



foolin' around in Rigalsford Park



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

2016 COMMITTEE

President: Phil Morisette Ph 49287769
Vice President: Keith Bambrick
Activities: Ann Findlater Ph 4922 1581
Secretary: Joan Cooper Ph 49333190
Treasurer: Maurice Dittman
Social Organiser: Nancy Crapp
Guest Speakers: Gordon Findlater
**Assistant Secretary/
Publicity:** Margaret Lyons
Web Coordinator Nick Quigley OAM
vietvets@gmail.com
Journal Editor: Elaine Ross
Quarterly Flyer email: zebu3@outlook.com

Annual fee due 31st December: \$15.00
Joining Fee Nil
New members (July 1 – October 30) \$7.50

Check out the Quarterly Flyer in colour
<http://www.u3arockhampton.org.au/images/qfsept16.pdf>



PRESIDENT'S REPORT



Phil Morisette – President

I was approached at a recent monthly meeting and asked why we don't have many members in wheelchairs. I thought I had an easy answer. Our constitution doesn't differentiate between colour, creed, religion or beliefs but makes no mention of wheelchairs. Our membership application form does not ask if the applicant is wheelchair-reliant. Our organisation does not restrict anyone of good character from applying for membership with U3A.

Consider for a minute the contribution that new members can bring to our group. We are constantly looking to expand the activities we offer. At present,

there isn't anybody prepared to teach a language other than English, no-one teaching a musical instrument of any description so why would we deny a person dependent on a wheelchair membership? Our monthly meeting facilities are wheelchair-friendly. Most of our social activities and other activities are the same. So as long as the person has the necessary transport, there should be no reason why we shouldn't have more members from this area. I explained to the member involved that they were very welcome to invite any of their friends who were willing to share their and our interests to join U3A Rockhampton.

We have, at last, made a contact at the University who has offered a line of communication which has been lacking for some time. By the time of printing, some results will already have been obvious with an organised tour of certain sections at the Uni. Carol Burnett, who is Executive Assistant to the Vice Chancellor, gave our committee valuable time at our July meeting and helped answer many of our queries. Our annual account for Public Insurance has been paid again, requiring the number of members in our organisation.

We stand at 345 as at the end of June 2016 so I still find it difficult to understand how volunteers are so hard to come by. Those we have must be appreciated but when we have a need for two, it seems like asking for bone marrow donations. If there is ONE member who could assist by co-ordinating the meeting volunteers i.e. ensuring we have enough to do all the jobs and ONE member to assist with morning tea preparations, please contact any member of the committee and raise your hand. Our whole club revolves around a dedicated group of volunteers and everyone is welcome.

At the time of writing, our club, as a member club of U3A Network Queensland, has been allocated a share of funds obtained from the Queensland Government for an Awareness Campaign designed to make over 50's more informed of our organisation. It's theme will be "Connecting Seniors to Lifelong Learning" which all of our members already recognise but this radio campaign will, hopefully, attract new members who don't know about us or what we represent.

If you have been a regular to our monthly meetings, you might have heard my sermon from time to time that our best form of new membership growth is by word of mouth. Well now, we're going to have some back-up with this Government/Network funded campaign, another justification of our being members of Network Queensland.



social work and pharmacy services out of the CQUni Rockhampton north clinic.

CQUniversity law students have been gaining vital work experience by volunteering at the CQ Community Legal Centre which was recently named after the late Associate Professor Robert Fisher. Robert, who passed away unexpectedly earlier this year, had been instrumental in establishing the Centre and also CQUniversity's Bachelor of Laws degree.

Finally, we are very grateful for the generosity of the late Paul Anderson who provided a bequest of \$3.1 million to the University. His donation will create a perpetual fund, providing a lasting legacy for CQUni to provide additional support and opportunity to the Rockhampton community on an annual basis. It was Paul's wish that the donation be known as the FAPEX bequest, standing for Fund for Accessing Potential Expertise. It is estimated that around \$50,000 will be available for grants in 2017, and these are expected to increase in value each year thereafter. Fantastic news for our Rockhampton community!

