

**University of The Third Age Dalby Incorporated**

*23 January 2024*



**FRIENDSHIP AND FULFILMENT**

**Return Address:-**

**U3A Dalby Inc.  
Cnr Condamine and  
Roche Streets  
DALBY, 4405**

Secretary	Val Dun	0411 655 201
Treasurer	Jill Murray	0439 360 326
Tutor Co-ordinator	Dianne Ferguson	0429 703 870
Committee:	Janine Bennie	0448 195 277
	Derek Goldthorpe	0417 786 272
	Maree Parkes	0448 464 284
	Kerry Hobbs	0428 161 111
	Pauline Davison	0411 293 810
	Fay Hall	0418 834 450
	Joan Hohnke	0483 851 555
	Tim Phillips	0431 436 164
	Florence Henderson	0414 746 114
Publicity Officer	Nancy Evans	0427 685 048

**Newsletter Committee would like to thank all those who contributed to the Newsletter in any way.**



9:30 TUESDAY 23 JANUARY, 2024

**Guest speaker — Tutors**

**Featuring toe tapping music by Rob's Mob**

**Please bring a plate of morning tea to share.**

**2024 TERM DATES**

<b>Term 1:</b>	<b>Tues 23 Jan to Thursday 28 March</b>
<b>Term 2:</b>	<b>Mon 15 April to Fri 21 June</b>
<b>Term 3:</b>	<b>Mon 8 July to Fri 13 September</b>
<b>Term 4:</b>	<b>Mon 30 September to Fri 13 December</b>

***Please keep this Newsletter to refer to Classes for 2024***

***Bring to Orientation for any alterations to classes.***

**OFFICE HOURS:** 11.00 - 2.00 Monday

09.00 - 11.00 Friday

**PLEASE NOTE: SUBS NOW DUE - \$30 per year.**

*As per conditions of our Insurance, if you participate in any U3A activity or class more than once you are required to become a financial member. This includes activities/*

od and as it is my last year as President I am looking forward to working with them.

Some important decisions were made at this meeting. Firstly, congratulations to Diane Ferguson who was appointed as Tutor Co-ordinator. Tutors if you have any concerns or need help in any way Diane is there to assist you where she can.

A vote was taken on the decision not to allow unvaccinated people to attend U3A Dalby. This motion was defeated. For 2024 unvaccinated people can join and attend classes. I remind everyone that if you are feeling unwell or have a cold or any symptom please do not attend class. We are still the most vulnerable members of community and should be protecting our health in all ways possible.

It has come to my notice there is still confusion over the 50c you pay to attend class. This is a compulsory class fee and must be paid by all attending any class. It is not voluntary. It is a fee charged to help keep the cost of membership low. Tutors are asked to make sure all members of their class pay this fee and if you have any problems let me know.

Orientation Day is January 23 where you can put your name down for any class. Enjoy the remainder of the holidays and I forward to seeing you all at Orientation Day.

We started 2023 very optimistically with a new committee. Our aim is to provide a safe and healthy environment for our members where they can enjoy their classes and interact socially with their peers. The committee voted in by members takes the task of managing our U3A very seriously. Without a committee there would be chaos. Committee is the platform where you can have your say. I have always told the members to be open in meetings and never leave a meeting sorry they didn't speak up. Majority rules in our committee. I thank the 2023 committee for their service and commend them on the way in which they have carried out their duties.

Tutors have again turned up which they do every year. These are a group of dedicated people interested in what they do and are keen to pass on their knowledge. Great job Tutors. Thank you to all the Tutors who keep giving of their time. Without you there would be no U3A Dalby. Joan Hohnke as Tutor Co-ordinator is the person who looks after all these tutors and I sincerely thank Joan for her efforts. This is her second stint at the job but she has decided to step down this year. We are still look-

**EASTER BONNET PARADE**

Date to be advised.

**U3A STATE CONFERENCE**

Beaudesert 28th to 30th May 2024

**MELBOURNE CUP LUNCH**

Tuesday 5 November

**AGM and CHRISTMAS PARTY**

Monday 2 December

**Public Holidays**

Australia Day:	Friday 26th January
Easter:	29th March to 1st April
Dalby Show Holiday	Friday 12th April
ANZAC Day:	Thursday 25th April
Labour Day :	Monday 6th May
King's Birthday:	Monday 7th October

**BADGES:**

If you would like to order a U3A badge  
Please contact the office.

