ISSUE 9

Grey Matters

U3A SEYMOUR & DISTRICT

October 2026



In this newsletter you can expect:

Presidents Message

U3A 2027

Important News

U3A UNIVERSITY OF THE THIRD AGE SEYMOUR & DISTRICT

GRIFFITH UNIVERSITY QUEENSLAND AUSTRALIA



Sage TRAVEL

Girton College, University of Cambridge
www.girton.cam.ac.uk/lifelong-learning

Courses

Art
Book Buffet
Garden Matters
Just Ukes
Jessica's Corral
Luncheon Club
Mahjong
Matinee
Walk & Wonder

U3A 2027

It is time to consider what Seymour and District U3a will look like for 2027

Both the President and the Secretary will be stepping down at the end of this year after completing four year terms

WHAT DOES THIS MEAN?

If there is no committee, there will be no U3A

Please consider taking on a role

We all love the activities we do and the groups we belong to but there needs to be coordination for these to occur. There are many members who have already contributed over the years in committee roles.

Even if you are unsure,take the plunge and learn something new! There will be support from the current team for handover.

It would be a terrible shame if U3A Seymour could not continue into the future.

Presidents Message

Please put the Seymour Writers & Readers Festival into your diaries for Saturday 14th November 10am until 3pm. This exciting free event is a collaboration between the Seymour Library and U3a. Almost everyone in Seymour U3a is a reader of some description so it's not just for writers. There are only 50 places. It’s open to the public and will be well promoted so watch out for more details.

The committee is planning an end of year lunch at a local venue. Members and their partners are invited with U3a covering the cost for tutors as an acknowledgement of the generous contribution that they make. Date and venue to be confirmed next Grey Matters.

Thanks Heather for organising the trip to Shepparton for the Archibald Prize Exhibition. If you missed out and would like to go it is open until 1st November. Well worth it.

Due to low numbers the October and November classes for Technology Tuition have been cancelled. It was fun while it lasted!

Make the most of the Spring weather and enjoy whatever it is that you get up to.

Irene Telford

ART





We are now operating on Tuesdays and Wednesdays. Students are having a lot of fun doing portraits , landscapes even abstracts in a variety of mediums, oils, acrylic, watercolour. Some students just draw with pens, pencils charcoal and mixed media. Everyone’s welcome.

Contact: Barry Dunn
Phone: 0401 359 918
Email: clearpropdude@gmail.com
Tuesdays & Wednesdays 10:00-12 noon
Venue: Chittick Place



Book Buffet

Our most recent book, The Keeper of Lost Things, by Ruth Hogan was mostly enjoyedby the group. The conversation we had allowed everyone to contribute their feelings and ideas about it. Each opinion is accepted and considered by others.

Not for the first time, we were reminded that we read books in Book Buffet that we may not choose to read ourselves, thus broadening our horizons.

Our next title is The Lost Flowers of Alice Hart by Holly Ringland.

Contact: Jo Gooden
Phone: 0448 700 967
Email: jogooden@gmail.com
3rd Monday 1:30-2:30



Mah Jong

Recently the group has been experimenting with new ideas, playing the game of Mahjong without the wall! Not traditional but still a lot of fun.

Dayle's winning hand ..Windy Chow !



ALL WELCOME!

Anne Thompson 0403 103 795
Margaret Flynn 0400 105 425

Mondays
10-11;30

Venue: Chittick Place



Contact: Pam Lawler
Phone:0437 377 479
3rd Wednesday
10:30-12 noon

Garden Matters

On a very cold Wednesday the 16th September, a few keen gardeners met at Jill's property in Trawool for a tour around her well established garden. The setting of the garden was set amongst the hills, with dams for water and local wildlife. Jill explained that the garden was 30 plus years old and they had built the garden from just an open paddock. The garden consisted of a mixture of native and european plants and trees with meandering paths winding their way through the extensive garden. Jill generously gave members cuttings of any special plants that they admired before we adjourned for a welcome morning tea.

Many thanks to Jill and her husband for their time and hospitality.

Happy gardening

Pam

Advance Notice:

Bolobek Garden Fair, Mt Macedon 3rd & 4th October





Luncheon



2nd Thursday 12 noon

Barb Meredith
ph:**0417384712**

Well everyone went back to Seymour for our last lunch.

