



THE QUARTERLY FLYER

Rockhampton & District Inc

MARCH 2021

Volume 1/2021

Welcome to a new Covid Safe U3A. After a pretty dismal 2020 hampered by lockdowns, despair was setting in that U3A may not recover, but joyfully, as demonstrated at the General Meeting and Expo on 1st February, all fears have been dissipated. Lets keep up this momentum by strictly adhering to our Covid Safe Plans and Safety Management Policy.



Outgoing 2020 - COMMITTEE

President:	Russell Daniels Ph 4819 1739
Secretary:	Bev Connor Ph 0488 557 721
Treasurer:	Lenore Cook Ph 4926 7499
Activities:	Phil Morisette Ph 4928 7769
Social Organiser:	Christine Dobe Ph 49 261845
Guest Speakers:	Judy Nutley Ph 0408 286 178
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Volunteers Coordinator:	Vicki Cope Ph 0412 336 450

Annual fee:	\$15.00
New members (July 1 – October 31)	\$7.50
Joining fee (includes name badge)	\$10.00

Check out the Quarterly Flyer in colour:

<http://www.u3arockhampton.org.au/images/Mar21.pdf>

From the Presidents Desk
Russell L Daniels



At the AGM on the 1st March 2021, after three years serving U3A Rockhampton, I, together with a number of my management committee members, will be stepping down from our roles and will not be re-nominating for any committee positions.

I have been fortunate to have such a hard-working progressive management team, and collectively we have achieved many things for the U3A Rockhampton membership. There is now an opportunity for other progressive U3A members to step up and take U3A Rockhampton to the next level.

Some committee members who have not completed their three years will be able to assist new committee members to transition into their new roles.

Management committee achievements over the last three years?

Membership

- We have progressively grown our membership since 2018. Prior to the pandemic our numbers were pushing towards the 500 mark. The inability to hold general meetings, because of the Covid restrictions, has certainly taken a toll on those membership numbers. Although we have only recently recommenced general meetings, we are again receiving many new applications.

Guest Speakers, Events and Outings

- 2018 we had 9 guest speakers and 13 outings and functions
- 2019 we had 9 guest speakers and 12 outings and functions
- 2020 we had 1 guest speaker and 2 outings and functions (everything was impacted by the Covid-19 Pandemic from March 2020)
- 2021 we had 1 guest speaker for March and 1 guest speaker and 3 outings & functions planned to April 2021
- In addition, we organised the 30 year celebrations and conducted a Volunteers Morning Tea each year in order to thank our volunteers for their contribution to U3A Rockhampton.

New Activities Introduced

- Contemporary Ballet
- Ukulele Group
- Judi Blanchard's Digital Skills and Be Connected
- Current Affairs Group
- Days for Girls
- Cards & Scrabble
- Monthly Lunch

Re-commencement of Activities

Covid-19 has presented U3A Rockhampton with some major challenges in getting activities restarted safely. Locations for activities were visited and Covid Safe Plans and Risk Assessments were developed for review and approval by the management committee.

The safety management sub-committee and the management committee have assisted 15 activities restart with more potentially able to restart soon.

This task has been made difficult with relentless undermining of the Safety Management Policy and Procedures by undermining and denigrating the management committee and safety management sub-committee by a few of members, whose end game is to have safety management removed from U3A Rockhampton.

Safety

1. In 2019, after a number of safety related incidents and considering the demographics of our membership, it became apparent that U3A Rockhampton needed to pick its game up in relation to a proactive safety policy to ensure the safety and wellbeing of our members. We also found that we were lagging as much as 10 years behind other good Queensland U3A's in introducing safety management policy and procedures.

