



Hosted by
Garden
Lover's Club



Pictured

Centre: Virginia Latty-Weir with Jessica O'Neill from Cancer Council
Top L: Speech Group Top R: Choir Bottom L: Choir Bottom R: Patrons

General Meeting 1st Monday of each Month (ex January) 9.30am at Frenchville Sports club

U3A Rockhampton - P O Box 8160 – Allenstown – Rockhampton – 4700
Web: www.u3arockhampton.org.au Email: u3arockhampton@hotmail.com

Annual Membership Fee – (soon due for 2015)

Due 31st December: \$15.00

New members (July 1 – October 30) \$7.50

Joining Fee Nil

Executive Committee

President: Ann Findlater Ph 4922 1581

Vice President: Phil Morissette Ph 49287769

Secretary: Joan Cooper Ph 49333190

Treasurer: Hazel Halliday Ph 49266728

Web Coordinator: Nick Quigley OAM

Social Organiser: Nancy Crapp

Guest Speakers: Christa Tollner

Publicity: Arch Finlayson Ph 49286653

Email: u3arockhampton@hotmail.com

Contributions to Editor: Elaine Ross

email: zebu3@outlook.com

PRESIDENT'S REPORT

The year is moving along so fast and I am sure you all agree with me that we would like it to go slower so that we can find more time to do things now that we are retired. I feel that our U3A members are such a wonderful group and I am so proud of what you are all doing within our club. We are still looking for an Activity Coordinator for our Committee. It is probably the easiest position on our team as it only takes a few calls each month and then to attend our executive meeting two weeks before our monthly meeting. Please come and speak to one of our Committee if you would like to find out more about it.

It is almost time again for our Mystery Tour and Nancy has been busy organising the day which none of us will know about until we are on our way. I'm sure it will be another wonderful trip.

Our wonderful Tea Ladies would like a little more help at our meetings so if anyone can assist them it would be much appreciated. It will not be long now before we start organising our Christmas Luncheon and we will be looking for some talent to entertain us. Perhaps some of the newer members have something that they can do to entertain us on the day.

I look forward to catching up with you all at the next meeting.

**Ann Findlater
President**

U3A Garden Lover's Group

Cancer Morning Tea

Another marvellous morning tea by U3A Garden Lovers and their supporters was held at Athelstane House on the 24th of May 2014. This venue was provided gratis by the Rotary Club of South Rockhampton. The gala event enabled a donation to the Cancer Council Queensland of \$1348.50 cents.

The Morning Tea was opened by Jessica O'Neill of Cancer Council Queensland who was delighted to receive a corsage made by Audrey Anderson. The weather was perfect. Those who volunteered their time by assisting on the day or preparing delectable goodies and wholesome produce prior were again a grand advertisement for U3A Rockhampton.

Donations for the multidraw were nicely presented and everyone spent freely. Shirley Sherwood's painting was a popular drawcard once again.



Emmie O'Neill and Lorraine Charles with
Shirley Sherwood's painting

Those members not able to attend gave cash donations.

Valda Carter's quizzes proved a great challenge, and I thank her for her wonderful donation of the lucky door prize. Rita Diplock gave us a fascinating dissertation of her own work. Glenda MacDonald led the U3A Singing Group with some sentimental favourites.

Jean Boyce gave a brief but very well received performance on the viola and In Voice Group performed some beautiful verse.

Phil Morissette gave his time to guide us through the day as M.C. The Catering Corps led by Joy Wilson were assisted this year by students from Emmaus College, who received certificates of appreciation designed and produced by Joan Cooper.



Susan Darr
(left) Shirley
Sherwood
(bottom l)
and Cynthia
Holmes with
her lucky
door prize



Once again the food provided so generously, was absolutely wonderful and delicious. We thank those who donated plants, jams, chutneys, and other items for the stalls. It's quite a trip down memory lane, back to the days of wholesome food and produce.

There are so many people who put such a lot in, we thank you for your efforts and ongoing support for this event. The day finished on a sunny note both in weather and in kindred spirits.

Next year we may take table bookings to enable even greater enjoyment on such a great day. Thank you, again, everyone.

