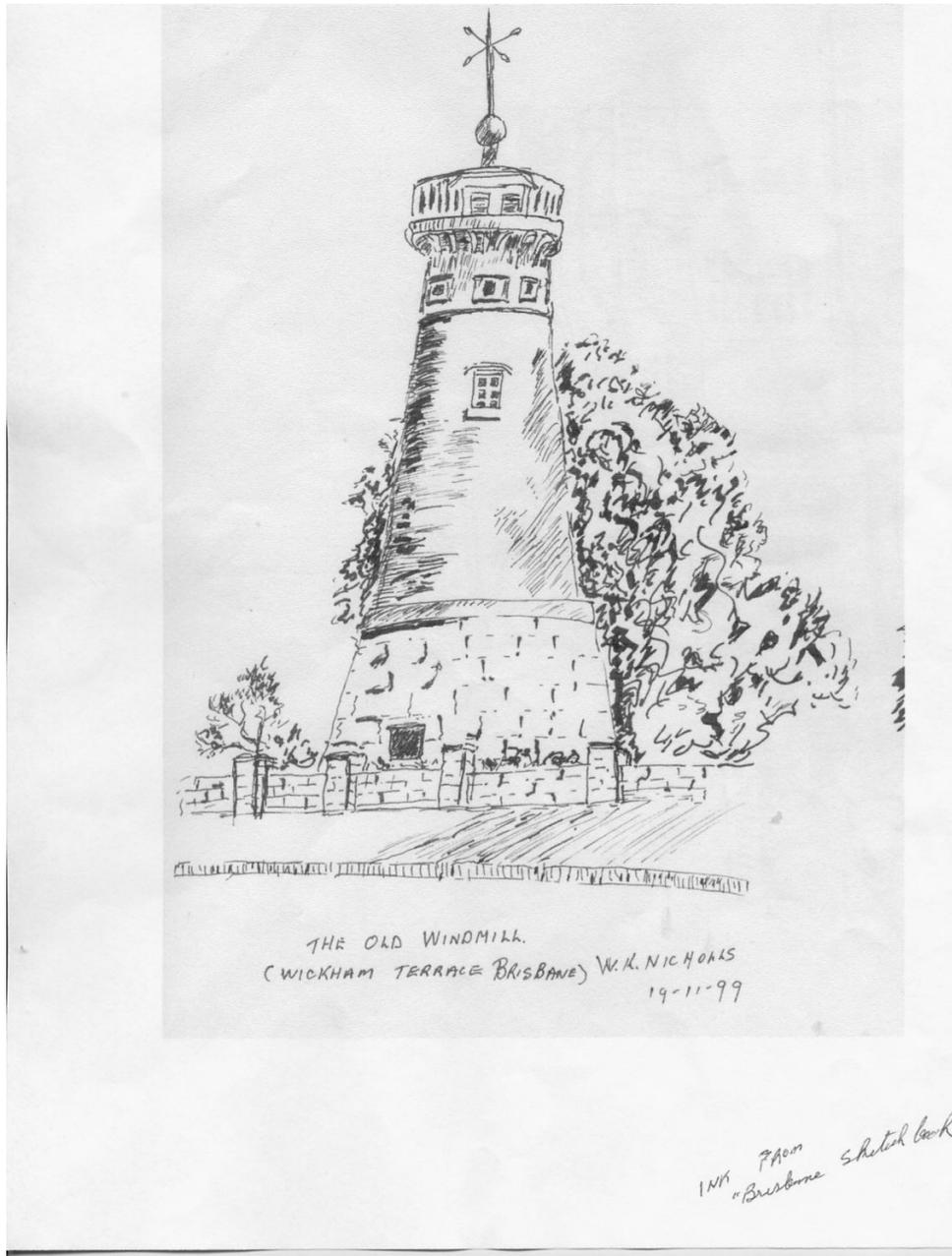


U3A ROCKHAMPTON & DISTRICT INC

JOURNAL

June 2009



This Journal is produced to exhibit the original work of members of U3A Rockhampton & District and to encourage greater participation by members. Copyright of all contributions is retained by artists and writers.

