



Rockhampton & District Inc
Journal

March 2011



"Fitzroy Flood '08"

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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The Management Committee of U3A Rockhampton & District Inc sincerely thanks the CQUniversity Australia Office of Development & Graduate Relations for their assistance with the cost of printing the U3A Journal.

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 Oil on Canvas by Irene Gauntlett

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Our Patron



Professor Scott Bowman (CQU)

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Social Co-ord:	Denise Carroll	4926 3317
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Assistants:

Social Co-ord:	Lorraine Antonello	4926 0432
Editor:	Irene Gauntlett	4922 4031

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



As I look back over the last 4 years & especially over the last 12 months, I am filled with much gratitude for the encouragement & support I have received from you, the Members, & especially from the Members of the Management Committee. This has made my task as President so much easier & more enjoyable. This harmonious working relationship keeps me smiling as I hand over the reins to my successor & the new Committee, well knowing that they will receive similar support & are therefore assured of a wonderful term in Office.

In particular I need to pay tribute to the wonderful support I have received from our outstanding &, unfortunately for the Committee, outgoing Secretary, Mrs Hazel Halliday. Hazel first took on the position of Secretary during Nancy Crapp's Presidency. After completing three years in that Office, she became Treasurer for three years during Norma West's term of Office. Then, in my second year Hazel again became Secretary. So for six out of the last nine years Hazel has been our CEO & it is largely due to her commitment & diligence, that we have had such a well-functioning Committee.

Hazel, we sincerely thank you for your service. You certainly have earned the respect & admiration of all Members of the Rockhampton & District U3A. We wish you well. Other retiring Committee Members, to whom I am greatly indebted for their contribution to the cause, are Mrs Yvonne Rutherford as Activities Coordinator & Mrs Denise Carroll as Social Events Coordinator. Both these Ladies retire for family reasons, but through their ever obliging, friendly attitude, they have truly earned all our gratitude. Arch Finlayson is another stalwart on the Committee. Arch started off as Treasurer under Nancy Crapp, was Activities Coordinator under Norma West, then served three years as Publicity Officer & all along, despite involvement in several Group Activities, Arch & Jeanette volunteered as stand-ins wherever the need arose. Most sincere thanks to you, Arch. Your dedication is encouragement to us all.

Having started to mention names, how can I not mention Valda Carter, who is such a shining example in her commitment, not only as Treasurer, but also to the numerous Activity Groups in which she is involved; or Ray Gauntlett & his wife, Irene, our Journal Editors. To all my Committee Members, to all Group Leaders, Volunteers & Supporters, I say "Thank You!" Thanks to you our U3A has had another successful year in every respect. Here are some

of the major events of the last year:

- As in other years, the Garden Lovers Great Morning Tea was held again on the last Saturday in May. That event raised \$1,534.10 for the Cancer Fund & brought great credit to our Organisation.
- The Seniors Week Concert at Bauhinia House was fully booked.
- Our own Christmas Function in November amazed everybody with the talent we have in our midst. The Poets, Rita Diplock & Yvonne Reik, the Choir, the Line Dancers & the Speech Group were absolutely top performers.

The U3A left its mark also at the CQUniversity Award Presentation Night by presenting a \$750.00 Achievement Award to a 2nd year Nursing Student. This Award is made possible through our monthly raffles, run by Ms Helen Hinchliffe, another stalwart of U3A. Of course we owe CQUniversity Australia a great deal for its generous sponsorship of our Journal, the provision of our own office on Campus and the use of a Meeting room for our Committee and some tutorial Groups.

The COIN Academy is another success story, because almost all the local tutors are U3A Members. Mrs Glenda MacDonald & her U3A Choir are the largest Activity Group. They have appeared at many Senior & cultural Events & brought great credit & good publicity to our Organization. The U3A "In Voice" Speech Group, too, have supported several outside events & enhanced our good name. A new Chess Group has been formed by Ray Gauntlett. The Astronomy Class of Dr Tony Ward is fully booked & a new course on "Ethics" by Dr Noel Preston is keenly anticipated.

In fact, every one of our thirty-odd Activity Groups is living up to our Motto of Learning for Pleasure ~ Pleasure with a capital P; & while we maintain that our U3A will always thrive. I thank you all for having made my position as President for the past four years such a rewarding experience.

