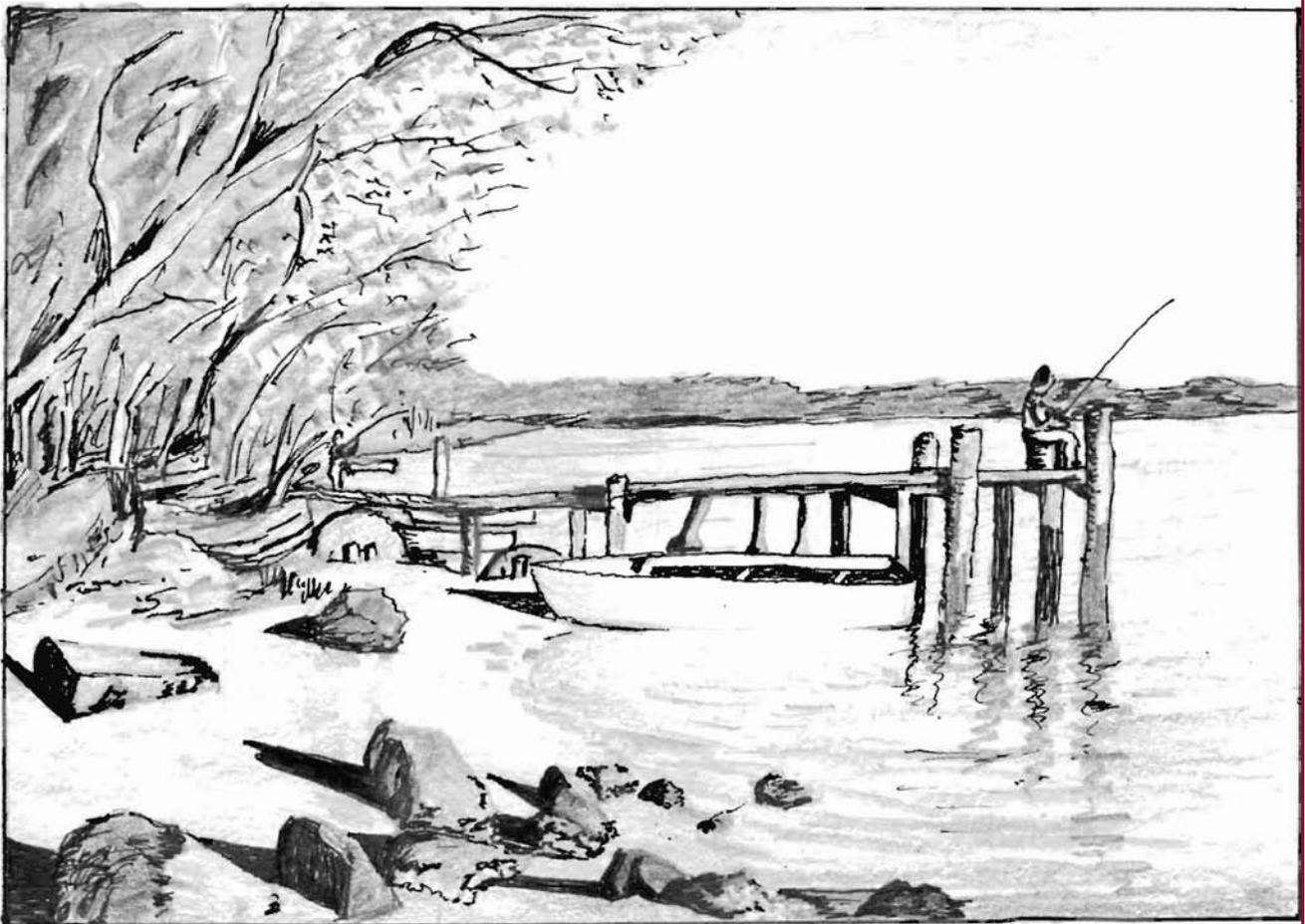


U3A
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Rockhampton & District Inc
Journal

September 2010



RIVER SCENE - MARDOCK HYDORE.

M. KEANE

*This Journal is produced to exhibit the original work of members of U3A Rockhampton & District and to encourage greater participation by members.
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Learning at Leisure ~ Learning for Pleasure

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Meetings

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

Time & Venue

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

President's Report



Dear Members,

Here we are starting the last quarter of the year. How quickly the year is flying by. Soon we will be starting to think about Christmas and our Christmas Party. Mark the date in your calendar: Monday, 29th November at the Frenchville Sports Club. The admission charge will be \$20 for Members and \$25 for non-Members. Those of you, who attended last year's Christmas function or the U3A Concert during Seniors Week, will appreciate the artistic talent within our Organisation and will not miss that event.

I am constantly amazed by the enthusiasm and the harmonious atmosphere that reigns in all our Activity Groups. Reports and beautiful photos from the various Groups, published on our web site www.u3arockhampton.org.au confirm that. Oh, if you don't have a computer and are computer-illiterate, you are really missing out on something. Why not enrol in a Computer Course at the COIN Centre in the new Library, you are never too old to learn and it could be so much fun.

Lots happened during the last quarter. At the time of writing this we are three weeks from a Federal Election, which I, like every one of you, hope will have the right outcome. But by far the most important event, where we really made a difference in the lives of Cancer-Sufferers, was the U3A Garden Lovers Great Morning Tea. \$1,534-10 was raised in support of the Cancer Fund. What a wonderful effort.

During the second half of June and the early part of July Christa and I went south to catch up with our kids. I bet most of you didn't even realize that we were gone, simply because our Vice-President, John Elson, automatically took over the reins and conducted a most successful July Meeting. Thank you, John, and thank you to all who have the well-being of our Organisation at heart.

