



**U3A MARYBOROUGH QLD Inc**  
[www.u3amaryborough.org](http://www.u3amaryborough.org)

**September 2023 Newsletter**

**U3A** – University of the Third Age – The Life Period of Active Retirement.

**U3A**, a community organisation that promotes healthy ageing by sharing educational, creative, leisure activities provided by our own members.

**TERM DATES - 2023**

Term 4 Tuesday 3 October to 8 December

**TERM DATES - 2024**

Term 1 - 22 January to 28 March

Term 2 15 April to 21 June

Term 3 8 July to 13 September

Term 4 30 September to 13 December

Sign On days for 2024 will be held in January – dates to be advised.

**President's Report**

Hello everyone.  
Hope you have been keeping fit and healthy over the winter.



This year has galloped past, but we have achieved quite a lot.

Our membership has grown, and we have introduced more activities. Pickle Ball has been a big hit with our seasoned members as well as attracting others. A big thanks to Barb for all her hard work in finding a hall and organising the purchase of equipment.

As the electoral office is again taking over the Pensioners' Hall for the first 2 weeks of Term 4. Anne has been busy finding alternative venues for the classes. Great job Anne – thank you.

I'm taking this opportunity to let you know that my 3 year term as President will end at the AGM next year. Please give some thought as to who might take on this position. As usual all positions are declared vacant. We need someone to take on the role of Treasurer also. These are not difficult jobs as the whole committee supports and helps each other.

Enjoy the last term activities.

Judy

*A very big THANK YOU*

To show our appreciation to our wonderful tutors who voluntarily put in so much of their time and effort into planning and running classes for all our members to enjoy, the committee invite all tutors to attend a morning tea to be held at Homewares from Everywhere on Tuesday 24<sup>th</sup> October at 10.30am.

*Please Note :*

Term 4 commences **Tuesday 3<sup>rd</sup> October**. **Due to the Pensioners' Hall being utilised for referendum voting – classes will not be held there until Monday 16<sup>th</sup> October.**

- Monday 2<sup>nd</sup> October - **Public Holiday**
- Tuesday 3<sup>rd</sup> and 10<sup>th</sup> Pilar's Exercise Dance – St. Stephen's Hall (wooden floor)
- Tuesday 3<sup>rd</sup> and 10<sup>th</sup> Yoga – St. Stephen's Auditorium (carpet)
- Wednesday 4<sup>th</sup> Qigong and Partner Dancing – Madcota Community Hub
- Wednesday 11<sup>th</sup> Qigong - Queens Park
- Wednesday 11<sup>th</sup> Partner Dancing – St. Stephen's Hall (wooden floor)
- Creative Writers and Scottish Country Dancing groups have organised their days with their members.

*Happy Birthday*

to all our members celebrating a birthday this month / term.





**Wishing a speedy recovery** to all our members who may not be in the best of health or who have loved ones who need your love.

## Dance, Dance, Dance - No 2

What a fantastic even this was. Saturday afternoon 9<sup>th</sup> September, we had 49 people attend our second Dance, Dance, Dance event and everyone had a great time.



There was lots of laughter, chatting and having fun exercising with dance by joining in with the tutors and other members doing Line Dancing, Partner Dancing (or without a partner), Scottish Country Dancing & Exercise Fitness Dancing.

Congratulations to the 4 prize winners who each received a \$10 gift voucher and congratulations to Helen Meyer for winning the Lucky Door Prize of a \$50 gift voucher.

Watch out for our next Dance, Dance, Dance event in 2024 – it is sure to also be lots of fun.

## Dancing

If you enjoyed dancing at our special event, why not join the classes for more fun & fitness –

Partner dancing (with or without a partner), Wednesday mornings



Scottish Country Dancing Wednesday afternoons

Line Dancing Thursday mornings.



## Email buddies

If you know a member who does not have email, could you please pass on information you receive to them so they can be aware of events or notices.

