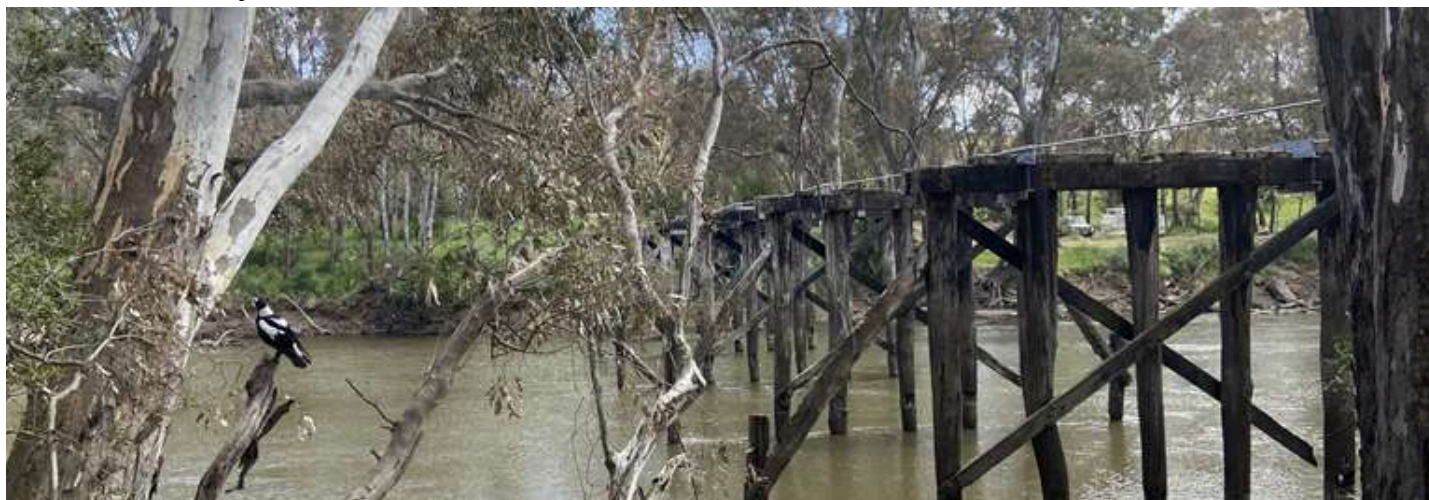


Grey Matters

U3A
SEYMOUR & DISTRICT
♦
July 2026



**In this newsletter
you can expect:**

Presidents Message

Important News



UNIVERSITY OF THE THIRD AGE
SEYMOUR & DISTRICT

Dr. Kerry Burnight

JOYSPAN

THE ART
AND SCIENCE
OF THRIVING IN
LIFE'S SECOND HALF



VICTORIA
EVERY BIT DIFFERENT



Spotlight on Tutors



Courses

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

Presidents Message

Greetings to those hibernating at home and those on holidays avoiding the winter weather. I get my chance, going North later in July.

On a personal note, and this might resonate with you, I have recently been updating my end of life documents to make it easy for my children if something happens to me, especially if it is unexpected. It is one thing to have a current Will however your Enduring Power of Attorney and Advance Care Plan might also need attention as life changes. It was interesting to note that when my sons, who are in their fifties, came to read and sign the various papers they hadn't realised the importance of advance care plans. They had assumed that wills were enough. The other thing to say is that we made it a social event, laughing, eating together and having fun as well as getting the job done! If you are not getting professional help and are doing it yourself I am happy to share my experience, if that would support you.

The following link is a useful starting place and the other forms can be downloaded:

Advance Care Directive Form

<https://www.health.vic.gov.au/sites/default/files/migrated/files/collections/forms-and-templates/a/advance-care-planning-forms/advance-care-directive-for-adults-interactive.pdf>

Revocation Of Advance Care Directive Form

Instructions for Completing an Advance Care Directive

Checklist Steps for Appointing a Medical Treatment Decision Maker

Medical Treatment Decision Maker's Guide

Reminders:

Please check the new timetable attached as there have been some changes

The Seymour Toy Library has launched. It's at the Uniting Church, Crawford Street, and is open every Wednesday from 10am - 12pm & the 2nd Saturday of each month. <https://seymourtoylibrary.com/>

In the meantime:

"How old would you be if you didn't know how old you were?" Satchel Paige

Jeane Telford

Presidents Message Continued...

