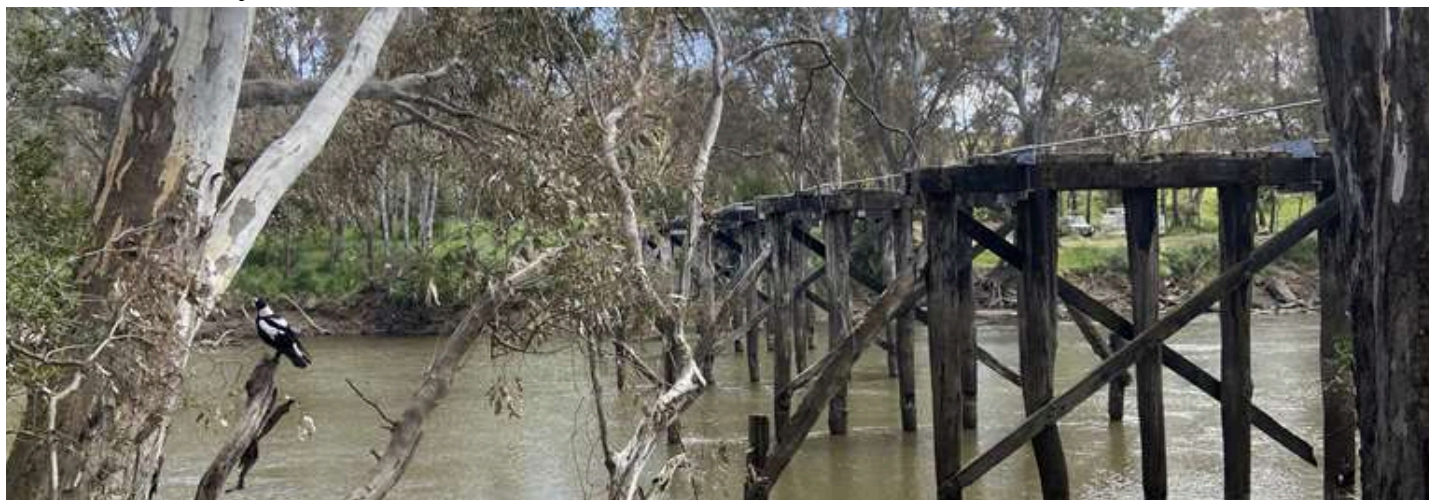


# Grey Matters

**U3A**  
SEYMOUR & DISTRICT  
♦  
APRIL 2026



**In this newsletter  
you can expect:**

## Important News



## Courses

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

# Presidents Message

There's not a lot to report this month. Our courses are rolling along nicely. Our membership has increased to 135. Keep enjoying the classes that you are doing and share with friends and neighbours and we will reach 150 by the end of the semester! Remember that prospective members can try out a couple of classes before joining. As a tutor please make sure that you have contact details and emergency numbers for these people just in case.

Did you know that Sunday 29 th March is the Australia's Annual Neighbour Day? Seize the opportunity and connect up with people in your area. Building community is becoming more and more important in this age and as we age.

Something else that you might like to know is that the Seymour Resource Recovery Centre has opened the Reviva Reuse Shop. It is a great place to get second hand items and perhaps leave some!

Easter is just around the corner so probably the most important thing I can say is keep safe, restore your energy and have a great time with your family and friends.

"Aging seems to be the only available way to live a long life."

A handwritten signature in black ink that reads "Irene Telford". The script is fluid and cursive, with the first name "Irene" and the last name "Telford" written in a single continuous stroke.



## 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](mailto:clearpropdude@gmail.com)  
Tuesdays & Wednesdays 10:00-12 noon  
Venue: Chittick Place



## Garden Matters

On Wednesday 18 th March, Garden Group Members visited a new garden in Seymour. Anna gave members a tour of her garden and discussed her plans for its future development. Members discussed the 'right place, right plant' options, and how Anna would manage the benefits and challenges of the site. After touring the garden we stopped for a delicious morning tea and discussed plans for our next meeting which will be on Wednesday 15 th April with a visit to another Seymour garden.

