

Grey Matters



SEYMOUR & DISTRICT

5 February 2026



In this
newsletter
you can expect:

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President's Message

I hope that you, like me, have been fortunate enough to have had time with family and friends and are feeling rested, restored and ready for 2026!

To all those who have been impacted by the devastating fires I trust that you are getting the support you need. This is where community comes to the fore and Seymour and surrounding towns are a great example of the collaborative spirit.

Our 20th year has passed and what a wonderful celebration it has been. All of us express appreciation particularly to Carol Smith and Anna Gear from the Committee and our general members Anne Thompson and Carolyn Braun. Four big events – the 20th Anniversary Party, Away with Words, The Joint Art Exhibition with Goulburn Options and the Melbourne Cup end of year event. Your efforts exceeded anything we could have expected. Carol has held a variety of roles over the years and is taking a well earned break from the committee. A heartfelt thank you for all that you do to make Seymour a safer and more enjoyable place. Appreciation also goes to Heather Baetge for her longstanding commitment to producing the Notice Board. A great effort! Thank you Libby for stepping up and taking this over.

If you haven't paid your 2026 membership yet please do that asap (still \$40pa for an individual or \$60 a couple) We have a number of new members and I welcome you. We are a pretty friendly bunch so if you are unsure about anything please ask. Remember that our office at Chittick Place is open on a Monday from 10am until noon, except on Public holidays or in an emergency such as the recent fires when the Shire utilised the venue.

There are a few new programs and changes to existing ones so please note. Unfortunately Music Logic will no longer be offered at U3A as John Barton, our tutor for the past two years, is pursuing other interests. If you are keen to continue or learn about Music Logic please contact me on 0425755093.

A short course in Mahjong and Rummykub will be held in February on Mondays 10 – 11.30am

Remember that our AGM will be held on February 10th 1.30pm. As well as electing a new committee come along to hear our guest speakers Tony Gooden & John Smith share their different roles and experiences in the CFA and the importance of this much appreciated volunteer organisation.



Irene Telford



Art

Keen to try yourself out in any area of Art? Follow your own interest in good company. You learn at your own pace, you share skills – and previous experience is not necessary. The group meets weekly. Beginners welcome. Plein Air Painting starting first Tuesday of the month.

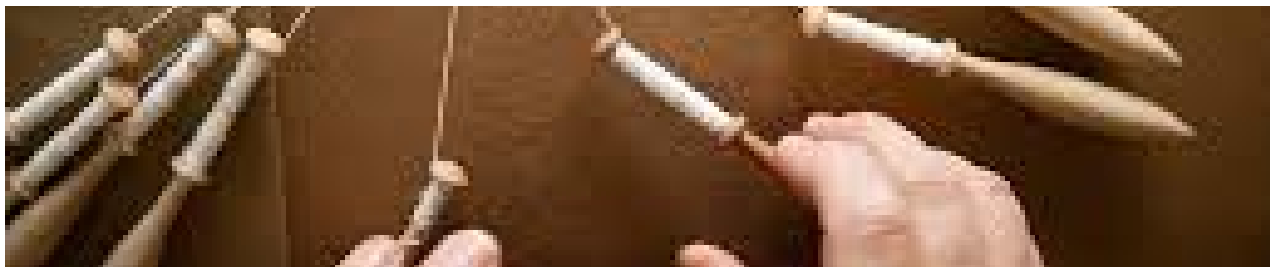
Contact: Barry Dunn
Phone: 0401 359 918
Email: clearpropdude@gmail.com
Day/Time: Tuesdays 10.00am-1pm
Starting date: 3rd February
Venue: Chittick Place



Book Buffet

Our first title of the year is The Covenant of Water by Abraham Verghese. We picked it up in January ready to talk about at our first meeting on Monday February 16th. We are looking forward to lots of discussion and conversation where all opinions are valid and hopefully everyone is heard!

Contact: Jo Gooden
Phone: 0448 700 967
Email: jogooden@gamil.com
Day/Time: 3rd Monday 1.30-2.30pm
Starting date: 16th February
Venue: Seymour Library, Anzac Avenue



Bobbin Lace Craft

Intrigued at the idea of lace making? This weekly group is your chance to try the ancient skill and learn about its history and uses. Maree Langley will be “showing you the ropes” so to speak. Gender is no barrier. For \$60.00 class members hire 1 cushion and 10 bobbins. For those of you who don't have the patience, bring your knitting, crochet, needlework or other craft and Maree will help.

