



MACKAY

UNIVERSITY OF THE THIRD AGE

**Newsletter**

November 2025





## President's Report

. Hello All.

As another year ends its journey around the sun, our groups are celebrating 2024. The office will remain open until Friday December 20<sup>th</sup> and re-open on Monday January 13<sup>th</sup>.

Our **Open Day** is planned for Friday February 7<sup>th</sup>. Come along, bring a friend and see what's on offer for 2025.

Once again, it's been a big year and I want to thank our hardworking committee members, convenors and volunteers for your generous effort in ensuring that our organisation runs smoothly and successfully for our members. Marlene May and Hector Keioskie have stepped back from Get Movin' and Green Thumbs groups respectively. Special thanks to them both.

Reminders have just been sent out for membership renewal – we had a little system glitch and I need to clarify. **Renewing membership is \$25.00. New membership is \$30.00** (includes a \$5.00 joining fee).

As we shift gears into the festive season, I wish everyone joy, relaxation and the love of family and friends. Remember, while it's important to enjoy the festivities, it's essential that we take care of ourselves.

I wish you all a Merry Christmas, a Happy New Year and a well-deserved break filled with joy, peace and everything that makes your heart light up. Above all, be safe.

*Muriel Kilcullen*



## 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

Bobbie Barker

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

### Course Coordinator

Iris Harvey

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

### Membership

Bobbie Barker

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

### 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

### Newsletter Deadlines

January 2025

Wednesday 29th

### NEWSLETTER MAILOUTS

THIS WILL BE THE FINAL NEWSLETTER TO BE MAILED OUT TO MEMBERS  
YOUR HARD COPY OF THE LATEST EDITION CAN BE COLLECTED FROM THE OFFICE OR  
THE CONVENOR OF YOUR ACTIVITY.

THE CURRENT AND PAST ISSUES OF THE U3A NEWSLETTER CAN BE ACCESSED ONLINE

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

**Notices, information and photos for immediate attention can be posted on Facebook. Please send to**

[elizaspring2004@gmail.com](mailto:elizaspring2004@gmail.com)

or message 0438103372



## Course Coordinator's Report

A big **Thank You** to all Convenors for the wonderful time/effort you have put into your courses. It's a simple fact-U3A Mackay couldn't function, as we do, without you. To those Convenors who are staying with us in 2025, don't forget the **Convenors' Lunch at Senior Citizens, 5<sup>th</sup> February 2025 @ 11.00am**. To those Convenors who are not renewing their positions, thank you for your dedication to your chosen subject area and best wishes for the future. You are most welcome to our lunch as well as your replacement.



*Everyone*

*Iris Harvey*

Course Coordinator 0418 620 589

## *Trivia*

**One more Trivia afternoon before Christmas!**



Did you know : A circus performer who walks on a tightrope is called a *Funambulist*  
Did you know : A group of flamingos is called a *flamboyance* and.....

Did you know : *The unicorn is the national animal of Scotland!*

We've learnt these useless bits of information and heaps more and laughed a lot along the way. Come and join us on Thursday 12 December – 1:30pm at Senior Citizen's Hall, 58 Macalister Street. Cost is \$2 plus a small donation to cover a festive afternoon tea.

*Muriel Kilkullen*

## *Ancient History and Green Thumbs*

**The two groups held an enjoyable combined Break Up lunch at the City Bowls Club on 15<sup>th</sup> November.**



**Best wishes for a Merry Christmas**

*Hector Keoskie*

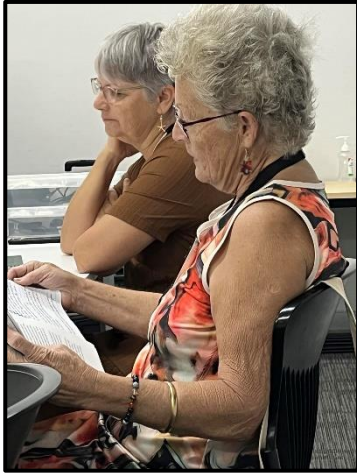
## *Green Thumbs*

Long time U3A member Hector Keioskie is stepping down from his role as convener of Green Thumbs and we recognise and thank Hector for all his work and enthusiastic support of U3A. We look forward to Hector's continued attendance at U3A activities.