Regards,

~ Chris Tollner

President

MY THEORY

*Well, Kevin Rudd's out and Julia's in
With a dizzying speed that could
make your head spin.
And the shake of the sauce bottle
doesn't seem fair
For one is so topped up it's all through
her hair.*

*The one that's been thrown out is
right out of favour
While others are clamouring for the
new flavour.*

*Why did this happen? Why make
Ruddy go?
I have a theory you might like to
know.*

*See, we've won State of Origin, FIVE
IN A ROW*

*And the Blues cup of woe has been
made overflow.*

*Now up here in Queensland we're
loud and we're proud
And when we play football, stand out
from the crowd.*

*With those southern state fans getting
in such a stew,*

*I reckon they got to some high ups
they knew*

*For those southern states all stick
together like glue.*

*When they can't win at football,
that's just what they'd do.*

~ Rita Diplock



EDITORIAL



The June issue of the Journal saw the introduction of an emailed **full colour** copy to members. If you did not receive it in your email I may not have your current correct address. Email that to me, I will include you. I will **always** need more input from members for the Journal. The various activity group contributions can promote that interest to the membership at large & may well attract more involvement when other members can see what is going on out there. Local & historic or family items are now needed for "**page five**". This issue's item, some 20 years on, is an excellent history. Last issue I commenced the General Meeting Reports, Social Outing Reports as well as the "page five" history item. I have now added the first of what I hope will be an ongoing series from the Armchair Travel Group. I am more than happy to continue to develop the Journal for all members, but I will not be able to do so without worthwhile material. If I do not receive enough input, the Journal will diminish in size & value. So, to ensure an interesting Journal, we need members to present **regular** contributions:-

By email to: u3arockhampton@hotmail.com

By post to: The U3A Editor, P.O. Box 8160, Allenstown, Qld 4700.

Bring it to the next meeting: Convey it to me personally by hand.

Please Remember:-

- Whatever you submit **must** be your own work. Anything copied from another source or from the internet, must be clearly attributed to the original publisher, & have their permission. The laws of copyright are significant.
- **Always** ensure that your material has your name, address and phone/email contact details attached!
- I must have all material at least **3 weeks before** the Journal is due.
- I will always respond to a submission.



At the present time I am suggesting we start a new group, for **Chess** Players. This would most certainly be for those who would like to be able to learn the rules & how to play. At the same time I would like it to cater for more advanced players wanting stronger competition to develop their game, as well as those looking for a social game to keep their hand in & develop at a more leisurely pace. Trying to cater for all needs means we would need several initial members to start the group. This is definitely the best game for anyone who has retired & wants to ensure they remain alert & mentally adept. Nothing has been arranged as yet; so if you are a retired Grandmaster, a past Champion, an old Tournament or Competition player, enthusiastic Amateur, or just want to learn how to play this fascinating & stimulating game, please contact me.



For the December issue the organiser of each activity group is requested to send an annual report for the Journal. Please ensure these are all in my hands by 15th November at the very latest ~ preferably with photographs.

"The Editor of such a work must, by the necessity of the case, be autocratic. He will do his best to be a considerate autocrat."

Leslie Stephen (1832-1904)

English Scholar & Philosopher.
~ Athenaeum 23/XII/1882

~ Ray Gauntlett

Editor

Search for the "BANSHEE" **10th June 1990**

The phone rang, it was 3am, always seems to ring louder & desperately, that early. On the other end Rhys said "pack some lunch, something to drink & we'll be at your place in 10 minutes to pick you up".

Wide awake now, heart thumping faster, I fumbled around in the dark looking for my boots, my overalls & my call-out bag. No time to pack a fancy lunch; 6 frozen slices of bread, an apple, 2 large pieces of cheese & a water bottle filled from the tap. Just as I zipped the bag up I heard the truck outside.

What was it this time? The morning light was beginning to break. The briefing room was a frantic buzz of voices, people scurrying here & there. We didn't have to wait too long to find out that we would be spending the next 12 hours at sea & at not more than 250 meters. Americans Joy Smith and Jeannine Talley had set sail from Australia headed for Fiji. About 400 miles out they were caught in a severe storm of hurricane strength, their yacht "BANSHEE" was rolled over and dismantled.

"You're searching for a 15 meter yacht, white, with blue interior; a distress message was heard 48 hours ago. You will be flying in various aircraft". This was the first jet sea search we had carried out. The flight took an hour to reach the search area & then we searched a 10 kilometer square for 2 hours & returned. We didn't see anything. As we taxied in the pilot said "You'll be going out with the Department next". I looked across to an Aero-Commander. After introducing myself, I was given a special brief. This aircraft was more suited for sea searches.



Attached to the tail were 2 life raft pods & inside, an inflatable life raft that could be dropped out the door. The brief did make me feel a little uneasy, I was the one that would deploy the raft if need be.

We climbed out & set course for our search area. After about half an hour's flying a radio message came in telling us that the vessel in question had been sighted; we would fly directly to it & stay there until help

arrived. I calculated that we would be in the air for another 6 to 7 hours, & it would take at least 4 hours to reach the site.

A change of engine noise, the nose goes down & wide awake we stare out the window, a blast in the earphones from the pilot... "We are in the area; keep a look out, report any sightings". Although we had a report of the sighting we still had to relocate the vessel, in a 5 meter swell at an altitude of 400 meters a 15 meter yacht is the size of a pin head. The sea was foaming with massive whitecaps. We passed though the zone 3 times before actually sighting the vessel. It had drifted from the last report & being blue & white, it blended in with the sea. A flare had just settled on the water & a fine pencil wisp of smoke could be seen emitting from the pencil dot red flare burning on the water. We circled for 2 hours not needing to jettison any of our life rafts, thank goodness, while we waited for a 2nd ship to come along side the stricken vessel.

Air/sea search then allowed us to leave the area & return home. The actual pickup of the two sailors took place later that night & was a saga in its own right. The Australian Army had recently taken delivery of the new Black Hawk helicopters & it was calculated that with 3 crew & a full load of fuel they should be able to fly to the site, hover, rescue & fly back to Rockhampton. For safety a bladder of fuel was flown to Gannett Cay but not used. The two women on the stricken yacht also had a cat with them & it was rescued too. The Banshee was eventually rescued from the ocean, repaired & later that year given back to the American sailors.

It is amazing how many people have white boats with blue or green interiors. Ask them how many have "V" sheets... They all have them, they're huge. To the searcher, they look about as big as a match head from 300 meters & the only reason you see them is that they are a different colour to the sea.

When you go to sea tell someone where you are going & stick to it, make sure your safety gear is up to date & when you launch your boat, bear a thought for those who may have to search for you, they have families too & are generally all SES volunteers.