- In 2020 U3A members voted in favour of having a safety policy and a safety management sub-committee consisting of three management committee members and four other members was formed to develop the necessary safety policies and procedures, forms and training packages.
- Two U3A members who are trained First Aiders have been provided with a St Johns First Aid kit and defibrillator.
- Outdoor activity groups have been provided with small First Aid kits for their use.
- Members of the safety management sub-committee are available to visit venues and assist coordinators with the preparation of Risk Assessments and Covid Safe Plans.
- The safety management sub-committee conducted a presentation on safety management and completing risk assessments on 24 September 2020 for the benefit of the activity coordinators.
- Activity groups which have restarted have been provided with Covid sanitising cleaning kits and hand sanitiser.

Covid-19

- After March 2020 Covid 19 presented special issues in the management of U3A Rockhampton.
- The management committee continued to function by holding meetings with Zoom.
- The Zoom membership was extended to the activity groups. The Ukulele group used Zoom successfully to continue its activity.

Administration

- All U3A Rockhampton financial reporting is computerised and almost all payments are now paid by EFT.
- Position descriptions have had the roles and responsibilities updated to reflect what the management committee members actually do.
- A handbook “Guidelines for Coordinators” has been developed, reviewed and approved for 2020. This is new for U3A Rockhampton, but has been available at other U3A’s throughout Queensland and elsewhere for many years. This book will provide the necessary guidelines to assist our coordinators.
- In June 2019 U3A Rockhampton Constitution was updated to meet current standards including removing discriminatory age requirement and allowing the use of technology for meetings. The By-Laws were updated in October 2020.



Brittany Lauga awarding U3A a Gaming Commission Grant

- Website updated with all the latest documents, forms, activity sheets, etc. Every U3A Rockhampton document a member needs is available to everyone and is in one place.
- Facebook page continually updated with relevant information and photographs that relate to U3A Rockhampton.
- Throughout the pandemic in 2020 two “Isolation Newsletters” were sent out to keep our members updated and informed.
- Quarterly Flyers have been published quarterly and sent to our members.
- The old “Show and Tell” in December and the “Sign on Day” in February have been consolidated into one event called “Activities Expo” which is held in February.
- Our older computers have been updated to Windows 10 and Office and can be loaned out to our members wanting to attend computer classes and practice at home.

Grants

We have applied for various grants and have received \$13,585.00 in grants for the purchase of equipment for the benefit of U3A Rockhampton.

Equipment purchased includes:

- Telescope and tripod
- OKI Colour Laser printer for printing forms, brochures, flyers, reports, documents and journals.
- Laptops, accessories, and software for committee members to perform their various duties professionally.
- St John’s First Aid kit
- Defibrillator
- Mahjong tables and Mahjong sets.

Shirts and Badges with Logo

- U3A Rockhampton now has a U3A Rockhampton logo that can be embroidered to a polo shirt at Totally Workwear North Rockhampton
- The old name badge design has been discontinued and we order only badges with the official U3A logo

CQU Student Awards

- The bursary for the CQU Students Awards has been increased to \$1000.00. I have attended every Students Awards Ceremony to represent U3A Rockhampton.

U3A Network

- Myself or a representative have attended all U3A Network Queensland AGM’s and North Queensland Presidents Councils



*Ms Kim Harrington, GCertMgt, BAAVTHRD(Hons), DipPM
Associate Vice-President (Rockhampton Region)
and Director of Business Development & Industry
Engagement.*

At the conclusion of 2020, I took the opportunity to reflect on CQUniversity's many achievements, despite the challenges that COVID-19 presented. From transitioning all Higher Education and VET courses to online learning, hosting online events for staff and students, providing financial and meal assistance to students who faced significant financial hardship, continued sponsorship and support of our community events including the CQUniversity Village Festival and so much more!

CQUniversity Rockhampton had the privilege of hosting its December graduation ceremony. This was not only a great celebration of achievement but the first major event that CQUniversity held in 2020 since the introduction of COVID-19 social distancing measures. With almost 400 graduates, the day was split into two COVID safe events at the CQUniversity Community Sports Centre

Chancellor John Abbott AM presented more than 170 students in the morning ceremony followed by 212 students in the afternoon with their official Testamur. A total of 7 PhD graduates were also recognised for their achievements.