Paul Andrews will be taking over as convener of Green Thumbs in 2025. Thank you Paul !

Paul would like to hear of any garden or property owners who would be willing to allow the group to visit their garden (they bring own chairs and afternoon tea). If you have a suggestion please contact Paul on 0427598671. He would love to hear from you as he puts together a programme for 2025.

## *Creative Writers*



*Judy listens as Trish reads her work.*

**An exciting year of stories is coming to a close. Plans are afoot for next year and those on our waiting list will have an opportunity to re-apply at the Open Day on Feb 7. Our travellers are returning and we had a full**

**complement this week, minus John who emailed his story which was read by Trish. This means of still being part of our group even when away, is proving to be well received and enjoyed in our sessions. Our year book is off to the printers. A big thank you to Lyn Geraghty for coordinating this task and ensuring editing was done and layouts accepted by our individual writers. This is a big task and a credit to all our writers. Our Festive Frolics High Tea break up is on Dec 13<sup>th</sup> at Liz's home in Blacks Beach, with a Secret Santa on the agenda. We return next year and follow the school terms. Our writers wish all a very Merry Christmas and a Happy New year.**

*Rae Halpin*



*Get Movin' Mini Olympics*

## *Happy Snappers*

The Happy Snappers had their final outing at botanical gardens, ending the year as they began. We were lucky to encounter the exhibition of garden pollinators native to this region. This gave us a chance to use our macro lenses. The last Golf club meeting was held on 26th November after which we adjourned to the Seabreeze Hotel at Lamberts Beach for our end-of-year lunch. What is captured when photographers photograph some subjects is amazing.



Photographed by Don Harvey

Happy Snappers will resume in late January 2025. Best wishes to everyone for the Festive Season

## *Get Movin.*

This will be our last newsletter for the year. Our classes have been very successful, and we had had lots of fun, laughs and exercise.

We will miss our classes and friendship as our term ends.

Our Mini Olympics was held on the 19<sup>th</sup> November and an enjoyable time was had by all. Winning teams were: 1<sup>st</sup> – Samoa, 2<sup>nd</sup> – Ireland, 3<sup>rd</sup> – Italy. A lovely morning tea followed with great fellowship. We thanked Linda, Nina, Ashley and their students of CQU who have worked with us to get us fitter, both physically and mentally.

I wish you all a safe, happy and healthy festive season with family and friends and good health and happiness in 2025.

*Marlene May*

## Movie Buffs



Last movie outing for this year for our group, with the heart stopping “Gladiator 2” for most of us, and the riveting “Lee” for those who missed it last month. Both movies are good stories with a bit of graphic action and visuals that do tell the story. Epic lunch after the movies at Roshni Indian Restaurant. Beautiful food and service. It was an excellent way to end the day.

Back at the end of February next year, after “come and try day”. Come see me and sign up if you would like to join us, we will start off fresh next year unless you have already asked to continue. Regular members are welcome to do this.

Thank you to everyone who came, enjoyed a movie, a chat, and the excellent company. We do tend to make a bit of noise these days!

Merry Christmas and a Happy New year, everyone. Oh and thank you Bev for the

Roses chocolates, Roshni and Roses....

Perfect!Cheers

*Glenda Weston*

**Happy Birthday to all our December and January birthdays!**



## Mah Jong

Another year has come and gone. Each Wednesday morning four to five tables of players have enjoyed both playing Mah Jong and the company of others.

On behalf of all members I would like to take this opportunity to thank both Jan and Lesley for their time and energy in making our mornings a success. The final day for 2024 is 18 December, followed by a luncheon at "The Grove" Andergrove Tavern, Andergrove Road, 12.30 p.m.

Re Commencement date TBA.

To all U3A members have a wonderful Christmas and may 2025 be just what you wish for .