## Assistance required with Excel



If any of our members have expertise in Microsoft Excel, & in particular with formulas, our wonderful Class Co-ordinator, Anne, would love to hear from you. Please contact Anne on 0412 655 129

## Health Issues

Everyone is asked to please consider their own health and those within their class to help stop the spread of COVID and the flu. If you are unwell, or if you are in contact with someone who is suffering with COVID or the Flu, either stay home or, at least follow the Qld Health directives to keep yourself and others safe from these illnesses.



Nothing you wear is more important than your smile.



To keep up-to-date with what is happening within your Maryborough U3A and to see photos etc., visit the website –

[www.u3amaryborough.org](http://www.u3amaryborough.org)



## Art for Fun.



Jane, Judy and Anne  
invite you to

### ART FOR FUN

Be an Artist for a Few Hours, Enjoy Morning Tea,  
and Chat with Friends

**SATURDAY, 24<sup>th</sup> October, 2023**

9:00am – 1:00pm

B.Y.O. Apron, Chair, and Your Smile

**\$8.00** for Canvas and Paint

Please **RSVP**

Anne 0412 655 129 OR Judy 0408 999 363

## Extra Exercise Fitness Class Term 4

Marcia will be trialling an extra  
Exercise Fitness Class in Term 4 –  
weeks 2 to 9.

Friday's, 9.00am –  
10.00am at St

Stephens Auditorium & cost will  
be \$8.00 for the 8 weeks.



## Bush Walking with Marlene Luce



Thank you to  
Marlene Luce for  
planning and  
organizing all the  
different bush  
walking expeditions  
she ran for our  
group. There was  
lots of great feed-back from participants.

If you are interested in joining a walk or bush  
walking group in Term 4, please contact a  
committee member.

## Want to learn 'Drumming'

Suzanne is happy to tutor a  
Drumming Class in Term 4.  
This will be held at her 'Hut'  
in Banana Street, Granville  
– see advertisement later in  
this newsletter.



This will be held from week 2 to week 9 on a  
Tuesday afternoon 1.00pm to 2.30pm and cost  
will be \$8 for the 8 weeks.

## Items / photos for Newsletter

If you would like your group mentioned in this  
newsletter, please email photos and / or a short  
write-up to - [u3amaryborough@gmail.com](mailto:u3amaryborough@gmail.com)

*I don't want to say I'm old and  
worn out, but I make sure I'm  
nowhere near the curb on  
trash day.*



## Christmas Craft



Christmas Craft to be held on a  
Saturday after – date to be advised..

Venue - Judy's garden or Jane's  
place – to be advised.

- A variety of different Christmas  
Wreaths
- card making
- decorations
- Christmas Placemats

For further details contact our class coordinator,  
Anne on 0412 655 129 or Judy 0408 999 363



*Be someone's sunshine when  
their skies are grey.*



**Maryborough  
COMMITTEE 2023 / 2024**

President	Judy	0408 999 363
A/Secretary (minutes)	Helen	0487 063 846
Secretary	Tony	0407 776 574
A/Treasurer	Anne	0412 655 129
Class Co-ordinator	Anne	0412 655 129

Committee: Barb, Ellen, Gale, Lauren, Marcia,  
Mary-Anne, Pat, Wendy

[u3amaryborough@gmail.com](mailto:u3amaryborough@gmail.com)

U3A Maryborough Bank Account BSB 645 646  
Account No 102363714

Your 2023 committee



Standing L to R – Wendy, Gale, Barb, Pat, Anne,  
Tony, Lauren, Helen  
Sitting L to R – Marcia, Mary-Anne & Judy