Aramintas coffee/tea shop onSeptember the 10th
A small turn up, 9 of us a few dropped out due to medical and personal reasons

We all had a good time, lots of discussions about travelling in the area.
A bit of a history lesson from Margaret Flynn for me, I am learning more about the area every time we meet.The popular choice for lunch Fish and Chips and salad.

Our next Luncheon is in Seymour at the **Seymour club Thursday 8th October at 12 midday. Please advise me if you can or cannot attend as I need to confirm numbers.**

I am hoping to go to Barracca Lane for our November, end of year break up luncheon, the weather will be better then. I believe the venue has change hands so interesting to see whats changed



JESSICA 'S CORRAL



We continue to work on our harmonies which are sometimes difficult to get right.

A discussion was had about musical accompaniment but we were reminded we are an a cappella singing group and Jessica uses the keyboard to help us find our note!

The group travelled to Barrabil House to provide some entertainment for the residents there. Hopefully we brought them some joy.

Contact: Jo Gooden
Phone: 0448 700 967
Email: jogooden@gmail.com
Mondays 1:30-2:30
Venue: Uniting church Foyer

Walk and wonder



Contact: Lesley Dalziel
Phone:5792 1848
Email:jldalziel12@bigpond.com
Tuesdays 9.00am
Venue:Meet in the carpark at Chittick Place

matinée

Contact: Trish Archer
Phone:0409 945 807
Email:trisharch@gmail.com
3rd Thursday 1:30-4pm
Venue: Chittick Place



Directed byRonald Neame
StarringPeter Sellers, Geoffrey Keen, Everley Gregg, Michael Hordern, Gloria Grahame, Cyril Cusack
The story follows a British deception in 1943 aimed at weakening German defenses of Sicily before the Allied invasion. A dead soldier is dressed as a British officer, given forged papers suggesting an Allied landing in Greece, and his body is set adrift. The papers wash ashore, are seized by German intelligence, and the ruse misleads them.

Just Ukes

The Group this month went to Karingal, Seymour Elderly Citizens Hostel and entertained the residents with an assortment of tunes.
It was wonderful to hear staff and residents singing along.





Anyone can play the Ukulele! Only 4 strings and a sense of fun .Please come and join us
Cheers
Barry & Moira



Phone:0427 991 623
Thursdays 11:00-1:00
Venue: Chittick Park

SAVE THIS DATE

SATURDAY 14TH NOVEMBER

U3A & MITCHELL SHIRE COUNCIL

SEYMOUR WRITERS FESTIVAL OF CRIME READING & WRITING



VENUE: SEYMOUR LIBRARY

FREE EVENT

10AM - 3.00PM

AUTHORS TO BE ANNOUNCED

News

U3A UNIVERSITY OF THE THIRD AGE SEYMOUR & DISTRICT

We Need your Help!!!

Both the President and the Secretary will be stepping down at the end of this year after completing four year terms

WHAT DOES THIS MEAN?

