



*Rockhampton & District Inc*

# *Journal*

*December 2011*



*"Untouched"*

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

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*Learning at Leisure ~ Learning for Pleasure*

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The Management Committee of U3A  
 Rockhampton & District sincerely thanks  
 CQUniversity Australia for their sponsorship  
 of the Journal.

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**Patron**



Professor Scott Bowman (CQU)

**Management Committee:-**

|                 |                    |           |
|-----------------|--------------------|-----------|
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| Vice President: | Ann Findlater      | 4922 1581 |
| Secretary:      | Maxy Barron        | 4928 2486 |
| Treasurer:      | Valda Carter       | 4928 2119 |
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| Activities:     | Beth Elkins        | 4936 4953 |
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|                           |                 |           |
|---------------------------|-----------------|-----------|
| Editor:                   | Irene Gauntlett | 4922 4031 |
| Immediate Past President: | Chris Tollner   | 4928 8816 |

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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:-  
 Frenchville Sports Club,  
 105 Clifton Street,  
 North Rockhampton.

## President's Report



## Editorial

Dear Members,

Once again it is that time of year where a number of things are happening, Christmas is approaching at a rapid rate, no sooner is that over & the New Year is with us. I remember when I was a lad & the year seemed to take forever, now when I have a birthday it seems that the next one is almost upon me. We have the annual elections next year. I think that members should ask not what their club can do for you but what you can do for your club. (a quote from President J.F. Kennedy). As most members would know, all positions on the Committee are deemed to be vacant & need members to stand for these positions. Without these willing workers the club folds. So get involved, it can be great fun. Unfortunately I am unable to stand for the position of President next year as my good wife wants to see some of this great nation of ours & it would be very unkind of me to stand & leave the work for somebody else.

It appears that I opened a can of worms with the survey that we conducted, the 50 returns out of 365 members, which is only 7.3% (actually, it's 13.69% ~ Ed) of the club's members responded, so what I would like to do next year is propose that we form a travellers group where we can sit down & discuss where we want to go? If we get a fair response, we go ahead but if it results with me sitting there twiddling my thumbs it stops there.

As I do a little bit of wood turning I would like to make a President's Gavel. I would (excuse the pun) like to learn the names of all the past Presidents so that all of these men's & women's names can be recorded. I will do that over the Christmas break.

That is about it for me, except to wish everyone a healthy, happy & safe Christmas & New Year & looking forward to seeing you at the first meeting of 2012; until then, take care.



~ John Elson

**President.**

It's the end of the year & we have the usual series of Christmas breakups & other functions for all to attend. Family time is coming up; we hope all enjoy the very best of the coming weeks.



It is important for every member to consider that in the New Year all positions on the Executive become vacant & new nominations are needed. The popular idea that once elected, the fresh incumbent in any position will stay for 3 years or possibly even more, is certainly not valid any longer. This was very clearly demonstrated during 2011 with a series of abrupt & unexpected resignations. We have no guarantees that existing Committee members will want to continue. As you can see opposite, the current President will not be nominating to run for his second year. Consider that we need people, a number of them, to cover all the current positions & to allow some scope for expansion. I note that in the recent Survey there were a number of responses suggesting there should be a variety of Sub-Committees & that there should be more Volunteers to take care of various decisions & activities. Well, people, the source of all this (voluntary) labour is **you**. Individually & collectively the membership must provide. If we do not have the necessary people to cover all of the management positions, we have a significant problem. All are familiar with the old 14<sup>th</sup> C proverb, 'Many hands make light work' ~ damn right!! Ideally, we will have enough new nominations to require a ballot for a popular choice for **each** position. Go to it, don't leave it for 'Someone Else' to do, he is far too busy!

**One volunteer is worth two pressed men.**

~ early 18<sup>th</sup> Century proverb

**Merry Christmas**



~ Ray Gauntlett **Editor.**

**Next Meeting: 6<sup>th</sup> February 2012**

## BUILDING PARTNERSHIPS



News from the CQUniversity Community Relations Coordinator

☞ **A message from Scott Bowman, Vice Chancellor & President** ☞

***Reflecting on past achievements & looking forward to a bright future...***

*The start of 2011 was a difficult one for many Queenslanders including students & staff from CQUniversity. When the devastating floods hit, CQUniversity opened its doors to the Rockhampton & Emerald communities by housing relief centres for displaced residents & pets.*

*The collective strength & resilience of Central Queenslanders triumphed & the year has bought with it many positive & inspiring moments.*

*For us at CQUniversity, it has certainly been a year full of highlights. 2011 has been about new program offerings in fields such as Tourism, Allied Health, Law, Accident Forensics, Exercise & Sports Science & Project Management; our continued journey to being Queensland's first dual-sector university; making a stepped change in the way we conduct our research to better serve our regional communities including the establishment of the Central Queensland Innovation & Research Precinct at the site of the former CSIRO Labs in Rockhampton.*

*We have continued our focus on engagement & our regional base throughout 2011 by opening up our campuses to the community for major events such as Relay for Life, the Rockhampton Regional investment brief launch, campus experiences for gifted secondary school children & countless workshops, conferences & public lectures.*