**Professor Hillary Winchester
Interim Vice-Chancellor
CQUniversity Australia**

Date Claimers

(note: subject to change)

- Sept 12 CQUni tour
- October 03 General Meeting (launch of It's A Lottery – Writers' Publication)
- November 28 Christmas Lunch
- December 31 Annual fees due

NICK'S TECH TIPS



September, where has this year gone. While we have all been busy with our projects with U3A and our families we may not have noticed the technology changes happening around us. Sometime this year or early next year some of us will be connected to the NBN (National Broadband Network). It is hard to

Professor Hillary Winchester, interim Vice-Chancellor (while Professor Bowman is on leave)



Dear U3A Members

It's been a very busy time here at CQUniversity over the past few months. The University recently hosted the Regional Universities Network 'Regional Futures Conference' which brought together hundreds of higher education, government and industry delegates from across Australia to our home campus of north Rockhampton. It was a fantastic opportunity to discuss how regional universities, like CQUniversity, can truly make a difference in post-school education for both regional and metropolitan students.

I'm also proud to report that CQUniversity has been able to secure approximately \$10 million in research funding, demonstrating the confidence industry and our community has in the high calibre of intellectual work performed at our University. The University also launched a new research centre focussed on tourism and regional opportunities. This Centre aims to contribute to the development of Northern Australia, whilst on the ground, CQU researchers continue to make advancements in kidney disease therapies, healthy ageing techniques, anti-cancer drugs, alternative cooling systems and a variety of agricultural endeavours.

Local high school students participated in a MasterChef-type competition judged by former MasterChef star Laura Cassai, and current and former CQUniversity staff and students got creative for the recent CQU Creates, an art competition which concludes with a touring exhibition.

The CQUni Health Clinic ramped up its student-led services to the public, and it's great to see their services now include oral health, physiotherapy, podiatry and speech pathology. Services are provided by students supervised by registered health professionals. The Central Queensland Hospital and Health Services also operates occupational therapy,

visualise the benefits of NBN and what it can do for us as individuals.

Internet data is transmitted from our personal computer to a server in Brisbane where it is then directed to the address typed in to search for.

On the last test I did it took 31 milli-seconds to get a return packet sent to me from Brisbane. You can test your own speed on your connection by using this link. <http://speedtest.telstra.com/> select your nearest major city like Brisbane and the test will start. The end result will tell you your Download and Upload speed. Make a note of your results and when you are connected to NBN carry out a further test and compare the results. My test said 11.22mbps Down and 0.75mbps Up.

This test can also be done on an **iPad** using Safari and typing in <http://speedtest.telstra.com/>

An important issue brought to our notice by a recent business fire. Alma Street Medical was totally gutted in a matter of minutes. Fortunately their business plan included a backup system for all their medical records.

The point here is – Have you considered a backup of your creations, your photos, stories, poetry and things like your household budget.

Electronic devices run on a power source of some type. Components heat up and some fail. The devastation is felt the next time you turn your computer on and it will not boot up. A cold sinking feeling reminds you that you should have had a back up.

The junk mail this week included Office Works, JB HiFi and the Post Office, all places that sell backup systems suitable for personal household computers.

It is a good time to venture out and buy yourself an external Portable Hard Drive. You don't need a huge storage capacity, but for \$70 you can buy a peace of mind hard drive that will hold 1 Terabyte of information.

The Drive plugs directly into any USB port and the computer will "see" it and it will show up in File Manager for example *Toshiba HD (F:)* From here you can make new folders eg Photos, Poems etc and Copy your work from the original folder on C: and Paste it into the external drive F:

U3A members with iPads have 5GB of backup space on iCloud. Just ensure you have iCloud selected and your tablet will be backed up.

However if you want to backup photos onto a PC computer, you need to load iTunes on to the PC computer, then use the charging cable to connect

your iPad to a USB port on the PC. A window will open and ask you what you want to do. You can select the name of the folder that your data will go to on the PC. In a few minutes you will be done and dusted and have a backup.

