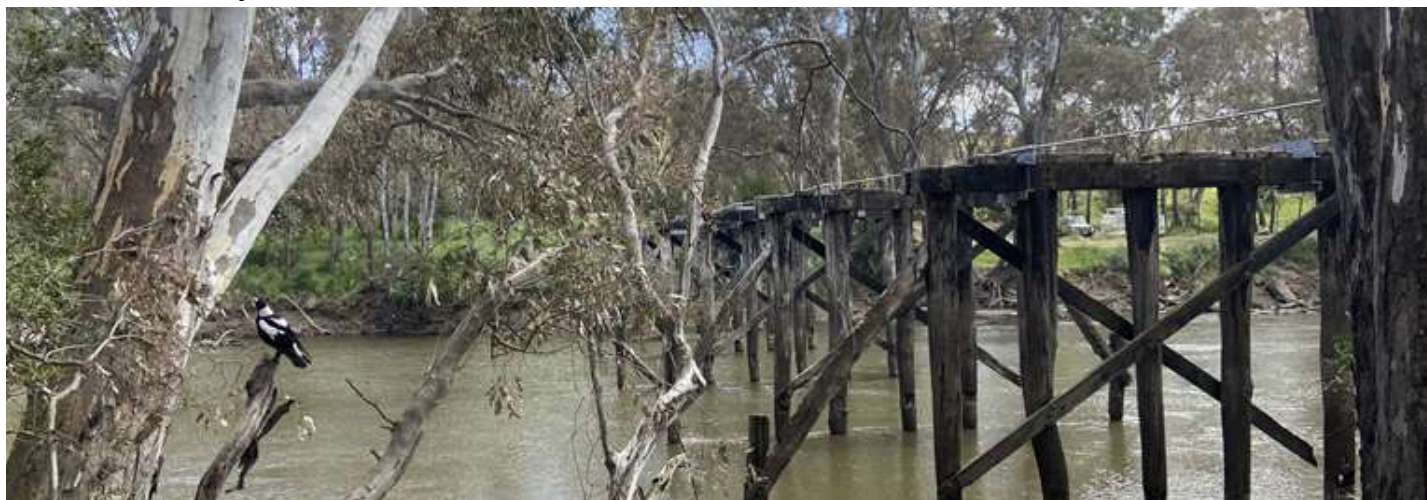


Grey Matters

U3A
SEYMOUR & DISTRICT
♦
June 2026



**In this newsletter
you can expect:**

Presidents Message

Important News



Courses

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

Presidents Message

It's 6am and guilt has woken me. I've been procrastinating about writing this report. What can I say that is meaningful and worthy of your time and mine?

And yet this message is as much a reminder to myself of the gift of another day. There are endless opportunities to choose from. Just this morning I can join in the Park Run (walk for me!), attend the National Day of Prayer at the Salvo's, swim at the Aquatic Centre or do some pruning in the garden. I could practice music on the keyboard, invite a friend around for a game of cards or maybe Mahjong or Bridge.

On the other hand I have nothing that I must do other than write this or I will have Libby on my case! I could curl up in bed with a book, my mobile and alternate reading with contacting my siblings while I still have them. Perhaps the question is what will I do?

Out of bed for starters!

By the way, the 2nd Semester timetable will be out shortly. Are you up for attempting something new? I recommend the Technical Tuition. Barry is an awesome tutor and there is room for another couple of participants, an opportunity not to be missed.

In gratitude
Irene



STOP PRESS!

Understanding Treaty with Uncle Charles Pakana

Charles Pakana is coming to town as the guest speaker for Rotary on Monday evening 22nd June. He has kindly offered to talk with us at U3A earlier that day. Since we have not had a Melting Pot for a long time we are seizing the opportunity and have organised for him to present at Chittick Community Place (Grey building near Seymour Sports and Aquatic Centre) 1.30pm on MONDAY 22nd June. Please contact Ruth Yeatman on **0481 357 646** for more information and to confirm numbers. Non U3A members are also very welcome. Afternoon tea will follow.

Irene Telford

ART



We are now operating on Tuesdays and Wednesdays. Students are having a lot of fun doing portraits. 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 20th May several Garden Group members car pooled to Shepparton to explore the local plant nurseries. Our first port of call was to the Billabong Native plant nursery. Unfortunately we found this nursery is now only trading for commercial business so we moved onto our next stop, Shepparton Plant Farm. New owners, helpful staff and plenty of interesting plants, trees, shrubs, herbs and vegetables kept everyone busy discussing and buying our treasures. Time for a delicious lunch and coffee break at Milestone café before our last stop at Riverside Garden Nursery. Thanks to Anna for being the driver for the day and getting us all safely home.