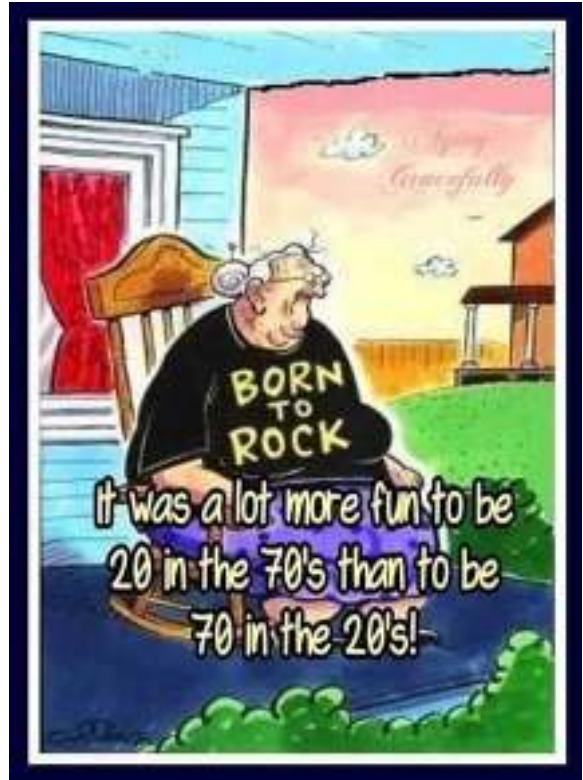
**Maryborough U3A Committee meetings**

Your Maryborough U3A committee meet at  
1.00pm on the 2<sup>nd</sup> Monday of each month at  
Homewares from Everywhere on Gayndah Road.

All members are welcome to sit in on a committee  
meeting and perhaps share your ideas around  
additional classes / interests etc.

*Name badges*

Please remember to wear your  
name badge to your classes to  
assist everyone to get to know  
each other and please write your emergency  
contact details on the back of your name badge.



**Visitors to Maryborough or friends who are  
interested in joining our classes**

If you have friends visiting Maryborough who are  
interested in joining our U3A classes, or if you  
have a friend/s who have expressed an interest in  
trying our classes, they are welcome to attend 2  
classes before needing to join U3A & pay the  
class fees, but they will not be covered by our  
insurance.

**Dance as though no one is watching  
Love as though you've never been hurt  
Sing as though no one can hear you  
Live as though heaven is on earth.**



## PHOTOS

We are looking for someone who may be interested in taking some photos of our U3A members during classes to post on our Website. Phone Anne 0412 655 129 if you are interested.



Two of the bushwalking groups with Marlene. Thank you Marlene.