Virginia

CQU – TAFE MERGER

Dear U3A members,

This report comes at an historic time for CQUniversity and for our region. As many of you would know, July 1 saw us begin our journey as Queensland's first comprehensive university. Already, the merger with CQ TAFE is delivering many exciting opportunities for staff and students across Central Queensland and beyond.

On July 1, Federal Education Minister Christopher Pyne and Queensland Education Minister John-Paul Langbroek joined Chancellor Rennie Fritschy and myself at a flagship event to launch the new comprehensive CQUniversity at Mackay Ooralea Campus. Community and

industry leaders also joined events across all our campuses and I'm glad to report that U3A Rockhampton was also represented, with members of the executive team joining in celebrations at CQUniversity Rockhampton City Campus (formerly CQ TAFE Rockhampton).

The merger, backed by \$73.8 million in Federal investment and \$120 million in Queensland Government assets, makes CQUniversity the biggest regional university in Australia – with more than 2000 staff and 35,000 students across more than 20 locations.

Since July 1, all of CQUniversity – academics and teachers, professional staff, students and alumni – have been stakeholders of Queensland's first comprehensive university. And we all have the unique opportunity to shape the pathway of this innovative new institution, which is so crucial for our growth, and for the development of our communities.

With the ability to offer everything from short courses and certificates through to degrees and doctorates, CQUniversity is working closely with business, industry and our community to develop programs to address our region's skill shortages, and to anticipate the needs of growth industries. Already, new and improved articulated programs in Early Childhood Education, Allied Health, Agribusiness, Nursing and Asset and Maintenance Management are proving popular pathways for mid-career workers determined to further their education.

I hope U3A will continue to follow our progress, via www.cqu.edu.au/comprehensive, and that you all have a chance to take advantage of new CQUniversity offerings, to grow your own learning and experience.

Regards,

Professor Scott Bowman

CQUniversity Vice-Chancellor and President
U3A Rockhampton Patron



Rockhampton Celebration



VC and Christopher Pyne at Ooralea campus



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HISTORY GROUP

The History Group meets on the third Monday of each month at 2pm at Settler's Village, Pauline Martin Drive, Rockhampton.

The group is run as a discussion group and mainly study local history. Later on we will probably branch out but so far we are enjoying doing some research on a different subject each month and then bringing it along and having a talk about what we each have found.

So far this year we have researched, Early shipping on the Fitzroy River, The history of Alton Downs and Ridglands, Early Churches in Rockhampton, Ghost Stories from the past and the group visited the Historical Society.

If you are interested in History we would love to have you join us. Phone Ann on 49221581.

The Dog That Didn't Bite

© Rita Diplock

My grandmother kept pets all her life. It was sometimes said that she treated her animals better than her humans, but never in her hearing. The majority of Grandma's pets were dogs that had been given away by former owners who were unable to keep them. On getting to know these animals, we understood why. I recall the rare ones with good natures, a cocker spaniel that adored having his ears stroked and a quiet liver and white spaniel with lovely manners. And who could forget the sulphur crested cockatoo with his lurid vocabulary. Perhaps his original owner had been a bullocky. I dimly recall the sheep which proved

too much for even Grandma to handle. He didn't last long. As well as this miscellaneous collection of pets I mustn't forget the spattering of cats. There was always a cat or two or three as well.

A particularly vicious black dog that Grandma said had been ill-treated had to be kept locked under her high set home. After its death a little brown Pomeranian named Teddy took her place. If Teddy was having his run around the yard you stood outside and called until he was secured before you dared enter. Grandma treated Teddy very well, boasting of how well he behaved for her. He'd have had a home for ever if he hadn't bitten the hand that fed him.

The dog I most remember was a Pekinese. Pekinese have flat, pushed in little faces and it wouldn't have surprised me if this pair had received help in this shaping. As usual, this dog and her mate were gifts. The male was Sunny and the female was Ming, Ming being the worst. I suspect they had been spoiled lap dogs in their past life and Grandma accommodated them, giving them the run of her house and yard. Neither could be trusted. They bit. Having scored his point Sunny would retire to gloat from a distance. Ming would follow close behind from the moment you were through the gate, nipping constantly at your heels. Once upstairs you still couldn't relax. She'd watch for a chance to sneak quietly under her victim's chair to continue her attack. When we complained Grandma would stoutly defend Ming. *'She just bumps you with her teeth,'* she'd declare. This defence of Ming became something of a grim joke in the family.

