

Grey Matters

U3A
SEYMOUR & DISTRICT
♦
MAY 2026



**In this newsletter
you can expect:**

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Important News



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Jessica's Corral
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Presidents Message

So much has been happening in Seymour lately! Did you check out The Tastes of Goulburn or the Alternative farming Expo? With the wonderful autumn weather a simple stroll along Tallarook Street and down to the river might have been your choice. I know some of our members have already started to head north so make the most of these last few warm weeks before we start putting on winter gear.

We have had a number of enquiries for help with technology so it is great to see that we have a new class starting in May.

As always our heartfelt appreciation goes to all of our tutors who so generously give of their time and energy, especially those who run a number of classes. Thank you, thank you and thanks again!

A quote to ponder on - "The best revenge is not to be like your enemy" - Marcus Aurelius

Creative Writing

It has been lovely to have Jan Kenndy back with us now that she is in better health. Jan has always encouraged us to write about our early experiences, so much having changed since we were young. Unless we write about it the likelihood is that it will disappear into the ether. I think all the group would agree that the highlight of our class this month was Christine Duke's writing on a "weekend away in the outback" whilst she was living in Mt Isa in the 1970's. It was very entertaining and her reading left us with vivid pictures of this particular experience. How different it is compared to staying at an Air B& B and visiting wineries, not that there is anything wrong with that! Please note that in May we are going to meet at Chittick Park (in the kitchen) instead of the library and see if that works for us.

Jeane 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



Garden Matters

On Wednesday the 15 th April, a perfect weather day, members and friends visited a Nagambie garden.

The Garden is 6 years old situated on a 1980 m2 block and consisted of European, native plants and trees. After lots of questions and discussions while viewing the garden we adjourned to a well deserved, morning tea. Members were able to choose various potted plants before taking their treasures home. Next meeting scheduled for 20 th May to visit a garden in Seymour. Details, when confirmed will be forwarded directly to members closer to the date.

Pam

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



Book Buffet

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.

This month the Red group will be reading **Bruny** by Heather Rose and the Blue group will be reading **Against all odds** by Craig Challen

Contact: Jo Gooden

Phone: 0448 700 967

Email: 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

Mondays 1:30-2:30

Venue: Uniting church Foyer

How's Mahjong going ? Swimmingly!!!!



No this isn't U3A S&D members at the Seymour Sports and Aquatic Centre playing Mahjong! Instead we meet every Monday at 10.00am to 11.30am at the U3A rooms at Chittick Park. Not a bathing cap in sight! All are welcome! Just turn up. And a reassurance to newcomers to the game, that if you can distinguish between a run and three of a kind, then you too can play this fascinating (and really easy) game. It's lots of fun and you don't have to know how to swim!

Co-Convenors

Anne Thompson

0403 103 795



Technology Tuition

Are you seeking support to better utilise your Mobile, Tablet or Laptop?

Barry Dunn has kindly offered to run a class on Tuesday afternoons 1.30 - 3.30pm. The first class on Tuesday 5/5/26 will sort out where people are having the most issues and how best to proceed and meet as many needs as possible.

Contact: Barry Dunn

Phone: 0401 359 918

Email: clearpropdude@gmail.com

Tuesdays 1:30-3:30

Venue: Chittick Place

LUNCHEON CLUB

—

Hi everyone, our last luncheon was quite well attended we checked out the Royal hotel in Seymour. Friendly staff. Food was good.

We had 12 members attend.

Louise Barling who I hadn't met before joined us.

Our next luncheon will be at the Seymour club midday on Thursday 14th May.

