

Merry Christmas



General Meeting 1st Monday of each Month (ex January) 9.30am at Frenchville Sports club
Next meeting after December 4th Show & Tell: February 5th 2018 (sign on)

U3A Rockhampton – PO Box 8160 – Allensdown – Rockhampton Q – 4700
Web: www.u3arockhampton.org.au Email: u3arockhampton@hotmail.com



2017 COMMITTEE

President: Phil Morisette Ph 49287769
Vice President: Keith Bambrick
Activities: Judy Sutton
Secretary: Joan Cooper Ph 49333190
Treasurer: Maurice Dittman
Social Organiser: Nancy Crapp
Guest Speakers: Judy Nutley
Assistant Secretary: Lenore Cook
Publicity: Ann Findlater
Web Coordinator: Nick Quigley OAM
vietvets@gmail.com
Journal Editor: Elaine Ross
Quarterly Flyer email: zebu3.u3a@gmail.com

Annual fee due 31st December: \$15.00
Joining Fee Nil
New members (July 1 – October 30) \$7.50

Check out the Quarterly Flyer in colour

<http://www.u3arockhampton.org.au/images/dec17.pdf>

the Frenchville Club. To me, it's one of the most important functions during our year as they are too often taken for granted. Once again, I've been very fortunate to have had complete support from a terrific committee and a host of volunteers throughout 2017. Without any of these links in the chain, life becomes a juggle to offer the activities and social interactions that our members have come to enjoy. Please consider how you might offer your services in 2018 as a committee member, tutor or volunteer to keep our organisation a happy and viable one.

We are indeed part of the lucky country and we should remember this during the festive season ahead when we celebrate Christmas with our families, friends, relatives and neighbours. Merry Christmas to all who have helped make 2017 an enjoyable year and looking forward to another successful year ahead. *Phil Morisette*



Dear U3A members,

Campus Canvas Project

The CQUniversity Rockhampton North Campus is looking a lot more vibrant these days thanks to a special project initiated just over 12 months ago.

The *Campus Canvas Project* has involved the campus being transformed through the addition of a number of striking murals on our many buildings. A number of the murals have been designed and painted by Capricorn Coast artist Bill Gannon and celebrate education, our communities, the environment and the local region. The artworks range in size from tiny possums that look like they are hiding behind shrubbery to portraits that adorn entire external building walls.

While the project has added vibrancy to our campus, they have also given something to the local community and have already attracted a lot of interest with locals and tourists alike now venturing on to the campus to take in the pieces.

Finally, as a special thanks for the partnership and support of all U3A members I would like to invite everyone to come along and enjoy a guided twilight tour of the Campus Canvas Project on Monday, 27 November 2017, from 4 pm. I have arranged for Bill Gannon to guide the tour and tell you more about the history and meaning of each piece. Prior to the tour I will also host some light refreshments to celebrate the end of the year. Further details will be circulated to members in the near future.

Professor Scott Bowman

U3A Rockhampton Patron



with Phil Morisette

With two important events still to happen at the time of writing, I'm anticipating more than advising.

Our end-of-year Christmas lunch will have been celebrated by the time this is read online (and in colour) or available to those without email access in hardcopy with (hopefully) the cover page in colour. It's a the time of year when we gather together to enjoy each other's company and share a meal in the traditional way of celebrating Christmas, with entertainment by our own members. Just as importantly, this journal release will coincide with our annual Show & Tell Day on 4th December at our monthly meeting where the majority of our activities are on display. This year, our committee decided to make it "OPEN to the PUBLIC" from 10.30am (after the normal meeting procedures) until 12.30pm with activity group members actively demonstrating their abilities rather than just displaying the results.

We are currently waiting on word of an application for funds to promote this "OPEN" day from U3A Network Queensland which will be on top of our own internal plans. This should be a great opportunity to get our name more widely recognised and the public involved if all goes to plan.

October's end saw our Tutor's and Volunteers celebrate and be recognised at a special morning tea at

Date Claimers

December 4 th	General meeting and Show & Tell open to public
December 31 st	Membership renewal due
January 2018	No general meeting
February 5 th	General meeting & sign on
February 19 th	Committee nominations deadline
March 5 th	AGM; meeting; March journal



SOCIAL ACTIVITIES

with Nancy Crapp

What a busy year it has been! Maybe that is why the year has gone so quickly.