Ipad users should check for a IOS software update Version 9.3.3

Open Settings, General, Software Update and your iPad will look for updates.

Reminder - Technical Troubles at the Rockhampton City Library on Fridays at 1:30pm. Bring along your laptop, iPad, iPhone, Android, mouse, powersupply, external hard drive and a pen and notebook.

Write your problem down, make sure you have your user names and passwords!

Till the next QF Cheers Nick Quigley OAM

WRITING FOR PLEASURE GROUP



This year our U3A Writing for Pleasure Group has been working towards producing another volume for you. It will show off our diversified interests and styles and hopefully prove to be a 'good read' into the bargain.

While two of the sixteen contributors have departed this world and another two are in care, a fifth has moved to North Queensland to be near her grandkids! We miss them at our meetings.

Happily, we were inundated with entries for the book arriving before the cut-off date; alas we had to draw the line somewhere to keep the book to an affordable size, so some folk missed out on being published this time. I trust that they are not discouraged and will try again when the opportunity arises.

Just a couple of snippets from the book, aptly named, 'It's A Lottery'.

- She lay at an awkward angle, her right arm twisted above her head and her legs were askew.....
- Pete fumbled to open the front door. His grateful body melted into the softness of his favourite loll-about. Allowing the day's stresses to ooze from his body.....
- The young girl was near death. She desperately tried to draw breath through the dense smoke surrounding her.....

We are a small but happy group and would welcome new writers to join together with us. We meet at the School of Arts on the first Wednesday of the month. The mid-monthly ones are usually at the Botanic Gardens beside the Murray Lagoon, but in inclement weather it has worked out that we were able to meet at Oak Tree.

Rockhampton U3A Creative Writers put out a small book in 1997. Cyril Coker produced *A Brief History of U3A Rockhampton 1988 - 1998* in 1998. Later books were: *A Way With Words* in 2006 which was edited by Isabel Hoch, then *Take The Time* in 2011 and *People and Places* in 2013. These last two were compiled by myself and handed over to Ray Gauntlet to work his 'magic' before sending it on to the printer. I was privileged to have such expert help then.

Judy Whitworth
Convenor

"Vulgo enim dicitur: Iucundi acti labores"
[For it is commonly said: Completed labours are pleasant]
De Finibus. Bk 2 ch 105
~ Cicero [Marcus Tullius Cicero] 106-43 BC
(Roman Orator & Statesman)

HAIKU
by Keith Bambrick

Road Rage

Outta my way, bo
Gotta rush like the devil
Gotta get there fast

Sanity

What do you plan to
Do with the time you saved? Build
a bridge? Write sonnets?



This is the Drama Group, well most of us, anyhow. As you can see, we like to have a bit of fun.



Photos are of Tuesday and Thursday groups enjoying their Aqua exercises on two cold August days.

The warm water is great.

Roy and Gwen Guthrie are back home after a long stay in Brisbane for Roy's medical problems.

Gwen is back into Aqua and both are enjoying U3A meetings.

Hope to see you in our Aqua pool, days and times in our Activity List.

Contact **Shirley**: 07 4936 4792

Contact **Jodie**: 07 4926 1650



GUEST SPEAKERS

with
Gordon Findlater



Over the past three months we have enjoyed some very interesting speakers at our meetings.

June



In June we had the pleasure of hearing Brian Finlayson again who this time told us of working in South Africa and the interesting history about the towns. We hope that Brian will be back next year to tell us more of his adventures in foreign countries

July



In July we listened to Senior Sergeant Ewan Findlater who is officer in charge of Road Policing in Central Queensland. We heard about the drug problem in Rockhampton and saw some of the testing equipment that is used.

August



For the August meeting we listened to Nicole Assay from Carers Queensland and heard how they look after the carers who are of all ages who care for people of all ages who need help with everyday living.

