



# THE QUARTERLY FLYER

March 2013

Volume 1/2013

## Saint Barnabas Church of England



Believed to have been built on the site in Musgrave Street in the 1890s, It played a big part in the in the life of the Church of England Community in Rockhampton. In 2006 it was closed down and sold by auction for removal.

**Drawn and copy right by Rob Smith.**

<p>U3A Rockhampton P O box 8160 Allentown Rockhampton 4700</p>	<p>General Meeting 1st Monday of Month at Frenchville Sports club No joining fee Annual membership fee is \$15.00 per year, payable before end of June, \$7.50 payable to the end of year.</p>
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## **PRESIDENT'S REPORT**

As I sit and type this report I find it hard to believe that the past year has gone so fast. It has been a very enjoyable year for me and I feel sure that our members have enjoyed the events we have been a part of and the friendships that we have all made through being members of U3A.

Just a few months into last year Maxy our Secretary became ill and had to stand down and Hazel stepped in and took over her position with so much expertise. Thanks to both of you for all of the work you have done. John Elson took over the Journal Editor position and has produced a very interesting edition each quarter. Thanks to each and everyone of you on the Committee, as you have all worked so well together to keep the running of our U3A on an even keel.

In the last twelve months we started a History Group which meets monthly and looks like it will go ahead in leaps and bounds in 2013. We also now have a Photography Group which thanks to Phil has really taken off. We all need to know how to use our digital cameras correctly so what a great opportunity to get started in this field.

I would like to thank the tutor/coordinators of the activities as without you all volunteering your time and efforts we would not be able to learn new subjects and that is what University of the Third Age is all about. It is never too late to start learning new things.

A big thank you must go to Tanya for being our Tea Lady for our meetings and organising our morning tea each month. She is always so reliable and arrives with our tea, coffee, milk, sugar and biscuits without fail. Thank you also to the members who assist us with pouring tea and coffee as without these people we could not manage.

Then there are the other volunteers who greet our members and visitors at the door, and the ladies who sell the raffle tickets. What would we do without you all? Thanks so much for your help.

Jeanette has organised wonderful guest speakers during the year and we seem to always learn so much from these talks. Our Treasurer Valda has looked after the money side of things and always makes the job look

so easy. Valda also organised our Senior's Week Afternoon Tea which was again very successful. Thanks Valda. The Garden Club hosted their annual morning tea in aid of Cancer which was a huge success again with a large donation going to the Cancer Foundation. Our Publicity has been looked after by Cherith and she has got our stories and photographs in the newspapers letting the general public know who we are. Nick has worked on our Web Page and this also gets us much publicity.

During the last year we have had our constitution updated. It had been many years since it had been changed and thanks to Arch Finlayson it has all been put into much more modern terms etc. In the next couple of months our By Laws will be updated also. Many thanks go to Arch for the hard work he has put into this.

In September we travelled to Kroombit National Park on a Mystery Tour which Nancy had organised for us. It was a great day and everyone on the bus tour enjoyed the trip so much. These day trips are always a lovely surprise and it is really worth the effort to attend. Thank you so much Nancy for all of the work you put into the day.

We are very fortunate to be able to use the room at the Frenchville Sports Club for such a reasonable fee and it is great to see so many of us staying for lunch in their restaurant after the meeting. It is another great way to get to know our fellow members.

If I have missed thanking anyone please forgive me but there are so many of you who put in so much towards our success.

I look forward to the year ahead and hope you all have a healthy and happy 2013.

**Ann Findlater**  
**President**

## **ASTRONOMY**

This year, 2013 marks the third year of Astronomy at U3A Rockhampton. We meet every second Wednesday at 10.00 in a room next to the Bookshop at the University. Each session lasts 2 hours with smoko in the middle! The subject matter is aimed at people with a very basic knowledge of astronomy,

with lots of pictures, some videos and plenty of time to ask questions. The usual format is to start with astronomy news, there is so much going on in astronomy that this helps to keep members up to date with the latest developments and discoveries. After smoko we have a special topic focusing on one particular subject. In February we had a special look at Mars, and in March we will look at Jupiter with the latest findings and images. There is the possibility of seeing a very bright comet in late February and early March. However, the comet will be very low just above the western horizon immediately after sunset so although quite bright we will not be able to see it in a dark sky. You will need a very low horizon to the west to have any chance of seeing this comet, and a very clear sky!! From about the 25th February to mid March look west immediately after the Sun has set. As the sky darkens over the following 30 minutes you may get a glimpse of the comet with its tail pointing away from the Sun. A pair of binoculars is the best viewing aid. Please let me know by e-mail if you are successful as this would be quite a magnificent sight, although there are no guarantees with comets!!! My e-mail is: [tony@viasolis.com](mailto:tony@viasolis.com) Good luck

Clear skies,  
**Tony ward**  
[tony@viasolis.com](mailto:tony@viasolis.com) 0749 330205

