



THE QUARTERLY FLYER

Rockhampton and District



At the April Monthly Meeting at Bauhinia House our Guest Speaker, Simon Irwin from Beef Australia, became the impromptu Auctioneer for our own Colin Pender, who was about to get his hair shaved off for charity to the highest bidder.

The charity is The Leukaemia Foundation's Worlds's Greatest Shave. \$273.55 was donated on the day, and later more money was donated by the U3A Mahjong group!



Well done, Colin, and great work from Simon who did a superb job at auctioneering. Henry Cope won the honour of the being the barber for the occasion

MANAGEMENT COMMITTEE 2025

Please Note New Members *

President: Lauree Lanyon **NEW** 0417 042 870

Email: president@u3arocky.au

Vice Pres: **Position Vacant**

Secretary: Jo Coyne **NEW** 0487 553 050

Email: secretary@u3arocky.au

Ass. Secretary: Lenore Cook **NEW** 4926 7499

Email: assistantsecretary@u3arocky.au

Treasurer: Jennifer Robertson 0402 811 996

Email: treasurer@u3arocky.au

Ord. Member Rhonda Couper 0407 141 881

Email: coups13@bigpond.com

Ord. Member: Bev Meredith 0410 341 843

Email: bevm@reigate.com.au

Ord. Member: Robyn Edwards 0438 284 871

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OTHER POSITIONS

Activities Co-ord: Terry Holland 0427 689 312

Email: activitiesmanager@u3arocky.au

Social Co-ord Bev Meredith 0410 341 843

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Publicity Officer Leslie Smith 0419 179 133

Email: publicity@u3arocky.au

Guest Speakers: Henry Cope 07 4927 1429

Email: speakers@u3arodky.au

Web Co-ord: Nick Quigley OAM 0428 851874

Email: vietvets@gmail.com

Volunteer Co-ord: Vicki Cope 0412 336 450

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Quarterly Flyer: Angela Johnson 0419 605 662

Email: editor@u3arocky.au

Fellowship Officer Anne Stewart 0437 991 458

Email: stewartk@ozemail.com.au

Chaplain Kathleen Winter 0408 276 628

Email: chaplain@u3arocky.au

FEES

Annual fee: (1st Jan. - 31st Dec. 2025) \$20.00

Mid Year fee: (1st July - 31st Dec. 2025) \$10.00

Joining fee (includes name badge): \$10.00

See The Quarterly Flyer in Colour

<https://www.u3arockhampton.org.au/images/jun25.pdf>



And now
A word from our
New President
Lauree Lanyon

I joined U3A Rockhampton in February 2023. On Long Service Leave with the transition to retire in July. I was thinking I would not do much for about six months and then maybe look around for things to do. However, whilst having a coffee on my front porch, reading the local paper, I saw that the U3A Activity Expo was on at Frenchville Sports Club the following week. U3A was on my list to explore, and something told me to go and check it out. I rang the contact number in the paper and the President, Cheryl Wickes, was so friendly and helpful that I decided to attend the expo. So here I am today.....

My first official duty as the new U3A President was the April meeting which was busy, updating members with news, upcoming events, a Guest Speaker and a Charity event.

Our April Guest Speaker, Mr. Simon Irwin, from Beef Australia was very interesting and enjoyed his extra role at the end, becoming an Auctioneer for member Colin Pender, who was participating in Shave for a Cause, and had his head and beard shaved by some willing U3A members. Our Publicity Officer, Leslie Smith, wrote a great article about it for CQToday, a very positive way to inform the public about Rockhampton U3A.

The following day I flew to Sydney to enjoy two bus tours covering New South Wales, Victoria and South Australia, including some time in Melbourne. Home again briefly and then left on 5th of May for the **U3A Bribie Island Conference**.

The Network Conference (see page 10) was an enjoyable and extremely interesting experience, and I would encourage any U3A Member to attend at least one. You are given the opportunity to learn new things, meet new people, see new places, eat great food and importantly, have fun!

Lauree Lanyon, President.