Fun at Exercise Fitness

Pickle Ball is very popular



Enjoying a game of cards



Playing Mahjong



A lovely wreath made at the Christmas Craft workshop







A great example of what can be achieved at Art for Fun



Trying Scottish Country Dancing at our Dance, Dance, Dance No 2 event




So much fun & laughter, as well as dancing & exercising at Dance, Dance, Dance

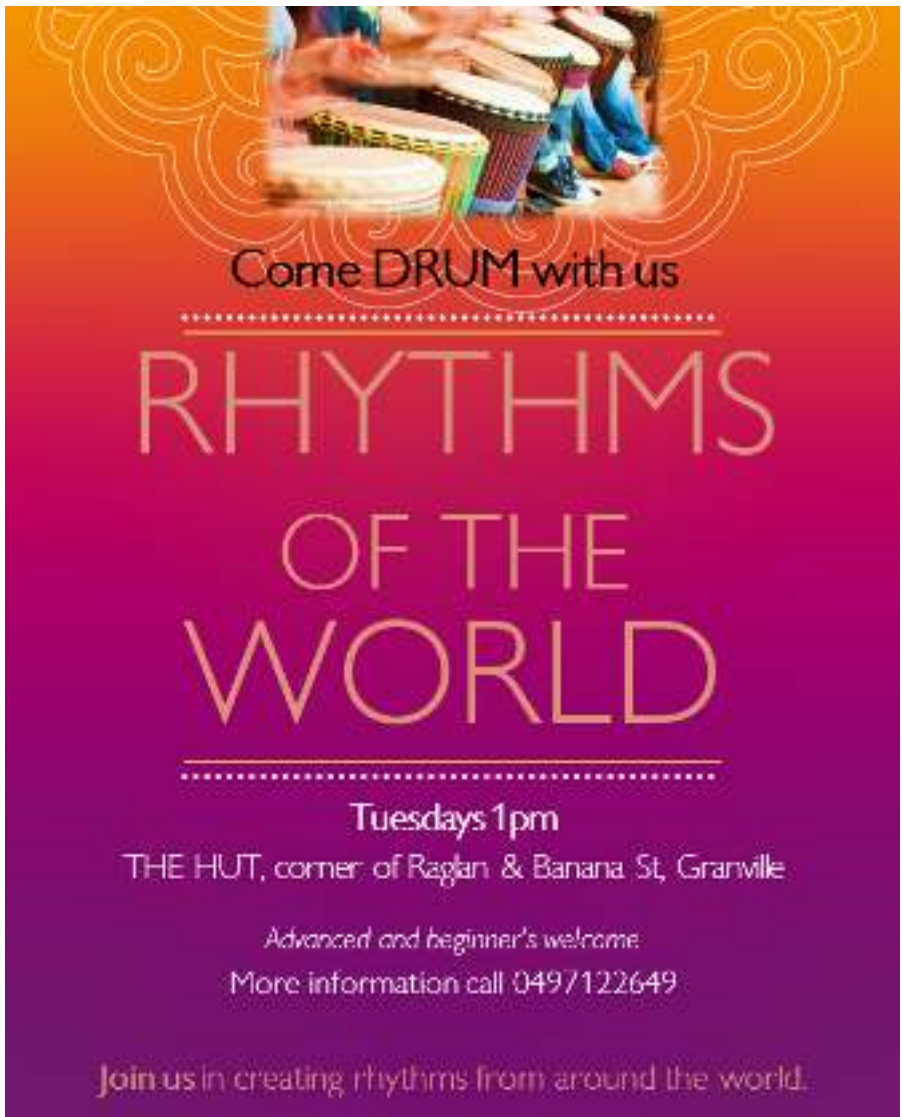


Having fun at a U3A class which is what U3A is all about – keeping the body & mind active while enjoying ourselves & socialising.

U3A MARYBOROUGH CLASSES 2023 (Enquiries – Anne 0412 655 129 & Judy 0408 999 363)

DAY	TIME	ACTIVITY	VENUE	TUTOR
<b>Monday</b>	8:30am-9:30am	Marcia's  Exercise Fitness	Pensioners Hall See note this n'letter	Marcia 0423 068 311
	10:00am-11:00am	Beginners Tai Chi	Pensioners Hall See note this n'letter	Anne 0412 655 129
	9.30am-11.00am	Creative Writers' Group	Pensioners Hall See note this n'letter	Wendy 0419 783 478
	12.00-2.30pm	Pickle Ball	Recreation Hall, Ariadne Street	Class Coordinator 0412 655 129
<b>Tuesday</b>	9:00am-10:00am	Pilar's Exercise Dance	Pensioners Hall See note this n'letter	Pilar 0413 342 976
	1.00pm-2.00pm	Yoga 	Pensioners Hall See note this n'letter	Marjorie 0409 710 605
<b>Wednesday</b>	8:30am-9:30am	QiGong Exercise	Pensioners Hall See note this n'letter	Anne 0412 655 129
	10.00am-12.00	Partner Dancing (With or Without Partner)	Pensioners Hall See note this n'letter	Chris & Denny 4121 6175
	10.00am-11.00am	Matters Arising from Current Affairs	Toast Espresso Bar 199 Bazaar Street	Sheila
	1:00pm-2:00pm	Scottish Country Dancing	Pensioners Hall	Judy 0408 999 363
	1:00pm-4:00pm	Mahjong 	QCWA Hall	Ann 0439 449 859
<b>Thursday</b>	8:30am-10:30am	Line Dancing 	MADCOTA Community Hub	Lorraine 0409 280 855
	9:00am-10:30am	 Tai Chi Thursday	St. Stephen's Uniting Church Hall	Anne 0412 655 129
	11:00am-12:30pm	Introduction to Philosophising	Library Bazaar Street	Steve 0478 316 814
	1:00pm-3:00pm	Ukulele Beginners & Advanced 	QCWA Hall	Gayle 4123 5272 Frank 41212330
	1:00pm-5:00pm	Cards 500	Computer Users Hall, Sussex Street	Linda 4122 2874
	1:00pm-5:00pm	Hand and Foot (Canasta)	Presbyterian Church Alice Street	Judy 4123 3235
<b>Friday</b>	9:30am-11.30am	Sing-A-long 	QCWA Hall	Neva 4122 1895
	On Request	Learn How to Play Chess	R.S.L. Lennox Street	David 0418 732 872

