



MACKAY

Newsletter March 2025



UNIVERSITY OF THE THIRD AGE

Connecting Seniors to Lifelong Learning



President's Report

Hello Everyone.

Out of interest, I checked the online statistics – rainfall for Mackay for January, February and March this year is in the vicinity of 1200mm – I'm ready to retire my umbrella, raincoat and

wellington boots!

MDSCA (Senior Citizens)

Some of our members attended the Mackay and District Senior Citizen's Association annual general meeting on 13 March. All U3A members who use the Senior Citizen's Hall are advised that the fee to attend our activities will increase on Tuesday, 1 April 2025 to \$4 per session. This fee has been \$2 since 2002 – no increase for 23 years.

We also request our members to ensure that your MDSCA membership for 2025 is current. Unfortunately, we are no longer able to facilitate Senior's membership payments. Their office is open on Tuesdays and Thursdays between 9:00am and 11:00am. If the Senior's office is closed, they advise that there are forms and envelopes for your convenience at the entrance to Hall 1.

EVENTS

There was a good response to the Sporting Shooters Air Rifle event on 19th March. We are looking at holding a follow up in May – date and time to be advised.

Great news – we have a new activity starting on 2 May – 'Train Your Brain'. The convenor for this program has knowledge and experience with those suffering early onset dementia. Once all the arrangements are in place, we will add the details to our website and Facebook page

Remember that we now have things happening at the Sarina Hub

Sarina Bowls Club – Cards, Trivia and Monthly lunches. See the website or Facebook for more information. You don't have to live in Sarina to attend – it's a nice drive.

Easter is only a few short weeks away along with school holidays. There will no doubt be increased traffic on the roads – if you are there, stay safe. Have a Happy Easter – all I need is love, but a little chocolate now and then doesn't hurt!

Put the U in U3A-get involved!

Muriel Kilcullen

U3A Mackay Committee 2024-25

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Winsome Brown

Cath Davis

Jan Wilkie

Deadline for next newsletter

Wednesday April 23rd 2025

Send in reports news and photos to

editor@u3amackay.com



OUTSTANDING MEMBERSHIPS

**Just a reminder that any unpaid
memberships will become inactive after
March 31st 2025**

Course Coordinator's Report

What a month in my house! Birthdays, Wedding Anniversaries and **COVID!** Thank you to all those people who helped me out. Thank you to Bobbie for taking on Get Movin and Carol Newton for Creative Writing Too. Sarina community is slowly coming onboard with activities.

Does your memory play tricks on you? Perhaps this is for you or a loved one. Everyone welcome. Come and have some fun! People with disabilities must be accompanied by a carer. Contact Di Steenkamp for details.

Train Your Brain

When: Fridays beginning 2nd May 2024 9-11 am

Where : 60 Wellington St

Cost : \$2

Convenor: Di Steenkamp

Phone: 0412 922 372

Iris Harvey

Course Coordinator 0418 620 589

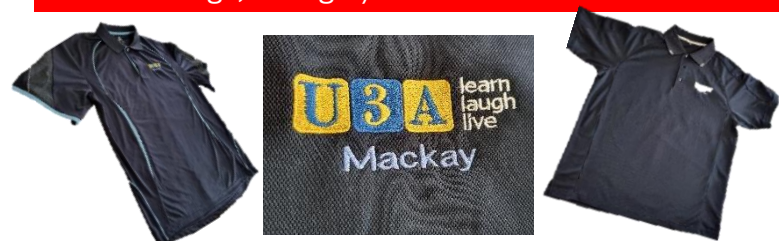
U3A Shirts

Would you like to wear a shirt that proudly says you are a part of the U3A Mackay team? It is simple!

You can purchase a shirt from the comprehensive range at **Get Real Workwear Mackay**. Shirts may be plain **NAVY OR WHITE**, only. They are to be a block colour, not patterned or blended. Shirts are not to display branding for another group or product. Many of the block-coloured polo shirts you can purchase will have thin banding, or piping, in another colour, which is unavoidable. Once your shirt is chosen, the team at Get Real Workwear Mackay can **embroider the U3A logo on the left chest** of the shirt for a small fee.

Alternatively, bring your own navy or white shirts to Get Real Workwear Mackay, and pay to have the U3A logo embroidered on them.

Get Real Workwear Mackay is located at Unit 2, 203-215 Maggiolo Dr, Paget (in the group of shops across from Bunnings, in Paget).



