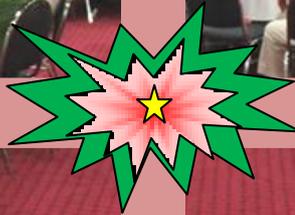




2014 Christmas lunch wrapped up at the Frenchville Sports Club



General Meeting 1st Monday of each Month (ex January) 9.30am at Frenchville Sports club

U3A Rockhampton – PO Box 8160 – Allenstown – Rockhampton Q – 4700

Web: www.u3arockhampton.org.au Email: u3arockhampton@hotmail.com

Welcome to the first Quarterly Flyer for 2015.

In March, at our Annual General Meeting, all positions on the management committee are vacated and new elections take place. While positions are voluntary, members assist and support one another and share expertise. It can be a rewarding experience.

Thank you to
the outgoing
committee and
a warm
welcome to the
incoming
members.



Outgoing committee members

President:	Ann Findlater	Ph 4922 1581
Vice President:	Phil Morissette	Ph 49287769
Secretary:	Joan Cooper	Ph 49333190
Treasurer:	Hazel Halliday	Ph 49266728
Publicity:	Arch Finlayson	Ph 49286653
Social Organiser:	Nancy Crapp	
Web Coordinator:	Nick Quiigley	OAM
Guest Speakers:	Christa Tollner	
Journal Editor:	Elaine Ross	

Quarterly Flyer email: zebu3@outlook.com

Annual fee due 31 st 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/qfmar15.pdf>

PRESIDENT'S REPORT

As I write this we have already started our U3A new year and most of us are busy with our U3A activities. 2014 was a very successful year and this year has started well with lots of new members already. I would like to welcome our new people and I hope you enjoy being a member as much as I have over the years. I have been your President for three years now and after the AGM in March you will have someone new. It has been a wonderful experience with lots of challenges and it was something I never thought I would do but I am so glad I had a go.

I would like to thank the committee for the help they have given me as without them all it wouldn't have been such a memorable experience. Whenever I have asked for a little help from the members at a meeting it has been amazing how I have always had a volunteer whether it was to help with morning teas or on the door.

Our Photography Group had a great display at the Rockhampton Library over the holidays and the photos were exceptional. It just goes to show what seniors can do when they learn something new. It would be great to get some new activities started so if you have any ideas or can teach us something please let us know.

Our tea lady, Pam, had a fall and injured herself and it is lovely to see her back looking after our morning teas again. She is always looking for helpers so if you would like to do a little something just get up and help.

I would like to wish the incoming committee a very successful year for 2015.

Ann Findlater



Dear u3a members

Happy New Year to all. I hope 2015 is away to an excellent start for you all. At CQUniversity, it's already shaping up to be huge.

One big development in Capricornia this year will be our new Allied Health facilities opening at CQUniversity Rockhampton North.

CQUniversity is already offering Rockhampton residents access to a health clinic, led by students enrolled in allied and oral health and nursing, under close supervision of accredited practitioners.

Stage two of that clinic, located on the Rockhampton North campus and run by Queensland

Health, will provide 14 more clinical consultation spaces when \$6.4 million works are completed this term.

Students who do placements in the clinic will also be studying in vibrant new spaces, with the health education building refurbishment delivering treatment beds, simulation labs, occupational therapy and biomechanics exercise space, with the \$7.6 million works due to finish in December.

This state-of-the-art infrastructure supports our growing programs across Allied Health. In recent years we have launched programs including Health and Medical Science, Medical Imaging and Sonography, Occupational Therapy, Oral Health, Physiotherapy, Podiatry, Science (Chiropractic) and Speech Pathology – and last year saw the first intake of students graduate, with many starting careers in and around Central Queensland.

The vast majority of these graduates come from our region, and CQUniversity is proud to support them to follow their passion for health care, while allowing them to stay in the region.

Meanwhile, CQUni is always looking for new ways to support all our students across Australia. Mentoring can play a vital role in developing better psychological health, higher career goals, stronger self-esteem, and reduced stress in students, and CQUni alumni are in a perfect position to provide advice and guidance to students.

