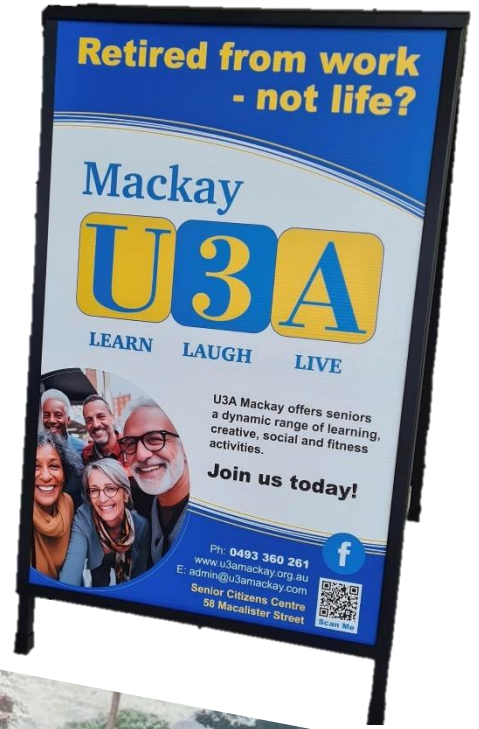




MACKAY

UNIVERSITY OF THE THIRD AGE

OCTOBER 2024



President's Report



Hello All!

Our new committee members have hit the ground running – we had great representation at the Senior's Expo at the Showgrounds recently. The event was so well attended – a huge success for the organisers, from Mackay Regional Council. Our volunteers were overwhelmed by the number of visitors and the volume of enquiries about U3A – we were very happy to provide information about what we do at U3A.

Remember that you can help us to promote U3A – collect a car bumper sticker from the office or from the convenor of your activities. Tell your friends about us and what we offer. From 5th November, you will be able to renew your 2025 membership online – just go to the U3A website <https://www.u3amackay.org.au/>. You can make your payment online as well.

I urge you to take the time to read Rob Lucas' article in this newsletter on MyGov Online. We all have to deal with Government agencies, from time to time. If we're unaware of changes, it can be confronting if you don't know what to do. If you need help, Rob is able to assist.

NEWSLETTER MAILOUTS

Our November newsletter (due out early in December) will be the final one sent by mail. 2025 newsletters will be sent by email or a printed copy can be picked up from the office or from your activity convenor.

Remember: Your U3A can only be as good as U make it.

Until next time – Have fun!

Muriel Kilcullen

PLEASE HELP!

U3A Mackay Inc are updating our records. We are searching for our **longest registered member!** How long have you been a part of the U3A crew? Please let your Convenor know, or email Lyn at secretary@u3amackay.com

Newsletter Deadlines

November	27th November
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Notices, information and photos for immediate attention can be shared on Facebook by emailing details to the editor at:

elizaspring2004@gmail.com

3A MACKAY COMMITTEE 2024-25

M: 0493 360 261

Website: www.u3amackay.org.au

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editor@u3amackay.com

Website Administrator

Judy Morris

Committee Members

Paul Andrew

Winsome Brown

Cath Davis

Jan Wilkie

Mark these dates in your Calendar

U3A Office Last Day Open for 2024	Friday 20 th December 2024
U3A Office Reopens	Monday 13 th January 2025
Convenor's Meeting and Lunch	Wednesday 5 th February 2025 11.00am-1.30pm
U3A Open Day 2025	Friday 7 th February 2025

Course Coordinator's Report

Our new advertising material gained us much public interest at the Seniors Expo. Well done to all concerned. A reminder to Convenors – if you require new equipment or first aid kits etc, please put your requests into the committee.

Any suggestions for new courses are always welcome and we are hoping to combine with multicultural groups for additional activities for 2025.