Best wishes for the New Year to our U3A, our new President & Committee.

~ Chris Tollner

President





EDITORIAL

First, a small correction to Chris Tollner's article in the December Journal History Page. The web address for U3A online is: www.u3aonline.org.au Member access:- User name: rocinc Password: rocky

A motion passed at the January Executive meeting states: **"All future material sales for other organisations will be considered on a case by case basis. Written requests must be reviewed at Executive meetings."** So, if you want to sell or promote something at a future U3A meeting, you must send in a submission, for approval by the Executive Committee, well in advance.

There is some interest in a new shared activity with the **Rockhampton Lapidary Club** who presented at the Showcase meeting. They are at the Walter Reid Centre in East Street if any members want more details, their contact phone number is 0427 741 500.



The Open Meeting on 7th February was "Sign On" day for the various activities. If you missed the meeting or overlooked something you want to do, just contact the tutor; see the activities list on pages 12 & 13. You can join any activity at a later time. **If you have signed on for something & find you cannot or do not want to attend, at least let the tutor/contact know, as a matter of basic courtesy.**

This March edition of the Journal has used the last of the items that have been received. I have nothing to put in the next issue. We need submissions for June, now.

Koala Choc fundraisers Gail Tucker & Delma Clifton, graduates of CQUniversity with emphasis on Koala research, wish to thank U3A members for their support of the fundraiser, co-ordinated by Shirley Hopkins

~ Ray Gauntlett

Editor.

Vale:

Annette Marie Noone Farrer

26/7/1936 ~ 22/12/2010



Sadly, we must note the passing of Annette Farrer in December.

Annette joined U3A in 2005 & accepted the invitation to form a verse speaking group. As the "In Voice" tutor she saw that group grow from 5 initial members to 20 now. In late 2006 she was a foundation member of the Singing group in collaboration with Glenda MacDonald. That group grew from 8 initial members to nearly 40 today. She was also the tutor for the Water Colour Painting group & active in Tai Chi. U3A was extremely fortunate to enlist Annette as she brought with her 40 years experience as a speech & drama teacher. She was a Rockhampton Little Theatre Life Member, performer & producer. More importantly, Annette also brought with her boundless creativity, enthusiasm & a wonderful sense of fun. She believed we could do anything if we tried. To our surprise, in spite of what some would perceive as limitations of age & experience, we found ourselves performing our poetry in public & appearing on stage in our fun Christmas presentations.

Annette's final instruction before a performance was always "Enjoy yourselves ~ have fun" & we did!

Annette taught us much more than the finer points of verse speaking & performance. She encouraged us to use our imaginations & to share ideas, experiences & lots of laughter.

She will be sadly missed by us all.



THEN ~ & NOW

In August I had the pleasure of hosting the U3A Garden lovers – but this is not about my garden! Our Editor, Ray, made a remark about how things may have been when we first moved to Frenchville & this brought back a lot of memories. Now I would like to share some of them with you.

My husband & I, with our 4 young children, arrived in Rockhampton just after Christmas 1963. Coming from Redcliffe this was a bit of a shock to the system! Rockhampton had been suffering from a drought for 10 years & was very hot, dry & brown. Back then there were no tree-lined streets, few parks & gardens & lots of dried-up yards around homes. Now Rocky is so much more welcoming & looks cooler with centre plantings in our major roads, two top class Botanical Gardens, lots of parks & garden conscious home owners.

We rented a home in West Rockhampton while we looked to find a place to build our dream home & finally purchased a block of land in Frenchville Road. This was then part of an old farmlet, with lots of dust & rocks, a few struggling iron barks, a very prickly old hedge & a Moreton Bay Fig to give some very welcome shade while we worked to build our home.

The road was single width bitumen over the hill to the school with only a few houses before the start of the Berserker



Range. We soon got to know every vehicle that used that road. Now, all day & most of the night, the traffic never stops. There were several comments about living so far from the centre of town (6km) but compared to Redcliffe where it took an hour & a half each day just to get to work, it was wonderful. Our children actually got to know their father. Late in the afternoons we would watch the wallabies & roos go down to the creek for a drink & even had the doubtful pleasure of a visit, into the house, of a feral cat. Now we watch the joggers & walkers

with their dogs & children on their skateboards.



