



THE QUARTERLY FLYER

SEPTEMBER
2015
Volume 3/2015



Councillor Neil Fisher – captures everyone’s interest at U3A’s open meeting at The Frenchville Sports Club



A Jet stream divides the clouds – an unusual and uncommon event captured by U3A member, Gordon

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

COMMITTEE

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Past President/ Publicity:	Ann Findlater Ph 4922 1581
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Assistant Secretary	Margaret Lyons
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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/qfsep15.pdf>



PRESIDENT'S REPORT

For the almost third of our members who attend our monthly meetings, these quarterly reports will re-cap that which you've already heard. To have such a high percentage of members come to the Frenchville Club every month is, in itself, an achievement not reached by many of the U3A Associations in Queensland.

The past three months have been very productive with the highlight for me being the attendance at the International U3A Conference in Brisbane at the end of May. Guest speakers came from UK, Portugal, Singapore, India, New Zealand as well as local Aussies who acquitted themselves very well. It's interesting to note how the various countries operate. I'm sure that the overseas delegates learned quite a lot from our Australian members also.

The Saturday morning of the conference was purely for Queensland delegates and also to discuss

U3A Network Queensland. Of the 33 U3A's in Queensland, 26 are members of the Network which gives the opportunity to negotiate some matters through the sheer weight of numbers.

I brought back this information to our committee in the form of an insurance proposal which was available to Network members. With unanimous agreement from the committee, it was agreed that our Rockhampton U3A join Network to take advantage of a lower cost increased cover insurance policy. This has had the effect of reducing our annual cost by some several hundred dollars.

Other advantages of Network membership is our inclusion on another website for people coming to our area, the exchange of information from other member groups throughout Queensland and the potential for Network to assist any negotiations which may arise with Government bodies in the future.

The good news is that Network IS NOT a governing body and we remain autonomous. If you have the opportunity, Google U3A Network Queensland and browse their site. Capricorn Coast has been a member of Network for a few years now which has proved beneficial to them.

At our July committee meeting, I raised the fact of our slowly falling bank balance due to increasing costs. After a round table discussion on the possibility of raising the annual fee, the majority of the committee were inclined to access our term deposit in preference to an increase in fees. The committee is investigating various means to reduce ever-increasing costs and so retain our term deposit nest-egg if possible.

Our social outings continue to be well supported, sometimes despite rainy weather. Our meetings continue to be informative with a good variety of guest speakers and I thank my committee for their hard work at every level in trying to bring the various activities, social outings and website updates to you, our faithful members.

We still need and encourage input via our suggestion box which is available at each meeting. If you are unable to attend, just pop your idea into an envelope and have another member bring it along.

We're always looking to increase our membership. Maybe you have a friend or neighbour who needs a little social company, who might have some skills they could share or activities to become involved in and doesn't already know about U3A.

Bring them along as a guest at a meeting and share our family.

Keep in focus

Phil Morisette - President



Dear u3a members

Attending a regional university is no barrier when seeking full-time graduate employment

It comes as no surprise to me or any of our alumni, but graduates from regional universities such as CQUniversity can expect to earn just as much as their counterparts from the Group of Eight (Sandstones), according to a new national survey report.

A recent survey from Household Income and Labour Dynamics in Australia (HILDA) by the University of Melbourne found “no significant earnings differences are evident between (graduates of) Go8, Regional Universities Network (RUN) and overseas universities for men or women”.

Whilst there are many variables to look at when it comes to graduate salaries and the attainment of full time employment after graduation, I do think these findings illustrate that employers are looking for graduates who have developed tangible skills sets through work related learning.

In particular I think it also proves that gaining a qualification from a university removes barriers to securing a good job and a decent salary to go with it. For example The most recent available **Graduate Careers Australia figures**, drawing on data from 2013 graduates, show that CQUniversity's domestic bachelor degree graduates had an overall full-time employment rate of **79.8 per cent**, more than 10 points above the national average of 68.1 per cent.

CQUniversity Australia also performed well with an overall median salary of **\$58,000** (across all study areas) compared with the national overall median salary of \$55,000.