Cheers

Iris Harvey

Course Coordinator: 0418 620 589

A man buys a pet parrot and brings him home. But the parrot starts insulting him and gets really nasty, so the man picks up the parrot and tosses him into the freezer to teach him a lesson. He hears the bird squawking for a few minutes, but all of a sudden, the parrot is quiet. The man opens the freezer door, the parrot walks out, looks up at him and says, "I apologize for offending you, and I humbly ask your forgiveness."

The man says, "Well, thank you. I forgive you."

The parrot then says, "If you don't mind my asking, what did the chicken do?"



If you are feeling unwell, we wish you a speedy recovery. Take care.

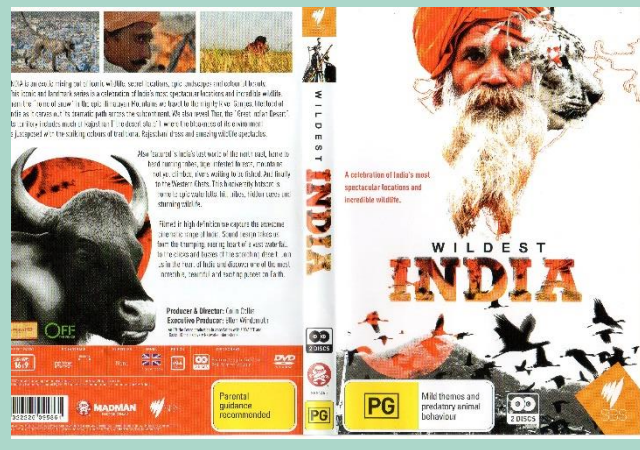
Ancient History

On the 7th of November we will be watching the last of *Amazon*. On the 21st we will begin watching *India*. Come along & enjoy a morning in another country.

Our breakup lunch is at the City Bowls club on Friday the 15th of November. We will be joining the Green Thumbs. If you want to go ring on 49514145 to make a booking.

Come along to 60 Wellington Street. All are welcome. Contact Hector on 49514145 for more information.

Hector Keoskie



Green Thumbs

We had an enjoyable visit to Mary-Therese & Bernie Watson's, where we sampled healthy cooking, then explored their big garden. Mary-Therese would like to thank everyone for the gifts of plants. She planted them and it rained on them. That was the last garden visit for this year.

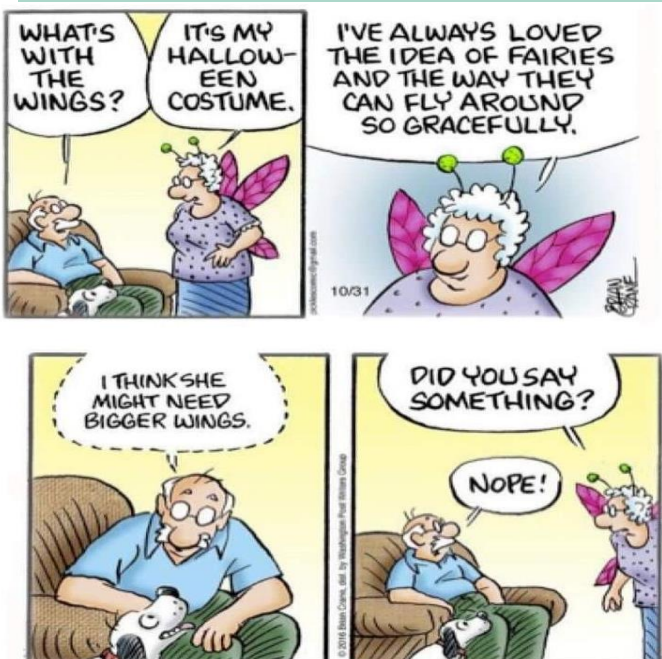
I hope those that went to the gardens, throughout the year, learnt something & enjoyed the outings.

Our breakup is on Friday the 15th of November at City Bowls Club in Shakespeare St.

If you want to attend ring 49514145 so I can book you in.

Cheese.