Graduates and guests were treated to inspirational words of wisdom by our talented, local guest speakers Ms Marni McGrath and Ms Heather Peirano. Lucinda Brown, Bachelor of Education graduate and Darian Wooler, Bachelor of Nursing graduate delivered the response on behalf of all graduates.

Two Associate Vice-President Rockhampton Region Medals were also awarded at the ceremonies. The Associate Vice-President's Region Medal is presented to a student who not only demonstrates a strong commitment to their studies, but also includes contributions to community, capacity to act as a mentor to others, ability to respond to challenge and a commitment to the value of cultural diversity. The two recipients of the Associate Vice-President's medal were Master of Engineering (Electrical) graduate Mr Jeet Mukherjee and Bachelor of Nursing graduate Ms Darian Lee Wooler.

Both graduates not only excelled academically, but also immersed themselves into campus life and culture. They volunteered their time as student mentors and ambassadors by attending many events on and off campus as well as online. Darian and Jeet are proud CQUniversity graduates who will now take what they have learnt and apply it to their prospective professions. I look forward to fostering the next intake of students through their academic and university experience.



For the second year running, my office has teamed up with CQUniversity and All Saints Chaplain Rev. Matthew Taylor to spread Christmas cheer to CQUniversity Rockhampton staff.

I welcomed volunteers from the chaplain's parish to help package this year's gingerbread biscuits. My office transformed into Santa's workshop, with a total of 16 volunteers taking time out of their day to package 1200 biscuits into 600 gift bags. Staff were appreciative of the kind gesture following what was a challenging year. We hope to spread Christmas cheer and kindness again in 2021.



As we head into a busy period of the year and with Term 1 Orientation 2021 fast approaching, our staff are busy making preparations to warmly welcome new students and facilitate the return of current students to on-campus learning. I look forward to sharing more details about Term 1 Orientation and on campus events in the next quarterly newsletter.

Read up on these events in the latest edition of our FREE Be Magazine. To subscribe email be@cqu.edu.au



I hope this year will bring some good news. But at the moment in some countries around us, COVID19 has grown out of control. On 31st July 2020 the total World cases were 17 million, today, 31st Jan 2021, there are 102,505,074 million cases. The worst countries affected are: USA 26.7million, India 10.7million, Brazil 9.1 million, UK 3.8million and Russia 3.7million. You can follow the world and any country to see what is happening use <https://coronavirus.jhu.edu/map.html>

It is not over yet

Now for a more pleasant subject. Who can remember using dial up Internet when if the modem was on the telephone line you couldn't make an outside call. To overcome this I had two Telstra lines, one for the phone and one for the modem and this number was not listed. Modems started at 300bauds and went up to 56K bauds. So if you had a 28K modem 2megs of data took 720 seconds to download.

Today with NBN we could hardly notice the time it takes to load a page or to download a program it generally happens in a few seconds. However the Australian NBN FTTN is rated at 61 in the world and Wireless is rated at 5 in the world

At home you can carry out a speedtest on your connection, click or copy this link into your Web browser <https://www.speedtest.net> when it loads click GO. Mine was 45.28mbps down and 10.96mbps up. The Australian ave is 58.3mbps down and 21.4mbps up. **mbps = mega bits per second**

Covid19 has affected the down time on sites because of the increased number of people trying to access the sites. If you are having trouble accessing a site use this link to see what sites are having trouble <https://downdetector.com.au> and what sites are down.

If you use **MyGov** you will find it has many issues and outages. Using downdetector you can click on the MyGov button and see who else is having problems.

