



MACKAY



Newsletter February 2025

UNIVERSITY OF THE THIRD AGE

Connecting Seniors to Lifelong Learning



President's Report

Hello Everyone. What a month – only 28 days but we've packed a lot into this one. Some of our activities are so much in demand that we have started extra sessions.

The U3A Open Day was a great success. Our committee, convenors and volunteers

worked hard to showcase the things we do. Over 200 visitors came along to discover U3A and have morning tea and explore our activities. Our lucky door prize was won by new member, Karen Turner – Congratulations!

Following on the heels of our Open Day, we held an Information Day at the Sarina Bowls Club. About 35 visitors enjoyed a delicious lunch and have shown their interest in Monthly Lunches in the Sarina area, Trivia and Cards. Margie Ross has kindly offered to lead a group to sing and play ukulele. The Bowls Club management have kindly offered the use of their facilities to us 3 days a week to run our sessions. We expect that some of these will get off the ground fairly quickly. A big thanks to Leanne McNaught from the Sarina Neighbourhood Centre and the Sarina Bowls Club.

A gentle reminder that 2025 membership is now due. Your payment can be made online, by direct credit or in person (cash or card) at the office. Office hours are Monday and Friday 9:00am – 11:00am. Details for online and direct credit payments are on our website - www.u3amackay.org.au

We're busy exploring new activities and will publish them as soon as we finalise arrangements. The Air Rifle Shoot at the Eton Sporting Shooters range will be repeated in March – keep an eye out on Facebook and our website for details.

Put 'U' in your U3A – get involved!

Muriel Kilcullen

U3A Mackay Committee 2024-25

M: 0493 360 261
Website: www.u3amackay.org.au

President
Muriel Kilcullen 0409 495 525
admin@u3amackay.com

Vice President
Alan Porter

Secretary
Lyn Geraghty
secretary@u3amackay.com

Treasurer
Bobbie Barker
treasurer@u3amackay.com

Course Coordinator
Iris Harvey
courses@u3amackay.com

Membership
Bobbie Barker
membership@u3amackay.com

Editor and Social Media
Liz Springall 0438103372
editor@u3amackay.com

Website Administrator
Judy Morris

Committee members

Paul Andrew
Winsome Brown
Cath Davis
Jan Wilkie

Deadline for next newsletter
Wednesday March 26th



Stay up to date with notices and news.
Follow us on facebook

Course Coordinator's Report

Welcome to 2025.

Thank you to all who attended or sent apologies for our Convenors' Lunch. It was a very successful meeting. Welcome to our new convenors and a big Thank You to those who have retired from that position. Congratulations to Hector, Dawn and Marlene on the presentation of life memberships. Thank you to all who participated in our very successful Open day. U3A Mackay has ventured into the Sarina area, and we now wait to see what happens. We welcome a new Creative Writing 2 course with Carol Newton and in May we will offer a Memory Training course with Di Steenkamp.



Iris Harvey

Course Coordinator 0418 620 589

Scrabble and Upwords

Hi all, Judy from Scrabble and Upwords at long last putting pen to paper. We had a lovely Xmas breakup lunch at the



Grove Tavern in late November and then had a break till 14th January when we resumed scrabble and upwords. We all were looking forward to getting back. I do hope those of you who are not in good health will soon be back. Our classes are at 60 Wellington Street at 2pm to 4pm. Contact Judy on 0436572767 for further details Cheers Judy



Judy Petersen



Convenor's' Lunch

Maj Jong

Welcome to all the new and old Mah Jong players for the 2025 year.

Thank you to all the mentors.

Helen Stanton



Our Mah Jong players deep in thought

Green Thumbs

Hi, with all this rain we have been having lately, we should all have nice lush "green thumbs". Not me, I have 10 muddy toes from walking around on all the wet ground at my place. At our first outing for the year we had almost 20 people. It was good to see last years attendees back again and some new ones that we gained from the U3A open day. We spoke about different things that are already planned for the year, and a list of activities that people would like to possibly see if I can get it organized. We had a question and answer session, which went down well, and will be had at future outings. Our next outing will be held at Ron and Joanne Laird's property at 17 Bradman Drive, Glenella on March 12th Heading away from North Mackay on Glenella Road turn left at Magpies, go under the highway then second left into Hughes Street then left/right into Bradman Drive. Look for the U3A sign out the front. Call Paul on 0427598671 for more details.



