



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.

**U3A MARYBOROUGH QLD Inc**

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

**MARCH 2023 Newsletter**

**NOTICE - Annual General Meeting & Election of Office Bearers for 2023 - 2024**

Our AGM will be held at **1.30pm Friday 21 April** at the MaDCOTA Hub.

Tea, coffee & biscuits will be available.

All committee positions will be declared vacant, so please consider taking on a role on the committee.

**See Nomination Form at the end of this Newsletter.**

**President’s Report**

Hello everyone.  
 Welcome to 2023. Hope you all had a good Christmas break ready for more fun at your classes.



I enjoyed catching up with a lot of you at sign on days. I’m just wondering where all the males are. You are welcome to join us and have fun and get fit in both body and mind.

Our AGM is coming up and I’d like you all to give some thought to joining our wonderful committee. Our treasurer is leaving us to go overseas for a change of lifestyle. We all help each other and Marilyn will explain the details. Feel free to come to our meetings at 1.00pm at Homewares from Everywhere each second Monday of the month and meet us all. There is no pressure to join. Very informal meetings.

Hope you all have fun at your selected classes. Bring your friends to our open day on Friday 24<sup>th</sup> March from 9.00am to 12.00noon. Meet some of our tutors. Unfortunately, all are not available but we can let people know about each class.

See you soon

Judy Anderson

**TERM DATES - 2023**

Term 1	23 January to 31 March
Term 2	17 April to 23 June
Term 3	10 July to 15 September
Term 4	3 October to 8 December

**Maryborough U3A AGM**

Our AGM will be held on Friday 21<sup>st</sup> April 2023 at 1.30pm at the MaDCOTA Hub. Tea, coffee & biscuits will be available.

All Committee positions will be declared vacant and we encourage all members to consider taking on a position.

**NOMINATION FORM FOR 2023 AGM** is attached to this Newsletter. This completed form must be returned to the Secretary of U3A Maryborough Inc., OR placed in the U3A Mailbox located across from the Notice Board at the MADCOTA Community Hub, Alice Street, OR may also be handed to any Committee member by Wednesday 19 April, 2023



**Thank you to our Tutors**



A huge THANK YOU to our volunteer Tutors for their commitment to our U3A group. We thank those Tutors for their time each week and for their knowledge and skills that they share with us. We thank them for the time spent planning and preparing for classes.

On behalf of Maryborough U3A Committee and all members.



# HAPPY BIRTHDAY



Happy Birthday to all our members celebrating a birthday this month.



Hope You Feel Better Very Soon ...

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.



## Treasurer Position vacancy on Committee



Unfortunately, our Treasurer, Marilyn Bee, along with her husband, have decided to leave Maryborough and travel overseas for an extended period of time. Therefore, at our AGM this year, we will definitely be looking for a new Treasurer. If you have expertise in accounts and using Microsoft Excel, maybe you would be interested in nominating for this voluntary position.



Today, give a stranger one of your smiles. It might be the only sunshine they see all day

## A Day at Maryborough Markets



'Arise - Sir Bruce'

## U3A Printed T-Shirt.

If you have given Judy a T-Shirt to be printed with the U3A Logo and haven't received it yet, please let her know as she has one without a name.



As the year closed on 2022 Margaret Cook and myself had a meeting with Dr Chris Sarra and his deputy Michelle Bullen. Dr Sarra is the Director General for Seniors, Disability and Aboriginal and Torres Strait Islander partnerships.

They invited us to participate in a Queensland Senior Strategy via a online survey created to attract feedback from Seniors to assist the Qld Government with strategic planning and initiative projects.

Could you please invite your members to participate in the survey via this link, <https://qchub.dsdsatsip.qld.gov.au/seniors-strategy> or asking them to access it on the government webpage <https://qchub.dsdsatsip.qld.gov.au/> We were given links to grant application sites. Please contact Margaret Cook for help if you are applying for any Government grants during the year. [margaretc@u3aqlld.au](mailto:margaretc@u3aqlld.au)

Alison Taylor  
Secretary  
U3A Network Queensland Inc.  
Phone: 0431579870  
Email: [secretary@u3aqlld.au](mailto:secretary@u3aqlld.au)



Connecting Seniors to Lifelong Learning

## Maryborough U3A Classes –

### MONDAYS

**8.30 – 9.30am**

Marcia's Exercise Dance / Fitness -

Get fit – come each Monday at 8.30am – you'll love it!! Make new friends at Pensioner's Hall

**9.30 – 11.00**

Creative Writers Group –

Come one – come all!! Write the words and the narratives, spin a yarn, create a poem, laugh along. Be there or be square at Pensioner's Hall.