LEARNING AT LEISURE
LEARNING FOR PLEASURE

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**The Management Committee
of U3A Rockhampton & District Inc.**
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**The Editorial Committee reserves the right to
decide content of the Journal.**

FROM THE EDITOR:

Hello everybody, well it was time for a change as you can see from this Journal. By moving from Publisher to the easier Word program will mean that in the not too distant future you will be able to access the Journal 'on line.' Maxy has done a mighty job with the new format, although very similar to previous issues the setting up was a learning curve for me too. So we hope you like the changes. We welcome Colleen Young as Assistant editor. Colleen is keen to be involved and has considerable computer experience which is a great asset to the team. If you have any suggestions or would like to see any additions to the content of the Journal then please, do let us know.
 Jill

MEETINGS:

Open meeting on the 1st Monday of each month unless otherwise advised.

TIME & VENUE:

9.30am in the Keppel Room at the Frenchville Sports Club
 North Rockhampton.

President's Report

During this term we celebrated ANZAC Day and saluted the commitment of our servicemen and servicewomen. Emphasis was on the commitment to the welfare of the people around us.

Today I want to draw your attention to another, of course much lesser, but nevertheless applaudable commitment to the good of our community. That is the commitment shown by the volunteers of U3A and I want to say a special and heartfelt "Thank you" to them. They make this organization such a pleasant experience for all our members.

I also want to thank the CQUniversity and especially Mrs Glenys Kirkwood, the University's Community Liaison Officer, for her strong support of our Organization and for opening up the window of opportunity to us.

Let us take up the expertise on offer at the university. Have we people interested in a History group, an Economy study group, or a Plant Propagation group, or any other activity in which you like to be involved? Express your interest!

I also feel it is important that we, as part of the wider Rockhampton community, are seen by staff and students of the university as part of the campus and supporting their endeavours.

Ms Margaret Deluary of Telstra Country Wide, has kindly offered us lessons on the use of the Mobile Phone. Depending on numbers, the Committee will organise dates & times. Express your interest.

The new cooking group, 'Cuisine a la U3A', has taken off with a bang. Congratulations Sally!

The Writers Group, now meeting at the CQUniversity, has found plenty of inspiration (and increased numbers) through a talk by Ms Judy Couttie at their March meeting. In May the Group held a workshop directed by Dr. Linda Hawryluk, Prof. of Literature. What a proud record!

At the time of writing this, the Garden Lovers group is busily planning their Big Morning Tea in support of the Anti-Cancer campaign. It was held on the fourth Saturday in May at Athelstane House and will undoubtedly have been another success story for the group.

You see, the Rockhampton U3A is not short on opportunities or potential, it is all there on offer, it is up to us, as Members, to ask for it. So, express your interest! There will be volunteers, glad to deliver it.

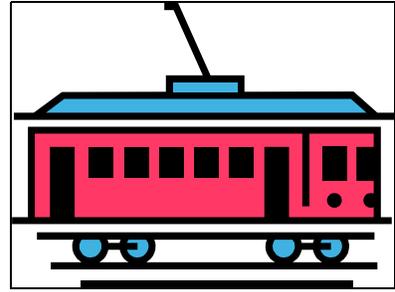
For this Winter Issue, my wish is, that you enjoy the cool weather, but always stay warm inside.

Regards,

Chris

TRAUMA on the TRAMWAYS

By Helen Vander Hove



Another year gone and Peter O'Leary's mob were back in Melbourne for tennis. Things were going well - a few minor disappointments – Roger's luscious flowing locks were less in evidence than usual so we assumed he'd had a haircut and the quality of the freebies was down, but it was not all tennis.

After a morning at Werribee, we donned our glad rags for the evening attraction - dinner on a tram while we cruised the Melbourne streets. My seat mate was diabetic so we went on the special diets tram. As it moved off the steward broke out the Champagne (Pepsi for me) with the finest (?) wine to follow. The bread rolls came as did more wine and I was beginning to think the idea was to get the passengers too sloshed to complain about the food. What food!

