



UNIVERSITY OF THE THIRD AGE

MACKAY

## Connecting Seniors to Lifelong Learning



### President's Report

Hope you are all doing well and enjoying the summery weather. Despite my grumblings earlier in the year, I would certainly welcome some rain now – and so would my plants!

### ANNUAL GENERAL MEETING

You have all been invited to attend the U3A AGM AT 9:30am on Friday, October 17. Morning tea will be provided. I encourage you to come along, meet your committee and other U3A members and participate in the meeting. Nomination form is included in this email and should be submitted by close of business on Friday October 3.

### CHRONIC MEDICAL CONDITIONS - TALK TO YOUR CONVENOR

If you have a chronic medical condition that may require an immediate response – eg. asthma/anaphylaxis/diabetes etc. please advise the convenor of your activity and also let them know the location of your puffer/EpiPen/sugar etc. as required. Please also ensure that they have your emergency contact person's details. We will call 000 to get medical assistance as quickly as possible but want to assist you until professional help arrives.

### SENIOR'S EXPO

A reminder that October is Senior's month and the Council is hosting the Senior's Expo on Tuesday, October 14 in the Big Shed at the Showgrounds – 9:00am – 12 noon. U3A is hosting a table – pop along and have a chat to our fabulous volunteers. Hope to see you there.

### CONDOLENCES

We are saddened by the passing of Maree Matsen - a keen and long time card player at U3A Tuesday cards. Maree will be sadly missed by her husband Trevor, her loving family and friends.

**Remember, U3A cannot function without YOU!**

*Warmest regards*

*Muriel Kilcullen*

**Did You know?? U3A Mackay now has 617 members!!**



Newsletter  
September 2025

U3A Mackay Committee 2024-25

M: 0493 360 261

Website: [www.u3amackay.org.au](http://www.u3amackay.org.au)

### President

Muriel Kilcullen 0409 495 525

[admin@u3amackay.com](mailto:admin@u3amackay.com)

### Vice President

Alan Porter

### Secretary

Lyn Geraghty

[secretary@u3amackay.com](mailto:secretary@u3amackay.com)

### Treasurer

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[treasurer@u3amackay.com](mailto:treasurer@u3amackay.com)

### Course Coordinator

Iris Harvey

[courses@u3amackay.com](mailto:courses@u3amackay.com)

### Membership

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### Editor and Social Media

Liz Springall 0438103372

[editor@u3amackay.com](mailto:editor@u3amackay.com)

### Website Administrator

Judy Morris

### Committee members

Paul Andrew

Winsome Brown

Cath Davis

Jan Wilkie

**The AGM will be held on  
October 17<sup>th</sup> at 9.30 in the  
Senior Citizens Hall. Please  
come along , use your vote and  
be part of the plans for the  
future of U3A Mackay.**

### Course Coordinator's Report

September

Our recent Convenors meeting was very successful. Thank you to all who attended and to other Convenors who sent reports to keep us updated on activities.

We have decided to run a First Aid in the Home course for Convenors later in the year. Convenor badges have also been handed out.

Thank you to all participants in courses for their cooperation with Convenors

*Iris Harvey*

Course Coordinator 0418 620 589  
Email: [courses@u3amackay.com](mailto:courses@u3amackay.com)



### *Small Dog Group*

Our group is growing!

The group meets at Queen's Park Dog Park in East Mackay on Wednesdays from 10.00am  
Why not enrol and join us?



Contact Kaylene  
0417146265 for more  
information.

### *Friday Lunches*

Good Day

A great meal on September 12th at Sorbello's Restaurant.

A good turnout with U3A

royalty attending, namely Muriel Kilcullen our President and Bobbie Barker Treasurer, and I am sure many other duties.

A good time was had by all, also some new members attending.

Next month we shall be at The Grounds Collective Bucasia. (on the site of Annie's nursery) on October 10<sup>th</sup>.

All welcome to join us. To book in or for information call Glen on 0415383028 or [arosfa2010@yahoo.com](mailto:arosfa2010@yahoo.com)

*Glen George*



### *Creative Writers*



The Creative writers had a great morning get together to celebrate the end of Term 3. The weather was perfect at the Eimeo Pub, giving us a chance to relax and talk over things. We also welcome Judy back from her time in Ireland.