GCA figures show CQUniversity graduates leading the way on median salaries across a range of disciplines, including:

- Building** (\$77,000 compared with \$55,000 national average),
- Mechanical Engineering** (\$93,500 compared with \$64,000),
- Civil Engineering** (\$65,000 compared with \$60,000),
- Electrical Engineering** (\$80,000 compared with \$65,000),
- Chemistry** (\$58,000 compared with \$50,000),

- Computer Science** (\$63,000 compared with \$55,000),
- Business Studies** (\$60,000 compared with \$50,000),
- Humanities** (\$67,000 compared with \$49,000),
- Health Other** (\$65,000 compared with \$56,000), and
- Psychology** (\$55,000 compared with \$50,000).

No matter how you look at these results, the one important thing I take out of this is that regional universities just like CQUni are delivering industry with work ready graduates who are filling vital roles and transforming their communities, not just in the big cities but in regional and remote centres right across Australia. And this is what motivates myself and the 2,000+ staff at CQUniversity every day.

For further information, visit www.cqu.edu.au.

Regards,

Professor Scott Bowman

CQUniversity Vice-Chancellor and President
U3A Rockhampton Patron

Date Claimers

September 16	Mystery Tour
October 12	Mt Morgan Tour
November 30	Christmas Lunch
December 7	Show & Tell
December 31	Annual fee due

Busy Hands

Signing in at an open meeting held at
The Frenchville Sports Club



GUEST SPEAKERS

Kathy Watson

May - My stewardship of the Guest Speaker position started off with Naomi Brownless – Collections Manager at the Rockhampton Library. Naomi was pretty young (anyone under 60 is young) and both she and I were very nervous. However after a few moments into her presentation Naomi,

had her situation well under control. I, on the other hand, am still nervous, and scared that I am going to go A over Apex every time I get up to deliver my report.

Naomi went on to talk about the 'Library Collection' including all the materials that are now included on the 'digital' medium. For some of us, a lot of this information went over our heads – once you get past 'ink on paper' some of us can't cope. Nonetheless Naomi was very interesting and well in command of her topic.

Quite a few people came up to me afterwards and said how interesting they found her and I have heard since how some members have signed up for some of the 'digital' services. Who said 'retirees' were luddites?



JUNE – was Councillor Neil Fisher – Neil as Head of all things botanical at the Rockhampton Council came to us highly recommended and when I rang him, to seek his cooperation, he was more than happy to comply. He had been to one of our meetings the previous year and said he really enjoyed being there. It showed. I think Neil would have been happy to stay all day. He spoke extensively about the damage that cyclone Marcia had wrought. This of course meant that he had plenty to talk about.

she and her colleagues felt about providing health care to the residents of Rockhampton and district.



August - Jane McLean

Jane was scheduled for our September meeting, but when that designated speaker couldn't make it I rang and asked Jane and she stepped into the breach beautifully. Jane is a student at the James Cook University, and is conducting a research project into 'memory changes that can occur as we age', for her Doctorate of Clinical Psychology. For someone so young to be so smart was scary but oh so interesting and entertaining. She had the meeting eating out of her hand. She was looking for some 'guinea pigs' to take part in her research. I think she received many willing volunteers. The topic couldn't have been any closer to our hearts either – we could all identify with, not knowing where we put things half an hour ago, but could remember our first kiss and what we were wearing or- - - - - .not.

I hope the next four months will be as interesting, for you all and me.

OUTBACK STORY

by Carol Wotherspoon

In December 1968, we left our home in Auckland, New Zealand and moved to Carnarvon, Western Australia. It was hot.

My husband Gordon, five children and I, started off in a little caravan with an annex then later bought a bus and converted it into our home. There was plenty of work in those days. Gordon worked on building the Carnarvon Tracking Station for a while, and then he went up to Taxed Salt Mines.

I saw my first snake only months after arriving. I was in the annex changing the baby and was about to put her on the floor when I looked down and there was a large snake right where I was about to put Tania. The other children were coming in the door



JULY – was Lisa Dykes - Lisa came to us as 'Social Worker and Volunteer Co-ordinator' at the Rockhampton and District Hospital. Lisa was very well versed on her topic. She spoke passionately about her position at the hospital and how important

so I told them to get out. I just stood there and it went; it was just passing through.

