



THE QUARTERLY FLYER

Rockhampton & District Inc

JUNE

2018

Volume 2/2018

Welcome aboard!
This smiling group is our 2018 committee.



U3A
University of the Third Age
Rockhampton & District Inc.



It is appreciated: A big thank you to Shirley Moore for her many years of service, particularly at the U3A sign in desk.

Congratulations.
June turns 90



General Meeting 1st Monday of each Month (ex January) 9.30am at Frenchville Sports club
Next meeting after June 4th 2018: July 2nd 2018

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

2018/2019 COMMITTEE

President: Russell Daniels Ph 4819 1739
Vice President: Keith Bambrick Ph 4928 3849
Secretary: Bev Connor Ph 0488557721
Assistant Secretary: Lenore Cook Ph 49267499
Treasurer: Maurice Dittman
Activities: Judy Sutton
Social Organiser: Christine Dobeles Ph 49261845
Guest Speakers: Judy Nutley
Publicity: Ann Findlater
Web Coordinator: Nick Quigley OAM
vietvets@gmail.com
Journal Editor: Elaine Ross
Quarterly Flyer email: zebu3.u3a@gmail.com
Volunteers Coordinator
and Past President Philip Morissette Ph 4928 7769

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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/jun18.pdf>



with Russell L Daniels



Our AGM was held on Monday 5th March 2018. The Management Committee had a number of new committee members elected and integrated into the management committee team: Bev Connor as Secretary, Christine Dobeles as Social Co-ordinator and myself as President. All other positions are existing Management Committee members who have been re-elected. The progressive integration of new committee members will ensure there is no loss of management knowledge and that there will be continuity in the work being done. The role of each Management Committee member has been made easier with the recent development and introduction of the "Committee Manual" which includes a Position Description with Work Instructions. I would like to thank our Past President, Secretary and Social Co-ordinator for their hard work and leadership over the past few years and the handover and mentoring they provided to the new team members.

In the months of March and April we gained 18 new U3A members. It is essential that we continue to attract new members and retain our existing membership so we remain a viable organisation. If there is something U3A Rockhampton needs to improve on to retain your membership, please see me or leave a recommendation in the suggestion box. Unless we know the issues, we can't fix the problems. We encourage new members, talk to your friends, invite them to a meeting so they can see what is on offer.

If your contact details have changed since joining U3A, please contact Lenore Cook as a number of emails have bounced back indicating that you may have a new e-mail address. We would also like to know your interests and skills, as this information could assist in identifying the need for new interest groups, possible group leaders and step-ups for future Management Committee roles.

By the time this goes to print I would have attended the U3A Network Queensland State Conference on the 31st May to 1st June in Redcliffe, which is an opportunity to meet with other U3A Presidents and Vice Presidents and find out what other U3A groups are doing in Queensland that we could learn from.

In April I had a productive meeting with Carol Burnett, the Executive Assistant to the Vice Chancellor at CQU, which should result in the CQU being able to provide U3A Rockhampton with future quality Guest Speakers and interesting and informative CQU visits.



Dear U3A members,

Looking forward to my next adventure

Many of you will already know that earlier this year I announced that I would be leaving CQUniversity at the end of this year. I will not be leaving to work for another university – CQUniversity means too much to me to do that. Instead, my wife Anita and I are embarking on a long-held dream to travel the world in a truck.

Anita and I met more than 30 years ago on a tour of the Sahara Desert. The tour was delivered out of a truck and on that trip, we made a plan then that one day we would travel the world ourselves in our very own truck. In between that first meeting we were lucky enough to have two children, further our

educations, develop our careers and migrate to Australia. At the end of last year, I chose to sign-up for another five years as the VC but over a great Christmas break I started to reevaluate life. It was here that I decided it was time to travel – while I am still young enough and healthy enough to do so.

It is going to be hard leaving this wonderful university and all of the terrific colleagues (and now friends) we have made but we are so excited for the adventure that lies ahead.

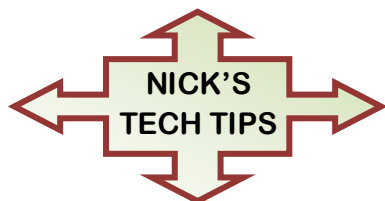
Special Invitation for U3A members

National Skills Week is being held this year from 27 August to 2 September. To celebrate vocational education and training CQUniversity would like to invite all U3A members to a tour of our Rockhampton City Campus. On this tour you will be able to take a look around our trade training facilities. We will then finish up with a morning tea in the Wilby's Training Restaurant.

The tour will be held from 9 – 11 am on Tuesday, 28 August 2018.