**The 2026 Conference will be held at
Sippy Downs, Sunshine Coast, 12-14 May 2026
info:- <https://u3asunshine.org.au/newweb/>**



Ms Kim Harrington,
GCertMgt, AAVTHRD(Hons),
DipPM

**Associate Vice-President
Rockhampton and
Central Highlands Region**

At the beginning of March 2025, CQUniversity marked a significant milestone for vocational education by officially opening the CQUniversity Rockhampton North TAFE Centre of Excellence. The state-of-the-art facility now delivers trades training courses in bricklaying, cabinetmaking, carpentry and plumbing. The Centre boasts modern workshop facilities, classrooms, meeting rooms, staff spaces and cutting-edge equipment to enhance the learning experiences across various construction disciplines. The Centre welcomed its first cohort of students in mid-March.

The building was opened by Mr Nigel Hutton MP, Member for Keppel, representing The Honourable Ros Bates MP, Minister for Finance, Trade, Employment and Training. Also present were Mrs. Donna Kirkland MP, Assistant Minister for Mental Health, Drug and Alcohol Treatment, Families and Seniors, Central Queensland and Member for Rockhampton plus The Hon. Michelle Landry MP, Federal Member for Capricornia, also local dignitaries and industry leaders.

The new Centre for Building Excellence was supported by \$8.4million of Queensland Government funding under the 'Equipping TAFE for our Future (ETFOF)' program, with CQUniversity contributing \$1.8 million.

Queensland-based builder WHF Group led construction of the Centre for Building Excellence, supporting up to 100 jobs.

In other good news, residents from our local regions attended CQUniversity's U-BEACH Community Beach Day on Thursday 17 April at Emu Park beach. This event provided residents with a disability an opportunity to experience the beach and ocean without barriers. The event showcased the new all-terrain wheeled walker, and floating wheelchair which will enable Central Queenslanders living with disabilities safe access to the water. The event also featured activities

designed to be accessible to everyone including swimming, kites, football, cricket and sand games led by CQUniversity's Physiotherapy team.

The community beach day also showcased an array of accessible beach equipment, including beach mats, adapted walkers, wheelchairs and hoists for transfers. CQUniversity is proud to support this initiative alongside its local partners.

Member for Keppel Nigel Hutton MP, CQU Vice-Chancellor and President Professor Nick Klomp and Member for Rockhampton Donna Kirkland MP at the new Centre for Building Excellence on North Campus



I look forward to sharing more about our upcoming events and activities in the next quarterly newsletter.

You can read up on these events, plus more in the latest edition of our FREE Be Magazine, to subscribe, please email be@cqu.edu.au.

Ms Kim Harrington,
GCertMgt, BAAVTHRD(Hons), DipPM Associate
Vice-President Rockhampton and Central
Highlands Regions



A Very Handy Hint



If you are going away on vacation, place a pot on a step stool on your counter with your succulents placed around the stool. Wet and run strings from the pot to the plants (tuck into each pot). Fill the pot with water and the water will leach down to the plants, keeping the soil moist whilst you are away.

Ed: I am pleased to introduce **Joanne Coyne** to you all. Jo was elected **Secretary of Rockhampton U3A** at the AGM in March this year.



My name is Joanne Coyne and I have been a member of U3A for 4 years after being introduced by Cathy Booker with whom I share three gorgeous grandsons. I have five adult children and seven grandchildren.

My activities outside of U3A and family are usually home based, that is gardening, cooking and my dogs. I have been a member of the Rockhampton Pistol Club for some years and am currently studying to be a Level 2 Range Officer. I also work as a Telephone Crisis Supporter for Lifeline Australia.

Jo Coyne, Secretary



U3A HISTORY GROUP

Ann Findlater

The U3A History Group meets monthly on the 3rd Monday at Oaktree Retirement Village, 155 Glenmore Road, Park Avenue, in the Community Centre at 2pm. We are a small friendly group and most of our people have been coming for 10 or more years when I started the group, which was when I was U3A President.

We mostly look at Central Queensland history and we find so many interesting stories. I recently attended a talk on Rockhampton at War and hope to include this subject during the next few months when I can get copies of photos taken by the Americans who were here in our area during World War 2.