Details for this meeting will be forwarded directly to members once they have been finalised,

Happy Gardening!  
Pam

**Contact:** Pam Lawler  
Phone: 0437 377 479  
3<sup>rd</sup> Wednesday  
10:30-12 noon

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## Book Buffet

The most recent book, **The Heaven and Earth Grocery Store** by James McBride, had mixed reviews. It was quite a wordy book which was not enjoyed by all readers. There was great discussion, particularly by those who had lived experience that impacted their reading

Our group has grown quite large, and in order to be able to choose from all titles, some of which only have eight copies, we have decided to split in half after our next book, **Always Home, Always Homesick** by Hannah Kent.

**Contact:** Jo Gooden

Phone: 0448 700 967

Email: [jogooden@gmail.com](mailto:jogooden@gmail.com)

3rd Monday 1:30-2:30

Venue Seymour Library



## JESSICA'S CORRAL

We have had an injection of new interest in our singing group. For once the altos are not short on numbers! It is good that our now weekly sessions will improve our practice.

**Contact:** Jo Gooden

Phone: 0448 700 967

Email: [jogooden@gmail.com](mailto:jogooden@gmail.com)

Mondays 1:30-2:30

Venue: Uniting church Foyer



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## BRIDGE



The bridge group has completed its initial 6 week program and we will continue for another two. Those sessions will be Wednesdays at 1.30 on Mar 25 and April 8 with anyone welcome to come along and see what it's all about. Some of the current beginners are moving on to play on Monday afternoons with a social group at the Seymour Club as well.



## JUST UKES

**Contact:** Moira Maher

Phone: 0427 991 623

Thursdays 11.00am -1.00pm

Venue: Chittick Place

March was a busy Month for Just Ukes.

We sang and played at Karringal Nursing Home and Residential Aged Care, Barrabill House in Seymour.

We entertained the residents with a selection of Irish songs.

A Happy time for all. To be sure, to be sure.

Moira

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# LUNCHEON CLUB

Well what can I say about February. A very busy month. February luncheon was at the Brewers table. Had a reasonable turn out.

School was back for the kids.

Then a long weekend in March. Lots of nice weather

I had organised an event combining lunch and a bit of adventure. We were going to try Donnybrook Hotel, Donnybrook after positive discussions. Catch a 11.16 am train from Seymour platform 3, walk a small distance at Donnybrook then have lunch and back, no driving.

Well I had to cancel the event due to lack of interest. Lucky to have had 5 keen members.

I have booked the Royal hotel, 26 Emily st, for lunch on Thursday 9th April midday. Inside seating not in courtyard.

So if any members are interested, please contact me via email, mobile phone or txt me.

Barb Meredith [barb@marengofarm.com.au](mailto:barb@marengofarm.com.au)  
or 0417384712.

It will be a great opportunity to get everybody's feedback, regarding exactly what sort of outings everyone is interested in and have a relaxing lunch.

,cheers Barb





If you happened to be around the U3A rooms at Chittick Park on a Monday morning you may hear excited calls of "Chow," "Pong," or even 'Kong". A group of members are learning the exciting game of Mahjong and thoroughly enjoying themselves, as they learn about the different tiles, what they are called, how to build a wall, or when to call "Chow" or "Pong" or even the exciting "Mahjong". A few have played this game before and are thrilled to have it starting again in U3a, though the majority are new players. Anne Thompson is a marvellous and patient teacher, no question is too silly or asked too many times and will always be answered clearly. If you would like to learn more about this exciting game, please come along to the rooms at 10.00a.m. on a Monday morning. Everyone welcome.

**Contact:** Anne Thompson

Phone: 0403103795

Email:

practique@gmail.com

Monday 10am

Chittick Place

## Walk and wonder

One of the joys of walking in Nature is birds. And as the seasons change and the wildflowers await their time to shine, birds are the jewels of the bush. Several people in Walk and Wonder have invested in binoculars, and sharing sightings and knowledge is added pleasure. A short walk reveals a song and hiding place. From Eagles to Wrens we're lucky to have them, in one of our many nature reserves.