Frontline Community Kitchen.

Whilst it's feeling very cold now, remember back to summer and the bushfires? After discussing ways that we could help The Seymour and District U3A committee, on your behalf, donated \$500 to the Frontline Community Kitchen. We were well aware that there were many groups who were amazing during that time, however we felt that this was a way to provide support for a whole range of organisations in a future time of crisis. An emergency catering van, helping supply fresh meals and support to firefighters, SES, ambulance crews, police, volunteers and communities met our desire to leverage your contribution and make as much difference as we could. We trust that you agree.

Understanding Treaty with Uncle Charles Pakana

40 people attended Uncle Charles' talk at Chittick Park Community Place on Monday, June 22 at 1.30 pm. Given those numbers it is clear that both the general public and members are interested in finding out more about this important topic. Indigenous people are working hard to engage as many of their people as well as non indigenous allies to raise awareness about the significance of the Treaty for all Victorians, how the Treaty is intended will close the gaps for indigenous people as well as reach across the divides so we may become a more unified and culturally enriched society. Thanks to Ruth Yeatman for initiating this event and to Uncle Charles for his wisdom as someone with "on the ground" experience to share.

If anyone is keen to learn more about Treaty, Truth-telling and Reconciliation you can sign up to be kept informed at:

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

If members want to self organize and create a Reconciliation Interest Group please let me know and we can support you in that.

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

Garden Group Members met on Wednesday June 17th at Mara's garden in Seymour. Mara explained that she has been renovating the garden as it was overgrown and some plants had outgrown their positions. The garden had been divided into two distinctive sections, an entertaining, relaxing area and a productive section with vegetables and future chook run. Mara asked for suggestions for hedging plants to plant alongside her side fence. We had to take into consideration the soil, amount of sun/shade, evergreen or deciduous, hardiness, native or European planting, always thinking 'right plant, right place'. Our thanks to Mara for your hospitality and an enjoyable tour of your garden.

After our tour of the garden we adjourned to a local café for refreshments and discussed possible plans for our future meetings & the moon planting calendar.

The garden group will be in winter recess for the month of July.

Details of our August visit will be forwarded directly to members at a later date.

Til next time, Happy Gardening

Pam

Contact: Pam Lawler

Phone: 0437 377 479

3rd Wednesday

10:30-12 noon



Book Buffet

Our most recent book, Memorial Days was an autobiographical account of dealing with grief Geraldine Brooks portrayed her journey after losing her husband suddenly. Many of our group are away for the winter months, so not all will read this one.

