



THE QUARTERLY FLYER

June 2012

U3A Rockhampton
P O box 8160
Allenstown
Rockhampton
4700

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.

Web Site www.u3arockhampton.org.au



PRESIDENT'S REPORT

Hello Members,

I have now been your president for three months and I feel very proud and privileged to be in this position. My 31 year career with Tupperware has given me the confidence to stand in front of a large room of people and I am

really enjoying my new job.

The Management committee are a wonderful group of people and we are working very well together. I am very grateful to them for making my job so much easier as they are always ready to help with any tasks that I ask of them.

I would like to sincerely thank our Past President John Elson for stepping forward and offering to help out by compiling a shortened form of our Journal, as the Journal Editor position has not been filled. Thanks so much John and we look forward to the first edition.

We have started a new History Group this year and it is going very well. It is in the form of a discussion group and we will have a different subject each month. If you are interested in history please come along and join in.

Also we are looking at starting some form of a photography group so if you are interested please speak to a committee member.

I feel that we are a very unique group of people with so much talent and the friendships that we make are very special. If I had never joined U3A I would have missed out on so much.

Ann Findlater
President

Web Site www.u3arockhampton.org.au Email u3arockhampton@hotmail.com

A British Engineer just started his own business in Afghanistan.
He's making land mines that look like prayer mats.
It's doing well.
He says prophets are going through the roof.

EDITORS REPORT

Dear members, what a club our U3A is. If you want to put your hand up the members will allow anyone to have a go at doing anything within the club structure: take me for instance. Basic education and here I am the temporary editor, (and I mean the temporary editor) so what I am saying is that you need to have a go! We have members on the committee for over ten years, some are doing it because they love it and others are doing it because they love their club. Either way these workers are rolling their sleeves up and getting in to it. The sad bit is if no volunteers no club.

I would like to thank the members for making the effort to submit their writing and to Judy Whitworth who volunteered rewrite a submission again taking it from a .Jpg format to a .text format Thanks Judy. There are other people to thank first Nick for giving and doing all the hard bits and my editorial team Valda Carter and Ann Findlater. Our club is growing, between 3-5 new members every month multiply that x 12 and that equal a proximally 35 to 60 new members per year. We are I believe, one of the biggest in Qld if not Australia.

POSITION VACANT AT U3A

1. Journal editor
2. Social coordinator
3. Speaker coordinator
4. Learn to swim team leader
5. Computer team leader
6. Volunteer coordinator
7. Assistants to each member of the committee except President and the Secretary

Jon'o

A painter by the name of Paddy Murphy, while not a brilliant scholar, was a gifted portrait artist. Over a short number of years, his fame grew and soon people from all over Ireland were coming to him in the town of Doolin, County Clare, to get him to paint their likenesses.

One day, a beautiful young English woman arrived at his house in a stretched limo and asked Paddy if he would paint her in the nude. This being the first time anyone had made such a request, Paddy was a bit perturbed, particularly when the woman told him that money was no object;

In fact, she was willing to pay up to \$10,000. Not wanting to get into any marital strife, Paddy asked her to wait while he went into the house to confer with Mary, his wife. In a few minutes he returned. "Would be me pleasure to paint your portrait, he said. "The wife says it's okay." missus,"

"I'll paint ya in da nude alright, but I has to at least have me socks on so I has a place to wipe me brushes.".....

5.37... that's what the kid behind the counter at Macdonald said to me. I dug into my pocket and pulled out some lint and two dimes and something that used to be a Cool mint. Having already handed the kid a five-spot, I started to head back out to the truck to grab some change when the kid with the Elmo hairdo said the hardest thing anyone has ever said to me. He said, "It's OK. I'll just give you the senior citizen discount."

I turned to see who he was talking to and then heard the sound of change hitting the counter in front of me.

"Only \$4.68" he said cheerfully.

I stood there stupefied. I am 58, not even 60 yet? A mere child! Senior citizen?

I took my hamburger and walked out to the truck wondering what was wrong with Elmo. Was he blind? As I sat in the truck, my blood began to boil. Old? Me?

I'll show him, I thought. I opened the door and headed back inside. I strode to the counter, and there he was waiting with a smile.

Before I could say a word, he held up something and jingled it in front of me, like I could be that easily distracted! What am I now? A toddler?