Professor Scott Bowman

U3A Rockhampton Patron



You would have all read about the security breach with **FaceBook**. When you register for anything, THINK about what you are going to divulge as to personal information. If you are reading this as a digital Quarterly Flyer, you can use the links in blue to go straight to the web. If not, you will need to visit the Library Technology Centre and use a public computer.

Privacy concerns and privacy controls on Facebook are ever changing. When you post a picture of your kids at a family gathering, which one of your Facebook friends can share it? What private information are those Facebook game apps collecting on you for "third-party uses"? How do you make sure that live video stream is seen only by people you choose? Every action you take on Facebook has privacy and sharing implications that need to be considered before you upload that next selfie. Fortunately, thanks to vocal demands for transparency from both Facebook users and government regulators

around the world, Facebook has been making the process of managing your privacy easier. Below is a step-by-step guide to taking full control of your Facebook privacy settings.

<https://www.techlicious.com/tip/complete-guide-to-facebook-privacy-settings>

Email Explained Now Email has been in operation for over 20 years, but some are still having trouble understanding it. If you go to Google and search for "**understanding email**" you will get 721,000,000 help files, so the best I found to explain it all was at

<https://www.contactgenie.info/understanding-email-accounts-email-clients>

Many members of U3A have Gmail and similar server accounts. The beauty here is that the mail resides on a computer server somewhere in the world and you can read it from any computer. The mail does not download to your computer. When you access it, you are actually accessing it on a remote server. You can control your email and select Spam controls and delete mail or as in my case store mail on my Gmail account for later information. Gmail allows you about 15Gb of Email space.

With Bigpond, Optus, Ymail and all the others the mail downloads to your computer and if you want it to leave a copy on your server you need to go to setup and select "leave a copy on the server". Remember though that your server will fill up quickly. If you use the WebMail section on your server, that mail will remain on the server until you log in normally and download it to your computer.

What about some happy stuff with computers – If you look at the Information for Seniors on our U3A Rockhampton web:

<http://www.u3arockhampton.org.au/Seniors.htm>,

you will find a collection of useful links to help you with understanding Technology and as a Senior, places to go for assistance and Emergency Numbers. If you don't have a computer at home or means of accessing the web, then go to the City Libraries, become a member and use the Library Technology Centre computers.

So, you are saying you don't know how to use a computer. Well, you are Never Too Old to Learn. The South Rockhampton City Library Technology Centre has numerous courses that are Free to attend to learn from the very basic How to Turn On and use a keyboard and a mouse to understanding the Internet and Email. Once you have got the bug, you will want to learn more. Don't hesitate or you will be left behind.

Nick Quigley OAM

Date Claimers

June 4 th	Meeting & June Journal
June 11 th	Saleyards Distillery
July 2 nd	General Meeting
August 6 th	General Meeting
August 10 th	Sept Journal submissions
August 28 th	CQUniversity Rockhampton City Campus tour
September 3 rd	Meeting & Sept Journal



FRIDAY TAI CHI

with Shirley Hopkins

The Friday morning tai chi class (7:30-8:30am) continues to meet the north end of Kershaw Gardens. Access is from the traffic circle at the Aquatic Place entrance to Stocklands, with the class meeting just over the knoll beyond the parking lot.

Recently members of the class joined with other practitioners for World Tai Chi Day at the old Botanical Gardens. This celebration occurs at 10:00am on the last Saturday in April in every time zone around the world.

Our tai chi provides low impact exercise focussing on relaxation and balance. We follow a varied Australian Academy of Tai Chi program with a mix of instruction and old favourites and are always open to new participants. Call Shirley at 4936 4792 for details.



U3A members joined participants at the Australian Academy of Tai Chi garden lesson celebrating World Tai Chi Day, 28 April 2018.

Most will be aware by now of the passing of Isabel Hock.

You may remember in the previous journal, Isabel, a long-time member of U3A and in

particular, the writers group, was awarded an honorary Doctorate of Literature from CQUniversity in recognition of research and writing about Rockhampton, its people, the railway and councils Queensland wide.

VALE Isabel Hock –
remembered in younger days





JACANA BUSH DANCERS

with Leonie Keene

The June Flyer is out, which means we are nearly half way through another year. It is a frightening thought. We are keeping busy with our weekly dances on Monday nights 7.00-9.00pm at the Rockhampton Pipe Band Hall next to "A man's Toy Shop" in Gladstone Road. We are still attracting our regulars, but new members are always welcome. Cost \$5.00 adult, \$1.00 accompanied child & \$10.00 per family of four. Don't forget the first night is free. Light supper provided.