Contact: Jo Gooden

Phone: 0448 700 967

Email: jogooden@gmail.com

3rd Monday 1:30-2:30

Just Ukes



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

Cheers

Barry & Moira

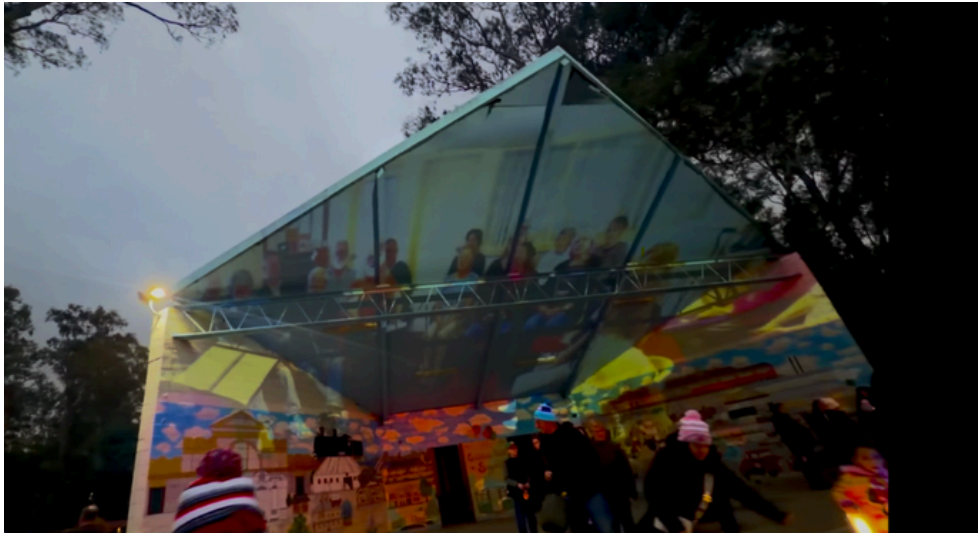
Phone:0427 991 623

Thursdays 11:00-1:00

Venue: Chittick Park



JESSICA'S CORRAL



Jessica's Choir was invited to participate in the recent Mitchell Shire Light's on the Goulburn event. As the lantern parade wound its way down to the sound shell at Goulburn Park what the participants were greeted with was the choir singing and a video of us was projected on the apex of the sound shell. Here is a video of us walking and finding our projection.

https://drive.google.com/file/d/1jgtmoFXI_HRwBk5AWfFmQuIPeVidyFDA/view?usp=drivesdk

It was such a thrill to see ourselves up on the big screen

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

Mah Jong



Charlotte Thompson winning Mahjong for the first time.



Gayle, Linda, Anne - Mahjong at Echuca Library



Fiona won mahjong by playing a sequence known as Greta's Garden.

MAHJONG TAKES YOU PLACES!!

What a contrast! Playing Mahjong in Melbourne and Echuca and Seymour! What fun! All different!

Last Saturday I was persuaded to teach my Granddaughter Charlotte and her Dungeons and Dragons playing friends Mahjong. In no time they were chowing, ponging and konging and in turn I learnt the lingo of mid twenty year olds! Have you heard the word "bougie! boujee"?

Get with it Grandma! Google says - "Boujee, also spelt bougie, is a way of describing something or someone as fancy, luxurious, or high class. Depending on the context, boujee can be complimentary or disparaging. It's mainly complimentary

From the French "bourgeois"..

Then visiting the Echuca Library on Tuesday, there was a Mahjong group in full swing!! Before you could say "all clear" I was invited to join a group. So friendly and so inclusive! Lesson: Mahjong is portable!

So put on your boujee best for a bougie morning in boujee Seymour —and live it up a little - and come and play bougie Mahjong at boujee Chittick Park 10.00am Mondays

ALL WELCOME!

Bougie Co-convenors
Anne Thompson 0403 103 795
Margaret Flynn 0400 105 425



Luncheon



Last month we had a delicious meal at Baba's Kitchen. We had the venue to ourselves as they don't normally do lunch on a Thursday, they opened just for our luncheon group. Several members ordered their own dishes whilst others shared an assortment of fish, lamb and chicken, rice and Naan. The waitress was very helpful, informing us of the degrees of heat so we could order to our own taste buds.

Unfortunately Barb could not be with us due to some circumstances beyond her control.

We discussed going to the meatroom in Kilmore East for our next luncheon, some members suggested by train as it is only a 5 minute walk from the station. However, July is mid winter and the chances of inclement weather are high so I suggest that we go by car.