~ Nick Quigley OAM



Open Meeting

June 7th

At today's open meeting we were addressed by Donna Files, the Hearing Centre Supervisor at Australian Hearing in High Street. She spoke very briefly about her organisation and various aspects of the provision of Government funded services for the hearing impaired. The address was surprisingly short. There were a few simple questions from the membership, which were answered inconclusively. The meeting ended early.



~ Ray Gauntlett

Editor

Open Meeting

July 5th

Today we heard from Centrelink, in the person of Neville Burn, one of their Financial Information Service officers. A wide ranging overall explanation of a number issues that affect pensioners and self funded retirees



was provided. Neville covered some detail in relation to pensions, allowances, age, disability & carer support. Along with some discussion of the rules relating to assets, gifting, income & tax & how they affect pension entitlements; Neville also described the FIS provision of free services for the public in person at Centrelink, by phone & via the Internet. A number of questions from the members were answered clearly & effectively.

~ Ray Gauntlett

Editor

Open Meeting

August 2nd

For our meeting this month we welcomed a number of visiting U3A members from Capricorn Coast. Our Guest Speaker today was Professor Janelle Kidd from CQUniversity. Her subject was the current local research into fighting infections & the address went into some detail, in a very understandable way. Starting with a basic explanation of the nature of our natural barriers; the skin & mucosal membranes, then on to their colonisation by microbes & viruses that attach themselves routinely. This was followed by description of the common infections: Respiratory, Intestinal, Urinary Tract & Skin, moving on to the invasive infections as they reach various internal structures & organs. The risk factors were detailed; Age (the young & the old being most at risk), Lifestyle (which naturally includes the smokers), Environment, existing Medical conditions & exposure to Hospitals. The last being the home of Golden Staph; as Hospitals are home for antibiotic resistant microbes, which flourish when antibiotic treatments are not followed to completion, allowing surviving microbes to develop resistance strategies. X-Ray pictures of lungs



afflicted with pneumonia were shown detailing the fluid development. Janelle went on to describe Immune System responses by way of blood cell activity giving some adaptive immunity to repeat infection by the same virus. Further research will always be ongoing in this field & current funding allows work to continue in areas concerning Respiratory & Middle Ear problems in the young, developing Vaccines & understanding Immune Responses, both mucosal & systemic. Questions from the members covered such items as why we are often so crook when on antibiotics, how Research Grants are applied & differences in Hospital environments past & present, with recirculation air conditioning contributing to re-infection. All were very well answered.

~ Ray Gauntlett

Editor

Sausage Sizzle

June 14th

June 14th was a cold, miserable, rainy day & 40 people had booked for the Sausage Sizzle at the Rockhampton Botanical Gardens. The weather did not deter the 24 stalwarts who turned up & availed themselves of the covered area near the playground. Nor did the weather dampen the spirits of those present, who seemed to enjoy themselves thoroughly.



~ Denise Carroll

Social Co-ord

Visit to All Habitats Tropicals

July 12th

Around 35 members attended the social excursion to All Habitats Tropical Nursery at 87 Nielsen Avenue, Glenlee. The owner, Bruce Golightly, helped us set up our morning tea under the pergola, then afterwards we had a look through his



nursery, asked questions & bought plants at a very reasonable price. Bruce stocks mainly a large variety of palms & bromeliads. He has many palm species & has grown a lot of these from seed. He has travelled through Borneo, Peru, Cuba & Hawaii with botanists in search of rare plants. With our bags full of plants we then travelled on to The Caves Pub for an enjoyable mid-day lunch.

~ Irene Gauntlett

Assistant Editor

Cockscomb Camp Visit

August 9th

I believe that there were 80 people expected but 71 showed up (don't think that members realise that on occasions when we pre-order meals & such that we still have to pay the organisation on the number of persons that are expected). It was a pleasant 40 or so



minute's drive down to Cockscomb where most people who had brought their morning tea had it & they even had coffee & tea for those who didn't. On arrival the Cockscomb lads had some of their members showing our members where to park, nobody had more than 50 odd metres to walk to get to the long



tables where everybody found a seat with friends. After morning tea the current caretaker Eugene Owens gave a brief outline of the History of Cockscomb & then gave a guided tour of the area & explained the names of the buildings & how they came about & the generosity of the business people & also a lot of individual people who have given donations. Cockscomb has its own military museum thanks to Eugene Owens' generosity. I want to thank Denise Carroll for her great organisational skills, without such people working for the club these trips just wouldn't happen.

~ John Elson

Vice-President

Armchair Travels!**SOUTH AMERICAN TOUR 2009**

~ Colleen Young

The desire to see Machu Picchu first originated when a family friend visited there some 30 years ago & since then it has been one of the destinations on my "bucket list". Our tour included a 4 day cruise up the Amazon River from Iquitos. However on the previous tour, our boat was boarded twice by pirates. On the 2nd boarding, passengers were held at gunpoint, all their belongings stolen. After discussion with the Peruvian Authorities, Scenic decided to cancel our cruise until the pirates were apprehended & the overall security was upgraded. We arrived in Lima on Monday 21st for a 2 night stay. We wondered if we would eat guinea pig but found out later in the tour that it is only eaten on special occasions & thank goodness our arrival in Peru wasn't one of them! Tuesday 22nd commenced with a walk to the shops then a guided bus tour through Lima (pop. 8 million) where we viewed catacombs & 2 churches. 85% of South Americans are Roman Catholic, the churches in this country were very ornate & swathed in gold & silver. Many cities also had a cross at some high point above their town. Our party dined at an elegant restaurant - Rosa Nautica on a pier. After a meal consisting partly of raw fish & washed down with the national drink – pisco (45% alcohol). Early morning flight to Cuzco next day & then by bus to the Sacred Valley of the Incas where we stayed for 2 nights at Urubamba in the Valley. We drove to Ollataytambo, the oldest continuously occupied settlement in the Americas. We both climbed the 350 steps to the top of the imposing Inca fortress which towered over the town. Inca buildings built into the sides of a mountain once housed food, safely stored from enemies. We then visited a community school; gave the children treats & had a lesson on how to play the 'Quena', the traditional flute of the Andes. During the afternoon the women from Chinchero gave a weaving demonstration in the grounds of the hotel. Before weaving, they firstly washed the alpaca wool with water & a specific tree root – result "rinso

clean". Friday 25th will be a "tick one of the bucket list day" as we are departing via Ollataytambo for the 1½ hour trip in the glass top Vistadome train which travels beside a river on one side, very thick jungle on the other while above us we viewed the majestic snow covered Andes. A 20 minute hairy mini-bus trip followed to reach the ruins where it was drizzling. Howard Bingham from the USA found the lost city covered in jungle in 1911. This city which was built in the 1500's, was inhabited by a very intelligent race who left the unfinished complex unexpectedly & it is still a mystery today why they left! We were in complete awe of the skill of the Incas as we meandered through the main ruins. After a sumptuous lunch, I joined a small party who tackled the steeper walk up to the guard hut for the authentic Machu Picchu photos.