*Not forgetting CQUniversity's international strengths, I was fortunate enough to make several overseas trips this year to engage with international colleagues & organisations to strengthen our global relationships & to ensure we can compete in the global environment that higher education is today.*

*The internationalisation of our students, staff, curriculum & research is vital if we are to provide an internationally-engaged & relevant learning experience for all students.*

*Personally, one of the highlights for me was a trip to India where I officiated CQUniversity's partnership with an Indian charity organisation 'Salaam Baalak Trust' that helps improve educational opportunities for Indian students & provides assistance to street children. I see this as a way of 'giving back' to the many hundreds of Indian students & staff we have here at CQUniversity.*

*So, what's happening in 2012?*

*CQUniversity is already one of the fastest growing universities in Queensland & 2012 is shaping up to be our biggest year yet.*

*We will be commemorating our 20th anniversary as a university; introducing around 20 new programs; officially opening our fully refurbished CQUniversity Rockhampton Library; finalising construction on our \$12 million Allied Health Clinic here in Rockhampton & no doubt welcoming more U3A members onto campus.*

*We have thoroughly enjoyed having U3A members visit us throughout the year & I would like to thank you all for your continued support throughout 2011 & for having me as your Patron, I have been truly honoured to fulfil this role. I believe the heart of CQUniversity is its community & its 'place'. I look forward to seeing you around campus next year when we will continue building on our 'power of place' to make us one of Australia's great universities.*

*~ Scott*

**Results of 2011 Members' Survey**

➤ Number of Survey forms returned - 50

**1. Would you like to go on Bus Trip outings?**

Yes: 49

No: 1

**2. Where would you like to go?**

- i. Gemfields ii. Emerald iii. Fairbairn Dam  
 iv. Gladstone v. Capricorn Coast vi. Byfield  
 vii. Mt. Morgan viii. Calliope River Markets,  
 ix. Country fairs x. Drive up Mt. Archer, lunch &  
 walk xi. Marlborough, Styx River xii. Biloela,  
 Callide Valley xiii. Factories, Mines  
 xiv. Cattle/Farm properties xv. Ferry, Gladstone,  
 Islands xvi. Meet over coffee & chat xvii. Nursing  
 Tour again xviii. Aboriginal Sites xix. Stanage Bay  
 xx. Socially supporting isolated property owners  
 xxi. Blackwater xxii. Dawson Valley xxiii. Day  
 Trips xxiv. Local outings.

**3. Would you like U3A to arrange overnight trips away? Yes: 24 No: 22****Suggestions:**

- i. Longreach, Hall of Fame, Winton, Alpha  
 ii. Mackay, Eungella  
 iii. Special Events Brisbane; Theatre, Art Gallery,  
 Shows, Events  
 iv. Nambour, Sunshine Coast,  
 v. 1770 area,  
 vi. Short stays; Rydges, The Ferns, Hervey Bay,  
 Bargara.  
 vii. Farm Stay.

**Other comments:**

- (a) Good idea,  
 (b) Depends on costing,  
 (c) Even a few nights sounds good,  
 (d) Prefer day trips.

**4. Are there any new activities you would like to see made available?****Suggestions:**

- i. Exploring other cultures, e.g. Asian, Indian  
 ii. Fine Art; painters, potters & their work.  
 iii. Photography & using cameras  
 iv. Mobile Phone course  
 v. Yoga, Pilates  
 vi. Music listening group  
 vii. Languages; Italian, French, German  
 viii. Craft Group  
 ix. Scrapbooking  
 x. Card Games  
 xi. Afternoon walking group  
 xii. Christmas in July Dinner  
 xiii. Travel Club

**Other comments:**

- a. Wide variety of activities already; should be something for everyone.  
 b. Activities on offer really depends on volunteers willing to take a group.  
 c. More educational subjects.  
 d. U3A lacks educational activities to stimulate the mind; sitting in on Uni. Lectures fine but short courses would be more beneficial.  
 e. List previous activities to see present interest.  
 f. More social activities.

**5. Would you prefer to have your Journal delivered early & in colour by email?**

Yes: 20

No: 23

**Stated hard copy only:**

- i. Love hard copy.  
 ii. Prefer hard copy to read in bed.  
 iii. Yes, may penalize those without a computer.  
 iv. Colour cartridges expensive for folk on pension.  
 v. Don't have access to a computer  
 vi. Prefer to pick up at meetings.

**Other comments:**

- a) Pleased to receive hard copy.  
 b) Credit to Editor.  
 c) Good idea if members have email access.  
 d) Give people a choice  
 e) Don't have preference or consider the cost a big issue.

**(Note: The currently emailed colour version is sent in addition to the printed monochrome copy. Members are invited to specifically advise they no longer require the printed copy. The choice is there for individual members to make. ~ Ed)**

**6. What do you like most about U3A?**

There were 20 different responses. Most references related to the high standard of guest speakers at general meetings; the opportunity to mix with interesting people & develop new friendships; the variety of available activities.