### U3A SINGING GROUP

The U3A Singing Group this year has been hampered by my unexpected absences through illness. Despite this the group has pulled together in the good times and given me 100% of their attention to detail as we have performed six times at various venues during the first five months of the year. Then we had a few months break and regrouped again with three concerts so far to arrange before Christmas. The Carer's Concert at Heritage Village on October 17th was well received with a lovely morning tea and many interesting stalls and craft to do during the morning. We welcomed several new members during the year and they are now part of our group. We are very fortunate to have as members,

good male voices which gives depth of sound to each performance. The men love to sing together and often we have requests for them to perform at venues. We'd like even more men, so think about joining us, chaps. This year we started to have "High Tea" on the first Tuesday of each month to celebrate the various members' birthdays for that month. This has proved very popular and chocolate cake and pumpkin scones are sometimes requested and some of the group oblige and bring them along. When everyone gets "high" on chocolate there usually is much more laughter that particular week. Comradeship is first class always. So remember dear folk, we are waiting every Tuesday morning for new members to come along. If you can walk you can dance and if you can talk you CAN sing.

Singing Group.

**Glenda McDonald Tutor**



**Home is where the heart is**  
**Professor Scott Bowman, Vice-Chancellor & President, CQUniversity**  
**People often ask me why CQUniversity has so many campuses - especially campuses located in Sydney, Melbourne and Brisbane, as these are definitely not in Central Queensland. My answer to this is that CQUniversity is a national university. We cater for international students – a majority of which attend our metropolitan campuses, as well as distance education students, who are spread right across the country. Our large campus footprint is a good thing because it differentiates us from other Australian universities and allows us to provide resources and support for a large majority of our students. Most recently we also opened the CQUniversity Cairns Study Centre which is now delivering more than 300 distance students, based in Far North Queensland with physical support and services to help them through their study journey.**

Importantly, Central Queensland is now a region that commands the attention of the nation, thanks to our 'stake' in the mining boom and the commodity export industry, and our soaring population trends. CQUniversity is intent on harnessing this 'power of place' and exporting it to the nation – and the world – through work-integrated learning, sharing of local expertise, regionally relevant research, and strengthened industry and community links. As the old saying goes, home is where the heart is and I am sure many of you would agree that over the years the University has been a vital part of the Central Queensland communities that surround it. Our Central Queensland campuses provide a hub for students and community groups, provide our children with an education and allow us to conduct research activities that are specific to the social, environmental and economic issues affecting the local area.

That's why we're doing everything we can to improve our local campuses. Just last year alone we opened a refurbished Library and Engineering Precinct, as well as an Allied Health Clinic in Rockhampton. Construction is also currently underway on the Trade Training Centre\* and Engineering Precinct in Mackay, and an Early Intervention AEIOU Centre\* for autism is being built in Bundaberg. These are huge developments and will allow CQUniversity to reach out to more Central Queenslanders than ever before.

As well as investing in new campus infrastructure we are also working very hard to engage with local communities and industry in the region. By doing this we are able to deliver new programs that will equip students with the skills and knowledge required to fill skills shortages in the region. This new phase of growth and collaboration signals an exciting time for not just CQUniversity but the entire Central Queensland region. In the future this truly great region of Australia will also be home to one of Australia's greatest universities, and that is something to celebrate.

\*The Mackay Trades Training Centre and Bundaberg AEIOU Early Intervention Centre

are based at CQUniversity campuses but are not CQUniversity projects.

Follow Professor Scott Bowman on Twitter @CQUniversityVC

Or read his blog <http://vc-cquniversity.blogspot.com.au>

Or follow CQUniversity on Facebook @/CQUniversity



U3A sign on Arch Finlayson cuppa signing on people for courses pic by Cherith Weis



U3A show and tell day VALDA CARTER



U3A show and tell day TAI CHI



**U3A show and tell day PHOTOGRAPHY PHIL MORISETTE**

**The Grim Reaper came for me last night, and I beat him off with a vacuum cleaner. Talk about Dyson with death. I was driving this morning when I saw a parked RACQ van. The driver was sobbing uncontrollably and looked very miserable. I thought to myself that guy's heading for a breakdown.**



**U3A show and tell day CQ AEROBICS STRESS TRAINING CQ**

**U3A show and tell day IN VOICE**



**Aqua-aerobics Group**



**Seniors Gym Group**

**Aqua-aerobics at Caribee**

Aqua-aerobics is an exercise which attracts many U3A members as it is ideal for people who may have mobility problems. It is amazing what can be achieved in the water compared to a floor. Members are encouraged to work at their own level and beginners soon improve their performances. Most U3A members come on Tuesday or Thursday mornings, although other times are also available. Caribee management offer a considerable discount to U3A with a \$6 charge.