"Man! Can't get too far without your car keys, eh?" I stared with utter disdain at the keys. I began to rationalize in my mind! "Leaving keys behind hardly makes a man elderly! It could happen to anyone!" I turned and headed back to the truck. I slipped the key into the ignition, but it wouldn't turn. What now?

I checked my keys and tried another one. Still nothing! That's when I noticed the purple beads

hanging from my rear view mirror. I had no purple beads hanging from my rear view mirror. Then, a few other objects came into focus: The car seat in the back seat... Happy Meal toys spread all over the floorboard... A partially eaten doughnut on the dashboard.

Faster than you can say ginkgo biloba, I flew out of the alien vehicle. Moments later I was speeding out of the parking lot, relieved to finally be leaving this nightmarish stop in my life. That is when I felt it, deep in the bowels of my stomach: hunger! My stomach growled and churned, and I reached to grab my burger, only it was nowhere to be found. I swung the truck around, gathered my courage, and strode back into the restaurant one final time.

There Elmo stood, draped in youth and black nail polish. All I could think was, "What is the world coming to?" All I could say was, "Did I leave my food and drink in here"? At this point I was ready to ask a Boy Scout to help me back to my vehicle, and then go straight home and apply for Social Security benefits.

Elmo had no clue. I walked back out to the truck, and suddenly a young lad came up and tugged on my jeans to get my attention. He was holding up a drink and a bag. His mother explained, "I think you left this in my truck by mistake." I took the food and drink from the little boy and sheepishly apologized.

He offered these kind words: "It's OK. My grandfather does stuff like this all the time." All of this is to explain how I got a ticket doing 85 in a 40 kph zone. Yesses, I was racing some punk kid in a Toyota Prius. And no, I told the officer, I'm not too old to be driving this fast as I walked in the front door, my wife met me halfway down the hall. I handed her a bag of cold food and a \$300 speeding ticket. I promptly sat in my rocking chair and covered up my legs with a blanket. The good news was I had successfully found my way home.

REPORT FROM THE U3A 'WRITING FOR PLEASURE' GROUP

Writing is 95% think and 5% ink.

Each member of our group has their own priorities to follow. Family History appeals to some, Poetry to others. Other individuals are excessively competitive and send off entries hither and yon. Local or national News events spark off some imaginations, but all of us are prepared to share our thoughts and efforts at our

most enjoyable 'monthly meeting' get-togethers. Guest speakers and Workshops run from within the group are often inspirational and fuel more literary efforts of a different nature. We are learning to be undaunted and enjoy writing for pleasure at our own leisure.

WHAT ABOUT BEING A VEGETARIAN?

IT IS A MYTH that eating only vegetables will result in deficiencies in proteins, minerals and vitamins.

VEGETARIANS will get into trouble if they eat only processed fruits, grains and vegetables. Processing destroys much of the nutrient package created in our foods

BE PREPARED to spend time, effort and money to find healthful fruits and vegies. Vegetables should be included every day in your meals. EAT FIVE TO SEVEN vegetables and fruits every day. Enjoy more.

EAT FRESH VEGETABLES soon after they have been peeled or cooked

COOKED VEGETABLES have the advantages that heat breaks down enzyme inhibitors that prevent digestion of proteins in peanuts and beans. In the case of some fruits and vegetables, vitamin B1 and other nutrients can be made more bioavailable by heating. Also cooking will destroy several toxic bacteria such as salmonella
DIABETICS - the intake of fruits must be balanced against exercise and insulin. Fruit juices do include simple sugars that can tax the body's ability to maintain blood sugars at reasonable levels. Dilute juice with water to quarter strength.

EAT TO LIVE, DON'T LIVE TO EAT!

THE MONTHLY RAFFLE

While I was preparing my last Financial Statement it struck me that there must be a lot of members (particularly new ones) who might not know where the raffle money goes. No – it doesn't help pay our U3A bills!

The profit from the monthly raffle actually accumulates to form an annual bursary for a CQU student from the Nursing Faculty. Originally it was aimed at Aged Care Nursing but now goes to any deserving student for the benefit of their studies and to foster future care of anyone in the community. This bursary is for \$750 and, in past years, our President and Secretary have usually attended the presentation ceremony at the University.

Our thanks go to Lorraine and Helen, and their off-siders, for selling the tickets each month and to all the members who support the sales.