In 2015, we are introducing a Mentoring Project that removes the barriers of distance, cost and fear of rejection involved in finding a career mentor, by enabling a connection between current students and CQUniversity alumni.

From March, students will use a specially designed online computer program to search for a mentor who matches their needs. Interested alumni can sign up now, by emailing alumni-enquiries@cqu.edu.au, or phoning 4923 2898. By participating in the mentoring program and sharing their knowledge and experience, alumni can play a vital role in student success.

Thank you to U3A Rockhampton for the opportunity to share the good news at CQUniversity, and I look forward to delivering much more as the year progresses. For further information, visit www.cqu.edu.au.

Regards,

Professor Scott Bowman
CQUniversity Vice-Chancellor and President
U3A Rockhampton Patron

ROUNDING OFF 2014

Our Christmas lunch went off really well. The wonderful main course was topped off with a tasty dessert. Besides being entertained with various performances, brain teasing games and a raffle, attendees also received a gift cooler bag.

Towards the end of the year certificates of appreciation were handed out to various members including to Keith Nicholls, pictured below with Nancy Crapp and Joan Cooper.



President, Ann Findlater, presents Frenchville Club representative, Merelyn, with a certificate of appreciation for providing us with such a wonderful venue.



SHOW AND TELL

Show and tell afforded groups the opportunity to give members an insight into their activities.



Helen Holden with the Writer's group calendar depicting a poem for each month



Various groups provided informative displays at Show and Tell



There was a bit of fun

...and a bit of dance



AURIZON

Over 50 u3a members attended the February Aurizon outing that Nancy organised. Sarah Dixon, GM Network Operations CQCN, (3rd from left), gave a professional and interesting presentation.



AQUA AEROBICS – CARIBEA

Aqua is one of the best exercises for seniors. The environment at Caribea is user friendly with a separate covered and heated pool. Water depth is just over waist level and there are steps into the pool.

People with all sorts of disabilities can undertake a variety of exercises in the water which they could not do on a hard surface.

There are many times to choose from however most U3A members attend either or all - Tuesday 11.00am, Thursday 9.30am or Saturday 7.00am.

These are very friendly groups with Jodie as the instructor.



U3A members enjoy the concession price of \$6 per session compared to \$9.50 for non U3A members.

Contacts: Shirley: 49364792
Jodie or office staff: 49261650

LITERARY COMPETITION 2014

If room permits, a selected story from the competition will be published in future issues of the Quarterly Flyer. This issue has two, one each from Nick Quigley and Ann Findlater.

Below, John Lever presents copies of his book to Helen Holden and Rita Diplock, equal winners of the children's story/poetry section.



=====

Toothless Crocodile Gets a Mouthful of Teeth

by Nick Quigley

"I'm just a little crocodile and as long as you stay outside my territory you will be OK, but I will keep an eye on you and every step you take, I will hear it because I have wonderful ears."

Croc thought to himself, I hope they believe that because what they don't know is that I have no teeth.

Croc played around the nest and was well protected by his big grumpy mum. She showed him how to bark and how to swim under water, sight unseen and suddenly run up the bank, grab some food and be back in the water before anyone noticed.

It was fun and Croc enjoyed his days in the swamp. But as he grew up mum noticed that he wasn't getting big and fat, so she said to Croc, "Open your mouth." She was surprised to find his gums were as smooth as a baby's bottom. "We'll have to get this fixed, Croc. You can't live without teeth," she said.

She had heard that if Croc was to gather all his courage he could try to find the Good Fairy and see what she could do.

So mother crocodile packed some food and told young Croc to only travel at night and only eat when he needed to. So off he went, swimming up the river, carefully staying clear of all other animals and clear of boats and outboard motors.

On the fourth day young Croc was very tired and he slowly climbed the mudflat out of the river. To his surprise he could see a bright light shining from behind a large rock.

Young Croc approached very carefully.

"Well young fellow, what is your problem? Why

have you come to see me?" asked the Good Fairy.