We held a Black Friday Night dance 13th April with many members wearing black for the occasion. We were joined by a group of lovely young people from the Baptist Tabernacle Youth Group. The Lucky Door which was generously donated by Drakes IGA was won by Peter. The Monte Carlo prize was won by Graham & partner Therease a visitor from the youth group. Their prize of two lovely crocheted hangers, was made & donated by Darren.



On Monday 16th April, Shirley Hopkins celebrated her 87th Birthday (pictured) with her cake. She is an inspiration to us all.

We were invited to perform at the St Matthews Cottages 50th Anniversary Fete on Saturday 5th May. It was a pleasure to hear the U3A chorus who performed before us. They are always very entertaining. We enjoyed presenting four popular &

lively dances. The audience was invited to join us in our final dance.

For any enquiries please phone Leonie Keene on 49225887.



WRITING FOR PLEASURE GROUP

with Judy Whitworth

It's back to 2018 and we are looking forward to a bright year ahead. Wait for our big announcement of the winners in our writing competition which closed on Monday 2nd April.

U3A BOOK OF SHORT STORIES

This is another reminder that the Rockhampton U3A Writing for Pleasure Group regularly publishes a book of short stories. We wish to open our competition to all members of the U3A or any one of their friends who may be interested. We accept any theme and any genre but there are three stipulations. Firstly, your story has a link, however tenuous, to Rockhampton. Secondly it is written for an audience of over sixteen years of age and finally, it is to be no more than 1500 words in length.

Contact Judy on 48 366 133 or judywhitworth21@gmail.com or speak to any of our WFP Group.



ARMCHAIR TRAVEL REPORT

with Jackie Geraghty, Convenor

February - **Sri Lanka.**

Presenter: - Wayne Litherland. This is a very diverse country of rainforests, arid plains, highlands with green tea fields and pristine beaches. National parks are home to elephants, leopards, deer, sloth bears, toque macaques, to name but a few. Anuradhapura is the first ancient capital. The country is famed for Buddhist ruins with enormous dagobas (stupas). Travel can be taken by bus, train or tuk tuk. Education is considered very important and the Government supplies all uniforms & school books. There are many different cultures and languages. Cricket & volley ball are the recognised sports. The diet is mainly rooting based vegetables.

March - **Cruise on the Sea Princess from Dubai to London.**

Presenter: - Maurice Dittman. Highlights were the Suez Canal, Safaga, Temples of Luxor and Kanak which is 2nd largest religious site in the world. On to Aqaba in Jordan visiting Petra also known as Rose City. In Jerusalem - Basilica of the Agony, Tomb of King David, Wailing Wall, Via Dolorosa and Church of Holy Sepulchre. A moving service was held when they visited Anzac Cove. In Italy - Florence & Sienna in Tuscany & Castel Gandolfo overlooking Lake Albano. In Barcelona - The Church of Holy Family or Sagrada Familia which is the largest unfinished church in the world. They also stopped at Seville & Lisbon.

April- **East Germany.**

Presenter: - Jamie Hibberd. Jamie retraced the steps of her father who in WW2 was a rear gunner in a bomber squadron shot down over Zaasch in Saxony 11/5/1945. Five Australian and 2 English men died with her father the only survivor. He was captured and imprisoned for part of the time in Colditz. Jamie accessed history related to this event and found where the plane went down & the jail in which he was imprisoned initially. The men who died in the crash were buried in the town but their bodies were removed and are now buried in WW2 Cemetery Berlin 1939-1945.

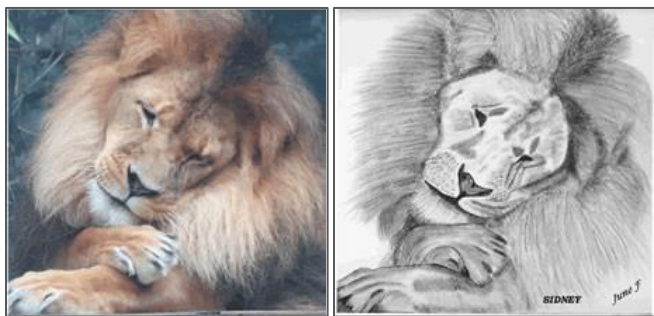
JUNE TURNS 90

One of our members, June Findlater recently celebrated her 90th Birthday. June has been in the U3A for approximately 15 years and during that time she has been involved in Computer Classes, Pencil Drawing, Photography, Mahjong, and more recently a Macramé Workshop, an Acrylic Painting Workshop and a Pencil Drawing Workshop.

June celebrated her Birthday with some of her U3A Friends with a lunch at The Boathouse Restaurant on the riverbank as well as at Friday Mahjong.



June's drawing of Sidney, the lion and her photograph taken at Kershaw Gardens, below.



