



Learn, Laugh, Live

U3A Mackay Committee 2021/2022  
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PRESIDENT'S REPORT

Welcome to November's newsletter. With the end of the year almost upon us, it is time to reflect on the past 10 months and, providing we remain positive, we can find many things about which we can be thankful. We are learning to live with the dreaded Covid 19 virus by being extra careful with our everyday hygiene and practicing common sense when we are mixing with others. Many of us have had the virus with varying degrees of seriousness and recovered from it or are recovering, perhaps more slowly. Our condolences to all who have lost a loved one to the virus or for any other reason. Travel, including International Travel, is back again, with increased precautions for those wishing to arrive safely.

We are also able to participate in some of the U3A activities that were curtailed over the last couple of years. Most groups to my knowledge are back in action again and it is pleasing to note that numbers in many groups are on the rise again as we become more confident about getting out and about more regularly. It has been a trying time for everyone. Some activities have been withdrawn due to lack of numbers.

Finally, I would like to thank those people who have nominated or been nominated and have accepted the nomination to serve on the committee. We are looking forward to another year filled with active seniors, getting out into the community, getting involved, interacting with others, and meeting new friends. The more active and involved we are, the happier and healthier we will be.

Looking forward to seeing some of you at our AGM on Friday 04 November, at 2:00 pm in the Foyer of the Senior Citizens Building, for a short meeting and afternoon tea.

Thank you,

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

We are now looking at courses for 2023 and I am sure you will appreciate the new options we hope to have for you.

Seniors Expo was well worth attending as we had many people ask what U3A was all about. We also had several people offer suggestions for courses or guest speaker morning teas so the new year may bring some interesting changes. **Watch this space!** Thank you, Alan, for your help.

There is still time to learn something new before Christmas recess so don't be afraid to try courses like Line Dancing, Handicrafts, Art, Writing, Photography, the list goes on. Senior Citizen's Hall, 58 Macalister Street has been secured for these new activities:

### Book Club

Third Thursday of each month, 1:00pm – 2:30pm.

Books sourced from City Library and meetings run as per Library book club. Tea, coffee, biscuits available.

### Trivia

Second Thursday of each month, 1:00pm – 3:00pm.

10 questions/10 categories each session. Tea, coffee, biscuits available.

### Understanding the Australian Constitution.

Day/Time to be advised.

This is an opportunity to look at the foundation document of our nation and gain some understanding of how our legal and parliamentary systems work.

We have obtained copies of the Australian Constitution, Info Sheets and Classroom Guides to get us started.

There is no format for this activity – depending on the participants and interest, it will evolve as we move forward – learning together.

Any members with suggestions for new courses, please email me at the address below.

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

Iris Harvey

## DINING OUT/MONTHLY LUNCHES

### FRIDAY MONTHLY LUNCHES COME JOIN US!!

\*\* Meet old and new friends \*\*



**WHEN:** Friday, 11<sup>th</sup> November  
**WHERE:** Ocean Hotel, Bridge Road  
**TIME:** 11.30 for 12 noon start  
**COST:** Order from menu

**REPLY BY:** TUESDAY 8<sup>th</sup> November with your name/how many attending to Marion Brown: text 0428 319 611 or email: [marcec1948@hotmail.com](mailto:marcec1948@hotmail.com).

### DECEMBER LUNCH:

Mark your calendars. Friday 9<sup>th</sup> December. Venue to be advised: RSVP Tuesday 6/12/2022. Cheers

MARION BROWN

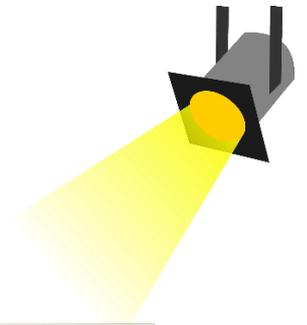
## SPECIAL MESSAGE FOR MEMBERS

One of our members, Marjolein Meyer, has experience in helping people complete their **ADVANCE HEALTH DIRECTIVE** forms and has kindly offered to assist anyone struggling to complete theirs.

Please contact Marjolein directly on 0427 677 955 for more information.

## SPOTLIGHT ON

### New activity: HANDICRAFTS



Every Wednesday between 1 and 3pm at the Mackay Senior Citizens Hall

**Come along and learn something new or just bring one of your current projects to inspire others.**

For the next few weeks, we will be learning both **Sea Glass Quilting** and **English Paper Piecing**.



#### **For Sea Glass Quilting you will need:**

- Some cotton scraps of your choice
- Some applique paper if you have it
- Background fabric
- Scissors that can cut paper & fabric
- Needle and thread to match
- **I will have some scraps and applique paper for those who do not have any.**

#### **For English Paper Piecing you will need:**

- Some cotton scraps of your choice
- A needle & matching thread
- A small pair of scissors
- **I will have some paper pieces and fabrics scraps for those who do not have any**

**If you have any questions at all, please call Marjolein 0427 677 955**



 We look forward to seeing many new faces next Wednesday 

## MEMBERSHIP REPORT

Welcome to the new members who have joined U3A this month. We hope you are enjoying your group. Don't hesitate to contact us if you need further information.