Our next move was to Mt Magnet in the bus with the car on an 'A' frame behind the bus. It was a very good trip. Half way between Geraldton and Mt Magnet we came across a car on the side of the road and a number of Aborigines standing around it. We stopped and asked if they were all right and they said they were out of fuel. We gave them our jerry can of fuel and left them, thinking that would be the last we would see of them.

We pulled the bus beside the house that we had been allotted and started settling in. A little later, there was a knock on the door. It was the Aborigines with the jerry can filled and returned. We couldn't believe our eyes.

Then the man said, 'You got plenty to eat lady?'

I said, 'We'll get by.'

He replied, 'They just kill roo. You want some?'

I told them I had never eaten roo meat, so he explained how to cook it. We enjoyed it.

After a number of months, and the biggest dust storm ever, we moved to Geraldton. Usually I enjoy travelling, but this time I was not enjoying it at all and soon found out I had Hepatitis and ended up in hospital for two weeks. The children did not like lining up for needles. It turned out that I probably got it from the drains in the old house at Mt Magnet.

After I arrived home from the hospital and was resting on the bed in the bus, my daughter, Lynette, came and asked me to fix her hair. I did so then laid down again when I felt a sharp pain just above my wrist and looked down to find two small holes in my arm. I realised I had been bitten by something. I went down to the house where everyone was. Gordon cut my arm, sucked out the blood, then raced me into Geraldton hospital about ten kilometres away where I was admitted into the bed I had just vacated.

My son Victor investigated and saw a small snake (dugite) come out of the bus and go down a disused well. When Gordon arrived home, they poured fuel in and then set fire to it as there were hundreds of dugites living there. Between the people in the house and us, there were seven children so we didn't want to take any chances.

All was well afterwards and then we got a job at Mt Tom Price then on to Paraburdoo. We worked on 538 houses, school, shopping centre and Police Station among others. On top of a hill out of town, we parked the bus then set up camp. Using 44 gallon drums cut lengthwise, one half was put on the fire for hot water and the other half used for a wash tub and a bath. Other drums were used to store water.

Our bus had a gas stove and fridge as well as a

twin tub washing machine which could only be used when the generator was brought out from the building site. At other times I would jump on the washing in half a 44 gallon drum. Mt Tom Price, 58 miles away, was our nearest shopping centre so when we went there, we would have a good shopping list as well as gas bottles to fill.

As we had a very private camp site, we did not wear much in the way of clothes; just a pair of knickers was enough. One day a group of motor cyclists drove up along a track below our camp site. Later, one rider came back and I heard the engine suddenly stop. I went to check and found a very dazed man holding his shoulder, saying, 'Oh, my bike,' not worrying about himself. After a bit of persuasion, I got him into the car to take him to the doctor. Then suddenly, I realised I didn't have any clothes on! 'Oh, well, you get that.'

I did get the man to the nurse in Paraburdoo, twelve miles away. She then took him to Mt Tom Price as he had a broken collar bone.

Later, when we were breaking for lunch on a building site in town, I looked out and saw a line of clouds on the horizon. I called out 'Batten hatches!' We all ran to get the building materials inside. I went down the yard and got some tarpaulins to cover what we could not get inside, then drove to our camp site as fast as we could to get through the river before it came down. Once across, we stopped on our side and watched a wall of water come down. It had three caravans in it. In the heat, many people parked their caravans in the dry river beds for shade, but unfortunately could not get them out in time when the rains came. If we had not made it through the river, we would have been stuck on the town side for two weeks, waiting for it to go down. When we got home, the rain was just starting, so we set up all the 44 gallon drums to catch the water. They filled very fast, which was fortunate as later, our neighbours, who ran out of water, came to us and we were able to help them.

Because of the heat, we usually slept on a large tarpaulin alongside the bus with all our mattresses lined up on it. After making our beds each day, we would pull half the tarp over the bed, putting large rocks to hold down the part to prevent the wind from filling our beds with dust and also to keep the animals off.

While having a bath we often got sprung, even though we were behind some bushes.

Near the end of our time in Paraburdoo, we bought a brand new caravan with room for everyone – a real luxury. We lived in that for a few months until the work ended and headed north to Darwin.

