

PRESIDENT'S REPORT

Welcome to August's Newsletter. We have had quite a few comments from members on the new format for the monthly Newsletter. Thanks to our Editor, Bobbie, for her hard work and the many hours she has spent building the new website and revamping the style of the Newsletter. Unfortunately, the members who receive the Newsletter by mail do not see and get to appreciate the new colourful format with colour photos and illustrations. If anyone wishes to change to the digital format of the Newsletter just drop us an email at editor@u3amackay.com and we will switch you over to the email version.

On behalf of the U3A Committee and members of the groups involved, I would like to thank two retiring coordinators, Rosemary Haines (Fitter for Life) and Lyn Coburn (Art), for their 20 years of service in coordinating the activities of these two groups. Thank you! It is now time for someone else to take on the responsibilities of coordinating these activities and we thank these new volunteers for coming forward so these activities can continue.

While we are speaking of coordinators, I would like to remind all coordinators who collect money from their members, that it is a requirement that all money, not paid straight to a third party for hall rental or hire of equipment etc., must be banked into the U3A bank account once you have over \$50. This is not something that we have instituted, but a government requirement, if we are to keep within the laws governing Charitable Organisations, such as ours. We are audited every year. Our books are with the Auditor at present. The money collected from your group is recorded so that money can be used for that group, for the purposes for which it was collected e.g., to contribute towards an end of year function, purchasing new equipment etc. It does not go into general revenue. This is a **major responsibility** of the group coordinator. Once again, thank you to all coordinators for the work that they do in keeping the groups running smoothly.

Finally, I would ask all members to be cognizant of the fact that we are a group, which, because of our increasing age, are more vulnerable than the general population to viruses and their serious complications. I would ask people to consider staying away from an activity when they have any flu like symptoms. Please continue to use hand sanitizer etc. when attending our activities.

Please stay safe and well.

Paul Sunner

U3A Mackay Committee 2021/2022
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COURSE COORDINATOR'S REPORT

HELP! Hi everyone, I need your input. We would like to expand our course options. I need you to tell me what you would be interested in attending if it was available.... or have we any people willing to share their expertise in a session or a short course?

We hope to have Coffee and Chat sessions running soon with guest speakers. It is good to see the Art group is back in business.

Any ideas – message me.

courses@u3amackay.com
or
0418 620 589

Iris Harvey



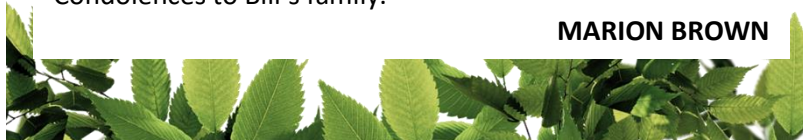
Those of you who came to Maggie's for August lunch would've seen Bill Goodchild. It is with regret that I advise that 'Lucky Bill' (as he called his email address) went to meet his maker this past week. It's hard to get your head around when we were enjoying lunch with him on Friday August 12.

Bill had been in and out of hospital for a while now but kept his cheery demeanour.

Personally, Bill had been in my life since I was a teenager, and he knew my father in the 1960s. I liaised with him on various community groups over the years so there will be a gap in my life that's for sure.

Condolences to Bill's family.

MARION BROWN



DINING OUT/MONTHLY LUNCHES

FRIDAY MONTHLY LUNCHES
COME JOIN US!!

** Meet old and new friends **

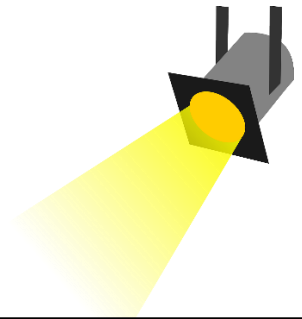


WHEN: Friday, 9th September
TIME: 11.30 sign-on: LUNCH :12 noon
WHERE: Hot Wok, Macalister Street
TIME: 11.30 for 12
COST: from menu, pay before leaving

REPLY BY: TUESDAY 6th September with your name/how many attending to Marion Brown: text 0428 319 611 or email:marcec1948@hotmail.com.