Has every found our Facebook page? If you are on Facebook don't forget to "like" and follow the page. Information and updates are posted regularly on the page. I also ask that you send in a photo of your group's activities. We love to see what's happening in U3A.

Like us on Facebook University of the Third Age -U3A Mackay.



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

**Liz Springall**

## ACTIVITY REPORTS

Our October meeting was held at Annie's Nursery, Bucasia.

We had morning tea at the café on the verandah while one of the ladies gave an interesting talk on 'Plants and Fertilisers'

Our final meeting for the year will be our Christmas break-up at the Surf Lifesavers Club, Mackay at 11.30am on the 9<sup>th</sup> November, with a Seniors two-course meal for \$20. Mains: chicken schnitzel, steak, battered fish or salt and pepper calamari, all with chips and salad. Dessert: mini pavlova or sticky date pudding.

Due to health reasons, I will resign as coordinator at our last meeting.

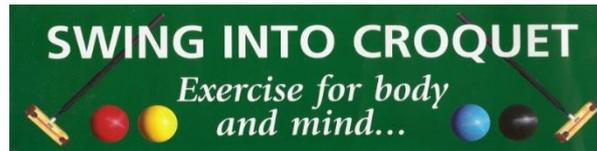
I have enjoyed my time as coordinator and wish you all health and happiness for 2023.

*Sandra Rutherford*

## GREEN THUMBS



## CROQUET



GET out of the house and try something new.

Croquet is one of the finest outdoor sports. (We think so anyway) It is a friendly game that's relatively easy to understand and fun to play. It requires only one basic skill, that of propelling a ball with a degree of accuracy. The game can be quickly mastered by using strategies to prevent their opponents from scoring and at the same time getting into position to score hoops for their team.

We play beginners croquet on a Tuesday and Saturday afternoon at 1.30pm for a 2.00pm start. The Club is on the southern end of Juliet St, South Mackay.

For more information about having a go at the game, just come along or call on 0413 500 897.

**Paul Lanigan**



### **MONDAY CARDS:**

Our last day will be 19<sup>th</sup> December and we will recommence on the 16<sup>th</sup> January.

### **TUESDAY CARDS.**

Will be held at Senior Citizens from the 8<sup>th</sup> November to 20<sup>th</sup> December. We will recommence at Senior Citizens on the 17<sup>th</sup> January for that week only and from then on we will meet at Northern Beaches Bowling Club as usual.

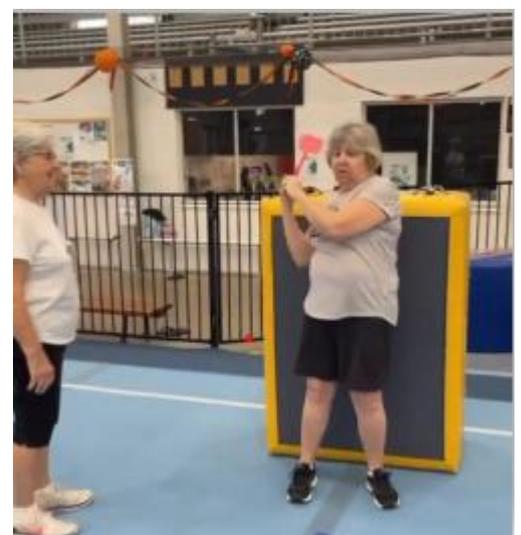
**Muriel Kilcullen**

## **FITTER FOR LIFE**

October has been an eventful month for Fitter for Life – with plenty of themes to work with! We started off the month with football exercises, considering the AFL and NRL grand finals. We had fun doing boot camp exercises, scoring tries, relays, and hand eye coordination. The following week we whipped out our TheraBand's to add some resistance for strength training before starting our circuit which incorporated balance, fitness, and squats. The last couple of weeks have been all about Halloween. We enjoyed 'DEAD' lifts with the pool noodle, lots of running from zombies and a circuit filled with pumpkin patches and spider webs.

Come and join us for some exercise, socializing and FUN! Monday and Thursday 9:00am – 10:00am at Mackay Gymnastics, Andergrove. (First class is free).

**Steph Phillips**



## BOOK REVIEWS



### **MISS BENSON'S BEETLE.** RACHEL JOYCE

Forty years after her father left the family, Margery decides to give up her job and go on an expedition! She advertises for an assistant to travel with her to New Caledonia in search of a beetle. It is 1950 and here is an adventure that will fascinate you as it explores the unlikely friendship of two women. Quite hilarious in parts, it will present you with a delightful reading experience that will long remain in your memory.

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### **THE OPERA HOUSE.** PETER FITZSIMONS.