At the time I had two small children. My eldest was three years and would come with me when we visited Grandma. I'd have to pick her up, sometimes even hoisting her onto my shoulders as she was understandably terrified of the dog. One day Ming found a hole in the fence and was missing from some hours. Having found freedom sweet, this became a regular activity. Because Ming always found her way back Grandma didn't get the hole fixed until the day she came home looking very hangdog and in obvious pain. When Ming was unable to eat she was taken to the vet, who diagnosed a badly broken jaw. It was suspected someone had kicked dear little Ming. Oh, surely not. Some of wondered who she'd bumped into, but not in Grandma's hearing. Though Grandma made enquiries, the culprit was never discovered. With her jaw wired, Ming was lovingly nursed back to health. Unfortunately her

jaw healed crooked, so her food had to be chopped finely for ever after. But it's an ill wind that blows nobody good. When she bumped you it barely hurt. It didn't even draw blood. It was said it couldn't have happened to a nicer dog, but not in Grandma's hearing.

Ming lived only about another six months after this and with his mate gone Sunny fretted and soon after, he too was gone. We were relieved when they weren't replaced.

WRITING FOR PLEASURE GROUP



The first Wednesday of each month sees a good rollup of budding writers at the School of Arts venue who share their latest literary efforts, discuss upcoming competitions to enter, work through an exercise or two, and sometimes find time to have a hot drink and bickie before leaving.

In May our group deviated from their practice of having the Inspirational mid-month morning meeting at the Gardens and instead headed down to Joskeleigh to see through the Museum and School in the afternoon. This tiny Museum is a true gem. The walls are covered with photographs and posters of oral histories from local folk. A glass case displays sea shells, the old school bell, a copy book, an example of parsing, and a sampler.. all things that we remember from our own school days. We knew that the Kanakas were bought into the country to work on cane farms, but not all of us knew that there had been sugar mills at both Emu Park and Yeppoon.

Judy Holzheimer, who attended school at Joskeleigh, arranged for the Museum to be opened up for us. After leaving the school we took a walk through the beautifully kept Cemetery before she lead us back to her childhood home and provided afternoon tea. All this, when she and her husband Al were to leave early the next morning to visit grandchildren in Emerald and Cairns to resume the holiday that Cyclone 'Ita' had interrupted. We thank them both for this.

Judy Whitworth



Joan Brown shares her inspirational view of that day in photography and verse.

Joskeleigh

© Joan Brown

An oasis that sits amongst salt pans
A place that the townsfolk know not
A museum to show of the past
Of a time when life's trials aren't forgot

A people who didn't have choices
Taken away from their homes
To work in the canefields of Queensland
A place far away 'cross the foam

Small farms and a lifestyle that's dying
A place where time slowly goes by
Where everyone cares for their neighbours
Helpful friends when things go awry

A place to dream in the sunshine
When you go on your way you will find
When you hear the wind sigh in the palm trees
Thoughts of Joskeleigh come to your mind.

The Stolen Generation of Joskeleigh

© Rodger Williamson

The smelly, whiskered man was loudly talking to the elders of the village. Waving his arms in an expansive manner he was extolling the virtues of leaving the island and seeking a life of promise far across the sea.

As I stood half listening to this offensive looking foreigner, my eyes took in the peaceful vista of my island home. Beyond the golden sands stretching before me, the calm waters of the bay glistened as a tiny breath of breeze caused the sea to ripple and dance before my eyes. Above me the palm branches gave only a slight sway as they were silhouetted against the azure blue sky.

The foreigner extolled the virtues of his offer. 'Let me take your young men and their families to

work in a place called New South Wales where you will find a new happiness and prosperity and be able to return as rich men in the community. You will be able to buy many pigs and have many workers to dig the Kumara in your plantation,' he shouted.

'Tonight I will be holding a feast on my ship which you see anchored in the bay and if any are interested in learning more about this great opportunity, then when the moon rises from the sea, paddle out and I will tell you more.'