IN-VOICE – OUR SPEECH GROUP

Late in 2010, we very sadly lost our long-time leader, Annette Farrer. There was a lot of soul-searching as to whether we could continue – but somehow we managed. Then, during 2011, Nola Smith stepped in to help guide us and once again we were having fun – and challenges – even though our numbers had decreased.

Unfortunately, this year, Nola's husband has developed severe health problems and she is naturally giving her time to him and their family. So once again the question was "How do we cope?"

Luckily we have again recruited some very able and talented guidance, this time from Judy Scheuber. Every fortnight or so we have a very enjoyable and interesting time exercising our breathing and brains while we learn to use speech to entertain and educate.

We'd love to welcome new members. Please phone 49 282 119 for more information.

HELP!!!!

By the time you are reading this, the Garden Lovers Cancer Morning Tea will be over and we'll be looking forward to the Seniors Week Afternoon Tea on Saturday 25 August at Bauhinia House. We would love to hear from some more helpers – to set-up tables and chairs in the morning, to tidy up at the end of the day, and to help in the kitchen (particularly with food preparation beforehand).

In the past couple of years, thanks to a lot of support from members, the function has been very successful – and enjoyable! So – if you can spare some time and effort on the day, we'd really appreciate it. Please see me at the monthly meeting or give me a call on 49 282119, or give your details to one of our Committee members. Valda Carter

U3A COMPUTER USER TIPS

Put a band aid on the tip of your first finger on each hand, now sit down at your keyboard and type a short story to John our new, Newsletter Editor. Even a touch typist will find it a handicap. Just imagine that this handicap is something bigger, say you can't see very well ... what can you do?

Your operating system has built into it number of very helpful conditions that can assist you in many ways to continue to enjoy using your computer.

For those using Windows 7, simply right click on the opening screen, then left click Personalise in the little information window, look for and left click on Ease of Access enter. It will now pay you to sit and read and open and close the items in this section. Quick access to common tools would be a good starting point, and then you will find that you can use a narrator, put a keyboard on your monitor, work without a monitor, magnify what is on your monitor, make alterations to your keyboard and mouse settings, turn on or off toggle keys and many more.

So you know where and what alterations you have made, take notes, remember you can always undo what you have set up.

Remember you are in control of your computer, not the other way around The World is at your Finger Tips

Nick Quigley OAM

LAYERS OF KNOWLEDGE

Many years ago I read This Mysterious Earth by noted Science Fiction author Lester Del Ray. His theme was that every discovery raised more questions. As a result 'terra incognita' should be written over the whole earth.

I don't think that is strictly correct. After all, we retain the knowledge we've acquired. Beneath every item we discover there are still more to be discovered.

It probably would be best to think of these series of discoveries in terms of layers. In this sense the term 'terra incognita' may be correct.

The more human beings penetrate beneath the surface of the earth the raised the more knowledge is unearthed. Also, more questions are raised concerning what lies beneath. In this sense the cycle of more discoveries raising more questions, and still knowledge to be revealed. There is a prophecy in the Book of Daniel of a double sign marking the time of the end. It is that 'many shall run to and fro, and knowledge shall be increased.'

There can be no doubt that knowledge is being increased at a tremendous rate. It definitely seems that this is the time of the end, though nobody knows exactly when the end shall come. It leads to a final thought. Have we barely scratched the surface of knowledge to be

uncovered?

Rod Stickley

COMPUTER

As you know I'm always looking for bits on the web that will help you understand more for your safety, So this little bit of info on the types of things that could cause you to have problems with your computer**The innocent choice to click could send your computer into a crash.*

As users of technology, we're constantly bombarded with warnings about the malicious things malicious people try to do to our computers. The malicious software they use to do this has a name: malware.

Malware comes in many forms, with names meaning subtly different things.

What they do, how they can affect you and how they can be avoided need not be complicated.

Along with malware, there are different types of attacks

For different gains. On the theory that a little bit of knowledge can make a big difference, here's just a few of the more important terms to know.

Often used as a catch-all term to mean any malicious software, a virus is quite specific. A virus must be able to replicate itself without user intervention. This is often achieved using macros, which are automatic commands that run when you open an email or an attachment.

Viruses can attach themselves to other files in your system and spread, say, when you send emails. Viruses often have specific functions, such as damaging files, installing other malware or infecting other people's computers.