Following is a photo of heritage listed St Christopher's Chapel in Rockhampton. A Non-denominational Church from WW!!, which was erected in 1943. It reflects the presence of American troops in Queensland and stands as the only structure of its kind in Australia.



The area around the chapel had been used as a convalescent camp for American troops based around Rockhampton, and other U.S. units which had been sent to Rockhampton to rest after combat operations in the Pacific islands. During the peak time of American occupation more than 70,000 American soldiers from the 24th, 32nd and 41st U.S. Army combat divisions, were stationed in the Rockhampton area.

In 1943 several army chaplains recognised the need for a non-denominational chapel and approached the Corps Commander for assistance. The 542 Engineers Ship and Shore were given the task of constructing the chapel under the supervision of the chaplains. When the work was completed late in 1943, the four chaplains (two Protestant, one Roman Catholic and one Jewish Rabbi) consecrated the chapel as a place of divine worship where non-denominational services could be held.



We are always looking for new subjects to research. Everyone is most welcome to come along and join in with our afternoon chats and it is only for a couple of hours. I hope to see some of you at our next get together.

You can ring me on **0400766112** for more information. **Ann Findlater**

Note: If you travel along Lakes Creek Road towards Emu Park, the chapel is located along St Christopher Chapel Road

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April Guest Speaker Simon Irwin, CEO of Beef Australia



Our April Guest Speaker was Simon Irwin, who is the current CEO of Beef Australia. He was there for the 2024 event and is now concentrating

on the plans for 2027.

Brought up in Warwick by a family which was involved in Newspapers since 1866, he started his career working in that industry then, for a time, worked for Australian Estates, doing stock and station work, that he loved. After which he went back to newspapers, the Gladstone Observer and community reporting, before running News Corps regional publications. Simon also did the house husband thing for a while before becoming CEO of Beef Australia in 2021.

It was in 1986 that a group got together to organise a Festival of Beef in Rockhampton which, at that time, became the industry's contribution to Australia's Bi-Centennial Celebrations and in 1988, chaired by Ken Coombe, OAM, Rockhampton had a prime cattle show resulting in 1,400 stud cattle competing and 2,000 commercial cattle pass through the Gracemere Saleyards, which was intended to be a one off. However, in the 90's the trade show was growing, so in the year 2000 Beef Australia joined in with the millennium celebrations adding more entertainment to the mix and in 2004 the committee that was running the events to date became a company.

By 2012 the association took a new turn and developed new branding to promote themselves more and started using social media to further their influence. The 2015 Beef Australia event focussed on a Paddock to Plate theme with more family and live entertainment. And in 2018 they brought some Celebrity Chefs including Curtis Stone, to entertain with a focus on overseas visitors.

The 2021 event was a focus on sustainability and innovation with tech yards and a bigger footprint overall but, of course, then Covid hit, which was overcome by producing the COVID

Festival, becoming the Best Festival in Australia winning two Queensland awards.

In 2024 several records were broken, huge attendance numbers, economic impact and focus on entertainment for locals on Graeme Acton Way. In fact, the publicity had a potential editorial reach of 4.08 billion people. Further awards were won, a Silver Award from Australian Tourism and two further Queensland awards.

Of course, all of this entails a huge amount of work and logistics to run but the benefits to Central Queensland are immense. Economically the impact was \$102m for Central Queensland or the equivalent of 721 jobs, and a further \$70m for the rest of Queensland. Of course, added to this is the value of business done by exhibitors, one of whom made \$1m in the Monday sales!

125,500 people went through the gate including 2,000 International visitors from 39 countries, 37,620 of whom used our free park and ride facilities. Oh, and 80,000 people watched Beef TV! And don't let us forget the 40+ State and Federal politicians that who attended.

Now to the cattle, the stars of the show, 4,500 of them with a collective value of around \$44m. Also, over 125 thousand ticketed meals were served at functions and 37.5 tonne of beef were consumed!

For Beef 2027 there will be a few changes to the layout and the entertainment programme including a greater focus on international visitors, and utilising Beef TV to reach the international market. Plus, we hope we can improve on more food options for all the hungry people out there.