We were accommodated at a hotel in Machu Picchu where we had the opportunity to taste alpaca. Next morning we walked to the train station to catch our train back to Ollataytambo where we witnessed a traditional Peruvian wedding party. The bus journey to Cuzco travelled via ruins at Sacsayhuaman which was an Inca fortress. Even our hotel where we were to stay for 2 nights, was part of the Koricancha Temple. On an afternoon visit to a Spanish church we were amazed to find statues dressed in the most ornate finery. Enquiring as to why houses are uncompleted, we were told that in Peru you have to pay taxes when your house is finished! A long train journey of 10 hours on the Andean Explorer followed. Enroute to Puno for 2 nights, we stopped at La Raya the highest section of our tour being 4,313 metres above sea level, to purchase souvenirs, mine being baby alpaca gloves.

We travelled through a permanent garage sale which made the Rocky Swap look like a mini mart; on either side of the line into the city. The garage sale extends over the track when no trains are due. Our hotel on Estevez Island in Lake Titicaca, was connected by a bridge. After the usual hearty breakfast we walked to the jetty to catch the boat to the Uros floating Islands. Indians fled there to escape the Spaniards.



These Islands & every other imaginable necessity were built from totora reeds. We were able to view the interior of their huts & noticed a TV. After an interrupted night suffering with altitude sickness which necessitated the use of oxygen numerous times & finally a doctor's visit, I then decided to take Kathmandu & Nepal off my "bucket list"! 30th September, we crossed the border into Bolivia & consequently found out Boliviano was the currency to be used. Soon we arrived in Copacabana which is built over the ruins of an ancient sacred Inca city where this time we witnessed a traditional Bolivian funeral. We boarded a catamaran for an overnight stay which included a visit to Sun Island, the legendary birthplace of the Inca, where Graham joined 2 guided walks. We left the Catamaran at 10.30am & bussed to the capital city, La Paz (overnight)

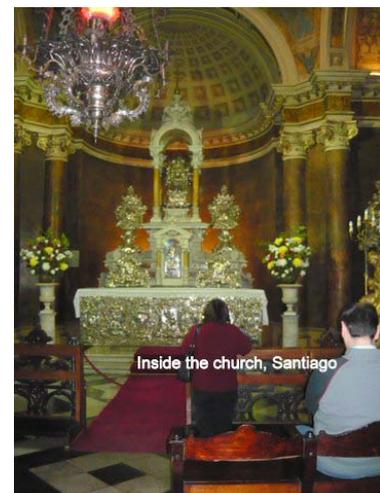


with spectacular views of the snow covered Andes.

Thankfully we just avoided a spectacular accident, the result of a van overtaking our bus & a van in the opposite direction also being overtaken by another van. That happened to be the day we were sitting at the front of the bus & needless to say with that scare, we were soon designated to the back row. Before the "near miss" I commented on an assembled crowd with a priest on the side of the road & the guide informed us that this was a horror stretch for accidents & they conduct yearly memorial services! On arrival in La Paz which has the highest airport in the world, we enjoyed an afternoon tour which included the lookout, Moon Valley (naturally with a moon-like landscape) & markets.



Santiago in Chile was our next port of call for 2 nights & we arrived there by Lan Chile via Iquique, a copper mining town 1600 Kms from the capital. The arrival at sea level, meant the end of altitude sickness immediately. Santiago, with a backdrop of the snow covered Andes, is an impressive city.



After a city tour, we were able to purchase jewellery (with Pesos now) set with Chile's national stone – beautiful blue Lapis Lazuli.

(to be continued December issue)

*From the Outback to the Sea
Come Walk With Me.*

By John W. Stanton

Chapter 7 ~ Back to the Mainland

Leaving the Island meant another major change in our lives. I sold our boat & bought an 18 acre block at Alton Downs. This meant another visit to CBC Bank for a loan. The manager was good to us, knowing our record, put in \$5000 to allow enough for fencing, putting down a bore and connecting power. We had a caravan to live in until we arranged something better. Alene took a position as Relieving Cook with Children's Services at Biralee, later I was offered a job as Relieving Gardener. Carol started at Rockhampton High School, travelling on the School Bus. Alene and I were both offered positions as carers. Biralee was a home for girls with problems, some tended to abscond at night so male help to curb this problem was needed. My hours were 11pm-7am so I had time to do things around home during the day. I was the only male on the staff & one night had to go out to the showgrounds to find a girl who had gone missing. She had picked up with a showman and was in his caravan. I was pleased to get back to Biralee in one piece with the girl in hand. Time to think about building a house, so back to the Bank, we were regular clients in the loan department. We decided on Price Constructions, they built us a beautiful home.

on a 2nd hand wheel tractor with blade on the front & 6-disc plough, just the thing for clearing large areas of Lantana. We had good rain & there was now plenty of Green Panic & Rhodes grass. I had ploughed a lot of ground & planted Sorghum which was looking good. We were approached by a real estate agent who had a buyer willing to pay a big price. We talked things over & finally made the decision to sell. Carol would be finished school soon & looking for work, it would be much easier if we were living in Rockhampton. With the money being offered for the place we would be able to buy a house, new car & still have money left over. After lot of searching we finally found a high set weatherboard Queenslander with a Bay Window & Veranda



on 2 sides, in Glenmore Road. I had lived just a few blocks from there as a child. We

160 Glenmore Road, Park Avenue

also bought a new Holden Gemini. Alene was working at Biralee & I obtained a position at Park Avenue State school as a janitor, so I could ride a pushbike to work. I realised this house needed painting & I did not fancy that job, so we put the place on the market. We soon had a buyer. I had thought finding another house in a place like Rockhampton would not be a problem. The agent always seemed to take us to places just above our price range. In the end we decided to buy a block of land & have a house built. We found a nice block on the corner of Scott & Harden Streets, in the Glenmore area. Finding a builder with a plan we were happy with was frustrating so I drew up a sketch of what we wanted and went to Price Constructions.