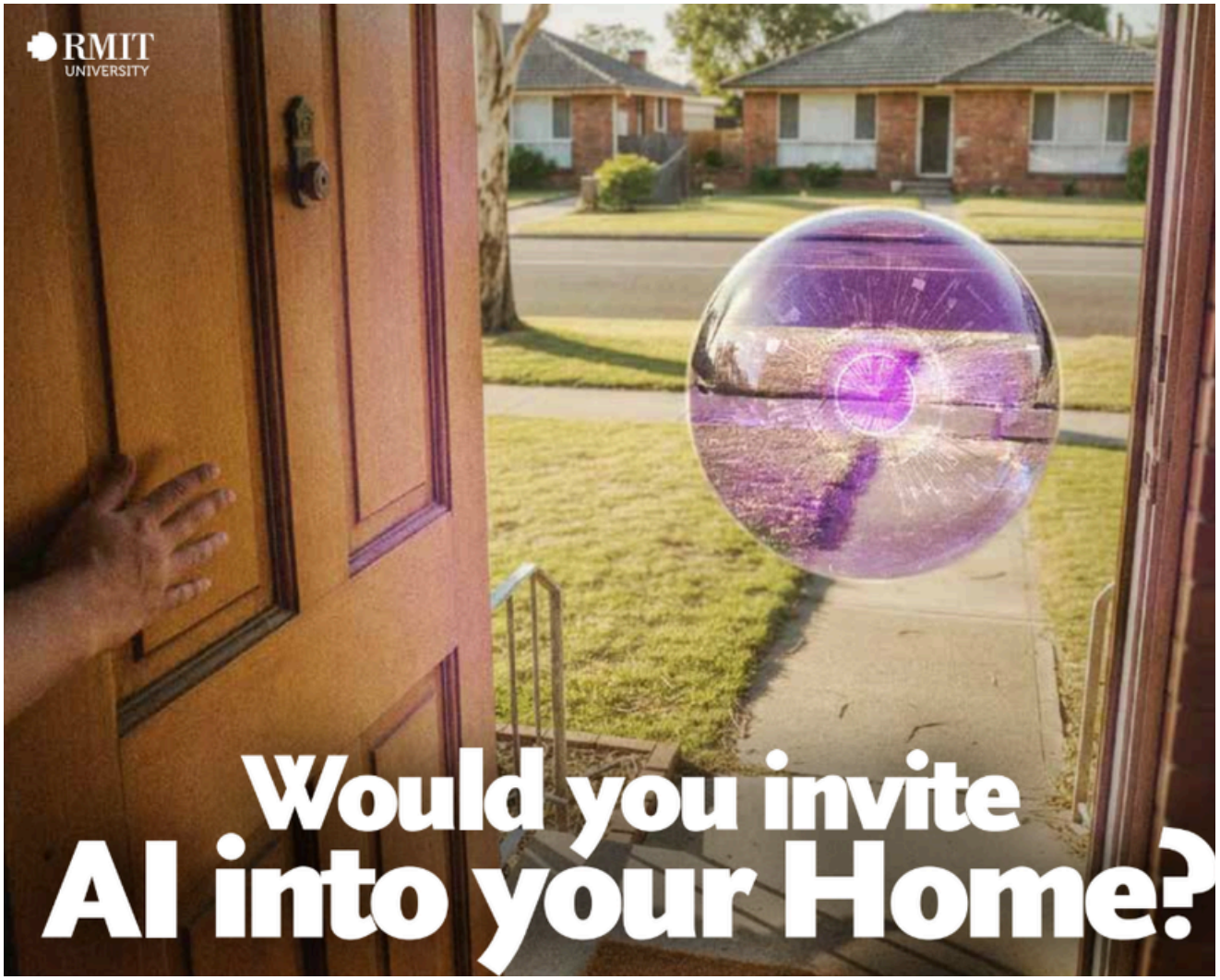
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Even if you are unsure,take the plunge and learn something new! There will be support from the current team for handover.

It would be a terrible shame if U3A Seymour could not continue into the future.



Whether you would or wouldn't - we want to hear from YOU !

Your voice could shape the future of artificially intelligent (AI) products for the home. We're interested in your thoughts on using AI in the home and for health monitoring.

> How would it feel to live with AI?
> How could AI affect your lifestyle?
> Is it possible to make AI appealing?

What is the study about?

We're interested in how 55-70-year-old Australians relate to technologies and AI in their homes, as well as technologies that monitor health and wellbeing.

Through creative speculation and collaboration, we are investigating the implicit feelings and perceptions of AI and health monitoring technologies in the home.

What will my participation involve?

If interested, you will fill out a survey to determine your eligibility. If eligible, researchers will arrange a time for you and five others to participate in a 2.5 hour workshop at either RMIT City Campus or a local meeting room (eg. at a library or hired space).

The workshop involves some simple activities that require collaboration, reflective writing, group discussions, and a little bit of imagination. Each activity inquires into feelings and perceptions towards living with technologies and AI.

Why participate?

Your contribution will help researchers better understand how 55-70-year-old Australians feel and perceive technologies and AI at home.

This research aims to shape the design of future AI health monitoring technologies for older adults and future older adults. These technologies will help prolong independent living for those ageing at home and improve aged care systems.