Aqua-aerobics is conducted in a separate covered and heated pool with waist-high water level. You do not need to be a swimmer. This is an exercise program for people of all levels of fitness. Shirley Hopkins 4936 4792 (afternoons)

Caribee Swimming Academy 49261650

**CQ University Community Sports Centre**

The centre offers various gym programs for improving fitness of Seniors. Most Seniors take part in Floor Aerobics and Resistance Training programs on Tuesday and Thursday mornings with trained instructors. Floor Aerobics class offers a variety of exercises which improve balance and co-ordination. Resistance Training involves weight-training which can improve general health as well as overall fitness and is carried out on an individual basis. It is available on week days, Saturday mornings` and Sunday afternoons. The centre has invested in many new apparatus recently.

Seniors are offered a special rate of \$6 for which they can do Floor Aerobics, Resistance Training and have a swim in a heated pool on any single visit. If you wish to improve your

health, and feel fitter, come along and join this group.

**CQ University Community Sports Centre**  
**4923 2159**

Jill Howes 49287715

### **ARE MY FILES SAFE**

Where should I store my IMPORTANT created digital Documents? Should I have several copies?

A computer crash can be devastating, you could lose everything that you have created and stored. Lose all your photos, documents, spreadsheets, banking details, budgets, family history ... gone forever.

With changing technology and storage devices it is becoming a serious question and all computer users need to think about where and what they have stored on their computers Hard Drive.

Computer storage components can be solid state SSD (no moving parts) ie a USB thumb drive and disk types in the forms of sealed external hard drives, anything up to 3TB. Now of course the USB drive can store up to 64Gb and Blu-Ray disks from 25Gb on a single layer up to 50GB on a double layer. Most computers come with a DVD read / writer and 4.8GB can be stored on a single layer or 9.6GB approx on a double layer. So you have the capability of making copies of your data without buying anything else.

But times are changing and if you think back to 360Kb floppy disks, then came the 1.44Mb biscuit disks and a CD holding 750Mb and now we have Blu-ray holding 50Gb. What is not taken into consideration is data storage conversion. If your new computer doesn't have a floppy reader, you lose the capacity to read from that media. Eventually CDs will go and eventually all storage will be on solid state SSD. Present Solid state drive capacity runs from 4Gb to 800Gb. The higher the quantity the higher the price.

So the point is any data, documents, photos etc that you have created and don't want to lose must be continually moved up as technology improves.

Incoming Email on whatever client you use such as Microsoft Outlook is not a place to store mail and attachments like photos and

documents you don't want to lose. These items must be moved and saved to another form of storage. At the moment do you know where Outlook saves your emails? OK, Open your Email and without opening the mail right click to select and left click copy and paste into your external Hard Disk.

However, if you have taken the time to copy and make a backup of all your precious stuff you are on the road to recovery. External Hard Drives are easy to use and very effective as a back up device, they are cheap enough to have three or four to store different items, but remember they can fail too, so have another plan as well like saving onto a DVD

To use an external USB Hard Drive, just plug it in to a USB port and copy and paste from your computers hard drive to the external drive. Some external hard drives are powered through the USB port while others have their own power supply.

Remember "the world is at your finger tips" so use your computer and enjoy

**Nick Quigley OAM**

**Changing Seasons'** To everything there is a season' and I'm in no doubt, looking back, that I've seen a few seasons come and go. Some seasons crept up so subtly that I was hardly aware of the changes until I looked back, while others have a definite start and, perhaps, a finishing point. As a new U3A member I am amazed at the new directions my life seems to be taking in just the last few months.

The first U3A meeting for 2012 was sign on day, and it was so exciting to see the range of activities and opportunities there to choose from. It would have been easy to fill every day of the week with something challenging, or creative, or social, or healthy, or a combination of all the above. I decided on 'Arm Chair Travel' which featured David Mitcham presenting a journey through the UK through beautiful photography.

Have you ever been to Goathland? As a fan of Heartbeat (TV channel 7TWO) this English town is definitely on my 'to visit' list!

Whatever other U3A members gained from the presentation, my treasure is knowing which characters will survive the plots and

trails of the series right up to the last episode, because I've seen photos of the last episode being filmed!

I also signed for Line Dancing, and found a lovely group of friends with teacher, Sue, who accepted my stumbling efforts with words of encouragement. Exercise was very much on my New Year Resolution list, and it had to be enjoyable, sun-safe and accessible. Line Dancing ticks all the boxes for me, so I've taken an extra class as well.

Finally, I chose to join a craft group associated with my church. With pride I returned from my first craft morning with my lopsided little tassel, which now adorns my handbag. And equally valued is my very first chenilled bathmat. BATHMAT?! Did I give up a challenging career to make a bath mat? Apparently, yes! Strange but true. Now, what's next?

**Brenda Edgar**

#### **Tick-Tock**

My afternoon nap is something I really look forward to, but getting going again afterwards isn't always easy. I glanced at the clock – bother! It's going slow and that means I have to find those new batteries I bought last week.