Contact: Maree Langley

Phone: 0409 350 064

Email: mjlangley13@gmail.com

Day/Time: Mondays 10.00-12noon

Starting Date: 2nd February

Venue: Chittick Place

Cost: \$60.00 for cushion and
bobbins



Creative Writing

The aim of this group, is to provide a welcoming space and a dedicated time, for those who are keen to put pen to paper and develop their writing skills. There will be an opportunity to discuss writing projects, share ideas and seek support and input from others.

Contact: Lola Puddy

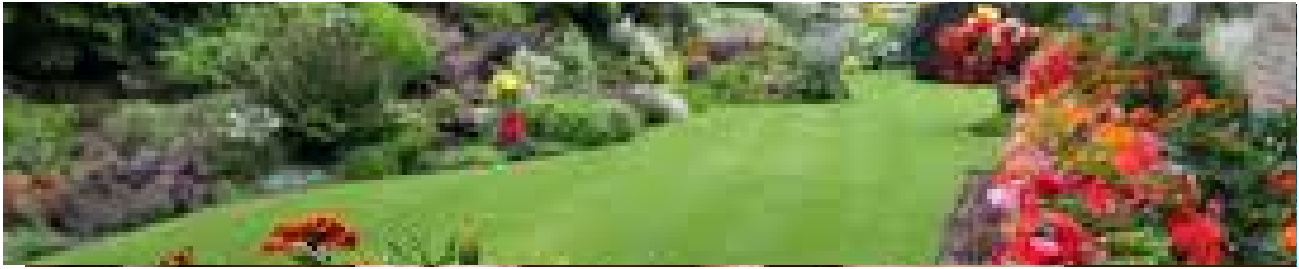
Phone: 0428 769 612

Email: lolapuddy@gmail.com

Day/Time: 3rd Tuesday 1.30pm to
12noon

Starting date: 17th February

Venue: Seymour Library



Garden Matters

First Meeting for 2026 will be held on Thursday 18 February at 10.30am. We will meet at the Little Stones Café in the Seymour Mall to work out our garden calendar for the year. Looking forward to catching up with everyone. Any questions please contact me on 0437 377 479.

Contact: Pam Lawler

Phone: 0437 377 479

Email: lawler_p@yahoo.com

Day/Time: 3rd Wednesday 10.30-12noon

Starting date: 18th February

Venue: Chittick Place to begin



Genealogy

Who were your ancestors? Where did they come from? This self-help group will show the way around any local information, how to get the most out of Ancestry.com through the library subscription, and suggest areas to look further afield. DNA, is it really worth it? Find out the best way to make it work for you.

Contact: *Trish Archer*

Phone: 0409 945 807

Email: trisharch@gmail.com

Day/Time: 1st Thursday 10-12noon

Starting date: 5th February

Venue: Seymour Library and other locations for research purposes



German Beginners , Intermediate & Advanced

After beginners, comes the next stage. Reading German books helps to teach the construction of sentences and the importance of gender in this language. A continuing course for existing participants and for German speakers wanting to brush up their language in a relaxed way with Trudi, who is a native German speaker and, as an added bonus, an experienced language teacher.

Contact: Trudi Lavoipierre

Phone: 5799 2425

Email: jtl3@bigpond.com

Beginners

Day/Time: Mondays 10.30-12noon

Starting date: 2nd February

Venue: Seymour Library

Intermediate

Day/Time: Mondays 12noon-1.30

Starting date: 2nd February

Venue: Seymour Library

Advanced

Day/Time: Mondays 9.00-10.30am

Starting date: 2nd February

Venue: Seymour Library



Jessica's Corral

We are looking forward to bringing our voices back together for another year. The more regularly we meet the better we harmonise! We are returning a bit earlier this year, sneaking into the last week of February, Monday 23rd.

If you have not yet paid your fees for 2026, you can bring them that day and I will put you in the system. There are some advantages to being the secretary!

