

*WELCOME 2020 - farewell 2019*

**General Meeting** 1st Monday of each Month (ex January) 9.30am at Frenchville Sports Club  
Next meeting after 2<sup>nd</sup> March 2020 will be Monday 6<sup>th</sup> April 2020

## 2019 COMMITTEE

<b>President:</b>	Russell Daniels Ph 4819 1739
Vice President:	Lance Cowan
Secretary:	Bev Connor Ph 0488557721
Assistant Secretary:	Lenore Cook Ph 49267499
Treasurer:	Maurice Dittmann
Activities:	Judy Sutton
Social Organiser:	Christine Dobebe Ph 49261845
Guest Speakers:	Judy Nutley
Publicity:	Ann Findlater
Web Coordinator	Nick Quigley OAM vietvets@gmail.com
Journal Editor:	Elaine Ross
Quarterly Flyer email:	<a href="mailto:zebu3.u3a@gmail.com">zebu3.u3a@gmail.com</a>
Volunteers Coordinator and Past President	Philip Morisette Ph 4928 7769

Annual fee:	\$15.00
New members (July 1 – October 31)	\$7.50
Joining fee (includes name badge)	\$10.00

Check out the Quarterly Flyer in colour:  
<http://www.u3arockhampton.org.au/images/mar20.pdf>

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*with Russell L Daniels*

As I am writing this report, we are rapidly approaching the 2<sup>nd</sup> March 2020 which is our AGM, and it is with sadness that a number of our committee members who have completed three years on the management team are now moving on. I would like to take this opportunity to sincerely thank those people for their service. I have been fortunate for the past two years as President, to have such a dedicated, enthusiastic and hardworking team of talented people who have made a big difference for the betterment of U3A Rockhampton. I am sure that whoever is elected to the new management committee will pick up the batten and continue to build on the good work of their predecessors.

Our recruitment for members is going extremely well, our numbers have grown rapidly and we are approving new members every month at our committee meetings. A majority of our new members get to hear about U3A Rockhampton by word of mouth, so keep up the good work. In the

last twelve months we have approved the applications of over 110 new members and on the 3<sup>rd</sup> February 2020 our membership member numbers had reached 467.

Since the last quarterly report, we had a very successful Christmas luncheon with the entertainment provided by our talented members, thanks to our organisers Ann Findlater, Judy Nutley and Christine Dobebe. In December 2019 we had a “Show & Tell” which was an opportunity for the various activities to show case what they have to offer. February 2020 was the “Sign on Day” so our members could sign onto the various activities that they wished to join. The management committee approved the decision to combine the “Show & Tell” and “Sign On” into a single event commencing in February 2021 and to rename the event “Activity Expo and Sign on Day”

Position descriptions have had the roles and responsibilities updated to reflect what the management committee members actually do. The changes have been reviewed and approved, and our assistant secretary Lenore Cook has spent many hours ensuring the manuals were completed in time for the AGM.

A Tutors Hand Book has been developed, reviewed and approved for 2020. This is new for U3A Rockhampton, but has been available at other U3A's throughout Queensland and elsewhere for many years. This book will provide the necessary guidelines to assist our Tutors. I would like to thank the new tutors and coordinators who have stepped up to undertake their new roles in 2020 and I would also like to pay tribute to our retiring tutors and coordinators who are moving on after doing this work for many years in some cases.

As part of U3A Rockhampton's safety initiative, the role of Vice President now encompasses the role of Safety Officer for U3A Rockhampton. His role is to ensure the safety and wellbeing of our members by establishing and implementing a number of safety processes into our organisation. U3A Rockhampton has fallen well behind other U3A's in Queensland, who have had safety and wellbeing established in their organisations for over 10 years.

We are still actively applying for available grants. Lance Cowan (VP) is our grants application writer. We require the various Tutors to consider what they may require to make a difference to their classes, and forward the request to Lance, as we need to group the various requirements into one Grant Application. To date we have received an industrial quality colour laser printer, computers and telescope. Currently we have a pending application for a

defibrillator and computers and are awaiting the results of this application.

