



THE UNIVERSITY OF THE THIRD AGE

Mackay

Connecting Seniors to Lifelong Learning

Learn, Laugh, Live

## NEWSLETTER FEB 2023

U3A Mackay Committee 2022/2023  
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### PRESIDENT'S REPORT

On behalf of the Committee of U3a Mackay, I would like to welcome all new and continuing members to 2023. We hope that this year will be better than last year and everyone can continue to get on with their daily lives and enjoy their outside activities fully, once again. We have almost 80 new members signing up for the first time or returning after a year or two break due mainly to Covid 19.

We have some new activities starting this year. Hopefully we will return to having our informative Monthly Morning Teas with a guest speaker. Our coordinator, Iris, will have more to say about that in her column. Muriel, has started off a Book Club and a Trivia afternoon. More information In the Newsletter about these and other new activities.

I would like to thank all the people involved in helping to make the Open day a huge success. These days are only successful if there are **volunteers** who are prepared to give up their time and help out on the day and in the days leading up to and after the event. To all those volunteers, please accept this big **Thank You**, in acknowledgment of your efforts. We signed up many new members and lots of continuing members took advantage of the day to come and see what was new, meet up with old friends, make new acquaintances and express their interest in new activities. New people are still coming in from the Open day and signing up, so please continue to pass the word on to your friends and neighbours. The more members we have, the wider the range of skills and knowledge these new people contribute. Most are happy to share their knowledge and skills, thus opening up the way for **new** activities to begin.

Please read the Newsletter to keep abreast of what is new and what has changed. We endeavour to keep the list of activities and contact people up to date, so if you have a change of convenor, contact person, meeting place or anything else, please let the committee know so we can update our register.

*Have a good year everyone.*

*Paul Sunner*

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

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

[ABN: 61 704 989 139](http://www.abn.gov.au/abn/61704989139)

U3A Office (Senior Citizens Centre, 58 Macalister Street) Monday **and** Friday, 9.00 – 11.00 AM  
Please email newsletter contributions to [editor@u3amackay.com](mailto:editor@u3amackay.com)

## **COURSE COORDINATOR'S REPORT**

Thank you to all Convenors, Committee members and other people who helped with the organization and setting up etc for Open day. I believe it was a successful day.

- A. Thank you to the Convenors for updating information regarding their courses. I have most of the information needed.
- B. There will be a Master Copy of Courses with Course data and convenor contact details left in the office to show prospective members and I will retain a duplicate copy at home.
- C. Welcome to the new Convenors for volunteering their time to run new courses.
- D. Coffee and Chat will be on the 3<sup>rd</sup> Friday of each month except for this month when it will be on 24<sup>th</sup> March- the only time I could get Nigel Dalton as guest speaker before July. Busy man! Sorry, that it is on the same day as Morning Melodies but hopefully we will get people to come before they attend that. I am waiting on an adjusted time from Nigel so that we can finish by 10.45am. I have Stroke Foundation lined up for May and I am still searching for other speakers. Breast Screen will get back to me asap. Any suggestions welcome.
- E. I would like copies of course member sheets at the end of March so that we know who is attending each course. I will email Convenors.
- F. courses@u3amackay.com

*Iris Harvey*

courses@u3amackay.com

## **DINING OUT/MONTHLY LUNCHES**

Our group met for its Friday lunch on 10th February, and we welcomed quite a few new members plus our regular folk who join us on the 2nd Friday of each month at different venues. There was a great response from people who attended the Open Day at the Senior Cits Hall earlier in February. Welcome one and all.

Mark your calendars for March Friday Monthly Lunch. This time it will be on Friday 10th March at Wests Leagues Club at Walkerston. Some of our members have offered to drive others out to Walkerston for the lunch which is lovely of them, just contact Marion (convenor) on the numbers/email set out below.

**WHEN:** Friday, 10<sup>th</sup> March

**WHERE:** Wests Leagues Club, Branscombe Road, Walkerston.

**TIME:** 11.30 for 12 noon start

**COST:** Order from menu board.

**PARKING:** Drive round past Walkerston State School and up a bit on your right is parking area at Wests.

**REPLY BY:** Monday, 6<sup>th</sup> March with your name/how many attending to Marion Brown: text 0428 319 611 or email:marcec1948@hotmail.com.  
Cheers

**MARION BROWN**

## **Green Thumbs**

Green Thumbs first meeting was held at 60 Wellington St. it was well attended. One member brought along a fruit she wanted identified none of us knew what it was so another member asked Mr. Gugal and he told us it came from Mexico.