MARION BROWN

SPOTLIGHT ON 'PHYSICAL ACTIVITY'



Some of our Balance group

BALANCE

Don't be fooled by the name! This class is about SO MUCH MORE than improving your balance. Our wonderful leader, Karen Dutton takes us through a range of exercises from sitting on a chair to using various equipment to provide an overall gentle workout that will improve your muscle tone and core strength.

Held each Monday from 12noon to 1pm at Senior Citizens, contact Cath Davis on 0437 902 310 for more information.

GET MOVIN'

If you think the gym isn't for you, maybe you need to think again! The motivating team at CQU, Mackay conducts weekly classes exclusively for U3A members.

Each one-hour class consists of a range of exercises and activities, designed specifically for our group, that improve core strength, muscle tone and overall fitness.

Teachers and students from the School of Health, Medical & Applied Sciences are always on hand to guide and assist every participant. Whatever your fitness levels, these weekly classes will encourage you to achieve a healthier you.

Come and join us, make new friends, and have some fun while getting fit.

Classes are held weekly on Thursday from 9.30am to 10.30am. For more information contact Marlene May on 4957 2628.



U3A QLD NETWORK MEETING IN TOWNSVILLE



The U3A Network Presidents and Tutors workshop held in Townsville on the 27th August was attended by representatives from a number of branches including Toowoomba, Cairns and Atherton.

Mackay was represented by Muriel Kilcullen (U3A Mackay Treasurer) who is enthusiastic about the information she has gained and contacts she has made on our behalf.

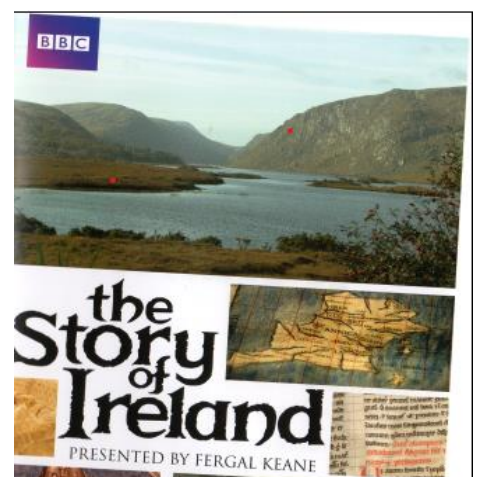
ACTIVITY REPORTS

ANTHROPOLOGY (HISTORY)

This month we will be looking at 'The History of Ireland'. Presented by Fergal Keane, this expansive and outward-looking series offers an authoritative reappraisal of Ireland's dramatic past, looking at the evolution of the country in a global context and challenging some of the potent myths that have become an accepted facet of the country's history.

It follows the evolution of the modern nation through waves of migration and emigration and highlights the key moments of Irish history from the adoption of Christianity through the Protestant plantation, Great Famine and Partition to the Good Friday Agreement. It also assesses the influence of prominent figures from Brian Boru, Wolfe Tone and Daniel O'Connell to Eamon De Valera, Michael Collins and W B Yeats.

Hector Keioskie



HAPPY SNAPPERS

The Photography Group's visit in August was to the River Street Park on the Blue Water Trail. Thirteen members attended and took photographs on a sunny day. Following this the group retired to Porters for coffee.

Welcome to our two new members – Gloria and Ruth.

The next outing planned is for the 16th of September (10am at Jubilee Park, MECC precinct), with the follow-up meeting at the Mackay Golf Club on Tuesday the 27th of September. New members are welcome to attend - please contact Alan Porter (0467-939-665) if you wish to join our group.

Richard Ruddick



This month's photo from Happy Snappers

ART GROUP

I hope that by now, all members of the Art Group know that Thursday Morning Art has resumed. (Same place, same time).

If any new or existing members would like to join us, please contact me on 0409 635 001. We would welcome some new faces.

We meet from 9am to 12 noon at the Art Society Building, Snow Wright Court, Beaconsfield.

