



UNIVERSITY OF THE THIRD AGE
SEYMOUR & DISTRICT

U3A Seymour & District Inc
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NOTICEBOARD

September 2025

President's Message

I'm excited because:

Spring is just around the corner and that means more time in the garden, more walks out enjoying the beautiful flowers and more entertaining on the deck. At the same time, I'm appreciative of the recent rains. What are the things that you love about this time of the year or, simply, what is it about your life that brings you joy? I trust that being part of Seymour and District U3A is one of things that contributes to your life being happy and healthy. U3A Seymour and District and Goulburn Options Art Show is happening mid-September and we are part of that thanks to the generosity and commitment of Anne, Carol, Barry Dunn and our Art group members. See below for details.

I have just had a message from the Walk Wonder group that they are keen to organise a bus trip to the Cranbourne Botanical Gardens, probably in late October. If you are interested watch out for details in the next Noticeboard.

The new Community Wellbeing Hub to be built behind the current library is in the final stages of community input.

Check out the Mitchell Shire website

<https://engagingmitchellshire.com/seymour-wellbeing-hub>

and click on View the Design

Concept. Have your say personally and also encourage local organisations to put in their recommendations while there is the opportunity. The survey closes on September 3rd. The plans are on display on the front windows of the Library and paper copies of the survey also available. At U3A we are putting together a submission and welcome your suggestions. Please email them to

seymu3a@gmail.com

Are you aware that there is a Seymour Community Programs Directory website that provides quick links to helpful local programs relating to topics such as tenancy, disability, health and more? <https://www.seymourcpd.com.au/>

Irene

Reports from Groups

Book Buffet

Numbers are low during the winter, as our readers make their way towards the sun. Our last book, *The Women's Pages* by Debra Adelaide, had mixed responses, with many readers confused by the style of writing. It's great to be able to share your opinion freely without worrying about what others might think or say. We are an open and friendly bunch! Our new book is *Commonwealth*, by Ann Patchett. Happy reading!
Jo

Garden Matters

On Wednesday 20th August, Garden Group Members met at the Seymour Garden Centre to look for treasures or ideas for our gardens. We then adjourned to a Seymour café for a well-deserved coffee and to discuss plans for the rest of the year. As members have appointments or holiday plans, we have decided to reschedule our next meeting to Wednesday 10th September. Details for this meeting will be forwarded directly to members once they have been finalised. Happy Gardening!
Pam

Jeesica's Corral

Having returned from the USA, Jessica has been keen to run catch up sessions every Monday. She must have missed us! No doubt we will return to our regular second and fourth Mondays in the near future.
Jo

Matinee

	To get background for a new book, author Charles Condomine (Sir Rex Harrison) and his second wife Ruth (Constance Cummings) light-heartedly arrange for local mystic Madame Arcati (Dame Margaret Rutherford) to give a séance. The unfortunate result is that Charles' first wife Elvira (Kay Hammond) returns from beyond the grave to make his life something of a misery. Ruth too gets increasingly irritated with her supernatural rival, but Madame Arcati is at her wit's end as to how to sort things out.
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Walk & Wonder

We are interested in hiring a bus to the Royal Botanic Gardens in Cranbourne, probably in October. If you are interested watch out for details in the next Noticeboard

New Course

Pickleball

Pickleball will operate at SSAC, starting Thursday 28th August from 11.30am to 12.30pm. It will continue for 3 more Thursdays after that: 4/9, 22/9, and 18/9. Registration with Reclink is required (online registration).