You will receive a $50 Coles voucher as compensation for your time.

This study has been approved by the RMIT University Human Research Ethics Committee (HREC). Ethics Approval #30085

Shape the future of AI technologies;

Get involved today !

https://rmit.au1.qualtrics.com/jfe/form/SV_ougOIiSeAR6goNo

Who can I contact for more information?

If you have any questions or queries, please do not hesitate to contact:

Kate Thaus *Researcher*
s3780970@student.rmit.edu.au
Julia Biernacki *Researcher*
s3588904@student.rmit.edu.au

Jack Feehan *Co-Chief Investigator*
jack.feehan@rmit.edu.au
Judith Glover *Co-Chief Investigator*
judith.glover@rmit.edu.au

GRIFFITH UNIVERSITY
QUEENSLAND AUSTRALIA

Shape the Future: Help Us Design a Mindfulness Intervention!

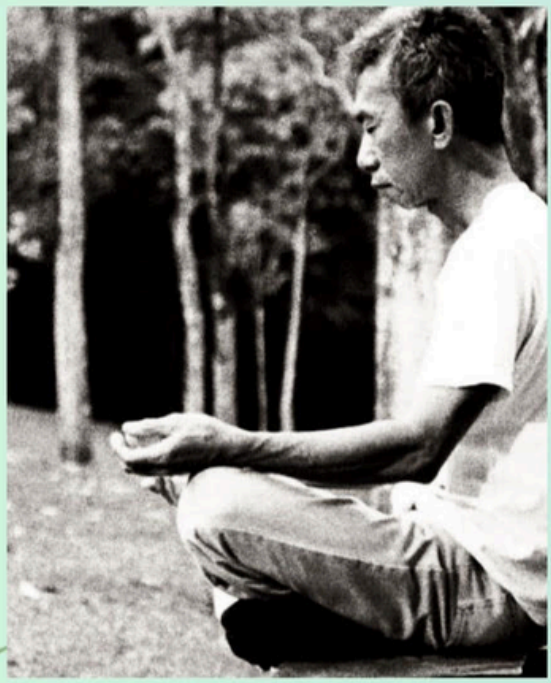


Photo credit to-"Meditation" by Kah Wai Sin is licensed under CC BY 2.0.

Are you aged over 60 and have noticed decline in your thinking and memory? Would you like to help design a mindfulness intervention?

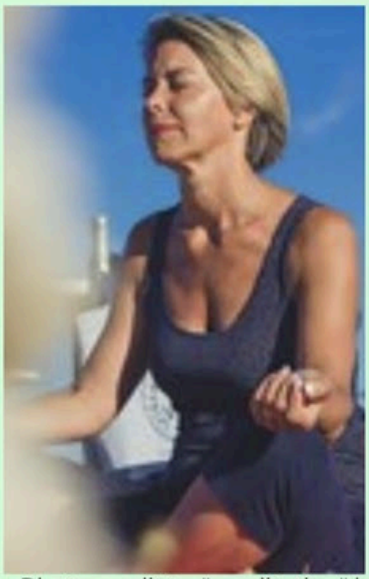


Photo credit to-"meditation" by sashameel is marked with CC0 1.0.

What does the study involve?

We are creating a new mindfulness intervention for people aged over 60 who have noticed decline in their thinking and memory, or been informed by a health professional that they have memory or cognitive difficulties. We are looking for assistance from you to share your ideas through an online survey about the content and length of the mindfulness program, and potential modifications for it.

This study is a part of a PhD project at Griffith University
GU ref no: 2025/916

Interested?

Email us:
ranil.acharige@griffithuni.edu.au

or

Phone or text:
044 900 6363
We will send you the link

Scan here the QR Code
(Open your phone camera and click on the link shown)

or

If you are reading on a computer or mobile screen, click this link :- https://www151.griffith.edu.au/redcap/surveys/?s=WHJ7EKHDY77MKPYX



It’s time to flock the way we think about ageing! Flock It! Victoria, from Good Flock, is a statewide search for the people, places and ideas already changing the future of ageing for the better.
Know a person, community, organisation or creator doing ageing differently? Nominate them - or yourself! There’s $20,000 in prizes, storytelling and tailored support up for grabs.
Nominations close 20 November 2026
Nominate now: https://tinyurl.com/flockit-partner

Flock It is a statewide search for the people, communities, organisations and creators already showing us a richer way to age, connect and care.