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*with Associate VC, Professor Kim Harrington*

Events galore, with plenty more in store

The CQUniversity Rockhampton North campus has been abuzz with activities and major announcements, including CQUniversity Rockhampton Ball, two graduation ceremonies, Special Children's Christmas Party, Salvation Army Christmas Appeal, Ditch the Disposables campaign and a sod-turning celebration, among others. This trend is set to continue, with an abundance of staff and student initiatives and events planned for early 2020 including the coordination and delivery of five key activities to raise funds and support the ongoing bushfire recovery process across the campus footprint and Term 1 Orientation.

In October, The Palaszczuk Government partnered with CQUniversity to deliver an Advance Technology and Innovation Centre (ATIC) in Rockhampton. Innovation Minister Kate Jones announced a \$2.8 million partnership to launch the centre under a new strategy designed to create jobs in the agricultural technology, mining and manufacturing industries in regional Queensland.

A total of 388 graduates crossed the stage during two Rockhampton graduation ceremonies in December 2019, including 10 with an Indigenous heritage. The ceremonies recognised achievements ranging from a Certificate III in Business Administration and a Diploma of Beauty Therapy, through to bachelor degree, master and doctoral programs. And, one of the newest programs celebrated was the Graduate Certificate in Brain Based Education.

International graduates attended from nations including Canada, New Zealand, Malaysia, India, South Africa, Cameroon, Zimbabwe, Namibia, Uganda, Nigeria, The Philippines, Belgium and China. Attendees heard from gender diversity champion and entrepreneur Jade Collins (co-creator of Femeconomy) during the morning ceremony, where she accepted a 'Social Impact' Alumni Award for outstanding achievements in a socially innovative business. And, former Ergon Energy

executive, Beverly Rose was guest speaker for the afternoon ceremony.

In other news, The Special Children's Christmas party was held on Saturday 9 November 2019, like previous years CQUniversity staff volunteered to assist, bringing joy and smiles to children with special needs. CQUniversity also participated in the Salvation Army Christmas Appeal. Rockhampton and Yeppoon staff and students donated over 20 boxes of new toys and food as well as \$200 worth of gift vouchers to the Salvation Army's Annual Christmas Toy and Food Appeal.

In 2019 CQUniversity introduced the 'Ditch the Disposable' campaign. CQUniversity is not only working hard to educate staff and students on the harmful impacts of single-use plastic but also aims to lead by example. The University has embarked on a long-term sustainability journey and is working with particular areas to demonstrate its commitment to the environment.

More recently, we celebrated a sod-turning ceremony to start the construction of the Rockhampton Men's Shed Complex. The bold \$450 000 plan, comprising of three sheds, was announced back in September 2017 to cater to the growing community needs well into the future. Iwasaki Foundation Chair, Desley Rial was presented the honour of turning the first sod, given the foundation provided approximately \$130 000 in funding the help the community group get started, and another \$50 000 previously for wood and metalworking

equipment. The Rockhampton Men's Shed Inc. has been located on the CQUniversity North Rockhampton campus since 2014 and has secured a further 25-year lease for the new parcel of land – opposite the C&K Ngundanoo Imabee Community Childcare Centre. We are proud to support a community group such as Rockhampton Men's Shed Inc. and be a part of the value it's adding to the whole community.

Finally, and significant, as part of the Australia Day honours, CQUniversity Chancellor Mr John Abbott has been named a Member of the Order of Australia (AM) (General Division), in the Australia Day 2020 honours list. Mr Abbott AM was primarily recognised for his leadership at CQUniversity, as part of his passion for driving growth and development in regional Queensland.

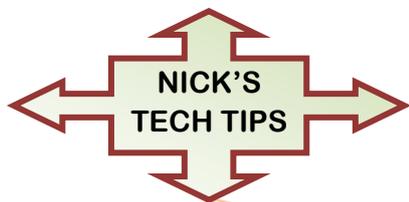
You can read up on these events, plus more in the latest edition of our FREE Be Magazine, which is scheduled for distribution in March 2020. To subscribe, please email [be@cqu.edu.au](mailto:be@cqu.edu.au).

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# Date Claimers

2 <sup>nd</sup> March 2020	Meeting; AGM Quarterly Flyer issue
9 <sup>th</sup> March 2020	Devonshire Tea with Capricorn Coast U3A - Botanical Gardens
April, TBA	Wild Harry outings

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*with Nick Quigley OAM*

I know you all had a great Christmas and New Year break while your committee worked on getting ready for 2020. One of the old tricks we learnt in the Army was to look after the person behind you and in front of you. You could do the same at U3A look after the person to your left and your right. And when you go for coffee, make sure they get theirs too.

