



Welcome to the December Christmas issue of the Flyer.

I will try and keep it light and interesting although it was sad when we lost our beloved Queen. Below I have reproduced three verses from a long lovely poem written by our own Alan Watts.

Covid restrictions have been lifted but we still need to be on our guard by keeping up to date, when in crowded gatherings with boosters etc as new Covid variants are on their way.



Queens visit 1954

WHAT WILL I TELL MY GRANDKIDS

What will I tell my Grandkids if they ask about The Queen,
 Now she has passed on from us and her time of reign has been?
 I'll say she had a family who she loved with all her heart,
 her Children, Grandkids, Great Grandkids. They're forever now apart.
 She wasn't born to be a Queen but that's what she became.
 Queen Elizabeth the Second. She was known by that name.
 That role she took at 26 and served us all so well.
 Great Britain and the Commonwealth, as history will tell.



This Mother, Grandma, Great Grandma, She was one of a kind.
 There will be no other like her that this world will ever find.
 We always knew that she was there. She was our head of state.
 She treated people equally. To all she could relate.
 With her passing we have memories, On her life we now reflect,
 For most of us they're positive and we pay her great respect.
 She now is gone. We're in her debt. the greatest Queen that we've had yet.
 A life well lived. Without regret, We 'll honour her. We won't forget



She loved the people whom she served, A promise she kept well.
 "I'll serve you till the day I die." She was once heard to tell.
 And that's when she was 21, a Princess, not a Queen.
 She was the best in Royal Life this world has ever seen.
 She will be missed now she is gone, for almost every reason.
 But in the world of constant change she now has had her season.
 King Charles the Third is now in reign. His vows he has now made
 "The Queen is dead. Long live the King. "God save the King, we've prayed.
 Alan Watts 15/9/22



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Vice President: Henry Cope 0447 410 452
Secretary: Jane Brazil 0439 982 087
Assistant Secretary: Joan Cooper 0458 060 447
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Email: t.m2@bigpond.com



*Words of wisdom
from our
President
Cheryl Wickes
0428 452 836*

Hello everyone.

Here I am reporting for the last Flyer of 2022.

My year as president has flashed past at lightning speed!

Looking back, I can honestly say that I have had a lot of fun, learned a lot and made many new friends.

The November general meeting will be our last for 2022... The committee reached this decision because of all the changes we have had to make throughout the year due to rescheduling by Frenchville Sports Club, including possibly moving the December meeting to the second Thursday of the month. Change can be good, however, with all activities holding their own festive get-together's in December, it was decided that our calendar had reached bursting point, and the Christmas Luncheon on 28th November would be our last official event for the year.

One downside of cancelling the December meeting is that membership renewals are due by 31st December, therefore we encourage members to renew during November and as an added incentive, all members who have paid by the 28th November will go in a lucky draw for a special prize. You don't have to attend the luncheon to be in the draw.

October was a very busy month with everyone putting on their inner hippie for the Swinging Sixties Trivia Morning, Mosaic Workshops and so much more.

Secretary Jane and I attended an information day at Eureka Village as part of Seniors Month activities. We were accompanied by Edith Plumb who loved the opportunity to chat to all the residents and help spread the word about U3A!

October culminated with our Volunteers Morning Tea, honouring all those members who have contributed to the smooth running of our U3A during 2022... our committees, our activity leaders, our raffle sellers, our morning tea helpers and so many more... You are all wonderful! Thank you!

Looking forward to 2023 ...

Our Expo of activities will return for the general meeting in February and then our focus will turn to the U3A Network Conference and 50th birthday celebrations, 8th to 12th May, 2023, after which we will all need a good, long holiday!

Henry Cope and his team have been achieving a great deal. They will need help prior to the Conference and will be looking for lots of volunteers, so be warned!!!

We seem to have weathered the storm of Covid, though there are new threats on the horizon such as Japanese Encephalitis. Covid has taught us a great deal... Hand sanitising and masks have protected us from many infections during winter! I hope we all remember these into the future and that we don't lose the lessons learnt!

Thank you for all your support during 2022 and I wish you and all your families a very Happy and Safe Christmas!



A man asked his doctor if he thought he'd live to be a hundred. The doctor asked the man, "Do you smoke or drink?"

"No," he replied, "I've never done either."