*Trojan*from the term "Trojan horse", this is malicious computer code that arrives on your system disguised as something else - a photo or movie file, for instance. The actual malware carried by the Trojan could be a virus,

Nick Quigley OAM

KIDS IN CHURCH

3-year-old Reese:

'Our Father, Who does art in heaven,
Harold is His name
Amen.'

A little boy was overheard praying:

'Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am.

After the christening of his baby brother in church, Jason sobbed all the way home in the

back seat of the car. His father asked him three times what was wrong. Finally, the boy replied, 'That preacher said he wanted us brought up in a Christian home, and I wanted to stay with you guys.'

One particular four-year-old prayed,

'And forgive us our trash baskets

As we forgive those who put trash in our baskets.'

A Sunday school teacher asked her children as they were on the way to church service,

'And why is it necessary to be quiet in church?'

One bright little girl replied 'Because people are a sleep

A mother was preparing pancakes for her sons, Kevin 5, and Ryan 3.

The boys began to argue over who would get the first pancake.

Their mother saw the opportunity for a moral lesson...

'If Jesus were sitting here, He would say,

'Let my brother have the first pancake, I can wait.' Kevin turned to his younger brother and said, 'Ryan, you be Jesus!'

A father was at the beach with his children when the four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand...

'Daddy, what happened to him?' the son asked.

'He died and went to Heaven,' the Dad replied.

The boy thought a moment and then said,

'Did God throw him back down?'

A wife invited some people to dinner...

At the table, she turned to their six-year-old daughter and said, 'Would you like to say the blessing?' 'I wouldn't know what to say,' the girl replied. 'Just say what you hear Mommy say,' the wife answered. The daughter bowed her head and said,

'Lord, why on earth did I invite all these people to dinner?'

JACANA BUSHDANCERS (Shared Activity)

The group's mission is to keep alive the great Aussie tradition of bush dancing. Bush dancing is simple to learn; all dances are taught and called. I guarantee you will enjoy your very first night! People of all ages belong to the group, with children coming along in the school holidays.

We meet each Tuesday night from 7.30 pm to 9.30 pm at Tobruk House, cnr East and Archer Streets in the CBD, starting with a light supper. The first night is FREE and then the fee is \$4 for Adults,

\$8 for families.
Come and join for FUN, FITNESS and
FRIENDSHIP

WATER AEROBICS (Shared Activity)

I believe that water aerobics is the very best exercise for seniors. It is amazing what your body can do in water that it cannot do on hard surfaces.

Caribee Swim School offers a special heated pool for aerobics. There are a variety of times and days to select for your class. They offer a special discount for U3A members of \$6 per session.

Shirley Hopkins

TAI CHI BASICS

The Australian Academy of Tai Chi (AATC), established by Grandmaster Khor roughly 37 years ago, now has branches with trained instructors in many Australian cities.

While maintaining strong roots in the tradition of the Chinese martial arts, the Khor style tai chi set has been adapted for Australian needs and emphasises health benefits through balance and relaxation. As Grandmaster Khor explains, "The idea is to do simple things in a relaxed manner and then with improved skill take on more challenging things".

The Academy classes in Rockhampton emphasise the repetitive shibashi routines as much as the more formal tai chi set. This provides practice in the basics, particularly balance and weight transfer, leading to slow and graceful movements. As we learn to slow down and relax we become more aware of our movements, posture and breathing, at which point Tai chi becomes both a calming and a meditative activity.

Designed for older practitioners, the U3A class emphasises working within, then overcoming one's limitations. It provides a supportive environment for practicing tai chi without the need to be competitive. An hour in length, each session includes some stretching and warm-up exercises, a shibashi or similar routine, and some work on refining the tai chi form. Specific activities vary over the year to provide new challenges and minimise boredom.

Lynn Zelmer, AATC Special Needs Instructor

Tai Chi at the Botanical Garden Lagoon.

Each Tuesday morning, the peace and serenity of the lagoon vicinity's invaded by the hordes of

devoted U3A members intent on improving their mental and physical health!.....Unfortunately most of these in reality are still snuggled under their DOONAS and only a couple of hardy souls are about.