Have you booked a place at the Rockhampton Library Technology Centre for this terms FREE Classes? Book in by phoning Chris on 49368212 or going to the LTC upstairs in the Bolsover Street Library after looking at the LTC web site <https://www.rockhamptonregion.qld.gov.au/Facilities/Recreation/Library/LTC>

As we all get older and even if we still believe we won't need help any time soon it is a good idea for all members with a Mobile Smart Phone to add an App for peace of mind called **Medical ID**. it is Free.

To install it go to [https://play.google.com/store/apps/details?id=app.medicalid.free&hl=en\\_AU](https://play.google.com/store/apps/details?id=app.medicalid.free&hl=en_AU). Once installed on your phone you can put in a picture, your name, date of birth (I know you don't like anyone knowing your age, but in an emergency the services will need to know), whether you are an organ donor, your height, weight and blood group. Also, add your medical conditions, allergies and reactions, your medications and who should be called in an emergency. The App glides over the locked screen and just needs to be tapped twice to open. No other information on your phone is available. Once this App is open on your phone you will see a red button, touching this will

U3A Rockhampton – PO Box 8160 – Allenstown – Rockhampton Q – 4700  
Web: [www.u3arockhampton.org.au](http://www.u3arockhampton.org.au) Email: [u3arockhampton@hotmail.com](mailto:u3arockhampton@hotmail.com)

bring up your location, nearby hospitals, First Aid (from the British Red Cross) and a compass.

Another App to consider is the **Emergency +** App which gives you the Emergency 000, the SES and Police general number and it also has a GPS location for you.

For either of these Apps you need to have Location turned on in your settings.

***Something to remember when signing papers, todays date could be 3 Feb 20 (where it could be 2021, 23, 23), But on a document it is open for alteration, SO remember all this year to write the full date 3 Feb 2020.***

It must be nearly Easter because the shops are full of hot X buns, Easter eggs and it is only the 3rd of February

Who received a new iPad, Android Tablet or a smart phone from Santa last year? If you need to know more about how to get the most enjoyment out of it book into the LTC for an iPad and Android workshop and how to use your mobile phone. Technology is becoming quite interesting in every household. If you have an older TV and a tablet or a smart phone you can enjoy some of the experiences that people who own a smart TV can see. To see what Digital Streaming can do for you, take a look at this video and remember you can stop it and go back anytime <https://youtu.be/9xHbnWY8LN0>

Remember to have the sound on and stop and replay so you can take notes on what to do. The video has advertising, but you can click Skip Adds

There is a course at the LTC covering Digital Streaming, Remember, they are free All you have to do is book in and turn up for the workshop.

That is enough confusing information for this Tips session,

All the best in Bits and Bytes and Confusion

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## SOCIAL ACTIVITIES

*with Christine Dobeles*

Our first outing was on Monday the 10<sup>th</sup> February where we shared morning tea and had fun at the Mini Golf & Driving Range at Parkhurst.

After our games we enjoyed a B.B.Q. lunch catered by U3A.



## ACTIVITIES

with Judy Sutton

This will be my last Journal Report as Activities-Ordinator as I will be standing down at the AGM. I have enjoyed being in this position for the last 3 years and am very pleased with all the new Activities that have been started during this time.

These include –

- Poetry for Leisure with Alan Watts
- Music Appreciation with Nancy Crapp
- Calligraphy with Virginia Latty-Weir
- Contemporary Ballet with Keith Bambrick
- Ukulele with Phil Morisette and taught by Mal Barker
- Bird Watching with Rod Elder
- Cards and Scrabble and the Monthly Lunch with myself
- Winter Hiking starting soon
- Days for Girls with Christine Dobelev will begin in February

Monday 9<sup>th</sup> March we will be enjoying a Devonshire Tea cost \$10 at the Botanical Gardens behind the Tea Rooms.

We have invited Capricorn Coast U3A to join us.

Now our April outings; that is correct you did read outings.

We are having conducted tours of “Wild Harry” which is a leather factory 20 minutes north of Rockhampton.