Rosemary Sunner





CREATIVE WRITING

It has been a very tumultuous month with illness and unfortunately the passing of my husband Mark. In the mix was dentist visits, grandchildren visits and doctors' appointments, all of which were important for various members.

The good news is that we have two new members - Claire woods and Marjolein Meyer, who I am sure will add yet another dimension to our group.

We are planning to put out another yearbook, working title 'U3A Creative writers in action 2022.' We intend to showcase a short story from each member of the group along with some of our activities.

Words are such powerful things and like a circle, have no end to possibilities. We will be taking a break for the school holidays in September finishing off the term with our usual coffee morning on September 16 and recommencing on October 7th until our breakup luncheon on December 16th.

This year has been one of never-ending revelations of both stories and lives. Add in a bit of fiction, a couple of poems and limericks, lots of laughter, some sadness and a very enjoyable tea or coffee and you have a profile of our group.

An invitation is always extended to anyone who just wants to 'sit in' for a session.

Rae Halpin



BOOK REVIEWS

REMARKABLY BRIGHT CREATURES. Shelby Van Pelt

I've fallen in love with an octopus called Marcellus McSquiddles! Now I have read a great deal about octopuses, and it is one of our most remarkable clever creatures. This author has written an enchanting story set in the Sowell Bay Aquarium, and the friendship between Torva, the 71-year-old cleaner and Marcellus. It covers loneliness, of family connections with all their faults and a community that cares. You will, like me, not be able to stop turning the pages.

MY FATHER AND OTHER ANIMALS. Sam Vincent

A hilarious memoir of the son returning to the family farm to help his father out and learning a whole new way of life. From buying a bull to knocking in a hundred fence posts by hand (his father has hidden the post-driver) may be a hard learning curve but along the way he learns to read the land, help protect a special aboriginal site and retain a family heritage.

THE CLOCKWORK GIRL. Anna Mazzola

Set in Paris in the 1750's, a rather dark novel and tells the story of Madeline, a new maid who is on a mission to uncover what sort of experiments the clockmaker is carrying out. Inspired by vanishing children with real life historical figures with lots of twists and turns. If you like the gothic setting, this is for you.

THE WRONG WOMAN. J.P. Pomare

A private investigator returns to his hometown to look into a suspicious car crash. Nothing is as it seems, rumours abound about the young woman who was driving the car which killed her professor husband. Will Reid once again find himself taking on the town again, where he vowed never to return. Getting rave reviews, a real page turner.

To watch for: Shrines of Gaiety Kate Atkinson.

The Bullet That Missed. Richard Osman.

THERE IS NOTHING MORE LUXURIOUS THAN EATING WHILE YOU READ – UNLESS IT BE READING WHILE YOU EAT.
E. NESBIT

BRENDA MURRAY

THIS MONTH'S RECIPE FROM nine.com.au

EASY FIVE-INGREDIENT SAUSAGE MEATBALL AND BEAN BAKE



SERVES 4

Ingredients

Pork and fennel sausages (or any sausages you like)
1 x tin of borlotti beans
1 x tin of tomatoes
1 x jar of marinated peppers with garlic
Grated cheese to sprinkle on top (parmesan is good)

Method

Pre-heat oven to 180°C. In a frypan that is oven safe, heat a dash of olive oil on the stovetop. Push the sausages out of their casings to make little meatballs and brown them in the frypan.

Meanwhile, slice up your marinated peppers, reserving the oil/vinegar and any garlic from the jar.

Drain your beans and mix them together with your sliced peppers, crushed garlic and a glug of the oil or vinegar from the jar, along with the tin of crushed tomatoes.

Once the meatballs are browned, pour the tomato mix into the pan. Drizzle it all with a little oil and bake for about 20 minutes, or until bubbling and sizzling away.

Serve the bake hot, with a grating of cheese on top and toasted bread if you like.

Do you have a tried and tested recipe that is tasty, easy, and inexpensive that you are willing to share?

Please forward your contributions to the editor for inclusion in future editions.