Contact: Jo Gooden

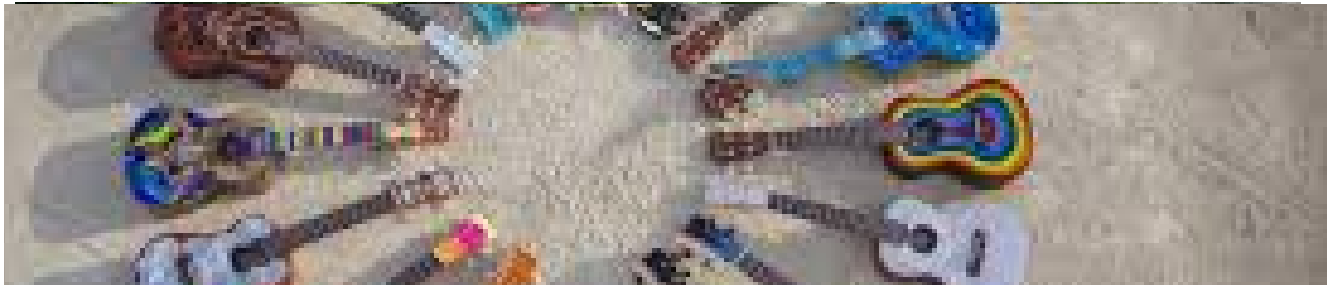
Phone: 0448 700 967

Email: jogooden@gmail.com

Day/Time: Mondays 1.30-2.30pm

Starting Date: 23rd March

Venue: Uniting Church Foyer



Just Ukes

For those who would like to learn basic Ukulele from other members of the group. Bring your own Uke or sit in on a session or two before you decide to join us. We can also help you choose which ukulele suits. Join us on Thursday mornings at 11am at U3a room Chittick Place. We start on 5th February. Feel free to ring Moira at anytime. 0427991623

Contact: Moira Maher

Phone: 0427 991 623

Day/Time: Thursdays 11.00am-1.00pm

Starting Date: 5th February

Venue: Chittick Place



Luncheon Club

Have you ever wondered what sort of gourmet delights we have in our own region and never had the excuse or time to find out? If so, this is the group for you. You will try a different restaurant each month

Contact: Barbara Meredith

Phone: 0417 384 712

Email: barb@marengofarm.com.au

Day/Time: 2nd Thursday 12 noon

Starting Date: 12th February

Venue: Brewers Table

42 Station St

Seymour

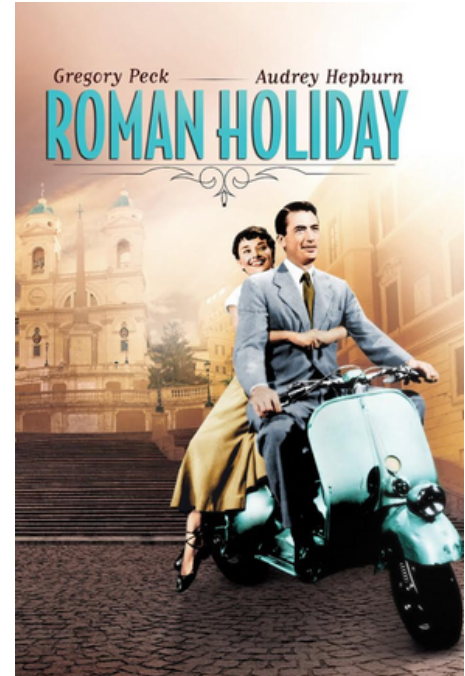




Matinee

The first film for the year will be Roman Holiday starring Gregory Peck and Audrey Hepburn. A princess explores Rome on her own and meets an American newspaperman who, seeking an exclusive story, pretends ignorance of her true identity. But his plan falters as they fall in love.

Contact: Trish Archer
Phone: 0409 945 807
Email: trisharch@gmail.com
Day/Time: 3rd Thursday
1.30pm-4pm
Starting Date: 19th February
Venue: Chittick Place



Meditation

In our busy lives, it seems inevitable that we all get stressed in one way or another. If you would like to improve your meditation skills, as well as your physical and emotional well-being, we suggest you join John's group. He has enjoyed meditation for years. It doesn't matter if you are a beginner or someone who meditates regularly, all are welcome.

Contact: John Stares
Phone: 0433 324 607
Email: johnstares9@gmail.com
Day/Time: Thursdays 9.30-10.30
Starting date: 5th February
Venue: Chittick Place



Our Literature

Not quite what you'd expect for a literature group. They've wandered off the trodden path to round-up some different subjects.

Contact: Trudi Lavoipierre

Phone: 5799 2425

Email: jt13@bigpond.com

Day/Time: 1st Wednesday 1.30-3.00pm

Starting date: 4th February

Venue: Seymour Library



Walk & Wonder

"For those interested in the natural world and good company, Walk and Wonder might be for you. We meet every Tuesday around 9.00AM at Chittick Park car park. This is not an exercise class, its about connecting with Nature and feeling its magic. Or should I say, balm. New participants welcome.