In the 1960s Rockhampton relied on water pumped from Yaamba to a single reservoir on the Athelstane Range.

Unfortunately our block was the same height as that reservoir so we always had a couple of jerrycans of water on hand for when everyone down the hill was hosing or bathing. Now Rockhampton is blessed with the Barrage & several reservoirs & we have a water supply which most of us take for granted. There was no sewerage in our area back then & we had a few years of the "Thunder Box" in the back yard. Now, another blessing!!

When we first came to Rockhampton, unless you were born & bred here, or at least went to school here, you were treated as a foreigner; not that the locals were ill-mannered but they certainly weren't welcoming. Now our city is home to people from all over Australia & from many countries of the world, who are soon made to feel at home here.



Many of the locals had never been any further north than The Caves; Gladstone was a long way from home &

holidays were spent in Yeppoon or Keppel Sands. Now we think nothing of travelling around our great country or hopping on a plane to see the rest of the world, but I hope that, like me, we are happy to come home to our 21st Century Rockhampton.

~ Valda Carter

BUILDING PARTNERSHIPS



News from the CQUniversity Community Relations Coordinator

Generous donors create the Jenny Simpson Memorial Scholarship

There may be a number of U3A members who knew Jenny Simpson. She was a warm & well liked community member well known for her contribution to Rockhampton Little Theatre among many other aspects of community life.

Jenny Simpson was a passionate & inspiring educator, teaching first of all in the primary & secondary school systems & ending her career with 15 years at CQUniversity lecturing mature aged students in the University's successful Skills for Tertiary Education Preparatory Studies (STEPS) program, which has been the pathway for many students to access a university education.

Jenny's philosophies continue to influence the STEPS curriculum & her former students & colleagues.

Sadly, Jenny died from cancer in 2008. A memorial scholarship was proposed as a way to honour her contributions to education in Central Queensland & to associate her name with the opportunity & potential that education offers.

The support of generous friends, colleagues, former students, members of the community & local employers has made the Jenny Simpson Memorial Scholarship a reality.

Keith Winstanley, now the Managing Director of Make Way Constructions in Townsville, was one of Jenny's former STEPS students. Keith has overcome significant challenges in his life & he attributes some of his ability to succeed to being taught by Jenny.

"She was a wonderful person & a good motivator. I'm very proud to be associated as a donor to a scholarship that bears her name – it will create a pathway to success for many STEPS students & will preserve her reputation as a dedicated teacher."

The scholarship has been established as an endowed fund where the interest earned by the capital will fund scholarships each year into perpetuity. The purpose is

to encourage STEPS students to continue their educational journey & enrol in a Bachelors program at CQUniversity.

During 2010 enough donations were received to make the Jenny Simpson Memorial Scholarship a reality for one STEPS student in 2011.

"Our vision is for generations of students to be inspired by Jenny Simpson. While we are very grateful to have received sufficient donations from people who believed in Jenny & the work she did to launch the scholarship, our goal is to really make Jenny's name synonymous with the transformative power of education & we want to be able to award five scholarships every year" said CQUniversity's Director of Development, Suzi Blair.

The first Jenny Simpson Scholar is Alberto Pogliacomini who has enrolled in CQUniversity's new Bachelor of Laws program for 2011.

Donor Prize & Scholarship Coordinator, Melissa Misztal was on the selection panel for the inaugural scholarship.

"While it was exhilarating to be delivering on many months' work by awarding the scholarship to Alberto, it was also a little disappointing because we had so many worthy applicants & we are not yet in a position to help more of them. This is such a special scholarship - I would like to urge anyone interested to please get involved in this important opportunity to develop the potential of our region's people."

If you would like to honour Jenny's memory or support the pathway of a person who aspires to change their life by donating to the Jenny Simpson Memorial Scholarship, CQUniversity has an online giving facility available for your convenience. You can access this by visiting our website at www.cqu.edu.au/jennysimpson or alternatively you can mail a cheque or money order to the Jenny Simpson Memorial Scholarship Fund, C/- Office of Development & Graduate Relations, Building 41, CQUniversity Rockhampton QLD 4702.

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

Christmas Breakup Lunch

November 29th

A good time was had by all overall.
Presentations & performances by:-

 **Singing Group**



 **In Voice Group**



Line Dancers



Were well received.