If you have a subject or an issue with today's technology and you would like me to research an answer for you, OR if you feel Nicks Tech Tips needs a major overhaul, TELL Me, My email is at the end

Cheers Nick Quigley OAM

Web Co-ordinator - Vietvets@gmail.com



1st March 2021

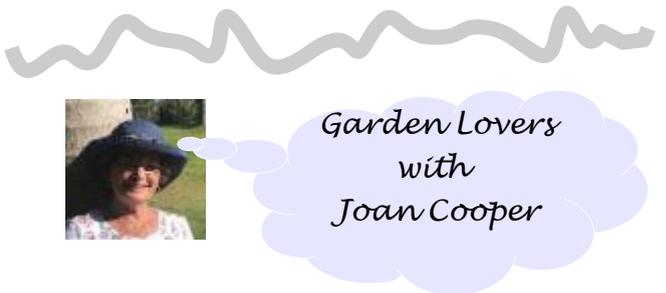
Meeting; AGM

22nd March 2021

Belated Xmas Lunch

April 2021

Wild Harry tours organised, see Christine Dobele



Garden Lovers with Joan Cooper

It was lovely to be able to man the sign-on table for our group at the February meeting. Many members showed an interest in the group so I hope to see lots of you at our gatherings throughout the year. Thankfully, restrictions are beginning to ease somewhat which makes it easier to find an interesting topic for each month. I had organized a speaker from the Fitzroy Basin Assoc. to speak to us last year but of course that had to be cancelled. However, she will be with us at our February gathering to give us lots of information about propagating native plants. I have a few more ideas in mind for coming months and will just have to be creative regarding venues with COVID -19 still having to be taken into account. If you know of anyone with gardening knowhow who would be willing to speak to us just let me know.

Joan 0458060447 joanc25@bigpond.com



*My Covid lockdown activities
Christine Dobeles*

In March 2020 a pandemic called Covid-19 struck. We heard the words “vulnerable age group” U3A as we knew it ceased.

We learnt about Zoom. Borders closed. Families could not visit. Planes ground to a halt.

After cleaning cupboards and spending time in the garden I retired to my sewing room.

I made 2 Queen-size quilts and 1 King-size quilt. and  made many other sewing items for family and friends.

All the fabric I used came from my stash now for the non-sewers out there you would think that I would have empty spaces in my cupboards but as all sewers know this is just not the case. I am convinced that we can always fit more fabric into a cupboard and when we use fabric the remaining fabric just expands a little and will fill up the spaces.

I hope you and your loved are all well. My hope for 2021 is that we can again return to pre-pandemic conditions. Stay safe.

*Writing for Pleasure
With
Judy Whitworth*

LEARNING TO WRITE

Folk who come to our U3A Writing For Pleasure Group expecting to be ‘taught to write’ will certainly be disappointed. The essays and assignments given to us at school prepared us with the tools to help ourselves grow in the art of storytelling. Our own life experiences add to that richness. Listen to your own voice in your head and just write. Get something written on the page and write something every day and you can go on from there. There is a story in every one of us.

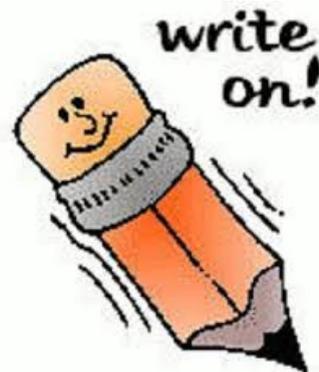
For those who still want more assistance, I've been told that in the Children’s section of our Library, there is a book called “*When I grow up I want to be a writer*” that is really great. It has exercises to work through. There is another book (my son bought it for me) “*How Not To Write a Novel*”. I might still have that one on a shelf here somewhere!

Some of us excel at poetry, some enjoy family history and are prepared to share stories from their childhood. Others have great imaginations and can weave believable and unbelievable yarns. Some prefer fact and like to research local history. So far, none of us have ventured seriously into science fiction, which disappointed one man who had such aspirations. A topic may be suggested for an upcoming assignment to get the thought process started, but if you go off in a different direction we are all pleased to listen to what you produce.