Focus will be on improving some of the facilities, camping, Airbnb, etc. Being able to arrange more flight to the region, plus ever-increasing costs that have to be considered for the housing of cattle and any earthworks, etc., that have to be enabled.

Besides all this wonderful insight into Rockhampton's role in beef, Simon also completed another role at our U3A meeting. He became the impromptu Auctioneer for Colin Pender's, Leukaemia Foundation "World's Greatest Shave". He was excellent and his input resulted in the contribution of \$272.55! Thank you to Simon for a very informative session, and your extracurricular auctioneering.

Poetry for Leisure

Poem for the Group,

By Peter Laity

A group of older people with rhyme upon their mind.

Meet monthly in the beef capitol to see what they can find

In the way of expressive thoughts and captivating verse.

A peace and tranquil place with no ill thoughts to coerce.

They write of their life's grand stories and thoughts that mean a lot.

Of what they think is right and what they think is not.

Of pets, spouses, the news, and their views and politics.

Results are quite astounding due to the diverse attendees mix.

Now there is more to these meetings than poetic narrative.

A time and special place to exercise community collaborative.

A space devoid of personal grievance and regrets from the teller's past.

The documents from the wise old folk should be stored somewhere to last..

If you love poetry, or love composing it, U3A has you covered.

Alan Watts is the convenor for **Poetry for Leisure** and the group meets at **Fitzroy by Teman, Pauline Martin Drive in Rockhampton on the 4th Tuesday of each month at 9.30am. You can contact Alan on 4928 5319 or 0411 469 563.**

If you are unable to make it on a Tuesday **Virginia Latty-Weir** also runs a poetry group, **Poetry with Friends**, which is on at **3.00pm on the 1st Wednesday of the month or 9.30am on the 4th Wednesday. Virginia can be contacted on 4921 1602.**

Happy Rhyming!



**COCKSCOMB VETERANS BUSH
RETREAT Inc**

<u>When</u>	Friday 27th June 2025
<u>Where</u>	124 Camms Road, Cawarral
<u>Time</u>	11.00am to view grounds and Museum followed by BBQ
<u>Cost</u>	\$25.00 BBQ Dessert Tea/Coffee Bar open
<u>R.S.V.P.</u>	20th June 2025

**This activity will require payment before
your booking is confirmed.**

You can pay online as soon as you wish to reserve your place. The usual suspects are collecting for me as well, Committee members or group leaders.

A/C Name: U3A Rockhampton and District Inc

BSB: 064710

A/C Name: 092 5452

Activity name: Cockscomb

Bev Meredith Text: 0410 341 843

Email: bevm@reigate.com.au

Some Quotes from Albert Einstein

Don't Overthink the Future, "I never think of the future. It comes soon enough."

The future is uncertain, and worrying about it steals today's joy. Focus on what you have now and keep moving forward.

What Is Relativity?

Einstein once joked: "Sit with a pretty girl for two hours and it feels like two minutes. Sit on a hot stove for two minutes and it feels like two hours — that's relativity."

Perspective changes everything.

Out and About with Bev

A catch up on recent activities



Bev Meredith, Social Co-Ordinator Extraordinaire, arranges brilliant events for us to enjoy. In the past few months she has organised Barefoot Bowls, Southside Cemetery Walk, an Easter Morning Tea, et al, with more to come, another Murder Mystery about to happen before the end of May and in June a further visit to Cockscomb for a tour and museum visit, prior to a BBQ lunch. (see Page 6).

One of the more recent events for U3A members was a **tour around Rockhampton General Cemetery on Rocky's Southside**. The tour leader, Phil Hore, kept everyone entertained with his knowledge of the cemetery and the people who lay there. Blessed with lovely weather, the tour was well attended by our members who enjoyed the tour immensely and then lunched at the nearby Allenstown Hotel



The Barefoot Bowls was also a huge hit with members and very enjoyable. Held on the 11th April at the Rockhampton Bowls Club, it was an



evening event and was followed by a scrumptious BBQ.



The Easter Morning Tea was another fun event, with Bev at the helm. Held in the Fred Fox Hall, with 22 participants, there were prizes galore to be won with the rabbit trivia and other competitions. Everyone dressed for the occasion with wonderful hats, dresses, bunny ears. Even the coffee cups were decorated. Lots of fun,, delicious hot cross buns and laughter.