Our next meeting will be at 60 Wellington St. On the 8<sup>th</sup> March we will have a talk by a member from the City Library on a program the Library is starting on seed banking.

Come along and have an interesting and friendly time.

Members bring your favourite mug and goodies to share at afternoon tea.

*Hector Keoskie*

## WHY DO WE PAY \$2 FOR U3A ACTIVITIES HELD AT SENIOR CITIZENS' CENTRE?

While Senior Citizens charge external organisations for use of their facilities, any meeting of Senior Citizens members may use the various rooms for a token cost of \$2 per person, per activity. This money goes towards various maintenance and cleaning costs that Senior Citizens are responsible for. So, if you attend any U3A activity at Senior Citizens please ensure that you join or renew your Senior Citizens membership. The cost is \$10 per year and entitles you to participate in all Senior Citizens activities.

For more information call Rob Lucas 4957 5558.

## OPEN DAY 2023

### Spotted at our Open Day



### Shots from the groups



### GET MOVIN'

Some of our enthusiastic participants showing how it's done.

Contact Marlene May 4957 2628 for more information about this year's program.



***Creative Writers***  
welcomed new member Lyn this month who has been entertaining us with her work.

## SCRABBLE AND UPWORDS



Well, here we are 2023. Happy New Year to all.

We had our breakup in November 2022 with a beautiful lunch at Andergrove Tavern with lots of laughs. I hope we are well rested and dying to get back to Scrabble. We resumed on the 24th January and meet every 2nd and 4th Tuesday of the month from 2pm to 4pm at 60 Wellington Street.

Special get well wishes to those who couldn't attend Scrabble last year. I do hope we see you in 2023.

Cheers Judy

## TRIVIA



Everyone would know that the constellation on the Australian Flag is the Southern Cross, but – did you know that an Octopus has 3 hearts? – or that cynophobia is a fear of dogs?

These were some of the questions that were asked at our inaugural Trivia session – 14 folk attended and there were a few surprises and a lot of laughs when the answers were revealed.

Trivia is held on 2<sup>nd</sup> Thursday of each month at the Senior Citizen's Hall, Macalister Street – 1:30 – 3:30pm. Come along on 9<sup>th</sup> March and join us for an afternoon of 'fun facts', a cuppa and the opportunity to form new friendships.

Kind regards

Muriel Kilcullen

## HAPPY SNAPPERS



The Photography Group's first meeting for 2023 was held with four new members (Welcome!) to make a total of sixteen participants. We met at the Mackay Golf Club and, under Don's tuition, practised portrait photography (black and white, sepia and colour) from old snapshots to familiarise ourselves with our camera settings.

The February follow-up meeting is planned to be at the Mackay Golf Club on Tuesday the 28<sup>th</sup> of February.

The next outing planned is for the 17<sup>th</sup> of March (location TBA), with the follow-up meeting at the Mackay Golf Club on Tuesday the 28<sup>th</sup> of March.

New members are welcome to attend - please contact Alan Porter (0467-939-665) if you wish to join our group.

## Cards

Please note! Board games (eg Checkers, Rubbikub Bananagram) have now been added to Monday cards! Come along for a social morning! Senior Citizens Hall 9-12 noon)



## Line Dancing

“5, 6, 7, 8, vine right 1, 2, 3, 4, touch” and the Line Dancing class, with our so capable and ever patient teacher Deb Wookey, has begun for 2023.

It was great to welcome back members from last year and a real pleasure to greet new members to our first class on February 9th. Since then, the attendance has been averaging around 18 participants, but there is room for more!

So far, the class has been given a gentle workout, both mentally and physically. We have mastered two dances to the music of ‘Elvira’ and ‘Don’t Break My Heart’.

Line Dancing is on every Thursday morning from 9:30 – 10:30 at the Senior Citizens centre in Macalister Street. All you need is comfortable clothing and shoes with soles that allow you to step, slide and turn. (Nothing with too much grip.)

Contact Winsome Brown on 0448 937 245 for details.

## BOOK CLUB



Hello Readers

It was great to see so many of you at Book Club last week. Our book for this month is **Never Tell** by **Lisa Gardner**. As we discussed, there are only 6 books available in the sets we access from the Library, so the faster readers have opted to take the available books first up and make them available to the rest of the group as soon as possible.