February: A visit to the Mt Chalmers Community History Museum followed by a BBQ.

March: We visited Ian Groves at Bungundarra again to see and hear the damage the Cyclone had done and the hard work that had gone into restoring the fruit trees.

A visit to Tropical Pines followed that was a bit of a washout as the maintenance people came also so nothing was operational.

April: After all the rain a visit to Junabel Miniatures had to be postponed

May: The Military Museum proved more interesting and there is continual improvement to the complex.

June: Our BBQ at the Gardens. The weather was favourable, so was enjoyed by all.

July: Our long awaited trip to Junabel Miniatures. This was an absolute delight and the animals performed well.

August: A most enjoyable visit to Myella Farm Stay and that delicious pumpkin soup that we were served.

September: A long day but most enjoyable morning tea at Rise Bakery at Biloela. They had never had a group for morning tea before but did very well. Then on to Cania Gorge to see the lake and then to Monto for lunch. A few quick naps on the way home in the coach.

October: We had another interesting trip to Cockscomb Veterans complex at Cawarral and enjoyed a delicious lunch there.

Cockscomb



November: Our Christmas Lunch at Frenchville Sports Club.



MUSIC APPRECIATION *with Nancy*

We are a small group who have really enjoyed listening to some fine music. A brief preview of what music is, some of the instruments and musical terms started the year.

We commenced with some Easter music followed by some Opera, music to stir your emotions, music from Spain, America, Russia and Italy. Finally we will listen to some Christmas music to end the year.



with Joan Cooper

I am very happy that our group is continuing to attract new members as well as retaining our regulars. Each meeting has been well attended. In August, we visited Lorraine Antonello's lovely garden. Her orchids ignored her instructions to be flowering on the day but the rest of her garden, including her magnificent iris, kept us interested and entertained. Paul Devine welcomed us in September to his wonderful food garden which was runner up in the recent garden competition. As always there was plenty to see there and it is a credit to Paul's hard work.

October was a visit to Oram's Nursery where we were taken on a tour of the nursery, including the propagation areas which are not usually open to the public. We browsed the books in their library and several of us went home with new plants. Ann Oram joined us for morning tea and the conversation was so interesting that I had to drag everyone away for the tour before it got too hot. It is always lovely to see everyone interacting and learning new things. Jackie Geraghty has again offered her garden as the venue for our Christmas breakup at the end of November.

Thank you to Lorraine, Paul and Jackie for opening your gardens to us. We all come away with new knowledge and inspiration. We hope to see even more members join us in the New Year.





WATER AEROBICS

with Annette McLean



I can tell you from my personal experience that I benefited a lot from water therapy as the water temperature of the pool is heated throughout the year as I had both my knees replaced which is now a few years ago

Our sessions will be closing from Thursday 21 December and will be resuming on Tuesday 9 January 2018.

We wish all our members a happy, healthy and safe Christmas and New Year. See you at Caribee in 2018.



GUEST SPEAKERS

with Judy Nutley
(and others)

September: Kerry-Anne and Bernadette represented the Capricorn Animal Aid and gave us information relating to animals in need of extra care and attention. Nothing pulls at the heart strings like photos of small pups and kittens just waiting for some well-wanted love from us humans. They informed me they received quite a few offers of help from members who were at the meeting.

At the last minute I received a request from Donna White from the Rockhampton Regional Council IT Centre in the Southside library to address our meeting as well. It was too good an offer to refuse as Donna organises free assistance two days a week for those of us who are technology handicapped. She gave us a brief rundown of the services covered and other courses Donna runs in the IT Centre. It's only a matter of picking up the phone to make your enquiry. (from Phil)

October: Rhodes Watson gave us the good oil on his Snippets newsletter. He targets various suburbs, writing stories about locals, from locals in each of the areas and distributes his 'Snippets' only in print format and at local outlets.