Unfortunately, many of the upcoming outings and events cannot be placed in the journal as events have not been arranged yet, and/or finalised for the period of the journal but, if you are interested, **send Bev a text asking about coming events, or if you don't have a mobile phone give her a call.**

Also, if you are not tech savvy, ask a friend or perhaps even a grandchild to look up U3A Rockhampton on Facebook for you.

Bev can be contacted on 0410 341 843 or by email: bevm@reigate.com.au

Bev has also been busy with our very active **Gardening Group** whilst hoping to find a new convenor. **Phil**, a staff member of **Bunnings**, gave an interesting and informative talk on growing



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Gardening Group ctd.

plants and cuttings in water. Phil also spoke about containing and eliminating plant pests before they took hold. Look out for another visit later in the year! Also a visit to **Tanby Gardens** where Lloyd, from **Younger's Native Bees** showed us how to split a hive! It was very exciting for us bee lovers.

The Saturday Walk and Chat Group

have also been striding out and about with their weekly walks. The starting time is a little later now that autumn is here, meeting at 6.20am to start the chatting part of our name and departing at 6.30am to practice the walking part of our name.



Walks are varied, sometimes along the river, or at a park and occasionally a trip to Yeppoon for a change of view, but always enjoyable meeting up with friends, old and new, and sitting down for a coffee afterwards at a local venue nearby.



Rockhampton Annual Rocky River Run

was held on Sunday 18th May and some of the **Walk and Chat Group** participated.

Here is Christine Dobeles report.



"I must clarify that we did not run but we walked for approx 4.9km and ran for the last 100 or so metres when we saw the finish line. The reason

was we all wished to finish in under an hour to keep our record for always completing the 5k in under an hour.

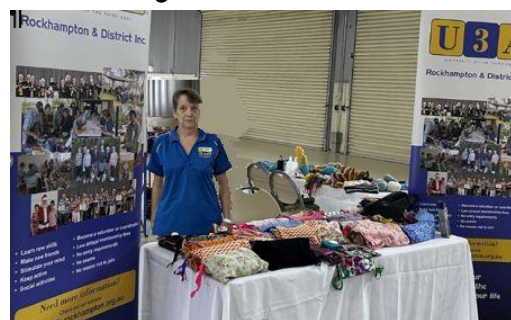
Our times were very impressive when you consider we are all a year older, but we must be like good wine, we are maturing and getting better each year.

After we received our Winner Medals we five retired to the Kershaw Gardens Pavilion number 5 for a hearty cooked breakfast of bacon, sausages, eggs, bread/toast, tea/coffee or iced tea, cooked by our Saturday walking men who I must say are Michelin Star Chefs.

Christine Dobeles is the Group Leader and can be contacted on 4926 1845 for the weeks' meeting place. Also if you are interested in joining the U3A Angels who meet on the 3rd Monday of each month at the Fred Fox Hall on the corner of Gladstone Road and William Street.



U3A Angels with Christine Dobeles



U3A Angels were one of the 33 different services at the Robert Schwaren Pavilion for Hands of Support Day with 371 people who came to see the different services present.

U3A Angels had small bags with toiletries, small and large knitted Teddies and 70 Kits of hand-made ladies Sanitary Items.

We had a wonderful response and gave away 62 kits, all our Teddies and small bags of toiletries, plus a number of fabric bags and panties.

Our U3A members had generously donated fabric to make the kits and many soaps, shampoos and conditioners, etc., as well as knitting many Tiny Teddies.

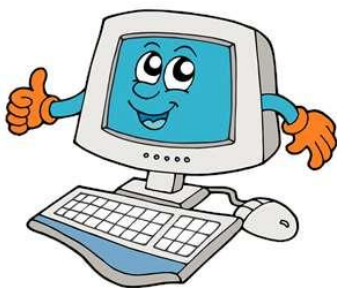
We also gave out many Brochures about U3A to very interested people for either themselves or a family member.

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Nicks Tech Tips

June 2025



AI-You've seen it, you've heard it mentioned, but what can it do for me.