Paul Andrew

Creative Writers

Response on the open day was such that we have decided to start a second creative writing group. One of our recent members Carol Newton, has agreed to become the convener, and will be notifying all on the list as to what time and the venue. Meetings will start on the week of 28th April, day yet to be finalized. Each person must be a paid up member of U3A. This also means that we now have more places available in the second group, which will be fully supported by our original group.

Our get together on Valentine's Day at our meeting room at the Jubilee Centre, from 9.30 to 11.30, stretched our limits time wise, with a full complement of 11 members. Judy once more amazed us with a children's book she had put together, and Liz proudly read out a book she had put compiled for her grandchildren. The subject of sci fi proved a good exercise in stepping out of the comfort zone along with a humorous story and a children's poem. No doubt Trish's subjects of "If I was a tree" "Lost in the desert" and "Valentine's story," will showcase the imaginative and well written stories of our writers. If you would like to join the second group contact Carol Newton on carol.newton2@hotmail.com or 0415303062 Everyone has a story in them, you just have to let it escape.



Rae Halpin

Croquet

Why Croquet?

Gentle Exercise: Enjoy light physical activity as you stroll across the lawn, perfect for maintaining mobility and dexterity.

Mental Stimulation: Engage your mind with strategic planning and tactical manoeuvres, keeping your cognitive faculties sharp and agile.

Social Connection: Forge lasting friendships and create cherished memories as you share laughter and camaraderie with fellow enthusiasts.

Timeless Elegance: Experience the timeless elegance of croquet, a game steeped in tradition and grace, yet infinitely adaptable to modern sensibilities.

Outdoor Enjoyment: Revel in the beauty of nature as you bask in the sunshine and fresh air of outdoor play, rejuvenating both body and spirit.

To join our croquet partners, contact Paul on 04662891

Paul Lanigan

★ (see our Community Noticeboard below for a special Croquet High Tea invitation for March 8th)

Chimes



It was great seeing everyone back after the Christmas break ready for another year of music making and fun. Laurel (conductor) commenced with a workshop on ringing and dampening for all members to revise skills. One of our recent pieces of music - Mancini Magic and Hallelujah has been revisited as well as The Blue Danube and The Rose, which are old favourites.

The U3A sign on day saw several new members signing on to have a go. Two new members came to the session after the sign on day and were made extremely welcome. Marie has contacted the other members, and they are going to come along in the coming weeks. Thank you, Anita and Judy, for manning the booth for the morning.

Our Chimers meet each Monday at St Ambrose Church Hall in Glenpark Street from 12.45pm to 2.30pm.

Happy Chiming, *Mary Orchard*

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



Happy Snappers

The recent Open Day garnered the Happy Snappers several new members who attended the February meeting and outing which was held at the Mackay Golf Club.

We were able to get into some macro photography and familiarised ourselves with the photographic editing program that comes standard with the operating system for Microsoft and Apple computers.

Jocelyn Woods shared some of her amazing shots of wildlife that she took during her recent trip to Madagascar.

The Happy Snappers also have an exhibition of photographs featuring locations in Mackay, taken over the last twelve months, on display at the Dudley Denny Library until mid-March.

The group has decided to feature a lesson targeting a skill or camera setting so that the members can become more familiar with their cameras.

If you are interested in joining the group we meet at the Mackay Golf Club on the 4th Tuesday of the month. Contact the convener Alan Porter on Ph 0467 939 665 for details.



Line dancing

Line Dancing proved to be a popular choice at the recent Open Day with almost 20 expressions of interest recorded.

Two sessions are being offered on Thursday mornings, the Absolute Beginners class commences at 9 a.m. and runs until 10 a.m. and from 10-11 a.m., the more experienced dancers and the old hands can take the floor.

As in past years, Deb Wookey is teaching the classes.

The first lesson on Thursday, 13th February, was well attended, with seventeen taking the absolute beginners class.