Over the year we run our own workshops in varying fields We have had workshops on Free Writing, Juggling Words, Acrostics, Cinquains, Octopoesms and play with odd newspaper headlines, writing a piece we think fits them, along with Crime/Mystery writing, etc. and have had Guest Speakers who shine in a particular subject. Occasionally we can enlist an 'expert' in their field – be they poet, local historian, etc. who agree to talk to us, or at times the Library runs interesting workshops. As the year progresses we will again share some tips on editing, presentation of a manuscript and touch on how to cope with writers block.

Our group provide support for each others work, listening to and commenting on shared writings. That is our forte.

JUST LOOK AROUND YOU AND EXPAND YOUR HORIZONS !



Activities are GO!
By
Phil Morisette
Activities Coordinator



Strenuous efforts are being made by your Management Committee to get our activities up and running again, as these are the back-bone representing U3A as an organisation.

Some activities have suffered because of unsuitable venues, some tutors are unable to carry on because of age or health reasons but new venues have been sourced to keep our members involved in their activity of choice.

Activities available at present are:

- Book Lover's Group
- Cards & Scrabble
- Current Affairs
- Days for Girls
- Embroidery
- Garden Lover's Club
- Mahjong – Womens Health
- Mahjong – North Street
- Monthly Lunch
- Photography Group
- Poetry for Leisure
- Digital Devices
- Ukulele Group
- Writing for Pleasure

The following should be operating (subject to Covid Safe Plan and Risk Assessment approval) at the time of printing

- Armchair Travel
 - Birdwatchers
 - Third Age Chorus
- Other Third Party Activities are:**
- Aqua Aerobics
 - Senior-Fit Classes
 - Tai Chi – Kershaw Gardens
 - Stamp Collecting

We are looking for Tutors who are able to resume Art/Drawing/Painting & Drama activities. Also if you have a idea for a new activity please contact any committee member with your ideas or feed the“SUGGESTION BOX” on the Committee Table at the General Meeting.

Qualifications not necessary, just enthusiasm.



Kershaw Gardens Tai Chi

Contact Shirley Hopkins 49364792 (message bank) and Anne Stewart 0437 991 458

This group meets every Friday morning at 7.30 am for 1 hour (rain permitting). This class caters for all grades of experience. U3A members are welcome to attend. The cost per session is only \$2.00.

Tai Chi is a gentle exercise guaranteed to improve your balance and overall peace of mind and wellness.



Reminisce's from
Christine Dobeles
Social Coordinator



As this is my last report before I step down at the AGM, I will give you a brief history of our outings together.

- We have enjoyed many conversations while eating at morning teas, lunches, B.B.Qs we have eaten inside and outside.
- We have got physical with bowling balls and golf balls.
- We have gone on two mystery bus tours together.

- Our outings have been as diverse as airconditioned libraries to the dump (sorry Lakes Creek Road Waste Management Facility).
- We have donned our fascinators and sports coats to help horses celebrate their birthdays.
- We have sat on our hands because we dared not put our hands to our faces at CQ Livestock Exchange stud bull sales.
- We have toured a beautiful sculptured garden and a beautiful frangipani garden.
- We have seen beautiful thundereggs and pewter.
- We have visited a mango farm and tasted the refreshingly cold fruit.
- We have learnt that the ladies are more suited to mystery competitions than the men.
- We have seen art outside, that was meters high, we have seen art inside that was centimetres high.
- We have enjoyed the natural beauty of caves.
- We have seen old photos and artifacts of our past.
- We have learned more about the early Chinese settlers in Rockhampton.
- We have had tours of different facilities at CQUni.
- We have toured a cemetery.
- We have learned how to make rum, gin and tequila.
- We have enjoyed Christmas lunch together.

You will I am sure, remember other outings but just know I have enjoyed my time as your Social Coordinator and know that the member taking over from me will have many enjoyable outings with you in the future.

Thank you for signing up to all the above and the other outings that we have been on together.

Best wishes and stay safe



As my final report as Guest speaker coordinator, I would like to thank all the U3A members for their support and especially Christine Dobeles our Activity coordinator. We have worked side by side over the last three years after making the decision to combine the guest speaker with the monthly activity. We have had lots of fun planning and discovering speakers and checking the locations for the activities. This required a visit to do the Risk assessment and there was always lunch break along the way.