AI technology is revolutionising healthcare for senior citizens, providing efficient and personalised monitoring and care. With the use of AI algorithms, wearable devices can continuously track vital signs, detect abnormalities, and alert caregivers or medical professionals in real-time.

This early warning system allows for prompt interventions and reduces the risk of adverse events. Additionally, AI-powered virtual assistants can remind seniors to take medications, schedule appointments, and offer advice on managing chronic conditions. These advancements in AI technology contribute to better health monitoring and personalised care for seniors, improving their overall well-being.

AI-powered home monitoring systems enhance the safety of seniors who choose to age at home. These systems can detect falls or accidents and immediately notify emergency services if necessary. With the help of AI, seniors can confidently live on their own while benefiting from an added layer of security and peace of mind.

I personally have a **Fall Alarm** I wear and, should it activate, it calls my son and next-door neighbour, then an Ambulance. (see end notes)

My main computer has died again, I built it eight years ago but didn't update some of the hardware. Microsoft continually updates programs and some items in the computer are unable to run the new software. As my son said, 'it's old like you, and you're trying to run it as a Rolls Royce, when it is actually a Mini Moke'.

I don't buy brand new computers now but look for Refurbished Desktop and Laptop Computers on the Web. Most are ex Government so only a couple of years old. But the company

selling them will give you free delivery and 12 months warranty. So, I look for a system that has a 256Gb Solid State Hard Drive, 16 Gb RAM, and either a I5 or I7 processor and, if it is a laptop, the screen size not less than 14 inch.

One reliable supplier I use is <https://www.australiancomputertraders.com.au/desktop-computers/> -To get a comparison price and hardware availability look at <https://www.recompute.com.au/refurbished-laptops/> - I have bought from both and have had no issues.

If you are not sure send me an Email (**On page 2**) with the website you are looking at, plus what you are looking at and I'll check it for you (I do not collect commission or kickbacks from either Company, they are purely an example for you)

Windows 10 - The final version of Windows 10 is version 22H2, which will reach end of servicing on **October 14, 2025**.

Learn about Microsoft lifestyle information on Windows - <https://learn.microsoft.com/en-gb/lifecycle/faq/windows> -

Windows 11- <https://www.microsoft.com/en-au/windows/windows-11-specifications?r=1#table3>

APPLE – In your settings set your device to Auto Update after hours

All the best, I look forward to Questions from members

Cheers Nick Quigley OAM

Note: A **Fall Alarm** has 'fall detection monitoring' and 24/7 monitoring active within your own home. There are other types, of personal alarm pendants for when out and about that include gps location and optional fall detection also.

Nick Quigley acquired his from personal alarms for the elderly : tunSTALLhealthcare.com.au.

Copy to your browser.

☼☼☼

Sign on a product at a local supermarket..

Yummy!

**Bone-in and Skin-on Chicken Drumsticks
(Contains Back Legs Only)**

Bribie Island U3A Conference 2025

President Lauree Lanyon and U3A members, Judy Swarten and Debra Wickerson drove to Bribie Island. Lauree's account follows: The island has so many parks with well-defined walkways, and you are never far from the sea.



Lauree and some Remarkable Rocks

After checking on upcoming events for the following day, we drove everywhere around the island! Pelicans love Bribie Island, and it has certainly changed from the mid 1990s! We were back in time for the Meet and Greet that was on from 5 to 7pm and held at the Bribie Island Hotel, a relaxed and friendly way to meet the delegates.

We attended the official opening of the Conference on Wednesday 7 May and President, Rhonda Weston of Network Queensland U3A, spoke to the members. Rhonda indicated that through membership in U3A, members can celebrate lifelong learning as well as participating in the joy of community. These two factors epitomized the **Connect and Grow** theme of the Conference. Following are a precis of the keynote Guest Speakers:

1. Lifelong Learning – Professor John Pearn

Professor John Pearn started with the question, 'Can our brains ever be full?' The answer is NO! Brain structure is modified by use and changes throughout life. Functional IQ peaks around 40 years (hence why NASA choose astronauts in their 40s) This function is then enriched by Art, Music, Sport, and Lifelong Learning. He indicated ways to increase brain function as we age:-

Interaction with Others, Regular Sleep, Novelty, Exercise, and Participation in Sport plus Creativity!