Acknowledged as one of the worlds masterpieces in its construction, this author has woven a tale of ambition, betrayal and professional rivalry in its creation. As one American architect said "The sun did not know how beautiful its light was until it was reflected off this building." A very interesting and informative read.

### **THE NUTMEG TRAIL.** ELEANOR FORD

Do have a look at this culinary book if only to enjoy the amazing pictorial display. Where would we be without our spices to add and enhance our cooking? Ford gives us not only a history of spices but with her recipes, how they can be combined and layered so that we reap the benefits of their pungency. Some recipes may be a bit beyond my capabilities but I can work with the ingredients such as Honeyed Meatballs with Pistachios.

### **LIMBERLOST.** ROBBIE ARNOTT.

Ned is saving up to buy a small boat and hunts for rabbits hoping the pelts will earn some money. His two brothers are at war and his father and sister are struggling to keep the family orchid. We follow Ned over the next couple of decades and realise how that summer shapes his whole future. Ned remembers his childhood experience with a murderous whale and wishes to repeat that adventure. Written with great feeling and tipped to appear on prize book lists in the future.

In the case of good books, the point is not to see how many you can get through, but rather how many can get through to you. Mortimer J. Adler.

HAPPY READING.

**Brenda Murray**

**U3A MACKAY INC.  
ANNUAL GENERAL MEETING**

**PROXY REQUEST**

I, \_\_\_\_\_ (*please print*)  
being a current financial member of U3A Mackay Inc. and unable to attend  
the 2022 Annual General Meeting hereby nominate

\_\_\_\_\_ (*please print*)  
To stand as my representative/proxy for any subject that comes up requiring a vote from  
the members present.

\_\_\_\_\_  
Signed

\_\_\_\_\_  
Date

## ACTIVITY SCHEDULE

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

SUBJECT	CONTACT	PHONE #	VENUE	TIME
<b>MONDAY</b>				
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
Fitter for Life	Amba or Steph	4942 0032	Mackay Gymnastics, 5 Snow Wright Court Beaconsfield	9.00am – 10.00am
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 784 449	Jubilee Community Ctre Alfred St Mackay	11.30 am – 1.30 pm <b>Bookings Essential</b>
<b>TUESDAY</b>				
Scrabble / Up Words	Judy Petersen	0438 572 767	60 Wellington St Mackay	2.00 pm start 2nd and 4th Tuesdays
Cards	Paul Sunner	0406 930 910	Northern Beaches Bowls Club Rural View	1 pm to 5 pm
U3A Snappers (Photography)	Alan Porter Don Harvey	4954 0682 4954 7608	Mackay Golf Club	4 <sup>th</sup> Tuesday of month
Golf Croquet	Paul Lanigan Croquet Centre	0466 289 174 0413 500 897	Mackay Croquet Ground Juliet Street	1.30pm to 5pm
Get Movin'	Marlene May	4957 2628	CQU (City Campus) Sydney St Mackay	9.30 am - 10.30 am
Opera Appreciation	Noel Flor	4942 4776	Senior Citizen's Centre 58 Macalister St Mackay	1.00 pm—4.00 pm 1st Tues of month
<b>WEDNESDAY</b>				
Mah Jongg	Jan Gordon	0408 156 657	Senior Citizen's Centre 58 Macalister St Mackay	9.00 am—12 noon
Android Phones	Rob Lucas	4957 5558	Senior Citizen's Centre 58 Macalister St Mackay	9.00 am – 11.00 am
Golf Croquet	Paul Lanigan Croquet Centre	0466 289 174 0413 500 897	Mackay Croquet Ground Juliet Street	1.30pm to 5pm
Handicrafts	Marjolein Mayer	0427 677 955	Senior Citizen's Centre 58 Macalister St Mackay	1pm - 3pm
Green Thumbs	Sandra Rutherford	4942 2148	See newsletter for this month's venue	1.30 pm 2nd Wed of month

Movie Buffs	Glenda West	0438 179 751	Mt Pleasant Cinema	Last Wed of month - see newsletter for details
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#### THURSDAY

Art Group	Rosemary Sunner	0409 635 001	Mackay Art Soc Bldg Snow Wright Crt, Beaconsfield	9.00 am—12 noon
Line Dancing	Winsome Brown	0448 937 245	Senior Citizen's Centre 58 Macalister St Mackay	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	9.00 —11.00 am 1 <sup>st</sup> & 3 <sup>rd</sup> Thurs of month
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 Ctre Alfred St Mackay	9.00 am—11.00 am
Lawn Bowls	Janette Dark	4942 2434 0427 275 492	Mackay City Bowls Club Shakespeare St Mackay	9.00 – 11.30 am Date: TBA
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 2nd Friday of month

#### 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)

	<p>OUR SINCERE THANKS:</p> <p>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 &amp; District Senior Citizens for venues, Media (Radio, TV and Newspapers), for their valued and continuing support.</p>
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