**7. What aspects need improvement?**

34 different items were described, too many to detail individually here. Some comments directly contradict others; a few could be described as simple nit-picking. Several refer to a perceived need for more members to volunteer or be more directly involved, which is being addressed elsewhere in this issue. There are calls for more learning opportunities through various teaching institutions but of course these are not charities & cost can become a factor here. Some suggested items are already in place, some are considered impractical.

Results Collation

~ Arch Finlayson

Editorial Commentary

~ Ray Gauntlett

# A Country Experience

**8<sup>th</sup> August**

The U3A outing for August was a trip to the country to Scott & Josie Finlayson's Stanwell property. What an enjoyable day this turned out to be! It started out with a display of horsemanship by Scott, ably assisted by 8 year old Brett. We were all most impressed with how quiet the horses were & the things Scott could get his horses to do.



*Scott on T.J. & Flicka, with Dusty underneath.*



*Scott hanging up his hat.*



*Ivan Moore with the three girls.*

After the horse show we were treated to a delicious damper morning tea (Josie's recipes are on page 10) & the usual "Cuppa". Josie had taken the day off work to cook dampers in the camp ovens & to help with the smooth running of the day. Their friend Pat helped Josie with the cooking & also entertained us with some stories.



*Relaxing after morning tea.*

Most members took advantage of doing the 4 wheel drive tour of the property during the lunch break, while Felicity & Brett fought over whose turn it was to ferry people around in the Polaris farm vehicle. Everyone voted the day a great success.

~ Jeanette Finlayson

## Plain Damper

### Ingredients:-

- 4 Cups Self-Raising Flour
- Pinch of Salt
- 4 Tablespoons Powdered Milk
- 1 Tablespoon Butter/Margarine
- Water (2 Cups Approx.)
- Hand full of Mixed Fruit (Optional)

### Method:-

1. Sift flour, salt & powdered milk together into a bowl.
2. Add butter/margarine & rub through the dry ingredients with fingertips.
3. Add mixed fruit at this stage (if desired).
4. Add enough water to make a moist dough & turn onto a floured board & knead lightly.
5. Place in damper oven & cook in hot coals (not fire) for approximately 20 to 30mins.
6. Serve with butter & syrup with tea & coffee.

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## Cheese and Bacon Damper

### Ingredients:-

- 3 Tablespoons Margarine/Butter
- 310g Self-Raising Flour
- Pinch of Salt
- 2 Teaspoons Parsley Flakes
- 1 Teaspoon Chopped Chives
- 125g Grated Tasty (Mature Cheddar) Cheese
- 2 Rashers Cooked Bacon, Finely Chopped
- 1 Egg
- 185ml Milk

### Method:-

1. Rub the margarine/butter into the flour until the mixture resembles coarse breadcrumbs.
2. Stir in the parsley, chives, cheese & bacon, mix well.
3. Combine the egg & milk, stir into the dry ingredients & mix to a soft dough.
4. Turn dough onto a lightly floured board & knead lightly.
5. Shape into a cob, cut a deep cross in the centre & place on a sheet of baking paper on an oven tray.
6. Bake in the oven at 200°C for 30 minutes or until hollow-sounding when tapped underneath.
7. Serve hot with butter.

Serves 6-8

Oven temperature 200°C, 400°F, Gas 6.

## Sweet Sultana Damper with Golden Syrup

### Ingredients:-

- 3 Cups Self-Raising Flour
- 100g Cold Unsalted Butter, chopped
- ¼ Cup Caster Sugar
- 2 Teaspoons Mixed Spice
- ½ Cup Milk
- ½ Cup Water
- ½ Cup Sultanas
- Extra 2 Teaspoons Water
- 1 Teaspoon Raw Sugar
- Butter & Golden Syrup to Serve.

### Method:-

1. Place flour, butter, caster sugar & spice in a food processor. Process until combined. Transfer to a large bowl. Add milk, water & sultanas. Using a butter knife, stir until mixture almost comes together.
2. Turn out mixture onto a lightly floured surface. Knead until mixture just comes together. Shape into an 18cm round. Place on a greased oven tray. Using a small, sharp knife, mark out eight wedges. Brush with extra water. Sprinkle with raw sugar.
3. Cook in a hot oven (200°C) for about 10 minutes. Reduce oven to moderate (180°C). Cook for a further 30 minutes or until golden brown & sounds hollow when tapped. Stand for 5 minutes.
4. Cut damper into wedges. Serve warm or cold with butter & golden syrup.

Serves 8

Preparation: 10mins

Cook: 40mins

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~ Courtesy: Josie Finlayson



## Didgeridoo!

My German Kuhla iron-framed piano dates back to the early 1900's while my four very Northern Australian didgeridoos, to the late years of that very same 20<sup>th</sup> century. As musical instruments they can't be compared!