*Wendy's on Cunningham*

*Howard and Wendy Jiggins  
69 Cunningham Street Dalby 4405  
Phone 07 4662 2086*

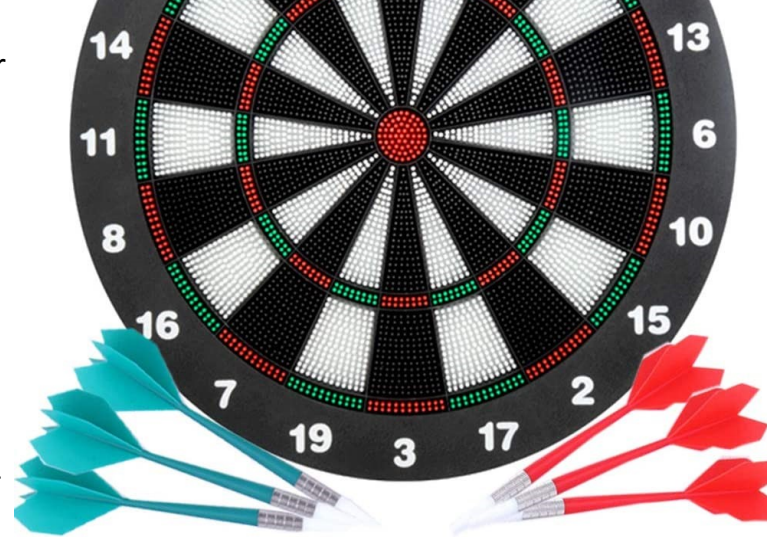


**WHOLELIFE**  
PHARMACY & HEALTHFOODS

Spare darts are available for you to use or if you prefer your own darts please feel free to bring them along.

We play fortnightly on Wednesdays - 1.00pm to 2.30 p.m. in the Main Hall.  
**Play starts 31st January 2024.**

Several different types of Dart Games are played during the afternoon and the emphasis is to “have fun” and be social.



**Tutor: Gina Jones**

### LINE DANCING

This year we are under new leadership as Val has retired. Line dancing is held in the Senior Citizens hall every Friday from 9am to 11.30am.

Everyone is welcome from beginners to advanced. From 9am till morning tea break at 10am is focused on beginners and after that it's a bit more advanced however beginners are welcome to stay all morning.

It's a good fun morning with lots of laughs and exercise.

**We will be starting again on Friday the 2nd of February 2024**



erson who has agreed to start this class again.

The first Orientation Day was held in January and the enthusiasm was apparent. The other three Orientation days were well supported and enjoyed with guest speakers, entertainment from Rob, Alwyn and Henry, the Line Dancers and Ukulele group and delicious morning teas.

The management program, Member Wizard is making things in the office much easier. The only problem we have is having someone in the office permanently to greet members when they are looking for a chat. If anyone would like to put their name on a roster we would welcome you. A couple of hours now and then would make the world of difference. We have installed a key safe which has made it much easier for opening the hall. The number will be changed regularly for safety reasons.

During the year we held a Mothers' Day morning tea which we decided would be a freebie which was appreciated by members, a Tutors' Luncheon to say thank you to all the Tutors who give so much of their time and our annual Melbourne Cup Lunch. A very big thank you to the committee of Val Dun, Jill Murray, Kitty Nowland, Kerry Hobbs and Fay Hall and all members who helped in any way to make sure this would be the success it was.

Kitty Nowland and I attended the U3A Network Qld Conference that was held in Rockhampton which celebrated the 50th Anniversary of the world wide establishment of U3A. The international president attended from France as did many dignitaries from across Australia. As usual the guest speakers were interesting and the catering was excellent. There were 3 night time activities starting with the Art Exhibition at the Meet and Greet and finishing with the Annual Dinner. The 2024 conference will be held in Beaudesert. I would urge members to attend. It is an enjoyable, interesting and learning experience

I would like to thank all members of the Management Committee for their support during the year. I thank the Executive – Val Dun Secretary, Jill Murray Treasurer, Joan Hohnke Tutor Co-ordinator and MC extraordinaire and especially my Vice President Kitty Nowland for always being there when needed.