Congratulations to Judy on her wonderful achievement of winning third place for her story "Backyards and Bonfires" entered in the Geographical society of Queensland writing competition.

Creative Writing resumes on October 10<sup>th</sup> at the Jubilee rooms.

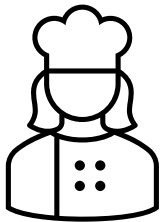
*Rae Halpin*

.....  
I'm not arguing, I'm just explaining why  
I'm right. 😊





## ***Kitchen Korner with Jan***



*Kerri Carroll (of Silent Grove Organics) on growing microgreens and herbs in North Queensland. Kerri draws from her local experience which is especially important for us in the Mackay region.*

### **Growing Herbs and Microgreens in North Queensland**

North Queensland's warm weather and tropical conditions make it one of the best regions in Australia for fresh, home-grown produce. Herbs and microgreens not only thrive here but also bring vibrant flavour and nutrition into everyday cooking.

#### **n Microgreens – Tiny Plants, Big Benefits**

##### **Why grow microgreens?**

Microgreens are harvested when very young, usually within 7–14 days, and are packed with concentrated nutrients and flavour

. They are perfect for adding a fresh crunch to salads, sandwiches, and stir-fries.

##### **Growing tips for microgreens:**

- Containers & trays: Use shallow trays or recycled containers with drainage holes.
- Growing medium: Coconut coir, seed-raising mix, or even damp paper towel.
- Light & warmth: A bright windowsill or shaded outdoor spot is ideal. Avoid harsh midday sun.
- Watering: Mist lightly once or twice a day — keep the soil moist, not soggy.
- Harvest: Snip just above the soil line once the first true leaves appear.

#### **n Herbs – Flavour Straight from the Garden**

##### **Best herbs for North Queensland:**

- Basil – loves warmth, grows rapidly.
- Coriander – best in the cooler months, can bolt quickly in summer.
- Mint – thrives in pots; keep well watered.
- Parsley – hardy and reliable year-round.
- Chives – easy to grow, great for borders or pots.
- Lemongrass – loves the tropics, perfect for curries and teas.
- Oregano & Thyme – hardy Mediterranean herbs that handle our sun if kept well drained.

##### **Growing tips for herbs in pots or garden beds:**

- Location: Morning sun with protection from the hottest part of the day.
- Soil: Free-draining soil enriched with compost.
- Watering: Keep moist but avoid waterlogging.
- Pots vs garden beds: Mint, lemongrass, and basil suit pots (to control spreading), while parsley, oregano, and chives thrive in beds.
- Harvesting: Pick often to encourage bushy growth.

#### **n Seasonal Growing Guide for North Queensland**

- **Summer (Dec–Feb):** Basil, lemongrass, mint, oregano, thyme. Coriander tends to bolt, parsley may struggle in extreme heat.
- **Autumn (Mar–May):** Coriander, parsley, basil, mint. Transition season — most herbs settle in well with milder temperatures.
- **Winter (Jun–Aug):** Coriander, parsley, chives, oregano, thyme. Basil slows down but can still grow in protected spots.
- **Spring (Sep–Nov):** Basil, parsley, mint, chives, lemongrass. Great time to establish new plants before summer heat before summer heat.

#### **n Common Uses for Popular Herbs**

- Basil – Pesto, salads, pasta, pizza topping.
- Coriander – Asian curries, fresh salsas, Mexican dishes.
- Mint – Drinks, desserts, lamb dishes, fresh teas.
- Parsley – Garnish, tabbouleh, soups, and stews.
- Chives – Omelettes, dips, and potato dishes.
- Lemongrass – Curries, marinades, teas.
- Oregano – Mediterranean sauces, grilled meats, pizza.
- Thyme – Roasts, soups, and infused oils.

#### **n Beginner's Starter Pack**

If you're new to growing, start small with these easy winners:

- Basil – Fast-growing and versatile in the kitchen.
  - Mint – Hardy and almost impossible to kill (best in a pot to stop spreading).
  - Parsley – Reliable year-round and suits most dishes.
  - Sunflower microgreens – Quick to grow, crunchy, and packed with nutrients.
- n Whether you have a garden bed, balcony, or just a sunny kitchen windowsill, growing herbs and microgreens in North Queensland is easy, rewarding, and a great way to bring fresh flavour into your daily cooking.