The young steward was looking increasingly worried and eventually it was announced the tram had lost power and we were to be returned to the starting point - sans steak - sans dinner of any kind. Fran's diabetic fruit plate had been prepared in advance, so we shared that before we were dumped by the tracks to await the return of the other trams with Peter and the rest of the mob.

We whiled away the time trying to hitch lifts from passing cyclists who probably figured we were just mad Queenslanders and waved back.

Rather tactless of Peter to remark that his steak had 'melted in the mouth' as back at the motel we ploughed through a large plate of pasta, followed by hastily defrosted dessert cakes of the 'Death by Chocolate' kind. The tram staff were most apologetic about the whole fiasco but we assured them that these things just happen. Unfortunately!

'The Penny Dropped'

Idioms:

The phrase dates from around the middle of the twentieth century. The allusion is to the penny slot machines found on piers and in penny arcades. They are motionless and unresponsive until the penny drops inside and then they come to life. Similarly a person who does not understand a joke or remark made to him or does not react as one would expect until '*the penny drops*'.

The Rockhampton U3A Encouragement Award
in the Field of Aged Care
2008

Congratulations go to Matthew Daley as our recipient for the 2008 Aged Care Award.

Originally from Rockhampton, his earlier years were spent in the south as a Sales Marketing Manager. Coming from a medical background, his mother a Registered Nurse and his father a Pharmacist, he finally decided to pursue a nursing career. With his wife and three children, he returned to familiar surroundings and enrolled as a mature aged student for a Bachelor of Nursing Degree at Central Queensland University specializing with an Aged Care module.

Able to secure a scholarship with the R.A.A.F. he will fulfill an ambition to join the Air Force as a Nursing Officer when he graduates at the end of this year.

Matthew sincerely enjoys working and caring for the elderly. An advocate of 'best practice' he feels that more detailed training is required in the understanding of the aged in the general nursing curriculum.

Living on the coast has enabled him to work with aged care at Yeppoon. Currently he is a carer at the R.S.L. Aged Care Centre at Zilzie.

With Matthew, the care of our senior citizens is in good hands.



Award Presentation to Matthew Daley
By
Chris Tollner

ANNUAL REPORTS 2008

(Continued from March Journal)



Aqua Aerobics: Shirley Hopkins

Aqua Aerobics at Caribee is undergoing a major refurbishment. There are four classes each week. It is a wonderful form of exercise for people who have disabilities, they are able to participate as well as the general public. Normal cost is \$8.50 a session, U3A members pay only \$5.00.

Bush Dancing

U3A Members are invited to come along any Tuesday evening from 8pm - 10pm at Anzac House at the top end of East and Archer Streets. Cost only \$3.00 which includes a light supper. No experience needed.



C.Q Community Sports Centre

Resistance Exercise

This is a muscle builder. It is not necessary to get weaker with age. Research has shown that building muscle tissue has significant health benefits and can decrease the risk of disease. A medical form needs to be completed. Once your program is set up for you, you can go at any time from 5.30am - 7pm any weekday, and after 10.00am at weekends. Most seniors come on Tuesday and Thursday mornings. It is also a social group with about equal members of men and women. The centre is now fully air conditioned.

Aerobics

Many seniors do floor aerobics in conjunction with resistance training. This form of exercise is great for agility and general endurance - it definitely helps to avoid falls. Again, there are a good number of people involved.

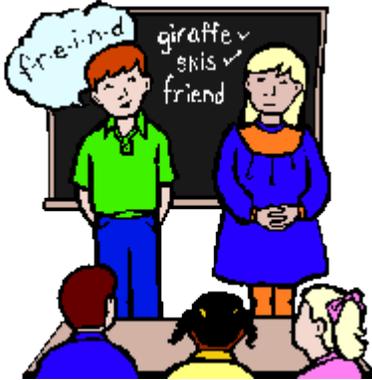


Swimming

Enjoy a swim after the above exercises. At a cost of \$5.00 you can enjoy all these activities on any one visit. A reduced cost for annual membership is available.