I love music & the sound of it being well played but for myself I am very inept. I heard my youngest son reporting to his music teacher that my practising sounded like listening to a recording. While I was mentally preening my feathers, he went on to add, "She plays the same mistakes in the same piece every time!" It's not surprising that I now rarely play the piano & after my first pathetic attempts on the didgeridoo I was not encouraged to play any of them either. A wounded bull calf had nothing on my every attempt!

My pride & joy, the largest, is polished & has a beautiful bell-shaped lower end. It has been decorated with authentic Aboriginal art, hand painted by the grandson of David Malangi the painter of the 1966 One Dollar Note; with a stylised crocodile & lily pads & a waxed mouthpiece. It has a wonderful low-pitched resonant sound when played. My son who made it & many others, assured me that although in some groups women & children are seen to play them, traditionally it is for the men to use to accompany chants & songs.



My fourth didgeridoo is unlike the others & was actually given not to me but to my youngest son. He lives at home with me, so it is displayed along with the others. It is short by comparison & straight, only a metre long, painted a rich red ochre in the traditional desert way, with a pattern of dotted yellow ochre & white on the traditional black centre band. It too has the waxed mouthpiece.

The shorter the didgeridoo the higher the pitch, while the longer ones have a much lower tone. It has been noted that 1.5 to 1.6 metres is the optimal length.

I've been told that there at least 45 different Australian Aboriginal tribal variations of the word didgeridoo,

from didj through to Yidaki. It is an ancient & unique musical instrument that has been created by Mother Nature when hollowed out by termites of the genus *Coptotermes*.

The didgeridoo is possibly the world's oldest musical instrument. It is a wind instrument that when played outdoors can unite consciousness with the invisible laws & energy patterns of nature. In the cities we are all too prone to ignore the flapping of birds' wings or the thump of feet running along the river bank. We don't take time to feel the wind or listen as it passes through the leaves of the trees. We may notice thunder & lightning but the sound of the water passing by as we walk along the river bank is covered by the noise of traffic or the voices of people talking. The didgeridoo is a great accompaniment to the very sound of the Australian land.

If the earth has a voice it would be the sound of the Didgeridoo!

**Footnote:** *The mint used David Malangi's painting "Mortuary Feast" without his prior approval on the 1966 one dollar note. He was not best pleased! After that he referred to himself as the 'Dollar Note Man'. As an artist, he was often referred to as Dr. David Daymirringu. Born in 1927, he died in 1999.*

~ Judy Whitworth

## MAHJONG



*We have enjoyed a good year at Mahjong. We meet at 1pm every Tuesday at the Women's Health Centre on the corner of Derby and Bolsover Streets.*



*The cost is \$1 per week and this covers afternoon tea and a birthday cake for all our members' birthdays.*

*New members are very welcome. Assistance will be given to learn to play Mahjong.*

*Twice a year we have a luncheon prior to our Tuesday game and this is enjoyed by all.*

*Best wishes for the festive season.*

~ Mary Lowe

**Vale: Olga Benson**



Olga was a member of the U3A since March 1989. In 1991, she was a member of the Newsletter Committee & in that year she commenced her Tai Chi classes. These classes were held at two outdoor venues; at the Southside Botanical Gardens on Tuesday mornings & at Kershaw Gardens on Friday mornings. These lessons continued with Olga through all weathers until her sudden illness earlier this year. Olga's death on 13<sup>th</sup> June has left a huge gap in the lives of those of us who have benefited from her knowledge & generosity. The continuance of the Tai Chi activities is an indicator of Olga's influence on our health & well-being.

~ Doreen Lovett

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**Pencil Drawing Group**



At present the classes are held monthly (10 classes per year). Naturally there has been absenteeism

from the class through sickness & holidays. As an instructor I am challenged each month to figure out the lesson.



The Class consists of beginners & some advanced members, previous students of Cyril Coker. All the members in the Class enjoy sketching, so it must be instructive, to each of them. They are often surprised at the sketch they are asked to do.

Many finish their projects at home, then proudly show their efforts next sketching day. It is amazing to see the talent from each pupil within the class. Midway we stop for morning tea, so it does become a social as well. The class shows that they are definitely advancing & enjoying this 2 hrs sketching per month. To date there has been 71 classes at my residence.



Most pupils attend the sketchers & photographers' field trip held on the Saturday. (with Coral). I have enjoyed taking the class & found that the class

is a great benefit to me & to the pupils; I hope all class members enjoy it, as much as I do.

~ Keith Nicholls.

**TAI CHI**



The Australian Academy of Tai Chi now provides a weekly tai chi session for about a dozen U3A members. Our early morning sessions in the park setting include stretching & warm-ups, shibashi or energising exercises & the first three levels of the AATC tai chi set. Tai chi provides relaxing general exercise as well as an opportunity to focus internally for a more meditative exercise with improved balance & relaxation as significant outcomes. The group accommodates participants with a range of physical & tai chi abilities... improving one's form is a continuing experience for all as we try to move more gracefully, regulate our breathing & mould our 'muscle memory' into new & improved patterns. New participants, novice or experienced, are always welcome.