The talk around the ridges is that the office should be opened on the days stated on our board. I would suggest that the ones complaining put their hand up for a couple of hours a month so we can open the office on Monday, Wednesday and Friday. Dalby has approximately 170 members with most of the members leaving the job of running the organization



I assure you I can teach anyone how to play this “Chinese Game of the Four Winds” and you will really enjoy not only the game itself but the camaraderie. So come along and join the fun with my group of enthusiasts.. We play on Monday afternoon 2-4pm and Friday 10am-12pm. Tutoring is only available on Monday afternoons. **Starting on Monday 29th January 2024.**

**Tutor: Sally Kelly** PH: 0449 954 389

**EXERCISE CLASS**

**When: Thursday 8-8.45am**

**Where: Main hall Senior Citizens Building**

**Cost per session: \$5.50 (\$5 to instructor, 50c to U3A)**

**What to bring: water bottle and a smile**

**Instructor: Dean Pumpa**

Start 2024 on the right foot – quite literally!  
 Staying active as you get older, is important for good mental and physical health and wellbeing.

Our class includes:



Resistance activities	Improve bone density, muscle strength, increase metabolism
Cardiovascular activities	Keep the heart healthy, increase energy levels
Stability activities	Help to prevent falls, lessen damage incurred by a trip/fall
Gentle Stretching	Improve flexibility
Games	Put the fun into exercise and laughing is good for you!





Bird Watching	Bernice Seton	0427 631 080	Monthly third Friday
Book Club	Robyn Perrett	4662 2166	Monthly last Thursday
Cards Playing	Derek Goldthorpe	0417 786 272	Weekly Tuesday
Card Making	Ann Peil	4669 6254	Weekly Wednesday
Craft and Chat	Dianne Ferguson	0429 703 870	Weekly Wednesday
Darts	Gina Jones	0427 624 809	Fortnightly Wednesday
Creative Writing	Jane Grieve	0417 196 910	Fortnightly Tuesday
Dressmaking	Jill Cuzens	4663 5177	Monthly 3rd Monday
Exercise Class	Narelle McIntyre	0404 058 157	Weekly Thursday
Floral Art	Margaret Stevenson	0429 942 782	Monthly 3rd Tuesday
Gardening	Maree Parkes	0448 464 284	Monthly 4th Monday
Indoor Bowls	Gary Matthews	0428 530 733	Weekly Wednesday
Leatherwork	Ian Jenyns	0429 722 007	Fortnightly Friday
Line Dancing	Heather Fernan	0428 354 594	Weekly Friday
Mah Jong	Sally Kelly	0449 954 389	Weekly Monday and Friday
Table Tennis	Peter Green	4662 3160	Weekly Monday
Ukulele	Heather Fernan	0428 354 594	Weekly Wednesday

***Tutor Co-ordinator Dianne Ferguson 0429 703 870***



The logo for Dalby Chemist features the words "dalby chemist" in a white, lowercase, sans-serif font. The text is centered within a solid blue rectangular background.

## 2024 TERM ONE COURSE TIMETABLE

JANUARY			FEBRUARY			MARCH		
Activity	Dates	Activity	Dates	Activity	Dates			
Committee mtg		Committee mtg	5	Committee mtg	4			
Aqua Aerobics	29	Aqua Aerobics	5 12 19 26	Aqua Aerobics	4 11 18 25			
Dressmaking		Dressmaking	19	Dressmaking	18			
Garden Group		Garden Group	26	Garden Group	25			
Table Tennis	29	Table Tennis	5 12 19 26	Table Tennis	4 11 18 25			
Mah Jong	29	Mah Jong	5 12 19 26	Mah Jong	4 11 18 25			
Cards	30	Cards	6 13 20 27	Cards	5 12 19 26			
Creative Writing	30	Creative Writing	13	Creative Writing	12			
Floral Art		Floral Art	20	Floral Art	19			
Ukulele		Ukulele	7 14 21 28	Ukulele	6 13 20 27			
Indoor Bowls	24 31	Indoor Bowls	7 14 21 28	Indoor Bowls	6 13 20 27			
Card Making	31	Card Making	7 14 21 28	Card Making	6 13 20 27			
Darts	31	Darts	14	Darts	13			
Craft and Chat	31	Craft and Chat	7 14 21 28	Craft and Chat	6 13 20 27			
Aqua Aerobics	25	Aqua Aerobics	1 8 15 22 29	Aqua Aerobics	7 14 21 28			
Exercise Class	18 25	Exercise Class	1 8 15 22 29	Exercise Class	7 14 21 28			
Art		Art	8	Art	7			
Book Club		Book Club		Book Club	28			
Birdwatching	19	Birdwatching	16	Birdwatching	15			
Linedance		Linedance	2 9 16 23	Linedance	1 8 15 22			
Mah Jong		Mah Jong	2 9 16 23	Mah Jong	1 8 15 22			
<b>PUBLIC HOLIDAY— GOOD FRIDAY— 29 MARCH</b>								

**Members, please two way communication with your tutors. Tutors, similarly with your U3A Tutor Coor**

of this year. Our Wizard program has already sent out our membership renewal and contact details to all members with e-mail.