Now where did I put them? My daughter brought me home in her car, even though she was rushing to get to school to pick up Patrick. I don't know why he doesn't walk home – it would be jolly good for him to get some exercise. I spend at least an hour a day in my garden, do a bit of this and a bit of that, but it's all good exercise. In fact, I've got those nasturtiums to put in, and the weather's nice so I might just drop a couple of seeds ...Whew! I'm glad I did that, as it's just started to rain. They'll get off to a good start in that newly dug flowerbed. Oh, yes! Here it is a rug made to a pattern that Jenny gave me, although it looks nothing like hers. I'm going to add a ruffled edge to mine, like this ... Now what's the time? Oh, it's coffee time. I'm not even thirsty, but if it's coffee time ... That's funny. I'm running out of coffee and it's getting dark outside. I think my clock must be slow! I'd better find the batteries ...

**Brenda Edgar 1/2013**

#### **Jacana Bush Dancers**

In 2013 the group will meet in Monday nights at a new location, The Pipe Band Hall, Gladstone Road next to A Man's Toyshop from 7:30pm to 9:30pm with a light supper. Bush dancing is a great Aussie tradition, each dance is taught by an experienced caller. There are over 30 people of all ages in the group. U3A members are encouraged to join for fun fitness and friendship. The first night is free, normal admission is \$5 adult, \$1 student's singles couples and families welcome.

The Jacanas will be conducting a free 4 week course on Monday night commencing 4th march for one hour from 7:30pm to 8:30pm the only cost will be \$6 for one year's membership.

**Contact Shirley 4936 4792 (afternoons)  
Marjorie 0437 721 873**

#### **VALE HELENE JONES**

I understand that Helene Jones was a Foundation Member of our U3A.

It is sad that she has gone at the age of 94 but what a celebration of life. Who amongst us will be able to live independently until we are 91!

Much has been published about Helene's Community involvement and generosity. I would like to invite you to share two outings I enjoyed with Helene in 2012. Helene provided several prizes to the local eisteddfod association and I decided to take her to as many sessions as I could in 2012.

One Monday afternoon I picked her up at Shalom for the afternoon session of piano. After the session she did not want to go home. On her wheelie walker, we toddled over to the Cambridge Hotel to have a meal, then back again to the Pilbeam for the 6 o'clock session of Secondary School Bands. A call was made to Shalom to say she would not be home for dinner. Helene thoroughly enjoyed the 12 bands and we arrived back at Shalom at 10.30pm. Quite an effort for a 94 year old!

The last musical event of her life was the great honour of a quartet from the Queensland Symphony Orchestra playing favourite classical music for 40 minutes at Shalom.

Her eyes sparkled and the group thanked her for support over the years.  
I shall miss her, but I am not sad. I am grateful to have had her friendship for over 30 years.

### **Shirley Hopkins**

You might enjoy this from Col D. G. Swinford, USMC, Ret and history buff.

You would really have to dig deep to get this kind of ringside seat to history:

1. The first German serviceman killed in WW II was killed by the Japanese ( China , 1937), The first American serviceman killed was killed by the Russians ( Finland 1940); The highest ranking American killed was Lt Gen Lesley McNair, killed by the US Army Air Corps.

2. The youngest US serviceman was 12 year old: Calvin Graham, USN. He was wounded and given a Dishonourable Discharge for lying about his age His benefits were later restored by act of Congress.

3 At the time of Pearl Harbor, the top US Navy command was called CINCUS (pronounced 'sink us'); The shoulder patch of the US Army's 45th Infantry division was the swastika. Hitler's private train was named 'Amerika.' All three were soon changed for PR purposes.

4. More US servicemen died in the Air Corps than the Marine Corps. While completing the required 30 missions, an airman's chance of being killed was 71%.

5. Generally speaking, there was no such thing as an average fighter pilot. You were either an ace or a target. For instance, Japanese Ace Hiroyoshi Nishizawa shot down over 80 planes. He died while a passenger on a cargo plane.

6. It was a common practice on fighter planes to load every 5th round with a tracer round to aid in aiming. This was a big mistake.

Tracers had different ballistics so (at long range) if your tracers were hitting the target 80% of your rounds were missing. Worse yet tracers instantly told your enemy he was under fire and from which direction. Worst of all was the practice of loading a string of tracers at the end of the belt to tell you that you were out of ammo. This was definitely not something you wanted to tell the enemy.

Units that stopped using tracers saw their success rate nearly double and their loss rate go down.

7. When allied armies reached the Rhine, the first thing men did was pee in it. This was pretty universal from the lowest private to Winston Churchill (who made a big show of it) and Gen. Patton (who had himself photographed in the act).

8. German Me-264 bombers were capable of bombing New York City, but they decided it wasn't worth the effort.

9. German submarine U-120 was sunk by a malfunctioning toilet.

10. Among the first 'Germans' captured at Normandy were several Koreans. They had been forced to fight for the Japanese Army until they were captured by the Russians and forced to fight for the Russian Army until they were captured by the Germans and forced to fight for the German Army until they were captured by the US Army.