"Do you gamble, drive fast cars, and fool around with women?" inquired the doctor.

"No, I've never done any of those things either."

"Well then," said the doctor, "what do you want to live to be a hundred for?"



U3A Network Queensland Conference and 50th birthday celebration news

Funding has been applied for; guest speakers sourced; sponsors sought; tours, venues and menus checked out... These are just a few of the chores being handled by Vice President Henry Cope and his Conference committee.

In October, the team of students who accepted the task of designing promotional materials for the conference as part of their studies, presented the results of their work. These designs include logos, brochures, newsletters, posters, letterheads and banners etc.

The committee is extremely pleased with everything they have achieved and thank them sincerely. As you can see, we have included the image of a bull in the logo to promote Rockhampton as the Beef Capital!

With so many hits on our website, and Network Queensland President, Rhonda Weston promoting the conference around the world, interest and estimates of attendance, is growing fast.

Therefore, the Conference committee has now divided into various subgroups to spread the workload and to get down to the nitty gritty of implementing all the plans and ideas that will make this an event to remember to be truly **'Unforget-A-Bull'**

If you would like to become involved in this exciting project, phone Henry on 0447 410 452.



Ms Kim Harrington, GCertMgt, BAAVTHRD(Hons) DipPM Associate Vice-President Rockhampton and Central Highlands Regions and VET International Business Development

During August 2022 CQUniversity held its annual Festival of Change inspiring events driving sustainability, social enterprise, and community. Held annually since 2018, Festival of Change is part of CQUniversity's social innovation work as a global Ashoka U Changemaker University, and as Australia's first social enterprise university certified by Social Traders. The Rockhampton AVP Office held an information session at the Rockhampton North Campus to inspire action to stop plastic pollution of waterways to achieve healthy ocean and waterway systems in our region whilst becoming more active for personal wellness. The information session encouraged participants to collect rubbish in the community whilst exercising. More information can be found at [Stop Plastic Pollution | Take 3 For The Sea](#)

A group of 10 PNG nationals commenced as students in Rockhampton after a rigorous selection process and a four-month preparation program and are now studying the Certificate III in Individual Support (Aged Care). The group of students hope to get some casual work in aged care whilst studying, then full-time work under a labour skilled workers visa post study to fully embed their learnings and become workplace experienced employees before returning to PNG to work in the sector.

I'm excited to share that in August 2022 CQUniversity Australia has announced trailblazing human rights proponent Mr Graeme Innes AM as its fourth Chancellor. The appointment of Mr Innes – an internationally renowned lawyer, author and company director – follows a nationwide competitive recruitment process and University Council approval. It accompanies the recent announcement that current Chancellor and Central Queensland industry identity, Mr John Abbott AM, would be retiring from the role later this year after seven years and almost a decade on the University's Council.



In September it was revealed that CQUniversity has maintained its number one position nationally for social equity in the [2023 Australian Good Universities Guide \(GUG\)](#) ratings. The result sees CQUniversity rank at number one in the category for five consecutive years and reflects the University's belief that higher education should be for everyone – no matter their postcode or educational background.

CQUniversity allied health students were again thrilled to give back to their community by assisting residents living with a disability or mobility restrictions at this year's Beach Day Out event at Emu Park. More than 30 Physiotherapy, Occupational Therapy and Speech Pathology students volunteered their time to help with the wheelchair to beach transfers and participate in beach activities.

It was reported in the month of October that CQUniversity has been recognised as a leader when it comes to graduate outcomes. CQUniversity ranked first in Australia for full-time employment outcomes for postgraduates, with 97.6 per cent of graduates employed three years after graduation. In October the [2022 Graduate Outcomes Survey \(GOS\) – Longitudinal \(GOS-L\)](#) report was released, indicating that CQUniversity graduates have some of the best medium-term graduate employment prospects in the country. The GOS-L is the largest annual survey of higher education graduates and collects graduate employment and salary outcomes which are completed by graduates about three years after they finish their studies.

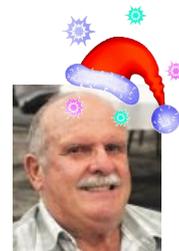
I look forward to sharing more details about our upcoming events and activities in the first 2023 quarterly newsletter.