There were excited murmurings emanating from within the gathering crowd of bedazzled listeners. One elder strode up and raised his arm to gesture the throng to stop and listen to his wise words. Quietening a little, they allowed him to relate his experiences of dealing with the red faced men with the ugly facial whiskers. He warned such men had two faces and counselled caution. He knew men from the Island of Pentecote, just across the waters, had fallen into this trap. They had sailed away and not returned.

His voice was overridden with clamours of derision. 'What would you know, old man?' shouted Raffi.

'You want us to stay here and always be poor,' cried Bannda. 'I intend going out to the foreigner's boat this evening. At least I will eat his food and drink his Cava before making up my mind.'

They would all go out tonight and hear more of this wonderful offer.

As the bright full moon rose in the Eastern sky, it cast a path across the sea only to be interrupted by the silhouetted hull and masts of the waiting schooner. Lamps aboard the ship lit the area with a festive atmosphere while a guitar and squeeze box made welcoming sounds to the canoes jostling to deliver their eager passengers.

The noise carried on well into the night and I reluctantly fell asleep, only to be rudely awakened by the dawn's light. Leaving my hut, I ventured towards the noise of wailing women gathered on the shoreline. Some were in the water but all were staring at the empty canoes bobbing in the slight surf. None could understand why the great schooner carrying their menfolk has disappeared.

U3A Rockhampton activities and many more photos can be found on our website at <http://www.u3arockhampton.org.au/>

If your Group or Activity has a story and photos and would like to be part of our website you can send it to Nick Quigley U3A Rockhampton Web Coordinator at vietvets@gmail.com

GUEST SPEAKERS



As coordinator, Christa has been successful in seeking out a variety of guest speakers relevant to our community. Mayor Margaret Strelow, a guest speaker at the June meeting, outlined council activities and fielded many questions about the proposed levee.

Guest speaker in July was Linda Adams from Alzheimer's Brisbane. This was a topic close to the hearts and minds of many. There were various questions asked and many were grateful for the opportunity to have some perceived issues highlighted and clarified.

At the August meeting, Sgt Greg Jones gave an insight into The Men's Shed at the PCYC. He explained the activities and the varied ages and skills of those who attend. He also took the opportunity to explain Boot Camp.



CURRENT AFFAIRS DISCUSSION GROUP

Have you an interest in Current Affairs? We are a relatively small group which meets monthly on the third Thursday of the month from 3 to 5 pm, so you would be welcome to join us. We start with afternoon tea while each participant decides what they would like to talk about from a recently selected set of news items from the press, or you are welcome to bring your own.

There are no limitations; we just accept what are

currently the issues at the time. We are a friendly group and feel comfortable being able to express our views freely.

Arch

ARMCHAIR TRAVEL GROUP

This year these presenters have taken us on journeys through:-

- Glennis Mc Crory - Peru - Machu Picchu South America
- Clair Fountain & Jill Allen - A Baltic Cruise visiting ports of Oslo, Kristiansand, Stavanger, Ulvik. Highlights of Oslo were Viking Ship & Thor Heyerdal's Museum. At Stavanger they visited the Lysefiord Fjord on fjord cruise as well as Pulpit Rock which is 25sq m. above the fjord. Visit to Sardine Factory, Vagabond cave & St Swithin's cathedral built in 1125. At Ulvik they visited the Sysen Dam which is the largest embankment dam built entirely by rock and without using cement. Returned to Dover where they visited Canterbury Cathedral founded by St Augustine in 579 and where in 1170 Thomas Beckett was murdered by Henchmen of Henry 2. Dover castle & Monument where English Channel swimmers leave from. Tallinn in Estonia to Helsinki and cruising to Visby.
- Deidre Parker - Rajasthan in west India. Jaipur, Agra, Udaipur and Delhi. Forts & Palaces that tell of bygone era of formal royal seats of Rajputs. Many of these are now museums or hotels. Bus trips & desert camping,
- Jill Ruig - Washington through to Nashville, Country Music Hall of Fame, Grand Ole Opry, National Heritage Homes pre Civil War era, Graceland, Paddle Steamer down the Mississippi to New Orleans. Louisiana State Penitentiary. Rebuilding in New Orleans after hurricane Katrina.
- Joan Cooper - Orlando Florida, Bahamas, Fort Lauderdale. Los Vegas. Highlights of trip visited All Things Disney Animal Kingdom, The Tree of Life Sculpture, Ripley's Believe it or Not. The visit to Kennedy Space Centre took 7 hours and was completed with an IMAX theatre viewing of the last crew to repair the Hubble Telescope. A 3 day cruise which took in New Providence Island holiday homes to the rich & famous including Michael Jackson's mansion now hired out at many thousand dollars per night and Oprah's home. Bus trip

to the everglades. Flew from Fort Lauderdale to Las Vegas. Bus trip to South Rim of Grand Canyon and onto The Valley of Fire in the Mohave Desert. Other highlights in Las Vegas were to Cirque Soleil and Bellagio Conservatory Floral display.