IT'S NEW



with Activities Coordinator, Judy Sutton

Another new Outing is a lunch on the 3rd Tuesday each month at 12 noon. The first outing was to the North Rockhampton Bowls Club in April. The May lunch will be held at the Allenstown Hotel on Tuesday 15 May and the June lunch at the Victoria Tavern on 19 June. If you would like to attend, the table will be booked in the name of U3A.



Our new Cards and Scrabble Group has been very popular with members. It is held on the 1st and 4th Tuesdays at 9am at Oaktree Retirement Village in Glenmore. Please check the activities sheet for contacts and times.

Social Activities



with Christine Dobeles

The first quarter of 2018:

February Surprising – Our guided tour of the Murals at CQU by Artist in residence Bill Gannon was very educational. Some of the murals we saw that were painted with spray cans while meters up standing in a cherry picker were truly magnificent.

March Enjoyable - our Morning tea at Central Park Motel using the generated noise level to gauge the more noise the better the enjoyment was a great success after the last-minute cancellation of our RACQ Helicopter Rescue tour.

April Informative - I think everyone who attended learnt something new about the Lakes Creek Road Waste Management Facility. We all learnt how to ensure that not only our recycle waste but our general waste can be used to the maximum benefit to ensure that we recycle as much as possible to ensure that we and generations to come benefit from the practices we put in place now.





with Keith Bambrick

Unexpected reward from Drama Group.

Panicked into silence when asked to speak in public, I somehow got involved with a 1947 Rocky Little Theatre Christmas Pantomime, ending up with three parts. (Only one speaking)

Other plays followed, many with me as leading actor, in Australia and overseas.

Sweaty palms and choking throat, feelings of terror, all gone. The happy secret is that acting being Someone Else is quite liberating ----you just speak the lines you've learned, move as you have rehearsed, and magically, the fear of Public Speaking is gone.

As members of our Group are seldom all at all readings, we don't even have to memorise the dialogue; we read from the script. Come try it. Your reading skills improve, too!

Many a mouse has developed into a lion. Come roar.

Keith Bambrick (Phone 4928 3849)



with Phil Morisette

Our photography group continues to meet on a fortnightly basis at the IT centre of the Southside library where we view shots we've taken through the previous two weeks on a selected subject.

This year, we've been joined by 7-8 new members, all with various digital cameras needing to get more out of the facilities the cameras have to offer other than automatic. There is so much more enjoyment to be had by using knowledge gained when you have spent a fair sort of dollars on a piece of electronic equipment like a digital camera. It's a process that is not rushed as we also go on group excursions to share our knowledge and experiences.

Naturally, we're always looking for and encouraging new members to join our group. Why not give me a call to see how easy it is to join us, no cost other than that of your camera and upkeep.

Keep in focus - Phil Morisette 4928 7769

GUEST SPEAKERS

with Judy Nutley



March: Central Queensland University.

The Provost Professor Helen Huntly

Our first guest speaker for the year is normally our Patron Professor Bowman at our annual general meeting but due to commitment he was unable to attend.

The Provost Professor Helen Huntly kindly accepted the invitation. She spoke about the CQU and is very proud of the diversity of the students and the achievements of the University.



April: My Vietnam; Dave Morgan

Dave made the trip from the Sunshine Coast to share his experiences in Vietnam and his life after Vietnam and how PTSD has affected the lives of so many men.

Thank You to so many members who purchased Dave's books. "My Vietnam War Scarred Forever" and "Ice Journey". The proceeds from the books goes to Mates4Mates.



May:

Art to Wear: Julie Thornton.

Due to a Public Holiday and Beef Week the advertised Guest Speaker (Australian Red Cross) were unable to attend.

Julie arrived with all her beautiful dresses. Who would have thought these could have been made from recyclable goods?

Julie spoke about the process of making the fabrics

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and her inspiration in making these fabulous dresses. She has travelled the world with her hobby and won many awards.



I REMEMBER WHEN

I remember when taking over as secretary of a club or organisation consisted of several hard cover volumes of handwritten minutes and boxes of carbon copies of letters sent and actual letters received. But now... oh the vagaries of computer programs, folders and files, emails and the world wide web!!

Bev Connor

How could I ever forget the 9/11 attack or that week and weekend! My workmate, husband and I were flying on Ansett to Brisbane to see Cirque du Soleil on the Sunday before Graham farewelled us on an Ansett Flight for our coach tour of New Zealand then he was to fly back to Rocky - Ansett of course!

I remember staying up very late packing with the TV on and when I saw the planes flying into the towers, thought it was a movie till reality hit! Then tragic news - Ansett has collapsed and with that our daughter's International Flying Career as well as our return flights to Brisbane and NZ!