Enthusiastic and interesting, Rhodes pictured with vice-President Keith Bambrick

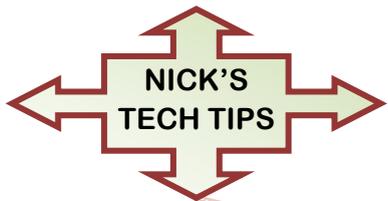


November:

Judy Hollett, Regional Manager, Rockhampton Public Trustee's office gave us food for thought. Among other information, she covered why we need to give much consideration to who we appoint as enduring power of attorney and executor/s of our estate, as examples.

Judy Hollett drawing the raffle with U3A President Phil Morisette





with Nick Quigley OAM

Christmas is only about 7 weeks away and I know what I want Santa to bring me, you'll never guess. This month I have been stressed to the point that I can't organise my time to get things done. I think this happens to many people who lead very busy lives. I took on a position at Tech Troubles at the City Library and that has escalated to a full time voluntary job. I love it, I love seeing people happy that they understand the new technology.

Don't get left behind!

Don't think that because you are 70, 80 or more that you don't need to know how to use a computer. Just yesterday one of our larger Banks has decided to put off 3000 staff and employ Information Technology staff to automate the whole banking process, soon there will be no tellers.

Think about it. Book into the Library Technology Centre in Bolsover Street and do the first basic computer course called "How to Drive a computer"

The NBN has caused much frustration with the change over from ADSL to NBN and not only is your Internet going to change, but also your home phone. I'm in the Norman Gardens zone and have until May 2018 to cross over. I'm in no hurry, I get a download speed of 12.15 Megabits per second on ADSL while a friend on NBN is only getting 2.2 Megabits per second.

If you are looking for a newer computer for Christmas I can recommend www.WORKVENTURES.com.au Phone 1800 112 205

I recently bought a desktop for Cockscomb

Veterans Bush Retreat Inc and it has arrived very well packed via TOLL transport, ready to go with great instructions. Intel Core i5 from Dell, 8Gb RAM, 1 TB hard disk, DVD Burner, 19inch Monitor, keyboard and mouse, Windows 10 Professional, Office 2010 Home & Business and all for \$543.00

Workventures also sell laptops, of which I have bought two for other people.

If you get this Nicks TT in a digital form i.e. Internet and you are reading it live, did you know that you can access any links and go directly to the web try this one <http://www.u3arockhampton.org.au> Now try the Workventures above.

Some of you maybe lucky enough to get an iPad for Christmas. If someone else sets it up for you make sure you **write down the username and passwords** that will be needed later. Most passwords these days require at least 8 letters, numbers, uppercase, lower case case and symbols *&^\$# etc. Ensure you are registered with iTunes and make sure you write down the passwords. The iPad can scan the iTunes number off the card saving you typing it in.

Even if you set it up WRITE down the passwords, you will not remember them later when needed. Apple gives you 5 chances at putting in the correct password, then locks up for 24 hours.

Merry Christmas and Happy SAFE New year



with Judy Whitworth

How great to see new faces join the group and some more men which is such good news.

We wish all our Rocky members a Blessed Christmas and warmly welcome any interested folk to join us in the New Year.



FRIDAY MAHJONG



with Judy Sutton

Mah-jong is held every Friday from 1pm to 4pm at Settler's Village where some of the residents join us. We have afternoon tea and a chat about 2.30pm and then play more Mah-jong.

Our Christmas Lunch is being held at Park Avenue Hotel on Friday 8 December meeting at 11.30 followed by our usual Mah-jong at Settler's Village. Please ring me on 498 1756 if you are attending.

I♥Mahjong

MACRAME

with Judy Sutton



A very successful Macramé Workshop was held at Settlers Village on Tuesday 10 October. 11 ladies attended and they all completed a Macramé Plant Hanger. Judy Sutton and Christine Dobele were the tutors and hopefully another Workshop will be held next year.



Rhondda Couper, June Findlater,
Marlene McCaig, Christine Dobele

Judy Nutley >



Vicki Cope



Life Begins at.....

by Judy Whitworth

When people know that you are heading towards the big '8-0'

They tend to treat you differently and offer to carry your bags

They forgive you for forgetting their name and nod, and assure you that

they forget people's names too. This is supposed to make you feel better.