*Helen (for Jan Gordon)*



Mah Jong



Happy Friday Diners recently at the Metropolitan Hotel

## *Line Dancing*



Wow! Where has the year gone?" I am sure you will hear this refrain about a hundred and one times before the New Year rolls in. Alas for Line dancing, the year has gone as classes for 2024 have come to an end. I would like to take this opportunity to thank Deb Wookey for her excellent tutelage, humour and willingness to make adjustments throughout the year. These were without a doubt the reason why line dancing was

so popular. We finished the year with a class where we were able to choose our favourites and ended the session with a small morning tea where the group presented Deb with a small gift to express their appreciation.



Line dancing will resume in early February 2025.  
Merry Christmas and a happy and safe New Year to all.

**For more information contact the convener Winsome Brown on  
Ph 0448937245**



*Winsome Brown*



## *USA Chimes*



*Chimes group recently performed at PCYC for the Older Women's network*

We have commenced our Christmas music in preparation for a visit to Resthaven and Good Shepherd Lodge. Many old favourites will bring some Christmas Joy to residents.

Chimers are having a Christmas luncheon at Yakapari Country Crafts in early December, before taking a break for Christmas and returning when school resumes in 2025.

I would like to thank Laurel Etwell for encouraging and guiding us along our musically journey this year and to Marie Veney for keeping us

informed of events and bringing some fun and socialisation to our group.

Chimes will recommence on Monday 3<sup>rd</sup> February 2025, 12.45pm to 2.30pm at St Ambrose Anglican Hall Glenpark Street North Mackay.

A huge thank you to St Ambrose for allowing us to use their facilities during the year.

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



## Lawn Bowls



Thank you to all those who have been playing bowls during the year and hope you have enjoyed the game as well as meeting new friends. I appreciate that you have worked around the times when the green was not available for us to us. I hope you have a wonderful Christmas with family and friends and look forward to seeing you again at lawn bowls mid February.

. Contact Janette for any information you need on 0427275492

**Happy bowling**

*Janette Dark*



## Bocce



Bocce was to finish the week ending (Friday 22nd) but because of the rain on Thursday we were unable to play for the perpetual trophy for singles top score. We hope to play on 28th November to complete our season. The luncheon to celebrate our friendship held at Hot Wok. Play to resume in mid March. Thanks all players for a great year.

Please telephone me on 0419430384 for any information on Bocce in 2025.

*Merry Christmas*

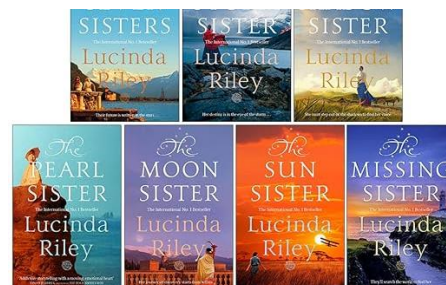
*Shelley Field*



## **THE SEVEN SISTERS**

**BY LUCINDA RILEY**

**Reviewed by: Jan Gordon**



### **PA SALT HAS PASSED AWAY.**

This is the opening of the first of what in my mind are the best books I have read in a long time.

From his mansion on the shores of Lake Geneva – Atlantis – Pa Salt has raised six adopted daughters, each named after one of the stars of a constellation called The Seven Sisters. This constellation features heavily in each of the books

Upon his death each sister is given an envelope with details to help find their origins. Each book is about one of the sisters and her journey to do just that.

First there is Maia, then Ally, Tiggy, Star, CeCe and finally Electra.

As you go through each of the books you will flip from present time to back in time as they progress in their journey to find out just where they come from.

Pa Salt (Atlas Tenit) is an enigma who raises all of his girls with the help of Ma (Marina – their nanny), Claudia – the housekeeper and Georg – his friend and lawyer.

The whys and wherefores of each of the girls origins are very different and detailed in each of the first six books. The seventh book – The Missing Sister – tracks the origins of the oldest and the final sister Merry who is in fact Pa's biological daughter and the oldest of the seven.

He also has an enemy in the form of Kreeg Eszu, his childhood friend who chases him across several decades to extract revenge from a childhood incident. This is later taken up by his son, the evil Zed Eszu.