Carol Smith and I chose this venue. Hope to see more friendly faces next month,

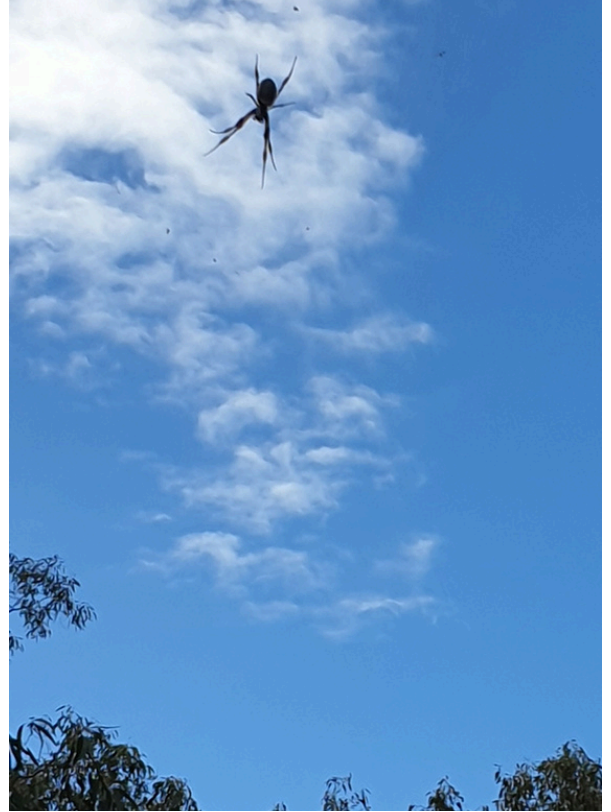
Cheers Barb

Contact: Barb Meredith
Phone: 0417384712



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

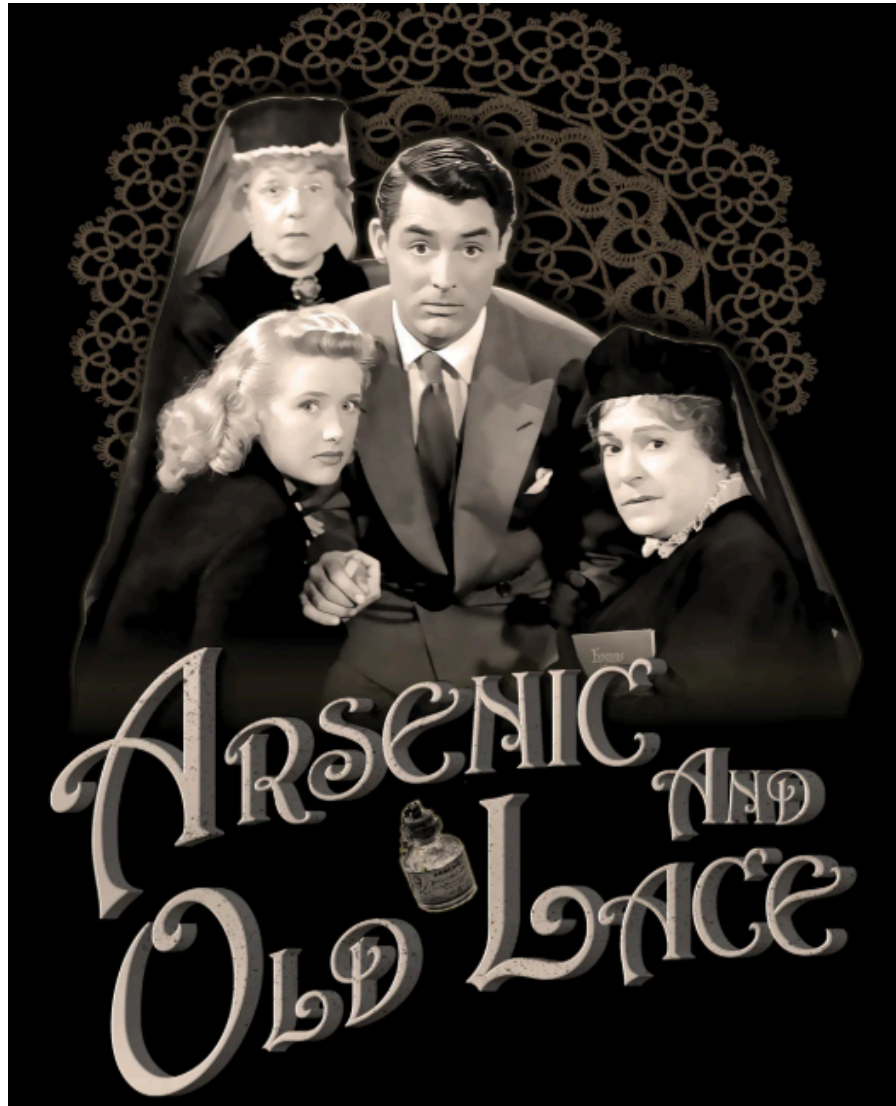
Phone: 5792 1848

Email: jldalziel12@bigpond.com

Tuesdays 9.00am

Venue: Meet in the carpark at Chittick Place

m matinée



Mortimer Brewster, a celebrated writer and critic who fiercely opposes marriage, unexpectedly falls in love and marries. Returning to his childhood home to share the news with his two eccentric aunts, he discovers a shocking secret: they secretly murder lonely old men and bury them in the cellar. Forced to confront this disturbing truth, Mortimer must re-evaluate his views on love, family, and what's right and wrong. The film blends comedy and suspense to reveal the darkness lurking beneath a seemingly normal suburban existence.

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

Important News



Name Badges

There are still a lot of name badges waiting to be collected.... all new members or those who have requested a new name badge, these are available from the U3a office Mondays between 10-12am

LET US KNOW

Members – to inform their Tutor if they know in advance that they are not going to be around for a while. This way we are looking out for each other.

Tutors – a reminder to check in on the members in their group if they have not attended the group session, and if unwell/away for a few months to advise Committee.

Network News

Save the Date!

Our 2026 State Conference will again be held at RMIT University in the iconic Storey Hall.

16 and 17 September 2026
Storey Hall, RMIT University. (Building 16)
342 - 344 Swanston Street
Melbourne, 3000

Program, workshops, keynote speakers, accommodation discounts, sponsors and more will be coming very soon.