Next meeting scheduled for 17th June to visit a garden in Seymour. Details, when confirmed will be forwarded directly to members closer to the date.

Happy Gardening

Pam

Contact: Pam Lawler

Phone: 0437 377 479

3rd Wednesday

10:30-12 noon



Book Buffet

Book Buffet

Book Report – Red Group

Jo, your idea to split the large group into two smaller groups was wonderful. Such a large range of books is available to both groups now as we need fewer multiple copies for each group.

I would love to write a report on the book we discussed last meeting (Long Island by Colm Toibin) but the Blue group is yet to read it and I would not want to influence their perception of the book. The Red group is looking forward to reading the book for June, Bruny by Heather Rose. A totally different book to last month's book.

Red group will be deciding, next meeting, on the books for the last three months of the year.

Due to the great numbers for our group we have split into two. This will increase the titles we can borrow. There are many titles we borrow that only have 6 or 8 copies. Thanks to Heather who is looking after the other half of our group.

Our group read Against All Odds by Craig Challen, the account of the rescue of the Thai boys and their coach from the cave, from the perspective of the two Australian cave divers. It was really interesting to read their thoughts and processes.

Our next book is Long Island by Colm Toibin.

Happy reading

Contact: Jo Gooden

Phone: 0448 700 967

Email: jogooden@gmail.com

3rd Monday 1:30-2:30

JESSICA'S CORRAL

We have recently experienced a wonderful synchronicity in singing. Maybe it was the arrangement of our chairs. Maybe it was because we were being filmed or maybe it was in readiness to perform at Karingal for the residents, especially our choir member Anne.



Contact: Jo Gooden

Phone: 0448 700 967

Email: jogooden@gmail.com

Mondays 1:30-2:30

Venue: Uniting church Foyer

Just Ukes

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



LUNCHEON CLUB

—



Hi everyone, our last luncheon at the Seymour Club was well attended as you can see from the photos with a couple of new members joining us. We enjoyed good food and friendly staff.

Officially it's winter as this goes to print. A bit chilly in the mornings but still beautiful sunny days.

For our next luncheon I have managed to organise Baba's Kitchen to open for us. They will require a minimum of 10 guests to make it viable to open. They cater for a wide range of tastes from mild to hot, spicy and not so spicy Indian food, if curries aren't your thing there are many alternatives, their lamb cutlets are apparently delicious. Baba's Kitchen is BYO. So please come and join us, new members welcome

Cheers Barb



Thursday 11th June
Baba's Kitchen
32 Station St
Seymour

Contact: Barb Meredith

Phone: 0417384712

Outbreak of “Knitting” at Mahjong!



Margaret, Fiona, Maria and Libby admiring Maria's “knitting”!

Believe it or not, Maria has just completed Mahjong's equivalent of “knitting” to win a Mahjong game. No there were no signs of knitting needles or patterns or wool to make this happen just a series of pairs of tiles!

This was the groups first attempt at trying different ways to go Mahjong. Maria proved to be a “purler” at it!

Watch this space for more experiments that are up there with extreme sports!

Remember, Members can join in at any time. It's a game that is easy to learn and is lots of fun.

Contact Co-ordinators :- Anne Thompson 0403 103 795
Margaret Flynn 0400 105425

10.00am Mondays at U3A rooms, Chittick Park

Walk and wonder

the variety of places we go near Seymour



Bush land Park looking at Fungi



New growth after the Hughs Creek Fires.

Contact: Lessey Dalziel

Phone: 5792 1848

Email: jldalziel12@bigpond.com

Tuesdays 9.00am

Venue: Meet in the carpark at Chittick Place

Walk and wonder

part two



Geology layers at Light horse park near dam

the following description of the rocks is by our WAW expert Peter who comes along to the group, we learn new information every week.