Please phone me or send a text if you haven’t been able to source this book yet. There are 2 books now returned and awaiting collection for the next keen readers at the U3A office. Office is open on Friday 9am – 11am and Monday 9am – 11am.

I have found some General Discussion points that might be appropriate for this particular book – see attached.

For our next read, I’ve attached the link to the Library website – go to the second menu item – Book Club – to make your selection/suggestion for our future reads.

<https://library.mackay.qld.gov.au/Montage/ListsAll.aspx>

Kind regards – and happy reading

*Muriel Killecullen*

## **GENERAL DISCUSSION QUESTIONS**

1. Were you immediately engaged with the book, or did it take you awhile?
2. Does the book remind you of any other books or writers?
3. Who is your favorite character?

4. Describe the main characters personality traits:
  - a. How has the past shaped their lives?
  - b. Do you admire or disapprove of them?
  - c. Do they remind you of people you know?
5. Discuss the plot:
  - a. Is the story interesting?
  - b. Is the story plot driven?
  - c. Is the book a "page turner" or does it unfold slowly?
6. Discuss the book's structure:
  - a. Does the time line move forward chronologically?
  - b. Is it a continuous story – or is it interlocking short stories?
  - c. Is there a single viewpoint or shifting viewpoints?
  - d. Why did the author tell the story this way?
7. What main ideas or themes does the author explore?
8. If you were to guess at a formative experience in the author's life based on this book, what would you guess?
9. If you were to sum up this book in one tweet, what would you say in 140 characters?
10. Is the ending satisfying? Has the book changed you? Have you learned something?



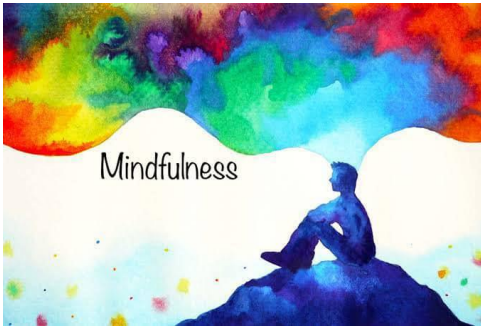
#### U3A MACKAY FACEBOOK PAGE

Have you "liked" our U3A Mackay facebook page? We keep it up to date with news from the groups and items of local interest .

If you have anything of interest that you would like to share with our members or the wider community, please send them to Liz Springall ([editor@u3amackay.com](mailto:editor@u3amackay.com) who will be happy to add them to our Facebook page.

Members who have paid their membership fees and not yet received their 2023 badges may pick them up from the U3A office Mondays and Fridays between 9am and 11am.

## Friends in Mindfulness



U3A is delighted to offer a brand new course “Friends in Mindfulness”. Life journeys us through many highs and lows, join Judith Grieves as she explores ways to face life’s challenges.

“With patience and practice mindfulness offers us a pathway in peace and in the process we deepen self awareness, self acceptance, acceptance of others, navigate our way with greater kindness and compassion with ourselves and with others and excavate more of the wealth within.”

Beginning Tuesday 28th February 9-11 am meeting in the Senior Citizens Halls

Contact Judith on 0401 036 662 for further information

Beginning Wednesday 22nd February U3A is offering a new group

## “Writing Works”.

Join Judith Grieves our convener and record some of the life stories we have within us.

The group will meet in the foyer of the Jubilee Rooms on Wednesdays 9-11 am...

of the Jubilee Rooms on Wednesdays 9-11 am

Contact Judith on 0401036 662 for all information

## **DONT MISS THIS!!**



Mark your diaries now for Friday 24th March 10-11 am for a talk on **PERSONAL and HOME SECURITY for SENIORS**

By Mackay’s own  
CITIZEN of the YEAR  
Sgt. NIGEL DALTON  
Senior Citizens Halls  
MacAlister Street

There will be a small charge of \$2 to cover tea or coffee and biscuits.

This important event is open to both U3A members and the public so please share with your friends. Come along and learn tips for staying safe and secure both in the home and out and about. Further information from our U3A coordinator Iris on 0418620589

## **Craft Group**

Iris, our courses coordinator is very happy to tell us that U3A CRAFT will be resuming on Thursday 28th March 1-3.00 pm in the Senior Citizens Halls.

We know many members have been enquiring about this!

Contact Iris on 0418620589 with any enquiries.