Stay up to date and in the loop here: [2026 State Conference - U3A Network Victoria](#)

Psychological Safety

- Why it matters as we age

by Lyn Goodall, U3A Network Victoria's Diversity & Inclusion lead

Psychological safety is, at its core, the simple human experience of feeling able to speak up, ask questions, try something new, admit uncertainty, or share an idea without fear of judgement, embarrassment, or dismissal.

For older adults, this matters profoundly. Many carry a lifetime of quiet, internalised messages:

Don't make a fuss. Don't get it wrong.

Don't be a burden. Don't ask too many questions.

Add ageism, health changes, digital challenges or shrinking social networks, and even highly capable people can lose confidence.

But here's the powerful truth:



Psychological safety is one of the strongest contributors to healthy ageing, ongoing learning, and community connection. When older adults feel safe, they flourish - socially, emotionally, cognitively and creatively.

What psychological safety feels like:

- Being welcomed without assumptions about age, culture, gender, or ability.
- Knowing it's okay not to know something yet — especially with technology.
- Having permission to try, fail, laugh and try again.
- Feeling respected, heard and included.
- Working (as a volunteer or staff member) within a team that doesn't judge.
- Losing your train of thought and saying, "It'll come back — let's move on," without shame.
- Being able to ask, "Could you explain that again?" with confidence.



Continued next page

Why it matters:

When psychological safety is present, older adults are far more likely to:

- participate actively
- share their insights
- try new skills
- build deeper friendships
- take healthy risks
- ask for help without hesitation

Without it, people withdraw. Engagement fades. Hesitation to join groups or offer opinions starts. Loneliness grows and communities lose out.

So how do we build it?

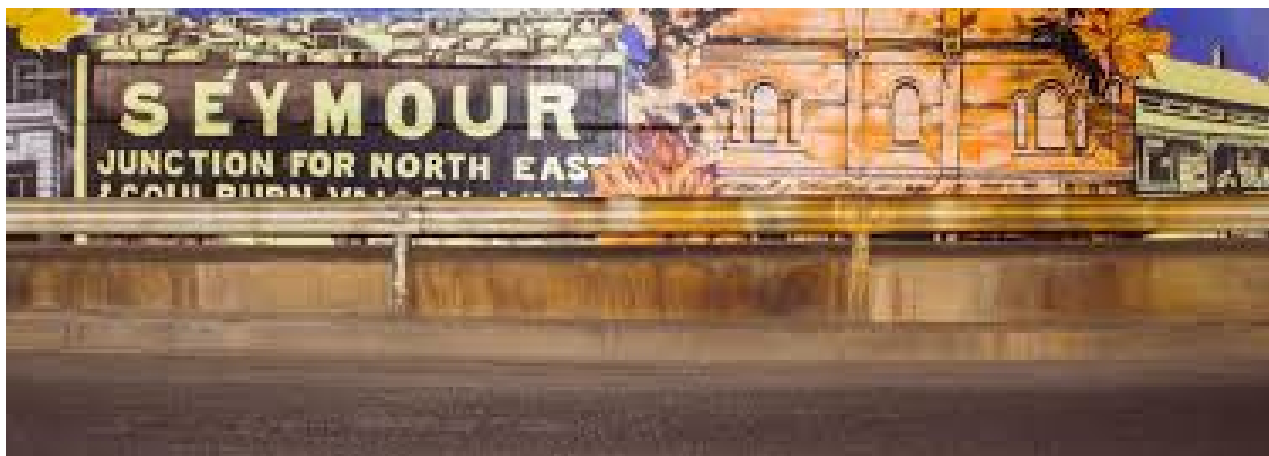
- Normalise not knowing
- Phrases like “There are no silly questions” or “Let’s walk through it together” lower anxiety instantly.
- Celebrate effort, not perfection
- Curiosity is more important than correctness.
- Make space for quieter voices
- Invite gently: “Would you like to add anything?” Never pressure - simply open the door.
- Remove shame from mistakes. A mistake is just a mis-take - you can re-try, re-say, or re-edit.
- Model warmth and respect.

Kindness creates safety more quickly than formal programs. In the end...

Psychological safety isn’t a project - it’s a culture created moment by moment. When older adults feel safe to show up as themselves, confidence returns, connection strengthens, and learning becomes joyful again.

Here at U3A Network Victoria, we hope you enjoying the smorgasbord of activities your U3A offers, becoming a volunteer within U3A, trying or learning something new and connecting with friends.



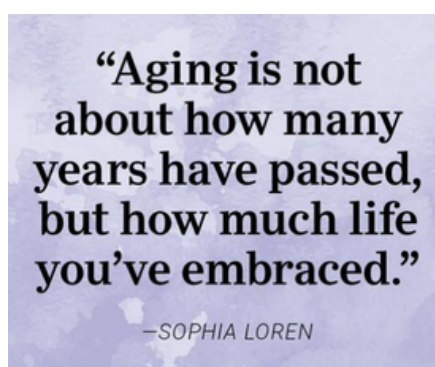


Schedule Reminder

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: **22rd May 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!