

# THE (In Between) TIMES

April/May 2008

Vol 2 Issue 1

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Keeping you up to date with our courses

## Coming up!

The popular **Health and Wellbeing** Course, led by Carolyn Braun, will be returning on Thursday 1<sup>st</sup> May from 10am to 12 noon with a range of interesting speakers.

Members are reminded that it is not too late to enrol for this course, or any others. Contact our Programme Co-coordinator, Loris Wilmot, on 5792 1093 to arrange enrolment.

## Melting Pot

**Tuesday 1<sup>st</sup> April**  
**Salvation Army Hall at 2pm**

The national apology to the Stolen Generation had a profound effect on most Australians. It is appropriate that we follow up this important event with a Melting Pot talk on a related issue.

Associate Professor Richard Broome will provide an important talk on the Aboriginal history of this area and how the Aboriginal people have responded to European settlement.

Dr. Broome is Coordinator of the History Program at La Trobe University and is an excellent speaker.

Bring your friends to hear this very interesting presentation.

## Using the RSL Hall...

The RSL has asked us to be attentive to the following aspects of using their hall. We hope that all class contacts and leaders will take the time to ensure the following requests are addressed:

### Parking Area

The left hand gate must be tied back to the fence to stop it swinging onto the footpath for safety reasons. Wire attached to the fence is provided for this purpose.

Please lock the padlock and chain to the right hand side of the gate during classes to prevent theft of lock.

### Hall area

#### *Before leaving the hall*

Please check that the urn in the kitchen has been turned off (not the freezer)

Switch off lights, air conditioner and/or heaters and exhaust fan

Make sure top and bottom bolts on back door are engaged (insurance requirement)

Please return any moved furniture to original positions with a clearway to the kitchen (there is a diagram posted on the whiteboard for reference)

Course leaders of courses conducted at RSL Hall are reminded that attendees are requested to give a donation of \$1.00 per person each session to cover rental costs. Please note this is an addition in the case of classes for which a charge is made to cover associated costs. If this creates any problem please contact Treasurer Eddie Moylan on 57921534.

**Don't forget to check our website at <http://home.vicnet.net.au/~seymu3a/> or just Google Seymour U3A and click on the result, for all the latest news on courses.**

**Members Morning Tea on Friday 21<sup>st</sup> April at the RSL Hall in Station St. at 10am.**

This meeting will include a brief special general meeting to consider the proposed change to our financial year. Please read the details on the separate notice. We will also hear from Erin White about the benefits of aerobic exercise on heart health, and how the Light Aerobics for Seniors (LAFS) has been structured to help U3A members.

### **Seymour & District U3A Archives**

Our thanks go to Glenda Sapsford who has volunteered to be our archivist.

If you have any photos or memorabilia you are willing to donate, or have an interest in helping Glenda to preserve our history, please contact her on 5796 2103. Assistance and/or advice on preservation of documents etc would be most welcome.

**Members are reminded to please wear name tags to classes, and to contact the leader or contact if you are unable to attend a session.**

### **A Way with Words**

This new group is off to a flying start with Jill Ford-Tyler leading. Call Jill on 57991743 if you would like to know more about this class.

### **A Love Affair with Food:**

If the weather is cool we tackle the making of pastry – otherwise quick vegetarian meals will be the replacement topic.

Second Tuesday in month – 8<sup>th</sup> April at RSL Hall

### **Conversations with a Grandchild:**

The topic for April 9<sup>th</sup> will be “Violence”  
Second Wednesday in each month at the RSL Hall commencing at 1.30pm. Call Loris on 5792 1093  
If you would like to enrol in this course.

### **Genealogy:**

The next session will be on Tuesday 27<sup>th</sup> May.  
Please contact Lois Tomkin on 5792 1528 for more information.

### **Growing Old in Style:**

**Preventing Falls** is the theme for the next session in this interesting course with Liddy Gobbart, a physiotherapist from Broadford Community Health as the guest speaker at Seymour Community Rooms on Wednesday 16<sup>th</sup> April providing information on a topic which is important to all of us as we get older.  
Contact Lee Whant on 5793 8472 if you would like to attend and are not already enrolled.

### **Light Aerobics for Seniors:**

Aerobics will continue now until the end of June at Seymour Sports & Aquatic Centre each Thursday commencing at 2pm and extending to 45 minutes duration after the school holidays. Please contact Carol Smith on 5799 1970 if you are unable to attend a session.

### **History: Greek Gods**

Tuesday 8<sup>th</sup> April at RSL Hall at 1.30pm

Theme: Titans and Olympians

13<sup>th</sup> May – Myth, Legend, Ancient History.

Like to join us? Contact Anne on 5792 1550

### **Little Literature Lectures:**

**Members are reminded of the change of date for April's class. Now to be held on first Wednesday 2<sup>nd</sup> April at RSL Hall at 1.30pm** and we will be reading excerpts from Bertolt Brecht's play Mother Courage. Class members please remember to bring your copies of the pieces. Henry James – The Turn of the Screw and Washington Square will feature on 7th May.

### **Newspapers:**

This group will meet for the first time this year at the RSL Hall on Friday 11<sup>th</sup> April at 11am. No session will be held on 25<sup>th</sup> April due to it being Anzac Day. Contact Ernie on 5792 3333 to join in.

### **Share Trading:**

This group is hoping to continue if a suitable venue with computer access can be found. Jess will contact the members who expressed interest in this group.

### **Tatty Theatre:**

These popular film nights will recommence on Monday 21<sup>st</sup> April at 7pm.  
Contact Joy on 5792 1776

### **The River – A study of the Goulburn:**

Put your walking shoes on and learn about the first white settlement here and along the Goulburn on **Thursday 24<sup>th</sup> April at 10.30am.**  
**Meet at 10.30am at the rotunda near the Information Centre** and join John Jennings as he takes us on a short walk by the river. May 22<sup>nd</sup> will see a bus tour to Tahbilk Wetlands led by Dr. Peter Mitchell of the Dept of Primary Industries, a keen environmentalist. Contact Loris on 5792 1093.

**Thank you to Ben Hardman MP for his generous support in printing U3A's publications**