Contact: Lesley Dalziel

Phone: 5792 1848

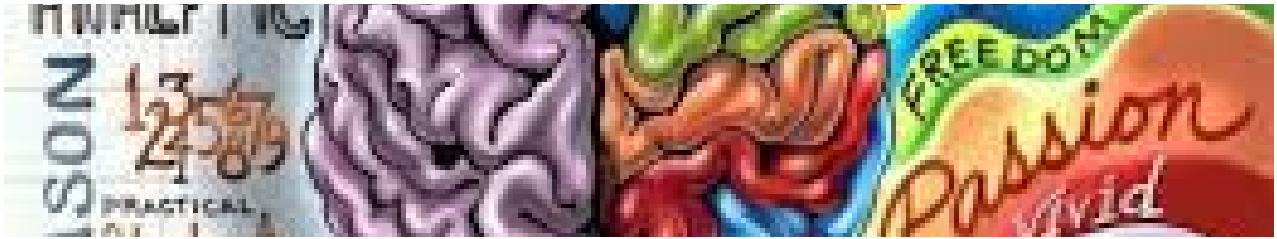
Email: jldalziel12@bigpond.com

Day/Time: Tuesdays 9.00am

Starting date: 3rd February

Venue: Meet in Chittick Place carpark

SHORT COURSES



Your Fascinating Brain

Your brain is an amazing tool. In this group, you will gain a basic understanding of how the brain works. Have fun and games to improve your memory and explore some of the latest neuroscience discoveries.

Contact: Irene Telford

Phone: 0425 755 093

Email: irenetelford1@gmail.com

Day/Time: Mondays 1.30-3.30pm

Starting date: 2nd February

Venue: Chittick Place



Bridge

A six week course to get you started and then join other groups around the town or start your own group. Previous experience with Five Hundred or Solo recommended.

Contact: Dale Stuart or Irene Davey

Phone: 0400 185 424 or 0409 540 872

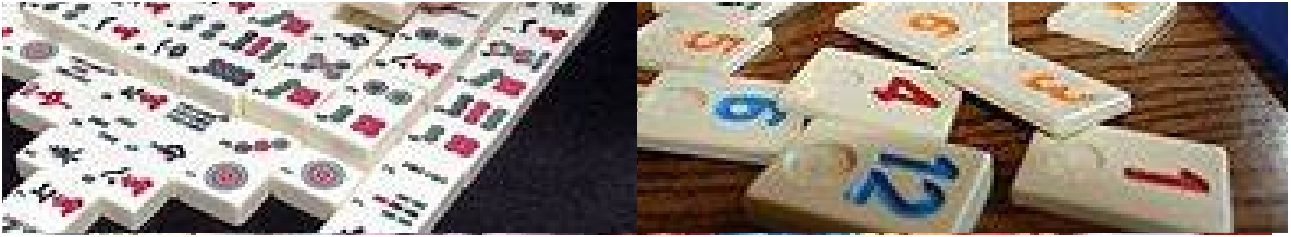
Email: irededavey@icloud.com

Day/Time: Wednesdays 1.30-3pm

Starting date: 11th February

Venue: Chittick Place

SHORT COURSES



Mahjong & Rummikub

Come along to the U3A rooms at Chittick Park for four fun sessions learning to play the easy games of Mahjong and Rummikub. Come along even if you know how to play these games!

All you need to know is – how to count to 14, know clockwise from anticlockwise, be able to recognise a three of a kind and a run! Great for you and great to play with the family!

Anne has been playing Mahjong since she was 7 and Rummikub since her Grandchildren gave her a set.

You'll find there are many commonalities between these games!

Contact: Anne Thompson

Phone: 0403103795

Email: practique@gmail.com

Day/Time: Mondays 10:00am

Starting date: 2nd February

Venue: Chittick Place



THE RACE THAT STOPS THE NATION – AND U3A!

Going to the Melbourne Cup is always an unforgettable experience but winning the Cup would be out of this world! That's exactly what Rod Bain's son Cameron did with his horse Knight's Choice in November 2024.

Rod, our guest speaker regaled us with some amazing facts about the journey to the Cup win.