SENIORFIT GYM



A Message from
Robert Saville -
Community Sports
Centre Operation
Coordinator

CQUni Senior Fit - Promoting Healthy Aging

It's no secret that as we get older, often things don't seem to quite work the way they used to. It can sometimes feel like it's harder to get out of bed in the morning, negotiating a set of stairs may be met with caution and perhaps trying to remember where you left the car keys seems to be a more common occurrence. Trying to avoid slips, trips and falls becomes a part of life and seeing doctors may seem a more time-consuming exercise. But it doesn't have to be this way. While there is no

cure for aging there are some simple things you can do to slow the aging process both physically and mentally and it's what I like to call "Healthy Aging".

It's simple. Get Out, Get Moving, Get Social.

While everyone's journey is different there is nothing like being able to share it with like-minded people and have fun along the way. Expose yourself to activities that will help your body, heart and brain adapt to the changes of becoming older. Research suggests that keeping up physical activity and social interaction can reduce and slow the onset of some nasty ailments like osteoporosis, heart disease and even dementia.

Here at CQUni gym we offer exactly that. A class designed for you is delivered by trainers who care and the best part is that you get to do it with people who are going through the same stage of life. Now, I never said the class was easy! It will challenge you! As a result you can expect to see your balance and co-ordination improve, you will become fitter and stronger both physically and mentally and you will make some great new friends along the way. There is no better time than now to make the change. Get Out, Get Moving, Get Social!

Cheers, Jill Howes

GARDEN LOVERS

The Garden Lovers group is continuing to be well supported by members interested in our monthly topics. In June Rod & Jeanette Elder hosted our morning tea and visit by the Rockhampton Orchid Society's Keith Marsden. Keith was very entertaining and a wealth of information on orchids. He gave us information handouts and brought along some of his own beautiful plants. Our July meeting was at Paul deVine's home in Gracemere to see Paul's wonderful vegetable garden which is truly a credit to him. He was able to answer our many questions and we went away inspired to grow more of our own veges.

In August we will be visiting Oaktree Retirement Village in Glenmore Road to see the residents' gardens after morning tea in their community room. If you would like to come to our meetings you would be very welcome. Just come along (bring a small plate for morning tea) or phone Joan Cooper on 49333190 or 0458060447 for more information.



JACANA BUSHDANCERS



We dance every Monday night at the Rockhampton Pipe Band Hall Gladstone Road from 7.00pm - 9.00pm. We are easy to find being next to a "Man's Toy Shop". A light supper is provided in the admission price of \$5.00 Adults & \$1.00 child. A real bargain when you get to enjoy toe tapping traditional music as a bonus. Come & give it a try, the first night is free. We welcome family groups. Several of our members regularly bring their grandchildren. You are never too old or too young to bushdance. The younger ones frequently put us "oldies" to shame.

The photo shows our dancers performing the "Swagman 's Stroll" at the July Rockhampton Heritage Village Markets. We also performed "Buffalo Bill, the Cumberland square & the Stockyards" all different types of dances to showcase what bushdancing is all about. Both our dancers & the crowds seemed to enjoy the performance enormously.

It must be stressed that taking part in these displays is on a voluntary basis & no one needs to feel pressured to perform in public. Most people just enjoy coming along to our regular Monday dancing nights.

For enquiries contact Leonie Keene on 49225887

SOCIAL OUTINGS



Once again, Nancy has been really busy organising some great get outings for us. The BBQ in the gardens was enjoyed under sunshine this time. However, it was hang on to your food before our friendly feathered friends tried to sneak in, well, actually not sneak, they arrived en masse.



.. and this visit to Joskeleigh, followed by what was from all reports, a really great lunch at Keppel Sands Hotel.



On August 8th morning tea at Rigalsford Park – featured on front cover.

ARMCHAIR TRAVEL

Armchair Travel Report May, June & July 2016

I am pleased to report that I continue to recover from my fall last November. I wish to acknowledge Joan Cooper and Judy Trinder and those whose organisation kept Armchair Travel going in my absence. The good wishes & support I received was very much appreciated.

Thank you to the following presenters as they took us on the following journeys.