About thirty miles out of Paraburdoo, the caravan

started to sway. We lost it and it rolled into a large culvert. Luckily we had a 'bogie' set up between the car and caravan, which ended up twisted, therefore saving our lives by enabling us to keep the car on the road. After unhitching the car, Gordon went for help. In the meantime, I put the children into the culvert out of the sun, giving them things to keep them amused.

Sometime later an older couple came by and stopped to see if we needed help and gave the children the first packet of Lollie Gobble Bliss Bombs they had ever seen. There I was, sitting in a culvert with five children, reading the Lollie Gobble Bliss Bombs story that was on the packet. They thought it was great. We had to get the caravan transported to Perth so we ended up going down and living there for a few months, getting work just south of Perth. We did not keep the van.

Later we worked our way over to Queensland, via Berry Renmark, picking grapes and citrus. That was a good experience. The children used to cut through the dried fruit factory after school, and on the way through, filled their bags with dried fruit. 'We began to look like dried fruit.'

Eventually, we ended up in Rockhampton, Queensland in 1973.

This is just part of my story.

(published in *From The Heart* magazine, 2002)

NICK'S TECH TIPS

I've bought an iPad and I've set it up with an Apple password and I know that I'll need to use this any time I go to an Apple online store. Knowing that there are 1.5million Apps available I've been told that I can do all sorts of things with it. Up to now I've only used it for games and my email. But I want to do more and I want to see how level the floor is in the kitchen.

Someone told me I had to go to iTunes to get an App. 'What does that mean?' I asked. Computers 5 years ago had programs and with the development of tablets like my iPad came a new breed of programs called Apps. (Applications)

Being an iPad owner I'm protected by Apple who first test all Apps before they are sold through iTunes.

For a start I need to buy some iTune credit and I can buy that when I get the groceries.

So let's start with a \$50 credit. The credit is a card with a scratch off number on the back. Once scratched and readable – look on your iPad for an icon called App Store, touch the icon and the store will open. Scroll down to the very bottom and look for and tap the word **Redeem**.

Next tap **use camera**. Now hold your card showing the numbers in front of the camera. The App will scan the numbers and add the credit to your account.

Now to business. Scroll back to the top and in the top right corner of the iPad screen you will find a small magnifying glass and a place to type in what you are searching for. Type in **Spirit Level** and touch the **search** button on the keyboard. A large number of different spirit levels will show, some free and some costing a small sum of dollars. Think about what else you might want to do with a level, like working out the slope in your garden so that the water runs off. A simple level i.e. Spirit Level Made Simple is **FREE** while a Clinometer & bubble level & slope finder is **\$2.99**. If I was doing the job, I'd buy the Clinometer. So touch the \$2.99, put in your Apple ID password and the App will download and shortly you will see a new App on a screen.

The fun starts now! The grandkids will be amazed at the amazing drawings you can create using the electronic set square and the sides of the iPad as a ruler. Set the iPad on its side on the floor in the kitchen and you can read the amount of variation there is in the boards. So next time you drop a cup of tea, you'll know where to wipe first.



This opens up another thought on what Apps I can get to do other jobs like a GPS (Where am I), looking at NASA, OzTV (daily TV Programs), QR Code reader (Scan the code on the left). QR Codes are now used in advertising and on medicines and many other items, Australian Lotto barcode reader (tells you how much you have won), Flight Board (showing the Airline Flights arriving and departing from whatever town you select), PlaneFinder and ShipFinder (for those who need to know where their cruise ship is now), Google Earth, an iPad manual, 7News, SkyNews, WeatherZone, Carousel (if you read Womens Weekly, New Idea etc you can scan the page and see more), Pages (like Microsoft Word), ABC Radio & TV, Tips (from Apple), how to send an audio message, Numbers (similar to Microsoft Excel to make a spreadsheet), Houzz (an App to help you design renovations on your house)

Remember there are over 1.5million Apps so really sky's the limit, go do it.

All the best - Nick Quigley OAM

Friday Morning Tai Chi

Cyclone Marcia seems like a long time ago, and it will seem even longer by the time you read this. But the 7:30 am Friday morning tai chi class has been meeting in the community sports area at CQU since Marcia caused Kershaw Gardens to be closed, perhaps for as long as two years.

