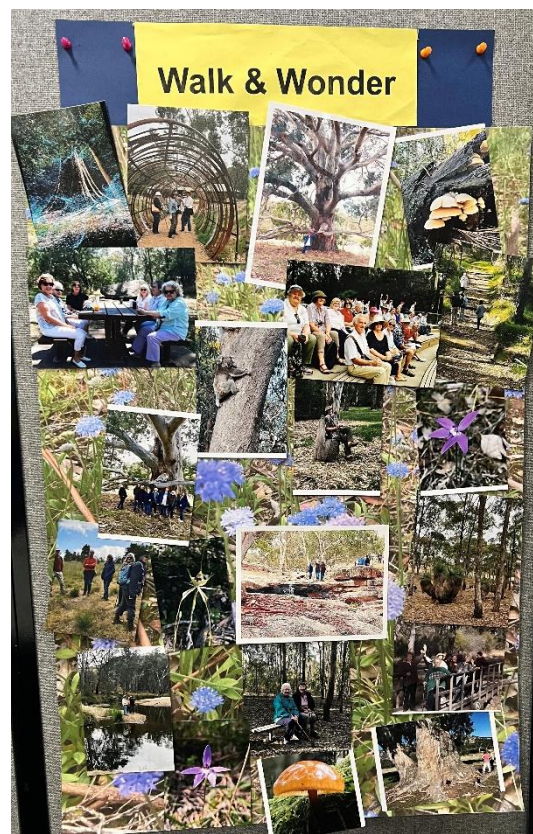
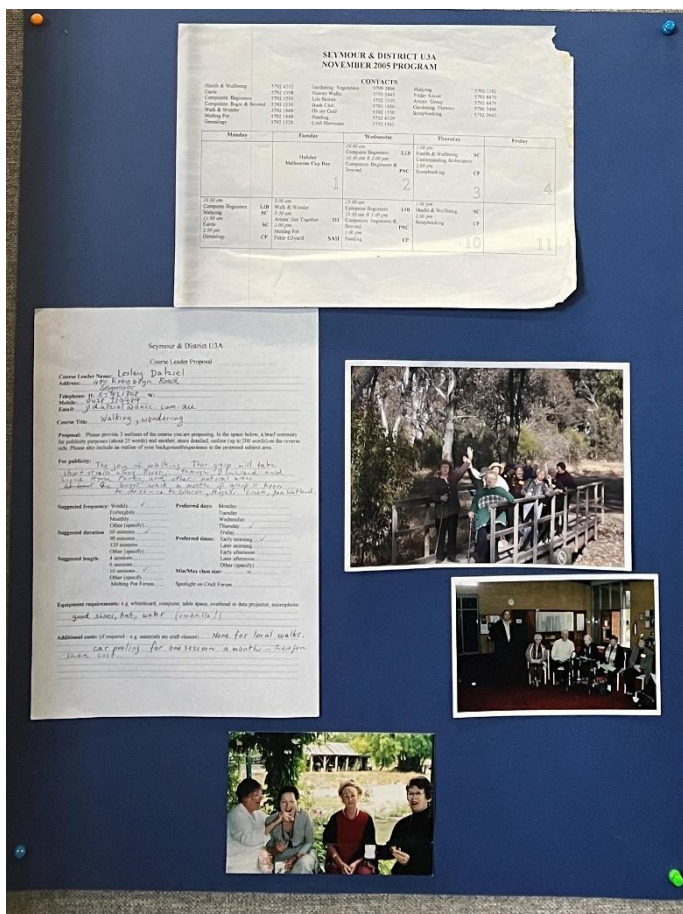
If you are interested in this activity please contact Carol Smith. She is trying to get a booking for August but the final date is to be announced.