Hector. 🍌 🍰

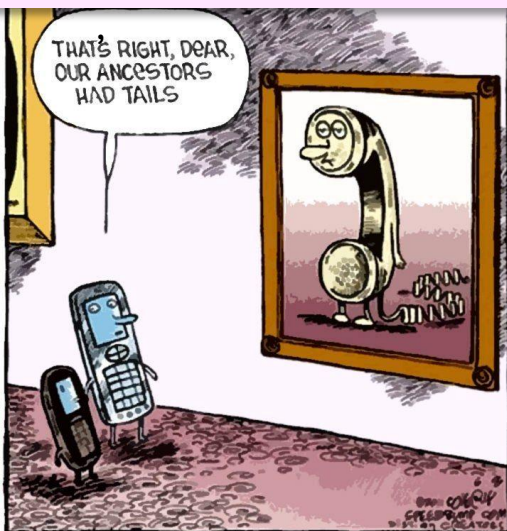


Happy birthday to all of the October babies. We hope your next year is filled with good friends and plenty of laughter.

Creative Writers

On a whim I decided to ask the creative writing group to share the places that they have been this year. Not all members were present, however the outcome just showed how much inspiration can come from everywhere we travel to (and read about in books). Locations in Australia went from Airlie beach to Charters Towers, Lake Elphinstone to Rockhampton and Gin Gin. New Zealand included New Plymouth, Gisborne and Whanganui to mention just a few AND further overseas saw writers visiting Prague, Finland, Japan, South Korea, Vietnam and Gibraltar. Our numbers are down this month as we have one member in Canada, one in Norway, and one coming back from New Zealand. It is because of this we have welcomed Maree, Carol and Karen into our team. Writing with such wonderful people makes two hours fly by on a Friday morning. Next year I will be contacting more people on our waiting list. Numbers are limited due to time constraints. We are well into compiling our yearbook for 2024. A copy of the book will be given to our U3A office for those who wish to read through it, or you can order one at Office Works within one month of print (expected to be late November).

Rae Halpin



Scale Modellers

As part of their 20th birthday celebrations, Bunnings invited community groups to promote their activities. Mackay Scale Modellers manned a table last weekend.

Scale Modellers meet every Friday at the Senior Citizens meeting room from 6-9 pm.

Contact the convenor **Ross Moore** on ph.044 8358 206 for details.



Wheelie Bin Assistance

If you are having trouble taking your wheelie bins to the footpath for collection, get a letter from your doctor and take it to the Council.

They will arrange for the truck driver to go in and get your bins.

This may be a help to some of our members.

Regards,

Hector 😊 🌹



U3A Chimes



Chimers have been busy preparing a repertoire for the Older Women's Network (OWN) performance which will be held at PCYC on Tuesday 29th October. The OWN ladies will be the first to hear our new piece "Mancini Magic" and we know they will enjoy it as much as we enjoy playing it.

After the OWN performance, practise will commence on our Christmas repertoire so that we can cheer up others during the Christmas season.

Chimes meet every Monday from 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**

Dementia Support

Dementia Australia is offering workshops, within our region. On the U3A Mackay Facebook pages you will find a document that looks like the one below and individual sessions are listed on our Website (events section).



Mackay, Isaac & Whitsunday Region Brain Hub



Dementia Australia's Brain Hub can connect you to information, education and support.

Free education sessions are coming to the Mackay, Isaac & Whitsunday region from 18 to 22 November, 2024.

To register for any of the events below, please register online with the Eventbrite link listed or you can call 1800 588 699 to speak with one of our staff members. Once registered, our staff will reach out via telephone to provide you with the location of the session.

The workshops cover a number of topics, from Understanding Dementia to a Carer Information session, a Networking session and Wellness Programs.

Dementia sufferers and carers are also invited to participate in a feasibility study to understand how easy and helpful the MATCH mobile application is, with its music strategies to support people living with dementia and their caregivers, at home. This study has ethical approval from the University of Melbourne. The image below has a link to an expression of interest form to complete and return to the MATCH team.