The number of amazing coincidences that happened on the way to the win! The Seymour connections! The luck with the weather! Rod spoke highly too of the trainers of Knight's Choice, John Simons and Sheila Laxon, both well known in Seymour racing circles. Not only did Rod speak (he had us in the palm of his hands!) but he also brought along THE iconic Melbourne Cup! Another unforgettable experience for the Members who attended the end of our 20th Anniversary Year Afternoon Tea.

Talk and questions reluctantly over, Rod was given other duties too. He had to judge the best two hats worn by Members. There was an imaginative assortment of fascinators and feathers. Carolyn Braun's beautiful hair garland of roses and John Thompson's decorated top hat won the prizes – a free coffee at Brewers Table!

Rod's next duty was to present the prize to the winner of the sweep organised by Carol Smith. Each person received an envelope, hopefully with the name inside of the winner of the 2024 Cup. Rod had a video of the race to remind us of how Knight's Choice, the outsider, came through the pack and won by a nose! It was Fiona McCarthy's lucky day as she drew the winning horse, No 11 Knight's Choice.



If Rod's story wasn't enough, he had another gift for us- allowing us to handle the 1.69kg of 18 carat gold Melbourne Cup. It was so heavy! We had selfies with the Cup, imbibed champagne from its chalice shape or just looked in wonder at this legendary object! How generous of Rod! How trusting! And how memory making!

Afternoon tea was another special part of proceedings. Members brought food worthy of a 5 star restaurant. Waistlines expanded. Gourmet cook, Carolyn Braun made a scrumptious U3A decorated chocolate cake for us all to share, to mark the end of the 20th anniversary celebrations of Seymour and District U3A. The Ken Hall Pavilion, not to be outdone could have been one of Flemington's posh marquees!

The room was bedecked with flowers (thankyou Carolyn Braun and Loris Wilmot). The tables were set with pink, lime green and black tablecloths and decorations, aping the colours of the silks of Knight's Choice's Irish jockey Robbie Dolan. Rod, a true supporter of the Seymour community, departed after having given of his time and memories, in the Ute his son Cameron had bought him after the Cup win.

The number plate said it all "KCMC24! Think about it. Thank you Rod, from Seymour and District U3A. What a way to end our 20th Anniversary year!

Anne Thompson



What's On This Summer



WRITERS
VICTORIA
All about writers

National Trust

As we step into our 70th year, summer brings a vibrant season of experiences across our heritage places throughout Victoria. From Billie B Brown and the Case of the Missing Treasure at Old Melbourne Gaol to the launch of our second exhibition, Party Hard – After the Party at Tasma Terrace, there's much to discover over January and February.

Families can look forward to hands-on adventures, from Pirate Day at Polly Woodside and PrisonBreak Explorers 2 at Pentridge Prison Tours, to Open Days at Gulf Station, the Portable Iron Houses and La Trobe's Cottage and the much-loved Teddy Bears' Picnic and Tinkerbell & the Dream Fairies performance at Rippon Lea Estate.

Make the most of the warmer days with a picnic or garden tour at Como House or Sound Bathing in the ballroom, or a visit to Rippon Lea Estate. Here you can explore the Trust Makers' Market, join Forest Bathing sessions, go bird spotting or enjoy garden tours - all while the spectacular dahlias bloom throughout the season.

We would like to acknowledge the bushfires, storms and flash flooding affecting communities across Victoria - our thoughts are with all those impacted.

<https://www.nationaltrust.org.au/>

For Individuals

Membership for an individual writer.

- Access to all of our [extensive member benefits](#)
- Concession, regional, and overseas options

from \$50

- For those interested in creative writing;
- Writers Victoria grant is only supported until June 2026.
- For continued support, members who are interested in writing of all forms are encouraged to become a member of Writes Victoria
- memberships are not expensive and will ensure future support and funding.

For more information please contact Pam Collings

<https://writersvictoria.org.au/>

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

Scan here the QR Code

(Open your phone camera and click on the link shown)



Interested?

Email us:

ranil.acharige@griffithuni.edu.au

Phone or text:

044 900 6363

We will send you the link

or

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



Plein Air Painters

The French term plein air means outdoors and refers to the practice of painting entire finished pictures outdoors. The plan is the first Tuesday of the month we paint outdoors. If the weather gods play up we can adjust to another Tuesday.

Contact Barry Dunn for more info!

Phone: 0401 359 918



IMPORTANT DATES

Annual General
Meeting:

Tuesday 10TH February
1:30PM at Chittick
Community Place.



The beautiful
thing about
learning is that no
one can take it
away from you.

B.B. King



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: 19th February 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:

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Thank you for reading!