We now meet on the east side of the Community Sports Complex's 'Stadium' building. Use the gravel surface parking lot north of the engineering facilities (Building 84) off Rod Laver Drive. Enter from the traffic circle at the baseball diamond bleacher between the residential complex and the rest of the campus.

In case of rain we meet in the outdoor covered gym immediately north of the swimming pool, with entry off the Bruce Highway. Come and join us for a stimulating and relaxing start to the morning, 7:30-8:30am every Friday, rain or shine!

Best wishes - *Lynn Zelmer*

BBQ in the Gardens

The day looked ominous and proved to be. We started out under the Banyans behind the kiosk but soon moved to the shelter shed near the playground. Luckily we could fit in amidst the other diners. Nancy once again came to the fore with her brilliant social organising.



The cooking crew



The cleaning up crew

U3A ROCKHAMPTON - MAHJONG GROUPS

Tuesdays and Fridays

Rockhampton U3A is lucky – it has two Mahjong Groups.

The Tuesday Group has been going for several years and is very well established. The total number registered to play, is approximately 24, but that fluctuates from week to week. If noise is any indicator of enjoyment – someone listening in from outside would think, those within were having a wow of a time.

The scaffold of the room hums and vibrates with the happy sounds of laughter and conversation, all laced with a certain amount of competitive spirit.

I have been going to this group for four years and in that time, have enjoyed many happy hours of playing Mahjong and good fellowship.

Unlike the Tuesday Group the Friday Group is in its infancy, having only been in operation for four weeks. Unlike the Tuesday Group, this one is still relatively small, and sedate. However I'm sure that once the word gets around the complex, the numbers will increase. Those who have joined us are thoroughly enjoying it.

The venue is large and bright and the Manager and fellow residents of Settlers are very welcoming and accommodating.

Still no sign of any men though – so come on fellows – we won't bite.

If anyone is interested in either groups, feel free to ring me – Kathy on 49334601

Armchair Travel Report

May, June and July 2015

MAY: Glennis McCrory presented photos of she and husband Ken's trip to Scandinavia in 2007. After arrival in Copenhagen they then travelled by coach to Stockholm, Helsinki & Leikanger.



Highlights of their trip were the sight of jet planes on plinths near Linkoping which is known for SAAB aircraft building. A visit to Concert Hall in Stockholm where Nobel Peace Prizes are presented, The Lutheran Tappeliakio or Rock Church in Helsinki. They took a day cruise on M/S Silia Symphony returning to Stockholm via Tallinn in Estonia. On the way to Leikanger they passed through Lilli hammer viewing the ski slopes used in

the 1994 Winter Olympics. During their journey they experienced beautiful scenery with the mountains covered in snow, very long winding alpine roads including a 28km long tunnel. They observed stone cairns that are still used as a means to communicate for marking trails & leaving messages between the locals.

APRIL 2015: Ross and Colleen Strelow's - French Riviera, Istanbul, Gallipoli and Spain in April 2013.



In Istanbul they visited Topkapi Palace, Byzantine Hippodrome, Mosques, Markets & Grand Bazaar as well as a trip to Anzac Cove. After boarding the ship Azamara Quest at Monte Carlo they sailed into the large military harbour at Toulon in Southern France. Onto Barcelona where they saw the magnificent Gaudi Sagrada Familia Cathedral & The Codorniu winery with the worlds largest underground cellars. From Barcelona they visited Valencia, Gibraltar Seville Madrid & Toledo. Gaudi inspired architecture & statues everywhere. They attended a bullfight in Seville. Further touring to the Rock of Gibraltar, Vicente Calderon Soccer Stadium, and Almudena Cathedral & Prado Museum in Madrid. Their final stop was Toledo south of Madrid the highlight of which is the Cathedral of Toledo ranked among the greatest Gothic structures in Europe as well as evidence of Roman history in its stone bridges.

JULY 2015: Judy Trinder A Tale of 5 European Cities.