MATCH MUSIC APP

Trialling a mobile app that helps carers of people with dementia living at home and during transition to residential aged care

OVERVIEW

Do you care for a person living with dementia?
Do you have access to the internet and a device?

We are currently seeking participants to trial MATCH – a music therapy informed training program and mobile app designed to guide carers in the strategic use of music to support care for people living with dementia.

WHO CAN TAKE PART?

- Carers and people with dementia living at home in Australia.
- Access to the internet and a device.

WHAT DOES IT INVOLVE?

- Using the MATCH music app on your personal device over a 12-week period
- Answering questions about yourself and the person you care for (before, during and after the trial)

CONTACT US

For more information and to register, please email:
MATCH-studies@unimelb.edu.au
www.musicattunedcare.com

Links can be found at:

<https://www.u3amackay.org.au/events-newsletters>

U3A Sporting Shooters Assn Australian Visit

At the invitation of the Sporting Shooters Association, U3A members were excited to visit the Eton Rifle Range, recently. Approximately ten members had the opportunity to fire air rifles at strategically placed targets. Some people even hit them! Our results were surprisingly good. The event was followed by afternoon tea.

Due to the success of this special event, the U3A committee is hoping to repeat it in March, June and September 2025. All U3A members are welcome to attend. Please direct expressions of interest to Muriel Kilcullen at admin@u3amackay.com or 0409 495 525.



Government Online

In Australia in 2024 many government services are provided online by both federal; via Services Australia, and state; like digital driver's licence by TMR.

Federal is accessed by using 'myGov' both on a website or apps on mobiles. This is the icon: If you see it written or displayed in any other format it is NOT correct.



The following information comes from the website: "myGov is a simple and secure way to access government services online in one place. With a myGov account you can access services from a list of 16 services"

The list below contains the main ones we members might use:

- Australian Tax Office (ATO)
- Centrelink
- Department of Veteran's Affairs
- Medicare
- My Aged Care
- My Health Record
- National Disability Insurance Scheme (NDIS)

As myGov has much personal information, security of that information is a priority.

Many members would have set up a 'myGov' account and done so in the days when signing in with a username and password was the norm. That is no longer the case!

Now the Australian Government has made 'myGov' one of the first in Australia to offer more secure signing-in using passkeys as well as using 'myGovID': the government preferred way.

To sign in to my personal 'myGov' account I use 'myGovID' on my mobile or a security key on my Windows computer – much more secure. With either of those two login methods used the website offers to turn OFF password. If so, I recommend do it so anyone who has managed to scam or hack it won't get in.

'myGovID' is a different app to 'myGov'. This is the icon:



The name is being changed to 'myID' in mid-November to avoid confusion with 'myGov'



The following information comes from the website. The (new) 'myID' app is a more secure way to access 'myGov' which uses encryption and cryptographic technology and the security features in your device, such as fingerprint or face, to protect your identity. You're in control as your personal information is only shared with your consent.

To set up your 'myID' use a safe email address (one you don't regularly use for emailing): such as your device ID email, as your identity documents will be linked to the email you choose. You will also need to enter your full name and date of birth. Next the app will ask for your verification documents. An Australian passport (current or less than 3 years expired), drivers licence, or here in Queensland a Photo Identification Card (issued by TMR), birth certificate and Medicare card. In all of these documents your name MUST be the same! If not, you will also need a marriage certificate or change of name certificate or a citizenship certificate. If you have successfully completed all of that (a tick will appear for each document) the final check is the app will want to scan your face to compare with the photos on the documents.

State QLD. TMR (department of Main Roads) offers Queenslanders a copy of their driver's licence on their mobile device.

To set up first you must create a 'QLD Digital ID': supposedly a simple process as it uses the same documents as the 'myID' app. Personally and in my own case, through helping people in my technology

course I have found it not to be particularly user friendly. Last week the app stubbornly refused to verify the documents 4 times, before we did a power off - on of the device; then it worked!