11. Following a massive naval bombardment, 35,000 United States and Canadian troops stormed ashore at Kiska, in the Aleutian Islands . 21 troops were killed in the assault on the island..... It could have been worse if there had actually been any Japanese on the island.

12. The last marine killed in WW2 was killed by a can of spam.

He was on the ground as a POW in Japan when rescue flights dropping food and supplies came over, the package came apart in the air and a stray can of spam hit him and killed him.

### **Internet**

#### **OLD REMEDIES**

as **written by Gladys Arlott**  
**(Mother of Daphne Lawrence & Joan Brown**

The blue bottle of castor oil is about the oldest remedy if anyone was ill, and many a time it did the trick. Usually if you were sick as a child it was a tummy ache, and the first thing thought of was a good clean out. A dose of Epsom Salts was usually given once a week. How we hated it, with nothing to take the taste away. You did get given a spoonful of jam after taking castor oil.

An old remedy for an infection such as an abscess, boil or splinter embedded deeply was to put a poultice on it. This was often a bread poultice – a thickly cut small piece of bread with boiling water poured on it, just sufficient to moisten it. It was put on with a clean rag and bandaged on the sore very hot and left overnight. Sometimes a soap and sugar poultice was used – a shaving of carbolic soap or common soap mixed with sugar and bound on. After a couple of treatments it would do the trick.

When you got Mumps, your jaw was wrapped round with a flannel to keep it warm and you were off school for three weeks. For Measles you had to stay in bed for a week with the room darkened. Blankets were used to cover the windows as the light was bad for the eyes. Whooping cough was another deadly complaint. Some people used to boil down prickly pear leaves and strain off the juice. It was considered a good relief for the cough. It worked for some if used at the onset, but all these complaints had to run their course, and some families made sure once one child contracted a disease, they made sure all the other children had it as well, even by putting them into bed with the sick one. Some didn't actually get the disease. It was proved by a test later that these were the carriers. Kerosene saturated into the hair was used if you had lice, and of course the fine nit comb was used, especially if anyone had a nit showing on the hair. It certainly killed the lice, but for some it was painful on the scalp. There was also Gammawash and Squash a Chips which used to be boiled and strained and the head was washed with the liquid. The good old Goanna Salve and linament were used often and still are used nowadays. The Rawleighs traveller would come to the door with his port of potions. It was hard to get rid of him. The quickest way was to buy something. He could talk the leg off an iron pot if you didn't. Some people looked forward to his coming and he was popular with country folk as he was their only supplier of ointments and cough remedies. Some worked very well.

Swallowing the lightly beaten white of an egg would stop an upset stomach. After a

vomiting attack it was supposed to put a lining on the stomach. A red flannel piece stitched to the front of a singlet helped cure Bronchitis and when the flu epidemic was bad everyone had to wear a little bag with a block of camphor on the chest. You were sent home from school to get it if you turned up without. There was an inspection each morning.

It was supposed to take the natural oils out of the body if you bathed too often. Once a week was sufficient. Saturday was always bath day and also hair washing.

**Judy Whitworth**

### **Editor's report**

Dear Members, I hope that you are all at the place that you want to be? At the last meeting I stood in for Tanya our U3A tea lady whose husband was very sick at that time We hope that he is a lot better now. I am told that you don't know what another person's life is like until you walk a mile in theirs shoes I can tell you who has the most physical work in the club and as a clue I can say that it isn't me. Thank you Tanya and all of the volunteers for all of your hard work .Please send all submissions for the Quarterly Flyer to me in email form written the way you want it to appear I can't spell. *(Have somebody proof read it)* Please use this email address

[elsonalfred06@gmail.com](mailto:elsonalfred06@gmail.com)

Don Wilson one of our members of U3A Runs a Orchid club which I joined last month, One of his members has been growing orchids for over sixty years so you can say he knows his stuff, Please ring Don if you have any inquiry's on 49282887. Please don't ring me before 9.00 am as my wife and I are late risers.

Take care and I hope to see you at the meeting you can ring me on **0749286859**

**Jon'o**

### **Tai Chi and Daily Life**

Exercise is only useful if you do it, any exercise is better than no exercise, and regular exercise is best of all... all year long!

Exercising for a few minutes each day is the ideal, and most of us get at least some exercise walking around the house or shops, bending down and lifting as we work, etc. But tai chi encourages us to work the whole body

and involve our mind as well. Start with some stretches. These can often be done standing, sitting down or even lying flat on the floor. Work your way through all parts of the body, ensuring that you work both sides evenly, letting muscle groups stretch and relax, stretch and relax.

Doing a full tai chi set is often difficult, especially if you are a relative novice. Repetitive Shibashi exercises are a good alternative and don't need a lot of room to perform. The sets that we do in class flow from routine to routine but they can actually be done individually or in any order, and be repeated as few or as many times as you like. Shibashi routines such as 'play guitar', 'lady weaves cloth', etc., and 'tai chi walking' with turns, will help improve your form as well as assisting balance.

