

Grey Matters

U3A
SEYMOUR & DISTRICT
♦
August 2026



**In this newsletter
you can expect:**

Presidents Message **Important News**



Cyber Security

Keeping your information safe

1.30 - 3pm Tuesday 11th August 2026

Chittick Community Place, Chittick Park, Pollard St.,
Seymour (Grey building near Seymour Sports &
Aquatic Centre)

Courses

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

Presidents Message

I'm on holidays in Terranora, just inland from Tweed Heads and Coolangatta. The weather is warm, the birds are singing and I am blessed with good company. I'm alternating between putting my feet up, reading stories of extraordinary people like Anh Do "The Happiest Refugee" and our war heroine Nancy Wake. I am also spending time flopped down on the couch watching amazing athletes compete in the Commonwealth Games, especially the Para Olympians. Their stories are so inspiring.

At the same time I am feeling compassion for my friend (the wife of one of our members) who last week had a severe stroke. As well I'm wondering how to support my cousin whose husband has Parkinson's and isn't thrilled about being in aged care. I am reminded that keeping good health is the most important thing. I encourage everyone reading this to do something today to stretch yourself physically and mentally. I'm off for a swim so catch you later.

PS I hope to see many of you on Tuesday 11th August 1.30pm for the Cyber Security talk. See the flyer attached.

Greene Telford

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Are you up for learning how to:

- Protect your digital property?
- Take responsibility and reduce the risk and the stress?
- Have no regrets about what you should've/could've done?

Constable Ashley Wisken from The Proactive Policing Unit is coming to support us to do just that. This will be an interactive session so come prepared with your mobiles and your questions. Everyone is welcome - and join us for a cuppa afterwards.

U3A Seymour & District Inc

PO Box 767, Seymour, 3661 Email: seymu3a@gmail.com Web: www.u3aseymour.org.au

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



Contact: Pam Lawler

Phone: 0437 377 479

3rd Wednesday

10:30-12 noon



Book Buffet

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



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

Mah Jong



ALL WELCOME!

Anne Thompson 0403 103 795
Margaret Flynn 0400 105 425

Mondays
10-11;30

Venue: Chittick Place

Walk and wonder



Contact: Lesley Dalziel

Phone: 5792 1848

Email: jldalziel12@bigpond.com

Tuesdays 9.00am

Venue: Meet in the carpark at Chittick Place

Luncheon



Last month the luncheon group headed to a hidden gem, The Meat Room in Kilmore East, it was small but what a surprise! It packed a punch the food was delicious. If you have never visited this venue, do yourself a favour it is open Wednesday to Saturday as a providore and a set menu on Wednesdays and Thursdays and Wood fired Pizzas on Friday nights.