Who make amazing things using crocodile skins, check out their web page?

Because this is a working factory, we are limited to 12 members per tour.

We have 5 dates in April that we will tour.

If you choose, after our 2 - 2 1/2-hour tour we will adjourn to the Caves Hotel for lunch.

Please remember to come up to me at outings to be ticked off and if you could wear your name badges.

Both these actions help enormously the first is for insurance purposes and the second helps me and other members learn to call more of us by name when we are out socialising.

This year I will complete a Risk Assessment for each outing that will be available.

This action is to ensure that we all go home after the outing in the same condition that we started.

Thank you, Christine



We have also had one day Workshops which included

- Macrame Pot Plant Holder with Christine Dobelev and myself
- Pencil Sketching with Bill Gannon
- Silversmithing at the Canning Street Campus of Central Queensland University where participants made a jewellery pendant with a bezel setting of a cabochon stone
- Welding course using a Stick Welder so participants then had the skills to do welding projects at home



- Creative Groove Workshop at the Oak Tree Retirement Village in Norman Gardens where participants made a journal by using paints and stencils to make beautiful prints from Gellie plates taught by Peta Lloyd
- An Acrylic Paint Workshop in East Street where all participants painted a vase of flowers on a table. All of the vases, flowers and colours were different and we were very happy with our works of art

Thanks to all who have participated in these activities.



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*with Leonie Keene*

I am sure all U3A members were pleased to attend the first meeting of the year on the 3rd. February, taking the opportunity to sign up for their chosen activities.

The Jacana Bushdancers have been fortunate to attract some new dancers.

Due to any safety concerns, dancers are reminded to wear flat rubber soled shoes.

We continue to meet every Monday night at 7.00pm to 9.00pm in the Rockhampton Pipe Band Hall, Gladstone Road (next to a Man's Toyshop).

The music is lively & infectious & we enjoy a light supper & a chat afterwards. Cost \$5.00 adults & \$1.00 accompanied child. All dances are "Called" and so are very easy to follow. Bring along your grandchildren - they will enjoy the experience and usually put the adults to shame.

On a more serious note, it was decided at a recent meeting that the Jacana Bushdancers club donate \$500 to "Aussie Helpers" A well known organisation who assist fire and drought affected Australian farmers who have been doing it extremely tough of late.

For any further information regarding the bushdancers please contact Leonie Keene on 49225887

As usual our first night is free of charge & anyone is welcome to come along & see what we do.

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**TUTOR** – Rod Elder QDA. M. Agri. Sci. Entomologist / Ornithologist. Mobile 0409630584  
**PURPOSE** - It will enable members to view local birds in detail without having to leave even ground. Great for our less able members.

We provide instruction and practice on using the telescope/binoculars and make sure everyone gets to see and identify each bird.

**BENEFITS OF JOINING THE GROUP -**

We learn how to identify birds.

You get outdoors and have a walk through the Southside gardens on the bitumen path beside the lagoon.

Who would not want to know why birds have different shaped beaks,

Why they have twice the brain cell density of mammals.

They have bones that are as light as balsa wood.

You find out why we examine their poo.

Why do Darters swim with only their head and half their necks visible and then hold their wings out?

The way birds move can be useful in identification.

Have enjoyable outings and meet other members with similar interests.

**MEETINGS** - Meetings are on the second Wednesday every second month starting 11 December 2019. We start at the Southside Gardens Jetty at 7.30am. Reminders by email

**WHERE** – We currently go to the Southside gardens and the Dump Lake bird lookout for viewing and afterwards have morning tea where we can discuss what we saw.

**MORNING TEA** – At Rod and Jeanette's. Bring a small plate.

**MEMBERS** - All members of U3A are invited to attend. There is no commitment to attend every outing.



Rod Elder being presented with the telescope by Russell Daniels and Judy Sutton. It was purchased with the assistance of various grants.

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## Writing for Pleasure



Presentation of a first aid kit to Garden Lover's coordinator, Joan Cooper by President, Russell Daniels.

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ARMCHAIR

TRAVEL



It's been quiet, but we are getting ready to hear about members travel stories during 2020.

During 2019, \$300 was raised from door takings and presented to Rotary member Alan Laver at Athelstane house.