There will be sign-on sheets located on the back tables for you to complete. This is an extremely important resource for our Tutors. There are times when a class may be cancelled due to unforeseen circumstances. In that instance, the Tutor needs to be able to contact Class Members, so an updated Class List is essential.

If you sign on for a class and don't wish to continue with it, please advise your tutor. If you wish to join another Class that you haven't signed on for, please contact the relevant Tutor to advise your intention.

We have some changes to our classes this year. Our Craft and Chat Class now includes Crochet as well. We now have a new class Floral Art on the third Tuesday of the month, 1-3 pm. With Margaret Stevenson as tutor. Card Making class with Anne Peil is now weekly on Wednesday mornings 9.30-12pm. Due to low numbers the Friday card playing class has been cancelled.

New tutors this term are Dori Horne for the Art Group, Margaret Stevenson for Floral Art and Heather Fernan for Line Dancing

Perhaps you have some ideas on additional Classes that would interest you? All suggestions welcome. Perhaps some smaller speciality classes, that a couple of people could show together. Maybe a day class. Or run for a couple of weeks during a term. One such class we ran was cryptic crosswords which was very popular.

Ideas could include - computer classes, perhaps photography. How to make a picture Frame. Perhaps Scrapbooking, journaling or home maintenance. A few small ideas for a lesson perhaps. The possibilities are endless!!!! What are your interests?



we use our unique abilities to create stories that are readable, enjoyable and oft times amusing.

Our numbers remain fairly constant, around 5 to 7 members each fortnight. There is plenty of room for new members to join us...and we certainly will welcome newcomers.

Our aim is simple. Write to the best of our unique ability. We're not aiming to be the best writers in town, just to be the best writers we can be. I sincerely believe we all have improved our writing just by participating. We enjoy each other's efforts and really do encourage each other.

As Tutor, my belief is that U3A is first of all about enjoyment, and then participating. Anything else gained is a bonus. Friendship and relationships develop, and life becomes a little more enjoyable.

First Creative Writing class will start **at 11.00 a.m. on January, 30th 2024.** Why not give our class a test drive and see how you enjoy it? You won't start any sooner!!!

**Creative Writing content written by Rob Brazier.**

**Tutor: Jane Grieve**



Main Hall (Private and Commercial)	
> 4 hours	\$132.00
Main Hall (Not for Profit)	
> 4 hours	\$35.00
(50% reduction up to 4 hours and less)	
Card Room (Private and Commercial)	
> 4 hours	\$46.50
Card Room (Not for Profit)	
> 4 hours	\$12 00
(50% reduction up to 4 hours and less)	

### **BELL BIRDWATCHING GROUP**

The Bell Birdwatching group has been going for 7 years. This active group meets the third Friday of each month, when up to 30 birdo's who come from many areas, meet to enjoy the pleasures of birdwatching. We explore different areas of our district and have a social time out in the bush.

We have previously visited Hayden and Koehler Park, Dormans Gully Rd, Yamsion, Bell Warmga area, Jondaryan Oakey area, Dalby Creek, Ducklo area and the Bell town area. Also last year Lake Broadwater and Pittsworth Areas and Iron Gate Environmental Park, IronPot, Cooranga North, and Kumbia region with Bunya Mountains first up.

All U3A members are cordially invited to join our Birdwatching Activities. **We start on 19 January 2024. We will**



We meet on Thursdays, fortnightly at 9.30. There are some really good artists amongst us which is great to see.

Our little class would welcome any new members so come along and join us.

**We start again on 8 February 2024.**

**Tutor: Dori Horne**



**DALBY ALLIED  
HEALTH**

*Inspiring Better Health*

Unit 4 , 37 North Street Dalby Qld 4405

Phone: 07 4662 0459

Fax: 07 4662 3974

Email: [admin@dalbyalliedhealth.com.au](mailto:admin@dalbyalliedhealth.com.au)

Website: [www.dalbyalliedhealth.com.au](http://www.dalbyalliedhealth.com.au)



**GEORGE &  
MATILDA**  
EYECARE

FOR  
JOHN DAVIES OPTOMETRISTS

to catch up on odd jobs and generally enjoy our gardens again.