Following on from the first seven books, each one about the various sisters there is a final one about Pa himself called Atlas. This one ties all the others together and is a must to read. It puts all of the others into perspective and answers a lot of questions. The end is a real nail biter. Unfortunately the original author passed away but as she had already had a lot of research and notes to go by the final book has been written by her son.

It seems like a lot of reading to get through but once you start I can guarantee they you will want to finish reading the whole eight books in the series



*If you have read a great book recently we would love to have your review! Send through to [editor@u3amackay.com](mailto:editor@u3amackay.com)*

I am resigning as convenor of Get Movin'. I wish our new convenors well and I will be available to help if needed.

I'd like to thank you with these words:

You may think that you are completely insignificant in this world but:

Someone drinks coffee from the favourite cup that you gave them.

Someone heard a song on the radio that reminded them of you.

Somone read the book that you recommended and plunged headfirst into it.

Someone smiled after a hard day at work because they remembered the joke you told them today.

Someone loves themselves a little bit more because you gave them a compliment.

Never think that you have no influence whatsoever . Your touch, word and good deed, that you leave behind cannot be erased.

*Marlene May*





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

**TABLE OF ACTIVITIES**

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
COINS	Sam Patti	0401 435 990	Harrup Park Country Club Juliet Street	<b>Starts 10:00am</b>
COMPUTERS FOR BEGINNERS	Susan Vince	0417 784 499	Jubilee Centre Alfred St	<b>By Arrangement</b>
*FITTER FOR LIFE	Mackay Gymnastics <a href="mailto:fitterforlifemackay@outlook.com">fitterforlifemackay@outlook.com</a>	07 4942 0032	Mackay Gymnastics 5 Snow Wright Court	9:00 -10:00am
I-PAD / I-PHONES	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 Nth Mackay	12:45pm – 2:30pm
UKULELE STRUMMING	Muriel Kilcullen	0409 495 525	Senior Citizens Centre 58 Macalister St	2:30pm – 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	1:00m – 4:30pm
GET MOVIN' BEGINNERS	Marlene May	07 4957 2628	CQU (City Campus) Sydney St	9:15am – 10:15am
GET MOVIN' ADVANCED	Marlene May	07 4957 2628	CQU (City Campus) Sydney St	10:30am – 11:30am
*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 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of month
U3A SNAPPERS (PHOTOGRAPHY)	Alan Porter / Don Harvey	0467 939 665 07 4954 7608	Mackay Golf Club	4 <sup>th</sup> Tuesday of month

<b>WEDNESDAY</b>				
<b>GREEN THUMBS (GARDENING)</b>	Paul Andrews	<b>0427598671</b>	See Newsletter for this month's venue	1:30pm – 2 <sup>nd</sup> Wednesday of month
<b>MAH JONGG</b>	Jan Gordon	0408 156 657	Senior Citizens Centre 58 Macalister St	9:00am – 12:00pm
<b>MOVIE BUFFS</b>	Glenda West	0438 179 751	Mt Pleasant Cinema	Last Wednesday of month – see Newsletter for details
<b>THURSDAY</b>				
<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 Beaconsfield	9:00am – 12:00pm
<b>BOCCE</b>	Shelley Field	0419 430 384	Botanic Gardens Lagoon St	2:45pm – 4:00pm
<b>*FITTER FOR LIFE</b>	Mackay Gymnastics <a href="mailto:fitterforlifemackay@outlook.com">fitterforlifemackay@outlook.com</a>	07 4942 0032	Mackay Gymnastics 5 Snow Wright Court	9:00 -10:00am
<b>LINE DANCING BEGINNERS / ADVANCED</b>	Winsome Brown	0448 937 245	Senior Citizens Centre 58 Macalister St	<b>Absolute beginners start at 9:00am</b> 9:00am – 10:30am
<b>MAH JONGG</b>	Bernie Royes	0400 348 683	Northern Beaches Community Hall Bucasia	8:30am – 12:00pm
<b>TAI CHI BEGINNERS</b>	Monica Stewart-McLean	0408 549 527	14A Tennyson St	9:15am – 10:00am 10:15am – 11:15am
<b>TRIVIA</b>	Muriel Kilcullen	0409 495 525	Senior Citizens Centre 58 Macalister St	1:30pm – 4:00pm <b>2<sup>nd</sup> Thursday</b> of month
<b>FRIDAY</b>				
<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>CREATIVE WRITING</b>	Rae Halpin	0407639356	Jubilee Centre Alfred St	9:30am – 11:30am
<b>FRIDAY LUNCHES (DINING OUT GROUP)</b>	Glen George	0415 383 028	See Newsletter for this month's venue	12:00pm for 12:30pm 2 <sup>nd</sup> Friday of month
<b>OPERA APPRECIATION</b>	Noel Flor	07 4942 4776	Breezes Beaconsfield Rd	12:00pm – 4:00pm 1 <sup>st</sup> Friday of month
<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