The House at Alton Downs

After 12 months we had the place looking very attractive, put it on the market & sold in a few

months. Looking for a place we could afford we found an old dairy farm on 140 acres at Garnet. Back to the Bank for money for a tractor, plough & power connection. Decided



Our new house, cnr Scott & Harden Streets

(continued on next page)

(continued from previous page)

Carol finished school & worked in the office at Campbell Motors, Robert was married with 3 children, Dianne was married with 2 & living in NSW, everything was looking good. Carol later got married & moved to Blackwater. Alene & I were left living in this big house, time to sell up, buy a 4wd & caravan & see a bit of the country. The house sold quickly, we bought a Nissan Patrol & caravan but Alene had a major operation & I came down with Ross River Fever. Alene was getting stronger but I was advised to apply for a disability



Our house at Struck Oil

Logan Kit Home on one. I was still battling with Ross River Fever & Depression & realised I needed a hobby to occupy my time. I finally decided on woodturning as the raw material is everywhere in the bush, all you have to do is go out & collect it. I had no idea what was involved when I started. I found Bill Fox, who was having the same problem. We found a group of people in Yeppoon who had formed a club & met once a month. I gained a lot of knowledge from these meetings & before long was turning out reasonable pieces. I decided it was time to form a club in Rockhampton. With this in mind I placed an ad in the local paper & the response was better than expected. The Yeppoon club was having difficulty & a public meeting decided it would be taken over. The Rockhampton City Council arranged for us to use the old North R'ton Railway Station for a club room.



Club room at old Nth R'ton Railway Stn in Kershaw Gardens

pension. We had bought two blocks at Struck Oil as investments & decided to build a new

The new group was called the Rockhampton Woodworkers Guild, I was elected President & Alene & I travelled down from Mount Morgan 3 days a week to help with running the place. Before long we had around 100 members. One problem is getting good quality timber, so I arranged with a nephew on a property at Alpha for club members to travel out one long weekend. The place had been sold & the new owner planned to clear large areas. We arrived with chainsaws, utes & trailers; collecting Deadfinish, Budgaroo, Vinetree, Wilga & many other timbers not available in coastal regions. I was spending more time turning & travelling to functions, with Alene who handled our display & explained the different timbers used. We attended every GemFest at Anakie for the next 14 years. The 1st was in the local hall, & was standing room only, now it occupies a site of 2 or 3 acres. One year they had the Roulettes put on one of their aerobatic displays. I remember one day a chap came up to watch me demonstrating & asked if I thought he could take it up. He only had one arm, the other was off at the shoulder. I thought for a while & mounted a piece of timber on the lathe to turn up a goblet, using only one hand. After a lot of trial & error I had a reasonable finished goblet. His name was Les Roberts, he now travels the country demonstrating woodturning one handed. When Alene contracted Temporal Arteritis our daughter Carol brought her daughter Angela with her to help out on the stall. The following year added her other daughter, Rosanne, so we all fronted up for another GemFest. This event went on for 4 days, at the end Alene & I were both exhausted & we decided that we were more than ready for the move to Gracemere Gardens Retirement Village. I was starting to develop an allergy to the sawdust & having problems with rashes. I finally decided I was going to have to give up turning altogether. This was a big decision as working with wood had been such a big part of my life over the later years. We had discussed the matter of moving into a Retirement Village for some time as we were not getting any younger; I was approaching 75 & Alene was 68.

(to be continued)

U3A Network Conference Townsville NQ

August
16th & 17th



We were in Townsville for a few days before the Conference opened & attended the early registration on Sunday afternoon at the



Holiday Inn, the familiar 'Sugar Shaker' building in the city. We were warmly welcomed by the members of the Network Executive. During the conference we were always at ease with all of the 40 delegates & members, a very friendly group, from across

Queensland, 3 from country NSW & a few from Victoria. All were welcomed by Jim Hales, President U3A Network-Queensland Inc, then the Conference was opened by Cr David Crisafulli, Deputy Mayor of Townsville.



1st Speaker ~ Dr Rick Swindell on a survey of 205 U3As in Australia & 60 in NZ, by a group of retired researchers. Average membership ratio is 75% female / 25% male in Australia, 72.5 / 27.5 in NZ. The average age is 71.3 years. Annual membership fees range from \$10 to \$50, with 84% charging additional fees for course materials etc. There are current grants or in kind support from local councils, State & Federal Governments & Tertiary Institutions, some one-off, others ongoing. Main difficulties faced by member U3As are appropriate accommodation (50%) Filling Committees (43%) & finding course leaders (43%). Some member U3A have suffered from changes in management at supporting Universities leading to loss of facilities or increased costs. Concerns over accepting government or agency support are loss of autonomy,

bureaucratic problems & that these are contrary to the self-help ethos. Most valued U3A accomplishments are Intellectually stimulating opportunities, social networks & community recognition. The 5 most popular courses are Computing, History, Languages, Exercise, Arts & crafts. The lack of Internet use by U3As is considered likely to discourage Baby Boomer membership.

Retired Professional & Business people tend to fill the 4 main executive positions. Using conservative estimates, the total value of U3A volunteerism in Australia is \$21million! Recommendations from the study are for U3As to spread the message to Government about the very low cost self-help empowering U3A model & advertise U3A as the successful ageing organisation.

Next Speaker ~ Leigh Bradley on Marketing to the new breed of retirees. As manager of the Carlyle Gardens Retirement Village Leigh spoke on how she is involved with developing strategies to encourage retired people to buy in. Their main population is single female, over 70.