Graham drove us down to Brisbane a day earlier than planned as we then realised we could now attend our Godson's 21st on the Gold Coast on the Saturday night. After much confusion, Air New Zealand finally flew us to NZ and return. Well that was the beginning of high security at airports and we were first in line to experience it! Our disappointment was nothing compared to the 9/11 tragedy or the dedicated staff of Ansett whose careers with such a fantastic airline came to a sudden end.

Colleen Young

I remember the night I met Paul Hogan and didn't know who he was. My friends and I went to a cabaret at the Grosvenor Hotel and we were sitting at a table talking when a man came up to me and asked for the next dance. He was shorter than I and fairly thin. I had a few dances with him. We chatted about things in general and he was very polite and charming. It wasn't until I read the Morning Bulletin early the next morning that I realised I

had spent the night dancing with Paul Hogan. What a fool I felt. It must have damaged his ego that I had not recognised him.

Joan Brown

We did not own a motorcar in the 1950s but my Uncle was the proud owner of a Whippet Tourer. This car was not unique in those days. Like many others the whippet had no side windows a canvas roof and wooden spoked road wheels. The "fifties" was still in the era of silent cops, hand signals and a strict "give way to the right traffic rule.

One Saturday night, six or seven of us all climbed in to the Whippet for a night out at the Liberty Theatre. Luckily, night time traffic was light which was just as well, because when starting the car to go home we found that it was stuck in reverse gear. Undaunted, my Uncle drove home backwards to our house at the bottom end of George street.

Rodger Williamson

I remember when my brothers built billy goat carts and used to sail down Bowen Terrace hill where we lived - coming to a stop at the bottom of the hill. It was a dirt road then. Mum sent me after them so off I went. Only it seemed like they were having fun so I decided to have a go. I also sailed down the hill thoroughly enjoying myself only problem was I couldn't stop. With cars coming along Bowen Terrace I used the only brake available - the lamp post at the bottom of the hill. Result: one missing tooth and a good strapping.

Cheryl Connolley

I remember canoeing up the Fitzroy, 1951, we four Scouts were alarmed to see a black snake swimming across the river just ahead. What a relief when it kept right on to the far bank.

Two kilometres further upstream, suddenly a big splash and a large Barramundi leapt into the canoe.

Another hundred metres and another Barra splashed in to join the first.

We felt we'd won the Golden Casket, especially after that evening's barbecue.

Crocodiles? What crocodiles?

Keith Bambrick (with Thanks to our Guardian Angels)

I remember when my grandfather suddenly died. We had been visiting him and our grandmother in Biloela and had said good bye to them. Along with my brother and our mother, we drove back home to Rockhampton. Little did any of us know it was the very last good bye.

We had not long arrived back in at home when the phone rang. Mum answered it and then told us, 'That was Nanna. We have to go back.' I said 'But we only just come home.' I was complexed and astounded but Mum's next words were very shattering 'Grandfather just died.'

I had no reply to mother. There were no tears. Just shocked into silence. The trip back was very tense and silent. I don't recall any of us ever saying a word.

Grandfather had suffered a fatal heart attack the day after we left. It turned out we would have been there

when it happened but we decided to leave a day early. It wouldn't have made much difference probably. My brother and I certainly were too young to be of any help.

This was perhaps my first significant realization of death and how uncertain people's lives are.

Martin Johnson

I remember when Expo 88 opened in April 1988. We lived in Brisbane and bought tickets to attend the Expo on a daily basis. We went every week night and every weekend.

We marvelled at the displays from other countries and went to selected displays several times. Southbank seemed almost like another country and it was hard to believe we were in Brisbane. Brisbane "grew-up" from there to become a modern city.

Maurice Dittman

Two weeks before 14th February, 1966, (Decimal Currency change-over), I was given the job of Paymaster at Denham Bros, Ltd. in East Street with 125 employees to do calculations of wages for in pounds, shillings and pence. No calculators or computers or adding machines, just brain-power. On the Friday morning, I would travel down to the National Bank (with no guard in tow), collect the correct denominations and return to dispense into pay envelopes to distribute to the employees.

Come 14th February, absolute turmoil with brand new coins and notes, I couldn't count fast enough at the bank to check the teller and finished up \$300 SHORT of the total I was supposed to have which didn't please my boss at the time. He threatened that if it was my fault, it would come out of my pocket (on \$42 a week, that was a worry). Turned out to be the teller's fault but from there on I was extra cautious. Many employees challenged the converted pay in dollars and cents and had to be re-assured by the boss they had received the correct amount.