# FREE COME & TRY LAWN BOWLS

## MACKAY CITY BOWLS CLUB

Cnr Shakespeare & Shaw Streets, Mackay



Come to one session, some sessions or all sessions

Sessions:

Sunday, 12 March 10-11.30am

Monday, 13 March 1.15-2.45pm

Monday, 20 March 1.15-2.45pm

Friday – 17 March 10-11.30am

Friday – 24 March 10-11.30am

Phone: 0427 275 492 to register your interest for session/s





## MEMBERSHIP NEW/RENEW FORM 2023

PLEASE USE BLOCK LETTERS

### Section 1- Personal Details (Use one form per person)

Last Name	Given Names	Preferred Name	Date of Birth (Day/Month/Year) ____ / ____ / ____
Address: Street address, Suburb, Town, Post Code			
Email: (Newsletters will be sent to email address where available)			
Mobile Phone No:		Home Phone:	
Emergency Phone No:		Emergency Contact Name:	

### Section 2 – Membership and Class Enrolment 2023

Please tick boxes or circle answers in the boxes below. Complete total amount payable		Amount Payable \$
I am a new member applying to join 2023. Joining fee \$5.00 + \$20.00 Membership <input type="checkbox"/>	I am a member re-joining for 2023. Membership Fee \$20.00 <input type="checkbox"/>	\$
I wish to enrol in classes as per list. (Next <a href="#">page</a> )		Yes / No
<b>TOTAL AMOUNT PAYABLE</b>	Cash / Cheque / Bank debit (see below) Cheques - payable to USA Mackay Inc.	\$

### Section 3 – Payment Details

<input type="checkbox"/> EFTPOS <input type="checkbox"/> Cash <input type="checkbox"/> Cheque (Please make cheques payable to USA Mackay Inc.)  Post to: The Treasurer, USA Mackay Inc., PO Box 1431, Mackay Qld 4740  In person: USA Mackay Office, Senior Citizen's Building 58 Macalister St. 9 -11am Mon & Fri	<input type="checkbox"/> Direct Bank Transfer: Bank: Bank of Queensland BSB: 124049 Account No: 100065150 Account Name: USA Mackay Inc. ( <a href="#">please</a> put your name as reference and email this membership application to <a href="mailto:treasurer@u3amackay.com">treasurer@u3amackay.com</a> )
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#### NOTES:

- USA Mackay Inc carries Public Liability Insurance to the value of \$20 million.
- All the Tutors at USA Mackay are volunteers, sharing their knowledge. Some classes may have a small cost for materials or facilities. Payment of membership fee does NOT guarantee a place in a class as the class may be full, but you may be able to put your name on the waiting list.
- Photographs taken of USA Mackay activities and members are sometimes published on our website, in our newsletter and in the local newspaper. If you do not wish this to happen, please advise the office in writing.
- USA collects your personal information in order to process your application. This information will not be disclosed to any third party without your written authorisation or as we are required by law.

Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

OFFICE USE ONLY: Date Form Received: ____ / ____ / ____	Receipt No: _____
Date Badge: MAILED <input type="checkbox"/> GIVEN <input type="checkbox"/> ____ / ____ / ____	DATABASE ____ / ____ / ____

**PLEASE NOTE THE CONTACTS ARE NOT NECESSARILY TUTORS.  
They are happy to provide details on the activities listed below.**