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

# Community Noticeboard

**Mackay**  
**U3A**  
LEARN LAUGH LIVE



U3A Mackay offers seniors a dynamic range of learning, creative, social and fitness activities.

**Join us today!**

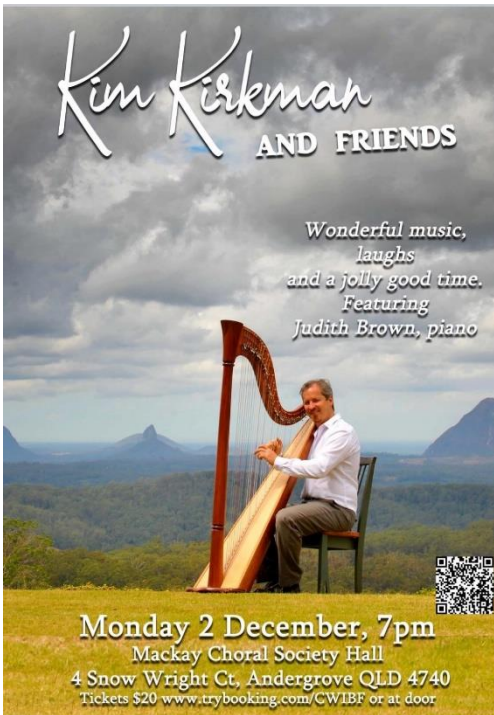
Ph: 0493 360 261  
www.u3amackay.org.au  
E: admin@u3amackay.com  
Senior Citizens Centre  
58 Macalister Street

Find us on facebook




*Kim Kirkman*  
AND FRIENDS

Wonderful music,  
laughs  
and a jolly good time.  
Featuring  
Judith Brown, piano



Monday 2 December, 7pm  
Mackay Choral Society Hall  
4 Snow Wright Ct, Andergrove QLD 4740  
Tickets \$20 www.trybooking.com/CWIBF or at door



**Lions  
Christmas  
cakes and  
puddings  
available in  
the office \$16  
cash**

**U3A Mackay**

**OPEN DAY**

February 7<sup>th</sup> 2025

9.00-12.00


Senior Citizen's Halls Macalister Street

**Tip from Hector;**

**Did you know that if you have trouble putting out your wheelie bin, you can get a doctor's letter, take it to council and they will arrange for the driver to call in to collect your bin.**


**Thank you Hector.**



<p><b>U3A</b></p> <p>Mackay Office Senior Citizens Centre 68 Wellington Street Mackay Open Mondays and Fridays 9am-11am</p>	<p>OUR SINCERE THANKS:</p> <p>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 &amp; District Senior Citizens for venues, Media (Radio, TV and Newspapers), for their valued and continuing support. Trantech for their invaluable technical advice and support</p>
---	--



Proudly Printed By

**Andrew WILLCOX MP**  
Federal Member for **DAWSON**

 Level 2/45 Victoria Street Mackay 4740  07 4944 0662

 Andrew.Willcox.MP@aph.gov.au  AndrewWillcox.com.au  AndrewWillcoxMP

Authorised by Andrew Willcox MP, LNP, Level 2/45 Victoria Street, Mackay 4740