Young Croc told the Good Fairy his story of how hard it was to eat and crush his food; the fact was, he had no teeth. The Good Fairy listened to the tale and finally said to Croc, "I shall grant you one wish. What shall it be?"

Croc thought very carefully.

"A mouthful of teeth going in all directions, big ones and small ones," Croc said.

"Granted," said the Good Fairy.

The teeth started to come through in all directions, big, ugly ones and some hard, grinding ones. The new teeth were bigger and better than his mum's.

Croc thanked the Good Fairy and swam home down the river. It felt good with the cool water washing around his new teeth... wait till I show mum.

When Croc got back to the nest, mum was gone. The nest was still there but he was on his own.

A certain instinct came over him when he heard a thumping sound near the river's edge. Down he went and silently swam in the direction, quickly rose up out of the water and grabbed his first prey, rolling over and dragging it to the bottom of the river, just as his mother had shown him.

Memories of Growing up in North Rockhampton

by Ann Findlater

I was born at the end of 1943 and the family home was in Fitzpatrick Street, North Rockhampton. My grandfather, Harry Page was an engine driver in the railway and drove the steam engines. In 1935, after their home in Koongal was burnt down, he sold the land he owned there and bought two allotments in Fitzpatrick Street – off Musgrave Street, for £50 each from Mrs Deacon. In the early days Mrs Deacon owned all of the land around there and it was called Hedlow Lane until the street went through to meet up with Edward Street and was renamed Fitzpatrick Street. Grandfather built two Queenslanders, one for the family to live in and one for rental. When my dad and mum were married, they bought that house from my grandparents and that was where I lived until I was married in 1964. It was great having my wonderful grandparents next door and we had a very close relationship.

Musgrave Street, off Lakes Creek Road, was a busy thoroughfare as there was no Queen Elizabeth Drive then. Anyone travelling south went down Musgrave Street and crossed over Lakes Creek Road to get to the old bridge over the Fitzroy River. In the couple of blocks off Lakes Creek Road there were many places of business. The Victoria Hotel and the Railway Hotel are still there. There was Mr Brennan, the Tailor, Mr Nichol, the dentist, a grocery store

and Mr Jackson, the butcher. These were all in the first block. Walker's Bakery was on the corner of Musgrave Street and Lakes Creek Road. They had the most wonderful bread and pies which I often wish I could still have.

In the next block was the Seventh Day Adventist Church and School on the left and McCarthy's store on the corner of Fitzpatrick Street where there is a garage today. Further along on the left was Parker's garage, then the little North Rockhampton Post Office and shop run by Mr Codd. Later on, a Chinaman, Mr Low Choy, took over the grocery shop. Next door was a boot maker shop owned by the Thompsons. They made their own sandals and mum bought me many pairs when I was growing up. I remember a pair of black patent leather shoes in the year of the Queen's Coronation, with gold crowns decorating them. I thought they were the best shoes I had ever seen. Further along was Walz Butchery which was later Codd's. I often rode my bike to the butcher in the mornings before school. Then there was the Donnolan's Snack Bar (The Greasy Spoon) on the corner. I was forbidden to ever go there as there were always men sitting on the seats outside the open windows eating pies. My mother must have thought it was no place for a little girl.

On the other side of the street next to McCarthy's house was the home of the minister of the Seventh Day Adventist house. Next to that was the North Rockhampton Methodist church which is now an Aboriginal church. The minister lived next door and then next to that was St Barnabas Hall and Church and the manse for their minister. Further along, Mr Miller had a bicycle repair shop. Up further on the left on the corner of Armstrong Street was the North Rockhampton Police Station, beside McPherson's Bakery, which also had good bread.

In the early 1950s Queen Elizabeth Drive was built. Many houses were pulled down and further up Musgrave all of the homes on the right hand side were either pulled down or moved back to allow for the big, wide street. The brick shop on the corner of Queen Elizabeth Drive and Macaree Street was a drapery built by a Scottish family called McMillan. They sold lovely things for a little girl and mum bought many a piece of material there to make my dresses. Part of that building was the Commonwealth Bank Branch. I was allowed to go to the back each Christmas and withdraw ten shillings to buy Christmas presents. It is amazing what I could buy for a few pennies in those days.