~ Lynn Zelmer AATC Special Needs Instructor

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**Writers' Group**



I would like to share that the productivity of our group isn't failing but going from strength to strength, culminating in the book 'Take the Time' currently on sale! Not a meeting in the Old School of Arts passes that members don't read aloud in turn around the table something new they've written. They also tell us of upcoming competitions they've heard of, & awards they've won in the intervening time.

Workshops have been run by visiting 'experts' in their fields & we've shared projects, ventured into writing Haiku, Cinquains, Acrostics, Octopoesms; used Newspaper Headlines to spark off a funny story; free verse, rhyming verse, blank verse, nonsense rhymes & playing with alliteration. Some of our group are experts, while others of us are just triers but we all have fun while being creative!

The group has been asked to contribute to other books & quite a few of us submitted entries for the 2011 Flood Artists Book. We acted as adjudicators of a short story competition that the Central Qld Family History Association ran & gave a \$50 prize out of money over from sales of our 2006 book 'A Way With Words' towards a school children's Writing Competition the Art Gallery ran. The balance of that money together with that what came from pre-launch sales went towards the printing costs of the current opus.

There is still room around the table for new members to join us in 2012.

~ Judy Whitworth



**CURRENT AFFAIRS  
DISCUSSION GROUP**

This group has met on the 3<sup>rd</sup> Thursday of each month throughout the year except for January. The average attendance has been 10 members & our discussions last for 2 hours. Members may bring their own choice of topics for discussion, or choose from the range of topics made available. Everyone is encouraged to put forward points of view & I think the numbers attending allows for this to happen in a friendly atmosphere. A range of topics on local, national & international stage at the time come up for discussion & there never seems to be a shortage of these.

Each session begins with afternoon tea & members leave feeling they have enjoyed the afternoon even if they haven't solved all the problems of the world.

~ Arch Finlayson.

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**Chess Club**



The future of the Chess Club has needed attention for some time. It was started primarily to provide an educational interest for the members; run every Tuesday. At first, it did attract a couple of new members to U3A. An additional, alternative, extra session day was provided, along with some specific information through the Journal, to attract more members to the group. Total local U3A membership is over 300 people but barely 1% showed any interest. A few members said they would join but did nothing, a couple joined & withdrew after very limited attendance; one 'signed on' & was never heard from again. Started over a year ago, I have to accept it just will not work. My substantial personal financial investment in materials for teaching & service provision has been written off. Irene & I made our home available, provided afternoon tea & set aside a considerable amount of our time for the Chess Club. This was not supported by the number of members attending. As a result, the Chess Club has been closed down. Any possibility of a reopening would only be considered following genuine commitment from a significant number of members; maybe.

~ Ray Gauntlett

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**Heritage Teddy Bears**

Unfortunately this group has also had to close, due to insufficient numbers of members attending.

~ Lorraine Antonello

**Embroidery Group**



The Embroidery group have had a good year of happy stitching. We have had projects in Ruskin & Stump Work. These projects are quite difficult & the finished pieces were really nice. Everyone helps each other in our group sharing ideas & patterns. Everyone has had a few problems this year with floods, sickness & family commitments. Embroidery is a great interest to have. It gives you something different to think about at these times. Our only problem being there are not enough hours in the day to do all the things we like. We had an end of year lunch at the former Post Office building. I thank Emmie for looking after everyone while I was away.

We meet at the University next to the computer shop on the 1st & 3rd Wednesday of the month. Merry Christmas to all.

~ Pat Lorroway

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**Multi-Craft Group**

Our members have had a chequered year. Some of our group have had health problems & we have missed them at our classes. We pray they have a better year in 2012. We had our yearly 'Christmas in July' at Judy's home. As usual everyone had a very enjoyable day, thanks so much to Judy. Our Group are planning to have our end of year lunch at the sailing club in December.

On behalf of the Multi Craft members I wish all members of U3A a happy & healthy Christmas & a wonderful 2012.

~ Molly van Wensveen

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**Armchair Travel**



Again, this year, we have sat comfortably in Athelstane House & travelled around the world. We have joined with a Returned Serviceman as he re-visited Vietnam, cruised the Caribbean for Christmas & climbed the Great Wall of China. In the Southern Hemisphere, we have learnt some of the history of Norfolk Island, visited the South Island of New Zealand but skirted around the devastation of Christchurch, tripped around our Apple Isle of Tasmania & travelled Australia for Lapidary. As I write this article, one of our members is preparing to take us to Egypt, Jordan & Dubai. In June, Rosie from Escape Travel gave us some tips on planning a trip, the sort of advice that comes in handy no matter what the distance or circumstances of your travel. If you have visited, or lived in, some interesting part of this wonderful world, we would love to hear from you in 2012, so please give us a call to arrange a date.

~ Valda Carter.



## In Voice Group

Late in 2010, members of 'In Voice' were shocked & saddened by the death of Annette Farrer who established the group & who tutored & mentored us so well for many years. There were serious doubts that the activity could survive. But we did!!!!!!