**Contact:** Lessey Dalziel

Phone: 5792 1848

Email: jldalziel12@bigpond.com

Tuesdays 9.00am

Venue: Meet in the carpark at Chittick Place



# m matinée



Lost Horizon (1937) is a timeless, widely-acclaimed classic - a romantic fantasy and science-fiction adventure film, produced and directed by Frank Capra for Columbia Pictures. The film was faithfully adapted by screenwriter Robert Riskin from James Hilton's best-selling 1933 novel of the same name. The story was inspired by real-life mountaineer George Leigh-Mallory, who was lost during a fatal climb of Mount Everest in 1924

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



# Important News



## Name Badges

To all new members or those who have requested a new name badge, these are available from the U3a office Mondays between 10-12am

## Can You Help

Do you know our new member

**R. GRALEY ????**

They have paid their membership but we have no other details, so we need your help to find them. If you can help please contact our Secretary Jo Gooden.

## Network News

U3A Network Victoria is collaborating with Banksia Strategic Partners to elevate U3A in the community. This project is designed to increase our visibility and influence. It will also change and improve people's knowledge of U3A in general.

One thing that we have been asked to do, is have as many people as possible subscribe to Network News. There is strength in numbers!

This link will take you to the page of the website where you can subscribe.

**<https://u3avictoria.org.au/news/>**

Tutor Recognition Awards are coming up on May 15th.  
Here is the link for you to nominate a tutor if you wish.

**<https://u3avictoria.org.au/tutor-recognition-awards/>**

# Students in Wallan and Broadford urgently need support.



**Register to mentor**  
**raise.org.au**

Hi,

Raise is an early intervention youth mentoring charity who operate safe, industry-leading programs in schools throughout Australia.

We have students signed up to participate in these programs in the Wallan and Broadford area and are desperately seeking volunteer mentors to support them.

Anyone over the age of 20 can volunteer, and training and support is fully funded by Raise.

If you're able to spread the word that we're looking for volunteers to support the community in your area we'd be so grateful.

I have attached a poster and social tile which can be used.

If you have any questions, please don't hesitate to reach out.

Many thanks and warm regards,

Nerida  
#0435 052 197

**We urgently need  
mentors to ensure young  
people get the support  
they need.**





## Kenya & Tanzania and Madagascar Reforestation Projects

In over two decades of owning and running an international adventure travel company, leading cycle tours around the world, we witnessed deforestation and environmental degradation happening before our eyes. This prompted us to begin planting trees in Africa, working with local nurseries and environmental groups.

After selling our travel company in 2022, we have now partnered with a number of existing reforestation projects across Kenya, Tanzania and Madagascar and each year we take a group of 10-12 keen people to each destination to help plant more trees! We work with local tree nurseries to buy their plants and we employ local labour to work alongside us, with a goal to plant 10,000 trees over four different reforestation projects in a two week period. In between projects we'll get to experience the wildlife and culture that Africa is famous for so it's not all sweat and hard graft!

This is more than just a feel good project, we are now establishing the Forever Trees Trust with the aim to help grow forever forests that will benefit generations to come, preserve water catchments and create employment. With the bonus that we can plant around four times as many trees in Africa than we can here in New Zealand for the same money, so your positive environmental impact is even greater.

So if the idea of an adventure is getting your hands dirty, whilst hanging out with mates in a beautiful and unusual location; doing genuine environmental good, whilst building relationships and friends you never imagined but that you'll likely keep forever - then join us and roll up your sleeves tree-planting in remote and incredible communities.