The rocks in the Park are siltstone with some sandstone layers swept from the coast and continental shelves into deeper seas around 440 to 380 million years ago. These layers of rock were uplifted and contorted, then gradually eroded over the past 380 million years. They are nicely exposed around the dam in the Waler Paddock. The nearly vertical layers of sediments are cut horizontally to show the different textures and colours of harder sandstone and softer siltstone. Iron-rich water seeping along cracks in the sediments has precipitated as hard rusty ironstone, now exposed as lines through the rock and ironstone by Peter Mitchell."

Contact: Lessey Dalziel

Phone: 5792 1848

Email: jldalziel12@bigpond.com

Tuesdays 9.00am

Venue: Meet in the carpark at Chittick Place

m matinée



All her life Englishwoman Gladys Aylward knew that China was the place where she belonged. Not qualified to be sent there as a missionary, Gladys works as a domestic to earn the money to send herself to a poor, remote village. There she eventually lives a full and happy life: running the inn, acting as "foot inspector", advising the local Mandarin, and even winning the heart of mixed-race Captain Lin Nan. But Gladys discovers her real destiny after the country is invaded by Japan and the Chinese children need her to save their lives.

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

Creative Writing



We had a wonderful discussion in May. Jan was with us again and her usual enthusiastic and encouraging self. Our writing was varied.

Phil wrote about Mothers Day, others drew inspiration from old photos, like we did at the Toni Jordan event last year. Our group has settled back into the Chittick Park venue, enjoying being as loud as we like as we share stories around the kitchen table.

WHAT IS SUCCESS?

To laugh often and much; to appreciate the beauty; to find the best in others; to know even one life has breathed easier because you have lived; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends. to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; This is to have succeeded!

~ Ralph Waldo Emerson

News



UNIVERSITY OF THE THIRD AGE
SEYMOUR & DISTRICT

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

If you have any comments or suggestions for our U3A, please feel free to phone the president Irene Teleford on 0425 755 093

Courtesy

Consider letting your tutor know if you are not going to be able to attend your usual session. These unpaid workers put a lot of work into setting up sessions for you and are disappointed when few or nobody turns up.

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](#)

PLEASE DON'T EAT THESE FUNGI

By Val La May



Sixty 'mushrooms' growing in a park lawn. What a feast! But wait, best have a closer look.

Pick one of the larger fungi and smell it. Doesn't smell like a proper mushroom; it actually smells like disinfectant. Bash the fungus you've picked with a stick and have a close look. The bruised area will have turned yellow. These fungi are abundant in towns, growing in large 'troops'. My photo above shows about one-quarter of a troop I spotted in Seymour recently.



Young Yellow Stainer showing yellow bruise

These are not edible mushies! They are Yellow Stainers (*Agaricus xanthodermus*). They are the number 1 cause of fungus poisoning, due to their presence of phenol. The severity of the symptoms depends on how much of the fungi are eaten, but they can be fatal. Their appearance can be

deceptive, as once the fungus caps open fully, their gills are pink at first and they look like the mushies you buy in the supermarket, as shown in my photo below.



As fungus expert Alison Pouliot has cautioned: beware of fungi growing in town lawns. In fact, it's best to be cautious eating any wild fungi. I recently heard some bush wisdom that if you put a garlic clove next to fungi overnight and the clove turns black, the fungi are poisonous. I don't believe that for a minute!



Mitchell Shire Council is pleased to offer two free Community Mental Health First Aid (MHFA) Accreditation training sessions in partnership with South East Volunteers, an accredited Mental Health First Aid training provider.

Designed for community members, volunteers and volunteer-involving organisations across Mitchell Shire, this accredited two-day course provides participants with the skills and confidence to recognise and respond to someone experiencing a mental health problem or mental health crisis until appropriate professional support is received.

Participants who complete the course will become accredited Mental Health First Aiders.

Participants will learn how to:

- Recognise the signs and symptoms of common mental health problems
 - Start conversations and provide initial support
 - Respond appropriately in crisis situations
- Understand available supports and referral pathways
- Build confidence in supporting others experiencing mental health challenges
- Apply self-care strategies and look after their own wellbeing while supporting others

Training Sessions

Seymour

📍 Our Place, 29 Stewart Street, Seymour

📅 29–30 June

🕒 9:30am – 4:30pm each day

Important Information

- Places are limited and bookings are essential
- Participants are expected to attend both training days
- A \$50 refundable booking deposit is required upon registration and will be refunded upon completion of the two-day course
- Cancellations must be made at least 5 days prior to the training
- Late cancellations or non-attendance will result in the deposit being retained
- Participants will be required to create an account through Council's Bookable event platform to complete their registration

If you are experiencing financial hardship, please contact us confidentially to discuss available support options.