Alan is pictured receiving the donation from retiring Armchair Travel coordinator, Jacque Geraghty.



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Pictured is the Christmas breakup for the Writing for Pleasure group. Sessions are currently held in the School of Arts building adjacent to southside library, on the first Wednesday of the month 9:15-11:15 am.

## ARTIFICIAL INTELLIGENCE

*by Roger Hooper*

I've been thinking a lot about artificial intelligence. It worries me when they say that, in the near future, computer intelligence will be superior to the human brain; though, in my case that would be no great achievement, since my brain can't even remember where it put the car keys. They say that it will just take a few seconds for future computers to be loaded with all the knowledge that ever existed, including the date of your wedding anniversary and how to spell "chrysanthemum".

They say that the key test will be if you do not know whether you are talking to a computer or a human. My suggestion for improving that test would be to tell the computer a few jokes: would it know enough to laugh long and loud at a really funny joke or to groan if the joke is a lame one? Or, since that artificial intelligence will be all-knowing, would its response to every joke be, "Oh, I've heard that one before"?

And what would happen if you told the computer a sick joke, or a racist joke, or a blonde one? Would it laugh or would it be annoyed and tell you that your joke is in bad taste or politically incorrect? For the computer's response to these kinds of jokes to be believable, it would need to be programmed with a moral standpoint. That might be possible, but whose world view should be loaded - Donald Trump's, Julian Assange's, Noam Chomsky's, or Kim Kardashian's?

I think I know the answer. It would be loaded with the same world view that manipulates our opinions at present: the insidious influence of Rupert Murdoch.

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## A LUXURY HOLIDAY –WITHOUT A PRICE TAG!

by Colleen Young

In this day and age, you might think this is an impossibility but when you join Trusted Housesitters, you have the choice of accommodation around the globe!

At present this is Christmas Day and we are staying for a week in a beautiful home on a hill overlooking the entire Capricorn Coast and minding a friendly docile dog who preferred to stay in her own surroundings instead of going to a kennel.

We joined Trusted Housesitters.com prior to our English vacation in August/September and for a section of our holiday, stayed in a double storey brick home in a delightful suburb of Bristol for 8 days. This time we looked after Willow the cat while her owner went to Spain.

Prior to being accepted, you are required to have a Police check and supply references.



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### IVY CLARKE FRASER 100 Years

We are all so proud of our Mother, Grandmother and Great Grandmother, Ivy Clarke Fraser, who turned 100 years old in 28th January 2020.

She is an amazing person; a pioneer, a role model, clever but humble and modest in every way.

She might be 100 but as you can hear in this interview, she is pretty sharp still.

What she and the love of her life, her husband Dick Fraser, had to endure when they brought some of the first Brahman cattle to Northern Australia, she is only speaking about now. As she says in this interview, there was a lot of prejudice against the breed. But that soon vanished when the only cattle left after the terrible droughts were Brahman infused.

And courage too. As a telephonist in the Townsville Post Office when the air raid sirens started wailing and the searchlights lit up during the War, she never left her post. She knew the Darwin Post Office had taken a direct hit with all killed but she stayed because at times like that, she was the communication link that would make a difference and save the lives of others. She has never been acknowledged for that bravery.

Clever too. She trained as a nurse after the war at Prince Alfred Hospital in Sydney and topped the State in her final exams, winning the Florence Nightingale medal as well as other academic prizes.

Yet on her birthday, she was a bit puzzled by all the fuss. But as usual, gracious and smiling all day.

We are very blessed to have Ivy in our lives.

It is now time for the rest of Australia to hear about the amazing Ivy Fraser



Christa Tollner visited Ivy Fraser at Bethany and she was as per usual reading a book. The library brings her a bag full every 2 weeks. I said 'Ivy how old are you now?' she said, 'Christa, I will be 100 at the end of January.' She was as bright as a button; she had a new hip when she was 90 and walks spritely. She reads the Country Life and U3A Journal.