DAY	TIME	ACTIVITY	VENUE	TUTOR
Saturday	9:00am-1.00pm	Art for Fun (Twice a Term) 	QCWA Hall or Garden Venue	Judy 0408 999 363 Anne 0412 655 129



Come DRUM with us

# RHYTHMS OF THE WORLD

Tuesdays 1pm

THE HUT, corner of Raglan & Banana St, Granville

*Advanced and beginner's welcome*

More information call 0497122649

Join us in creating rhythms from around the world.



\*REJOICE \* PRAISE \* SING \*

1850  
WELVILLE MEMORIAL

## November Noel

SAVE THE DATE

Saturday 23<sup>rd</sup> November from 6pm

UCA Maryborough Parish  
(St Stephens Church)  
21-25 Sussex St





Dear friend,

We at the [Victorian Women's Trust](#) know that you are keen to see a safer, more secure online environment—especially for women. That's why we wanted you to be one of the first to know about [Keep Safe Online](#), a new series of e-safety videos from our [Rural Women Online](#) program.

Last year, while being on the road with Rural Women Online, we listened to more than 600 women face-to-face. They told us in no uncertain terms that scammers and feeling unsafe online was a real barrier to increasing their digital skills.

In response, we created [ten short video tutorials](#) covering topics from **scammers** and **online payments**, to **managing passwords** and **securing social media accounts**. They are quick to watch, easy to understand and allow viewers to pause, play, review and learn at their own pace!

We hope that you and your organisation will benefit from these tutorials. If you are interested in spreading the word further, please share these resources widely! You can also download a copy of the [Keep Safe Online Poster](#) to hang in your workplace.

[Keep Safe Online](#) has been funded by the [US Consulate Melbourne](#) to support women to safely access digital spaces with confidence. Rural Women Online has only been possible thanks to our program partners, the [Bendigo Bank Community Enterprise Foundation](#), and the [Heien Macpherson Smith Trust](#).

If you'd like any more information about the program, please do get in touch.

Warm regards,  
The Rural Women Online Team



137a Queens Parade, Clifton Hill, VIC 3068

☎ 1031 9642 0422

🌐 [www.vwt.org.au](http://www.vwt.org.au)

*We respectfully acknowledge the wisdom of Aboriginal and Torres Strait Islander peoples and their custodianship of the lands and waterways.*





LAMBING FLAT YOUNG FAW NSW  
Our 'Have A Go' Competition Since 1982

# Writing Competition

in conjunction with the  
National Cherry Festival, Young NSW



**ENTRIES CLOSE  
13th OCTOBER**

## Entry Form: 2023

Name:  Phone:   
 Address:   
 Title of Entries:

**If entering both poetry and story sections, please supply separate entry form for each section. All stories to show word count**

Signature:  I CONFIRM THAT SUBMISSION/S ARE MY ORIGINAL WORK   
 Email: (Print clearly)

Forward your entries to "F.A.W. Competition" via post or email

Post - P.O. Box 498, YOUNG NSW 2594  Email - lambingflatbranchfaw@hotmail.com

No. of entries  @ \$5.00 each. Total Enclosed. \$  **(FREE entry to all School Students).**