***Thank you to Kerri for sharing her knowledge with our members.***

*Jan Wilkie*



## TABLE OF ACTIVITIES as of 22<sup>nd</sup> September 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
<b>MONDAY</b>				
☼ CARDS	Cath Davis	0437 902 310	Senior Citizens Centre 58 Macalister St	9:00am – 12:00 noon
☼ IPAD / IPHONES	Rob Lucas	0499 606 030	Senior Citizens Centre 58 Macalister St	12:30 – 2:20pm <b>Bookings Essential</b>
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
PICKLEBALL	Therese Clacherty	0424 273 017	Pioneer Tennis Courts, 6 Leisure Court	9:30 – 11:00am
☼ UKULELE STRUMMING	Muriel Kilcullen	0409 495 525	Senior Citizens Centre 58 Macalister St	2:00pm – 4:00pm

<b>TUESDAY</b>				
*☼ 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	1:00pm – 4:30pm
CARDS	Jenny Price	0419176420	<b>SARINA</b> Sarina Bowls Club	9:30am <b>2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup></b> <b>Tuesday</b> of month
*GET MOVIN'	Bobbie Barker	0447727362	CQU (City Campus) Sydney St	9:15 – 10:15am 10:30 – 11:30am
SCRABBLE / UPWORDS	Judy Petersen	0436 572 767	60 Wellington St	2:00pm start <b>2<sup>nd</sup> and 4<sup>th</sup></b> <b>Tuesday</b> of month
*TAI CHI Beginners	TBA		14A Tennyson St	9:00am – 10am <i>Discount for U3A members</i>
TRIVIA	Jill Tedman	0419659220	<b>SARINA</b> Sarina Bowls Club	9:30am <b>1<sup>st</sup> Tuesday</b> of month
U3A SNAPPERS (PHOTOGRAPHY)	Alan Porter Don Harvey	0467 939 665 07 4954 7608	Mackay Golf Club	(Session 1 of 2 per month) <b>4<sup>th</sup> Tuesday</b> of month

<b>WEDNESDAY</b>				
☼ COMPUTERS FOR BEGINNERS	Rob Lucas	0499 606 030	Senior Citizens Centre 58 Macalister St	12:30 – 2:30pm <b>Bookings Essential</b>
GREEN THUMBS (GARDENING)	Paul Andrew	0427 598 671	See Newsletter for each month's venue	1:30pm – <b>2<sup>nd</sup> Wednesday</b> 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	<b>Last Wednesday</b> of month - see Newsletter for details
* RIFLE SHOOTING	Alan Porter	0467 939 665	<b>Bookings Essential</b>	<b>3<sup>rd</sup> Wednesday</b> of month \$20 - includes afternoon tea



### Wednesday continued...

<b>SARINA LUNCHES</b>	Karen Parchert	0407639016	<b>SARINA:</b> Venue will be on Facebook	12noon <b>Last Wednesday</b> of month
<b>SMALL DOG GROUP</b>	Kaylene Stephen	0417 146 265	Queen's Park dog park	10:00am – 12:00pm

### THURSDAY

<b>ANCIENT HISTORY</b>	Hector Keioskie	07 4951 4145	60 Wellington St	9:00am – 11:00am 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of month
<b>ART GROUP</b>	Rosemary Sunner	0409 635 001	Mackay Art Soc Snow Wright Crt	9:00am – 12:00pm
<b>BOCCE</b>	Shelley Field	0419 430 384	Botanic Gardens Lagoon St	2:45pm – 4:00pm
<b>* LINE DANCING</b>	Winsome Brown	0448 937 245	Senior Citizens Centre 58 Macalister St	<b>Absolute beginners</b> 9:00am – 10:00am <b>Experienced</b> 10:00am – 11:00am
<b>MAH JONG</b>	Cathy Oats	0439 637 907	Northern Beaches Community Hall, Bucasia	8:30am – 12:00pm
<b>* TAI CHI</b>	Monica Stewart-McLean	0408 549 527	14A Tennyson St	9am – 10am <i>Discount for U3A members</i>
<b>TRIVIA</b>	Muriel Kilcullen	0409 495 525	Senior Citizens Centre 58 Macalister St	1:30pm – 4:00pm 2 <sup>nd</sup> Thursday of month