Yvonne Riek gave us "My Maggies".



Rita Diplock presented "Something's Missing" (See below) plus a new slant on Santa!

We had the usual lucky door prizes, raffles & competitions with a great social interaction. Proceedings were then closed with Christmas Greetings & New Year Best Wishes to all, by Chris Tollner; but for 19...??? ~ oops!!

~ Ray Gauntlett **Editor**

SOMETHING'S MISSING

*I've got a space between my ears where
once I had a brain.
It's very inconvenient. I'd like it back
again.
I've emptied all the cupboards and I've
looked behind the doors.
I've been down on my hands and knees
and searched around the floors.
How could each little grey cell leak
unnoticed from my head?
It feels as if they've been replaced with
cotton wool instead.
I wonder, when I blew my nose, did it fly
out unseen,
And caught up with the wash got spun
and dried in my machine?
Some mornings when I woke up, it was
sharper than a tack,
So if you find it, grab it. I really need it
back.*



*And when you bring it back
to me I'll pay a large
reward.
But I can't lay my hands on
it until my brain's restored.*

~ Rita Diplock

Garden Lover's Group



Christmas Breakup ~ November 26th



At the Japanese Gardens a very enjoyable time for all. Valda provided some brain exercise with her cryptic quiz. Chris cut the Christmas Cake made by Audrey. Secret Santa prevailed, with a few surprises, good food, excellent company & a singing-along session, music provided by Irene.



~ Ray Gauntlett **Editor**



Singing Group

Christmas Breakup ~ November 30th

The Parkhurst Tavern was chosen for our Xmas breakup. Along with a hearty lunch was plenty of fun & good humour. Glenda set our minds working on 3 quiz topics. Joe gave a formal "Thank You" to



Glenda for her dedication & encouragement throughout the year.



~ Irene Gauntlett **Assistant Editor**

CHESS CRUB



Christmas Breakup ~ 7th December

At the end of our first 2 months we had a very enjoyable gathering of all members at Ann Docherty's home for Christmas Lunch,



followed by a few games, just to keep our



hand in. A very good time for all.

~ Ray Gauntlett **Editor**

Complete the Task...

It had been a long morning of ironing. Lunch could wait a few more minutes while I wrote a quick letter to Mum

Ah! The aroma of roasting peanuts! Didn't realise Mr Sing, my Chinese neighbour, liked peanuts too. I knew he grew bananas & lychees, but peanuts?

Suddenly I dashed back to the breakfast room. The heel of the iron had burned a slot through the two thicknesses of sheet, four of heavy wool blanket & was now attacking the table!

Another lesson learned ~ unplug the iron...

~ Connie Jackson



Come, My Love.



*Come away with me to
distant lands,
To jungles wild & desert sands.
To Shangri-La & Timbuktu,
To Mandalay & Katmandu,
To Araby & Zanzibar,
To Xanadu & Shalimar.
To fabled realms of mystery,
My love a'roaming come with me.*

*Come back with me, to Camelot,
To Arthur, Merlin & Lancelot.
Where honour & valour once were found
And fostered at the Table Round.
With shining sword & armour bright,
My enemies you'll put to flight.
To the vanished age of chivalry
And legend, come, my love, with me.*

*Come with me in my caravan;
Come rambling free across the land,
Tell fortunes at the country fairs,
For silver sell our goods & wares.
Round flickering flames at close of day,
We'll dance the starlit night away,
And live the life of a Romany,
My love, come gypsying with me.*

*Come climb with me the highest peak.
Come dive with me the deepest deep.
Come soar with me up to the stars,
To Venus, Jupiter & Mars.*

*Come ride the waves neath billowing sails,
In towering seas & roaring gales.
And wondrous things we'll do & see,
My love, to adventure come with me.*

*Come to the world of gnomes & elves,
Of fairy rings & woodland dells.
Where Oberon & Titania reign,
As children we shall be again.
Where Pixies, Goblins Sylphs & Sprites
Perform their mystic, magic rites.
And they will grant us wishes three,
My love, to enchantment come with me.*

*Come with me - to the Supermarket,
To Woolworths, Kmart, Coles & Target.
The catalogues are out today,
With many bargains on display.
This wasn't part of our fanciful schemes,
Quite different from our youthful dreams.
But this is life - not fantasy -
So come, my love - do the shopping with me.*