Starting School

By Ivy Fraser



The year was 1926 and I was six years old. Our home was at 'Lyndhurst,' a large cattle station one hundred miles north of Hughenden. My parents had arranged with my father's sister who lived in Townsville, for my eldest sister Olive and I to board with them. We were to attend Hermit Park Primary School. School started at the end of January, so we left 'Lyndhurst' in a 'T' Model Ford to travel the hundred miles to Hughenden to catch the train to Townsville. The car seat accommodated the driver, my mother and I. Olive sat on the floor with her feet on the running board. There were no doors, only a windscreen and a fabric hood, with a tray on the rear for the luggage etc. The road was a two wheel track through the bush and as it was seldom used, grass and other hazards such as ant beds could be present. As there were no communications then, it was necessary to be very careful as no help was available if disaster struck. We traveled about ten to fifteen miles an hour and in daylight. There were no grids on the roads in those days, so there were many gates to be opened and shut.

The first night we stayed at 'Blackbraes' where the Nimmo family lived and made us welcome, having received a message by 'Bush Telegraph' of our impending arrival. The next day we continued to Hughenden. I can remember coming to a creek which was running strongly after storms in the head waters. A stick was put at the waters edge to see if the level was rising or falling. While we were waiting, the billy was boiled and 'smoko' taken. We had to wait a couple of hours before we were able to cross. Our train journey to Townsville with mother is a bit vague but I remember hating the whole deal and dreading being separated from my wonderful mother.

Olive and I walked about one and a half miles through suburban streets to school as was usual in those days. I was very shy and found it all a bit confusing. I was very homesick and cried for my mother a lot. School had just begun when the flood rains of 1926 started. There was heavy rain day and night, so we were unable to go to school for several days, much to my delight!

My city cousins considered us 'Bushies' and when we approached would call out "Smell the gum leaves," and all laugh. At that age we were not able to make a suitable reply and felt very foolish. During the year it was too far to go home for mid year holidays. December had arrived and early storms had started, the road across the black soil plains was very boggy. I was suffering from Whooping Cough so every time the car was bogged I was carried out and sat on a big stone to keep dry. Chains were put on the tyres and once out of the bog were taken off. Eventually someone would come back for me, there were times when I was afraid I had been forgotten!

Finally arriving home once again was a great joy as we resumed our happy lifestyle and I soon recovered with my mother's loving care.

Photo Gallery

The Mahjong ladies Christmas Luncheon



Left to Right: Pam Bruce, Helen Quigley and Pam Walker



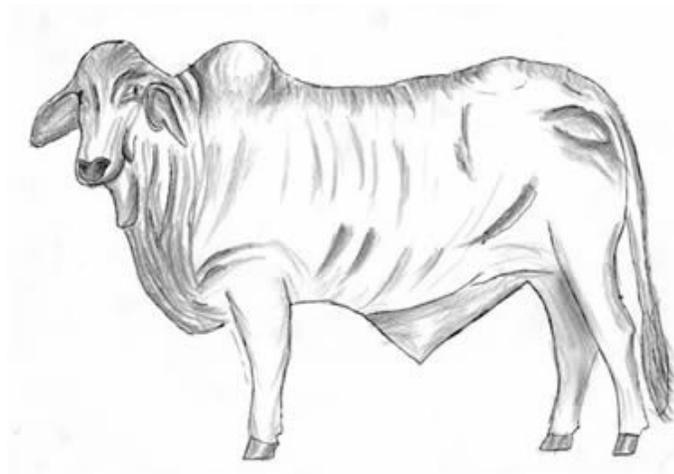
Left to Right: Jose Webb, Jeanette Binney, Dianne Gilmore and Norma West