'In Voice' has been delighted to welcome Nola Smith as our new leader; Nola comes from Yeppoon & has a very strong background in speech & drama. While we have reduced meetings from weekly to twice-monthly, we believe that we are still achieving a lot & are certainly having plenty of challenge & fun. This year, we have put on two performances for Blue Care, entertained at Gracemere Pensioners' Fashion Parade & the Rockhampton & District Benefit Association Morning Tea & our Garden Lovers' Cancer function. Late in August we had the pleasure of participating in the Seniors' Week afternoon tea at Bauhinia House & we are currently practising for our U3A Christmas luncheon.

Many of us think that we can't sing & we're probably correct; but almost everyone can talk.

So, come along & join the Speaking Choir, 'In Voice', where you can exercise your vocal chords & where you will be made very welcome.

~ Valda Carter

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## Aqua Aerobics



I sincerely believe that Aqua is an exercise in which people with a variety of ailments can participate with health benefits. It is amazing the exercises which can be undertaken in the water which would be impossible on a conventional aerobics floor. We have members with all sorts of arm, shoulder & leg problems who tell me how an Aqua session makes them feel better.



## Bush Dancers

Jacana Bush Dancers, which includes some U3A members, participated in community activities such as U3A afternoon tea in Seniors' Week, the Multicultural Fair & two visits to Blue Care to entertain their clients. In 2011 a free 4 week course for beginners was successful, attracting 15 new members. Plans are in hand to hold a course in 2012, probably in February & U3A members, singles or couples, are very welcome.

~ Shirley Hopkins

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## THE JUNK MAIL CAROL



Deck the house with Junk Mail Jolly, there's lots of it around this time of year.

Ditch the mistletoe & holly they tickle & they sting when you get near.

Trim the tree with Woolworth brochures, use the lot, all you've got, don't hold back.

Innovative & precocious, it's easy, & you soon will get the knack.

Make your stars from ads by Target, just as good as those up in the sky.

From the smallest to the largest, any sort at all, if you just try.

Hang the walls with KMart handouts, also on curtains & every blind.

They'll be decorative standouts, cultivated, cultured & refined.

Lists from David Jones & Myers, all the very best, you get from them.

Both are Junk mail qualifiers, every one you get, a Christmas gem.

Cut them into balls & bells, any shape, any shade, any size.

Finer than the chain store sells, good enough to win a Christmas prize.

When the jewellers send you flyers, Wallace Bishop, Prouds & Amies too.

Twist them round old fuse box wires, quite a simple task for you to do,

Make them into dingle-dangles scatter them anywhere you can find.

Plait them into rings & bangles or any other thing that takes your mind.

Leaflets from Dick Smith & Bunnings will be coming too, at Christmastide.

Change them into Christmas fun things that you can display with joy & pride.

Do not greet with Blast & Dam Its! Keep your cool, there will be many more

Of these booklets & these pamphlets. They'll be coming daily by the score.

What to do with out-size Posters? At Christmas dinnertime they are the best.

Use for tablecloths & coasters. Gravy spillage is no more a threat.

Wine glass sloshing is no problem, no need to think of it as a sin.

Clear the posters & just toss them straight into the big recycling bin.

Coles & Harvey Norman pages, always very big & bold & bright,

Can dress up Canary cages. Let Tweety be a part of Christmas night.

Junk mail often can be useful; catalogues, circulars & all that stuff.

So, to it don't be abusive, even though you'll soon have more than enough.

Deck the house with these suggestions. You won't find others half as good as these.

Clear the mailbox of congestions. Do your very best to ease the squeeze.

Use the junk mail don't be fearful even if use of it seems bizarre.

Cheap as chips & just as cheerful.

Fa-la-la-la-la, la-la, la-la.