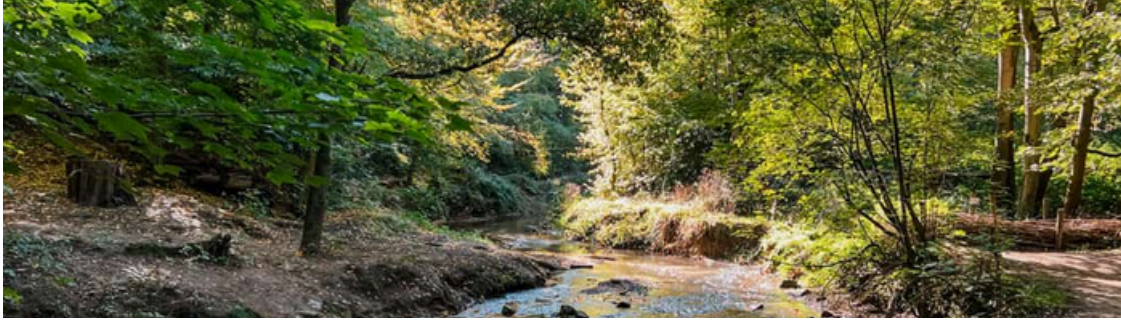


Enter Via
26 O'Gradys Road
Marions Lane
Kilmore East

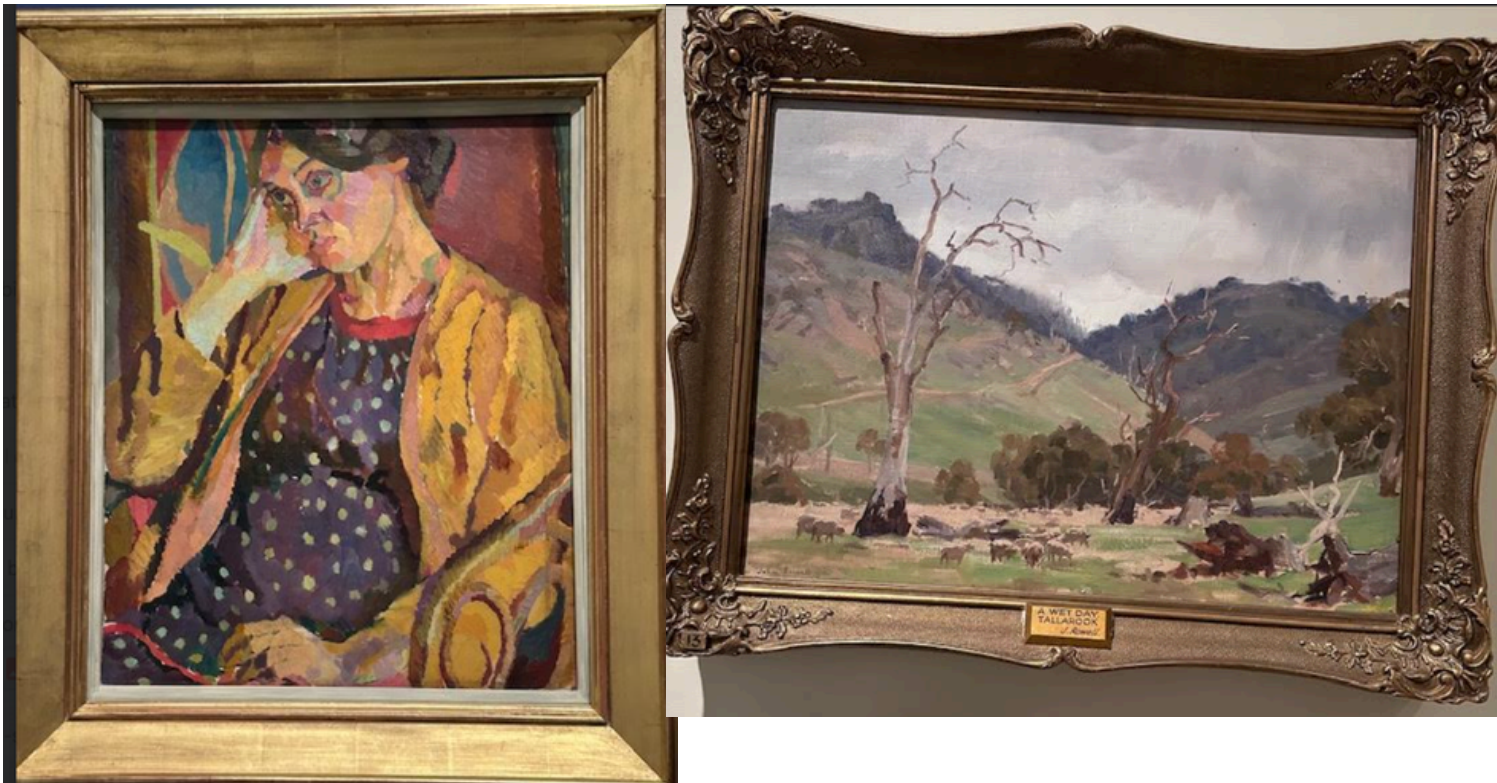
2nd Thursday 12 noon

Barb Meredith
ph:0417384712

Walk and wonder



Walk and Wonder has been less active due to the weather conditions, however the coffee shop still beckons. Recently on a grey foggy day we went to SAM (Shepparton Art Museum) to see the exhibition "Degas to Picasso", 27 works on loan from the Auckland Art Gallery. This proved to be a delightful exhibition, not overwhelming, and lots to learn. We then visited The People's gallery for "Stories from SAM" which was a most interesting journey through 90 years of work held by SAM. After that we had a very nice lunch at their restaurant "Elsewhere". The food came decked in flowers.



Contact: Lessey Dalziel

Phone: 5792 1848

Email: jldalziel12@bigpond.com

Tuesdays 9.00am

Venue: Meet in the carpark at Chittick Place

m matinée



Sean Thornton has returned from America to reclaim his homestead and escape his past. Sean's eye is caught by Mary Kate Danaher, a beautiful but poor maiden, and younger sister of ill-tempered "Red" Will Danaher. The riotous relationship that forms between Sean and Mary Kate, punctuated by Will's pugnacious attempts to keep them apart, form the main plot, with Sean's past as the dark undercurrent.

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



Technology Tuition

This class has been very successful for those who have attended, including myself. Whilst I have so much more that I want to learn I am now able to do quite a few things that I couldn't before. I'm happy with the progress and feel more empowered, capable and confident to search for answers myself. Thanks Barry!