The U3A Singing Group Entertaining us at the Christmas Luncheon

WHATS ON IN THE COMMUNITY

<u>June</u>		
2-4 th	Rockhampton Show.....	Showgrounds
3 rd	David Hobson Recital.....	Pilbeam Theatre
5 th	Twilight Markets.....	Riverside Park
16 ^h	'An Affair to Remember' Cary Grant, Deborah Kerr.....	Walter Reid Centre
20 th	Eisteddfod Gala Concert.....	Pilbeam Theatre
21 st	Vermeer-A film – 'The Spell of a Woman'.....	Art Gallery
22 nd	Morning Melodies – 'A Tribute to John Denver' Trevor Knight.....	Pilbeam Theatre
25 th	'Menopause' The Musical.....	Pilbeam Theatre
<u>July</u>		
3 rd	Twilight Movies.....	Riverside Park
11 th	'Taming of the Shrew', Bell Theatre.....	Pilbeam Theatre
21 st	'The Treasure of Sierra Madre' Humphrey Bogart & Walter Houston	Walter Reid Centre
<u>August</u>		
4 th	Australian Ballet Dancers Company 2009 Tour.....	Pilbeam Theatre
7 th	'Madam Butterfly', Oz Theatre.....	Pilbeam Theatre
10 th	Morning Melodies (Black Tie) 'From Russia With Love'.....	Pilbeam Theatre
18 th	'Calamity Jane' Doris Day, Howard Keel.....	Walter Reid Centre



Brahman Bull
By
Pat Lorroway

Ex Libris

By Rita Diplock

Since time began each clan and tribe
Appointed for it'self a scribe.
At first contained in one mans head
By word of mouth their history spread.
Since alphabets were carved in stone
Man's thirst for knowledge great has grown.
His inward thought we can divine
In written verse and printed line.
We've wisdom gained from every land,
Accessible upon a stand,
Illusion and reality
Imprinted onto DVD:
And messages fly apace
At click of mouse through cyberspace.

But sometimes in the daily grind
I like to leave the world behind,
In peace and quiet I proceed
To have myself a darn good read.

This is the poem that Rita was asked to write and perform at the opening of the new Regional Library.

The books which help you the most are those that make you think most. The hardest way of learning is by easy reading: but the great book that comes from a great thinker – Is a ship of thought, deep freighted with truth and beauty.

.....Theodore Parker

From the Outback to the Sea Come Walk with Me

By John Stanton

Chapter Two: Moving On

Life moves on, and it was time for me to think of my future away from Norwood farm and to start making my own decisions. I obtained my first job as a station hand on 'Comet Downs,' a cattle property between Comet and Rolleston. Here I gained experience working with other men and handling horses.

Later that year I got a job as stockman on 'Vandyke Station,' about twenty miles west of Springsure. This was a sheep and cattle property, although they were in the process of selling off all the sheep. My time there was a huge learning period in the field of cattle management and horsemanship. 'Vandyke' ran a mob of brood mares and a stallion horse to breed their own stock horses. Gordon Cavanaugh was in charge of the breaking in and I was to be his offsider. I was really looking forward to this new experience, and I learnt enough during my time at 'Vandyke' never to take on a property where there was sheep again. I have never seen any other animal that is dumb, stupid, cunning and smart all at the same time.

Once again it was time to move on, this time with the Archer brothers at 'Malchi' Station at Gracemere. As well as a Hereford Stud, they also ran a commercial herd of Hereford cattle, managed by the head stockman Buck Fry.

This was also my first encounter with lucerne growing and I was keen to learn these new skills. All the farm work was done on horses, I already knew a little in that field but nothing about hay making. It didn't take me long to learn to use a hay fork, and load the old cart wagon, this was a very good bodybuilding job as well. This was a very intensive labor task but very rewarding. No hay was bailed at Malchi, so there was nothing more satisfying than seeing the results of your hard labor stacked safely away in the shed.

One experience I recall was when Buck Fry and I would drive bullocks into the sale yards in Rockhampton which in those days were at the Show Grounds. We came in along the Lion Creek Road across the bridge over Lion Creek on the Alton Downs Road then along the road to the Show Grounds. This was quite interesting, driving bush cattle through the streets of the city, of course there was not as much traffic in those days. Once we had the cattle safely locked in the yards we would ride down to the hotel on the corner of East and Fitzroy streets where the government building now stands. Here we would put our horses in the stable out the back and then have a few drinks before heading back home via the main road and along the Fairy Bower Road. We did not have to worry about being caught for being drunk in charge of a horse!

(Continued on next page)

(Continued from previous page)

Life In The Navy

It was while working at Malchi that I made the decision to join the Royal Australian Navy. Even though I enjoyed working there, I felt I just had to move on to further my experience in a totally new field. I had decided to join the Navy as a cook. Thinking that learning to cook would become handy later on in life.