Keep your breathing even: holding your breath causes you to stiffen up and doesn't allow the muscles to either stretch or relax properly. The ideal form for most exercises is an upright posture. Look straight ahead, rather than down at the floor, and avoid hunching your shoulders. And whatever you do, avoid getting dehydrated, and enjoy developing your personal set of exercise routines.

Lynn Zelmer, Special Needs Instructor  
Australian Academy of Tai Chi

**U3A Contact: Shirley Hopkins 4936 4792**

### **THE DISASTER**

The movement was very slight at first, just a gentle shaking of the leaves on the trees. The girls were awoken from their sleeping bags on the ledge of the mountain where they had set up camp for the night on their trek down, back to civilisation.

"Did you feel something?" asked Jane. "I'm not sure, but something woke me" her friend replied. They settled down to sleep again. Suddenly, there was a roar in the distance, like the noise of a train coming nearer and nearer.

The ground began to shake back & forth and the girls clambered back against the rock face behind them as scree and a shower of stones fell from the slope above where they stood.

The noise became deafening as large boulders began pounding down from above.

They could hardly see through the dust and debris falling around them. As they peered out they saw trees tumbling down and a great crack had appeared in the ground just to the right of the path where the descent would take them back to safety.

A deafening and terrifying noise overwhelmed the two girls as they clung together desperately trying to keep their balance on the heaving ground. The rocks behind them started breaking away as they screamed in terror and fear they were thrown into the air and flung twisting and bouncing like rubber balls to the bottom of the mountain.

A hush descended all around. There was complete silence. In that remote area of the forest, it would be days before anyone realised what had happened.

**by Joan Brown**

### **NOISES IN THE NIGHT**

It was thirty minutes past midnight. The house was deathly quiet until a crash broke the silence of the night. I froze as the adrenalin shot through my system, alert, all ready to run .... To retreat .... To do whatever was necessary.

Gathering my scattered wits together, I quietly approached the doorway to the room from where the noise probably came. In the light of the moon shining through the window, the room appeared to be completely empty - except for the silent lumps of furniture scattered throughout it.

I turned on the overhead light in the hallway and it spilled over into all the rooms leading off it. I could review the overall scene without moving an inch. Nothing looked out of place, no spare people at large.

I saw a cat sleeping peacefully on a cushion on the armchair near the piano. Puss looked so innocent. My cat always did so. This innocence raised my suspicions and as I moved closer towards her I remembered the assembly of artefacts that had been displayed on the top of the old iron frame. These had been carefully gathered together for me by a teenage son who knew of my love of anything purporting to be from Egypt.

Nefertiti was still there, and most of King Tut – alongside another little smaller black figure, but all else lay in fragments behind and beside the piano, right beside our so innocently sleeping 20-year-old cat!

**by Joan Brown**

### **Internet**

Statistically, 6 out of 7 dwarfs are not Happy.

A mate of mine recently admitted to being addicted to brake fluid. When I quizzed him on it he reckoned he could stop any time....

I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed 4 grave diggers walking about with a coffin, 3 hours later and they're still walking about with it. I thought to myself, they've lost the plot!!

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were \$70!!! Blow this, I thought, I can get one cheaper off the web.

I was at an ATM yesterday when a little old lady asked if I could check her balance, so I pushed her over.

I start a new job in Seoul next week. I thought it was a good Korea move.

Statistically, 6 out of 7 dwarfs are not happy.

My neighbour knocked on my door at 2:30am this morning, can you believe that, 2:30am?! Luckily for him I was still up playing my Bagpipes.

Two Muslims have crashed a speedboat into the Thames barrier in London. Police think it might be the start of Ram-a-dam.

Sat opposite an Indian lady on the train today, she shut her eyes and stopped breathing. I thought she was dead, until I saw the red spot on her forehead and realised she was just on standby.

The wife was counting all the 5c's and 10c's out on the kitchen table when she suddenly

got very angry and started shouting and crying for no reason. I thought to myself, "She's going through the change."

When I was in the pub I heard a couple of plonkas saying that they wouldn't feel safe on an aircraft if they knew the pilot was a woman.

What a pair of sexists. I mean, it's not as if she'd have to reverse the bloody thing!

Local Police hunting the 'knitting needle nutter', who has stabbed six people in the arse in the last 48 hours, believe the attacker could be following some kind of pattern.

Bought some 'rocket salad' yesterday but it went off before I could eat it!

A teddy bear is working on a building site. He goes for a tea break and when he returns he notices his pick has been stolen. The bear is angry and reports the theft to the foreman. The foreman grins at the bear and says "Oh, I forgot to tell you, today's the day the teddy bears have their pick nicked."

Murphy says to Paddy, "What ya talking to an envelope for?" "I'm sending a voicemail ya thick sod

### **THE BOOKSHOP**

St. John of God is the Patron Saint of Booksellers! He was born in Portugal in 1495. He worked as a shepherd, and later became a drunkard and gambler. At age 40 he went through a mid-life crisis and moved to Granada. In 1538 he open a shop and presumably sold books, although they may not even have had movable type.. Two years later he founded the Brothers Hospitals, and ten years after that he was dead.