Carol

General Items

U3A Visits Metro Tunnel Project

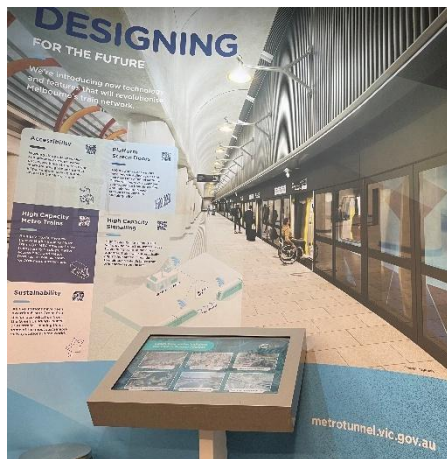
Seymour U3A members visited the Metro Tunnel Project recently to learn about the biggest upgrade of Melbourne's train network since City Loop opened in 1981. We were joined by Cobram U3A members who heard about our excursion at our 20th Anniversary Celebration. We heard a presentation about the project's development, technology and safety features of the new trains that will operate in the tunnel. Displays showed where the five new underground stations have been constructed. Members enjoyed a virtual reality tour of one of the stations as well as a movie showing the massive machines that were assembled underground to build the tunnel.

A walk along Swanston Street led to the Town Hall Station entry and a talk about the artefacts that were excavated from the site adjacent to Young and Jackson's Hotel. There will eventually be seven access points to the Town Hall Station, including from Flinders Street Station.

It was a very interesting and enjoyable excursion to Metro Tunnel HQ which is open to the public at 125 Swanston Street, Melbourne.



If you blow up the page you will clearly see the new stations and the lines that service them.



One of the stations showing the closed doors as the train comes in. The doors will open when the train has stopped. There are also signs that tell the waiting passengers how many people are on the carriage.



Experiencing a Virtual Reality set, probably for the first time.

Blister Pack Recycling



turned into new products.

(As we age, we tend to have more tablets so this is a great way to dispose of them responsibly. We may have a collection box in the grey building.)

Blister pack recycling is now available at the Seymour and Wallan Resource Recovery Centres! We have partnered with PharmaCycle to offer residents a new and free recycling option for pharmaceutical blister packs.

Once collected, they are transported to a specialist processing facility to separate the aluminium from the plastic, and then each material is sent on to be

Colin Officer Flora Reserve

Location:

Enter via Broadford Golf Course car park, Horwood Road, Broadford VIC 3658

Features:

Open Space & Walking Trail

Dog rules: On-leash

Distance: 1.1 kms

Duration: 16 minutes

Difficulty: Easy

Suitability: Walking, Jogging & Running

The Colin Officer Flora Reserve is noted for its diversity of orchids, lilies, other herbs and shrubs.

Visiting for the day

Walking entry to the reserve from either Water Trust Road or from the Broadford Golf Course car park (walking track begins near the CFA water tank).

Parking is available at the Broadford Golf Course, Horwood Road. There is an information shelter produced by the former Broadford Land Management Group near the CFA water tank at the Broadford Golf Course car park.

Highlights and facilities

- diverse range of wildflowers, orchids and lilies
- bench seats and picnic table
- bird watching
- walking tracks
- interpretive signage

How you can help

- keep dogs on a leash and clean up after your pets
- please take all rubbish with you
- keep to trails to protect the native vegetation
- firewood collection is not permitted
- camping or campfires is not permitted
- unauthorised vehicles or motorbikes are not permitted

Map of walk: <https://walkingmaps.com.au/walk/5534>

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

September 17

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

Noticeboard will be sent out on **September 24.**

Art Show

To display the wonderful abilities of Goulburn Options participants and the U3A Seymour Art Group under Barry Dunn.

20 YEARS
U3A
SEYMOUR & DISTRICT

GOULBURN OPTIONS
Disability Support Services

Seymour & District U3A is turning 20!
To celebrate, we're teaming up with
Goulburn Options for our

20 x 20 x 20
ART SHOW!

A collection of 20 x 20cm artworks to celebrate 20 years!
ALL WELCOME!

Where:
GO Art Front Gallery, 16-18 Station Street, Seymour

Opening Hours:
Saturday 13th September, 10am-3pm
(GO Art Studio Show also open!)

Monday 15th to Friday 19th September, 10am - 3pm