**10.00 – 11.00am**

Beginners Tai Chi – How about a serene start to the week with Anne. You will feel the energy flow. A practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

### TUESDAYS

**9.00 – 10.00am** – commences **14<sup>th</sup> March**

Pilar's Exercise Dance – Have you felt you needed that extra oomph – come along and enjoy the class with Pilar who will take you through the program.

**1.0 – 2.00pm**

Give Yoga a try! Marjorie would love to have you – Pensioner's Hall.

### WEDNESDAYS

**8.30 – 9.30am**

QiGong Exercise with Anne at the Pensioner's Hall. A focused exercise program giving you an energy lift in the middle of the week.

**10.00 – 12.00noon**

Partner dancing at Pensioner's Hall. Dial Lyle, the Crocodile who would love to dance with you. Chris & Denny know the moves – get dancing – you'll love it!

**10.00 – 11.30am**

Matters arising from Current Affairs – CWA Hall with Sheila. You have watched the news and yelled at the T.V. wouldn't it be exciting to share your opinion on the facts as presented by Sheila for discussion.

**1.00– 2.00pm**

Scottish Country dancing – Judy invites you to Scottish Country Dancing at 1.00pm at Pensioner's Hall. Keep fit & meet new friends.

**1.0 – 4.00pm**

Mahjong at CWA Hall with Ann. You will test your skills and hone your strategic energies with a bit of luck.

### THURSDAYS

**8.30 – 10.30am**

Line Dancing – go to MaDCOTA on Thursday – no partner is required. Lorraine is your hostess. Line Dancing is a choreographed routine of dancing in lines (so no partners are necessary).

While working the brain you are using different muscles and dancing helps with your balance while moving to the beat.

The music is not just country but from all genres. Music helps to stimulate emotions and also helps with anxiety/stress.

It does not matter if you are not an experienced dancer. We dance for fun and the social aspect, so come along and give it a go.

**9.00 – 10.30am**

Tai Chi with Anne at St Stephen's Uniting Church Hall. Go somewhere surreal and move your body.

**11.00 – 12.00noon**

Philosophising with Steve at QCWA Hall. Delve into your mind and it's amazing journey. Steve would welcome you along.

**1.0 – 3.00pm**

Ukulele beginners & advanced – CWA Hall. With Gayle & Frank. Have you thought that group therapy was fun. Try strumming with the group of Ukulele players, you will have fun while learning new songs.

**1.0 – 5.00pm**

Cards 500, Board games, Canasta with Linda. Non-standard cost \$2.00 a session. If you would like to play in a friendly environment, Linda will guide you.

### FRIDAYS

**9.30 – 11.30pm**

Sing-a-long in the QCWA Hall with Neva. Hit the notes and enjoy the friendship of group singing of the modern & classics.

### On request

Learn how to play chess with David. Move your pieces & gain new strategic skills.

### Friday or Saturday to be confirmed

Art for Fun at QCWA Hall with Anne & Judy. Twice a term, Friday or Saturday let your inner artist explore colour and composition. \$8.00 a session to be advised.

Our next Art for Fun Session will be on Saturday 18<sup>th</sup> March at 9:00am until 1.00pm.

This will be a Collage Art Workshop session but also have Painting for Fun available for those who prefer to only paint.

## 2 INTERESTING NEW CLASSES IN 2023



### Introduction To Philosophising, with Steve

In 2023 are the questions from the giants of intellectual thought and wisdom still relevant? In this course we will try to apply an understanding of the ideas from Western philosophy to the problems of navigating a 21st Century world of disinformation. In the end - only you can decide but perhaps some tools will help!

Thursdays, 11:00am -12:00noon, QCWA Hall,  
124 Wharf Street.