Phil Morisette

I remember when Charles and Diana, Prince and Princess of Wales were married. It was a joyous occasion that day back in July 1981. Mum and Dad were still alive and we all enjoyed it. I sat up watching the program until the small hours of the next day and I wasn't a bit tired at the end. It is a great and terrible pity that their marriage ended and that Diana died so tragically.

I remember when that happened too, on 31 August 1997. Dad and I had been watching Sons of Praise on Sunday when it was interrupted by the terrible news. I certainly remember Diana's funeral the following Saturday.

Still, enough of these dark memories. I also remember very happily when Prince William and Kate Middleton were married. Now they have 3 beautiful children. The nuptials of Prince Harry and Meghan Markle will have taken place by now. May they enjoy every happiness and may William and Kate continue to do so, too.

Rod Stickley

I remember when the milkman delivered the milk into the billy-can that we'd placed at the foot of the stairs along with the money.

His transport was a horse and cart and he rode along of the step from home to home.

He was always cheerful regardless of the weather and never ran late.

Sometimes the milk had a funny taste when the cows had eaten one type of weed.

Even after all those years, I still remember his name.

Judy Whitworth

I remember when the Queen and Prince Philip visited Rockhampton (1954). They were a very good looking young couple then. A school holiday had been declared so we could go into town to line the streets and wave our flags as they passed. My mother made sure I had a hat on, very wise as we were in East Street early, waiting some hours before their appearance.

The group I was in was over from Rheuben House. (a few doors up from Millroys towards Denham St) Some months before, the building had been gutted by fire and the cracked, blackened shell still stood.

The sound of cheering alerted us to the coming of the royal couple. The queen was waving, but as they drew near, Prince Philip noticed the blackened façade of Rheuben House. Forgetting to wave to the crowd, he stared and continued to stare until his neck couldn't turn any more. By that time the royal car was past. We had waited for hours in the sun for a glimpse of the royal couple and I remember feeling disappointed.

Rita Diplock

I remember the '54 floods. We were farming at The Hector, 8 miles from the CBD, around Mt Morgan Boldercombe Rd – gold mining country for prospectors.

The flood was a sight to see from Eagan's Hill as the Fitzroy broke its banks over the Yeppen flood plains. The water over Scrubby creek near Gracemere Caravan Park was over the second hand rails on the bridge. It was there Eric Johnson, another farmer took us and our sacks of cabbages (to sell in town) across the flood water in his steel bottom boat.

However, half way across and in the midst of the fast-flowing water, the motor stopped. Eric had an anchor rope on board and used it to lasso a tree. While he was fixing the problem, we saw cows, horses, trees and snakes and debris all floating down the water. Eventually and thankfully, Eric got the motor going and we berthed in Bullshead Quarry (near the bull on the north side of Yeppen). We did other trips and fortunately they were uneventful – if you could call it that.