If you forget your thread of thought, they chalk it up as approaching senility.

It gives you the greatest excuse ever to skip those dates you really **don't** wish to keep...

like doctor's appointments and boring morning teas.

Don't be shy about putting your age up, you can't pass for 39 any longer.

If numbers grant you respect, feel free to exaggerate!

I'm told that life begins at eighty.

If I wait, I'll find out soon enough.



JACANA BUSH DANCERS

with Leonie Keene

Christmas is almost with us again. The bushdancers are preparing to celebrate with a Xmas party on Monday 18th. December at the Rockhampton Pipe Band Hall Gladstone Road. Our caller Hilary will be planning a special dance program of both old time & bush dances. Hilary must be one of the oldest & most active callers bar none.

Since our last newsletter our dancers entertained the residents of the Benevolent Home & were very well received.

We are always pleased to welcome new U3A members to our dances. Remember the first night is free & a light supper is provided.

Jacana Bushdancers would like to wish all U3A members a very Merry Christmas & a happy & healthy New Year.

Thank you to the committee for the lovely morning tea & presentation of certificates to the Tutors & Volunteers held on the 30th November.

Any enquiries phone Leonie Keene 49225887



ARMCHAIR TRAVEL

with Jackie Geraghty

ARMCHAIR TRAVEL REPORT AUGUST, SEPTEMBER, OCTOBER 2017

August: Jill Allen spoke of her and Patricia Davey's journey on the Silk Road and Tibet in 2016. Jill particularly enjoyed Tibet but stressed there were so many trip highlights. Some of these were Great Wall of China Museum, Terracotta Warriors, Wild Goose Pagoda, and Dunhuang on edge of Gobi desert home of Mogao Caves. Visited Turpan 140 meters below sea level and is famous for grape growing, Heavenly Lake at Urumqi, Xining Dongguan Grand Mosque. They travelled on the Qinghai –Tibet Railway which is a high elevation railway. Saw giant pandas at breeding research centre in Chengdu.

September: In May 2011 Jackie Geraghty & friend Beth Brown took 4 week trip to London, Italy, Paris & Ireland. Highlights:- Chelsea Flower Show, Cathedrals & Museums London, Tower of London, Windsor Castle, Kew Gardens and Royal Ascot. In Italy we stayed in Tuscany near San Gimignano, visited Florence and Leaning Tower of Pisa. In Paris we walked the Champs Elysees, toured Monte Maître and Sacre Coeur Basilique and visited the Musee d'Orsay. In a 4 day stay in Ireland we landed in Dublin drove to Galway Bay and around the Ring of Kerry & included the Cliffs of Moher. We toured the Guinness Brewery & Storehouse in Dublin before we flew back to London.

On the road to Mandalay

(Graham & Colleen Young – 6-22 Oct, 2016)

Burma which borders five countries, has always intrigued me because of Rudyard Kipling's song "The Road to Mandalay". This is actually the Irrawaddy River (2170 km) which flows the length of Myanmar and was used as the main means of transport in the early days. We flew into Yangon and the next day drove 7 hours to Pyay stopping to view British colonial buildings and the allied war cemetery. The roads were lined with tamarind trees, the fruit of which is made into tarty or sweet treats. We embarked Scenic Aura for a 10 day cruise, the first port being Thayetmyo where we visited Myanmar's oldest golf course (affiliated with St Andrew's) via 2 horse drawn carriages (first horse bolted!). Salay intrigued me with old British Colonial buildings and a beautiful teak monastery.

Cruising towards the Bagan Archaeological Zone, magnificent structures came into view, some covered with tarpaulins, the result of a severe earthquake 6 weeks previously. We had a memorable view from Claypot Mountain of the 2000 temples, pagodas and stupas below. Saigaing is the religious centre of Myanmar so visited a Nunnery and ate with the nuns. During a stroll of Mingun, we saw the Mingun Bell which is the 2nd largest bell in the world to the Kremlin's. A breathtaking sight was the all-white Hsinbyume Pagoda, built for the same reason as the Taj Mahal.