For more information contact the convener Winsome Brown on Ph 0448 937 245

Winsome Brown

Scale Modellers

The Scale Modellers group manned a table at the recent open day, with more than a few visitors showing interest in the display. The group is busily building models and dioramas in preparation for the annual competition scheduled for the 3rd & 4th May. The group meets for model building every Friday afternoon from 2 p.m. to 5 p.m. or from 6 p.m. to 9 p.m. at the Senior Citizens Centre 58 MacAlister St. (This is to cater to those members who don't like driving at night.) The next Sunday session will be at Paul Kelly's house in Mirani on March 16 from 2 p.m.



If you are interested in joining the Mackay Scale Modellers group, contact the convener Ross Moore on Ph 0488 758 206

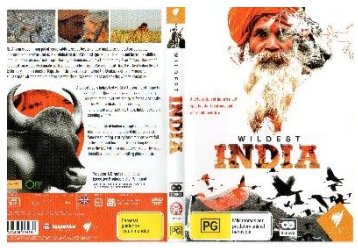
WB for Ross Moore

Ancient History

The Ancient History group welcomed new members to the group at the February meeting which they were delighted to do.

On 6th and 20th March the group will continue watch the disc "Wild India" .

All are welcome to come along to 60 Wellington Street to join us. Contact Hector on 49514145 for more details
Cheers



Hector Keioskie



Lawn Bowls

There have been 10-11 members each week attending the "Come and Try" U3A Lawn Bowls group at Mackay City Bowls Club on Monday afternoons. Lots of fun, exercise and some learning. The club provided a sausage sizzle after the first sessions on Sunday and Monday. For newcomers, club members were there to help you and show you the basics of the game. Then they played a game of bowls. Much excitement to see who can get closest to the jack. All good fun and maybe next game, it will be someone else's turn to be closest.

Bowls are provided. Just wear comfortable clothing and flat soled footwear. It's undercover so you don't need a hat. For those who attended last year – we'd love to see you back again. There is no charge unless you wish to purchase coffee from the coffee machine or drinks from the bar.

If you would like to join this happy group for fun and exercise, phone me on 0427 275 492. Please note: there is lawn bowls every Monday except 3rd March.



Come and Try Groups Sunday and Monday



Janette Dark

Tai Chi

We are delighted to announce that due to popularity, Tai Chi for Health with Renae Covey has opened up a Tuesday 9am-9.45 class for U3A beginners. The Thursday class remains also at 9-9.45 am. This is a partnership group and a \$10 per session applies.

Venue is TAMDE 14A Tennyson Street.

Friday Lunches

A record crowd attended the valentine's Friday Lunch at Goosies with many new members (Welcome and lovely to see you! Nice to see our President Muriel and Treasurer Bobbie came along. Next month we will be at Harrup Park (alterations allowing-I will advise) on 14th March. Hope to see you there. Book in with Glen on 0415383028 or arosfa2010@yahoo.com



Glen George



Member of the Month

Introducing: **Trish Oberthur**

Where were you born and raised?

I was born in Gin Gin Hospital and raised in an area called Cumonju on a fourth generation cane farm. The sign on the Bruce Highway now reads “Currajong Creek Farms “.

When did you or you ancestors arrive and why Mackay?

My ancestors arrived in 1884 in Rockhampton. They owned cane farms on the Holtzeimer side and also on my Stevens (paternal) side. Their descendants still reside here. I arrived in 1976, married here in 1982, left in 1986 and returned in 2004.

What career did you have?

I worked in Coles variety store in Melbourne and Mackay. I worked in bars . I worked in Primary production (bananas and beef cattle).

I was also worked in administration for Drug and Alcohol rehab and administration in the Cola mining industry.

How long have you been with U3A?

I have been a member of U3A for 3 years as a Creative Writer.

What do you like about Mackay and what is your favourite place in the area?

I enjoy Mackay as my children live here. I enjoy spending time with my U3A friends.

I love Neem Hall for its serenity and crystal- clear water,

If you would like nominate an interesting U3A identity for “Member of the Month ”please contact the Editor at editor@u3amackay.com

The Seven Skins of Esther Wilding (2022)

Holly Ringland

★★★★

REVIEWED BY JUDY MORRIS

This is a haunting and magical journey. Ester returns home a year after her sister walked into the sea and disappeared. She seeks the truth of her sister's death, amid nature, culture, folk tales and ancestry, and the verses her sister wrote and had secretly tattooed on her body. Ester travels from Australia to Copenhagen to the Faroes Islands. So many secrets to unravel. Ultimately, it's about stories and the power of healing.