Further up Musgrave Street was RCC (Rockhampton Cash and Carry) next to what was to become the North Rockhampton Post Office. On the other side of the road was a chemist owned by Mr

Brock and the Mullins had a drapery store which sold lovely things.

On the north side there were not many houses past High Street and that was where the bus route ended. Many housing commission houses were built after the war past Leamington Street in the Berserker Street and Waterloo Street area. Several of my school friends from Berserker Street State School lived in these houses. I went to Brownies and Guides at Shannon Park on Moores Creek near what was known to us as Kanaka Town. Mr Shannon from Marlborough donated the land to the Girl Guides and an old school building was moved from Nankin to become the Guide Hut. The guides still own the place today but a more modern building stands there now. We would go on hikes up to Reaney's Crossing as there weren't many houses and the creek was usually always running in those days and it was quite out in the bush. Today there are houses built right up to there. The North Rockhampton High School was built about 1955-56. There are tales about a cemetery in the early days of Rockhampton in the 1800s on the land near the corner of Berserker and Robinson Streets.

These are my memories of the area and perhaps I have made some errors but they were good years in which to grow up.

FEBRUARY SIGN ON HELPERS



Where would we be without our cuppa or helpers?

PHOTOGRAPHY GROUP

For those who may not have heard or seen or read about our Photography group's fantastic exhibition, here's a brief up-date. We organized space at the Southside Library from January 5th to 24th to share our group's results of two and a half years of learning and having fun.

Fifteen improving photographers displayed 128

quality photos, professionally presented, in the foyer with the assistance of Wayne Donnelly, also a member of the Rockhampton Camera Club.

We had a professionally-prepared sign made to promote the exhibition at the foyer entrance together with information on U3A in general through brochures left for interested people. This was combined with a comments book which gave us seven possible new recruits to our interest group as well as an interview with Alice Roberts of Radio ABC who included that onto the ABC website. I must congratulate Nick Quigley for his ability in including so much of our exhibition and connecting links on our own U3A website. If you haven't been to it yet, I'd highly recommend it.

The February sign-on provided around ten new interested members to our group which will only broaden our ideas and experiences as we progress. Welcome to those who want a challenge.

I'd like to think that the publicity and public interest this exhibition has generated has been of a benefit to our U3A Rockhampton chapter in general and that our other group activities will receive some interest enquiries as well.

Hats off to my fellow photographers who contributed to a successful exhibition. Needless to say that we're looking forward to another in the future when time permits.

Phil Morisette



NICK'S TIPS

1. WHAT IS A COMPUTER COOKIE?

Ever wondered how you suddenly get emails advertising cars, jewellery, perfume or holidays etc.?

To give you a run down – You have been browsing the web generally looking at a possible new car. You spend some time on the site then something catches your eye and you click on it to see what it is. Now you look up the sales at Target, by then it's 4pm and time for a coffee.

In the mean time your computer has collected three cookies.

Tracking cookies over multiple sites is done by advertising companies to build usage profiles to allow for more targeted marketing. The cookies have come from the three sites and they have gathered information from your computer which helps the cookie owner to learn what information interests you. In this way, they can give you more of the content you like and less of the content you don't. Your computer has a unique number or web address, so next time you turn on and browse the web you may be targeted with content sensitive advertising.

You don't have to look at it, be careful where you click to close it and periodically clean up your cookies by deleting them.

Think of a cookie as an identification card that's uniquely yours. Its job is to notify the site when you've returned. While it is possible to misuse a cookie in cases where there is personal data in it, cookies by themselves are not malicious.

How to DELETE COOKIES

Go to this page:

<http://support.microsoft.com/kb/260971>

then find your operating system and follow the instructions.