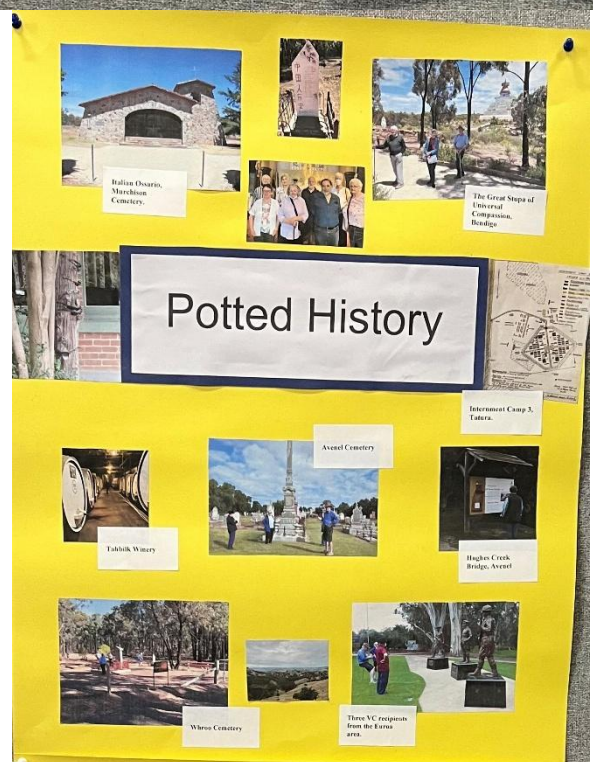
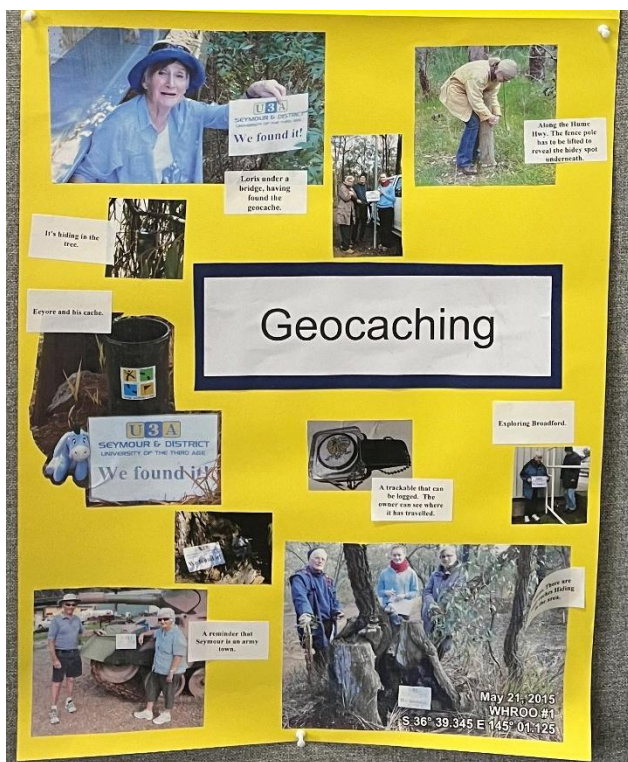
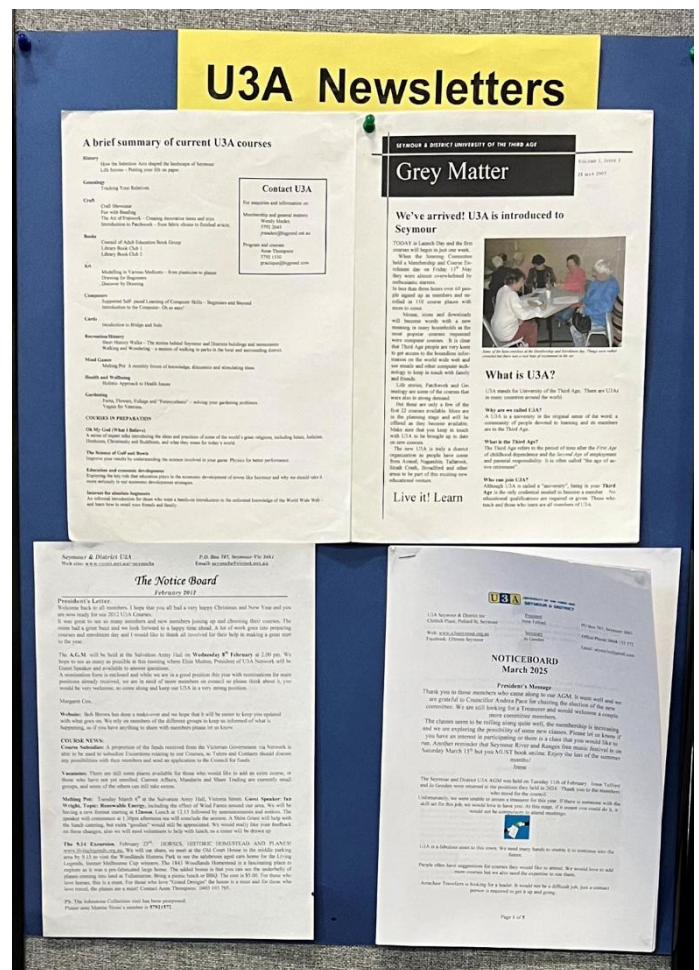
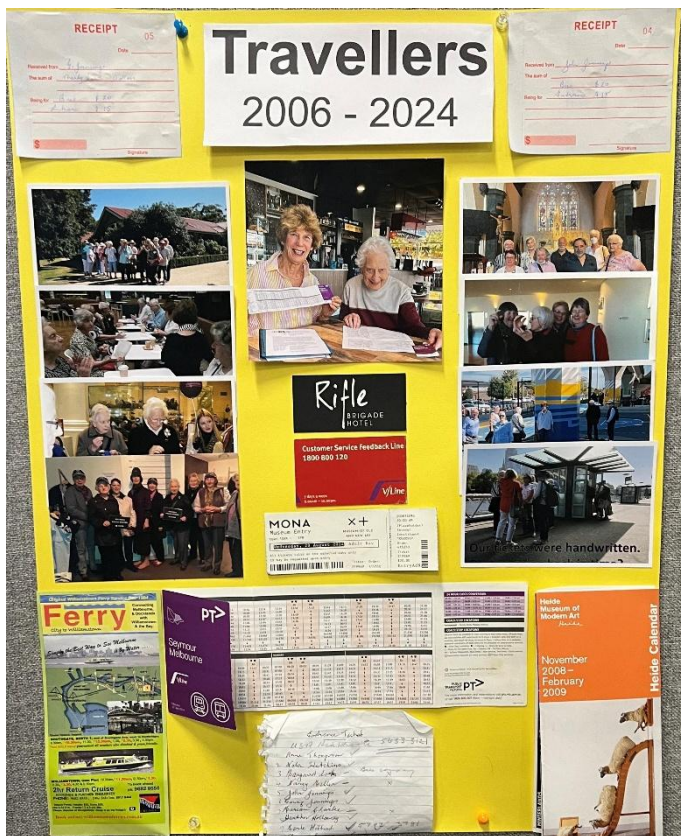
All notices for the next Noticeboard need to be emailed to U3A (seymu3a@gmail.com) **and** Heather (123hbee@gmail.com) on or before