We brave the intense heat and humidity of our summer months, and the relative chill of our winters. We know the rewards to our ageing bodies, but the perks available as the icing on the cake; are the wonderful scenic visits of cattle grazing among the gum trees on the other side of lagoon; the unexpected flight in of the latest arrivals in the Black swan world, the delightful little ducklings paddling doggedly behind" mum", or the geese who arrive to show who boss here. Distractions at the lagoon abound despite our best efforts we just can't rest now and then –after all you only live once. So do come along and exercise in one of the most beautiful places in Queensland right on your doorstep.
With Virginia

KOALA CARES

My name is Koala
Which means I do not drink?
I like to sleep the whole day long
The good life, don't you think.
I am a marsupial
Not a teddy bear
I've been here for ten million years
But now it seems I'm rare.
I live on eucalyptus leaves
But my trees are all cut down
For the cars on roads going everywhere
And you're ever expanding towns.
In the past you've shot me
My body you have eaten
I've been culled to near extinction
I'm down, but not quite beaten.
Your dogs, they chase and bite me
You build pools in which I drown
Yet you love to say to tourists
"We've koalas that live in town."
I am the Queensland mascot
But you keep me in your zoos
Is that the only place for me?
To be really safe from you?
Australia is my only home
Please keep it safe for me
With a little thought and kindness
We can live in harmony.
So I wrote this little poem
My tale of woe to share

I hope you all will realise
What a koala has to bear.
By Joan Brown

THE COOK fills an important place in the household. She is preparing food to be taken into the stomach to form brain, bone and muscle. The health of all members of the family depends largely upon her skill and intelligence. No matter how long, or how much experience you have had in cooking, if you still have the responsibility of a family, it is your duty to learn how to care for them properly.

GINGER is a pleasant-tasting herb, useful for combating travel sickness. It provides a warming remedy for colds and chills, and is soothing for digestive upsets. Given in the form of crystallized ginger or ginger biscuits as an alternative to ginger capsules.

SESAME SEEDS are rich in calcium and other minerals and provide a nutritious addition to the diet. Use them in cooking, on salads and with breakfast cereals.

MAGNESIUM DEFICIENCY can cause muscle cramps, poor appetite, sleeplessness and behavioural problems in children. If needed, give a daily supplement containing up to 800 mg.

LIQUORICE is helpful for constipation, a valuable tonic and children usually like its sweet taste.

ALFALFA is an excellent source of vitamins and minerals, which are often missing from the junk-food loved by teenagers. Use the sprouted seeds in sandwiches or as a garnish for omelettes and burgers.

CINNAMON is a warming tonic that is helpful during the hormonal changes, when circulation is poor, and during growth spurts of puberty. It reduces blood sugar levels. Try sprinkling the powder on hot buttered toast.

ZINC ABSORPTION can be affected by high alcohol intake, low protein consumption or dieting. Eat plenty of nuts, pulses and wholemeal bread, or take up to 50 mg daily.

IRON INTAKE of vegetarians or menstruating women is sometimes insufficient. Eat plenty of wholemeal bread, pulses, egg yolk, parsley, watercress. Alternatively, take up to 40 mg daily.

OATS are an excellent antidepressant and can also help reduce cholesterol levels. Eat porridge for breakfast or use it in patties instead of flour.

GARLIC reduces cholesterol levels and is strongly antibacterial, helping combat infections. Use plenty in cooking or take 2-3 garlic pearls daily.

CALCIUM can help reduce the risk of osteoporosis in later life. Green vegetables, nuts and pulses are good sources, or take a 1 g supplement daily.

VITAMIN C is found in fresh fruit and vegetables. It is important to everyone, but rheumatism sufferers in particular may benefit from taking a high dose (4 g daily) as it flushes out uric acid from the system and helps with gouty arthritis.

KELP is rich in iodine and other minerals, and is a gentle metabolic stimulant.

COD LIVER OIL reduces the risk of heart disease. It can be taken in conjunction with evening primrose oil capsules.

FLATULENCE - Wind travelling in either direction – can be a symptom of various digestive ailments, such as gastritis, gallbladder problems or irritable bowel syndrome. It can also be associated with poor diet, nervousness or stress. Carminative herbs after meals can help, but professional advice may be needed to identify the cause of the problem. Many culinary herbs aid digestion: add anise, dill, fennel or lemon balm to dishes, and cook with warm spices such as ginger, fenugreek, caraway or cayenne.

TENSION HEADACHES start at the end of a long day or when stress begins to mount. If possible, take a break from the task in hand – go for a short walk, or spend a few minutes brewing a relaxing and soothing herbal tea, and then take time to drink it slowly.