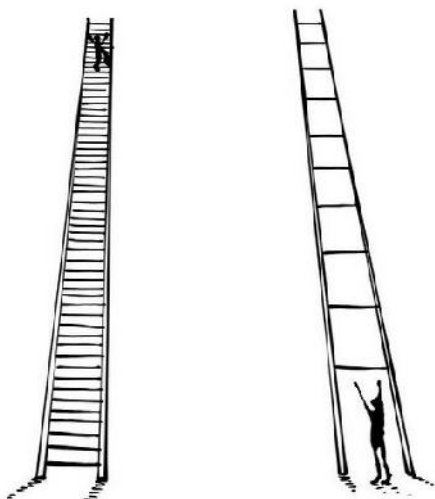


### Matters Arising, with Sheila

A free discussion on anything and everything. Come and express your opinion. Every week topics will be selected, and discussion will be supported by the tutor to ensure a balanced and respectful dialogue. All welcome.

Wednesday, 10:00am -11:30am, QCWA Hall,  
124 Wharf Street.

### The importance of small steps



## Bushwalking – in Term 2



If you are interested in Bush Walking, the committee are looking into this to possibly take place during Term 2.

For further details contact our class coordinator, Anne on 0412 655 129

### Exercise for people over 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5kg potato bag in each hand, extend your arms straight out from your sides and hold them there for as long as you can. Try to reach a full minute, and then relax

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10kg potato bags. Then try 20kg potato bags and eventually try to get to where you can lift a 50kg potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

### First Aid Certificate holders



If you have a First Aid Certificate, could you please let a committee member OR a tutor know.

### 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.

### 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)

## Be aware of Scam messages / emails / web addresses

### Firstly –

Do you know the difference between <http://> and <https://> ?

It is all about keeping you secure on line. [http](http://) stands for Hyper Text Transfer Protocol [https](https://) is a security enhanced protocol – making it safer and more secure.

If you visit a website or web page and the address is <http://> - this means that the website is talking to your browser using the regular 'unsecured' language. In other words, it is possible for someone to 'eavesdrop' on your computer's conversation with the website. If you fill out a form on the website, someone might see the information you send to that website.

This is why you never ever enter your credit card number or personal info in a <http://> website. But if the web address begins with <https://> that means your computer is talking to the website in a secure code that no one can eavesdrop.

### Secondly

Can you spot the difference?

[maybank2u.com](http://maybank2u.com) is NOT the same as [maybank2u.com](http://maybank2u.com)

[citibank.com](http://citibank.com) is NOT the same as [citibank.com](http://citibank.com)

(the first one is correct, the second one is from hackers)

The "a" in the later URL is Cyrillic alphabet.

Please Stay Alert.

## 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.



## Introduction to Sign Language classes



If you are interested in learning sign language, the committee are looking into organising some classes during the next term.

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

## HAPPINESS

Doesn't come from having it all.

It comes from being thankful for all you have



### Maryborough COMMITTEE 2022 / 2023

President	Judy Anderson	0408 999 363
Secretary	Ellen Tanner	0428 365 882
Treasurer	Marilyn Bee	0412 595 015
Class Co-ordinator	Anne Benbow	0412 655 129
Committee:	Gale Brennan, Mary-Anne Brown, Barb Dwyer, Pat Matheson, Wendy Weiler	

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

U3A Maryborough Bank Account BSB 645 646  
Account No 102363714

## U3A COME AND TRY COLLAGE ART WORKSHOP

Collage can be described as an:

*Assortment, Combination, Clutter, Hodgepodge, Medley, Mixture, Patchwork, Montage, A Random or Planned Collection of bits and pieces to form a piece of art.*

*It can be **Deliberate** (A Theme like you would for Scrapbooking) or **Unintentional** (Haphazard, Hit & Miss, Abstract).*

*You don't need to be an artist -*

*Just about any materials can be used to produce a collage.*

**DATE:** 18<sup>th</sup> March 2023

**VENUE:** Jane McDonald  
25 Chelsea Court  
Henderson Park, TINANA

**COST:** \$8.00

### U3A WILL PROVIDE:

- CANVAS & EASEL
- PAINTS, PENS & GLUE
- REFRESHMENTS

### YOU CAN BRING:

- AN APRON (Old Clothes)
- A SMILE AND YOUR IMAGINATION
- ANY MATERIALS YOU LIKE TO ASSEMBLE YOUR COLLAGE  
Coloured Paper, Scraps of Fabric or Wool/String  
Leaves or Branches  
(Microwave for 1 minute on high to get rid of moisture)  
Paper cut-outs, Photos, Hot Glue Gun  
A Theme or an Open Mind/Anything that can stick to a canvas