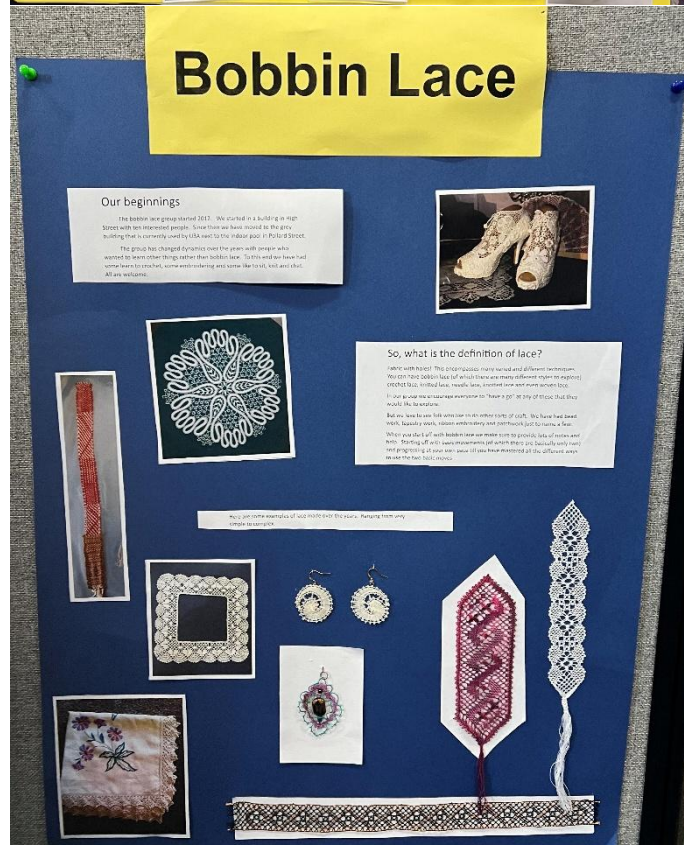
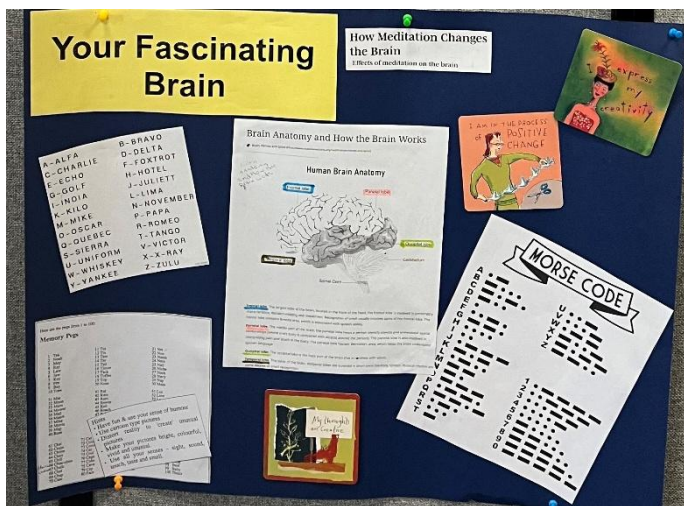
June 18.