Lots of different ideas were discussed with members sharing their knowledge as well. We covered plant profiles, repurposing, organic bug sprays, recipes for cooking using our garden produce. We also discussed lotions and potions, skin care, maintenance and cleaning of your tools. Various ways of propagation, to maintain and prepare your gardens for frost and of course excessive heat waves.

You name it we cover it. We also swapped cuttings and did a seed saver swap. We finished up the year with a Secret Santa Pot Plant and creating bird seed hangers.

After a discussion on garden topics, we share hints and tips, sometimes swap cuttings and seedlings and then enjoy a chat with our morning tea.

Looking forward to seeing your friendly faces again and hopefully some new ones.

All welcome! **Classes are held on the 4th Monday, at 10a.m. in the Longmore Room.**

***Classes resume on Monday 26th February, 2024.***

**Tutor: Maree Parkes**



## **SEWING AND DRESSMAKING**

The happy little group of sewers are ready and waiting, with projects in mind, to start the new year.

**Classes commence on Monday 19 February, 2024 at 9.30 a.m.** Classes are held on the third Monday of each month in the Longmore Room.

Sewers work on projects of their own choice, however as Tutor I aim to introduce small projects through the year which sewers complete and these make terrific gifts for







Cards

Play commences from 9.00 a.m. to 10.00 a.m. then we have a short break for our morning tea and play continues on until 12.00 a.m.

Cards are played in the Longmore Room on Tuesday mornings 9.00 a.m. to 12.00. a.m. weekly.

**Tutor: Derek Goldthorpe**

### NEW CLASS — FLORAL ART

Floral Art is an enjoyable craft to be involved in. It is a beautiful and fragrant way to spend an afternoon. At our first class, Margaret will be talking to us about designs, the quality of materials used, where to obtain or purchase products and other relevant information.

She will have a handout for us with a list of requirements to bring along to classes. Please bring a notebook and pencil along to this introduction class.

**Classes are held every 3rd Tuesday monthly, 1.00 to 3.00 p.m. Starting on 20th February.**

**Tutor: Margaret Stevenson**



amongst the guest speakers were Val Dun informing us about Probus and information on Bellcare.

Our Entertainment on these special days included our Magnificent Robs Mob. We also were privileged to see Fancy Footwork by our Linedancing Group, and listen to the Terrific Ukulele Group.



On Anzac Day the 25th April, Gina Jones was given the honour of attending and laying a wreath on our behalf.

On 4 May we held a Mothers Day morning tea and plant sale. Margaret Stevenson was our guest speaker and gave a spectacular floral art demonstration.

The U3A State Network Conference and A.G.M. on 8th and 9th June was held in Northlakes with several members attending and bringing back relevant news.

Our Tutor Luncheon followed on 15 June at the Dalby Leagues Club with a large number of Tutors attending.

On 17 October to help celebrate Seniors Month, Mitch Pogan from the Western Downs Regional Council together with others held a morning tea at our Centre. "Mrs Harris goes to Paris" was the movie that was shown.

Our Melbourne Cup luncheon was held on Tuesday 7 November with Wendy's On Cunningham supplying the Fashion Parade Clothing and of course the usual sweeps and raffles.

To complete this fabulous year, 4 December was our Annual General Meeting, where we did vote in our new 2023 Management Committee and of course we celebrated with our Christmas Party afterwards. We were entertained by Warwick Witt, Trish Morrin, her gorgeous granddaughter Ariaah and Richard O'Shea singing Christmas songs.

Nancy Evans our Publicity Officer did an incredible job in promoting our activities during the year, via Dalby Radio Station, and of course in the photos and stories in the Western Downs Town and Country Free Local Paper, on Facebook and on our Website and other avenues.



complete all of those unfinished works in progress (U.F.O's) or alternatively learn a new skill. Dianne has offered to teach crochet to anyone interested. Of course some of us from last years class still need help occasionally anyway. All crafts are welcome, you may find someone else who shares your passion for embroidery, knitting, any form of hand stitching really. Or maybe you are working on something different. Please feel welcome to come along and join in.

**Classes will be on Wednesdays weekly commencing on 31st January  
Times are 2.00 p.m. to 4.00 p.m.**

**Tutor: Dianne Ferguson**

### **UKULELE GROUP**

Ukulele is held every Wednesday at the Museum in Black Street in the building near Elders from 9am to 12am. It's a fun morning when we play and sing our ukuleles. Last year on the third Wednesday of each month we entertained at Karingal. We have been asked to continue this year also.

We have a couple of spare ukuleles for anybody new to see if they like it before they commit to purchasing a ukulele. New members welcome. Ukulele will be starting the first week of February.