Gordon Sue

~~~~~  
" Thanks all for your contributions and sharing your  
" thoughts. As you can see, it's a packed journal so apologies  
" if your story was omitted or edited as a consequence but  
" please check out the back page. Editor  
" ~~~~~

## U3A Activities 2018

[11 May 2018]

**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>                                                                          |                                                                         |                                                                                                                                      |                                       |                                     |
| <b>General Meeting ~</b><br>monthly 1 <sup>st</sup> Monday<br>(excluding January)      | 9.30am                                                                  | Frenchville Sports Club, Clifton Street,<br>North Rockhampton<br>(Lunch to follow)                                                   | Phil                                  | 4928 7769                           |
| <b>Bush dancing SA*</b>                                                                | Weekly<br>7.00pm - 9pm                                                  | Rockhampton Pipe Band Hall<br>Gladstone Road, Rockhampton ~ \$5                                                                      | Leonie                                | 4922 5887                           |
| <b>History Group</b>                                                                   | 3 <sup>rd</sup> week 2pm.                                               | Oaktree Village, 155 Glenmore Rd.,<br>Park Avenue                                                                                    | Ann                                   | 4922 1581                           |
| <b>Tuesday</b>                                                                         |                                                                         |                                                                                                                                      |                                       |                                     |
| <b>Senior-Fit Class</b><br><b>Resistance Training</b><br><b>SA*</b><br><b>Swimming</b> | 8.30am - 9.30am<br>7.30am - 8.30am<br>Initially, then<br>Any open hours | CQU Community Sports Centre,<br>Yaamba Road, North Rockhampton<br><b>Cost for single visit \$8 OR 10</b><br><b>sessions for \$60</b> | Sports Centre<br>or<br>Rhonda<br>Barb | 4923 2159<br>4819 1739<br>4928 7560 |
| <b>Aqua Aerobics SA*</b>                                                               | Weekly<br>11am - 12noon                                                 | Caribee Swim Academy, 135 Menzies<br>Street, North Rockhampton Cost ~ \$6                                                            | Jodie<br>Annette                      | 4926 1650<br>0499265992             |
| <b>Investment Group</b><br><b>Discussion SA*</b>                                       | 3 <sup>rd</sup> week 10am                                               | Glass room, Frenchville Sports Club<br>North Rockhampton                                                                             | Arch                                  | 4928 6653                           |
| <b>Mah Jong I</b>                                                                      | Weekly 1pm                                                              | Women's Health, Bolsover Street cnr<br>Derby Street, Rockhampton                                                                     | Lyn                                   | 4928 8136<br>0455288833             |
| <b>Third Age Chorus</b><br><b>Singing Group</b>                                        | Weekly 9.30am                                                           | Youth Orchestra Room, Floor 1<br>Walter Reid Building<br>Derby St., Rockhampton                                                      | Phil                                  | 4928 7769                           |
| <b>Tai Chi *</b><br><b>Southside</b>                                                   | Weekly 7.30am                                                           | Botanic Gardens, near Lagoon,<br>Rockhampton                                                                                         | Virginia                              | 4921 1602                           |
| <b>Poetry for Leisure</b>                                                              | 2 <sup>nd</sup> & 4 <sup>th</sup> weeks<br>9.15am – 11.15am             | School of Arts<br>Bolsover St., Rockhampton                                                                                          | Alan                                  | 4928 5319<br>0411469563             |
| <b>Monthly Lunch</b>                                                                   | 3 <sup>rd</sup> week 12 noon                                            | Venue decided previous month                                                                                                         | Judy                                  | 49281756                            |
| <b>Cards &amp; Scrabble</b><br><b>NEW from 6<sup>th</sup> March</b>                    | 1 <sup>st</sup> & 4 <sup>th</sup> weeks<br>9am – 11.15am                | Oaktree Village Glenmore Road<br>50c tea/coffee                                                                                      | Alan                                  | 4928 5319<br>0411469563             |
| <b>Wednesday</b>                                                                       |                                                                         |                                                                                                                                      |                                       |                                     |
| <b>Book Lover's Group</b>                                                              | 4 <sup>th</sup> week 10am                                               | Settlers Village Community Centre<br>Pauline Martin Drive -off North Street                                                          | Sally                                 | 4926 1574                           |
| <b>Embroidery</b>                                                                      | 1 <sup>st</sup> & 3 <sup>rd</sup> weeks<br>1pm - 4.30pm                 | CQU room 41/G41. Turn right off<br>Carlton St., into Blair Drive                                                                     | Pat                                   | 4927 4493                           |
| <b>Speech Group</b><br><b>("In Voice")</b>                                             | 1 <sup>st</sup> & 3 <sup>rd</sup> Weeks<br>9.30am -10.30am              | <b>New Venue 2018</b><br>304 Kent Street, Depot Hill                                                                                 | Virginia<br>Valda                     | 4928 2119<br>4928 2119              |
| <b>Writing for Pleasure</b>                                                            | 1 <sup>st</sup> & 3 <sup>rd</sup> weeks<br>9.15am -11.15am              | 1 <sup>st</sup> week -School of Arts,<br>Bolsover Street, Rockhampton.<br>3 <sup>rd</sup> week - Botanical Gardens near lagoon       | Judy                                  | 4836 6133                           |
| <b>Drama Group</b>                                                                     | 1 <sup>st</sup> & 3 <sup>rd</sup> weeks<br>1pm – 3pm                    | Oaktree Village Glenmore Road 50c<br>tea/coffee \$2 photocopying                                                                     | Keith                                 | 4928 3849                           |
| <b>Music Appreciation</b>                                                              | 4 <sup>th</sup> Wednesday<br>1.30pm – 3.30pm                            | 17 Thora St., Gracemere                                                                                                              | Nancy                                 | 4933 2722                           |

**Learning at Leisure – Learning for Pleasure**



# U3A Activities 2018

[Revised 11 May 2018]

**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>Thursday</b>                                                                         |                                                                         |                                                                                                                                                                                                                                                                   |                                    |                                       |
| <b>Senior-Fit Class</b><br><b>Resistance Training</b><br><b>SA *</b><br><b>Swimming</b> | 8.30am – 9.30am<br>7.30am - 8.30am<br>Initially, then<br>Any open hours | CQU Community Sports Centre,<br>Yaamba Road, North Rockhampton<br><b>Cost for all 3 activities on any single visit ~ \$6</b>                                                                                                                                      | Sports Centre<br>or<br>Rhonda Barb | 4923 2159<br><br>48191739<br>49287560 |