2. You've just turned the computer on and there is a flashing sign saying you need to download a file. NO, YOU DON'T NEED TO DOWNLOAD ANYTHING; your computer is as good as it was the day you bought it. Just click the X to close the advert.

Your computer is not running too slow. Your processor can only run at the speed it was designed to run at. The only way you can speed it up is to buy a faster computer.

Nick Quigley



Keith's Pencil Drawing Group

LOOKING BACK ON WHAT WE WORE

by Gladys Arlott (edited by Joan Brown)

Oh how I remember some of those clothes we wore. They were so ugly by today's standards. There was no such thing as 'fitting' for the poor kids. Only if your parents were rich did the dresses look nicer on you.

We wore real boots – shoes seemed to be out when I was four to about six or seven. They were black and came up over the ankles. The boys' boots laced up but the girls buttoned up the sides. The buttons were metal with a shank at the back to hold them on. There was no way you could do them up with your fingers. You used a metal button hook which you put through the hole and hooked it round the button and pulled it through – just like crochet. Most were black, only the rich kids had white for Sunday best. Saturday was boot polishing day to be spick and span for Sunday church. Later came white shoes which we cleaned with Blanko. You dampened a cloth and rubbed it on to the cake of Blanko and dried them in the sun. Sandshoes became popular for the yard and school.

Socks were up to the knees with an elastic garter over which the top of the socks were turned. It was common to lose a garter and improvise with a piece of string. It was always, "Pull up your socks!"

We called our hats, Tub Hats. They had a huge straw brim and small crown with a wide ribbon of silk around it and a huge pom-pom like rose on the side or a bow with tails down the back. Somehow some of us still got freckles. They were the Sunday best. School yard hats were mostly cloth, home-made with a stiffly starched brim. Then came the Panamas you wore with the white shoes.

The first best dress I remember was a sailor suit. Most were white with a blue band on the big collar. I had a dark brown one which I hated. The skirts were over the knee and were stitched to a white bodice. The tops came down to the hips. You always had white voile trimmed with lace, gathered at the waist and a ribbon or silk sash for Sunday best. The well-off showed off their silk.

We wore a slip bodice, white calico which buttoned down the back. It had a button on either side and one in the middle front which you buttoned your drawers on to. They had split sides to allow for the 'tail board' at the back so you just dropped the back down for toilet use. Our drawers came to just above the knees and our Sunday best had a frill of broderie anglaise round the legs. Later the bodice was abolished for elastic both the waist and around the knees. As the years went by they became shorter with no elastic round the legs.

Of course you always had to wear a singlet or shimmie as they were called which were made of a softer white material (madoplin). Afterwards came the bought cotton singlet which is still around today. In winter you wore a flannel singlet and a petticoat, which was a must, mostly straight through, sometimes gathered onto a bodice and lace trimmed.

We wore a top coat for winter and later came the knitted jersey and cardigan. Warm woollen socks for winter and cotton for summer. When you were fourteen, you could wear cotton stockings with garters made with wide elastic. Later came the fancy jazz garter, elastic covered with ribbon, frills and bows.

I still remember the magari dress when I was eleven. It was a fancy green check with short sleeves and a white Peter Pan collar. Then came the gathered skirts joined to the top at the waist.

Dresses were divided into categories. The old yard dress you had to change into after outings or school; the school dress, sometimes it was two a week but mostly only one; then your second best. It did if you went to the movies or fairs; then the Sunday best. It had to last a long time. A frill was added to the bottom for length or a piece let in at either the shirt part or at the waist.

The styles changed over the years. The Charleston dress was a straight one with a frill round the bottom, but you dare not wear it for Sunday. Hats became smaller and prettier. Bangles came into vogue with the plain gold band for best. We made our own bead necklets and some were very fancy. The older girls wore corsets and they were always worn after having a baby. Girls were sixteen or seventeen before wearing a bra. The rich wore fur coats, coats with fur collars and fur stoles, even with the fox head still on.