STRESS is blamed for a multitude of ills, but researchers believe that everyone needs a certain amount to function properly. Too much stress can be damaging, so it is important to learn when to take a break. Brewing a soothing herbal tea, and taking time to sip it slowly, is a good way to help the body unwind.

ANXIETY AND TENSION- irritability, tears, headaches and sleeplessness can all be signs of anxiety and tension. Identifying the cause of the problem is vital, as is learning to relax and unwind. Take 10 minutes a day to practise deep breathing exercises, use visualisation tapes, or find time to sit in a peaceful place.

DEPRESSION or emotional ups and downs are experienced by everyone, but when the downs turn into severe depression, expert help is often

needed to lift the spirits. Associated symptoms can include constipation, lack of concentration and a desire to withdraw from human company and say little.

INSOMNIA - Over-excitement, worries, and illness – the causes of sleeplessness are many and varied. As always, identifying the contributing factors is vital. The pattern of insomnia is also important. Whether it is an over-active mind preventing sleep, or restless, light sleep causing wakefulness in the early hours– a relaxing warm bath before bed Often helps. Compiled by Judy Whitworth

GRANDMA BECOMES A GREENIE

Amelia Hanson was a 75 year old widow. She had lived in Cairns for most of her life.

On this particular day, she awoke to a steaming hot Cairns day.

Amelia staggered out of bed and went downstairs to collect the daily paper. Then after making a cup of tea, she settled down to read it. The headlines on the front page gripped her attention. 'Confrontation on the controversial Bloomfield Road'. Amelia read on.

'Conservationists have set up camp at the base of this controversial road and extra police have been brought into the area.'

Amelia pondered over this information. She had been against the proposed road, as the building of it would damage the rainforest and the fragile Daintree area. Secretly, she had admired those conservationists who had stood up to protect the environment. An amazing idea then entered her head. She would go and join them. She needed some excitement. Her life had become so mundane.

Her children had grown up and had families of their own. Even though they lived in the same town, she saw very little of them. They would be horrified if they knew that she was contemplating joining the Greenies at the Bloomfield road. Actually she said to herself, they were quite boring children. They lived very ordinary, regulated lives.

The more she thought of her idea to join the Greenies the more excited she became. It should be quite easy to get to their camp at Bloomfield. Tourist buses travelled to Cape Tribulation every day. She would just get off at the Greenies camp. Amelia hastily packed some slacks, tops, a hat, underclothes, etc. and some food. She couldn't expect the young people to feed her. She felt

like a young child again, embarking on a great adventure.

Amelia was able to get on the bus and the bus driver apprehensively let her off at the Greenies' camp. She assured him that she was going to see one of the Greenies and would be quite all right. The protesters were quite startled when she 'appeared on their doorstep', so to speak. Amelia explained her motive for joining them. She said, "Elderly Australians as well as the young, needed to protect fragile areas." She wouldn't be a burden on them, as she had brought food, an air mattress and a sleeping bag.

At the sound of bulldozers tearing up the landscape, the Greenies sprang into action. Some formed a human chain and held placards in front of them. A few chained themselves to old growth trees which would be felled by the bulldozers.

"In for a penny, in for a pound," Amelia thought, and she volunteered to be chained to a tree.

Soon police arrived to remove the protesters.

Those who refused to move were dragged into police vans. Bolt cutters were used to free the Greenies chained to the trees. The policeman approaching Amelia gasped with disbelief when he realised that she was a very elderly lady chained to the tree. From a distance her large hat and slim build hid her age. "I'm not moving," Amelia told him. The young policeman was at a loss to know how to deal with the situation.

"What's the hold up?" his sergeant called out, and came to investigate. He gasped with shock when he realised that Amelia was a little old lady.

"Now dear," he said kindly, "What are you doing here, have you been forced to do this protesting?"

"No, I was not," Amelia replied and I am not moving." "Well, well," the sergeant said, we will soon see about that!"

He asked for the bolt cutters and cut the protesting Amelia free from the tree. She still refused to move. "OK

Grandma," the sergeant said, and lifted the struggling Amelia into a police van. He then drove her along with some of the other protesters, to the Police Station in Cairns where they were charged and locked up. Next day, the headlines in the daily paper read, 'Grandma arrested at protest at the Bloomfield site', and published her name.

Her eldest son arrived at the Police Station in a furious mood. "Mother, how could you make such a spectacle of yourself? You weren't thinking were you, about the embarrassment you would cause me - thinking of my position."