**Classes begin on Wednesday 7th February, 2024. Times are 9.00 a.m. to 12.00 p.m.**

**Tutor: Heather Fernan**





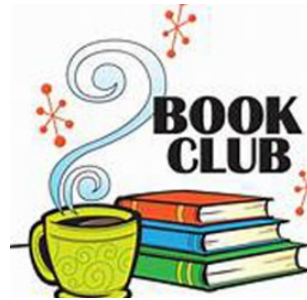
discussions about them. Sometimes the books are shared amongst the members—thank you ladies.

Thank you Maree for filling in for me when I couldn't be there.

We will continue to have book club on the last Thursday of each month, 10.30 a.m. start.

Everyone is most welcome to come and join us. Looking forward to seeing you.

**Book Club will recommence on 29th of February, 2024.**



**Tutor: Robyn Perrett.**

## Better Movement Clinic

66 Drayton St, Dalby Qld 4405  
Phone: 07 4662 2855  
Fax: 07 4662 2899  
Email: [info@bettermovementclinic.com.au](mailto:info@bettermovementclinic.com.au)  
[www.bettermovementclinic.com.au](http://www.bettermovementclinic.com.au)



Exercise Physiology  
Exercise Science  
Dietetics

This is an important part of U3A income. Please continue to support this income, by doing so it could delay an increase in our Members Subscription.

## Monthly Minutes

Just a reminder to all of our members that a copy of our monthly minutes is posted onto the three notice-boards for you to view.

**A copy of our outgoing E-mails are also posted on the Main Hall Noticeboard for all to view.**

Our Committee and Tutors work extremely hard to ensure that our U3A functions as smoothly as it does, providing not only classes and events but a safe and welcoming place for all to enjoy.

## SCHRECKS SHOE STORE

M.E. Hartman Pty Ltd  
ABN: 50 010 595 141

*Melinda Daniel*  
Manager

15 Cunningham Street  
Telephone 4662 2095

mantle piece or fridge door. Whatever the occasion a card will strengthen the connection with a loved one.

Come along and learn some basic techniques which will satisfy your creative urges and Impress your friends. If you can wield a pair of scissors, use a pencil and a ruler, then you are on your way to making a heartfelt, deeply personal way of connecting with your loved ones. While you might only be using paper, cardstock, glue and ink, you can create a whole new world of communicating. Many of the ideas can be easily adapted for scrapbooking if that is your other passion.

I look forward to passing on the skills for a pleasurable and useful pastime. **Classes are held every Wednesday from 9.30 a.m. to 12.00 p.m. Starting on Wed. 31st January, 2024.**

**Tutor: Anne Peil**

### **INDOOR BOWLS**

Indoor bowls is still going along strongly with 12 to 16 players turning up.

Bowls are supplied—all members are welcome.

We play every Wednesday 9.30 a.m. to 11.30 am.

Come along and have a go, starting 24th January.

**Tutor: Gary Matthews**



Dalby & District Friendly Society Dispensary



3 tables fully occupied—  
4 per table on a rotational basis.

On some days number of females equals the number of men, therefore making mixed doubles a requirement. When an odd number of players appears, a rotational system applies. Everyone really sets out to enjoy themselves and relax after two hours hard!! Work.

Any new competitors are welcome. Feel free to come and check it out. Thank you for your attention.

**Tutor: Peter Green**

**Please support the generous sponsors who advertise in our Newsletter. When visiting a sponsor's shop mention that you saw their ad in the U3A Newsletter.**

### **SPONSORS 2024**

ACTIVE PHYSIOTHERAPY : Ph 07 7662 3422

ALLIED HEALTH : Ph 07 4662 0459

ANTHONYS : Ph 07 4663 3433

BETTER MOVEMENT CLINIC : Ph 07 4662 2855

BMO ACCOUNTANTS : Ph 074662 3722

DALBY CHEMIST : Ph 07 4580 1144

DALBY & DISTRICT FRIENDLY SOCIETY DISPENSARY Ph: 07 4662 5333

GEORGE AND MILDRED EYECARE FOR JOHN DAVIES OPTOMETRISTS

Ph: 07 4662 3725

SHRECKS SHOE STORE : Ph 07 4662 2095

WARREGO OFFICE CHOICE : Ph 07 4662 2111

WENDY'S ON CUNNINGHAM : Ph 07 4662 2086

WHOLELIFE PHARMACY & HEALTHFOODS : 07 4662 2777



### **EMERGENCY NUMBERS**