Bocce

Well, we did very well to all get together on a less than promising day with the rain about. The "Bocce Court" had been raked and weeded after requesting it to be done. It looked grand but a little mucky underfoot when eight (8) players turned up, 3 being new players so very pleased with that turnout. We played the full hour without a spot of rain. We scored evenly between two teams. We will be welcoming back several players in the coming weeks as things return to normal. We play at 2.45 pm on a Thursday, down at the Botanic Gardens in sight of the cafe.



(Post script) Shelley reports that another game was successfully played! -almost without rain!! ED.

Shelley Field

Green Thumbs

Our Green Thumbs gardening group reports a very successful trip to Ron and Joanne Laird's property. If you would like to come along to the next outing on the 2nd Wednesday in April contact Paul Andrew on 0427598671



Our Green Thumbs Group enjoying the outing.



Creative Writers

Our second Creative Writing Group

CREATIVE WRITING TOO

will commence on Tuesday April 29th. Carol Newton will be the Convenor. The group will meet on Tuesdays 10-12 noon in the Seniors Citizens Halls.

Please contact Carol on 0415303062 if you would like more information on this group.

Meanwhile our original group continues to produce fascinating and skilled pieces of work. Our recent activities from Lyn and Judy on plot structure and character building were challenging and productive.

Our end of term break up held at beautiful The Leap Tea Rooms was a very happy coffee catch up (despite the Friday's deluge that ensured a few members couldn't make it!!)

Creative Writers resumes after the Easter Break.



(Liz) for *Rae Halpin*



Croquet

Give Croquet a try

Our Croquet partners held a very pleasant High Tea and Croquet afternoon in March in support of International Women's Day. This was sponsored by the Qld Government.

Croquet combines the intellectual puzzle-solving of a game like chess with an element of physical activity in which skills such as precision and a soft touch are needed to be successful. Come and Try - 1.30pm for a 2.00pm start every Tuesday at our lawns 105 Juliet Street, South Mackay 4740 Phone 0413500897 for more information.

Paul Lanigan



Chimes

A new challenge with an exercise called "Ringers' Warm-Up Exercises, sharing a Staff Etude" has shown some coordination issues between left and right ringing. It reminds me of trying to pat the head while rubbing the stomach – tricky. We will master it yet, as no challenge has been set that we haven't been able to grasp.

"Bell Chimes" is a relaxing, easy number to practise sight reading and enjoyment. This piece sounds like bells ringing and is loved by all.

As skills are improving, music from previous years has been reintroduced as Laurel believes we will master them easily now. So, "The Can-Can", "At the Movies", "Yesterday" and "Memories" have been included in our ever rapidly expanding folder of music.

Birthday wishes were sung to Iris and Joyce as they celebrate their birthday in March.



Hope you both had a wonderful day and were spoilt by friends and family.

Our Chimers meet each Monday at St Ambrose Church Hall in Glenpark Street from 12.45pm to 2.30pm.

Happy Chiming, *Mary Orchard*

If you would like to join Chimes, Contact – Marie Veney 0419732855

Happy Snappers

The Happy Snappers took advantage of some fine weather and photographed the sights along the River Walk from Forgan Bridge down towards the boat ramp during our March outing. It was well attended with our new members swelling our numbers to fourteen.

At the Tuesday Golf Club meeting, Alan Porter and Don Harvey (with a little help from YouTube) presented some tips on basic photography.

Due to some significant public holidays in April, we will forgo our outing and meet at the Mackay Golf Club on Tuesday 22nd April at 10 a.m.

If you are interested in joining the group contact the convener Alan Porter on Ph 0467 939 665 for details..



Line dancing

Line Dancing

With the first term almost over Line Dancing has continued to be well patronised with both classes averaging 20 dancers taking the floor.

The beginners are now familiar with steps such as a vine, rocking chair and a jass box.

Over the last couple of weeks, Deb has introduced new dances to challenge us.

Line Dancing will take a two-week break over the school holidays and resume on Thursday, April 24 at 9 a.m. for absolute beginners and 10 a.m. for the more experienced dancers.

As of April 1, the cost of Line Dancing will be \$10 including an increase in The Senior Citizens Centre activity fee.

If you are interested in joining Line Dancing contact the convener Winsome Brown on Ph 0448 937 245 for detail

Winsome Brown

Scale Modellers

If you are interested in a new hobby why not come along to the Mackay Scale Modellers Friday night build? Held every Friday night from 6 p.m. to 9 p.m. at the Senior Citizens Centre, it is an excellent opportunity to get some great tips and tricks from other modellers and join in some conversation while you work away at your latest model kit.

Don't forget the Model competition coming up in May.