"Don't be such a fuddy duddy," Amelia said to

him. "I needed some excitement in my life." Next day Amelia appeared in court before a magistrate, along with the protesters. "Why did you do it?" the magistrate asked Amelia. "A woman of your age should have had more sense than to put yourself in such a dangerous situation. "I haven't experienced such excitement for years," Amelia said. "It certainly beats sitting in my rocking chair with my crochet and knitting."
Elizabeth West

TRIALS OF A CIVIL CELEBRANT

After almost 20 years as a CMC, I'm all over late Brides. I feel the traditional Bride being late would be reasonable at 5 minutes, but no, to date my longest wait has been 70 minutes, the reason? Grandma got lost!

I've had a drunken Groom who refused to continue onto the beach for the ceremony, "not getting myshoes wet for anyone".

It has been my privilege to see some of Rockhampton's most beautiful gardens. Some Brides choose a spot in winter then by the time summer arrives we are in 40 degrees standing up, you guessed it, a late Bride.

Grooms sometimes have got the time wrong, the music is playing, bride on Dad's arm and then "STOP STOP" rings out, the Groom Isn't here yet.

I've told my daughter that when I get too old and wrinkled for wedding photos, I'll write a book.

Gwen Simpson

Wine

Grandma was sipping on a glass of wine, whilst sitting on the patio with her husband and she says "I love you so much, I don't know how I could live without you..." her husband asks is that you or the wine talking? She replies "it me talking to the wine".

Paddy phones an ambulance because his mate's been hit by a car. Paddy: 'Get an ambulance here quick, he's bleeding from his nose and I think both his legs are broken.'

Operator: 'What is your location sir?'

Paddy: 'Outside number 28 Eucalyptus Street.'

Operator: 'How do you spell that sir?'

Silence.... and after a minute.

Operator: 'Are you there sir?'

More silence and another minute later. Operator: 'Sir, can you hear me?'

This goes on for another few minutes until....

Operator: 'Sir, please answer me. Can you still hear me?'

Paddy: 'Yes, sorry bout dat... I couldn't spell eucalyptus, so I just dragged him round to number 3 Oak Street.'

Paddy: says to Mick, "Christmas is on Friday this year". Mick said, "Let's hope it's not the 13th then."

THE CQU UNI GYM AND SPORTS CENTRE

For years this centre has been a dominant base for Older Adults to get together as a team and enjoy supervised Resistance and Cardiovascular Training.

Delivering more than just the physical benefits, the atmosphere and vibe present around the gym offers considerable psychological support that comes from being part of an inspiring bunch of people, meeting to reap the benefits of appropriately prescribed resistance training.

The current team of Older Adults training here have been a consistent core for a number of years, and have built friendships and attachments that will last a lifetime, as an additional outcome and reward for years of valuable training.

Contact: 4923 2159 Seniors Aerobics, CQ Community Sports Centre Tuesdays & Thursdays 8.45 – 9.30 am

These aerobics classes are varied, with the needs of seniors in mind. They include resistance work, cardio, balance and core strength workouts.

Exercise and strength training is important in older adults.

Benefits include:

- Helping you stay active longer (keep the ability to do things on your own)
- Lower your risk of a variety of conditions (heart disease, diabetes, high blood pressure)
- Lower your risk of falls
- Improve your flexibility
- Prevent loss of bone mass
- Help you maintain or lost weight
- Improve your sleep

It also provides a source of fun and a place to meet friends.

Contact: 4923 2159

YogaFIT Classes Tues, Thurs 5.30 – 6.30 pm & Saturday 9.30-10.45 am.

YogaFIT is taught by Grant Wolf-Whitfield, who was born in Rockhampton and graduated from Emmaus College before heading south, where he had a varied career in performing, writing and

health (physical education)

He has qualifications and over 20 years of experience in Human Movement, Dance, Massage, Yoga, Gym Instructing, Meditation, Pilates and Yoga/Physical Therapy.

YogaFIT combines a variety of yoga styles, Pilates and mat exercises with breathing and medication techniques. This helps improve strength, flexibility, core-strength, balance; also creating a harmonious connection between body, mind and spirit.

Term begins Tuesday June 5th. Cost casual senior \$6. All equipment provided.