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### FRIDAY TAI CHI

with Shirley Hopkins 49364792

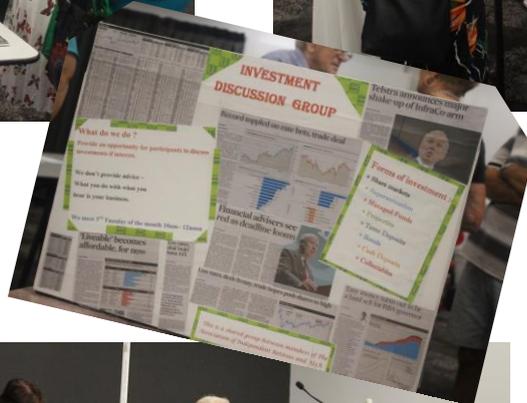
Friday Tai Chi continued during December and January with good attendance. Some members also attended the Academy's classes at the Botanic Gardens and Emu Park. We followed our normal tradition of having a shared breakfast after our lesson on the second Friday of January to celebrate the new year.

People at all levels of experience are welcome to join our group which meets every Friday morning Rain, Hail or Shine at 7.30 am in Kershaw Gardens off High Street opposite entrance to Stocklands.

It is necessary to wear a hat, covered footwear, bring water and \$2 each lesson.

We are a friendly group so why not come along.

# CHRISTMAS LUNCHEON; SHOW AND TELL AND SIGN ON DAY



## U3A Activities revised February 2020

**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> monthly 1 <sup>st</sup> Monday (excluding January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton (Lunch to follow)	Russell	48191739
<b>Bush dancing SA*</b>	Weekly 7.00pm - 9pm	Rockhampton Pipe Band Hall Gladstone Road, Rockhampton ~ \$5	Leonie	4922 5887
<b>History Group</b>	3 <sup>rd</sup> week 2pm.	Glass room, Frenchville Sports Club Clifton St., Nth Rockhampton	Ann	4922 1581
<b>Contemporary Ballet</b>	1 <sup>st</sup> week 2pm	Oak Tree Retirement Village 40 Foulkes St, Norman Gardens	Keith	4928 3849
<b>Days for Girls</b>	3 <sup>rd</sup> week 2:30 – 4pm \$2	Oak Tree Retirement Village 40 Foulkes St, Norman Gardens	Christine	4926 1845
<b>Tuesday</b>				
<b>Senior-Fit Class</b> <b>Resistance Training SA*</b> <b>Swimming</b>	8.30am - 9.30am 7.30am - 8.30am Initially, then Any open hours	CQU Community Sports Centre, Yaamba Road, North Rockhampton Cost for single visit \$8 OR 10 sessions for \$60	Sports Centre or Cathy	4923 2159  0419642539
<b>Aqua Aerobics SA*</b>	Weekly 11am - 12noon	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
<b>Investment Group</b> <b>Discussion SA*</b>	3 <sup>rd</sup> week 10am	Glass room, Frenchville Sports Club North Rockhampton	Arch	4928 6653
<b>Mahjong I</b>	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Lyn	4928 8136 0455288833
<b>Third Age Chorus</b> <b>Singing Group</b>	Weekly 9.30am	Youth Orchestra Room, Floor 1 Walter Reid Building, Derby St., Rock.	Lindsay	49227099
<b>Tai Chi *</b> <b>Southside</b>	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Virginia	4921 1602
<b>Poetry for Leisure</b>	2 <sup>nd</sup> week 9.15am – 11.15am	School of Arts Bolsover St., Rockhampton	Alan	4928 5319 0411469563
<b>Monthly Lunch</b>	3 <sup>rd</sup> week 12 noon	Venue to be decided previous month	Judy	4928 1756
<b>Cards &amp; Scrabble</b>	1 <sup>st</sup> & 4 <sup>th</sup> weeks 9am – 11.15am	Oaktree Village Glenmore Road \$1 tea/coffee	Judy	4928 1756
<b>Calligraphy</b>	2 <sup>nd</sup> & 4 <sup>th</sup> weeks 1 – 3.30pm	Settlers Village Community Centre Pauline Martin Drive -off North Street	Virginia	49211602
<b>Wednesday</b>				
<b>Book Lovers' Group</b>	4 <sup>th</sup> week 10am	Settlers Village Community Centre Pauline Martin Drive -off North Street	Sheila	4928 2810
<b>Embroidery</b>	1 <sup>st</sup> & 3 <sup>rd</sup> weeks 1pm - 4.30pm	CQU room 41/G41. Turn right off Carlton St., into Blair Drive	Pat	4927 4493
<b>Speech Group</b> <b>("In Voice")</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Weeks 9.30am - 11am	304 Kent Street, Depot Hill	Virginia Valda	4928 2119 4928 2119
<b>Writing for Pleasure</b>	1 <sup>st</sup> week 9.15am -11.15am	1 <sup>st</sup> week -School of Arts, Bolsover Street, Rockhampton.	Julie	0458268297
<b>Drama Group</b>	1 <sup>st</sup> & 3 <sup>rd</sup> weeks 1pm – 3pm	Oaktree Village Glenmore Road 50c tea/coffee \$2 photocopying	Keith	4928 3849
<b>Music Appreciation</b>	4 <sup>th</sup> Wednesday 1.30pm – 3.30pm	17 Thora St., Gracemere	Nancy	4933 2722