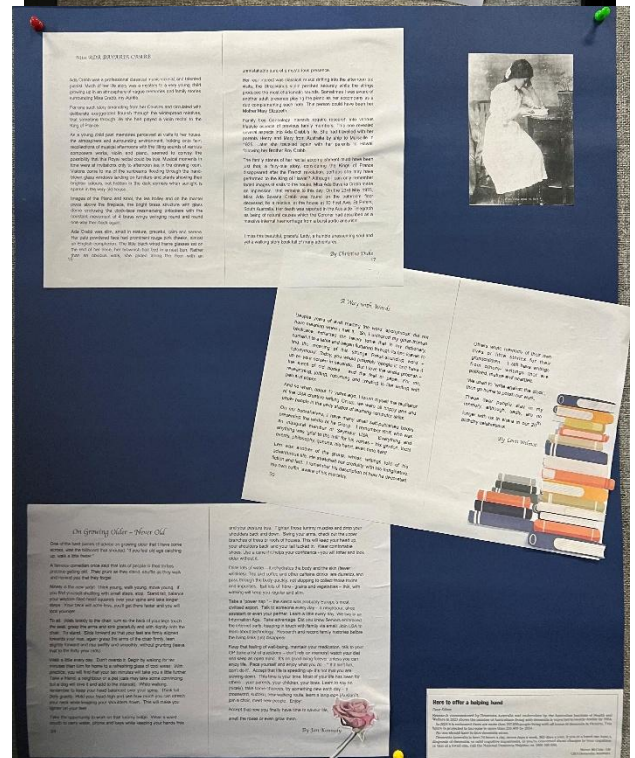
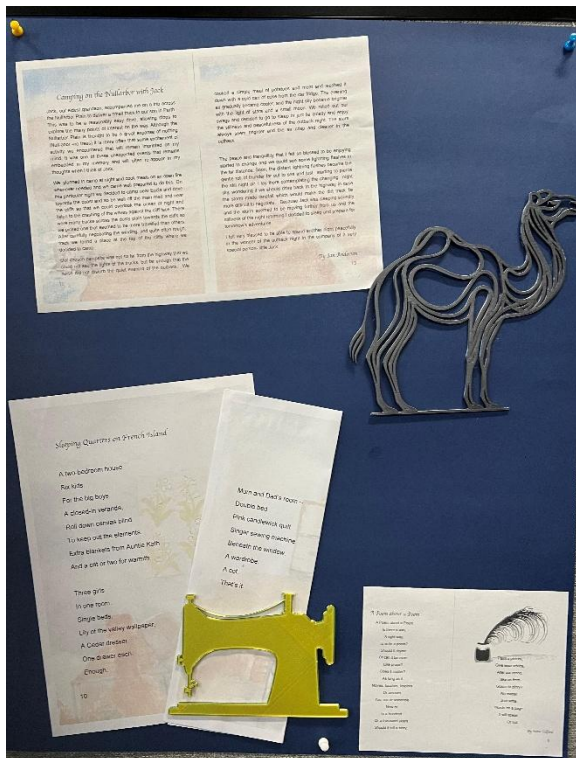
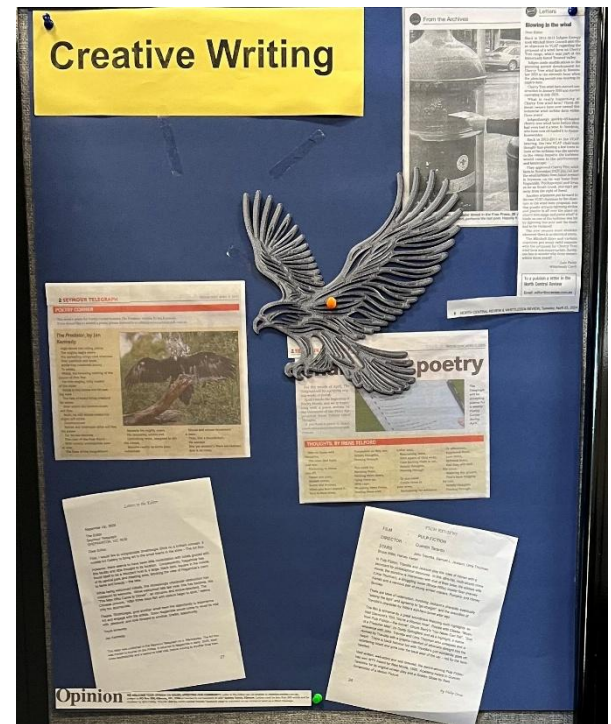
If you have any photographs of any activities, or busy groups, please email them to U3A **and** Heather. Noticeboard will be sent out on **June 25.**