Contact: 4923 2159

FORGETTER BE FORGOTTEN

My forgetter's getting better,
But my remembered is broke
To you that may seem funny
But, to me, that is no joke

For when I'm 'here' I'm wondering
If I really should be 'there'
And, when I try to think it through,
I haven't got a prayer!

Oft times I walk into a room,
Say 'what am I here for?'
I wrack my brain, but all in vain!
A zero, is my score.

At times I put something away
Where it is safe, but, gee!
The person it is safest from
Is, generally, me!

When shopping I may see someone,
Say 'Hi' and have a chat,
Then, when the person walks away
I ask myself, 'who the hell was that?

Yes, my forgetter's getting better
While my rememberer is broke,
And it's driving me plumb crazy
And that isn't any joke.

PARAPROSDOKIANS (Winston Churchill loved them)

Here is the definition: "Figure of speech in which the latter part of a sentence or phrase is surprising or unexpected; frequently used in a

humorous situation." "Where there's a will, I want to be in it," is a type of paraprosookian.

1. Do not argue with an idiot. He will drag you down to his level and beat you with experience.
2. The last thing I want to do is hurt you. But it's still on my list.
- 3 Light travels faster than sound. This is why some people appeal bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up; we only learn how to act in public.
6. War does not determine who is right - only who is left.
7. Knowledge knows a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. Evening news is where they begin with 'Good Evening,' and then proceed to tell you why it isn't.
9. To steal ideas from one person is plagiarism. To steal from many is research.
10. A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.
- 11 I thought I wanted a career. Turns out I just wanted pay checks.
12. Whenever I fill out an application, in the part that says, 'In case of emergency, notify: I put 'DOCTOR.'
13. I didn't say it was your fault, I said I was blaming you.
14. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
15. Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
16. A clear conscience is the sign of a fuzzy memory.
17. You do not need a parachute to skydive. You only need a parachute to skydive twice.
18. Money can't buy happiness, but it sure makes misery easier to live with.
19. There's a fine line between cuddling and holding someone down so they can't get away.
20. I used to be indecisive. Now I'm not so sure.
21. You're never too old to learn something stupid.
22. To be sure of hitting the target, shoot first and call whatever you hit the target.
23. Nostalgia isn't what it used to be.
24. Change is inevitable, except from a

vending machine.

25. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.

26. Where there's a will, there are relatives.
"The problem with socialism is that eventually you run out of other people's money." -- Margaret Thatcher

YOU THINK ENGLISH IS EASY??

- 1) The bandage was wound around the wound
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse
- 4) We must polish the Polish furniture..
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert..
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.
- 11) The insurance was invalid for the invalid.
- 12) There was a row among the oarsmen about how to row.
- 13) They were too close to the door to close it.
- 14) The buck does funny things when the does are present.
- 15) A seamstress and a sewer fell down into a sewer line.
- 16) To help with planting, the farmer taught his sow to sow.
- 17) The wind was too strong to wind the sail.
- 18) Upon seeing the tear in the painting I shed a tear..
- 19) I had to subject the subject to a series of tests.
- 20) How can I intimate this to my most intimate friend?

Let's face it - English is a crazy language.

There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig. And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't

ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, 2 geese. So one moose, 2 meese? One index, 2 indices? Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which, an alarm goes off by going on.

One could go on and on, but I'll wrap it UP,
For now my time is UP,
So.....it is time to shut UP!

The Australian Navy intercepted three boatloads of people off the North West coast of Australia. This placed the Navy in an awkward position as the boats were heading not away from, but towards Indonesia. Another surprise finding was that there were loaded with Australians who were all seniors of pension age.

Their claim was that they were trying to get to Indonesia so as to be able to return to Australia as illegal immigrants and therefore be entitled to far more benefits than they were receiving as legitimate Australian pensioners.

The Navy it is believed gave them food, water and fuel and assisted them on their journey north. We are booking the next boat out, let me know if you want to come too

FINAL WORD

Well Members this is my first attempt at the Journal, Ann, and Valda and of course my old mate Nick put in a fair amount of time to ensure that the "Quarterly flyer" entrance was not made to look too sloppy if you spot any mistakes and I am sure that you will. Please blame me. When I was in the Army reserve I had a sign sitting on my desk stating "THE BUCK STOPS HERE" and so it is with the U3A Quarterly Flyer. Hope that you get a good read.

The items without acknowledgement are off the web,
Get your writing in for the next Quarterly Flyer.