Judy and partner journeyed from East to West Europe travelling through Russia, Estonia, Latvia, Poland, Czechoslovakia and Belgium to the cities of Riga, Warsaw, Krakow, Cesky Krumlov and Brugge. Judy would walk through all these cities finding the highest building from which to take her photos. Just a few of the many highlights of Judy's

trips in Riga was Powder House, Central Markets, and Museum of Occupation. In Warsaw she explored the old part of the city and visited the Palace of Culture and Science. In Krakow the George and Dragon Church, St Peter and Paul church, and took ½ day tour of The Salt Mines. A day trip to Auschwitz was included in her itinerary. Onto the southern region of Czech Republic to small city of Cesky Kumlov which is World Heritage Listed. The town was created around a medieval castle with gardens courtyards and moat which currently houses bears. There is also a museum of Architecture and Craft. They travelled onto Brugge in Belgium with its cobbled streets where the highlight was the town square, museums and Basilica of Holy Blood. From here Judy was lucky to get a cancelled seat on a day trip to Flanders fields where she visited the Ypres Menin Gate Memorial, cemetery and In Flanders Field Museum.

Jackie Geraghty – Convenor

SeniorFit Gym Group



We all know that as we age (hopefully gracefully!) we tend to notice loss of muscle mass and reduced strength and flexibility. Lots of us go walking regularly and reap the benefits associated with this great cardio activity, but could we do more to help hold back the age-related decline? As Seniors and U3A members we are lucky to be able to access both specialized Aerobic Classes and Resistance Training at CQUni Community Sports Centre. As well as the well-equipped gym, the very reasonable fee (\$6 /visit or \$70 for 15 visits) also allows access to the heated swimming pool, the recently added tennis courts and a half-size basketball court. Where else could you get such fun and fitness value for the price of a cup of coffee?

Recently, the CQU has provided we Seniors with the chance to access Individual Fitness Testing with a new CQU staff member Luke Del Vecchio, Exercise Physiologist and Sport's Scientist. For those who accepted this valuable opportunity, he tested aspects such as our Lower limb endurance, Upper limb strength and Flexibility as well as discussing BMI and dietary issues where relevant. Follow-up

exercises to address any identified areas of weakness were then available to participants. Luke is to be a Guest Speaker at U3A and I'm sure he will be a very interesting presenter.

Winter is a great time for exercise, so come and join us at SeniorFit. See our Activities Schedule for times and begin your fitness journey....a journey starts with a single step.

Regards, Jill Howes

Singing Group 1

I have some exciting news. Our group has enjoyed our weekly contacts with the older folk of Rockhampton.

So eager are they for tuneful melodies, they book us up a month in advance. With lots of innovations added to our performances, we are thrilled to entertain them and look forward to their happy smiles and singing every week. The interaction we have with them is most rewarding.

If there is anyone who would like an enjoyable and fun morning of singing, please contact the number below to register with Glenda's Singing Group 1.

You may not think you have a singing voice, but believe me, if you can walk, you can dance and if you can talk, you can sing!

Glenda MacDonald (07 49 223 662)

JACANA BUSHDANCERS

Shared U3A Activity

The Jacana Bushdancers held their AGM recently & our membership fees & entry fees per dance night have remained the same - \$6.00 yearly membership & \$5.00 entry fee on dance nights. We now have approximately 25 members most of whom are women so we would love to have some more men come along. The first night to come & try is free, so why not come along & give it a try. We all have a lot of fun. It is held on Monday nights in the Pipe Band Hall on Gladstone Road, next to "A Man's Toyshop" starting at 7.00pm & finishing at 9.00pm after which we have a light supper.

The bushdancers were pleased to be asked to perform a short display at the recent Sports and Health Expo at the Robert Schwarten Pavillion at the Show grounds.

Any interested U3A members can contact Leonie Keene on Ph. 49225887 for further information.

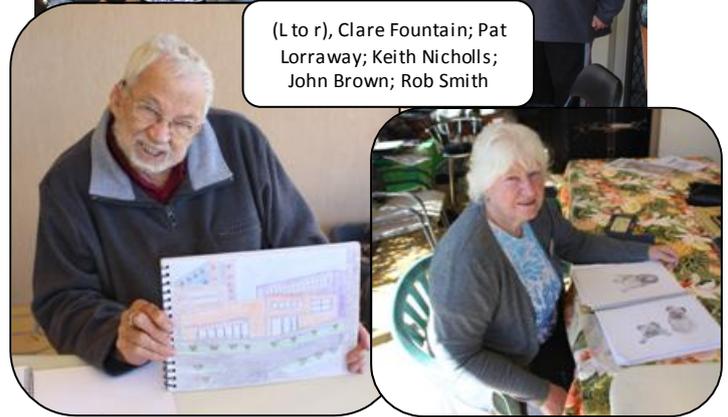
Pencil Drawing Group

At last I have managed to get around to Keith's pencil drawing group. I am grateful to the smaller number than

usual participants who were willing to share their drawings. At some time, I hope to get back to the group as I found Keith gives out some great guidance and assistance, particularly if you are a rookie like me. *Editor*