You can read up on these events, plus more in the latest edition of our FREE Be Magazine, to subscribe, please email be@cqu.edu.au



"Yes, Theo, what is it?" asked the teacher.
"I don't want to alarm you, Miss Davis, but my dad said if I don't get better grades, someone was going to be in big trouble."

Important scam avoidance advice in Nick's Tech Tips



Be aware of anything that just doesn't sound right. Following is a list of sites and some good reading that may help you.

www.scamwatch.gov.au

Recent scam activity. Scammers use events and other opportunities to take advantage of people across Australia.

[Current scam alerts - Managing your money - Services Australia](#)

www.servicesaustralia.gov.au

13 Oct 2022..Find out what we know about the latest scams. on this page. Email scams; text message scams or phone scams. This page features some of the [current scams in Australia and how to avoid them](#)

[Heritage Bank](#)

Current scams:- Phishing --Family Impersonation Scams - Extortion Scam - Investment Scam - Puppy Scams - "Flubot" Scam - Romance Scam - Remote Access Scam.

[Scam Alerts | Consumer Advice](#)

consumer.ftc.gov

Find out steps you can take if you were scammed. Report Fraud, Scams, and Bad Business Practices. Your complaint could help the FTC stop the scammers.

[Scam-Latest news and headlines from Australia and the world](#)

www.9news.com.au

A recent health scare meant Gayle Arnott was more vulnerable to a scam text message purporting to be from her doctor. money 6:13am Jun 22, 2022.

[Crypto Scams Recovery](#)

Get your money back from a Bitcoin & Cryptocurrency Scams

[Latest scams and Alerts - Westpac](#)

www.westpac.com.au

This SMS Scam starts by receiving a message from a sender name of "Dad" or "Mum", a common ploy scammers are currently using to establish your trust.

Next page for more



Phishing Scams Recovery

Get your money back from Credit Card Fraud and Phishing

news.trendmicro.com

19 July 2022... Some criminals pretend to be from your insurance company to get personal information, such as your full name, address, and medical status.

www.acma.gov.au

9 June 2022... Learn how to spot and stop a phone scam. Lets you block calls, or you can get a device for your existing phone that can block callers.

It is nearly time for a visit from Santa, but for Santa to get here the visibility has to be good. You and your grand children can check the weather Radar for this area

<http://www.bom.gov.au/products/IDR233.loop.shtml> There is a very spectacular storm just south of us
24 Oct 22

Your Grandchildren may ask you what Santa is up to right now

<https://www.emailsanta.com/santa-claus-faq/where-is-santa.asp>

Latest software for **iPhone =16.0.3**

Latest Software for **iPad =15.3.1**

Windows10 = 21H2 Window 11 = 22H2

You can find out what Version you have by clicking the **Start icon** and typing **WINVER**

Then run the WINVER App

Don't be tempted to download software from Driver support

Don't purchase it. Drivers are normally free and can be obtained directly through the manufacturers website for your computer. Driver support is just a snake oil scam site, avoid it.



TEACHER: Now, Simon, tell me frankly, do you say prayers before eating?

SIMON: No sir, I don't have to, my Mum is a good cook.

TEACHER: Clyde, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his?

CLYDE: No, sir. It's the same dog.

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

*Garden Lovers
Coordinator
Joan Cooper
4926 1845*



Our Garden Lovers group have had a very successful year. We have visited astoundingly beautiful gardens, one in Parkhurst which highlighted landscaping mulching and showcased tropical native plants, a local Northside garden specialising in orchids that took your breath away. Also the gardens of Oaktree Retirement Village and the Bouldy Home Nursery.

We had guest speakers from the Capricorn Conservation Council who spoke on dealing with food waste, a lady from the Friends of the Botanical Gardens who gave us a fascinating history lesson on the formation of the Rockhampton Gardens, also a gentleman who gave us an unnerving talk on snake/spider awareness (gloves and closed shoes are a must when venturing in your garden as these little nasty critters are hiding everywhere).

This varied agenda has kept members interested while taking away lots of tips and ideas to practice in our own gardens.



Social Activities
Bev Meredith
Text 0410 341 843



Current Affairs with
Lance Cowan
0497 575 231



Our first activity for the year was a Cancer Council Biggest Morning Tea held at Wilby's Training Restaurant. Over 100 people attended and over \$2000. was raised for this great cause.