- There are many differences between life-long experience and practice compared to academic learning and the concept of creativity. Lifelong experience is the acquisition of practical skills, whilst Academic learning is the acquisition of facts, and the Concept of Creativity is the acquisition of creative skills.
- Life doesn't stop at 70 – for many, it begins at 70 – sharing with others gives a purpose in life and it helps to keep an open mind.

2. Socialising in the 3rd Age – Professor Nancy Pachana

This speaker indicated there were three essential factors to ensure successful socializing – Diet, Exercise and Social/Mental Engagement.

Social engagement leads to:

1. **Improved mental health and reduced depression** – need strong social ties (3 essential friends who are supportive no matter the situation)
2. **Enhanced cognitive function and lower dementia risk** – social networks help with cognition whereas social isolation increases the risk of dementia by 50%. Engaging in conversation and social activities stimulates the brain and keeps cognitive functions sharp.
3. **Increased longevity and lower mortality risk** – social ties encourage healthier behaviours, provide emotional support and reduce stress. All these factors contribute to longevity (including weak social ties such as having a chat with the coffee shop owner etc.)
4. **Better physical health and reduced risk of chronic diseases** – positive social interactions lower stress and inflammation leading to better overall health.
5. **Greater sense of purpose and life satisfaction** – engaging in meaningful relationships, provides motivation, emotional fulfilment and a sense of identity.

Strategies to strengthen social networks in later life:

- a. **Participate in community activities and volunteering** – opportunities for regular social interaction and meaningful engagement.
- b. **Use technology to stay connected** – for example, learning to use Zoom, WhatsApp and Facebook can help seniors maintain social ties and even reconnect with old friends.
- c. **Engage in group-based physical activities** – helps seniors form friendships while active. Exercise in nature has improved benefits, i.e. no headphones.

In the evening a lovely Formal Dinner was held at the Jetty Restaurant with numbered seating to give everyone the opportunity to mix with other delegates

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Thursday 8 May – The AGM was first on the agenda for the final day with the President indicating that all members needed to consider nominating for committee positions (4year terms). Our own **Henry Cope** was elected as an Ordinary Committee Member of the Network

Our 3rd Guest Speaker, Professor Graham Kerr, on The Importance of Exercise for Seniors –

Professor Graham Kerr identified five factors to consider when exercising:

- **Ageing, mobility and falls** – ageing population is increasing. Falls are a major problem due to the clinical impact of falls. As we age, we need to consider our posture and gait when moving.
- **Neurological changes** – posture starts to change as we age as well as cerebral blood flow and increased arterial stiffness.
- **Orthostatic Hypotension** – this is a big word for ‘dizziness’ and this then leads to postural instability.
- **Exercise intervention – two types of exercise are required:**
 - *Resistance – activity of lifting heavy objects for exercise to increase muscle strength*
 - *Aerobic – increasing demand for oxygen. This form of exercise decreases the risk of diabetes, depression and stress. It also preserves brain volume and increases cognitive ability.*
- **How much? How often?**
 - *Resistance – 10 to 15 repetitions, 8 to 10 different exercises, 2 days a week*
 - *Aerobic – moderate 30 minutes, 5 days a week, high 20 minutes, 3 days a week*
- *Combine balance and resistance – increases strength leading to fewer falls*

**Our final Guest Speaker’s topic,
‘and then I joined U3A’**

by Emeritus Professor Elizabeth Beattie

Elizabeth has an enduring interest in the care and support of older adults, particularly those living with dementia. Now retired, she loves life on Bribie, exploring the world and classical music.

She gave a moving recount of her journey ‘finding connections’ and feeling a bit lost -until she joined U3A, the activity that resonated with her was an art group where they made painted silk scarves.

Over the two days, there were also a number of breakout sessions – ranging from communication, consumer rights to laughter wellness – the ones I attended I found interesting.