~ Margaret Thorpe

I DO LIKE A SANDWICH



I believe I am a lost cause to the U3A cooking class. Age takes the edge from a lot of things. In my case one of them is cooking. Recently I bought a slow cooker. I'd intended buying one - not quite that big, but hey, how can you pass up a bargain? I was disappointed to find no recipes or tips for beginners - just instructions. On seeking advice from other slow cooker owners I was told it was impossible to burn anything. They lied. Having prepared a meal and switched the slow cooker on one morning, while out I invited a friend to share my lunch; confident in the knowledge we would enjoy a delicious, hot meal. As we walked in the door my nose alerted me to the fact my confidence was misplaced. Later, as we crunched the crisp bits my friend pretended to enjoy the meal. Yes, we ate it, but I didn't need to use smoke flavouring. Since then I have learned to adjust the amount of liquid used. Coupled with some senior's moments combined with my deteriorating cooking skills, I know not to leave the kitchen while cooking is in progress. But recently, having prepared lunch and put it on to cook, I turned away for a moment (senior's moment here) to get the pawpaw intended for dessert. Putting it on the cutting board I peeled and prepared it. Tasting it, I found it had an interesting tang. That was when I recalled I'd used the board and knife to chop garlic. Serious devotees of garlic would probably enjoy this, but personally I believe it to be an acquired taste.

When asked to "bring a plate" I take sandwiches. This practice began after making muffins as my contribution to a supper. Wondering why they had been left in the kitchen, I tasted one en route to the supper table. Swiftly returning to the kitchen, they were hidden to be smuggled out later. But I've never burnt a sandwich yet. I've never needed to cut perfectly round holes in the middle to be covered with filling, people eat my sandwiches.

Aren't you glad I bring sandwiches?



~ Rita Diplock



Astronomy



with Tony Ward

U3A Astronomy News ~ February 2011

The Crystal Ball Season!



(guesses!):

As we enter the 12th year of the millennium it is time to look into my crystal ball (not an astrological one!!) to predict what world astro headlines we will be reading thru 2011. Here are my eight best predictions

1) **Exoplanet explosion**— no, we will not see one actually explode, but the number of known exoplanets (planets around other stars) will explode to more than double (and may even quadruple) from exactly 500 (on 06-01-11 as I write) to over a thousand and perhaps 2,000 by year end;

2) **Super slimming diet** – black hole gateaux is zero fat, zero calories, and fills you up with absolutely nothing. It is sure to catch on for a mega season;

3) **Exoplanets in habitable zone** - A recent NASA survey has indicated that 'Earth sized planets are common', as one in four Sun-like stars in the Milky Way may have Earth sized planets. I consider such proclamations highly suspect!! Firstly, no planets as small as Earth have yet been found (not even one) and secondly, the 'discovery' is simply a projection based on the size distribution of the few hundred exoplanets found to date. No exoplanet has yet been found in a habitable zone. To make such claims is premature. In addition, there are many people who (foolishly) want to find intelligent alien life who will immediately infer life on such planets. So, be wary when such claims are made. So, there may be headlines that 'alien life has been found', but even a planet in a habitable zone will not be found in 2011;

4) **NEO (Near Earth Object) on course to impact Earth.** There is an increasing likelihood that we will soon see this headline

– for real. There have been several scares over the years, all unfounded. However, every year we are able to see smaller and smaller NEOs and it is only a matter of time before we see one that IS going to hit us. The good news is that it will probably be so small that it will do very little damage;

5) **Burst of astro-poetry** – my crystal ball tells me that there will be a 'supernova' burst of new astro-poetry writing of absolutely astronomical proportions;

6) **Dark matters will remain opaque** – my crystal ball tells me we are several decades from unravelling dark matters in the universe, so we will continue to walk on 'the dark side';

7) **Jupiter's SEZ returns** – yes, the SEZ (South Equatorial Zone) on Jupiter will return early in 2011. Its disappearance early in 2010 is due to a layer of white gas above the SEZ rather than the SEZ actually dissipating. So as the high cloud of gas disperses the SEZ will again come into view;



© NASA Planetary Photo Journal Collection
Jupiter's Equatorial Zone in Exaggerated Colour

8) **Astronomers expand** – no not the number, but with all the astro food they have been eating over the Christmas holidays (not to mention booze and parties), I foresee many an equatorial bulge that has yet to disappear!!!