Cheque or money order payable to "Lambing Flat F.A.W." - no coins or stamps thank you.  
 Direct deposit to Lambing Flat F.A.W. (Please use your name as reference) BSB: 802 367 Acc No: 400 182 813

## Writing Categories:

**SCHOOL STUDENTS  
ENTRY FREE  
1 Entry  
per section only**

### ADULT OPEN

No names or pictures to appear on the entries for judging purposes. (OPEN ONLY)

#### SHORT STORY

(Word limit 1,500 words)  
 1st PRIZE \$200  
 2nd PRIZE \$75  
 3rd PRIZE \$25

#### POETRY

(Line limit 50 lines)  
 1st PRIZE \$200  
 2nd PRIZE \$75  
 3rd PRIZE \$25

### SCHOOL SECTION

Junior Primary Year 1-2-3  Primary Year 4-5-6  Secondary Year 7-8-9  10-11-12

#### SHORT STORY

(Up to 250 words) (Up to 750 words) (Word limit 1000 words)  
 1st PRIZE \$30 1st PRIZE \$50 1st PRIZE \$100  
 2nd PRIZE \$15 2nd PRIZE \$20 2nd PRIZE \$30

#### POETRY

(Limit 15 lines) (Limit 20 lines) (Limit 25 lines)  
 1st PRIZE \$30 1st PRIZE \$ 50 1st PRIZE \$100  
 2nd PRIZE \$15 2nd PRIZE \$20 2nd PRIZE \$30

### TERMS & CONDITIONS OF ENTRY - Follow Instructions please

1. Work to be typed on A4 paper in English on 1 side only (other than Primary School Entrants). Word and line limits **must not** be exceeded.
2. All entries to be author's own work and not previously published, placed first or received a cash prize in any other competition by our closing date. Copyright remains with the author. However, we reserve the right to publish once only and may be used for promotional purposes. Please retain a copy of your work as entries will not be returned. **Adult entries with names on will be disqualified**
3. Entries must be postmarked or email dated no later than 13th October 2023.
4. All prizes are to be awarded at the Judges' discretion. This also applies if insufficient entries are received in any category. Commended and Highly Commended certificates may be awarded. Judges' decision is final.
5. Competition results, will be announced at the National Cherry Festival, December 3rd 2023 and published in the Young local press, and emailed to entrants who have provided an email address.

Please provide a S.S.A.E. if you have no access to these avenues.

**CONTACT: Helen - 0408 112 622 / JOAN - 0408 739 733**  
 Email: lambingflatbranchfaw@hotmail.com



Supported by





NO

EXAMINATIONS  
OR QUALIFICATIONS



YES

LEISURE LEARNING  
PLEASURE ACTIVITIES

**UNIVERSITY OF THE THIRD AGE**

PARTNERED WITH

**BURRUM DISTRICT RESPITE & HOME CARE SERVICES**

INVITE YOU & YOURS TO CELEBRATE SENIOR'S MONTH

**BEECAUSE EVERY DAY**



**COUNTS!**

PLEASE JOIN US ON

**THURSDAY 19 OCTOBER**

**Respite Centre, 85-89 Steley Street, Howard**

**9am – 1.30pm**

FOR A **GOOD OLD-FASHIONED**

**BLAST**

**OF FUN!**

Morning Tea &  
Sausage Sizzle  
Lunch – A Gold  
Coin Donation Each



Singing, Games, Skits,  
Table Tennis, Raffles,  
Craft Sales, Line Dancing,  
Guest Speakers &

**SOME VERY SPECIAL BIRTHDAY CELEBRATIONS !**

**FREE WHEELCHAIR FRIENDLY BUS PICKUP – PHONE 4129 0995**

**COVID19 SOCIAL DISTANCING AND HAND HYGIENE TO KEEP EVERYONE SAFE!**

*Connecting Seniors to PLEASURABLE LEARNING*



**U3A - University Of The Third Age - U3A**

For People In The Third Age Of Their Lives

★ Actively Retired ★ Semi-retired ★ 50 Years Young

**GREY NOMADS  
WELCOME**