MAY - Vietnam. Presented by Maurice Dittman on his & Joyea's cruise to Vietnam. Day trips were taken to Saigon, Nha Trang and Da Nang. It is a communist run country using the Dong as its currency. The main industries are manufacturing, rice production, and fishing, coal, gold and marble. Saigon is home to 8.4 million people whose main mode of transport is by scooter. Most of the populace is in some form of business. The highlights of Saigon were Parliament House, French Colonial architecture of The Notre Dame Basilica & Opera House both built with bricks from France, Maison Centrale (Hoa lo Prison) and Ho Chi

Ming Museum. Nah Trang is best known for its beach resorts. They visited a Buddhist temple in marble mountains, fish farms and silk factory. Da Nang is one of the major port cities with fishing its main industry.

JUNE - Scotland Presented by Jamie Hibbard on her trip to Scotland which was stimulated by her decision to follow her father's footsteps when as part of Australia's Bomber Squadrons he was sent to war first landing in Scotland. She was there several weeks and visited too many places to mention but she saw many historical sights of significance. Highlights:- Royal Yacht Britannia, National Museum of Scotland, Coldstream, Melrose Abbey, Ruins of St. Andrews, 6 Castles:-Glamis childhood home of the Queen, Balmoral ,Inverness, Dunrobin, Eilean donan, ,& Stirling. Loch Ness, Chapel made by Italian POW's from two Nissen huts on Lamb Holm in the Orkney Islands, Glen of the Weeping the site of the massacre at Glen Coe, Loch Lomond & Glen Goyne Distillery.

JULY Laos & Cambodia Presented by Jill Allen of she and Clare Fountain's Wendy Wu trip. Starting at Hanoi they visited Imperial Citadel of Thang Long which is a UNESCO World Heritage site. Buddhist monks form long lines as they collect alms each day. They walked the 423 steps of Mount Phousi the views from which were marred by smoke from burn offs and low cloud. Markets which offered to name a few fresh vegetables, frogs, fish, snails and rats. They saw the art of rice paper making & visited Ock Pop Tok Living Craft Centre specialising in textile making. Boat trip was taken up the Mekong to the upper & lower Pak Ou caves and Kuang Si Waterfalls. Gold covered Stupa & Ta Prohm temple in Angkor. A tour was taken to the killing fields in Cambodia. Included in the trip were visits to Buddhist temples of Angkor Thom and Terrace of Elephants.

Jackie Geraghty Convenor

THIRD AGE CHORUS

We turned one! In June we celebrated our first birthday in style, cake and all.



PHOTOGRAPHY

Our group continues to operate and grow in experience and results as a benefit from the various tasks that we attempt during the two weeks between our meetings at the Southside Library. We have tackled tasks such as Windows & Doors which opens up interesting aspects of architecture around Rockhampton with quite a few members giving graphic pics of openings around the nation. Photography is a whole new world as we found out when we travelled out to Blackdown Tablelands in late July. It was fortunate that there had been sufficient rains to create great opportunities for waterfall pics at Rainbow Falls. If you have an interest in improving your photographic results or just want to learn more about your digital camera, we're always looking for new members to join our group. You will always be made welcome regardless of your experience as we are all learning from each other. Some of the tasks set require an individual effort while others involve group outings of a social nature.

Why not give me a call.

Phil Morisette 4928 7769 Co-ordinator

Group 1 photo was taken just before we came home names Left to Right Barbara Hannan, Darryl Hannan, Phillip Morisette, Barbara Bickhoff, Desley Healy, Ian Ewings



group 1



group 2

Group 2 was taken when we arrived; you can see the fog in the background. Left to Right Ian Ewings, Barbara Hannan, Desley Healy, Phillip Morrisette, Barbara Bickhoff, Darryl Hannan

These and cover pic were taken by members:



GIVING A HELPING HAND

A tribute to the helping hands who look after you each general meeting. Where would we be without them. Thank you!



The cuppa is always appreciated



VALE
HELEN
QUIGLEY

Helen, an active member of U3A, left us too soon. She was the loved wife of Nick and mother of Andrew and adored her two beautiful grandchildren.

Helen had an interesting life and varied work places after leaving school at 15. At Legacy, she worked as a Pensions/Welfare Officer looking after Widows of Veterans and later looked after War Veterans.