After spending the last couple of months of 2019 planning for 2020 - Covid19 presented itself and turned our world around. The time was not wasted. The Guest Speakers will be delighted to attend the U3A meetings this year and follow up with a visit to their venue on the following Monday.

Some of the speakers and excursions we as U3A Members have enjoyed over the years:

- John Fletcher--Rockhampton Heritage Cemetery
- John Day - Rockhampton Jockey Club
- Gavin Tickle - CQ-Livestock Exchange
- Carol Mylrea- Rivendel Botanical Gardens
- Dave Swain - CQIRP

The first Speaker for 2021 will be Professor Helen Huntley OAM from the Central Queensland University in March.

The Speaker for April will be Mary Faux from Wild Harry.

Being a member of U3A has allowed me the opportunity to visit and explore some remarkably interesting business activities we have in our region.

Finally, I would like to wish the incoming Guest Speaker Coordinator all the best and ask for members support with suggestions for future speakers.

United we can be great. Judy



I cannot finish the Journal without another picture of our oldest U3A member, Ivy Fraser, celebrating her 101st birthday with Christa Tollner. A belated Happy Birthday Ivy!

*My Journal Story
Leslie Smith
Journal Editor*



After a few months contemplating the idea of offering to taking over the job of Journal Editor from Elaine Ross – I finally took the plunge and put my hand up at the December 2019 General Meeting. At the time I thought it would be a piece of cake – just copy one of the past Journals and overwrite with new information. How wrong could I be!

It would have been less painful had I realised that I didn't have the actual software “Microsoft Word” but instead a version called Wordsmith which came with my relatively new desktop computer.

Elaine produced the March 2020 issue and spent many hours with me trying to put together the June issue. Trouble was the commands were similar to Word but each time I saved my work it seemed to save okay but when I opened again – everything had jumped all over the place. So frustrating - that I was on the cusp of following my long suffering husband and friends advice and throwing the whole job away. Some years ago I was given the nickname of “Bulldog” - so in typical Bulldog fashion I ploughed on and never gave up.

Then one day I had enlisted the help of my friendly computer tech to sort out some unrelated computer glitches and happened to mention the problems I was having with formatting the Journal and he pointed to the problem – instead of just pressing the “save” button I should have been saving the whole thing in ODT (Open Document Text) format.

Now, believe it or not – I actually look forward to compiling the Journal and get a huge amount of satisfaction at seeing it come together. I have since got the full version of Microsoft Word but have become so proficient at juggling Wordsmith that I think I will continue using my version until the time comes to hand over the reins to the next Editor.

Call to man
Your pens



I love reading and hearing peoples life stories with this in mind I announced at the last General Meeting that every one of you will have a story to tell of some small (or large) happening in your life and to please send to me in whatever format pleases you. Hand or type written will be fine – posted or emailed. English preferred or if proficient in Pitmans shorthand – I should be able to transcribe. 250 words would be ideal but should be able to accommodate more – even if it means serialising a story over two Journals!

Rodger Williamson's Story
Leaving England

I was excited. We were going to join Dad and Peter in Australia.

My excitement had nothing to do with Australia, Australia was just a name, a place to be found in an atlas. It was the place where Dad was now living. My excitement, was that we were going on a large boat and that we would be living on it for four weeks. This was an adventure like never before!

Already a large red truck had called to Grandma Dale's house in Hull. Two men had loaded numerous items including two large chests which Mum called Cabin Trunks and upon which, was stencilled in large letters, "Not wanted on Voyage." The bold writing emblazoned upon the truck "Speed it Thru Stevens" told me, and anyone who cared to look, that a great undertaking was about to begin.

Two days later, Mum and I boarded the train at Paragon Station and left our East Yorkshire homeland for London. As the landscape rolled by, my excitement grew even more. Mother had booked us into a Central London Hotel! This was a new experience for me because I had never been in a hotel before. Never mind going to sleep in one!