Mitchell Local Safety Committee meets to discuss safety concerns in Mitchell Shire. Representatives include community groups, government agencies and business stakeholders who meet with Victoria Police to share safety concerns in public areas . If you have any concerns to share with the MLSC, speak with Carol Smith who is a local representative . The Victoria Police Community Sentiment Survey 2026 will be reported to the public in October.



Welcome to the latest edition of the Royal Historical Society of Victoria's *What's On* newsletter.

Find events near you this History Month



October is History Month!

Throughout History Month, history-loving groups and organisations **around the state** will be hosting an incredible variety of historical events.

With **over 100 events to choose from**, including guided walks, special exhibitions, expert talks, and more, there's something for every history lover.

Find events near you



Exploring the foundations of rural Victorian townships

Date: Sat + Sun 3-4 October
Cost: $45
Event Type: In person only, Kilmore and Lancefield

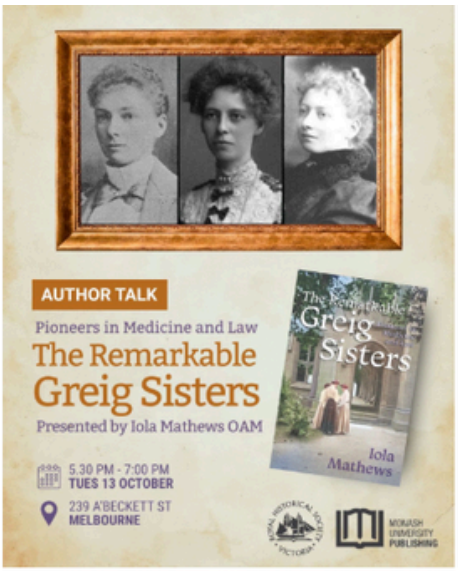
Every country town in Victoria has a similar origin story: a church, a school, a hospital, a bank, a football club — and, if they were lucky, a railway line to Melbourne. Kilmore and Lancefield are no exception. But how much of that early pattern can you still find there today?

Join us for a weekend finding out, with walking tours through both towns, a welcome dinner, and talks covering the Catholic Church, state schools, hospital building, pioneer women, and the arrival of the railways — all set in the beautiful Macedon Ranges and Mitchell Shires.

Save my place







The Remarkable Greig Sisters: pioneers in medicine and the law

Date: Tuesday 13 October
Time: 5.30pm - 7:00pm
Cost: $10-20
Event Type: In person or online

The Greig sisters arrived in Melbourne in 1889 in search of a university education. Jane and Janet would be among the first women doctors in Australia, and Flos became the first woman in the nation to practise law.

They were unusual for the time and yet not alone. With other remarkable women, they fought for women's rights and established the Queen Victoria Hospital, the Women Graduates' Association and the Lyceum Club. Their stories – researched by their great-niece Iola Mathews – provide insight not only into their own lives, but also into their times, the opposition they faced, and the progress they and others would make for their 'sisters' yet to come.

This event is presented by Iola Mathews OAM, author, co-founder of the Women's Electoral Lobby and a former journalist at The Age. She is the great-niece of Jane, Janet and Flos Greig and the granddaughter of Clara Greig.

Book my spot



Honouring the Davison-Gaze Legacy: Chris Davison in Conversation with Tony Lupton

Date: Saturday 17 October
Time: 10.30pm - 12:30pm
Cost: $0-10
Event Type: In person or online

Few Australian families are as woven into the history of motor racing as the Davisons.

Lex Davison won the Australian Grand Prix four times and claimed the first-ever CAMS Gold Star, all while running the family shoe business by day. His wife Diana was one of the first women to race competitively in Australia, and after Lex's death at Sandown Raceway in 1965, she went on to marry Tony Gaze, a Spitfire ace of the Battle of Britain who became the first Australian to compete in Formula 1.