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>Wednesday (Continued)</b>				
<b>Ukulele</b>	Weekly 2pm	Oaktree Retirement Village, 40 Foulkes Street, Norman Gardens	Barry	49264654
<b>Bird Watching</b>	3 <sup>rd</sup> week every 2 <sup>nd</sup> month – 7am	Southside gardens jetty – starts 19 <sup>th</sup> Feb.	Rod	4928 4363
<b>Thursday</b>				
<b>Senior-Fit Class Resistance Training SA * Swimming</b>	8.30am – 9.30am 7.30am - 8.30am Initially, then Any open hours	CQU Community Sports Centre, Yaamba Road, North Rockhampton Cost for single visit ~ \$8 or 10 sessions for \$60	Sports Centre or Rhonda Barb	4923 2159  48191739 49287560
<b>Aqua Aerobics</b>	Weekly 9.30am - 10.30am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
<b>Discussion ~ Current Affairs SA <b>NEW VENUE</b></b>	3 <sup>rd</sup> week 3pm - 5pm	Glass room, Frenchville Sports Club North Rockhampton	Lance	0497575231
<b>Photography Group</b>	2 <sup>nd</sup> and 4 <sup>th</sup> weeks 3pm	Technology Centre 1 <sup>st</sup> floor ~ Library, Bolsover Street, Rockhampton.	John	0408275633
<b>Multi Crafts</b>	Last Thursdays 9.30am – 12.30pm	Oaktree Retirement Village Glenmore Road; \$1 incl morning tea	Ann	4922 1581
<b>Friday</b>				
<b>Armchair Travel</b>	3 <sup>rd</sup> week 9.30am -11.30am	Athelstane House, Ward Street, (Rockhampton Bowls Club) \$2.50 bring a plate for morning tea	Judy	4928 7538
<b>Garden Lover's Club</b>	4 <sup>th</sup> week 9.30am	Venue advised at General meeting Please bring hat, chair & a plate for morning tea	Joan	49333190
<b>Line Dancing SA</b>	Weekly 2pm – 4pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton Cost ~ \$8	Cathy	0419642539
<b>Mahjong II</b>	Weekly 1pm – 4pm	Settlers Village, Pauline Martin Drive, Rockhampton	Judy	4928 1756
<b>Tai Chi Northside</b>	Weekly 7.30am - 8.30am.	Kershaw Gardens (Knight Street) Cost ~ \$2.	Shirley Beth	4936 4792 4926 4374
<b>Pencil Drawing</b>	1 <sup>st</sup> week 9:30 – 11:30 am	7 Gardenvale Crt, Hillside Estate (off Norman Road) North Rockhampton	Keith	4928 9505
<b>Saturday</b>				
<b>Aqua Aerobics SA *</b>	Weekly 7am - 8am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
<b>Personal Arrangements</b>				
<b>FREE Computer Classes</b>	Various days Weekly ~ 2 hours	Technology Centre – 1 <sup>st</sup> 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 4936 82188

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A special thank you to Gordon Sue for providing most of the photos for this and each of the journals during my watch. Editor



*Note from Elaine Ross: Well, my time as Journal Editor has well and truly run its course. I have enjoyed compiling your stories, photos and reports together since September 2014. Gosh, has it been that long? After the March AGM, please make welcome your new and very capable Journal Editor, Leslie Smith. Email address will remain the same.*



*Welcome aboard, Leslie*