The number of participants has been smaller than we would have liked and so next semester Barry will run just one class a month, on the 2nd Tuesday, 1.30pm until 3.30pm. The idea is that participants will come along very clear and specific about their technology issue/s and that will enable Barry to help as many people as possible.



What is joyspan?

From Cynthia Lim

I have seen the term Joyspan come up and its interesting!
I found a U3A UK article about it.

<https://sources.u3a.org.uk/joyspan-jonathan-doherty>



Joyspan Is the New Wellness Buzzword - And It's Changing How We Age
Beyond life span, Joyspan spotlights healthy ageing through purpose, emotional wellbeing and deeper social connections that truly shape how we live.

JOYSPAN IS
THE SCIENCE
OF NOT JUST
LIVING
LONGER BUT
LIVING
BETTER

News



UNIVERSITY OF THE THIRD AGE
SEYMOUR & DISTRICT



Spotlight on Tutors

We are so fortunate to have many wonderful tutors for our U3A groups.

Other than the groups we belong to, many of us don't know much about other tutors.

We would love to spotlight a tutor each month in Grey Matters and we are asking you, the members, to send in nominations. These need to include information about your tutor, and some of the reasons why you think they are so amazing. A small paragraph will suffice.

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.

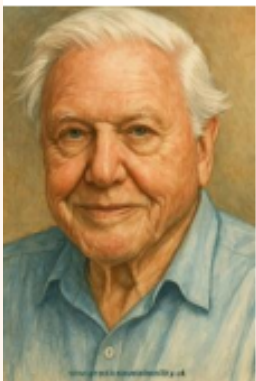
These unpaid workers put a lot of work into setting up sessions for you and are disappointed when few or nobody turns up.