In my young days you always wore a hat, especially to church. Even the men and boys wore hats. However, they never entered a church with them on and it was good manners for a boy or man to raise their hat when meeting a girl or lady. At school you would be sent home to get your hat and there were rows of pegs on the walls outside each classroom to hang them on.

Girls would have to have their knees covered when sitting. Bathing costumes covered most of your body but no notice was taken if you went for a swim in your bloomers and blouse but you made sure they didn't cling to your body when you got out of the water.

When I first married in the 30's you didn't go to town without your gloves. A woman wasn't properly dressed if she didn't wear or carry them. Bangles were okay but rings were taboo until you became

engaged. Sometimes the girls would buy a cheap wedding ring and wear it when they went out to feel safe from the boys. We weren't allowed to go to dances. You may become involved with the boys and gossip was common.

Styles come and go over the years and sometimes I see young people in dresses similar to what I wore in my youth.

Date Claimers

March 11 (Wednesday) ~ FLOW

March 30 ~ u3a Open Meeting (none in April)

April 13 ~ Mystery tour

May 11 ~ Visit to Cockscorn

June 8 ~ Sausage sizzle in the garden

(NB any changes and details advised as appropriate)

JACANA BUSHDANCERS

(Shared U3A Activity)



Held Monday evenings 7.00pm-9.00pm at the Rockhampton Pipe Band Hall Gladstone Road next to 'A man's Toy Shop.'

Adults \$5 per night (first night free)

Children \$1 (accompanied by an adult)

Supper provided.

We are a friendly group who enjoy keeping the tradition of bush dancing alive. Our caller has had many years experience and it is easy to follow his instructions for the many different dances we learn. We are often asked to perform at nursing homes and other venues. However, it must be stressed that it is entirely optional to take part in these performances.

No special clothes are required on regular nights, though flat rubber shoes are best. The dress uniform for ladies is a red top and a white skirt. Men wear black trousers and a white shirt. Ladies and men wear black shoes to complete the uniform.

More than thirty people attended our Christmas Party. Everyone brought a small plate of food to share and by all accounts everyone enjoyed the dancing and party immensely.

We are a very child friendly group and members are encouraged to bring their children and grand children along to learn to dance. We welcome all age groups and we encourage U3A members to come along to see what we offer.

U3A Contact - Leonie Keene on 49225887

After the story competition, I asked John Lever if he had any crocodiles with unique attributes. As a result, I could not resist penning the following poem.

STUMPY

(of Koorana Crocodile Farms)

by Elaine Ross

His wait in the swamp has never proved wrong
For he knows lunch will soon be along.
With his tail on the bottom, he hides with glee
Keeping above, his nose and eyes to see.

He likes nothing better than to laze in the water
Because he can't walk on land as well as he ought'a
You would hear him coming, thump, thump, thumpy
He has one foot missing, so we call him 'Stumpy'.

Left in the wild – well, he wouldn't survive
But at Koorana, he's encouraged to thrive.
For we know he's more than a rough Aussie creature
We recognise his talent as a crocodile teacher

A teacher of what we hear you say.
And we don't want to hear any sounds of dismay
When we tell you it's not maths, science or ABC's -
You see, he teaches the girls about the birds and bees!

His gentle approach sends them all in a spin
And they goo and giggle at the sight of him.
His patience and grooming sends their hearts a flutter;
Then with caring affection, he melts them like butter.

Perhaps that's why he wears a cheeky grin
But it's very hard work creating off-spring.
'though it appears most times Stumpy's lazing about
He really is sleeping 'cause he's plain tuckered out!

Well done to the groups and individuals who contributed to the Quarterly Flyer. Members like to see what others are doing. How about getting your group to submit an article or photo, or submit one yourself for the next issue?

Finally, heartfelt thanks go to the retiring committee members and helpers for your selfless, hard work throughout 2014.