QUOTE: "Everything I've wanted most in life has been on the other side of finding the courage to ask for the help I need."



Available on Mackay Library's Borrow Box as an **Audiobook** and **eBook**.

Available from Mackay Libraries as a **Hard Copy Book**.

If you have read a great book recently we would love to have your review! Send through to editor@u3amackay.com

Kitchen Korner with Jan



. What do you do with your veggie scraps?

Feed them to the chooks? Or perhaps they go in the compost heap.

If you currently 'bin' them, why not consider making your very own veggie stock.

Start collecting your thoroughly washed vegetable scraps in clean plastic bags in the freezer. Just keep adding fresh scraps to your bag until it reaches capacity, then start a fresh one.

I'm referring here to pumpkin skins, bok choy bases, parsley stalks, garlic and ginger skins, celery leaves and base, parsnip/swede/carrot tops and skins, cabbage/cauliflower leaves and core, ends of broccoli stems, onion skins, potato skins, capsicum trimmings, asparagus ends, corn cobs, zucchini tops, fennel core, silverbeet bases, pea pods etc, all of which should be in good condition – no bad or mouldy bits.

Hint: Before freezing, roughly chop large vegetable bits like celery bases and cauliflower cores. Smaller chunks of veggies release their flavours more readily than larger chunks. Some purists advise against adding trimmings from cauliflower, broccoli and cabbage to the stock, claiming these cause bitterness. I included these in mine and was happy with the resultant brew which I have used to make soups, dhal, gravies, slow cooked meals, polenta, to cook rice or to cook potatoes for a different mash. Uses for vegetable stock are only limited by your imagination.

When you are ready to make your stock, pop all your collected frozen scraps into a stock pot and cover with cold water. Add your choice of aromatics. I use a few bay leaves and peppercorns in mine. Bring to the boil, reduce the temperature and simmer. We don't want a rolling boil here ... just a gentle simmer for an hour or more. Enough time to read a few chapters of your book; or maybe do some chair yoga; or practice those tricky ukulele chords. Just keep tabs on your simmering pot.

Strain and allow your stock to cool slightly before packaging it in containers of varying sizes to freeze for future use. Don't forget to label and date each one.

So simple...and no purchases required.



TABLE OF ACTIVITIES as of March 2025

Please note, the contacts listed below are not necessarily tutors, but are happy to provide details.

* Designates external provider.

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	From 10:00am
COMPUTERS FOR BEGINNERS	Rob Lucas	0499 606 030	Senior Citizens Centre 58 Macalister St	12:30 – 2:20pm Bookings Essential
*FITTER FOR LIFE	Mackay Gymnastics fitterforlifemackay@outlook.com	07 4942 0032	Mackay Gymnastics 5 Snow Wright Court	9:00 -10:00am
iPAD / iPHONES	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	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
CREATIVE WRITING	Carol Newton	0415303062	Senior Citizens Centre 58 Macalister St	10:00am – 12noon STARTING: April 29th
GET MOVIN' BEGINNERS	John McGee	0434596405	CQU (City Campus) Sydney St	9:15am – 10:15am
GET MOVIN' ADVANCED	John McGee	0434596405	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 2nd and 4th Tuesday of month
*TAI CHI Beginners	Monica Stewart- McLean	0408 549 527	14A Tennyson St	9:00am – 9:45am
U3A SNAPPERS (PHOTOGRAPHY)	Alan Porter / Don Harvey	0467 939 665 07 4954 7608	Mackay Golf Club	4th Tuesday of month