For members who wish to read the June U3a Network newsletter just double click the link below.

https://mail.google.com/mail/u/0/#inbox/FMfcgzQgMChSQgGqXqGkW_hlcXFjXlnGf

The Benefits of Engagement

The benefits of engagement One thing comes up repeatedly among happy retirees: curiosity. They're still interested in things. History talks. AI tools. Language classes. Genealogy research. Book clubs. Astronomy groups. Online courses. Australians in their 70s are learning Italian before finally visiting Sicily. Others are researching family trees so deeply they've essentially become unpaid detectives — uncovering long-lost relatives, century-old scandals and, quite unexpectedly, evidence that Aunt Agnes apparently had “strong Jamaican roots” despite spending 40 years insisting the family was aggressively Scottish. The point isn't about becoming an expert, it's about staying engaged with the world instead of quietly retreating from it. And maybe that's the real shift later in life. You stop chasing urgency and start chasing meaning. A garden bed. A camera. A guitar. A walking track at sunrise. Small things, perhaps ... until you realise they've quietly made your days feel full again. Live as if you were to die tomorrow. Learn as if you were to live forever. — Mahatma Gandhi



“It seems to me that the natural world is the greatest source of excitement; the greatest source of visual beauty; the greatest source of intellectual interest. It is the greatest source of so much in life that makes life worth living.”

Sir David Attenborough



A handy number to pop into your phone is 1300 60 60 24. This is the “Nurse on Call” Victoria service. My Aged Care can be reached on 1800 200 422.



“It's called 'reading'. It's how people install new software into their brains”

<https://www.visitvictoria.com>



THE WILD BIT

Have you experienced the wild bit of winter in Victoria? The whales breaching, penguins waddling, wombats wandering sort of wild?

This is the bit where nature's rhythm becomes a symphonic orchestra of crashing waves, whispering winds and crunching snow. Where the everyday morphs into a living compilation of thunderous waterfalls, misty roads, and oceans teeming with whales.

Come winter in Victoria, where the clouds start to swell, the crowds disperse and the natural world gets real dramatic (in the best possible way).

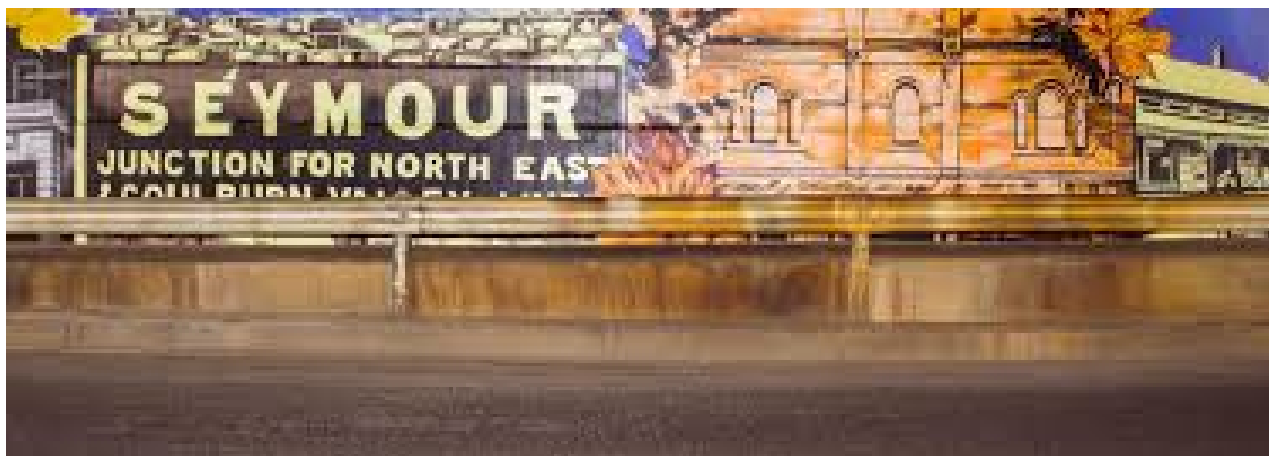
Seymour and District U3A Timetable – Semester 2 – 2026