Margaret Rose loved books. She loved all kinds of books – fiction or fact, hardback or paperback, sophisticated or simple. They were her constant companions, her friends as well as, she contemplated, her livelihood; an ideal combination.

It was all the more ideal for Margaret because they were so safe. She knew where she was with a book. Real life was full of bumps and

pitfalls; real people let her down – but with a book she could always feel secure. If she didn't like what it made her feel or think, she could just shut it away behind its covers and banish it back to its shelf. "Out of sight, out of mind."

Margaret had nursed this passion for the printed word all her life. As long as she could remember she'd been determined to work among literature – as a librarian, or maybe in a publishing house. When she left secondary school, with high marks in English, and no idea of what to do with it, she saw only one possibility advertised in the newspaper's Positions Vacant column- Assistant in a small bookshop in a small city.

On the surface, she could have done a lot better. The owner of the shop was too old to put in more than an odd brief appearance daily. She anticipated concentrating on all the positives. The place was tatty and held together by willpower and good faith. The pay was appalling. The harsh practicalities – such as future prospects, or financial status, came low of Margaret Rose's list of priorities. She always had been one of the world's dreamers.

She took her coffee to a corner table and settled in with her emergency paperback, this one was from her handbag not from the shop. Judy stashed paperbacks in every nook and cranny of her life – purse, office, car, kitchen, bathroom. Years ago, when the pain of her divorce was fresh and bright, the books had started as a way to distract herself from the fact that she had no life. But over time Margaret came to realize that she preferred her books to other people's company.

Reading was not a fallback position for her but an ideal state of being. At home she had to be hyperconscious not to use books to retreat from her own children. She would put the book aside and watch whatever television program Miles and Janis had chosen, all the while casting longing glances at the volume so near to hand.

At work, where she could have joined any number of colleagues from nearby shops and offices for breaks and lunches, where she almost always sat by herself, reading once she discovered that while the Patron Saint of Book

sellers, Art dealers and Printers, he was also the same St John the Evangelist that is the patron saint of writers! Her space time would now be used in another way.

## U3A Activities 2012

Legend:      \* = Continues all year      NA = New Activity      SA = Shared Activity  
 NB ~ Identified costs are mainly for venue hire. Materials are extra, depending on what you use.

Activities	Times	Venue	Contact	Phone
<b>Monday</b>				
<b>General Meeting</b> ~ monthly 1 <sup>st</sup> Monday (excluding January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton (Lunch to follow)	Ann	49221581
<b>Aqua Aerobics</b> ~ cost \$6	Weekly 6.00 pm- 7.00 pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	49261650 49364792
<b>History Group</b>	3 <sup>rd</sup> week 2 pm.	Settlers Village Community Centre Pauline Martin Drive -off North Street	Ann	48221581
<b>Tuesday</b>				
<b>Aerobics</b> <b>Resistance Training</b> <b>SA*</b> <b>Swimming</b>	8.45am-9.30am 7.30am-8.30am (Weekly) (Any open hours)	Community Sports Centre, Yaamba Road, North Rockhampton <b>Cost for all 3 activities on any single visit ~ \$6</b>	Sports Centre	49232159
<b>Aqua Aerobics SA*</b> ~ cost \$6	Weekly 11am- 12noon & 5.30 pm-6.30 pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	49261650 49364792
<b>Bush Dancing SA*</b> ~ cost \$5	Weekly 7.30pm- 9.30pm	Pipe Band Hall Gladstone Road, Rockhampton	Shirley	49364792
<b>Heritage Teddy Bears</b>	1 <sup>st</sup> & 3 <sup>rd</sup> week 9.30am-11.30am	3 Frenchman's Lane, North Rockhampton	Lorraine	49260432
<b>Investment Group Discussion SA</b>	3 <sup>rd</sup> week 10am	255 Elphinstone Street, North Rockhampton	Arch	49286653
<b>Mah Jong SA*</b>	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Mary	49285059
<b>Multi-Craft</b> * ~ supply own materials	2 <sup>nd</sup> & 4 <sup>th</sup> week 10am-2pm	31 New Exhibition Road, Rockhampton.	Molly	49274325
<b>Singing Group</b>	Weekly 9.30am	284 Upper Dawson Road, R'ton.	Glenda	49223662
<b>Tai Chi</b> *	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Virginia	49211602
<b>Wednesday</b>				
<b>Aqua Aerobics</b> ~ cost \$6	Weekly 6.00 pm- 7.00 pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	49261650 49364792
<b>Astronomy NA</b>	2 <sup>nd</sup> week 10am- 12noon	CQU room (beside CQU Computer Shop)	Tony	49330205
<b>Book Lover's Group</b>	4 <sup>th</sup> week 2pm	4/128 High Street, Nth Rockhampton	Margaret	49282757
<b>Embroidery</b>	1 <sup>st</sup> & 3 <sup>rd</sup> weeks 1pm-4pm	CQU room (beside CQU Computer Shop)	Pat	49274493
<b>Speech Group</b> ("In Voice")	1 <sup>st</sup> & 3 <sup>rd</sup> Weeks 9.30am-10.30am	200 Frenchville Road, North Rockhampton	Valda	49282119
<b>Writing for Pleasure</b>	1st week 9.15am- 11.15am	School of Arts, Bolsover Street, Rockhampton.	Judy	49274468