~ Margaret Thorpe

**U3A Activities 2011**

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                  |
|--|--|--|------------------|------------------------|
| <b>Monday</b>  |  |  |                  |                        |
| General Meeting ~<br>monthly 1 <sup>st</sup> Monday<br>(excluding January) | 9.30am ~   | Frenchville Sports Club,<br>105 Clifton Street,<br>North Rockhampton<br>(Luncheon)   | John             | 4928 6859              |
| Aqua Aerobics<br>~ cost \$6  | Weekly 6.00 pm-<br>7.00 pm                                     | Caribee Swim Academy, 135<br>Menzies Street, North Rockhampton   | Jodie<br>Shirley | 4926 1650<br>4936 4792 |
| Scrabble   | 3 <sup>rd</sup> & 4 <sup>th</sup> week<br>1.30pm               | I.L.U. No.1, Gracemere Gardens,<br>Gracemere   | Joan & Roy       | 4933 3324              |
| <b>Tuesday</b>   |  |  |                  |                        |
| Aerobics<br>Resistance Training<br>SA*<br>Swimming                         | 8.45am-9.30am<br>7.30am-8.30am<br>(Weekly)<br>(Any open hours) | Community Sports Centre, Yaamba<br>Road, North Rockhampton<br><b>Cost for all 3 activities on any<br/>single visit ~ \$6</b> | Sports Centre    | 4923 2159              |
| Aqua Aerobics SA*<br>~ cost \$6  | Weekly 11am-<br>12noon &<br>5.30 pm-6.30 pm                    | Caribee Swim Academy, 135<br>Menzies Street, North Rockhampton   | Jodie<br>Shirley | 4926 1650<br>4936 4792 |
| Bush Dancing SA*<br>~ cost \$4   | Weekly 7.30pm-<br>9.30pm                                       | Tobruk House, Archer Street,<br>Rockhampton  | Shirley          | 4936 4792              |
| Investment Group<br>Discussion SA  | 3 <sup>rd</sup> week 10am                                      | 255 Elphinstone Street, North<br>Rockhampton   | Arch             | 4928 6653              |
| Mah Jong SA*   | Weekly 1pm   | Women's Health, Bolsover Street cnr<br>Derby Street, Rockhampton   | Mary             | 4928 5059              |
| Multi-Craft * ~ supply<br>own materials                                    | 2 <sup>nd</sup> & 4 <sup>th</sup> week<br>10am-2pm             | 31 New Exhibition Road,<br>Rockhampton.  | Molly            | 4927 4325              |
| Singing Group  | Weekly 9.30am  | 284 Upper Dawson Road, R'ton.  | Glenda           | 4922 3662              |
| <b>Wednesday</b>   |  |  |                  |                        |
| Astronomy  | 2 <sup>nd</sup> week 10am-<br>12noon                           | CQU room (beside Coffee shop, near<br>CQU Bookshop)  | Tony             | 4933 0205              |
| Book Lover's Group   | 4 <sup>th</sup> week 2pm                                       | 4/128 High Street, Nth Rockhampton   | Margaret         | 4928 2757              |
| Embroidery   | 1 <sup>st</sup> & 3 <sup>rd</sup> weeks<br>2pm-5pm             | CQU room (beside Coffee shop, near<br>CQU Bookshop)  | Pat              | 4927 4493              |
| Speech Group<br>("In Voice")   | 1 <sup>st</sup> & 3 <sup>rd</sup> Weeks<br>9.30am-10.30am      | 200 Frenchville Road,<br>North Rockhampton   | Valda            | 4928 2119              |
| Writing for Pleasure   | 1 <sup>st</sup> week 9.15am-<br>11.15am                        | (Refurbished) School of Arts,<br>Bolsover Street, Rockhampton.   | Rita             | 4922 8807              |



| Activities  | Times  | Venue   | Contact          | Phone                  |
|---|--|---|------------------|------------------------|
| <b>Thursday</b>   |  |   |                  |                        |
| Aerobics<br>Resistance Training<br>SA*<br>Swimming  | 8.45am-9.30am<br>7.30am-8.30am<br>(Weekly)<br>(Any open hours) | Community Sports Centre, Yaamba<br>Road, North Rockhampton<br><b>Cost for all 3 activities on any<br/>single visit ~ \$6</b>  | Sports Centre    | 4923 2159              |
| Aqua Aerobics<br>~ cost \$6   | Weekly 9.30am-<br>10.30am &<br>5.30pm-6.30pm                   | Caribee Swim Academy, 135<br>Menzies Street, North Rockhampton  | Jodie<br>Shirley | 4926 1650<br>4936 4792 |
| Computer Club *   | Weekly 3.00pm-<br>5pm  | New Library, 1 <sup>st</sup> Floor, Bolsover<br>Street, Rockhampton   | Nick             | 4928 2554              |
| Discussion ~ Current<br>Affairs   | 3 <sup>rd</sup> week 3pm-<br>5pm                               | 255 Elphinstone Street, North<br>Rockhampton  | Arch             | 4928 6653              |
| Swimming for fun &<br>exercise ~ cost \$5   | Weekly 7.30am-<br>8.30am                                       | Ireland's Pool (heated) Stockland,<br>Yaamba Road, North Rockhampton  | Avian            | 4936 3052              |
| <b>Friday</b>   |  |   |                  |                        |
| Armchair Travel   | 3 <sup>rd</sup> week 9.30am-<br>11.30am                        | Athelstane House, Ward Street,<br>Rockhampton   | Valda            | 4928 2119              |
| Food Lover's Club<br>~ cost \$10  | 2 <sup>nd</sup> week 9.30am-<br>2pm                            | Athelstane House, Ward Street,<br>Rockhampton   | Ailsa            | 4928 8837              |
| Garden Lover's Club   | 4 <sup>th</sup> week 9.30am                                    | Different garden each month ~<br>advised at General Meeting   | Audrey           | 4926 2345              |
| Line Dancing SA<br>~ cost \$5   | Weekly 2pm-4pm   | Square Dancing Hall, Kingel Park,<br>Fitzroy Street, Rockhampton  | Sue              | 4922 3421              |
| Pencil Drawing  | 1 <sup>st</sup> week 9.30am-<br>11.30am                        | 7 Gardenvale Court, Hillside Estate,<br>(off Norman Road) Nth Rockhampton   | Keith            | 4928 9505              |
| Square Dancing SA<br>~ cost \$4   | Weekly 7pm-<br>9.30pm  | Square Dancing Hall, Kingel Park,<br>Fitzroy Street, Rockhampton  | Rob              | 4926 7075              |
| Tai Chi *<br>(with Lynn Zelmer)<br>~ cost \$2   | Weekly 7.30am  | Kershaw Gardens, off Knight Street,<br>North Rockhampton.   | Pam<br>Shirley   | 4928 1130<br>4936 4792 |
| <b>Saturday</b>   |  |   |                  |                        |
| Aqua Aerobics SA*<br>~ cost \$6   | Weekly 7am-8am   | Caribee Swim Academy, 135<br>Menzies Street, North Rockhampton  | Jodie<br>Shirley | 4926 1650<br>4936 4792 |
| <b>Personal Arrangements</b>  |  |   |                  |                        |
| Computer Classes  | Weekly ~ 2hours  | COIN, New Library, 1 <sup>st</sup> Floor,<br>Bolsover Street, Rockhampton.<br>(course length varies ~ keyboard,<br>mouse, Win XP/Vista, email, web<br>Word 2003 & 2007, PowerPoint<br>2003) | Christine        | 4923 2561              |
| Family History &<br>Genealogy   | By appointment   | Consultation at tutor's or person's<br>home   | Helen            | 4928 2233              |
| Heraldry  | By appointment<br>(contact tutor)                              | 190 German Street, Norman<br>Gardens, North Rockhampton   | Ken              | 4928 3687              |
| <b>Special Activities:</b> <i>Topic and Time to be announced at General Meeting before scheduled activity</i> |  |   |                  |                        |
| Art Appreciation Tours  | 2 <sup>nd</sup> Thursday of<br>month 2pm                       | Rockhampton Art Gallery   | Bill             | 4928 4447              |