Editor

U3A Activities 2015
[Revised 9th February 2015]

Legend: * = Continues all year

NA = New Activity

SA = Shared Activity

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

Activities	Times	Venue	Contact	Phone
Monday				
General Meeting ~ monthly 1 st Monday (excluding January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton (Lunch to follow)	Ann	4922 1581
Bushdancing SA*	Weekly 7.00pm - 9pm	Rockhampton Pipe Band Hall Gladstone Road, Rockhampton Cost ~ \$5	Shirley Leonie	4936 4792 4922 5887
History Group	3 rd week 2pm.	Settlers Village Community Centre Pauline Martin Drive -off North Street	Ann	4922 1581
Tuesday				
Aerobics Resistance Training SA* Swimming	9am - 10am 7.30am - 8.30am Initially, then Any open hours	Community Sports Centre, Yaamba Road, North Rockhampton Cost for all 3 activities on any single visit ~ \$6	Sports Centre Jill	4923 2159 4928 7715
Aqua Aerobics SA*	Weekly 11am - 12noon & 6pm - 7pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Shirley	4926 1650 4936 4792
Investment Group Discussion SA*	3 rd week 10am	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Mah Jong	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Kathy	4933 4601
Singing Group	Weekly 9.30am	284 Upper Dawson Road, R'ton.	Glenda	4922 3662
Tai Chi *	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Virginia	4921 1602
Wednesday				
Book Lover's Group	4 th week 10am	Settlers Village Community Centre Pauline Martin Drive -off North Street	Sally	4926 1574
Embroidery	1 st & 3 rd weeks 1pm - 4.30pm	CQU room (beside CQU Campus Reception)	Pat	4927 4493
Speech Group ("In Voice")	1 st & 3 rd Weeks 9.30am -10.30am	200 Frenchville Road, North Rockhampton	Valda	4928 2119
Writing for Pleasure	1 st week 9.15am -11.15am 3 rd week 9.15am-11.15am	School of Arts, Bolsover Street, Rockhampton. Botanical Gardens	Judy	4927 4468

U3A Activities 2015

[Revised 9th February 2015]

*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
Thursday				
Aerobics Resistance Training SA* Swimming	9am – 10am 7.30am - 8.30am Initially, then Any open hours	Community Sports Centre, Yaamba Road, North Rockhampton Cost for all 3 activities on any single visit ~ \$6	Sports Centre Jill	4923 2159 4928 7715
Aqua Aerobics	Weekly 9.30am - 10.30am & 5.30pm - 6.30pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Shirley	4926 1650 4936 4792
Discussion ~ Current Affairs	3 rd week 3pm - 5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Photography Group	Every 2 nd Week 3pm [from 9/10/14]	COIN ~ New Library, Bolsover Street, Rockhampton.	Phil	4928 7769
Friday				
Armchair Travel	3 rd week 9.30am -11.30am	Athelstane House, Ward Street, Rockhampton (Bowls Club) Please bring a plate for morning tea	Jackie	4922 7976
Garden Lover's Club	4 th week 9.30am	Different Garden each month ~ advised at General meeting Please bring a plate for morning tea	Virginia	4921 1602
Line Dancing	Weekly 2pm – 4pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton Cost ~ \$6	Sue	4922 3421
Pencil Drawing	1 st week 9.30am -11.00am	7 Gardenvale Court, Hillside Estate, (off Norman Road) Nth Rockhampton	Keith	4928 9505
Tai Chi	Weekly 7.30am - 8.30am.	Kershaw Gardens (Knight Street) Cost ~ \$2.	Shirley Pam	4936 4792 4928 1130
Saturday				
Aqua Aerobics SA *	Weekly 7am - 8am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Shirley	4926 1650 4936 4792
Personal Arrangements				
Computer Classes	Weekly ~ 2 hours	CTC, New Library, 1 st Floor, Bolsover Street, Rockhampton. (course length varies ~ keyboard, mouse, Win XP/Vista, email, web Word 2010, PowerPoint,digital photography,digital trivia)	Christine or RRC	4936 8212 or 1300 225 577
Family History & Genealogy	By appointment	Consultation at tutor's or person's home	Helen	4928 2233
Heraldry	By appointment (contact tutor)	190 German Street, Norman Gardens, North Rockhampton	Ken	4928 3687