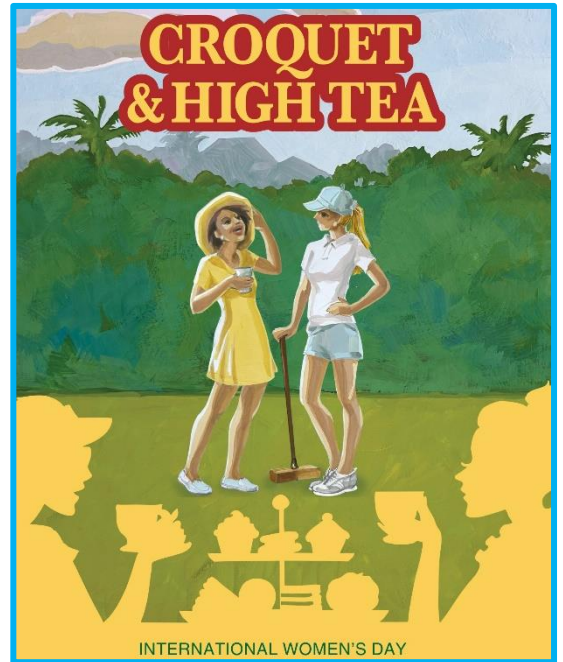
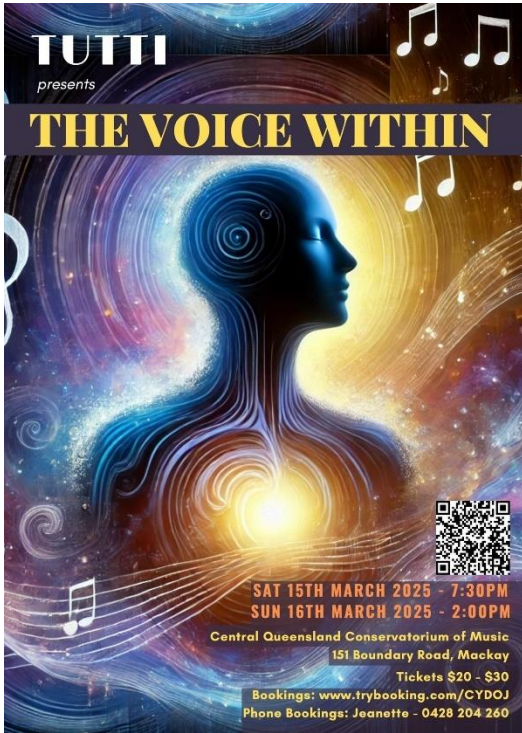
WEDNESDAY				
GET MOVIN' ADVANCED	John McGee	0434596405	CQU (City Campus) Sydney St	9:30am – 10:15am
GREEN THUMBS (GARDENING)	Paul Andrew	0427 598 671	See Newsletter for each month's venue	1:30pm – 2nd Wednesday of month
MAH JONG	Jan Gordon	0408 156 657	Senior Citizens Centre 58 Macalister St	9:00am – 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 1st and 3rd Thursday of month
ART GROUP	Rosemary Sunner	0409 635 001	Mackay Art Soc Snow Wright Crt	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 9:00am – 10:00am Experienced 10:00am – 11:00am
MAH JONG	Cathy Oats	0439 637 907	Northern Beaches Community Hall, Bucasia	8:30am – 12:00pm
TAI CHI Beginners	Monica Stewart-McLean	0408 549 527	14A Tennyson St	9:00am – 9:45am 10:15am – 11:15am
TRIVIA	Muriel Kilcullen	0409 495 525	Senior Citizens Centre 58 Macalister St	1:30pm – 4:00pm 2nd 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	9:30am – 11:30am Course currently full
FRIDAY LUNCHES	Glen George	0415 383 028	See Newsletter for this month's venue	12:00pm for 12:30pm 2nd Friday of month
OPERA APPRECIATION	Noel Flor	07 4942 4776	Breezes Beaconsfield Rd	12:00pm – 4:00pm 1st 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



Important Notice!

To all U3A members who are members of
Senior Citizens

The **AGM** for Mackay and District Senior Citizens
Association will be held on **13th March** at 9am

58, Macalister Street

To mark International Women's Day, Mackay Croquet club is organising Croquet & High Tea on Saturday 8th March from 2.00pm. Address is 105 Juliet Street, South Mackay. This come and try activity aimed at encouraging women & girls to try our sport. Friends and partners welcome. Funding is provided through a Qld state government Active Women and Girls Program.



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. Trantech for their invaluable technical advice and support Sarina Bowls Club for hospitality Leanne McNaught of Sarina neighbourhood centre for support with establishing U3A in Sarina

PROUDLY PRINTED BY

Andrew WILLCOX MP
Federal Member for **DAWSON**

 Level 2, 47 Gordon Street Mackay QLD 4740  (07) 4944 0662  Andrew.Willcox.MP@aph.gov.au

 AndrewWillcox.com.au  AndrewWillcoxMP  AndrewWillcoxMP