After lunch: Volunteering, U3A & the Baby Boomers, a discussion led by Jim Hales, (Network President) U3A on the Move ~ a 2020 vision. The "Frugals" also called Silent, Veterans, the Lucky Generation. They grew up during/after the Great Depression or WWII, strong on Loyalty, Saving, Work Ethic, Mutual Obligations, Conformists, making do – frugal. They created U3A, many have stayed on (1 in 12 have been members 15 years or more). By 2020 potential retiree numbers will increase from 13% to 20% of the population. How will U3A attract them? Qld Government has the Q2 target to increase by 50% the proportion of Queenslanders involved in the community as volunteers. We can increase membership in existing U3A by 5% pa & establish 15 new U3A over the next 10 years to achieve 50%. There are warning signs regarding membership. Bowls Qld lost 2000 members last year (Sun Coast lost 5000 in last 5 years); Apex in 1980 had 400 clubs & 2000 members, now 59 clubs & 300 members; Masonic Lodge 30,000 in 1980 less than 800 today. Church attendance is declining. U3A has had an overall decline in membership in the past year. From 1986 to 1996 24 new U3A were formed; from 1997 to 2010 only 4

new U3A formed. Members in the "Stayer" group: 20% >10 years, 56% >4 years. There is a less encouraging consideration, many new members do not renew after the first year. The new generation of members are the "Baby Boomers", born 1946-1964; 23% of whom were born overseas. U3A needs to increase membership numbers by 4% pa, compound, to reach target. U3A Network Qld has obtained a State Government grant of \$20,000 to form 3 new regional U3A. The Baby Boomers have different attitudes & tend to have expectations that learning should be a shared experience, not a "top down" delivery. They have high expectations of service providers (U3A is one) & they have less time (often caring for parents or grandchildren) many will be under funded for retirement & need part time work so most will only volunteer for very short term specific activities. Following the opening discussions delegates were placed in small groups & presented their findings a little later: Emphasis on learning in a social environment, inclusion of age groups <50 to >80, network with outside organisations, use technology, cliques (at all levels) are totally unacceptable, exit questionnaires for lost members, timing of classes to suit the altered demographic, computerised (database) administration, allow "shadow" committee members as a training vector for new blood in admin, use of email, website & hand delivery for newsletters. Many more ideas were presented, the main theme is to attract the Baby Boomers, but more importantly ~ to retain them.

Tuesday our 1st speaker ~ Professor Don Kinsey on The Great Barrier Reef. Oceanographer & long term U3A leader Don gave a brilliant talk on the reef. Corals don't build the reef that attractive corals attach themselves to, algae do. Halimeda alga provides most of the sand which along with rubble & debris cemented by "Red" algae develops a concrete like structure. The GBR is actually 3000 separate reefs running from New Guinea to Bundaberg, 2300Km long, 350,000 Km² in area, 600 fringe reefs, 300 reef sand islands, 600 high islands, 300 cays (barely sandbanks), 70 vegetated islands (Heron is one). As reefs go the GBR is quite young at 8000 years, most modern reefs are

10-20M years old, the oldest 40M. It is not the largest living thing visible from space, the Amazon rainforest is. The GBR is worth about \$5Billion pa & 54,000 full time jobs. It is able to recover from sudden catastrophic acute events (cyclones, crown of thorns etc) but stressed reefs don't, like Green Island. Climate Change is causing problems...

Next speaker ~ Professor Ian Lowe on Climate Change. President of the ACF, Ian gave an outstanding view of this subject. In simple terms 1980 saw the highest global temperatures since records began, 1990 considerably higher, 2000 still higher. Fossil records allow a calculation of the variation over the last 10,000 years including the little Ice Age to show the highest & lowest temperatures, currently we are already above the very highest previous level. Sustainable energy in the future needs to improve the efficiency of turning energy into services. Postponing action is no longer an option. Global emissions need to peak within 10 years & decline rapidly thereafter. Recent crises in fuel, food & finance are early warnings & can be seen as the "canaries in the mine". Our present economic system is based on continuous growth & is not sustainable. It is not "Utopian" to consider significant change; we have already seen EG: 1800 Slavery would never end? 1900 Allow women to vote? 1989 The Berlin Wall & Apartheid both unassailable? Change can & must take place. What we do today will determine the world we live in tomorrow.

After Lunch: Sharen Wood ~ How to create your own Web site. Sharen is the Web Mistress for U3A Bundaberg, & the U3A Network Qld. Computers have been around for 60 years (mainframes, not PC), the Internet for 20. Developing a website was explained in some detail. Using the KISS formula (Keep It Simple, Stupid) Sharen showed how it should be done. The net result must be attractive, up to date & functional. It should be dynamic with content kept up to date, adapt to new ideas & allow easy contact with the membership. For the future this will be the medium to reach potential new members.

The Conference was then closed by Graham Collins, President, U3A Townsville.

~ Ray Gauntlett

Editor

U3A Qld Network AGM *August 17th*

A report was given on the activities of the Network Committee over the last year.

The meeting was temporarily chaired by John Mitchell of U3A Network Victoria while elections of office bearers were held. Nominations came from Brisbane, Sunshine Coast, Noosa, Granite Belt, Moncrieff (North Gold Coast) & Townsville. The nominations were all duly elected. The Network is the Queensland Peak Body for autonomous U3A Groups & is to represent them at State, National & International levels. 19 out of 30 U3As in Queensland, representing over 10,000 members, have registered as members of the Network. More details can be found on their website:-

<http://sites.google.com/site/u3anetworkqld/>

The following Resolutions were discussed & voted on by authorised delegates (1 per U3A) Hazel was to vote for Rockhampton:-

(1) That the Network accepts the offer from Noosa to host the 2011 AGM in parallel with a U3A Computer Development workshop at a date to be decided.

(2) That subject to provision of Government funding, the Network endorses the committee's target of establishing 3 new U3As in regional Qld in the next 12 months.

(3) That the Network endorses the Committee application to Department of Communities for Q2 partnership in the Volunteering Target of increasing the number of volunteers by 50% by 2020.

(4) That subject to available sponsorship, the Network Committee arrange a publication to celebrate 25 years of U3A in Qld.

(5) That the Network Committee investigates the desirability & feasibility of establishing a Corporate Image for U3A & reports their findings to the AGM in 2011.

(6) That Member Registration fees for 2011 remain at 20¢ per individual member registered in the member U3A as at November 30th 2010.