Future presentations planned for 2014 are:-

- **August** - Colleen Young - Russian River Cruise St Petersburg to Moscow
- **September** - Lloyd Dunlop - Philippines
- **October** - Glennis McCrory - Antarctica
- **November** - Deidre Parker - Tibet -
- This will also be our last meeting for the year.

Jackie Geraghty Co-ordinator

TAI CHI



Check the activity sheet for the weekly times that the group meets. Phone Shirley 49364792 or Pam 49281130.

Shirley Hopkins

L.T.C.

What's on Offer at the Library Technology Centre?
FREE Computing Classes for beginners to the more advanced user.

ALL ages welcome.

- How to Drive a Computer
 - Windows 7 and 8
 - Welcome to Microsoft Word 2010
 - Email Made Easy
 - PowerPoint 2010
 - Personal and Computer Security
 - Digital Photography
 - 60s Plus Club
 - Trivia.NET – Internet Searching made fun and easy!
 - Visit or call our friendly staff on 4936 8212 to find out more.
 - Level One – Southside Library
Rockhampton Regional Council
-

AEROBICS AND RESISTANCE TRAINING (SeniorFit)

Our happy band of folk who participate in this "shared activity" at CQ University Community Sports Centre would love to have some more of you join our friendly group. Our fully trained and fun instructor, Sandrine, leads us through a low impact aerobics fitness class to great music from our era. (I'm sure the Singing Group would envy our talents when we just can't help but join in with some of the good old hits!) 'Keeping your mind and body active' is one of the underpinning principles of U3A, and Gym activities contribute to both of these goals. We can also take advantage of the ever-increasing range of Resistance Training equipment at the gym and programs can be structured on a personal basis by the staff. We all know the importance of maintaining bone-density which resistance training promotes and it may also improve our balance to guard against falls.

Check details on the Activities Sheets and come and join us!

Jill Howes



THE PHOTOGRAPHY GROUP

We continue to explore changing subjects as we meet on a regular fortnightly basis at the COIN rooms above the Southside Library.

Our members hover around 14 - 16 in number but represent an extremely enthusiastic group intent on enjoyment of the photo - taking process and improving the technical qualities of our results. Although there is a wide variety of equipment used, it has been shown that it is not imperative to own the greatest or latest in photographic technology to come up with some

eye-catching shots.

We have assembled selected shots from within our group onto a USB stick for showing at our morning tea break at our last two monthly meetings at the Frenchville Club with many members expressing their appreciation. It is also another way of making use of the new projector purchased by our U3A Rockhampton.

Many of our members entered in the Rockhampton Show photographic section with good results all round. We continue to explore various venues for outings and plan to spend a two-night stay at Five Rocks in the near future.

We're always looking for new members to our group with intentions of reviewing many of the basic settings found on modern digital cameras also on the agenda over the coming weeks.

Phil Morisette - Group Leader

JACANA BUSHDANCING

The Jacana Bushdancers meet every Monday at the Pipeband Hall, Gladstone Road (next to A Man's Toyshop) 7.00pm to 9.00pm. Cost \$5 Contact Beryl on 49361936.

Sandra Beutel Secretary



JOB VACANCY

Activities Coordinator

If you feel you would like more information about the position, please see our President, Ann Findlater. It is not a difficult job, so come join us, we are a friendly committee.

This story is one of many dedicated to our son. His adoption put new life into us. Although we started with one story, we have added others on the basis of the Good Fairy theme.

©Nick Quigley

How the G-Raff got its' Long Neck

Many years ago, in the woods of Africa, their lived a little fellow called G-Raff. He ran with the elephants and the monkeys. He played carefully with the tigers and the lions and all was well until one day someone noticed food was getting short.