If you are interested in joining the Mackay Scale Modellers group, contact the convener Ross Moore on Ph 0488 758 206

WB for Ross Moore



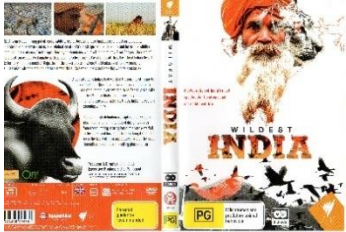
Ancient History

In March the Ancient History members viewed the documentary “Wildest India” the story of one of the oldest cultures in the world.

After welcoming new members in February the group continues to meet on the 1st and third Thursdays of the month 9-11 am.

All are welcome to come along to 60 Wellington Street to join us. Contact Hector on 49514145 for more details

Cheers



Hector Keioskie



Friday Lunches

. A very successful Lunch yesterday at Harrup Park. A full turn out ,very, very reasonable senior prices for the meals, with a dessert thrown in gratis. Cant beat that.

Next lunch meet shall be held at our old favourite The Metropolitan Hotel at the end of Gordon St Mackay on April 11th.

As our numbers are increasing, you must contact me early if you intend to come

Call Glen on 0415383028 or email: arosfa2010@yahoo.com

Glen George



Mah Jong

Mah Jong members would like to extend sincere thanks to Paul Lanigan, a member of the U3A Croquet Club, for the wonderful job he did in producing the new Mah Jong rule books. It is great seeing so many members enjoying the game each week . If you would like to know more about Mah Jong please call Jan on 0408 156 657

Helen Stanton

Post Script: Long time convenor for Mah Jong, Jan Gordon has selflessly given her time to work in the U3A office on a regular basis for many years. Jan has stepped back to pursue other interests and whilst we will miss her valued contribution, we wish her well. Thanks Jan. (President Muriel and Committee)



You know you are getting old when you turn down the lights to be economical instead of romantic!



Member of the Month

Introducing: **Judy Morris**

(U3A Mackay Webpage administrator)

Where were you born and raised?

I was born in the Proserpine Hospital and raised on the family farm “Taranga” at Bloomsbury. The farm has been predominantly cattle, cane and improved pasture seeds.

When did you or your ancestors arrive and why Mackay?

My Dad’s family, the Jeppesens, arrived in S.E. Qld from Denmark in 1873 and in 1921 they took up land in the Bloomsbury district. This is the farm I grew up on.

My Mum’s family the Casswells came from Lincolnshire in England , in 1910 and bought a cane farm in Glen Isla, Proserpine.

What career did you have?

For most of my career I was a Learning Support teacher in primary schools. I loved my job and was fortunate to have worked from Pre-school to University level. I love language, literacy and literature . But most of all I loved helping struggling readers acquire the skills to read, and where possible the passion to read.

How long have you been with U3A?

I am a recent member, joining in 2023 and attend the creative writing group. I am also the U3A Mackay webpage administrator.

What do you like about Mackay and what is your favourite place in the area?

I love that most of my family and friends are in the district. I love the variety of opportunities to participate and be active-from junior sport to U3A and other community organisations. My favourite place is Eungella. I love mountains, ferns and buttress roots-crisp , cool, fresh air-low hanging cloudy mists -the peace and stillness.

If you would like nominate an interesting U3A identity for “Member of the Month ”please contact the Editor at editor@u3amackay.com

A Fine Balance (1996)

Rohinton Mistry

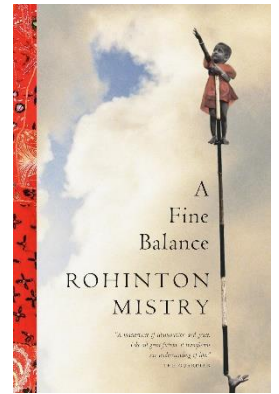
★★★★★

This book has been described as ‘fictional – not fictitious’. It is 1970s India under Indira Gandhi, the Government has called a State of Emergency, and chance has brought the four main characters together: a widow, a student seeking lodgings, and 2 tailors escaping inter-caste violence. The characters are memorable and the dynamics of their relationships convincing. While the story is brutal and unforgiving, it is true to the context, and absolutely unforgettable. Don’t let the size of the book deter you because once you start, you’ll not notice.

QUOTE: “The human face has limited space... If you fill it with laughter there will be no room for crying.”

Reviewed by *Judy Morris*

If you have read a great book recently we would love to have your review! Send through to editor@u3amackay.com



Kitchen Korner with Jan



Capture the moment!

On rummaging around in your kitchen, have you discovered quantities of wonderful fresh veggies that you couldn’t reasonably consume before their “use by”? This is the time to capture the moment and select vegetables suitable for freezing whilst in their prime.