# Seniors' Week *27<sup>th</sup> August*

A lot of effort went into an afternoon tea which would have been enjoyed by all who attended.



Some dedicated members devoted most of their time to preparing the food...



'In Voice' gave a number of entertaining readings...



Rita Diplock recited some of her poetry:



We heard several songs from the choir...



The Bush Dancers took us up to Afternoon Tea:



After the break Jeanette Finlayson presented a fine comedy sketch...



Irene Gauntlett presented the Finale, on Bagpipes, with 'Amazing Grace!' then 'Auld Lang Syne' finishing with 'Maori's Farewell' [often called 'Now is the Hour'] with the audience joining her in a mass chorus....



There were the raffles, quiz competitions & prizes. A number of members stayed behind to help clear up, which is very much appreciated by those who were involved in organising a very successful afternoon.

~ Ray Gauntlett **Editor.**



# U3A Rockhampton & District (Inc)

## MEMBERSHIP APPLICATION FORM

I/We \_\_\_\_\_

Postal Address \_\_\_\_\_

Postcode \_\_\_\_\_ Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_ Preferred Name: \_\_\_\_\_

*[Persons under 50 years of age may still be accepted for membership by decision of the Executive Committee.]*

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

**SIGNED:** (1) .....DATE.....

(2) .....DATE.....

**PROPOSER\*** .....

**SECONDER\*** .....

*\*BOTH THE PROPOSER AND SECONDER MUST BE FINANCIAL MEMBERS.*

**Previous Occupation / Skills / Hobbies / Interests:**

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

**ANNUAL FEES ~ January 1<sup>st</sup> to December 31<sup>st</sup>:**

Membership \$15.00                       U3A Badge \$7.50 each

**FEES FOR NEW MEMBERS ~ AFTER June 30<sup>th</sup>:**

Membership \$7.50                       U3A Badge \$7.50 each

**TOTAL PAID**                      \$.....

**Please Return to:**

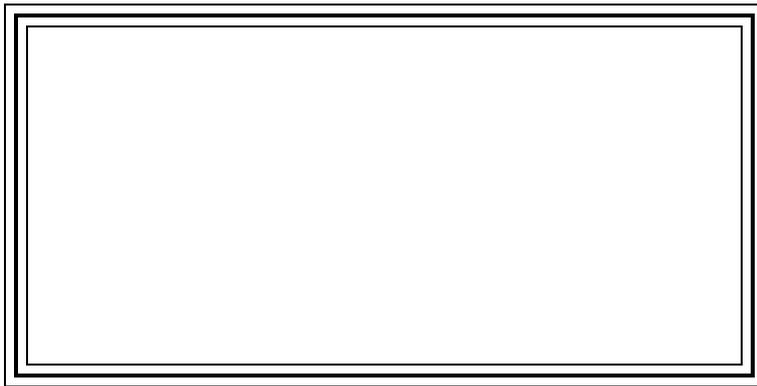
**The Secretary, U3A,  
P.O. Box 8160,  
ALLENSTOWN, Qld 4700.**

Email: [u3arockhampton@hotmail.com](mailto:u3arockhampton@hotmail.com)

Web: [www.u3arockhampton.org.au](http://www.u3arockhampton.org.au)

*If not claimed within 7 days please return to:*

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



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