Before I finish, I mentioned I went to this conference with two U3A members – Judy Swarten (an established U3A member but first-time attendee at a U3A conference) and Debra Wickerson (new U3A member this year) – these two members have kindly written about their experience at the conference:



Judy Swarten re The Bribie Island Conference

I had no hesitation in accepting when Lauree asked me if I would like to go to the Bribie Island Conference. Never having been there before, plus I had never been to Bribie Island. I had heard such great feedback about the Rockhampton Conference, which I continued to hear from many delegates at the conference,

It all started with the Meet and Greet where the guest speaker gave us an insight into a local tourist attraction – The Abbey.

I enjoyed all of the Keynote Speakers. In their 45 minute allocated speaking time they only touched the surface of their topics, which highlighted the importance of lifelong learning and exercise for seniors.

The 35 minute breakout groups provided practical skills. One was on disengaging your fear of public speaking, presented by an award-winning Toastmaster. Another on meditation with a laughter wellness workshop was a fun way to conclude the formal aspects of the conference.

All in all it was a really enjoyable experience. It was well run with helpful volunteers, substantial and healthy food.

Debra Wickerson-The Bribie Island Conference

I joined U3A Rockhampton in February this year and was excited to have the opportunity to attend the Bribie Island Conference with Lauree and Judy.

It was a truly enjoyable experience and I would recommend to all of our Rockhampton members to join in and experience the friendship, education and camaraderie offered to all - to take the

journey and attend future conferences as this was a wonderful life learning pathway.

Bribie Island U3A members welcomed us on the first evening with a speaker from Abbey Museum of Art and Archaeology. An exuberant speaker who enjoyed his topic and enthused us to visit the museum which was well-worth the visit. For those interested in history, culture, genealogy and archaeology there were stories and artefacts displayed which provided a quality cultural and educational experience.

The breadth of year-around classes available for Bribie Island U3A members was impressive, currently around 200 classes with a scheduled fee payable at the commencement of a term. The Tutors immersing themselves in the life-long learning experience and sharing with members.

Bribie Island U3A has approximately 2,000 members out of a population of 20,000, which is impressive.

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A large number of U3A class members also displayed their wide-ranging creations for sale at a local exhibition centre. Showcasing jewellery, pottery art design, handbag art, and creative sculptural designs that elevated the desire for a member to challenge and enjoy a

life of learning and love of sharing.

All in all, as a new U3A member, I recommend that all members from Rockhampton take the opportunity at some time, to learn from attending one of the yearly conferences. We should all live life and enjoy the learning experience now and into our later years.



A boiled egg in the morning is hard to beat.



Never trust atoms, they make up everything!

Current Affairs

Held at Meeting Rooms, Rockhampton Golf Club, Ann Street, WestRockhampton 3rd

Thursday, monthly at 2.00-4.00pm

By Lance Cowan, Retiring Convenor

Before I became convenor the group met at the previous convenor's house, newspaper cuttings were spread on the table and they were the source of our discussion, attendance was typically 5-6 persons..

I changed the location to The Frenchville Club and asked the group to send me topics that they would like to discuss, the Monday before the meeting, I then put together an agenda and emailed that back to the group so they could think through the responses they would make at the meeting.

If my memory is correct we have been doing it that way for four years. I now have 19 registered members and average 12-14 attendees per meeting.

I sincerely hope someone will come forward and continue as coordinator for the Group, I strongly believe a Current Affairs Group of this nature meets the criteria of U3A's existence by stimulating thought and sharing the fellowship of likeminded people.

Editor: Lance has included some recent topics, and any topic can be put up for discussion. I have abridged the questions, but hope they convey the variety of questions that arise.

e.g. What measures do our political parties have to take to increase productivity? Australian productivity is very low compared to other OECD countries. G.S.

e.g. Who is responsible for the "Very Average" performance of the Broncos this year (10 games played 5 wins) L.C.

e.g. The United Nations is totally ineffective in influencing a peaceful resolution to the world conflicts L.C.

Ed: I hope that someone will step up for this position, there is not a lot involved in preparation for a meeting and the meetings are interesting, respectful, mind provoking, enjoyable and educational. We wish Lance and his wife, Barbara,

all the best for the future as they are moving from
Rockhampton to be closer to their family.