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

SUBJECT	CONTACT	PHONE #	PLACE/VENUE	TIME
MONDAY				
I-Pad	Rob Lucas	4957 5558	Senior Citizen's Centre 58 Macalister Street	9.00 am – 11.00 am BOOKINGS ESSENTIAL
Musical Chimes	Marie Veney	0419 732 855	St Ambrose Church Hall, 28 Glenpark St, Nth Mackay	12.45 pm—2.30 pm
Fitter for Life	Amba or Steph	4942 0032	Mackay Gymnastics,5 Snow Wright Court, Beaconsfield	9.00 am – 10.00 am
Balance Exercise Class	Cath Davis	0437 902 310	Senior Citizen's Centre 58 Macalister Street	1.00 pm – 2.00 pm
Cards	Cath Davis	0437 902 310	Senior Citizen's Centre 58 Macalister Street	9.00 am—12 noon
Computers For Beginners	Susan Vince	0417 784 449	Jubilee Community Centre (Old City Library), Alfred Street	11.30 am – 1.30 pm
TUESDAY				
Scrabble / Up Words	Judy Petersen	0438 572 767	60 Wellington Street	2.00 pm start 2nd and 4th TUE
Cards	Paul Sunner	0406 930 910	Northern Beaches Bowls Club. Rural View	1pm to 5pm
U3A Snappers (Photography)	Alan Porter Don Harvey	4954 0682 4954 7608	Mackay Golf Club	4th Tuesday of month
Get Movin'	Marlene May	4957 2628	CQU (City Campus) Sydney Street, Mackay	9.30 am – 10.30 am
Opera Appreciation	Noel Flor	4942 4776	Senior Citizen's Centre 58 Macalister Street	1.00 pm—4.00 pm 1st Tues of each month
WEDNESDAY				
Mah Jongg	Jan Gordon	0408 156 657	Senior Citizen's Centre 58 Macalister Street	9.00 am—12 noon
Android Phones	Rob Lucas	4957 5558	Senior Citizen's Centre 58 Macalister Street	9.00 am – 11.00 am BOOKINGS ESSENTIAL
Green Thumbs	Sandra Rutherford	4942 2148	See Item in Newsletter for this Month's venue and Date	1.30 pm 2nd Wed of each month
Movie Buffs	Glenda West	0438 179 751	Mt Pleasant Cinema see Newsletter for Information	Last Wednesday of Month
THURSDAY				
Art Group	Rosemary Sunner	0409 635 001	Mackay Art Society Bldg, Snow Wright Crt, Beaconsfield	9.00 am—12 noon
Line Dancing	Winsome Brown	0448 937 245	Senior Citizen's Centre 58 Macalister Street	9.30am – 10.30am
Fitter for Life	Amba or Steph	4942 0032	Mackay Gymnastics, 5 Snow Wright Crt, Beaconsfield	9.00 am – 10.00 am
Anthropology (History)	Hector Keioskie	4951 4145	60 Wellington Street Mackay	9.00 am —11.00 am 1st & 3rd Thurs of each month.

SUBJECT	CONTACT	PHONE #	PLACE/VENUE	TIME
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
Bocce	Shelley Field	0419 430 384	Botanic Gardens	2.45 pm—4.00 pm
FRIDAY				
Creative Writing	Rae Halpin	0407 639 356	Jubilee Community Centre (Old City Library), Alfred Street	9.00 am—11.00 am
Lawn Bowls	Janette Dark	4942 2434 0427 275 492	Mackay City Bowls Club Shakespeare Street	9.00 – 11.30 am
Friday Lunches (Dining Out Group)	Marion Brown	4959 7298 0428 319 611	See Item in Newsletter for this Month's Venue	12.00 for 12.30 pm 2nd Friday of month

HAVE YOU VISITED OUR WEBSITE?: www.u3amackay.org.au

Keep in touch with U3A Queensland news by accessing their latest E-Newsletter on this link:

<https://tinyurl.com/enewsu3aqlld>



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.