Better the Devil you know...

A little bit of self-indulgence about yours truly!! I got into space and astronomy in 1957 with the launch of Sputnik I. My father took me outside one evening when it was scheduled to pass over our house, and there it was racing across the sky right on schedule. Inside the radio was playing the beep...beep...beep... Was the world coming to an end?? Can you remember where you were? What you were doing? Did you see it? From that moment on I ignored the classics of English literature and just read books on science, space and astronomy. Eventually I ended up with an engineering degree working in the aerospace industry in Europe – as a salesman (the word ‘marketing’ had not been invented!!). I travelled all over the world for 20 years, had a mid-life crisis and ended up in Rockhampton as an academic at the University.

I got my first proper telescope in 1982 and was hooked on looking for and at heavenly bodies. My current main telescope (I actually have four!!) is called my mistress, is named Mabel (after a ghost, a long story), and she is kept in her own home (see photo). This is all done with the full approval of ‘her indoors’ so when I announce in the evening that I am going out to spend the night with my mistress the reply is: “Have a great time dear!!” So, as you can see, I am completely off the planet without a paddle! But what fun!



The Mistress Mabel



Mabel's house

U3A Astronomy 2011...

Astronomy, 2011 style started on Wednesday 9th February, 10.00 sharp at the University, in the room next to Bridies. Then, every second Wednesday, monthly. Be ready for a bumpy ride!!

Each month our 2 hour class will be divided into two sessions, firstly my monthly Ramblings, where I ramble on about the latest astronomy and space news, photos, theories, science, projects, etc. Then a break for coffee, followed by a special topic which will focus on one particular subject. In February I talked about ‘The scale of the Universe’, from the very small to the very large, in order to give members a ‘feel’ for the universe we live in. In March the special topic is ‘Heavenly bodies’, where I will describe all the different types of things ‘up there’ which we can look at (they are not all ‘just stars’) with instruments such as the ‘Mark one eyeball’ to the largest telescope. In April I will talk about sundials, the equation of time, and the analemma (a DIY project!). After that who knows??

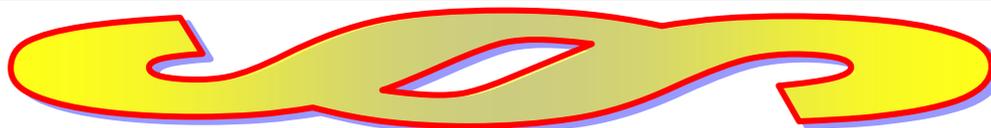
*As ever, wishing you Clear Skies,
Tony*



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
Monday				
General Meeting ~ monthly 1 st Monday (excluding January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton (Luncheon)	Chris	4928 8816
Aqua Aerobics ~ cost \$6	Weekly 6.00 pm-7.00 pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	4926 1650 4936 4792
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 \$6	Weekly 11am-12noon & 5.30 pm-6.30 pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	4926 1650 4936 4792
Bush Dancing SA* ~ cost \$4	Weekly 7.30pm-9.30pm	Tobruk House, Archer Street, Rockhampton	Shirley	4936 4792
Chess *	Weekly 2.30pm-5pm	129 Haynes Street, North Rockhampton.	Ray	4922 4031
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
Singing Group	Weekly 9.30am	284 Upper Dawson Road, R'ton.	Glenda	4922 3662
Swimming ~ (heated pool) cost \$6	Weekly 8.45am-9.30am	Community Sports Centre, Yaamba Road, North Rockhampton	Sports Centre	4923 2159
Tai Chi *	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Olga	4928 4325
Wednesday				
Aqua Aerobics ~ cost \$6	Weekly 6.00 pm-7.00 pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	4926 1650 4936 4792
Astronomy NA	2 nd week 10am-12noon	CQU room (beside CQU Computer Shop)	Tony	4933 0205
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 ("In Voice")	Weekly 9.30am-10.30am	200 Frenchville Road, Nth R'ton (Temporary arrangements)	Valda (Temporarily)	4928 2119
Writing for Pleasure	1 st week 9.15am-11.15am	(Refurbished) School of Arts, Bolsover Street, Rockhampton.	Rita	4922 8807