### FRIDAY

<b>* ANDROID PHONES / TABLETS</b>	Rob Lucas	0499 606 030	Senior Citizens Centre 58 Macalister St	9:00 – 11:00am <b>Bookings Essential</b>
<b>COINS Queries / Chats</b>	Sam Patti	0401 435 990	Jubilee Centre foyer	<b>By appointment only</b>
<b>CREATIVE WRITING</b>	Rae Halpin	0407639356	Jubilee Centre Alfred St	9:30am – 11:30am <b>Group currently full</b>
<b>FRIDAY LUNCHES</b>	Glen George	0415 383 028	See Newsletter for this month's venue	12:00pm for 12:30pm <b>2<sup>nd</sup> Friday</b> of month
<b>OPERA APPRECIATION</b>	Noel Flor	07 4942 4776	Breezes Beaconsfield Rd	12:00pm – 4:00pm <b>1<sup>st</sup> Friday</b> of month
<b>PICKLEBALL</b>	Steve Merkle	0429820912	Pioneer Tennis Courts, 6 Leisure Court	9:30 – 11:00am
<b>* SATYANANDA MEDITATION</b>	Carol Single	0429 131 313	Senior Citizens Centre 58 Macalister St	9:00am – 11:00am
<b>* SCALE MODELLING</b>	Ross Moore	0488 758 206	Senior Citizens Centre 58 Macalister St	Starts at 5:00pm

SUBJECT	CONTACT	PHONE NO	VENUE	TIME
<b>OPERA APPRECIATION</b>	Noel Flor	07 4942 4776	Breezes Beaconsfield Rd	12:00pm – 4:00pm <b>1<sup>st</sup> Friday</b> of month
<b>PICKLEBALL</b>	TBA		Pioneer Tennis Courts, 6 Leisure Court	9:30 – 11:00am
<b>* SATYANANDA MEDITATION</b>	Carol Single	0429 131 313	Senior Citizens Centre 58 Macalister St	9:00am – 11:00am
<b>* SCALE MODELLING</b>	Ross Moore	0488 758 206	Senior Citizens Centre 58 Macalister St	Starts at 5:00pm
<b>U3A SNAPPERS (PHOTOGRAPHY)</b>	Alan Porter Don Harvey	0467 939 665 07 4954 7608	Organised outing	(Session 2 of 2 per month) <b>3<sup>rd</sup> Friday</b> of month

...WATCH THIS SPACE...  
New activities always in development.

*If you wish to suggest or coordinate an activity, please contact one of our committee members.*

The AGM has been set for **Friday 17<sup>th</sup> October 2025** at the Senior Centre, Hall 2, 58 Macalister Street, Mackay Qld 4740, commencing at **9:30am**.

If you would like to nominate someone or several people for committee positions, please use the nomination form below. **A separate form is required for each person nominated.**

Forms can be returned in person to the U3A office, Monday, or Friday 9am to 11am, by mail or email using the addresses in the form below. Please ensure forms are returned by **Friday 3<sup>rd</sup> October 2025**.

Thank you for your participation and effort.

Secretary, U3A Mackay Inc.



**NOMINATION FORM FOR OFFICE BEARERS AND  
COMMITTEE MEMBERS  
2025 -2026**

I the undersigned financial member of U3A Mackay Inc. hereby nominate:

(Name of nominee)

**Please tick selection**

**Either**

For the executive committee position of:

President ☐

Secretary ☐

Vice President ☐

Treasurer ☐

**Or**

For the position of committee member ☐ 3 positions vacant

Proposer:

\_\_\_\_\_  
PRINT NAME

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Seconder:

\_\_\_\_\_  
PRINT NAME

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

I, \_\_\_\_\_ hereby agree to stand for  
this position.

