

U3A Seymour & District Inc
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NOTICEBOARD

July 2025

President's Message

Away with Words was an event of which we're very proud. Toni Jordan was a superb presenter and, apart from the weather and the room being colder than we hoped, the day was a huge success. To all those involved a big THANK YOU!

Our 2nd Semester Timetable is now out. Music Logic is expanding with a beginners' class starting in July and Your Fascinating Brain returning in August. Our wonderful Art tutor Barry Dunn has kindly extended himself and will support members to get their digital photos off their devices and learn better ways of saving, sorting and storing those precious memories. I encourage you to seize the opportunities as these classes are not guaranteed to appear again. Plans are afoot for Pickle Ball and Bridge. More on those later.

Whilst we aren't currently running any classes to enhance our physical well-being (apart from Walk and Wonder!) there's lots on offer locally. The Seymour Sports and Aquatic Centre, Park run/walk on Saturday mornings and the Seniors Exercise Park near the Chittick Park Playground are just a few. No excuses! And if it's lunch that you prefer, consider going to the Community House (5792 3152 for details) or the Salvo's. Great value and friendly people.

I'm sure there's someone out there who loves to play with graphics. Would you be willing to give us a few hours of your time to create a new/revised brochure? Let me know on 0425 755 093 if you are the one.

Keep your eye out for an opportunity to put your views forward in relation to the Community Hub. The final consultation from the Mitchell Shire Council asking for feedback should be out in the next few weeks. It might just be a venue that U3A could utilise.

If you are fortunate enough to be taking a holiday to warmer places, enjoy the sunshine, and for the rest of us, rug up and keep warm.

Reports from Groups

Garden Group

On Wednesday the 18th June a few keen gardeners met at Dianne's garden in Seymour for a lesson in native bees, their houses, favourite plants and habits. Dianne showed members her own handmade bee hotel and gave them some pointers and materials to help build their own bee hotels. Later, we adjourned to Anna's house to collate materials and peruse more information on building bee hotels.

Many thanks to Dianne for her time and generosity and Anna for hosting our group afterwards.

As the cold weather makes its presence felt, it has been decided that we will be in recess for the month of July and hopefully resume activities in August. We are currently looking into getting a speaker on composting, later in the year.

Shout out to our sickies, do hope you get better soon and travellers enjoy the warm weather interstate.

Pam

Matinee



In his popular Father Brown detective stories, celebrated Catholic writer G. K. Chesterton brought characteristic wit and an apologetical slant to the conventions of classic British detective fiction. Among the distinguished heirs of Sherlock Holmes (Hercule Poirot, Lord Peter Wimsey, etc.), Father Brown seems at first an unlikely detective hero, with his innocent, bespectacled face, diminutive stature, and fuddled manner: Columbo without a badge. How could this sheltered cleric have any special insight into the hardened criminal mind?

Your Fascinating Brain

In these sessions we will recap what we learnt about the structure of the brain and its components as well as continue to explore our memories. How & where are they stored? Why do we forget? What do we need to do, or not do, to increase our capacity to recall? Why do we do what we do? I promise it will be informative, fun and valuable!

General Items

Metro Tunnel HQ Tour for U3A members

Seymour & District U3A will visit the Metro Tunnel HQ for a presentation about the project on Thursday, 7 August at 1pm. For safety reasons, the numbers are limited and you must register to attend. Book with Carol Smith at seymu3a@gmail.com by 31 July.

Entrance Signs

U3A signs have been erected at each entrance to Seymour.



AWAY WITH WORDS

June 14, 2025

This “Festival of Words” was an amazing day for the approximately 40 participants who were guided through the day by the award winning author Toni Jordan. Participants were taken through a journey of discovery about the process of writing, given writing exercises which gave them insight into their own, sometimes unexpected capabilities. A writing highlight was the exercise where budding authors were given a photo of various subject matters and asked to spend 20 writing about the subject matter. The results were amazing! Everyone had such a positive writing experience. Toni finished the day recounting her life as an author, a career that started when she was over forty. Her presentation was a tour de force. To make this marvellous event happen (and we won’t mention the heating problem!) the U3A were given such support from the Mitchell Shire Council, Seymour Telegraph, Seymour FM and ABC Radio Shepparton. Ferguson Plarre Bakehouse in supporting this event too.

Do pick up book by Toni Jordan eg Nine Days and enjoy such an intelligent, insightful and page turning writer with an Australian voice.
Her CV has been posted in Uthrea Facebook



Toni Jordan (third from left) with
organising working party – Anne
Thompson, Carolyn
Braun, Toni Jordan, Irene Telford,
Carol Smith, Rosemary Dwyer.
Absent Anna Gear



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

July 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 **July 25.**