After spectacular sunsets and fireworks to celebrate a Buddhist Festival, we arrived at Mandalay. We visited a workshop to see intricate figurines, wall hangings and puppets being made and witnessed the processes used to make gold leaf to adorn the pagodas. Some guests including myself (minus credit card) visited a jewellery store to see/purchase the world's most prized Burmese ruby. We flew home via Yangon & Singapore.





TAI CHI Friday

with Shirley Hopkins

Members have settled into a delightful spot in Kershaw Gardens for the summer. The entrance is opposite Stocklands entrance behind the camping area for tourists. There is a parking area. Our Tai Chi area overlooks the peaceful reflections on Moores Creek. New members are always welcome at our Friday morning sessions from 7.30 am – 8.30am. The cost is \$2 and contact is Shirley on 49364792 with 101 message bank.

Recently the Rockhampton & District Branch of the Australian Academy of Ta Chi invited our members to attend a weekend workshop (free of charge) being conducted by Senior Master Rod Ferguson, an AATC National Chief Instructor.

We explored the Lohan movements, ShibashiX and Qigong. Master Rod told us how his work involves teaching people how to overcome falls, a common problem among seniors.

Just a few of the benefits of Tai Chi include reduced stress, increased breathing efficiency, healthier joints, improved posture, mental outlook, improved cardiovascular and brain function.

WANT TO IMPROVE YOUR BALANCE – a simple tip from Master Rod

Stand with your arm firmly on a chair, raise one leg to 90° angle, hold for 5 secs, repeat 10 times, then change to the other leg and repeat. Start doing the exercise once and gradually increase to 3 times.

Shirley Hopkins 49364792



Poetry for Leisure

with Alan Watts

Do you like writing poetry ?
Does its reading bring you pleasure?
Then come along to U3A's
'Poetry for Leisure.'

We hold it at the School of Arts
Twice monthly, Tuesday morn
The second and the fourth it's on
And it's no place for scorn.

Everyone can have a go
And share what they have done
It's poetry for Leisure
And that means that it's for FUN.

We sometimes suggest topics
Or different types of poem
To start while we are meeting
And finish off at home.

We share each others poetry
And that of others too
Just bring some with you when you come
And we'll encourage you.

No need to be an expert
Just come, we'll welcome you.
Join "Poetry For Leisure".
Now that's the thing to do.



with Keith Bambrick

The group lurches on, twice a month. I say 'lurches', for sometimes there are four people in attendance – rarely the eleven listed, so when I arrive with a script for eleven actors, four people have to read multiple parts! Truly character building!

It's been interesting seeing people's skills developing over time, e.g. a quiet little church mouse now able to be heard across a parade ground! With a headwind!

Please consider joining us. You won't be expected to perform beyond your limits. Actually you don't know what your limits are until you try. Come and be somebody else, for a change. It's really fun.



TUTORS AND VOLUNTEERS MORNING TEA

Some like to keep out of the limelight and some faces we know
 But they form part of the backbone making things flow
 Without our volunteers, one thing is for sure
 U3A in Rockhampton certainly would not endure
 They put in the hours, they give of their skill
 And step up to the mark if there's a task to fulfil
 There's always a smile and rarely a whine
 Thank you to each and thanks for your time.



*Editor:
 Thanks to all for your contributions.
 To the committee, it's been a pleasure
 working with such a marvellous group.
 Wishing you a happy festive season.
 Merry Christmas to all.*

Elaine

U3A Activities 2017
[Revised 3rd November 2017]