A special treat was a fashion parade by Blue Illusion showcasing their latest women's wear collection, modelled superbly by the ladies of U3A Rockhampton.

Our next excursion was to the Heritage Historical Village, Parkhurst. We travelled back in time to experience life in Rockhampton from the 1850's. It was a memorable learning experience with wonderful company for the morning.

The Spirit of Keppel took us on a "spot the whale" cruise with members of Yeppoon U3A. We look forward to combining with the Yeppoon group again in 2023. We live in a wonderful part of the world don't we?!

The inner child in our U3A members showed itself with a stroll down memory lane on our excursion to the Archer Park Railway Museum. We rode the Purrey Steam Tram and had a tour of the railway museum and rail carriages. Another entertaining and informative morning was enjoyed by all.

Our latest activity was enjoyed by all who attended the Swinging Sixties Trivia morning held at The Diggers Memorial Bowls Club. Our members dressed in their best 60's attire and joined in the sing-a-long provided by the U3A Ukulele group. Thought provoking trivia kept conversation lively all morning as we enjoyed a delicious morning tea provided by Bernie's Pie Shoppe.

The year is not over yet! We have walking tours on offer later in November. The Christmas Luncheon at The Frenchville Sports Club will allow us to finish off the year enjoying the wonderful company of our Rockhampton U3A members.

We had the pleasure of having our new activities coordinator, Terry Holland, join us for our October meeting, swelling the numbers in attendance to 13 (a Current Affairs Group record).

We discussed:

- The repatriation of ISIS brides,
- Daylight Savings,
- Christianity numbers decline in the Western world,
- Employment shortfall particularly in Agriculture that results in food wastage,
- The Essendon Football Club Presidential sacking over religious beliefs
- The proposed massive offshore wind farms in Bass strait.

The discussions were "lively" not everybody was in agreement but all facets of opinions were aired in good spirit. These kind of meetings can be a bit boring if everybody is in total agreement, that was not the case last Thursday.

In September with 9 members present, we covered the passing of Queen Elizabeth II and the likely repercussions in relation to King Charles 11's effectiveness, the Republican movement and how the current Pacific Island members of the Commonwealth might react.

As Coordinator I am really pleased with numbers participating in Current Affairs and take this opportunity to thank the group for their support.

Having heard that our venue at the Sportsman's Bar will be undergoing renovations in 2023 we will need to work through that disruption with Terry and look for a replacement venue.

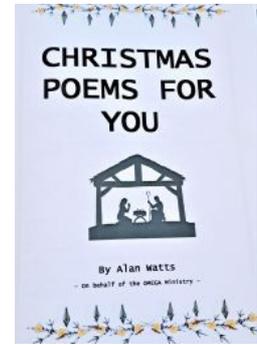


Two silk worms had a race. They ended up in a tie. Time flies like an arrow. Fruit flies like a banana. A sign on the lawn at a drug rehab centre said: 'Keep off the Grass.'

When cannibals ate a missionary, they got a taste of religion.



**Armchair Travel with
Judy Trinder
4928 7538**



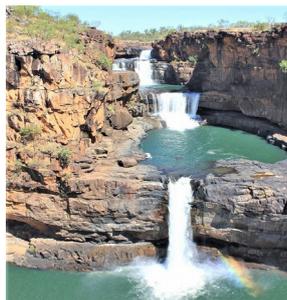
2022 has been a very busy year. Because we are not able to travel overseas as freely as we did before Covid, it is great to experience places visited pre-covid through Armchair Travel.

Places visited are:

- February - Turkey presented by Janet Stewart
- March - Iceland presented by Alison
- May - a Murray River Cruise in SA presented by Jill Allan
- June - Canada/Alaska presented by Judy Trinder
- July - Papua New Guinea presented by Val Gribble
- August - Kangaroo Island presented by Jill Allan
- September - Darwin to Broome Cruise with Coral Expeditions presented by Colleen Young
- October - Visit to China presented by Greg Ferguson



Kangaroo Island



Mitchell Falls, WA

Our U3A. Poetry for Leisure and Guest Speaker Co-Ordinator, Alan Watts, has produced a book with 16 Christmas poems written by him. Several of the poems are about characters in the Christmas Story and some of these were written especially for this book. They are for sale at \$10-00 per copy. They would make a good Christmas present or alternative to a Christmas card for those extra-special people in your life.