Freezing methods differ with various veggies. Amongst the easiest to freeze are onions, carrots and celery which require no treatment other than the usual peeling (onions), washing and chopping before packaging for the freezer. Considered by some to be somewhat boring vegetables, this classic trio together comprises a great flavour base for a multitude of recipes.

Be aware that although frozen celery and onion lose their crunch on thawing, they are perfect for recipes such as soups, curries, casseroles, savoury mince and sauces. They are not suitable for salads or stir-fry. Carrots, however, chopped for the freezer in stir-fry lengths, maintain their ‘body’ and are acceptable in Chinese dishes.

Tip: Freezer-pack your produce in separate clip-seal bags (labelled with storage date) according to chopped style and size, i.e. carrots into 2cm coins, fine dice or stir-fry lengths. Flat-packing in bags, rather than fat-packing, allows flexibility to break off smaller portions of the contents if needed.

Another useful commodity to freeze is bacon, which can be purchased more economically in kilo packs. Simply cook to perfection some chopped bacon and place in small clip-seal bags ready to use on pizzas, in fried rice or boosting flavours in other dishes. A great standby! (Be vigilant with shorter storage life of bacon in the freezer.)

Voila! You have some secret freezer resources already prepped for use when you need them.



TABLE OF ACTIVITIES as of April 2025

Please note, the contacts listed below are not necessarily tutors, but are happy to provide details.

☛ Participants must also be a financial member of **Senior Citizens** for these activities.

* *Designates external provider.*

SUBJECT	CONTACT	PHONE NO	VENUE	TIME
MONDAY				
☛ CARDS	Cath Davis	0437 902 310	Senior Citizens Centre 58 Macalister St	9:00am – 12:00 noon
COINS	Sam Patti	0401 435 990	Harrup Park Country Club, Juliet Street	From 10:00am
☛ COMPUTERS FOR BEGINNERS	Rob Lucas	0499 606 030	Senior Citizens Centre 58 Macalister St	12:30 – 2:20pm Bookings Essential
*FITTER FOR LIFE	Mackay Gymnastics admin@mackaygymnastics.org.au	07 4942 0032	Mackay Gymnastics 5 Snow Wright Court	9:00 -10:00am
☛ IPAD / IPHONES	Rob Lucas	0499 606 030	Senior Citizens Centre 58 Macalister St	12:30 – 2:20pm Bookings Essential
LAWN BOWLS	Janette Dark	0427 275 492	City Bowls Shakespeare St	1:00pm – 2:30pm
MUSICAL CHIMES	Marie Veney	0419 732 855	St Ambrose Church Hall 28 Glenpark St	12:45pm – 2:30pm
☛ UKULELE STRUMMING	Muriel Kilcullen	0409 495 525	Senior Citizens Centre 58 Macalister St	2:30pm – 4:00pm

TUESDAY				
*☛ BALANCE	Fitboy International	0409 272 573	Senior Citizens Centre 58 Macalister St	11:00am – 11:45am
☛ CARDS	Cath Davis	0437 902 310	Senior Citizens Centre 58 Macalister St	1:00m – 4:30pm
☛ CREATIVE WRITING TOO	Carol Newton	0415303062	Senior Citizens Centre 58 Macalister St	10:00am – 12noon STARTING: April 29th
*GET MOVIN'	Bobbie Barker	0447727362	CQU (City Campus) Sydney St	Session 1: 9am Session 2: 10am Session 3: 11am
*GOLF CROQUET	Paul Lanigan Croquet Centre	0466 289 174 0413 500 897	Mackay Croquet Ground, Juliet St	1:30pm – 5:00pm
SCRABBLE / UPWORDS	Judy Petersen	0436 572 767	60 Wellington St	2:00pm start 2nd and 4th Tuesday of month
*TAI CHI Beginners	Monica Stewart- McLean	0408 549 527	14A Tennyson St	9:00am – 9:45am
U3A SNAPPERS (PHOTOGRAPHY)	Alan Porter / Don Harvey	0467 939 665 07 4954 7608	Mackay Golf Club	4th Tuesday of month


WEDNESDAY				
GREEN THUMBS (GARDENING)	Paul Andrew	0427 598 671	See Newsletter for each month's venue	1:30pm – 2nd Wednesday of month
♻ MAH JONG	Jan Gordon	0408 156 657	Senior Citizens Centre 58 Macalister St	9:00am – 12:00pm
MOVIE BUFFS	Glenda West	0438 179 751	Mt Pleasant Cinema	Last Wednesday of month - see Newsletter for details

