

Grey Matters



SEYMOUR & DISTRICT



September 2026



In this newsletter
you can expect:

Presidents Message

Important News

UNIVERSITY OF THE THIRD AGE
SEYMOUR & DISTRICT

safeTwear
We care!

Courses

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

NATIONAL
TRUST

ARCHIBALD
PRIZE
2026



Presidents Message

September 2026

Sunshine, how wonderful!

By the time you receive this "Grey Matters" Spring will have arrived and the skies might not be so grey. I enjoy the changes of season however the sunshine seems to warm us in more ways than one. Seeing the wattles blossoming with the prunus not far behind is heartening. I'm making the most of it. I trust that you are all doing the same.

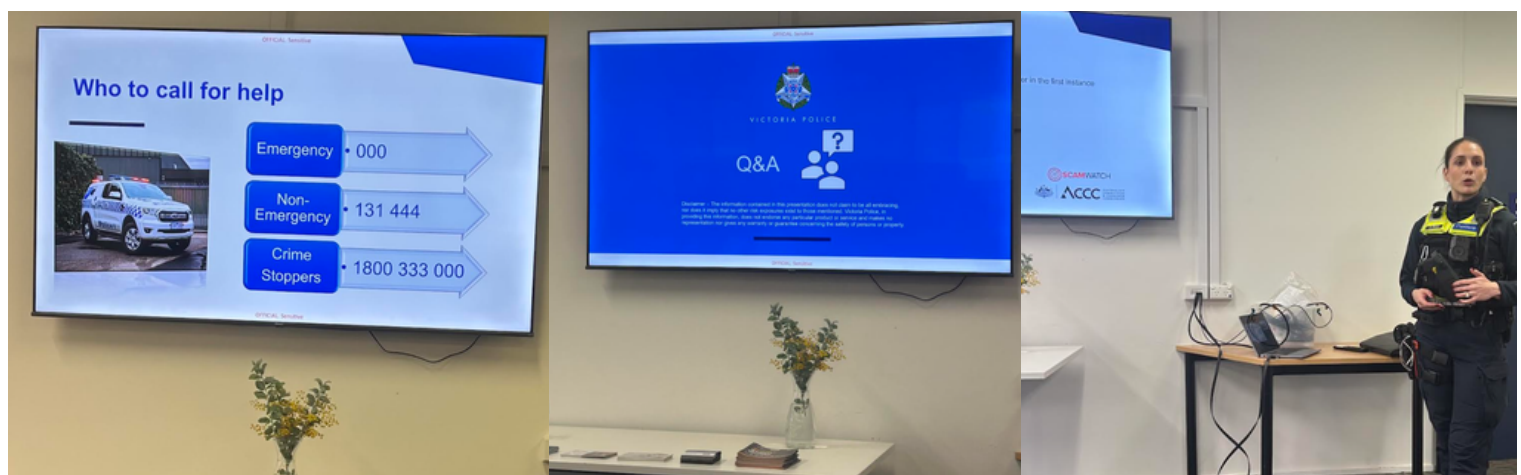
The passing of Anne Russell, one of our oldest and most esteemed members, has been a sad note this month. She inspired so many of us with her enthusiasm and willingness to keep on participating despite setbacks.

We had a good turnup, around 40, for the Cyber Security talk in early August, including members of the public. Ashley Wisken from the Police Proactive Unit shared with us the many ways that scammers can gain our trust and steal our money, and sometimes our identities. If you were unable to attend there are booklets and information on the table at Chittick Place. I highly recommend other local organisations to consider having a guest speaker from this Unit.

Ashley no longer works for this unit so if interested contact Shannon MCLEAN,
First Constable 48434. Email: shannon.mclean@police.vic.au or
Phone: 03 5735 0200.

In the meantime step out and visit another class, just to see what they get up to. What a simple way to acknowledge our generous tutors and see if there is anything else that you would enjoy participating in.

Jeane Telford





SEYMOUR AND DISTRICT U3A INC.
LEARN SOME LIQUID POUR ART TECHNIQUES

LIQUID POUR ART WORKSHOP



DIRTY POUR
Master stunning
fluid designs



FLIP CUP
Create dramatic
effects



STRING SWING
Unique pattern
making

FEES & COSTS:
\$15.00 PER MEMBER

VENUE: CHITTICK PLACE HALL

EMAIL: seymu3a@gmail.com PHONE: 0448 153 572

SEYMOUR AND DISTRICT U3A INC.
LIQUID POUR ART WORKSHOP - BACK

JOIN OUR CREATIVE COMMUNITY

BENEFITS OF PARTICIPATION



Learn New
Skills



Meet Like-minded
People



All Materials
Provided



Relaxing & Fun
Atmosphere

WHAT TO EXPECT

Explore Your Creativity
Step-by-Step Guidance
Take Home Your Masterpieces

HOW TO ENROL

EMAIL: seymu3a@gmail.com
PHONE: 0448 153 572

U3A

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: clearprodpude@gmail.com
Tuesdays & Wednesdays 10:00-12 noon
Venue: Chittick Place



Book Buffet

Thanks to Carol for hosting our August discussion of Bruny by Heather Rose. Our discussion brought up lots of interesting points, some of which are quite close to real life.