She shared many travels with Nick.

Being very crafty she was known for her special occasion home-made cards. Later she turned her hand to hand making some wonderful quilts.

Being well organised and such a strong person Helen wrote her own Eulogy, designed the notice for the paper, organised the vicar and the order of service.

Such a wonderful woman, she has left behind special boxes for the grand children and had started to sort out her clothes, keep sakes, card making and quilting material.

Our sincere condolences go to Nick and his family and to her many friends who miss this beautiful person.

Editor: *I was overwhelmed with articles for the journal and apologise if your article has been cut short to make room for all. It is encouraging to see so many contributed photos as well. Keep up the good work and I look forward to entries for December's Quarterly Flyer.*

U3A Activities 2016

[Revised 23rd August 2016]

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)	Phil	49287769
Bushdancing SA*	Weekly 7.00pm – 9.00pm	Rockhampton Pipe Band Hall Gladstone Road, Rockhampton Cost ~ \$5	Leonie	4922 5887
History Group	3 rd week 2pm.	Oaktree Village, 155 Glenmore Rd., Park Avenue	Ann	4922 1581
Tuesday				
Senior-Fit Class Resistance Training SA* Swimming	8.30am -9.30 am 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 1	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Lyn	49288136 0455288833
Singing Group	Cancelled until further notice	284 Upper Dawson Road, R'ton.	Glenda	4922 3662
Third Age Chorus Singing Group	Weekly 9.30am	Youth Orchestra Room, Floor 1, Walter Reid Building Derby St., Rockhampton	Phil	49287769
Tai Chi * Southside	Weekly 8am	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 – 11am	200 Frenchville Rd., Frenchville	Mary Valda	4927 1276 49282119
Writing for Pleasure	1 st & 3 rd week 9.15am -11.15am	1 st week School of Arts, Bolsover Street, Rockhampton. 3 rd week Botanical Gardens	Judy	49366133
Drama Group	1 st & 3 rd weeks 1pm – 3pm	9 Huet St, Wandal 50c for tea/coffee	Keith	49283849

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Thursday				
Senior-Fit Class Resistance Training SA * Swimming	8.30 am – 9.30am 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	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
Scrapbooking SA	Last Thurs of Month 9.30am – 4pm	Oaktree Village, 155 Glenmore Rd., Park Avenue	Ann	49221581
Photography Group	Every 2 nd Week 3pm [from 10/3/16]	Technology Centre ~ 1st Floor, 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/ Judy Trinder	4922 7976
Garden Lover's Club	4 th week 9.30am	Venue advised at General meeting Please bring hat, chair & plate for morning tea.	Joan	49333190
Line Dancing SA	Weekly 2pm – 4pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton Cost ~ \$7	Sue	4922 3421
Mahjong 11	Weekly 1pm-4pm	Settlers Village, Pauline Martin Drv. Rockhampton	Kathy	49334601
Pencil Drawing	1 st week 9.30am -11.00am	7 Gardenvale Court, Hillside Estate, (off Norman Road) Nth Rockhampton	Keith	4928 9505
Tai Chi Northside	Weekly 7.30am - 8.30am.	<i>CQU Sports Centre Oval</i> Cost ~ \$2.	Shirley Beth	4936 4792 49264374
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	Various days Weekly ~ 2 hours	<i>Technology Centre ~ 1st Fl., Library, Bolsover Street, Rockhampton.</i> (How to Drive a Computer; Windows 8, Files & Folders, Word 2010, Powerpoint, Personal & Computer Security, Email, Digital Photography)	Chris 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

Dear U3A Member:

Your renewal fee for 2017 is due by 31st December 2016.

Below is your membership renewal form.

You can either print out the form or pick one up at the general meetings before the due date.

MEMBERSHIP RENEWAL

U3A Rockhampton & District Inc

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

Prompt payment by **31st December 2016** would be appreciated.

NAME : _____

ADDRESS: _____

_____ Phone: _____

Mobile: _____ Email: _____

Enclosed payment: \$ _____ for Membership 2017