Any member who wishes to better ensure their personal information in 'myGov', 'myID, or 'Qld digital ID' is more secure with modern methods of signing in and wants help please contact me via the office.

Lucas

Why are ghosts bad at lying?
Because you can see right through them.

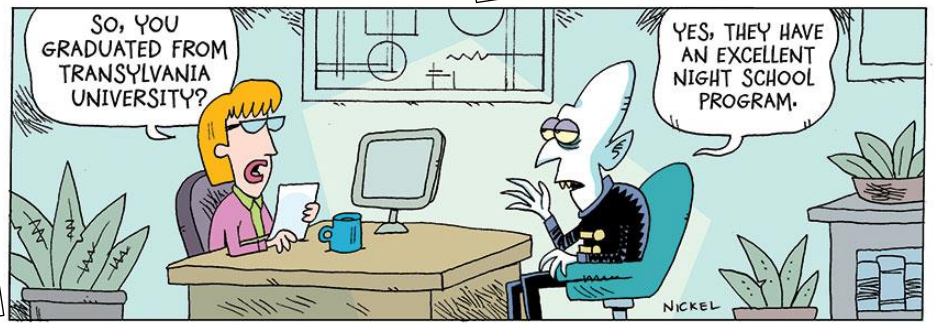


What do boy ghosts wear when they want to look extra good?
Boo Ties.

What's a vampire's favourite fruit?
A Nectarine!

How do you fix a Jack-O-Lantern?
With a pumpkin patch.

Which monster is the best dancer?
The Boogie Man.



Editor Liz has been away on holidays, having a wonderful time with family. After an amazing six weeks, she is soon to return to our shores and take control of the newsletter again. Welcome home, Liz!





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
MONDAY				
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	Starts 10:00am
COMPUTERS FOR BEGINNERS	Rob Lucas	0499 606 030	Senior Citizens Centre 58 Macalister St	Bookings Essential
*FITTER FOR LIFE	Mackay Gymnastics fitterforlifemackay@outlook.com	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 Bookings Essential
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
TUESDAY				
*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 nd and 4 th Tuesday of month
U3A SNAPPERS (PHOTOGRAPHY)	Alan Porter / Don Harvey	0467 939 665 07 4954 7608	Mackay Golf Club	4 th Tuesday of month

WEDNESDAY

GREEN THUMBS (GARDENING)	Hector Keioskie	07 4951 4145	See Newsletter for this month's venue	1:30pm – 2 nd Wednesday of month
MAHJONG	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	Last Wednesday of month – see Newsletter for details

THURSDAY

ANCIENT HISTORY	Hector Keioskie	07 4951 4145	60 Wellington St	9:00am – 11:00am 1 st and 3 rd Thursday of month
ART GROUP	Rosemary Sunner	0409 635 001	Mackay Art Soc Snow Wright Crt, Beaconsfield	9:00am – 12:00pm
BOCCE	Shelley Field	0419 430 384	Botanic Gardens Lagoon St	2:45pm – 4:00pm
*FITTER FOR LIFE	Mackay Gymnastics fitterforlifemackay@outlook.com	07 4942 0032	Mackay Gymnastics 5 Snow Wright Court	9:00 -10:00am
LINE DANCING BEGINNERS / ADVANCED	Winsome Brown	0448 937 245	Senior Citizens Centre, 58 Macalister St	Absolute beginners start at 9:00am 9:00am – 10:30am
MAHJONG	Bernie Royes	0400 348 683	Northern Beaches Community Hall, Bucasia	8:30am – 12:00pm
TAI CHI BEGINNERS	Monica Stewart-McLean	0408 549 527	14A Tennyson St	9:15am – 10:00am 10:15am – 11:15am
TRIVIA	Muriel Kilcullen	0409 495 525	Senior Citizens Centre, 58 Macalister St	1:30pm – 4:00pm 2 nd Thursday of month