The elephants said they could push some trees over and everyone could eat the leaves. 'No!' said the lions, 'that's not the answer, that would eventually kill all the trees. No, there must be a better idea.'

The water buffalo said he could drink a little more than usual and let some out on the grass to make it grow. 'No said the lions, that would only water a very small area. No, there must be a better idea.'

The monkeys said they were ok because they could climb the trees and get their food at the top. The lions said there must be food for everybody.

G-Raff left the meeting early and went down to the lake for an evening drink. Whilst there he talked to a frog, 'Have you heard that the trees are getting bare and the grass isn't growing? There are too many animals trying to eat the same food.'

'Well,' said the frog, 'why don't you go to see the Good Fairy and see what she can do?' G-Raff thought this was a very good idea.

So next day he set off. He walked and walked, over mountains, over plains, swam across the big rivers and walked over more mountains and finally one day he saw a bright light shining from behind a large round boulder. G-Raff approached with care.

'Hello there,' said the Good Fairy.

G-Raff told the Good Fairy the story of the water shortage and how all the animals had eaten the lower leaves. He said that there were too many animals trying to eat the same food.

'Well,' said the Good Fairy, 'I'll grant you one wish. What shall it be?'

G-Raff thought very carefully.

'A long neck so that I can reach the higher leaves.'

'Granted,' said the Good Fairy.

G-Raff's neck began to grow. It grew and grew, longer and longer until finally his head was well above his shoulders. He was very happy.

G-Raff ran back to the plains. Of course all the

other animals didn't know him, but from that day on he was able to reach the higher leaves and so make it easier for the other animals. Not everybody was eating the same food, they could share it.

From that day on G-Raff decided to call himself a Giraffe and he lived happily ever after.



Pic taken in Africa

Entries for the 500 word Children's Short Story Competition 'Crocodile' theme must be with the editor by 13th September. If you have any questions, please call Judy Whitworth on 49274468 or you can email Elaine Ross on zebu3@outlook.com. Everyone has a story to tell, and you still have time to sit down and let your imagination run wild.

John Lever is donating a copy of his book, *Kissed by a Croc* and is planning to present the signed copy to the winner at our October open meeting.

Note from the editor

Dear U3A members,

Thank you to those groups and individuals who have forwarded articles and photographs.

I am so grateful for those contributions; in particular those who were brave enough to share their own stories – namely, Judy, Rita, Rodger, Joan and Nick.

This was preferable to having some recipes or my boring stories.

This is a journal for all members and it can only be as good as the contributions received. The deadline for December's issue is 4th November.

Kind regards to all and happy reading.

Elaine Ross

Photo credits

| | |
|-----------------|---------------|
| Joan Brown | Sandra Beutel |
| Jill Howes | Cherith Weis |
| CQUniversity | Gordon Sue |
| Shirley Hopkins | Elaine Ross |

U3A Activities 2014

[Revised 23rd June 2014]

Legend: * = Continues all year

NA = New Activity

SA = Shared Activity

NB ~ Identified costs are mainly for venue hire. Materials are extra, depending on what you use.