<b>Activities</b>	<b>Times</b>	<b>Venue</b>	<b>Contact</b>	<b>Phone</b>
<b>Thursday</b>				
<b>Aerobics Resistance Training SA * Swimming</b>	8.45am-9.30am 7.30am-8.30am Initially, then Any open hours	Community Sports Centre, Yaamba Road, North Rockhampton <b>Cost for all 3 activities on any single visit ~ \$6</b>	Sports Centre Jill	49232159
<b>Aqua Aerobics</b> ~ cost \$6	Weekly 9.30am- 10.30am & 6.00pm-7.00pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	49261650 49364792
<b>Computer Club</b>	NOT ACTIVE			
<b>Discussion ~ Current Affairs</b>	3 <sup>rd</sup> week 3pm-5pm	255 Elphinstone Street, North Rockhampton	Arch	49286653
<b>Art Appreciation Tours</b>	2 <sup>nd</sup> week 2pm	Rockhampton Art Gallery	Bill	49284447
<b>Photography Group</b>	Weekly 3pm	Advise at General meeting	Phil	49287769
<b>Friday</b>				
<b>Armchair Travel</b>	3 <sup>rd</sup> week 9.30am- 11.30am	Athelstane House, Ward Street, Rockhampton	Carol	49260791
<b>Food Lovers Group</b> ~ cost \$10	2 <sup>nd</sup> week 9.30am- 2.00pm	Athelstane House, Ward Street, Rockhampton	TBA	TBA
<b>Garden Lover's Club</b>	4 <sup>th</sup> week 9.30am	Different Garden each month ~ advised at General meeting	Virginia	49211602
<b>Line Dancing</b> ~ cost \$5	Weekly 2pm-4pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton	Sue	4922 3421
<b>Pencil Drawing</b>	1 <sup>st</sup> week 9.30am- 11.00am	7 Gardenvale Court, Hillside Estate, (off Norman Road) Nth Rockhampton	Keith	4928 9505
<b>Square Dancing</b>	NOT ACTIVE			
<b>Scrabble</b>	NOT ACTIVE			
<b>Tai Chi</b>	Weekly 7.30am- 8.30am. Cost \$2.	Kershaw Gardens (Knight Street)	Shirley / Pam	49364792 49281130
<b>Saturday</b>				
<b>Aqua Aerobics SA *</b> ~ cost \$6	Weekly 7am-8am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	4926 1650 4936 4792
<b>Field Trips for Painters, Sketchers</b>	Saturday after General Meeting 10am-2pm	Venue to be announced at General Meetings	Carol Shirley	4926 1885 4922 8247
<b>Personal Arrangements</b>				
<b>Computer Classes</b>	Weekly ~ 2hours	CTC, New Library, 1 <sup>st</sup> Floor, Bolsover Street, Rockhampton. (course length varies ~ keyboard, mouse, Win XP/Vista, email, web Word 2003 & 2007, PowerPoint 2003)	Christine	4923 2561
<b>Family History &amp; Genealogy</b>	By appointment	Consultation at tutor's or person's home	Helen	4928 2233
<b>Heraldry</b>	By appointment (contact tutor)	190 German Street, Norman Gardens, North Rockhampton	Ken	4928 3687

U3A Rockhampton & District Inc.

MEMBERSHIP APPLICATION FORM

I/We \_\_\_\_\_ Title \_\_\_\_\_

Postal Address \_\_\_\_\_

Postcode \_\_\_\_\_ Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_ Preferred Name \_\_\_\_\_

Hereby apply for membership of the U3A Rockhampton & District Inc.

SIGNED: (1) .....DATE.....

(2) .....DATE.....

PROPOSER\*.....

SECONDER\*.....

\*BOTH THE PROPOSER AND SECONDER TO BE FINANCIAL MEMBERS

Previous Occupation / Skills / Hobbies / Interests

.....  
.....

ANNUAL FEES ~ January 1st to December 31st

Membership \$15.00

U3A Badge \$7.50 each

FEES FOR NEW MEMBERS ~ AFTER June 30th

Membership \$7.50

U3A Badge \$7.50 each

TOTAL PAID \$.....

Please Return to:

**The Secretary, U3A,**

**P.O. Box 8160, ALLENSTOWN, Qld 4700**

Learning at Leisure ~ Learning for Pleasure

U3A Rockhampton and District  
PO Box 8160  
Allenstown Qld 4700