If you would like a copy or copies of the book, please contact Alan on 0411 469 563 or e-mail him at supabanka@hotmail.com.

It is produced by Rockhampton Baptist Tabernacle with full proceeds of sale going to them towards purchase of a church bus for transport of our Seniors and also used for youth activities. I personally don't get any remuneration, which is OK by me.



For a copy of this delightful joke book contact Cheryl Wickes 0428 452 836 or email u3arockhamptondistrict@gmail.com

JOKE

A man who was recently married, flew to Townsville, Queensland, for a business trip.

His new bride was to accompany him the next day.

When he arrived, he emailed his wife to let her know he had made it safely, but he mistyped the email address.

In Boston, a grieving widow, whose husband had recently passed away, received the email. She read it, screamed and fainted.

Hearing her grandmother's cry, the widow's 18-year-old granddaughter ran into the living room to see the computer on, with a message that read: "Dear love, I just got here. Preparing for your arrival tomorrow. Can't wait to see you. Love, Me. P.S. Sure is hot down here."



Sat Walk and chat
 Contact
 Christine Dobele
 4926 1845



"Some people try to turn back their odometers. Not me! I want people to know why I look this way. I've travelled a long way and some of the roads weren't paved."

Quote courtesy of Rita Diplock

Who let the dogs out? We thought because the dogs become so excited when they meet in the car park that we would feature them in our photos.



From Saturday 1st October we will now meet at 5.50am in Queens Park to start our walk at 6.00am. This will be until further notice.

We are now walking beside the seaside (Yeppoon)



Our group wish you and all you love a very happy Christmas and a healthy 2023.

Come and join us for a great start to your weekend.

Lots of talking with the walking make new friends and enjoy the early morning peacefulness either walking in Rockhampton or at the beach.



(A joke courtesy of Rita Diplock.)

Getting older

A distraught senior citizen phoned her doctor's office "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid so," the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'.."

U3A hosted an inspiring writers workshop on Wednesday with author Patty Beecham... many thanks go to RCC Councillor Donna Kirkland for support which allowed many to attend.

Following the workshop Councillor Neil Fisher launched Patty's new book 'Growing up, Rocky'...Excellent afternoon for everyone at the Baptist Tabernacle, with thanks to their catering group for an excellent afternoon tea.

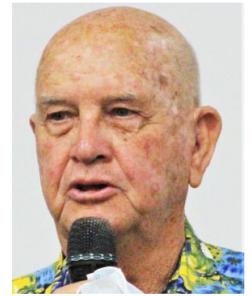


Donna Kirkland, Patty Beecham & Cheryl Wickes



The older we get, the fewer things seem worth waiting in line for. Mostly because we forgot why we were waiting in line in the first place

DAYS FOR GIRLS
Contact
Christine Dobele
4926 1845



Barry Lloyd contact for Ukulele Group
4926 4654

Seventeen U3A ladies had a very enjoyable and productive time at our last gathering. as some of us worked on getting 100 kits ready for Bernadette and nine other Rotary members to take to Cambodia. While other ladies worked to make kits for future distribution.

DFG's were also very lucky at receiving a very generous donation of \$50. from an anonymous lady.

This money will be used to purchase more thread. Thank you very much to this very kind lady.

We wish you and all your loved ones a very happy Christmas and a healthy 2023.



U3A ukulele group have been kept very busy over the past few months, and it will continue into December. Our group is in high demand at various Aged Care Facilities through out Rocky, Mercy Day Respite Centre, Benevolent Aged Care, Gracemere Gardens, Baptist Tabernacle, Fitzroy by Tenman and Leinster Place.

The enjoyment provided by our talented group is enjoyed by the audience, but the thrill we get in playing to these wonderful people is something else. Happy faces, singing along to the music, who could wish for more!

December will see five “play outs” with a joyous Christmas theme, and also providing music at the U3A Christmas Lunch late November

Keep strumming



Highlighting a Third Party Activity
Senior Fit and Resistance Training Classes.
Contact CQU Community Sports Centre 4923 2159 or
Cathy Booker (U3A) 0419 642 539



A Scottish mother visits her son at his Toronto apartment and asks, “How are you finding your neighbours, Donald?”