(L to r), Clare Fountain; Pat Lorroway; Keith Nicholls; John Brown; Rob Smith



On Monday 10th August, a group of our Rocky U3A paid a morning tea visit to our near neighbours at the Capricorn Coast where they hosted us. Led by their incoming President, Tony Ward, their members made us very welcome and were able to exchange ideas and information which will lead to an ongoing friendship for both sides.

Plans are already in place to include a photography group at Yeppoon where our members will travel down to assist them get started if it is needed. Thanks to Tony and his members down at the coast for a great morning.



Many thanks to all contributors – group reports, Carol Wotherspoon for her story and to Gordon, Nick and others for photos. *Editor*

U3A Activities 2015

[Revised 27th July 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 – 9.00pm	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	9.00am -10.00am 7.30am - 8.30am Initially, then Any open hours	CQU 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
Mahjong	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Lyn	49288136 0455288833
Singing Group 1	Weekly 9.30am	284 Upper Dawson Road, R'ton.	Glenda	4922 3662
Singing Group 2	Weekly 9.30am	Youth Orchestra Room, Floor 1, Walter Reid Building	Phil	49287769
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 65/G.27 , Commercial Building beside Campus reception (off CQU upper parking area)	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

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Activities	Times	Venue	Contact	Phone
Thursday				
Aerobics Resistance Training SA * Swimming	9.00am – 10.00am 7.30am - 8.30am Initially, then Any open hours	<i>CQU Community Sports Centre, Yaamba Road, North Rockhampton</i> 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	<i>Caribee Swim Academy, 135 Menzies Street, North Rockhampton</i> 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 16/7/15]	<i>Technology Centre ~ 1st Fl., Library, Bolsover Street, Rockhampton.</i>	Phil	4928 7769
Friday				
Armchair Travel	3 rd week 9.30am -11.30am	<i>Athelstane House, Ward Street, Rockhampton (Bowls Club)</i> Please bring a plate for morning tea.	Jackie	4922 7976
Garden Lover's Club	4 th week 9.30am	<i>Different Garden each month ~ advised at General meeting</i> Please bring a plate for morning tea.	Virginia	4921 1602
Line Dancing	Weekly 2pm – 4pm	<i>Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton</i> Cost ~ \$6	Sue	4922 3421
Mahjong	Weekly 1pm-4pm	<i>Settlers Village, Pauline Martin Drv. Rockhampton</i>	Kathy	49334601
Pencil Drawing	1 st week 9.30am -11.00am	<i>7 Gardenvale Court, Hillside Estate, (off Norman Road) Nth Rockhampton</i>	Keith	4928 9505
Tai Chi	Weekly 7.30am - 8.30am.	<i>CQU Sports Centre Oval</i> Cost ~ \$2.	Shirley Pam	4936 4792 4928 1130
Saturday				
Aqua Aerobics SA *	Weekly 7am - 8am	<i>Caribee Swim Academy, 135 Menzies Street, North Rockhampton</i> Cost ~ \$6	Jodie Shirley	4926 1650 4936 4792
Personal Arrangements				
Computer Classes	Weekly ~ 2 hours	<i>Technology Centre ~ 1st Fl., Library, Bolsover Street, Rockhampton.</i> <i>(How to Drive a Computer; Windows 8, Files & Folders, Word 2010, Powerpoint, Personal & Computer Security, Email, Digital Photography</i>	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

MEMBERSHIP RENEWAL

U3A Rockhampton & District Inc

Membership fees are **\$15 per person.**

Prompt payment by **31st December 2015** would be appreciated.

NAME : _____

ADDRESS: _____

_____ Phone: _____

Mobile: _____ Email: _____

Enclosed payment: \$ _____ for Membership 2016