Print name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

**Please return this completed form by/in**

**EMAIL:**

[secretary@u3amackay.com](mailto:secretary@u3amackay.com)

**MAIL**

The Secretary  
U3A Mackay Inc.  
PO Box 1431  
Mackay QLD 470

**PERSON**

U3A Office  
58 Macalister Street  
Mackay QLD 4740  
**Monday or Friday 9am to 11am**

**Please note:**

**Forms must be received by the Secretary by close of business on Friday 3<sup>rd</sup> October 2025**

# Community Noticeboard



**Fitter for Life**  
Improve your mobility, strength, and coordination as you exercise with friends

Fitter for Life Gymnastics is a fun fundamental movement program for over 50's. It is a great social opportunity that aims to help you improve your mobility, strength, and coordination. All of the activities in our classes can be catered to you and your needs, making it suitable for any age or level of ability.

In Fitter for Life, you can engage in activities that suit your needs. Working on aspects of your life such as balance, coordination, and general wellness, we ensure you get the support you need to live the life you want.

With a focus on everyday activities, Fitter for Life can build your strength and boost your confidence.

You can:

- Become more physically active
- Meet new people in a local and social environment
- Return to physical activity in a safe, supported way
- Improve your mobility in other sports and daily activities, including:
  - Walking up and down stairs
  - Hanging out washing
  - Bending down or reaching up
  - Playing with grandchildren

\$10 per class. View our timetable below:  
**Monday 9.00-10.00am MGI, Wednesday 1.30-2.30pm Eaglemount, Thursday 9.00-10.00am MGI**  
 5 Snow Wright Court, Beaconsfield ph: 4942 0032  
 FIND OUT MORE [WWW.MACKAYGYMNASTICS.ORG.AU](http://WWW.MACKAYGYMNASTICS.ORG.AU)

## Mackay Seniors Expo



**FREE ENTRY!**

**Tuesday, October 14, 2025**  
**from 9am to 12 noon**  
**The Big Shed, Mackay Showgrounds**

Mackay Seniors Expo is your chance to find out what groups, supports and services are available in your community. It's a free, informative event with representatives from key areas including retirement options, funeral planning, healthcare, recreational activities, support groups and mobility aids.

 Free buses will run from Sarina and the Pioneer Valley to ensure everyone can attend.

Visit: [mackay.qld.gov.au/seniors-expo](http://mackay.qld.gov.au/seniors-expo)

SPONSORED BY:  




**\*\*\*\*\*U3A Mackay AGM \*\*\*\*\***

**Friday 17<sup>th</sup> October**

**Senior Citizens Halls**

**9.30 am See you there!**

\*\*\*\*\*



**KUCOM THEATRE**  
 by arrangement with ORIGIN™ Theatrical, Lazy Bee Scripts, and Off the Wall Productions, Proudly presents

## SUMMER SHORTS

A SEASON OF ONE-ACT PLAYS

**Bloody Actors!**  
by Archie Wilson

**Ashes to Dust**  
by Yvette Wall

**Last Tango in Little Grimley**  
by David Tristram

**Thu 6, Fri 7, Sat 8, Thu 13, Fri 14, Sat 15**  
**November 2025 at 7:30pm**  
**Matinee: Sun 9 November at 2pm**



**We have the opportunity to hold**  
**A U3A Theatre Event**  
**November 5<sup>th</sup> 7.30**  
**Only \$10 inc light supper**  
**Friends and family welcome.**  
**But you MUST indicate support**  
**this week or we will have to**  
**decline. Msg by return email or**  
**contact any committee member.**



# Laughter's the best medicine!

The older we get the more  
we talk to ourselves,  
It doesn't mean we're  
Crazy...  
We could just care less  
what anyone else  
has to say anymore...



## How fights start:



and then the fight started ...

**I saw a lady at the gym  
on the exercise bike  
wearing a helmet.**

**So I put on a life jacket  
and got on the rowing  
machine next to her.**

\*\*\*\*\*



**Mackay Office**  
**Senior Citizens Centre**  
**58 Macalister 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.  
Sarina Bowls Club for hospitality  
Leanne McNaught of Sarina neighbourhood centre for support with establishing U3A in Sarina



**U3A Mackay thanks Trantech  
for their valued and ongoing  
advice and support**

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Local expertise.  
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**Andrew WILLCOX MP**  
Federal Member for **DAWSON**

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