Activities	Times	Venue	Contact	Phone
Thursday				
Aqua Aerobics ~ cost \$6	Weekly 9.30am-10.30am & 5.30pm-6.30pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	4926 1650 4936 4792
Computer Club *	Weekly 3.00pm-5pm	New Library, 1 st Floor, Bolsover Street, Rockhampton	Nick	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
Swimming ~ (heated pool) cost \$6	Weekly 8.45am-9.30am	Community Sports Centre, Yaamba Road, North Rockhampton	Sports Centre	4923 2159
Swimming for fun & exercise ~ cost \$5	Weekly 7.30am-8.30am	Ireland's Pool (heated) Stockland, Yaamba Road, North Rockhampton	Avian	4936 3052
Friday				
Armchair Travel	3 rd week 9.30am-11.30am	Athelstane House, Ward Street, Rockhampton	Valda	4928 2119
Cooking Class ~ cost \$10	2 nd week 9.30am-2pm	Athelstane House, Ward Street, Rockhampton	Ailsa	4928 8837
Garden Lover's Club	4 th week 9.30am	Different garden each month ~ advised at General meeting	Audrey	4926 2345
Line Dancing ~ cost \$5	Weekly 2pm-4pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton	Sue	4922 3421
Pencil Drawing	1 st week 9.30am-11.30am	7 Gardenvale Court, Hillside Estate, (off Norman Road) Nth Rockhampton	Keith	4928 9505
Square Dancing ~ cost \$4	Weekly 7pm-9.30pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton	Rob	4926 7075
Tai Chi *	Weekly 7am	Kershaw Gardens, off Knight Street, North Rockhampton	Olga	4928 4325
Saturday				
Aqua Aerobics SA* ~ cost \$6	Weekly 7am-8am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	4926 1650 4936 4792
Personal Arrangements				
Computer Classes	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
Family History & Genealogy	By appointment	Consultation at tutor's or person's home	Helen	4928 2233
Heraldry	By appointment (contact tutor)	190 German Street, Norman Gardens, North Rockhampton	Ken	4928 3687
Special Activities: Topic and Time to be announced at General Meeting before scheduled activity				
Art Appreciation Tours	2 nd Thursday of month 2pm	Rockhampton Art Gallery	Bill	4928 4447
Field Trips for Painters, Sketchers & Photographers	Saturday after General Meeting 10am-2pm	Dates to be announced at General Meetings	Carol Shirley	4926 1885 4922 8247



Open Meeting

6th December

Our last meeting for the year, including the Showcase for all groups to show the membership what is on offer:-

TAI CHI



(Olga Benson)



(Tony Ward)

Astronomy



Computer Club

Garden Lover's Group



Cooking Group

(Nick Quigley OAM)



Chess Club



(Ray Gauntlett)



Writer's Group

(Margaret Thorpe, Betty Muston & Betty West)



Other groups had static displays & gave a chance for a closer look.



Chris Tollner & Hazel Halliday gave a presentation to Kaitlyn Graham



of the FSC for their support with our venue.

~ Ray Gauntlett **Editor**



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

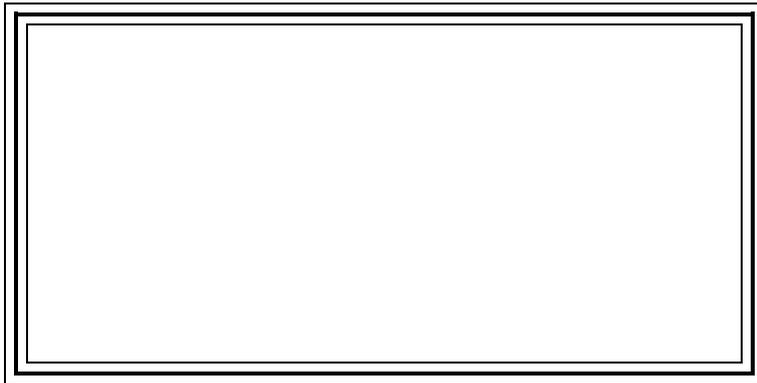
U3A Badge \$7.50 each

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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