| Activities | Times | Venue | Contact | Phone |
|---|---|--|--------------------------|------------------------|
| Monday | | | | |
| General Meeting ~ monthly 1 st Monday (excluding January) | 9.30am | Frenchville Sports Club, Clifton Street, North Rockhampton (Lunch to follow) | Ann | 4922 1581 |
| Bushdancing SA* | Weekly 7.00pm - 8.30pm | Rockhampton Pipe Band Hall Gladstone Road, Rockhampton Cost ~ \$5 | Shirley Leonie | 4936 4792 4922 5887 |
| History Group | 3 rd week 2pm. | Settlers Village Community Centre Pauline Martin Drive -off North Street | Ann | 4922 1581 |
| Tuesday | | | | |
| Aerobics Resistance Training SA* Swimming | 8.45am - 9.30am 7.30am - 8.30am Initially, then Any open hours | Community Sports Centre, Yaamba Road, North Rockhampton Cost for all 3 activities on any single visit ~ \$6 | Sports Centre Jill | 4923 2159 4928 7715 |
| Aqua Aerobics SA* | Weekly 11am - 12noon & 6pm - 7pm | Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6 | Jodie Shirley | 4926 1650 4936 4792 |
| Investment Group Discussion | 3 rd week 10am | 255 Elphinstone Street, North Rockhampton | Arch | 4928 6653 |
| Mah Jong | Weekly 1pm | Women's Health, Bolsover Street cnr Derby Street, Rockhampton | Kathy | 4933 4601 |
| Singing Group | Weekly 10.00am | 284 Upper Dawson Road, R'ton. | Glenda | 4922 3662 |
| Tai Chi * | Weekly 8.00am | Botanic Gardens, near Lagoon, Rockhampton | Virginia | 4921 1602 |
| Wednesday | | | | |
| Book Lover's Group | 4 th week 10am | Settlers Village Community Centre Pauline Martin Drive -off North Street | Sally | 4926 1574 |
| Embroidery | 1 st & 3 rd weeks 1pm - 4.30pm | CQU room (beside CQU Campus Reception) | Pat | 4927 4493 |
| Speech Group ("In Voice") | 1 st & 3 rd Weeks 9.30am - 10.30am | 200 Frenchville Road, North Rockhampton | Valda | 4928 2119 |
| Writing for Pleasure | 1 st week 9.15am - 11.15am 3 rd week 9.15am-11.15am | School of Arts, Bolsover Street, Rockhampton. Botanical Gardens | Judy | 4927 4468 |

U3A Activities 2014

[Revised 23rd June 2014]

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| Activities | Times | Venue | Contact | Phone |
|---|---|--|------------------------|------------------------------------|
| Thursday | | | | |
| Aerobics Resistance Training SA * Swimming | 8.45am - 9.30am 7.30am - 8.30am Initially, then Any open hours | Community Sports Centre, Yaamba Road, North Rockhampton Cost for all 3 activities on any single visit ~ \$6 | Sports Centre Jill | 4923 2159 4928 7715 |
| Aqua Aerobics | Weekly 9.30am - 10.30am & 5.30pm - 6.30pm | Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6 | Jodie Shirley | 4926 1650 4936 4792 |
| Discussion ~ Current Affairs | 3 rd week 3pm - 5pm | 255 Elphinstone Street, North Rockhampton | Arch | 4928 6653 |
| Photography Group | Every 2 nd Week 3pm [from 13/2/14] | COIN ~ New Library, Bolsover Street, Rockhampton. | Phil | 4928 7769 |
| Friday | | | | |
| Armchair Travel | 3 rd week 9.30am - 11.30am | Athelstane House, Ward Street, Rockhampton (Bowls Club) | Jackie | 4922 7976 |
| Garden Lover's Club | 4 th week 9.30am | Different Garden each month ~ advised at General meeting | Virginia | 4921 1602 |
| Line Dancing | Weekly 2pm - 4pm | Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton Cost ~ \$6 | Sue | 4922 3421 |
| Pencil Drawing | 1 st week 9.30am - 11.00am | 7 Gardenvale Court, Hillside Estate, (off Norman Road) Nth Rockhampton | Keith | 4928 9505 |
| Tai Chi | Weekly 7.30am - 8.30am. | Kershaw Gardens (Knight Street) Cost ~ \$2. | Shirley Pam | 4936 4792 4928 1130 |
| Saturday | | | | |
| Aqua Aerobics SA * | Weekly 7am - 8am | Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6 | Jodie Shirley | 4926 1650 4936 4792 |
| Personal Arrangements | | | | |
| Computer Classes | Weekly ~ 2 hours | CTC, New Library, 1 st Floor, Bolsover Street, Rockhampton. (course length varies ~ keyboard, mouse, Win XP/Vista, email, web Word 2010, PowerPoint, digital photography, digital trivia) | Christine or RRC | 4936 8212 or 1300 225 577 |
| Family History & Genealogy | By appointment | Consultation at tutor's or person's home | Helen | 4928 2233 |
| Heraldry | By appointment (contact tutor) | 190 German Street, Norman Gardens, North Rockhampton | Ken | 4928 3687 |

SENDER

If not claimed within 7 days please return to:
U3A Rockhampton & District Inc.,
PO Box 8160
ALLENSTOWN Qld 4700



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