Legend: * = Continues all year

NA = New Activity

SA = Shared Activity

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

Activities	Times	Venue	Contact	Phone
Monday				
General Meeting ~ monthly 1 st Monday (excluding January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton (Lunch to follow)	Phil	49287769
Bushdancing SA*	Weekly 7.00pm - 9pm	Rockhampton Pipe Band Hall Gladstone Road, Rockhampton Cost ~ \$5	Leonie	4922 5887
History Group	3 rd week 2pm.	Oaktree Village, 155 Glenmore Rd., Park Avenue	Ann	4922 1581
Tuesday				
Senior-Fit Class Resistance Training SA* Swimming	8.30-9.30am 7.30am - 8.30am Initially, then Any open hours	Community Sports Centre, Yaamba Road, North Rockhampton Cost for all 3 activities on any single visit ~ \$6	Sports Centre or Rhonda Barb	4923 2159 48191739 49287560
Aqua Aerobics SA*	Weekly 11am - 12noon	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
Investment Group Discussion SA*	3 rd week 10am	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Mah Jong I	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Lyn	49288136 0455288833
Third Age Chorus Singing Group	Weekly 9.30am	Youth Orchestra Room, Floor 1 Walter Reid Building Derby St., Rockhampton	Phil	49287769
Tai Chi * Southside	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Virginia	4921 1602
Poetry for Leisure	2 nd & 4 th weeks 9.15am – 11.15am	School of Arts Bolsover St., Rockhampton	Alan	49285319 0411469563
Wednesday				
Book Lover's Group	4 th week 10am	Settlers Village Community Centre Pauline Martin Drive -off North Street	Sally Joan	4926 1574 49271223
Embroidery	1 st & 3 rd weeks 1pm - 4.30pm	CQU room 41/G41. Turn right off Carlton St., into Blair Drive	Pat	4927 4493
Speech Group ("In Voice")	1 st & 3 rd Weeks 9.30am -10.30am	200 Frenchville Road, North Rockhampton	Valda	4928 2119
Writing for Pleasure	1 st week 9.15am -11.15am 3 rd week 9.15am-11.15am	1 st week -School of Arts, Bolsover Street, Rockhampton. Botanical Gardens	Judy	48366133
Drama Group	1 st & 3 rd weeks 1pm – 3pm	Oaktree Village Glenmore Road 50c tea/coffee \$2 photocopying	Keith	49283849
Music Appreciation	4 th Wednesday 1.30pm – 3.30pm	17 Thora St., Gracemere	Nancy	49332722

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[Revised 3rd November 2017]

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Thursday				
Senior-Fit Class Resistance Training SA * Swimming	8.30am – 9.30am 7.30am - 8.30am Initially, then Any open hours	Community Sports Centre, Yaamba Road, North Rockhampton Cost for all 3 activities on any single visit ~ \$6	Sports Centre or Rhonda Barb	4923 2159 48191739 49287560
Aqua Aerobics	Weekly 9.30am - 10.30am 5.30pm - 6.30pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
Discussion ~ Current Affairs (shared activity)	3 rd week 3pm - 5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Photography Group	Every 2 nd Week 3pm [from 16/11/2017]	COIN ~ New Library, Bolsover Street, Rockhampton.	Phil	4928 7769
Friday				
Armchair Travel	3 rd week 9.30am -11.30am	Athelstane House, Ward Street, Rockhampton (Bowls Club) Please bring a plate for morning tea	Jackie	4922 7976
Garden Lover's Club	4 th week 9.30am	Venue advised at General meeting Please bring hat, chair & a plate for morning tea	Joan	49333190
Line Dancing SA	Weekly 2pm – 4pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton Cost ~ \$6	Sue	4922 3421
Mahjong II	Weekly 1pm – 4pm	Settlers Village, Pauline Martin Drive, Rockhampton	Judy	49281756
Pencil Drawing	1 st week 9.30am -11.00am	7 Gardenvale Court, Hillside Estate, (off Norman Road) Nth Rockhampton	Keith	4928 9505
Tai Chi Northside	Weekly 7.30am - 8.30am.	Kershaw Gardens (Knight Street) Cost ~ \$2.	Shirley Beth	4936 4792 49264374
Saturday				
Aqua Aerobics SA *	Weekly 7am - 8am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
Personal Arrangements				
FREE Computer Classes	Various days Weekly ~ 2 hours	Technology Centre – 1 st Floor RRC Library Bolsover Street, Rockhampton. (How to drive a computer; Windows 10; Files & folders; Internet made easy; Word 2010, PowerPoint 2010; Personal & computer security; Email made easy; digital photography)	Chris or Donna	4936 8212 or 493682187



394 Dean St: Ph 4926 0963

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Seasons Greetings from U3A Rockhampton Committee.



Thanks to all who contributed throughout 2017.
 We look forward to a catching up again in 2018