All 6 Motions were Carried Without Dissent

These motions were discussed by the Rockhampton U3A Management Committee

& were generally agreed to, except for Motion 3, where the Committee felt that that Motion served the Government & was open to political exploitation & the Committee felt we should oppose it. Motion 5 also aroused some discussion & the Committee was uncertain about it. On the one hand our U3A has always strongly insisted that we remain autonomous; on the other hand if the Motion means a state wide promotion of U3As, then Hazel, the Voting Delegate, should support it.

There was earlier Network contact with Mackay & Cairns U3A to attract their involvement, pointing out that this is not a SEQ corner only group, hence the Conference in Townsville. U3A Network Qld has joined the Australian Alliance, a loose collaboration of State Networks to develop a National voice for U3A & to obtain Government recognition. Recent grants in Qld will be for development of new U3A. Discussion of possible locations will be dependent on finding local individuals sufficiently dynamic to build it from scratch. Mentoring from the nearest existing U3A with Network support.

The next Network Annual Conference is NSW in Sydney on 28th April 2011. The next Qld Network Conference will be at Noosa by June 2011 (date to be decided).

~ Ray Gauntlett

Editor

Central Qld Koala Volunteers



Central Qld Koala Volunteers wish to thank U3A members for their support of the 2009 Koala Choc Fundraiser.

The CQKV has decided not to run this fundraiser in 2010, however I have decided to do so for two young Koala Researchers; Gail Tucker & Delma Clifton, both CQUniversity Graduates in Koala research, who are continuing research in CQ. My fundraising will give them a hand up until they receive grants they have applied for & I look forward to your support.

~ Shirley Hopkins

Garden Lover's Group



28th May

At the Big Cancer Morning Tea there was a good attendance & a total of \$1534.10 was raised for the Cancer Council!



Performances by the

Singing Group



& later on, deliveries by members of the



In Voice Group



kept everyone well entertained. The guest speaker fell ill the day before & could not attend.

Christa Tollner gave us an appropriate poetry reading from Terry Fox. Beryl Neilson sang "Gentle Shepherd"

(Giovanni Battista Pergolesi 1710-36) & "Dolly's Revenge" (Henry Pontet 1840-1902) with Sybil Pawley on the piano. Sister Vera Harrison later presented "An Old Woman of the Roads" (Padraic Colum 1881-1972) - a well received piece.



~ Ray Gauntlett **Editor**



25th June

Today the group had a guided



tour of the Wandal Community Garden, given by volunteer gardener Bonnie Rach. This is a great place for people with disabilities to participate in gardening & learn about growing food & permaculture. Everyone discovered a good deal about many home grown vegetables, with examples shown and provided for taste testing! One can purchase the best fresh vegetables at the gardens on weekends, for just a donation.

~ Ray Gauntlett **Editor**

Multi-Craft Group



"Christmas in July"

27th July

Our luncheon was attended by Molly VanSwenson's multi - craft group which includes Virginia Latte Weir, Beryl Cooper, Joyce Squires, Joan Pope, Noreen Rossel, Shirley Smith & Judy Cooke.



We have made this an annual event in July & all of the ladies enjoy getting out to The Caves for morning tea & lunch, sharing craft ideas & having some good laughs together.

~ Judy Cooke

BUILDING PARTNERSHIPS



News from the CQUniversity Community Relations Coordinator

I'm sure you would agree that by the time we've reached the age where we're eligible to join a group such as U3A, like Dale Carnegie, the famous author of "How to win friends and influence people," we have all worked out that - *"You'll have more fun and success when you stop trying to get what you want and start helping other people get what they want"*.

In retirement or semi-retirement many of us derive great self satisfaction by having the time and the ability to assist others. This assistance can take many forms - helping family and friends, volunteering at places like Meals On Wheels, St Vincent de Paul or other similar organisations, and of course supporting fundraising for grandchildren's schools or sporting organisation etc.

This ties in to another favourite quote of mine from Albert Einstein - *"It is every man's obligation to put back into the world at least the equivalent of what he takes out of it"* and once we reach retirement age our thoughts do tend to turn toward what we've 'put back in' and what we'll be remembered for after we're gone.

Your ability to 'put back in' need not cease after you're gone. Think about becoming one of the 7.5% of people who include a charitable bequest or legacy in their will. Did you know that only 58% of all Australians have a will? According to the Global Philanthropic organisation some of the reasons for this are:

- A belief that there will be no assets.
- The absence of anyone obvious to leave anything to.
- Avoidance of considering one's own demise.

I'm sure you will agree that none of the above are valid reasons for sitting back and not doing some sensible planning.

Making a will allows peace of mind for you and your family members and shows organisation, forethought and planning on your behalf. Each year thousands of people die without leaving a Will and all too often this creates more worries, more expense and sometimes hardship for the family of the deceased at a time of bereavement. When a person dies intestate (without a will) their loved ones lose control over what happens to their estate.

When you are making your will, you should be considering all things that are important to you and once your loved ones are cared for, it is a perfect time to consider your ability to continue to 'put back in' after you're gone. By leaving a Bequest or Legacy to something you care about, your influence - according to Dale Carnegie - will continue to *"help other people get what they want"*.

At CQUniversity we welcome conversations about how best to benefit Central Queensland by leaving a bequest to the University. If you are one of the organised 58% who have already made their will and you would now like to consider leaving a Bequest, please seek independent advice about how a simple one page codicil can be added to your existing document. Global Philanthropic statistics suggest that the average person will update their will 5 times in their lifetime. Consider - is your will up to date?

If you'd like to have a no-strings-attached conversation about leaving a Bequest to CQUniversity, please call me on 49 232 734.

The office of Development and Graduate Relations builds partnerships with individual donors, graduates, community groups and small, medium and large businesses to support program and research activity at CQUniversity.