18/06	COURSE	July	August	September	October	November	VENUE	CONTACT
1	Art Tues. 10.00-1.00pm	7, 14, 21 28	4, 11, 18 25	1, 8, 15 22, 29	6, 13, 20 27	PH, 10, 17 24	CP	Barry Dunn 0401 359 918
2	Art 2 Wed. 10.00-12noon	1, 8, 15 22, 29	5, 12, 19 26	2, 9, 16 23, 30	7, 14, 21 28	PH, 11, 18 25	CP	Barry Dunn 0401 359 918
3	Bobbin Lace/Craft Mon. 10.00-12noon on hold	6, 13, 20 27	3, 10, 17 24, 31	7, 14, 21 28	5, 12, 19 26	2, 9, 16 23, 30	CP	Maree Langley 0409 530 064
4	Book Buffet 3 rd Mon. 1.30-2.30pm	20	17	21	19	16	Seymour Library	Jo Gooden 0448 700 967
5	Creative Writing 3 rd Tues 1.30-3pm	21	18	15	20	17	CP	Lola Puddy 0428 769 612
6	Garden Matters 3 rd Wed. 10.30-12noon	15	19	16	21	18	TBA	Pam Lawler 0437 377 479
7	Genealogy 1 st Thurs 10.30-12noon	2	6	3	1	5	Seymour Library	Trish Archer 0409 945 807
8	German Advanced Mon. 9.00-10.30am	On hold until further notice					Seym Library	Trudi Lavoipierre 5799 2425
9	German Beginners Mon. 10.30 -11.30am	On hold until further notice						
10	German Intermediate Mon 11.30-1.30pm	On hold until further notice						
11	Jessica's Corral Mon.1.30-2.30pm	6, 13, 20 27	3, 10, 17 24, 31	7, 14, 21 28	5, 12, 19 26	2, 9, 16 23, 30	Uniting Ch Foyer	Jo Gooden 0448 700 967
12	Just Ukes Thurs 11.00-1.00pm	2, 9, 16 23, 30	6, 13, 20 27	3, 10, 17 24	1, 8, 15 22, 29	5, 12, 19 26	CP	Moirah Maher 0427 991 623
13	Luncheon Club 2 nd Thurs 12noon	9	13	10	8	12	TBA	Barb Meredith 0417 384 712
14	Mahjong Mon, 10.00-11.30am	6, 13, 20 27	3, 10, 17 24, 31	7, 14, 21 28	5, 12, 19 26	2, 9, 16 23, 30	CP	TBA
15	Matinee 3 rd Thurs. 1.30-4.00pm	16	20	17	15	19	CP	Trish Archer 0409 945 807
16	Meditation Thurs 9.30-10.30am	2, 9, 16 23, 30	6, 13, 20 27	3, 10, 17 24	1, 8, 15 22, 29	5, 12, 19 26	CP	John Stares 0433 324 607
17	Our Literature Selection 1 st Wed 1.30-3.00pm	On hold until further notice					Seym Library	Trudi Lavoipierre 5799 2425
18	Technology Tuition Tues. 1.30-3.30pm	14	11	8	13	10	CP	Barry Dunn 0401 359 918
19	Walk & Wonder Tues 9.00am	7, 14, 21 28	4, 11, 18 25	1, 8, 15 22, 29	6, 13, 20 27	3, 10, 17 24	Meet CP car park	Lesley Dalziel 5792 1848

Abbreviations: **CP:** Chittick Park Community Place **SH:** School Hols **PH:** Public Holiday.
School Holidays – June 27 to July 12 (incl.), September 19 to October 4 (incl.)

U3A office is open each Monday from 10.00 – 12.00. (excluding public holidays)
Email: seymu3a@gmail.com Website: www.u3aseymour.org.au Phone: 0448 153 572

Please advise your tutor/contact if you are unable to attend a session



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: **27th July 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!

My teacher told me not
to worry about spelling
because in the future
there will be autocorrect
And for that I am
eternally grapefruit.

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!