THURSDAY				
ANCIENT HISTORY	Hector Keioskie	07 4951 4145	60 Wellington St	9:00am – 11:00am 1st and 3rd Thursday of month
ART GROUP	Rosemary Sunner	0409 635 001	Mackay Art Soc Snow Wright Crt	9:00am – 12:00pm
BOCCE	Shelley Field	0419 430 384	Botanic Gardens Lagoon St	2:45pm – 4:00pm
*FITTER FOR LIFE	Mackay Gymnastics admin@mackaygymnastics.org.au	07 4942 0032	Mackay Gymnastics 5 Snow Wright Court	9:00 -10:00am
*♻ LINE DANCING BEGINNERS / ADVANCED	Winsome Brown	0448 937 245	Senior Citizens Centre 58 Macalister St	Absolute beginners 9:00am – 10:00am Experienced 10:00am – 11:00am
MAH JONG	Cathy Oats	0439 637 907	Northern Beaches Community Hall, Bucasia	8:30am – 12:00pm
* TAI CHI	Monica Stewart-McLean	0408 549 527	14A Tennyson St	9am – 9:45am 10:15am – 11:15am
TRIVIA	Muriel Kilcullen	0409 495 525	Senior Citizens Centre 58 Macalister St	1:30pm – 4:00pm 2nd Thursday of month

FRIDAY				
♻ ANDROID PHONES / TABLETS	Rob Lucas	0499 606 030	Senior Citizens Centre 58 Macalister St	9:00 – 11:00am Bookings Essential
CREATIVE WRITING	Rae Halpin	0407639356	Jubilee Centre Alfred St	9:30am – 11:30am Group currently full
FRIDAY LUNCHES	Glen George	0415 383 028	See Newsletter for this month's venue	12:00pm for 12:30pm 2nd Friday of month
OPERA APPRECIATION	Noel Flor	07 4942 4776	Breezes Beaconsfield Rd	12:00pm – 4:00pm 1st Friday of month
♻ SATYANANDA MEDITATION	Carol Single	0429 131 313	Senior Citizens Centre 58 Macalister St	9:00am – 11:00am
♻ SCALE MODELLING	Ross Moore	0488 758 206	Senior Citizens Centre 58 Macalister St	Starts at 5:00pm
TRAIN YOUR BRAIN	Di Steenkamp	0412922372	60 Wellington St	9am – 10am Bookings Essential

WATCH THIS SPACE – MORE ACTIVITIES ARE IN THE PIPELINE – TO BE CONFIRMED...

Community Noticeboard



U3A
learn, laugh, live

Come along to Sarina U3A Cards and Trivia!
FREE & FUN!

- Every Tuesday 9.30am
- Trivia -first Tuesday each month
- Cards – 2nd, 3rd, 4th Tuesday each month

Sarina Bowls Club
1 Patroyce Court, Sarina

Everyone welcome.

ModelComp 2025
presented by
MACKAY SCALE MODELLERS
3-4 May 2025
9:00am - 3:00pm
Senior Citizen's Hall
58 Macalister St Mackay
ADMISSION:
ADULT/YOUTH \$5.00
UNDER 12 FREE

NEW VENUE!

Model Railway Display

SPECIAL CATEGORY
Racing Cars!

Central Queensland Model Railway Club
Mackay Scale Modellers

Mackay Choral Society Inc. presents

THE MIKADO

Thu 3rd April 2025 7:30pm

Sat 5th April 2025 2:00pm & 7:30pm

Sun 6th April 2025 2:00pm

GQCM Theatre : 151 Boundary Rd, Goonalea

Adult \$35
Concession \$30
Child \$20

www.trybooking.com/CYRRO PH:0422 264 397



HAPPY EASTER TO ALL OUR MEMBERS



Mackay Office
Senior Citizens Centre
68 Wellington Street
Mackay
Open Mondays and Fridays
9am-11am

OUR SINCERE THANKS:

We, the members of U3A Mackay Inc., would like to acknowledge the generous assistance of the office of Andrew Willcox MP for printing our newsletter ;
CQU City Campus for the use of various venues, the Mackay Regional Council (Library and Jubilee Community Centre), The Centre at Wellington Street, Mackay & District Senior Citizens for venues, Media (Radio, TV and Newspapers), for their valued and continuing support. Trantech for their invaluable technical advice and support Sarina Bowls Club for hospitality
Leanne McNaught of Sarina neighbourhood centre for support with establishing U3A in Sarina

PROUDLY PRINTED BY

Andrew WILLCOX MP
Federal Member for **DAWSON**

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