# U3A ART Network Queensland COMPETITION



## ENTRY CATEGORY: ART COLLAGE

THEME: 'U3A YESTERDAY, TODAY & TOMORROW'

Collages may be in any materials to depict an artist's interpretation of the life experiences of 'Yesterday, Today & Tomorrow'

**First Prize: \$200 | Runner Up: \$150  
People's Choice Award: \$50**

Competition opens 1 February 2023, closes 21 April 2023  
Winners announced at U3A Network State Conference

U3A Secretaries & Tutors. Please circulate this flyer as widely as possible within your U3A

Entry forms, conditions & other details available at:  
[u3aqlld.au](http://u3aqlld.au) or email [networkartcompetition@u3aqlld.au](mailto:networkartcompetition@u3aqlld.au)

PHOTOS FROM SOME OF OUR CLASSES



Some examples from the 'Art for Fun' class held twice a term





Partner dancing



Judy's Scottish Country Dancing group



DAY	TIME	ACTIVITY	VENUE	TUTOR
<b>Monday</b>	8:30am-9:30am	Marcia's  Exercise Fitness	Pensioners Hall	Marcia 0423 068 311
	10:00am-11:00am	Beginners Tai Chi	Pensioners Hall	Anne 0412 655 129
	11:00am -11:30am	Advanced Tai Chi	Pensioners Hall	0412 655 129
	9.30am-11.00am	Creative Writers' Group	Pensioners Hall	Wendy 0419 783 478
<b>Tuesday</b>	9:00am-10:00am	Pilar's Exercise Dance <b>24.3.2023</b>	 Pensioners Hall	Pilar 0413 342 976
	1.00pm-2.00pm	Yoga 	Pensioners Hall	Marjorie 0409 710 605
<b>Wednesday</b>	8:30am-9:30am	QiGong Exercise	 Pensioners Hall	Anne 0412 655 129
	10.00am-12.00	Partner Dancing (With or Without Partner)	Pensioners Hall	Chris & Denny 4121 6175
	10:00am-11:30am	Matters Arising from Current Affairs	QCWA Hall	Sheila 0409 526 263
	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	QCWA Hall	Steve 0478 316 814
	1:00pm-3:00pm	Ukulele Beginners & Advanced	 QCWA Hall	Gayle 4123 5272 Frank 41212330
	1:00pm-5:00pm	Cards 500 Board Games	Computer Users Hall, Sussex Street	Linda 4122 2874
	1:00pm-5:00pm	Hand and Foot (Canasta)	Presbyterian Church Alice Street	Judy TBA
<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
<b>Friday or Saturday</b>	9:15am-12:15am	Art for Fun (Twice a Term) 	QCWA Hall or Garden Venue	Judy 0408 999 363 Anne 0412 655 129

NETWORK



QUEENSLAND

# U3A MARYBOROUGH INC

## NOMINATION FORM FOR OFFICE BEARERS AND COMMITTEE MEMBERS

### 2023 - 2024

We, the undersigned financial members of U3A Maryborough Inc. hereby nominate:

Mr/Mrs/Ms .....  
(please print)

For the position or as a member of the committee .....  
(please print)

Proposer : .....  
(please print) Signature

Secunder : .....  
(please print) Signature

I, ..... hereby agree to stand for this position  
(please print)

Signature .....

This completed form must be returned to the Secretary of U3A Maryborough Inc.,  
Or placed in the U3A Mailbox located across from the Notice Board at the MADCOTA Community Hub, Alice Street. This form may also be handed to any Committee member

**Please submit nominations prior to Wednesday 19 April, 2023**

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### U3A MARYBOROUGH INC ANNUAL GENERAL MEETING PROXY REQUEST

I, .....  
(please print) Signature

Being a current financial member of U3A Maryborough Inc, and unable to attend The 2023 Annual General Meeting, hereby nominate

.....  
(please print) Signature

To stand as my representative/proxy for any subject that comes up requiring a vote from the members present.