Our next book is The Keeper of Lost Things by Ruth Hogan.

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

Mah Jong



ALL WELCOME!

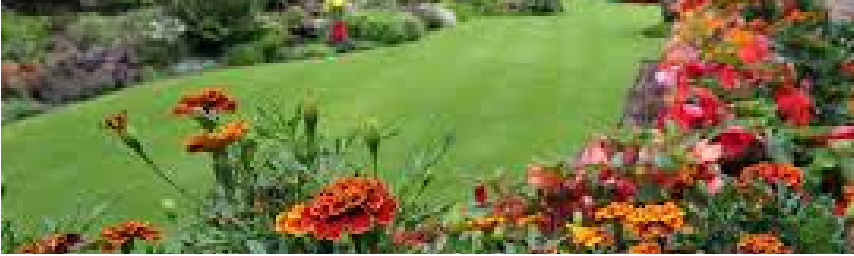
Anne Thompson 0403 103 795

Margaret Flynn 0400 105 425

Mondays

10-11;30

Venue: Chittick Place



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

Garden Matters

On a rainy Wednesday 19th August morning, a few hardy garden group members met at the Seymour Garden Centre. We perused the wide display of trees and plants with much laughter and discussions.

Our next stop was a catchup at the local café for a well deserved hot coffee, notices of local events and future planning for the next couple of months for the group.

Well wishes go to our unwell fellow gardeners and we hope you get better soon. Our next excursion will be to a garden at Trawool, details of which will be sent directly to members closer to the event.

Til next time, Happy Gardening

Pam

Advance notice – 5th Sept Plant Expo at Wallan, flyer attached

19-20th Sept Yea Garden Expo



**Australian Plants Society
Mitchell Group Inc**



**Annual Spring
Plant Expo & Sale**
Saturday 5 September
9.00am—3.00pm

**Wallan Multi-purpose
Community Centre**
42 Bentinck St, Wallan

**Native Plant Floral Displays
Australian Native Plant Sales
Gardening & Plant Book Sales**
FREE ENTRY

Website:- www.apsmitchell.org.au

Contact:- aps.mitchell@gmail.com



Luncheon



Last month the luncheon group headed to Nagambie, The Brewery/ Distillery. It was a small group again this month, but members enjoyed Seniors fish and chips for \$20 or a choice of Brisket and mash & gravy or Roast Pork Belly for the same price (Wednesday and Thursdays are Senior special days)

Next Month we will be back in Seymour at Araminta's Tea Rooms.



2nd Thursday 12 noon

Barb Meredith
ph:0417384712

10th September

JESSICA'S CORRAL



After a successful foray into performance at Karingal, the group is performing again, this time at Barrabil House.

The song list has been prepared and practise has begun!

There are lots of laughs to be had as attempts are made to improve our harmonies.
Some songs are quite tricky!

We fondly remember Anne Russell who passed away recently at the age of 95.
Jessica remembers meeting her in the mid 1980s. Jessica taught at Kallemondah Special School where Anne visited each week to play piano and have a sing along.

Anne was a member of the U3A singing group from the very beginning.

She will be missed.

Contact: Jo Gooden

Phone: 0448 700 967

Email: jogooden@gmail.com

Mondays 1:30-2:30

Venue: Uniting church Foyer

Walk and wonder



The group plans to go to the Melbourne zoo on Tuesday 1st of September to visit the Snow Leopard cubs.

Contact: Lesley Dalziel

Phone: 5792 1848

Email: jldalziel12@bigpond.com

Tuesdays 9.00am

Venue: Meet in the carpark at Chittick Place

m matinée



Showbiz partners Bill Benson and Ted Adams each travel to Paris to sign a dancer to star in their new show. The problem? There is only one role, and the men have unknowingly cast two dancers, Patsy Blair and Gaby Duval. It is up to the men to sort out their mess on the transatlantic crossing back to the United States.

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

Archibald Prize

Shepparton Art Museum

Friday, September 18th, 2026

A bus will take us there and return us to Seymour.

Pickup from outside the Grey Building at 9.30am.
Return to the Grey Building about 2.30pm.

Cost \$40 per person (covers the bus and concession admittance). U3A badge must be worn.