All photographs supplied by Anne Thompson and Trish Archer.

ADVANCE NOTICE ADVANCE NOTICE ADVANCE NOTICE ADVANCE NOTICE

SAVE THIS DAY – JUNE 14TH, 2025

AWAY WITH WORDS!

Another U3A 20th Anniversary event!

As part of our U3A's 20th Anniversary celebrations and, in conjunction with Mitchell Shire Council, we have invited the celebrated, award winning, international best-selling author Toni Jordan to come to Seymour to conduct a fabulous, fun excursion into WORDS! Written words, thoughts about words, words in books, words in our life! Toni will lead conversations and actions around books and writing, about how to put thoughts on paper, about finding ways to gain extra pleasure in reading. All happening in the warm and comfortable surroundings of the Flood Recovery Hub!



Toni Jordan - Author

Toni brings to this event lived experience in reading and writing, drawing on her background as a scientist, writer in residence, writer's festival panellist, a PhD in Creative Writing, RMIT Sessional Teacher of the Year, film scriptwriting,and, once, a door-to-door aluminium sliding door salesperson!

It's FREE event! It starts at 10.15am with morning tea and finishes at 2.30pm. Lunch provided. All you need to do is register your name now at seymu3a@gmail.com for the Away With Words event.

BOOK NOW!

All notices for the next Noticeboard need to be emailed to U3A (seymu3a@gmail.com) and Heather (123hbee@gmail.com) on or before **June 18.**

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

Noticeboard will be sent out **June 25.**