Keen to know more? Get in touch: [john@forevertrees.nz](mailto:john@forevertrees.nz) or  
**<https://www.forevertrees.nz/travel>**

John & Mandy

Forever Trees  
18 Koura Road  
Atawhai  
Nelson 7010, NZ  
027 2978855  
[www.forevertrees.nz](http://www.forevertrees.nz)





**MAGGIE BEER  
FOUNDATION**  
CREATING AN APPETITE FOR LIFE



**U3A Network Victoria**

2d · 🌐

☀️ The HomePlate Project National Survey is now open! ☀️

We're excited to support this important national initiative led by the Maggie Beer Foundation, funded by the Wicking Trust, exploring how older Australians experience food, cooking and eating while living at home.

The HomePlate Project wants to hear directly from older people to understand:

- 🗳️ What's working well at home?
- 🗳️ What's challenging?
- 🗳️ What could make things better in the future?

They're inviting people aged 65+ who are living at home, in metropolitan, regional or rural Australia, to complete a short survey.

About the survey:

- ✓ Takes around 10 minutes
- ✓ Completely confidential and voluntary
- ✓ Focuses on lived experience and practical ideas

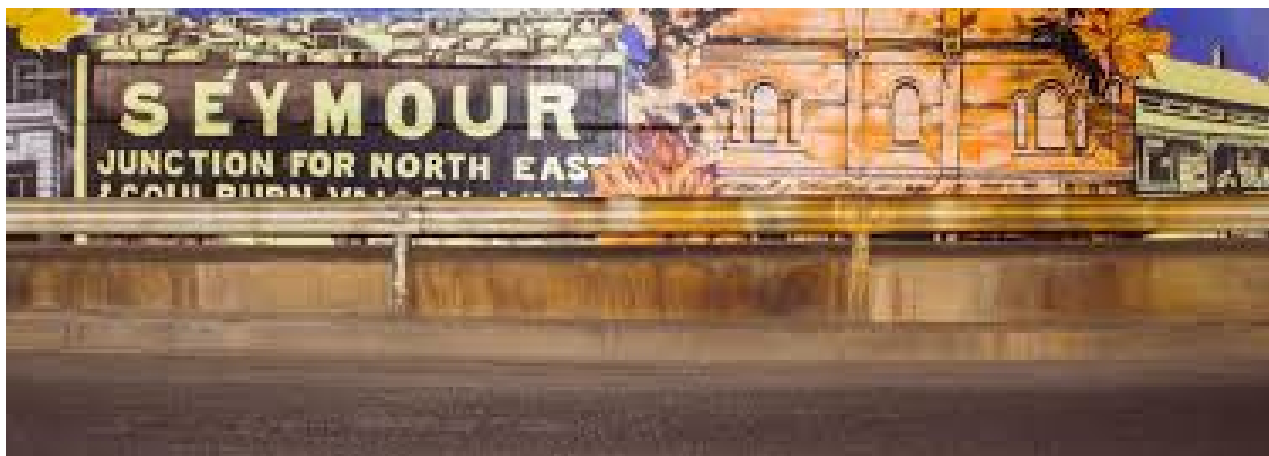
Your voice can help shape future support, connection and joy around food as we age.

👉 Take the survey before 29 March:

<https://maggiebeerfoundation.org.au/homeplateproject/> ✓

Please feel free to share widely with your U3A members, friends or

**Note : The link doesn't open on this page so if you would like to participate you will need to type in the blue link into your web browser**

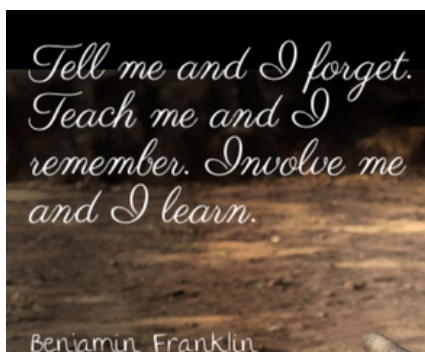


## Schedule Reminder

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: **23<sup>rd</sup> April 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<br>PO Box 767, Seymour 3661                       |
| www.u3aseymour.org.au<br><br>https://www.facebook.com/uthreea.seymour |  | U3A Seymour & District Inc<br>Chittick Placce, Pollard St, Seymour |

*Thank you for reading!*