To book your place payment must be received.

To pay:

CASH – In an envelope with your name on it to the U3A office (under the door if closed).

ELECTRONIC TRANSFER –

Bank Account Details

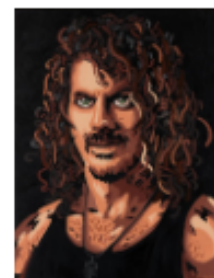
BSB – 803-078

Account No. 100109748

Please add name and AP to the details so that we know who has paid.

Please ring or SMS Heather Baetge (04199223248) to let her know that you have paid.

All monies need to be paid by COB September 4th.



**Please note the mobile number for Heater is incorrect.
The correct number is : 0419923248**

News



UNIVERSITY OF THE THIRD AGE
SEYMOUR & DISTRICT

Mitchell Local Safety Committee meets to discuss safety concerns in Mitchell Shire. Representatives include community groups, government agencies and business stakeholders who meet with Victoria Police to share safety concerns in public areas . If you have any concerns to share with the MLSC, speak with Carol Smith who is a local representative . The Victoria Police Community Sentiment Survey 2026 will be reported to the public in October.

We Need your Help!!!

Join the Committee!

There are a number of committee members whose four year term will come to an end at our next AGM. Those who might be interested in joining the 2027 committee are encouraged to make themselves known.

The volunteers who keep Seymour U3A going need your support.

Chat to a current committee member if you think you would like to help out.

**ARCHIBALD
PRIZE**

2026



Shepparton Art Museum

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

Rotary
Club of Yea



YEA



GARDEN EXPO

19 & 20 SEP 2026

9AM - 3PM

Location: Yea Saleyards

Flat Lead Road, Yea (see website for directions)

Only an hour from Melbourne!

Native & flowering plants
Garden sculptures
Food and drink available
Garden tools & Vegetable bins
Seedlings
Mulch, fertilisers & compost
Ride-on & push mowers
Nurseries
Small chainsaws
Roses
Deciduous & Ornamental trees
Plant Creche
Speakers Program
And much more.....

**NEW IN 2026,
TWO SPRING
GARDENS
FOR VIEWING
\$10 INCLUDES
BOTH GARDENS**

- Entry \$12 at the gate (\$10 booked online)
- Concession \$10
- Kids U/16 FREE



Pay at the gate or book online via www.trybooking.com:
www.trybooking.com/DLLKQ (Bookings open August 1st)

Spring Garden tickets \$10 includes both gardens

www.yearotary.org.au



2026 U3A Network Victoria Committee Nomination Form

Nominations must be received by 4:00 pm Wednesday, 9 September 2026

U3A VICTORIA

NOW OPEN

2026 Committee
Nominations

U3A VICTORIA

2026 U3A Victoria Committee Nomination Form

Considerations for the Nominee:

The nominee must:

- be a person of good standing, demonstrating the integrity, judgement and conduct expected of a member of the U3A Victoria Committee
- have the experience, knowledge, skills or capabilities to make a constructive contribution to U3A Victoria committee
- be able to satisfy the ACNC Responsible Person requirements
- undergo a National Police Check after election
- declare any conflict of interest, real or perceived
- understand that, upon election, their primary duty is to U3A Victoria as a whole
- be willing and able to work constructively and collaboratively with other Committee members in the best interests of U3A Victoria and the U3A movement across Victoria.

Considerations for the Nominator:

In endorsing the nominee, the nominator should be:

- satisfied that the candidate is a suitable person to serve as a member of the U3A Victoria Committee
- able to confirm that the nominee is a current member of their U3A and is eligible to be nominated in accordance with the Rules of Association.

U3A VICTORIA

2026 U3A Network Victoria Committee Nomination Form

Nominations must be received by 4:00 pm Wednesday, 9 September 2026

Positions for election are:

- President
- Vice President
- Secretary
- Ordinary Committee Member x 3

Positions on the U3A Victoria Committee are for **TWO YEARS**.

Name of nominee:	
I wish to nominate for a two-year term to the position of:	
Date of nomination:	
I am a financial member of U3A:	
Signature of nominee: Typed name will suffice	
Nominating Member U3A:	
Name of President/Secretary:	
Position:	☐ President ☐ Secretary
Signature: Typed name will suffice	

Nominations close at 4:00 pm on Wednesday, 9 September 2026.

When completed, please email a copy to the Secretary of U3A Victoria,
secretary@u3avictoria.org.au.

We will notify you and your U3A on receipt of the nomination.



safeTwear
We care!

HEALTHCARE PROFESSIONAL UPDATE · JUNE 2026

Making **safety** more affordable than ever.