FRIDAY

ANDROID PHONES / TABLETS	Rob Lucas	0499 606 030	Senior Citizens Centre, 58 Macalister St	9:00 – 11:00am Bookings Essential
CREATIVE WRITING	Rae Halpin	0407639356	Jubilee Centre, Alfred St (<i>Waiting list</i>)	9:30am – 11:30am
FRIDAY LUNCHES (DINING OUT GROUP)	Glen George	0415 383 028	See Newsletter for this month's venue	12:00pm for 12:30pm 2 nd Friday of month
OPERA APPRECIATION	Noel Flor	07 4942 4776	Breezes Beaconsfield Rd	12:00pm – 4:00pm 1 st Friday of month
SATYANANDA MEDITATION	Carol Single	0429 131 313	Senior Citizens Centre 58 Macalister St	9:00am – 11:00am
SCALE MODELLING	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

DRIVING MISS DAISY

It is our pleasure to welcome you to Driving Miss Daisy- Mackay North. My name is Jenny Robinson and with the support of my husband Simon, we are delighted to be offering The Driving Miss Daisy service to our local community. I am proud to say that I am Mackay born and raised having lived and worked in the Mackay region all my life. After over 30 years working in the photographic industry, I decided to follow my passion for helping and caring for people. I attained my Certificate III in Individual Support and worked for over 6 years in aged care as a personal care worker.

Simon has called Mackay home for over 32 years, after moving here for love and deciding that this was where we wanted to settle down to raise our two beautiful daughters. Simon also has a long work history in community orientated careers, working with Qld Health (MBH) and then joining the Queensland Police as a police officer. Simon has been a local police officer for 20 years and is still serving as a police officer locally.

With several senior friends that I visit regularly and help by driving to appointments, we realised how much this type of service is needed in the community. Driving Miss Daisy is exactly what our passion and drive is to do - offer a safe, friendly, reliable companion driving service with love and care.

As your local Mackay Daisy we are passionate about providing the highest level of service to our clients. We are looking forward to assisting you or a loved family member to attend an appointment, visit a friend or relative, take you shopping, attend an event like a special birthday or wedding, a catch up with friends, a trip to the movies, or whatever your individual needs may be.

If you like, we can accompany you during an appointment or whilst attending an event. We can help you with your shopping and even give you a helping hand to unpack your groceries. You may want assistance taking your pet to the vet or would just like some company while enjoying a cuppa, a picnic in the park or a social outing. We will be your trusted friend and ensure you arrive safely home.

We respect individualism and customise an outing that suits your individual needs. Every service we provide is pre-quoted. There are no hidden or extra costs. We will arrive on time, at the time you request and collect you from your door, take you anywhere you need to go, and be your companion for anything you want or need to do. No request is too big or too small.

For your peace of mind, we are vetted by the Australian Police, are First Aid and Friends of Dementia trained, approved for Working with Children, have NDIS worker clearance and hold all the required Small Passenger Vehicle Licenses and special rideshare insurance. The Driving Miss Daisy network ensures all franchise owners deliver their services in accordance with clear and detailed operations manuals which reflect stringent safety standards.

We look forward to meeting you and being your family when family can't be there!™

Jenny Robinson



Driving Miss Daisy is a service that offers to collect you, drive you to and from your destination and provide assistance as needed.

Examples of trips:

- Hospital visits and stays, or appointments for doctor, physio, podiatrist, etc.;
- Organising and accompanying outings, such as a café or the movies. Small groups of friends are welcome;
- Shopping assistance as needed, for groceries, clothes, gifts and even hairdressing appointments; and
- Airport, bus, rail departures and pick-ups.

How much does Driving Miss Daisy cost? We are considered to be affordable and extremely cost effective. All jobs are pre-quoted and based on time, distance, and the special needs of the passenger. Pre booking is essential. Please phone Jenny and Simon to discuss your requirements or make a booking on 0417 073 301.



Mackay Office
Senior Citizens Centre
68 Wellington 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, and Trantech for their invaluable technical advice and support.



Proudly Printed By

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Federal Member for **DAWSON**

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