I felt very important as we entered the polished marble foyer where men in smart red uniforms, raced to take our luggage and to guide us to a counter at which sat a bespectacled lady who greeted us like toffs.

Up till now, my infrequent stays away from our home in Willerby had been spent in Bridlington with Grandma Williamson , or in Hull with Grandma Dale. We were to stay in London for two nights, before leaving on another train which was to take us to a place called Tilbury.

We only had the one room and after settling in I was soon asleep in the big double bed.

The next day we went sight-seeing. For me, the most important sight to see was the Changing of the Guard at Buckingham palace. This proved to be a small disappointment. The Guards were in their grey winter uniforms rather than the storybook bright red.

Holding Mother's hand, we walked the busy streets looking into shops and dodging the many pedestrians - all who seemed to be in a hurry. We eventually entered a big posh store called Harrods. Mum told me that my Aunty Vicky worked there. Looking around, Mam (a Yorkshire term for Mum) couldn't find her sister so she enquired at one of the counters displaying beauty products etc. "Excuse me" she said "I'm looking for Vicky Dale, I thought that she worked on these counters." The woman looked perplexed, trying to put a face to a fellow assistant who spoke with a broad Northern accent. "You say her name is Dale" she asked as if to clarify a face in her mind. Suddenly her face lit up, it was as if a light was turned on "Oh!" She said in a condescending tone "You must mean Miss Dauville."

Aunty Vicky had been ashamed of her broad Yorkshire accent and so had cultivated a name and accent to suit the wealthy clientele shopping at Harrods. She received a right telling off from Mam who let her know that Northerners were every bit as good – if not better than her stuck-up work mates and the posh clientele who could afford "*Aarrods*" prices.

Rodger's Story continued

The next day came and we lugged our heavy suitcases down to the foyer where (*Against Mothers dislike for paying taxi fares*) we were taken to a Central London railway station. I would like to think that it was Kings Cross but, in all truth, I can't remember which one. The exciting part for me was that we were going to catch "A Boat Train."

This proved to be another disappointment. The term "Boat- Train" had conjured up all sorts of images in my eight-year olds brain. But it was only another steam train and carriages. Further more, it was only a short 40-minute journey down the Thames to Tilbury Docks.

The train pulled up in front of a long shed and passengers hurriedly started marshalling their luggage before walking off towards the wide open doors of the awaiting shed. Almost staggering under the weight of the suitcase allocated to my responsibility It was sometime before I realized what lay before me. There towering over the shed was the biggest, most wonderful ship that I had ever seen.

Walking up the gangway we were greeted by a Steward who directed us to our cabin. Once again, I was to share with Mother in our little two berth cabin.

Once settled, we made our way to join what seemed like hundreds of others the outer deck. Leaning on the rail we watched the embarkation process of a liner preparing to break its ties to the land.

An excited murmur broke out as a gap of water became visible between the ship and shore. Then suddenly, with an ear splitting roar which made everyone jump with consternation the ship made three blasts of its mighty fog horns and all connection to old England was broken. The RMS Orontes was on its way.



An enjoyable visit to Sue and Gary Lee's Dragon Fruit was made on 8th February. This visit enlightened 40 U3A members to the delights and health giving properties of Dragon Fruit. These have now become my preferred fruit. Many gardeners in our midst were saying they had this cacti growing in their gardens but never realised the night flowering cactus was edible. It is a climbing (vine like) cactus – so needs to be kept short and supported, fertilized and mulched. A lot of work involved. I for one will be leaving the hard work to the expert and buying my fruit from the grocery store where they have now become readily available.



*2019 Bursary Award Winner –
Johanna Scully with Russell Daniels*



*Signing on for Judy Blanchard's Digital
Skills workshop.*



*Sue & Gary Lee's Dragon
Fruit plants*



*Judy Sutton with Russ
Daniels receiving
Stocklands 2020 Care
Grant*



Celebrating Horses birthday An enjoyable day at the races.