“Mother,” says Donald, “the people in this building are so noisy. One won’t stop banging his head against the wall, while the other screams and screams all night long.”

“Oh, Donald! How do you manage to put up with them?”

“What can I do? I just lie in bed quietly, playing my bagpipes.”



Mahjong
with
Cynthia Drane
0418 227 760



In the spirit of learning a group of U3A members recently attended a workshop on creating Mosaics.

Mahjong is a tile-based game deeply ingrained in Chinese culture with exuberant games, avid gambling, and apparently lots of knife fights

Here in Rocky, we rarely get into any fights at Mahjong!

The game is thought to have evolved from card games in China in the 19th century, with the earliest surviving tile sets dated to around 1870.

In Chinese, the game was originally called (pinyin) —meaning Sparrow... from the clacking of tiles during shuffling which resembles the chattering of sparrows.

The game was imported to the United States in the 1920s and was soon embraced by western cultures, with many variations on the Chinese game evolving.

In western countries it is now quite different to the Chinese version, though it is still played with a set of 144 tiles based on Chinese characters and symbols.

We play every Friday afternoon, for more information please give me a call.



I'm the Christmas tree they forgot about.



“Life's tragedy is that we get old too soon... and wise too late.”

Benjamin Franklin

*A few of Elaine Ross's
welcome and unwelcome
garden guests*



*Some last minute tweets
from our Bird Watching
Tutor Rod Elder
4928 4383*



I have had a visitor to my place. He or she was most unwelcome after devouring a nest of crows.

1st pic is this python, named "Slimey", in my tree.
2nd pic is on the neighbour's roof - note you can't even see the head, so anyone's guess at the length.

3rd pic is Eastern female Koel on my fence.

4th pic is a pair of young misplaced curlews that have taken refuge in various gardens in my street.



Hope "Slimey" doesn't decide to make a meal of the Curlews.

The U3A Bird Group have had 5 outings this year and one planned for December. We have been very fortunate in having good weather on each occasion enabling us to sight different interesting birds and great company.

All the birds are usually seen by most attendees and identified by the group.

Our outings were to Springers Lagoon 9/2/22, Dump Lake and Rigardsford Park (Elphinstone Street) 13/4/22, Botanical Gardens 10/6/22, Mt Archer 10/8/22 and Stanwell 14/10/22. Our last outing will be to Kinka Wetlands 11/12/22. We share cars when the sites are out of town.

I thoroughly enjoyed the changing light over the Murray Lagoon as the sun rose. In June there was a large variation in the colors of the vegetation growing in the water changing markedly as the sun rose. Similarly at Mt Archer, we had great views to the west and east with fog sitting around the volcanic cones including Mt Jim Crow (it has an aboriginal name now but I forget the name).

Our group also puts emphasis on having a very social round table discussion and morning tea before we head home.

In between outings we share pictures, information, bird identification and stories on members personal experiences with birds, such as saving Laughing Kookaburra chicks and the activities of 'Striated Pardalotes' making nest burrows.

*Here's wishing you all a happy chirpy Christmas
Rod Elder*

A man calls 9-1-1.

When the dispatcher picks up, the man yells, "You have to send the firefighters immediately. There's a fire!"

"Okay, sir," the dispatcher says. "But please, tell us how to get to you."

Puzzled, the man asks, "What, you don't have those big red trucks anymore?"



*Just a few last words from your editor
Leslie Smith*



We have had a very busy three months, since the September Flyer was published. With more people becoming familiar with the U3A Facebook page and posting their photos I have been spoiled for choice when searching for photos and script to include in this Flyer.

I omitted to include the fees at the start of the flyer, so here they are. As Cheryl mentioned in her President's report, "all members who have paid by 28th November will go into a Lucky Draw for a special prize and you don't have to attend the luncheon to be in the draw".

FEES

Annual fee: (1st Jan. - 31st Dec. 2023)	\$20.00
Mid Year fee: (1st July - 31st Dec. 2023)	\$10.00
Joining fee (includes name badge):	\$10.00

Check out the Quarterly Flyer in colour

<https://www.u3arockhampton.org.au/images/dec22.pdf>



Just a small group of our champion volunteers who received certificates of appreciation at our morning tea on 31st October 2022



U3A members enjoying themselves at the "Back to the 60's Trivia quiz" in October.