For more information please contact:
Glenys Kirkwood, Coordinator CQUniversity Community Program
Phone: 07 4923 2734 • Email: g.kirkwood@cqu.edu.au

U3A Activities 2010

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 (except January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton Luncheon (bookings required)	Chris Margaret	4928 8816 4928 2757
Scrabble	3 rd & 4 th week 1.30pm	I.L.U. No.1, Gracemere Gardens, Gracemere	Joan & Roy	4933 3324
Tuesday				
Aqua Aerobics SA* ~ cost \$5	Weekly 11am- 12noon	Caribae Swim Academy, 135 Menzies Street, North Rockhampton	Jodie/Margaret Shirley Hopkins	4926 1650 4936 4792
Bush Dancing SA* ~ cost \$3	Weekly 7.30pm- 9.30pm	Tobruk House, Archer Street, Rockhampton	Shirley Hopkins	4936 4792
Heritage Teddy Bears	1 st & 3 rd week 9.30am-11.30am	3 Frenchman's Lane, North Rockhampton	Lorraine	4926 0432
Investment Group Discussion SA	3 rd week 10am	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Mah Jong SA*	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Mary	4928 5059
Multi-Craft* ~ supply own materials	2 nd & 4 th week 10am-2pm	31 New Exhibition Road, Rockhampton.	Molly	4927 4325
Resistance Training SA*	Weekly 7.30am- 8.30am	Community Sports Centre, Yaamba Road, North Rockhampton	Sports Centre	4923 2159
Aerobics Exercises & Swim ~ (heated pool) cost \$6 for one or all	Weekly 8.45am- 9.30am	Community Sports Centre, Yaamba Road, North Rockhampton	Sports Centre	4923 2159
Singing Group	Weekly 9.30am	284 Dawson Road, Rockhampton	Glenda	4922 3662
Tai Chi *	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Olga	4928 4325
Wednesday				
Book Lover's Group	4 th week 10am	Meet at Margaret Keane's, 4/128 High Street, North Rockhampton	Judith	4928 3386
Embroidery	1 st & 3 rd weeks 2pm-5pm	CQU room (beside CQU Computer Shop)	Pat	4927 4493
Speech Group	Weekly 9.30am- 10.30am	8 Mansfield Street, Rockhampton	Annette	4922 3400
Writing for Pleasure	1 st week 9.15am- 11.15am	(Refurbished) School of Arts, Bolsover Street, Rockhampton.	Rita	4922 8807
Thursday				
Computer Club *	Weekly 3.30pm- 5pm	New Library, 1 st Floor, Bolsover Street, Rockhampton	Nick Quigley	4928 2554
Discussion - Current Affairs	3 rd week 3pm- 5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Resistance Training SA*	Weekly 7.30am- 8.30am	Community Sports Centre, Yaamba Road, North Rockhampton	Sports Centre	4923 2159
Aerobics Exercises & Swim ~ (heated pool) cost \$6 for one or all	Weekly 8.45am- 9.30am	Community Sports Centre, Yaamba Road, North Rockhampton	Sports Centre	4923 2159

Activities	Times	Venue	Contact	Phone
Thursday (continued)				
<i>Aqua Aerobics</i> ~ cost \$5	Weekly 9.30am-10.30am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	4926 1650 4936 4792
<i>Swimming for fun & exercise</i> ~ cost \$5	Weekly 7.30am-8.30am	Ireland's Pool (heated) Stockland, Yaamba Road, North Rockhampton	Avian	4936 3052
Friday				
<i>Armchair Travel</i>	3 rd week 9.30am-11.30am	Athelstane House, Ward Street, Rockhampton	Valda	4928 2119
<i>Cooking Class</i> ~ cost \$10	2 nd week 9.30am-2pm	Athelstane House, Ward Street, Rockhampton	Ailsa	4928 8837
<i>Garden Lover's Club</i>	4 th week 9.30am	Different garden each month ~ advised at General meeting	Audrey	4926 2345
<i>Line Dancing</i> ~ cost \$5	Weekly 2pm-4pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton	Sue	4922 3421
<i>Pencil Drawing</i>	1 st week 9.30am-11.30am	7 Gardenvale Court, Hillside Estate, (off Norman Road) North Rockhampton	Keith	4928 9505
<i>Square Dancing</i> ~ cost \$4	Weekly 7pm-9.30pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton	Rob	4926 7075
<i>Tai Chi</i> *	Weekly 7am	Kershaw Gardens, off Knight Street, North Rockhampton	Olga	4928 4325
Saturday				
<i>Aqua Aerobics SA*</i> ~ cost \$5	Weekly 7am-8am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie/Margaret Shirley Hopkins	4926 1650 4936 4792
Personal Arrangements				
<i>Computer Classes</i>	Weekly ~ 2hours	COIN, New Library, 1 st Floor, Bolsover Street, Rockhampton. (course length varies ~ keyboard, mouse, Win XP/Vista, email, web Word 2003 & 2007, PowerPoint 2003)	Christine	4923 2561
<i>Family History & Genealogy</i>	By appointment	Consultation at tutor's or person's home	Helen	4928 2233
<i>Heraldry</i>	By appointment (contact tutor)	190 German Street, Norman Gardens, North Rockhampton	Ken	4928 3687
Special Activities: Topic and Time to be announced at General Meeting before scheduled activity				
<i>Art Appreciation Tours</i>	2 nd Thursday of month 2pm	Rockhampton Art Gallery	Bill	4928 4447
<i>Field Trips for Painters, Sketchers & Photographers</i>	Saturday after General Meeting 10am-2pm	Dates to be announced at General Meetings	Carol Shirley	4926 1885 4922 8247

"Alpine"





U3A Rockhampton & District (Inc)

MEMBERSHIP APPLICATION FORM

I/We _____

(Postal Address) _____

(Postcode) _____ Phone _____ Fax: _____

Email: _____ Preferred Name: _____

Hereby apply for membership of the U3A Rockhampton & District Inc.

SIGNED: (1) DATE.....

(2) DATE.....

PROPOSER*:

SECONDER*:

*BOTH THE PROPOSER AND SECONDER TO BE FINANCIAL MEMBERS.

Previous Occupation / Skills / Hobbies / Interests:

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

FEES: ANNUALLY

Membership \$15.00

U3A Badge \$7.50 each

FEES FOR NEW MEMBERS AFTER 30 June:

Membership \$7.50

U3A Badge \$7.50 each

TOTAL PAID \$.....

Please Return to: **The Secretary, U3A,
P.O. Box 8160,
ALLENSTOWN, Qld 4700**

If not claimed within 7 days please return to:

*U3A Rockhampton & District Inc,
P.O. Box 8160
ALLENSTOWN Qld 4700*



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