Registrations

Seymour Registration

Book Seymour MHFA Training



Phone:

(03) 5734 6200



Email:

community.development@mitchellshire.vic.gov.au

— CELEBRATING OUR —
**CULTURAL
HERITAGE**



You're invited to the Bruce Wilson Memorial Heritage Lecture 2026
Hidden in Plain Sight: Stained Glass in the Goulburn Valley.

Australia's stained glass expert, Dr Bronwyn Hughes, will guide us through the region's remarkable stained glass and the local histories it reveals.

Wednesday 17 June 2026
1pm and 5.30pm (for a 6pm start)
Riverlinks Eastbank, Shepparton.

Refreshments available.

Free event - **All welcome**



You're invited to the Bruce Wilson Memorial Heritage Lecture 2026 - Hidden in Plain Sight: Stained Glass in the Goulburn Valley.

WHEN: 17 June 2026

WHERE: Riverlinks Eastbank, 70 Welsford Street Shepparton

COST: FREE

WWW: [Visit Website](#)

Add to My Itinerary

Presented by **Dr Bronwyn Hughes OAM**, pre-eminent authority on Australian stained glass and its history, activist for its conservation and for innovative use of contemporary stained glass Hidden away in our churches, public and commercial buildings, and in our homes, is a wealth of stained glass.

Part of every community's heritage, it can reveal much about the lives of local men and women, and even changes in the fortunes of a district.

Come on this ground-breaking journey through the Goulburn Valley's remarkable collection of stained glass, from the earliest examples to the 21st century.

Wednesday 17 June 2026

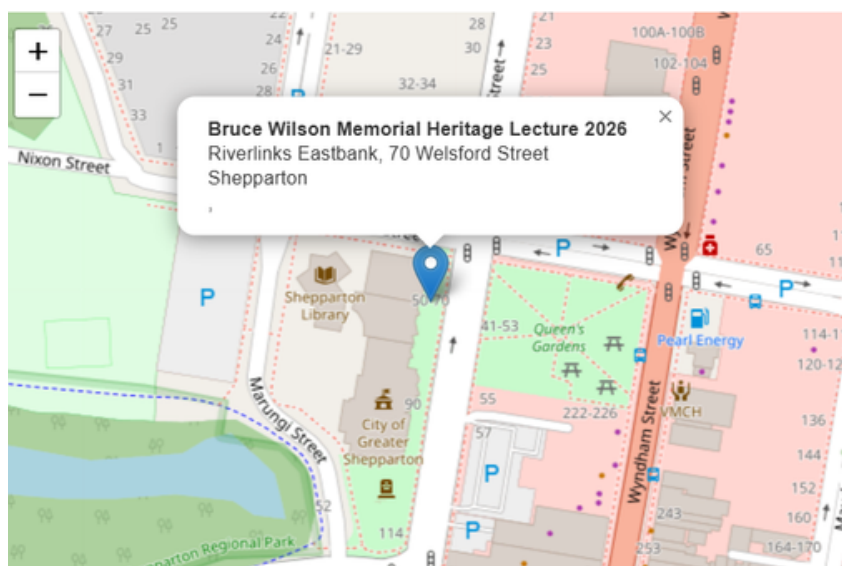
1pm & 5.30pm (for a 6pm start)

Riverlinks Eastbank, 132 Welsford Street, Shepparton

FREE ENTRY. REFRESHMENTS AVAILABLE. ALL WELCOME.

For more information

Contact: Council's Strategic Planning Team on 03 5832 9730





RMIT survey on education opportunities for older Victorians

U3A Victoria is embarking on a project with RMIT to provide education opportunities for older Victorians

Professor Bernardo Figuieredo invites as many members as possible from all Victorian U3As to complete this survey so he and his team have the statistics to support the work they want to do. He is a very enthusiastic advocate for lifelong learning.

I urge you to complete the survey which can be accessed via the link below at your earliest convenience.

We might be a small U3A but we can have an impact here.

Kind regards

Jo Gooden Secretary

Hi all,

Just a reminder about the survey for RMIT about the possibility of them running courses for older Victorians.

If you have already completed the survey, thank you!