Join Chris Davison, son of Lex and Diana, in conversation with automotive historian Tony Lupton as they trace this extraordinary story of racing, wartime heroism and family, on and off the track. Expect rare insights, personal recollections and a few surprises along the way.

Reserve my seat

Sage TRAVEL



Create your own Exclusive U3A Norfolk Island Tour with Sage Travel 2027

Would you like to create your own Private Norfolk Island Tour for your U3A members to travel together?

- Norfolk Island tour includes 7 nights at Paradise Hotel & Resort, flights from SYD/MEL/BNE, and $200 pp discount; solos get free upgrade.
- Spanish Castles Tour 2027 includes 14 nights; $500 discount if booked by Oct 31, 2026; $250 discount if booked by Nov 30, 2026.

SAGE SPANISH CASTLES TOUR 2027

EXCLUSIVE U3A DISCOUNT FOR SAGE SPANISH CASTLES TOUR 2027
***For bookings made by U3A members, $500 discount for bookings made by 31 October 2026**
***For bookings made by U3A members, $250 discount for bookings made by 30 November 2026**

Travelling through the Spanish countryside, staying in castles with great history and amazing architecture, is a truly unique way to explore Spain and to experience a ***pilgrimage to Santiago de Compostela IN STYLE***.

The **culinary experience** is also an integral part of this journey. Meals are often served in the original stone-walled restaurants, with 3-course dinners of regional specialities using local produce.

Lifelong Learning Summer School



15 – 28 AUGUST 2027

Girton College, University of Cambridge

www.girton.cam.ac.uk/lifelong-learning

This two-week residential programme is designed for adults who love learning. Participants:

- **Choose from a wide range of academic courses** taught by expert lecturers
- **Live, dine, and study in Girton College**, immersing themselves in the unique atmosphere of Cambridge
- **Join a rich social and cultural programme**, making the most of everything Cambridge has to offer
- **Connect with fellow lifelong learners from across the globe** in a vibrant and supportive community

FOUNDED IN 1869, Girton College is one of the larger constituent colleges of the University of Cambridge. The College's beautiful buildings and spacious grounds are located just outside the city centre, and Girton is well known for its commitment to inclusive excellence and its relaxed and friendly atmosphere. This residential summer school gives lifelong learners from around the world the exceptional opportunity to experience Cambridge student life during a programme specifically designed for adult learners. Participants can choose to attend the full two-week programme, or opt to attend for just one week.



Academic Courses

Participants take two courses per week, each lasting seven and a half hours, with teaching taking place in small classes. A variety of courses are offered in History, Literature, Art History and Architecture. Course material is accessible to all, and only an interest in the subject is required. There are no exams; participants study for the joy of learning.



Social Activities

A varied social programme is offered to help lifelong learners experience Cambridge to the full. Options may include visits to one of the many University of Cambridge museums and libraries, punting on the River Cam, architectural tours, pub outings or a visit to the magnificent Ely Cathedral. A day trip to London is also included in the two-week programme.

Cambridge College Experience

Accommodation is available in Girton's well-appointed bedrooms, and meals may be taken in the College dining hall. Participants will experience a traditional English Afternoon Tea and attend a weekly Formal Dinner held in the College's historic dining hall. A series of tours and evening talks will help participants to appreciate Cambridge and its history.



For more information visit **www.girton.cam.ac.uk/lifelong-learning**
If you would like to know more or register your interest, please contact the Director of Global Programmes, Dr Nick Godfrey, at **lifelonglearning@girton.cam.ac.uk**

GIRTON COLLEGE, CAMBRIDGE, CB3 0JG, UK



Schedule Reminder

All Notices for the next newsletter need to be emailed to U3A (seymu3a@gmail.com) and **Libby (libsam.smith@gmail.com)** on or before the:**26 October 2026**

If you have any photographs of any activities/groups/classes and wish for them to be included in the newsletter please email them through also.

See you for the next newsletter!



Seymour U3A Contact Details:

seymu3a@gmail.com		**Ph: 0448 153 572** **PO Box 767, Seymour 3661**
www.u3aseymour.org.au **https://www.facebook.com/uthreea.seymour**		**U3A Seymour & District Inc** **Chittick Placce, Pollard St, Seymour**

Thank you for reading!