On Friday 13th August 1946, I started life in the navy. I first moved to H.M.A.S. 'Morton' in Brisbane, where all Queensland recruits assembled before moving on to Sydney to be officially accepted. We had the option of signing on for twelve years, which seemed like a lifetime, or two years or the duration of the war. So I opted for the two years or the duration.

We were then moved down to the Flinders Naval Base, H.M.A.S. 'Cerbrus' south of Melbourne. This base on the south coast of Victoria gets very cold in winter, it didn't matter how much clothing you had on, the wind seemed to go right through you. Uniforms were issued, with medical and dental check ups with lots of needles!

All recruits did the same basic training in seamanship, and even a crash course in gunnery, just enough to show us how to man a gun in case of emergencies. I found that a lot of what I had learned in the bush was now coming in handy, especially when it came to tying knots. It was then onto the individual training in our chosen field. Having decided to become a cook I was sent off to the School of Cookery with other like-minded recruits. I had obtained an 81% pass in the course but was not interested in becoming an officer's cook, preferring to remain a ship's cook. At this time, there were about 1600 men stationed at Flinders so it was necessary to operate two galleys to prepare meals. There were about fifteen cooks in each shift with two shifts operating, so this gave us a reasonable amount of free time. I spent a lot of this time in the recreation room sparing with different mates.

After a month I was assigned to the bakehouse. I really enjoyed this position, as baking bread was an interesting job. After two months I was promoted to assistant instructor. This was a real boost to my confidence as there were only three cooks, a chief cook, a petty officer and myself. This was a very good position, as I had none of the dirty work like scrubbing floors or cleaning up after preparing the meals!

During my time at the school the war officially ended and those ratings who had signed on for the two years were again given the chance to sign for a further ten years. I had finally decided to get out at the end of the two years, not that I wasn't enjoying my time in the navy. However this decision ended any chance of being drafted to sea. I was instead drafted to H.M.A.S. 'Watson,' based in Sydney and a whole new experience.

(to be continued)

An Art Experience

By Cliff O'Brien

Thursday 12th of March:

This afternoon, a small but enthusiastic group of U3A members, gathered about our group's leader, Bill Benson for a very interesting but slightly bemused afternoon at the Art Gallery.

First on our list of viewing on a very large screen - I think the entire east wall of the viewing room - was a rendition of short films. Some were strange. One was about a bloke fishing on the banks of our beautiful river who was singing the praises of the pristine vista which he was enjoying immensely, yet when he left, he left a staggering mess behind!

The short film that all enjoyed the most was titled, 'The Way', a stunning animation reconciling ancient Chinese philosophy and the Western chaos theory. The beautiful moving and colourful kaleidoscope of changing shapes were most soothing.

The second viewing was another amazing exhibition, titled – **Intimate Transaction**, this was the fore runner of interactive computer games now on the market, to engage children to move their bodies, instead of sitting to play games.

This was rather an abstract display, which has been widely travelled, including the Olympic Games in China.

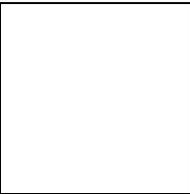
The lass who operated the device, was working in conjunction with another lady in Gympie, and the visual experience was well worth the visit.

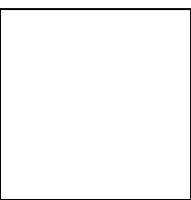
Bill, I'm looking forward to our next experience.

oo000oo

Activities - <http://rockyu3a.tripod.com/images/activmay09.pdf>

CQU Building Partnerships







U3A Rockhampton & District (Inc)

MEMBERSHIP APPLICATION FORM

I/We _____

(Postal Address) _____

(Postcode) _____ Phone _____ Fax: _____

Preferred
Email: _____ 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:

.....
.....
.....

FEES: ANNUALLY

Membership \$15.00

U3A Badge \$7.00 each

FEES FOR NEW MEMBERS AFTER 30 June:

Membership \$7.50

U3A Badge \$7.00 each

TOTAL PAID \$.....

Please Return to: The Secretary, U3A, PO Box 8160, ALLENSTOWN QLD 4700