24/7
AUSTRALIAN
MONITORING



ONE BUTTON
FOR HELP



AUSTRALIA
WIDE COVERAGE



PEACE OF MIND
FOR YOU AND
YOUR FAMILY

Medical alert solutions for patients living independently

Many clients want to remain safe, independent, and confident at home. For those living alone, at risk of falls, or managing chronic health conditions, fast access to help can make a meaningful difference, both to their outcomes and to their family's peace of mind.

Emergency Medical Services provides 24/7 Australian-monitored medical alert solutions, giving patients immediate access to support at the press of a button.

1997AUSTRALIAN-
OWNED SINCE**350,000+**CUSTOMERS
SUPPORTED**24 / 7**AUSTRALIAN
MONITORING**NDIS**REGISTERED
PROVIDER**THE RANGE**

Two devices, one trusted service

Both devices are simple, discreet, and connected to our Australian-based safeTcare monitoring centre around the clock.



safeTwear 4G Pendant

Discreet wearable pendant with SOS button, automatic fall detection, and GPS tracking.



MyLifeWatch 4G

Modern wristwatch with SOS, fall detection, GPS, plus heart rate and step counter.

Both devices work at home and in the community, on the 4G network
FUNDING PATHWAY

SUITABILITY

Clients who may benefit

A monitored medical alarm may be a suitable recommendation for patients who are:

- At risk of falls
- Living alone
- Recovering after hospital admission
- Managing chronic or age-related conditions
- Seeking greater confidence and independence at home

Support at Home and Home Care Packages

GPs, nurses, and occupational therapists can recommend and pre-approve a medical alert device for eligible patients on a Support at Home or Home Care Package.

WHAT'S INCLUDED

What clients and families receive

- ✓ 24/7 Australian-based monitoring
- ✓ Trained Australian operators
- ✓ Choice of pendant or 4G watch
- ✓ Optional outdoor keysafe
- ✓ Automatic fall detection
- ✓ GPS location tracking
- ✓ Free shipping Australia-wide
- ✓ NDIS and Support at Home eligible

EMS manages the funding pathway directly with the patient and their package provider.

The administrative load does not sit with the recommending practice. Faster approval, easier care planning, and quicker access to safety support for the patient.

RECOMMENDING A PATIENT

A simple referral pathway

From recommendation to monitored device in three steps.

1

Recommend online

Visit
emsas.com.au/recommendation
and complete a short form.

2

EMS handles the rest

We contact the patient,
arrange funding, and
answer their questions.

3

Device delivered free

Patient receives their
device, set up and
monitored from day one.

Refer a patient online

Be Inspired... Love the Piano!

Experience the joy of music:
inspiration, fun, and creativity

Online piano lessons built for
your lifestyle and your priorities



Learn the music you love, make progress towards your goals, and avoid the traffic.

Hi, I'm Kieran. I started my online piano studio Play By Heart Music in 2020. Whether you're looking for new inspiration in your teens or twenties, or coming back to the piano in later life, I'm here to help you achieve your goals.

My mission is to help you love the piano. Here's what people say about my teaching:

I just wanted to let you know how thrilled we are that our son has you as his new piano teacher...he has a renewed energy, we haven't had to ask him to practice his piano once in the last few weeks. He arrives home and goes and plays every evening for at least half an hour, this is remarkable! The pieces of music that you are giving to him and the progress star system are perfect for him. (Jane)

Kieran is a very accomplished musician who is able to communicate with and encourage others with much less ability, and from a very different age group. I plan to continue with him and would have no hesitation in recommending him to others. (Richard)



Scan the code to book your free 15-minute introductory chat, or visit <https://playbyheartmusic.mymusicstaff.com/>

Upcoming Events & Experiences



From much-loved annual events and markets to open days, there's plenty happening across the National Trust over the next few weeks.

Highlights include the return of [Dogs Day Out](#) and the [Father's Day Classic Car Show](#) at Rippon Lea, the [CWA \(Ashburton Branch\) Bake Sale](#) at Como House and [A Rich Seam – Exploring Historical Refashioning from the NTAV Collection](#) at Tasma Terrace. At [Old Melbourne Gaol](#), delve into Melbourne's darker history through a range of tours and immersive experiences.

Whether you're exploring grand mansions, discovering hidden heritage gems, browsing the [Trust Makers' Market](#) or joining a guided tour, there's something for everyone across Victoria this month and beyond.

[Join as a National Trust Member](#) to unlock free or discounted entry to Victoria's most interesting and beautiful heritage places, plus access [exclusive member events](#), tours and offers, while helping to protect Victoria's heritage.

DISCOVER WHAT'S ON



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: **25 September 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!

The capacity to learn is
a *gift*; the ability to
learn is a *skill*; the
willingness to learn is a
choice.

Brian Herbert

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!