**TABLE OF ACTIVITIES**

SUBJECT	CONTACT	PHONE #	VENUE	TIME
<b>MONDAY</b>				
Balance Exercise Class	Cath Davis	0437 902 310	Senior Citizen's Centre 58 Macalister St Mackay	1.00 pm – 2.00 pm
Cards	Cath Davis	0437 902 310	Senior Citizen's Centre 58 Macalister St Mackay	9.00 am—12 noon
Computers For Beginners	Susan Vince	0417 784 499	Jubilee Community Ctre Alfred St Mackay	11.30 am – 1.30 pm <b>Bookings Essential</b>
Fitter for Life	Amba or Steph	4942 0032	Mackay Gymnastics, 5 Snow Wright Court Beaconsfield	9.00am – 10.00am
I-Pad	Rob Lucas	4957 5558	Senior Citizen's Centre 58 Macalister St Mackay	9.00 am – 11.00 am <b>Bookings Essential</b>
Musical Chimes	Marie Veney	0419 732 855	St Ambrose Church Hall, 28 Glenpark St Nth Mackay	12.45 pm—2.30 pm
<b>TUESDAY</b>				
Cards	Paul Sunner	0406 930 910	Northern Beaches Bowls Club Rural View	1 pm to 5 pm
Get Movin'	Marlene May	4957 2628	CQU (City Campus) Sydney St Mackay	9.30 am - 10.30 am
Golf Croquet	Paul Lanigan Croquet Centre	0466 289 174 0413 500 897	Mackay Croquet Ground Juliet Street	1.30pm to 5pm
Opera Appreciation	Noel Flor	4942 4776	Senior Citizen's Centre 58 Macalister St Mackay	1.00 pm—4.00 pm 1st Tues of month
Scrabble / Up Words	Judy Petersen	0438 572 767	60 Wellington St Mackay	2.00 pm start 2nd and 4th Tuesdays
U3A Snappers (Photography)	Alan Porter Don Harvey	0467 939 665 4954 7608	Mackay Golf Club	4 <sup>th</sup> Tuesday of month
<b>WEDNESDAY</b>				
Android Phones	Rob Lucas	4957 5558	Senior Citizen's Centre 58 Macalister St Mackay	9.00 am – 11.00 am
Craft	Marjolein Mayer	0427 677 955	Senior Citizen's Centre 58 Macalister St Mackay	1pm - 3pm
Golf Croquet	Paul Lanigan Croquet Centre	0466 289 174 0413 500 897	Mackay Croquet Ground Juliet Street	1.30pm to 5pm
Green Thumbs	Sandra Rutherford	4942 2148	See newsletter for this month's venue	1.30 pm 2nd Wed of month

Mah Jongg	Jan Gordon	0408 156 657	Senior Citizen's Centre 58 Macalister St Mackay	9.00 am—12 noon
Movie Buffs	Glenda West	0438 179 751	Mt Pleasant Cinema	Last Wed of month - see newsletter for details

#### THURSDAY

Anthropology (History)	Hector Keioskie	4951 4145	60 Wellington Street	9.00 —11.00 am 1 <sup>st</sup> & 3 <sup>rd</sup> Thurs of month
Art Group	Rosemary Sunner	0409 635 001	Mackay Art Soc Bldg Snow Wright Crt, Beaconsfield	9.00 am—12 noon
Bocce	Shelley Field	0419 430 384	Botanic Gardens	2.45 pm—4.00 pm
Book Club	Muriel Kilcullen	0409 495 525	Senior Citizen's Centre 58 Macalister St Mackay	1.30pm - 3.00pm 3 <sup>rd</sup> Thursday of month
Fitter for Life	Amba or Steph	4942 0032	Mackay Gymnastics 5 Snow Wright Crt, Beaconsfield	9.00 am – 10.00 am
Line Dancing	Winsome Brown	0448 937 245	Senior Citizen's Centre 58 Macalister St Mackay	9.30am – 10.30am
Mah Jongg	Bernie Royes	0400 348 683	Northern Beaches Community Hall	8.30am - 12 noon
Tai Chi - Beginners	Monica Stewart- MacLean	0408 549 527	14A Tennyson St, Mackay	9.15 am – 10.00 am 10.15 am – 11.15 am
Trivia	Muriel Kilcullen	0409 495 525	Senior Citizen's Centre 58 Macalister St Mackay	1.30pm - 3.30pm 2 <sup>nd</sup> Thursday of month

#### FRIDAY

Creative Writing	Rae Halpin	0407 639 356	Jubilee Community Ctre Alfred St Mackay	9.00 am— 11.00 am
Friday Lunches (Dining Out Group)	Marion Brown	4959 7298 0428 319 611	See newsletter for this month's venue	11.30 for 12.00 pm 2 <sup>nd</sup> Friday of month
Lawn Bowls	Janette Dark	4942 2434 0427 275 492	Mackay City Bowls Club Shakespeare St Mackay	9.00 – 11.30 am Date: TBA

#### SATURDAY

Golf Croquet	Paul Lanigan Croquet Centre	0466 289 174 0413 500 897	Mackay Croquet Ground Juliet Street	1.30pm to 5pm
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HAVE YOU VISITED OUR WEBSITE?: [www.u3amackay.org.au](http://www.u3amackay.org.au)



OUR SINCERE THANKS:

We, the members of U3A Mackay Inc., would like to acknowledge the generous assistance of CQ University, City Campus, for publishing our Newsletter, the CQU Ooralea Campus and 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.