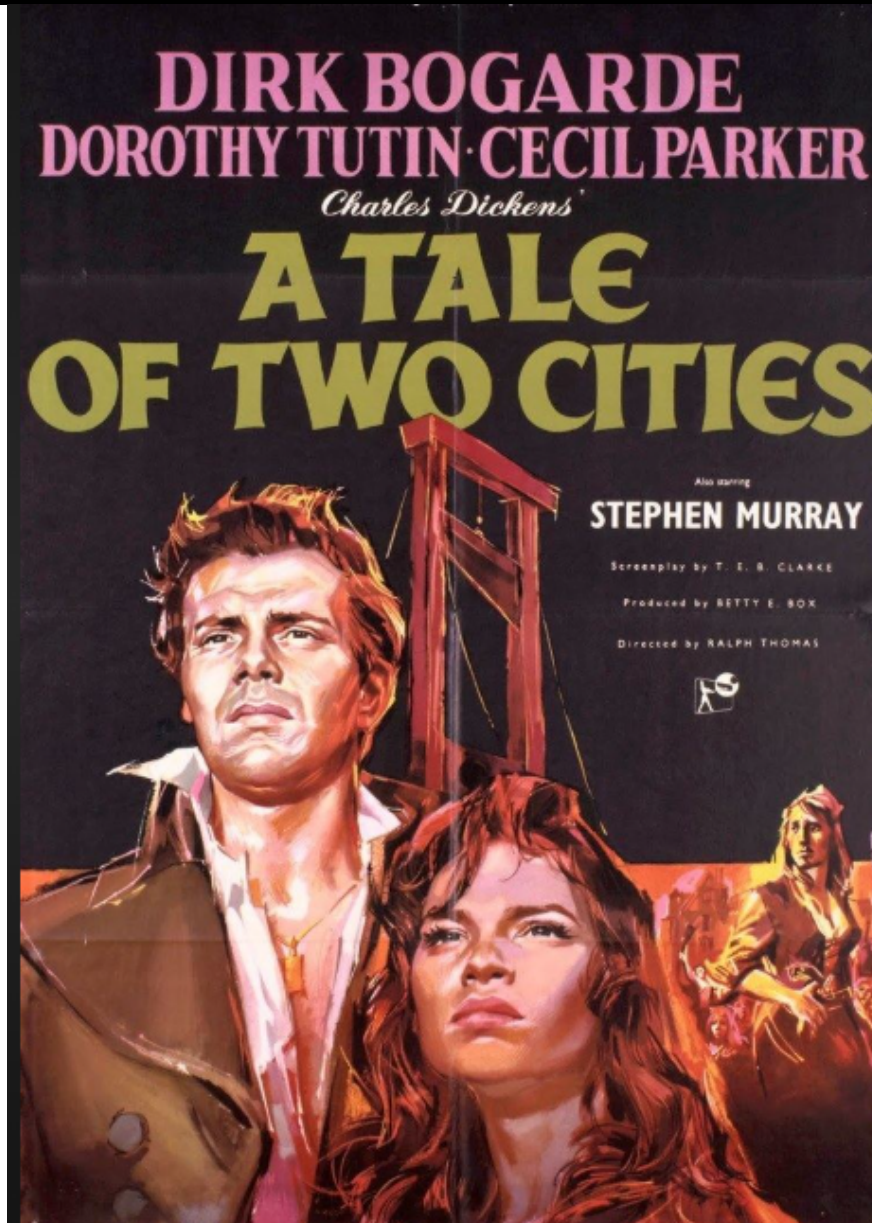
2nd Thursday 12 noon

Barb Meredith
ph:0417384712

13th August

Craft Brewery and distillery on the shores of Lake Nagambie. Casual dining including wood-fired pizzas, burgers, small plates and more substantial meals.

m matinée



A Tale of Two Cities is a historical novel published in 1859 by English author Charles Dickens, set in London and Paris before and during the French Revolution. The novel tells the story of the French Doctor Manette, his 18-year-long imprisonment in the Bastille in Paris, and his release to live in London with his daughter Lucie whom he had never met. The story is set against the conditions that led up to the French Revolution and the Reign of Terror.

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



**U3A Victoria presents the
2026 State Conference
16 - 17 September 2026**

**RMIT Storey Hall
Swanston Street,
Melbourne**

Guest speakers:

Kerry Cue

David Aistle

Joanna Maxwell

Colin Maddocks of EveryAge Counts

**Gerard Mansour former Commissioner for Senior
Victorians**



Book Now!

**Head to our website for more
information and booking details
www.u3avictoria.org.au**

Bookings Close Early August!

News



UNIVERSITY OF THE THIRD AGE
SEYMOUR & DISTRICT



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 July U3a Network newsletter just double click the link below.

<https://mail.google.com/mail/u/0/#search/network/FMfcgzQg>

**Being a
community
legend has
never been
easier.**

**Snap
Send
Solve**



snapsendsolve.com.au

SNAP, SEND, SOLVE

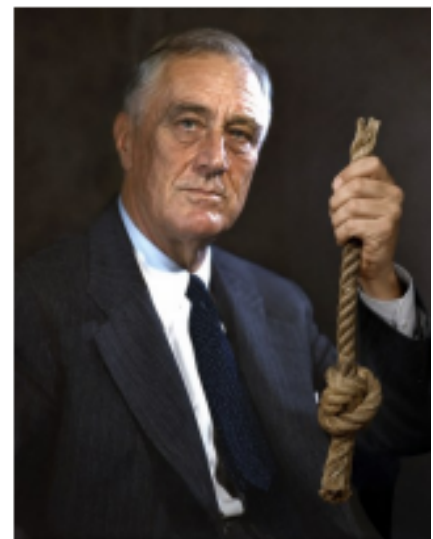
Also known as CARS

The Customer Action Request Service, or CARS, has recently been brought to our attention as a simple and practical way for community members to report local maintenance issues. Through the Snap Send Solve app, residents can quickly report concerns such as potholes, damaged footpaths, tripping hazards, graffiti, broken signs or other public safety issues directly to the relevant authority. Using the app is straightforward: download Snap Send Solve, take a photo of the issue, confirm the location and submit the report. The request is then sent through for review and action. It is hoped that by making it easier to report these concerns, local issues can be identified sooner and addressed in a more timely manner. ★

Historical Quotes

When you reach
the end of your
rope, tie a knot in
it and hang on.

*Franklin D.
Roosevelt*



*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.*

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: **28August 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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www.u3aseymour.org.au https://www.facebook.com/uthrea.seymour		U3A Seymour & District Inc Chittick Placce, Pollard St, Seymour

Thank you for reading!