| <b>Aqua Aerobics</b>                                                                    | Weekly<br>9.30am - 10.30am                                              | Caribee Swim Academy, 135 Menzies Street, North Rockhampton<br>Cost ~ \$6                                                                                                                                                                                         | Jodie Annette                      | 4926 1650<br>0499265992               |
| <b>Discussion ~ Current Affairs SA</b>                                                  | 3 <sup>rd</sup> week<br>3pm - 5pm                                       | 255 Elphinstone Street, North Rockhampton                                                                                                                                                                                                                         | Arch                               | 4928 6653                             |
| <b>Photography Group</b>                                                                | Every 2 <sup>nd</sup> Week<br>3pm<br>[from 23/2/2018]                   | Technology Centre 1 <sup>st</sup> floor<br>~ Library,<br>Bolsover Street, Rockhampton.                                                                                                                                                                            | Phil                               | 4928 7769                             |
| <b>Scrapbooking</b>                                                                     | Last Thursdays<br>9.30am – 12.30pm                                      | Oaktree Retirement Village<br>Glenmore Road; 50c for tea/coffee                                                                                                                                                                                                   | Ann                                | 4922 1581                             |
| <b>Friday</b>                                                                           |                                                                         |                                                                                                                                                                                                                                                                   |                                    |                                       |
| <b>Armchair Travel</b>                                                                  | 3 <sup>rd</sup> week<br>9.30am -11.30am                                 | Athelstane House, Ward Street,<br>(Rockhampton Bowls Club)<br>Please bring a plate for morning tea                                                                                                                                                                | Jackie                             | 4922 7976                             |
| <b>Garden Lover's Club</b>                                                              | 4 <sup>th</sup> week 9.30am                                             | Venue advised at General meeting<br>Please bring hat, chair & a plate for morning tea                                                                                                                                                                             | Joan                               | 49333190                              |
| <b>Line Dancing SA</b>                                                                  | Weekly<br>2pm – 4pm                                                     | Square Dancing Hall, Kingel Park,<br>Fitzroy Street, Rockhampton<br>Cost ~ \$7                                                                                                                                                                                    | Sue                                | 4922 3421                             |
| <b>Mahjong II</b>                                                                       | Weekly<br>1pm – 4pm                                                     | Settlers Village, Pauline Martin Drive,<br>Rockhampton                                                                                                                                                                                                            | Judy                               | 4928 1756                             |
| <b>Pencil Drawing</b>                                                                   | 1 <sup>st</sup> week<br>9.30am -11.00am                                 | 7 Gardenvale Court, Hillside Estate, (off Norman Road) Nth Rockhampton                                                                                                                                                                                            | Keith                              | 4928 9505                             |
| <b>Tai Chi Northside</b>                                                                | Weekly<br>7.30am - 8.30am.                                              | Kershaw Gardens (Knight Street)<br>Cost ~ \$2.                                                                                                                                                                                                                    | Shirley Beth                       | 4936 4792<br>4926 4374                |
| <b>Saturday</b>                                                                         |                                                                         |                                                                                                                                                                                                                                                                   |                                    |                                       |
| <b>Aqua Aerobics SA *</b>                                                               | Weekly<br>7am - 8am                                                     | Caribee Swim Academy, 135 Menzies Street, North Rockhampton<br>Cost ~ \$6                                                                                                                                                                                         | Jodie Annette                      | 4926 1650<br>0499265992               |
| <b>Personal Arrangements</b>                                                            |                                                                         |                                                                                                                                                                                                                                                                   |                                    |                                       |
| <b>FREE Computer Classes</b>                                                            | Various days<br>Weekly ~ 2 hours                                        | Technology Centre – 1 <sup>st</sup> Floor RRC Library<br>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<br>or<br>4936 82188         |

## REMEMBER WHEN

Remember when we went to school.  
'twas there we learnt the golden rule.  
We learnt to read. We learnt to write.  
We learnt by sound and not by sight.

We learnt by rote. We learnt to spell.  
Brought things to school for show and tell.  
We learnt our grammar, Parts of speech.  
Do you remember much of each?

We learnt times table day by day.  
Repeating. They won't go away.  
We now recall them without thought  
In just the way our teachers taught.

Remember writing on those slates  
With special pencils. That sound grates.  
We cleaned them off. Our sponge was wet.  
I've not forgotten, even yet.

The teachers wrote on boards with chalk.  
They stood out front. Did lots of talk.  
They disciplined. We'd all obey.  
Would that still happen now, today?

We sat in class by where we came.  
Each term the order, not the same.  
This didn't do us any harm.

Today such things would cause alarm.  
These things were part of my school days  
That influenced in many ways,  
The way my life's been since back then.  
It's true that I remember when.

*Alan Watts*



*Learning at Leisure – Learning for Pleasure*