If not, here is the link. I encourage you to complete it. It took me about 15 minutes.
https://rmit.au1.qualtrics.com/jfe/form/SV_40fEXEZ4HC6Ncay

Double click the quantix Survey box below to begin

Qualtrics Survey | Qualtrics Experience Management

The most powerful, simple and trusted way to gather experience data. Start your journey to experience management and try a free account today.

 qualtrics.com



Seymour Bowling Club

25 April · 🌐

BluHaus live music at Seymour Bowling Club.

About

Join us for an evening of music, with local band Blu Haus performing live at Seymour Bowling Club, Saturday 13th June at 7pm

Enjoy the sounds of Blues, Jazz mixed with Folk by Lynda Allen Guitar and Lead Vocals, Paul Szczur Drums, Paul Lejins Lead Guitar and Vocals and on Bass Bruce Stephens.

\$20 entry, Support Seymour Bowling Club, drinks at bar prices, light refreshments provided

Date

Saturday 13 June 2026 7:00 PM - 10:00 PM (UTC+10)

Location

[Get directions](#)

Seymour Bowling Club (enter via Lesley Street)

41 Tallarook Street, Seymour Vic 3660

[TryBooking_Icon](#) [TryBooking_Logo](#)

[Sell Tickets](#) [Fundraising](#) [About Us](#)

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[Privacy policy](#) [Website terms of use](#)

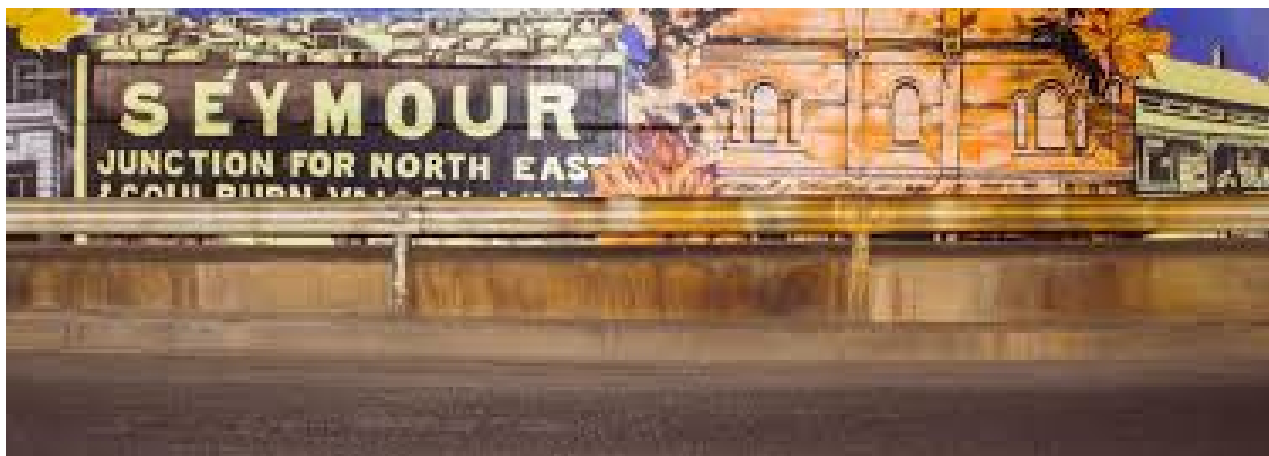


BLU HAUS
BLUES • JAZZ • FOLK



Saturday 13th June 7pm
Seymour Bowling Club (enter via Lesley St)
41 Tallarook St Seymour
\$20 entry (Support Seymour Bowling Club)
Drinks at bar prices refreshments available

 **Bookings at Try Booking**
<https://www.trybooking.com/DLGBX> 

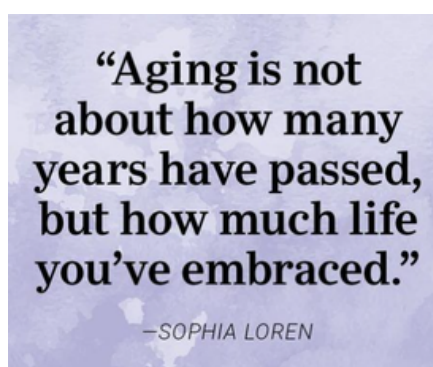


Schedule Reminder

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: **26rd June 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/uthrea.seymour		U3A Seymour & District Inc Chittick Placce, Pollard St, Seymour

Thank you for reading!