



THE QUARTERLY FLYER

Rockhampton & District Inc

SEPTEMBER

2018

Volume 3/2018



Pictured: Joint outing with Capricorn Coast U3A at Yeppoon's new lagoon

General Meeting 1st Monday of each Month (ex January) 9.30am at Frenchville Sports club
Next meeting after September 3rd 2018: October 1st 2018

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

2018/2019 COMMITTEE

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

=====

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/sep18.pdf>



with Russell L Daniels



U3A Rockhampton is still going from strengths to strength with new members being approved at every committee meeting, most new members result from word of mouth, so please invite your friends or neighbours along to a meeting and give them a copy of your activity sheet to see what activities might be of interest.

I would like to thank all of our coordinators and volunteers who have been doing a fantastic job, ensuring our Activities, Social Events and Guest Speakers are always interesting for our members and ensuring our members are signed in and morning tea is prepared on time at our general meetings. We have a number of committee members who work silently in the back ground to ensure our U3A Rockhampton runs smoothly, Ann Findlater our Publicity Offices ensures our advertisements in the newspaper and radio are happening each month, Elaine Ross who is our Journal Editor, ensures that

reports and photographs are in on time so the journal is an interesting and informative read. Nick Quigley manages our web site and Facebook page, keeping it up to date, relative and informative. Our Secretaries Bev and Lenore are always busy keeping up with the correspondence, minutes, and updating records. Maurice Dittmann our Treasurer, keeps a tight control of the finances, Phil Morisette has taken on the role as Volunteer Coordinator to ensure the sign in process and the morning teas are properly manned and running smoothly, and Keith who is the Vice President waiting in the wings in case I not able to be in attendance.

We have heard from some interesting Guest Speakers over the last few months, and have had numerous interesting social events as well. Our Guest Speaker and Social Events Coordinators are going to try something new by linking the guest speakers to a social outing, where we go and see what the speaker was talking about when possible. August will be a big social month with several social events under way including the Mystery Tour.

In early July, Judy Nutley and I visited Carol Burnett from CQU to see if we can get a couple of guest speakers for next year, who can talk on topics of significant interest, looking at the list of courses available at CQU it is possible we could get guest speakers from areas such as Accident Forensics, Agriculture, Early Childhood Education, Engineering and Horticulture just to name a few, and anyone of these would be great topics that could incorporate a site visit to follow as a social outing.

We have quite a number of Activities that our members can be part of. Keith Bambrick will be the tutor for the recently introduced activity “Contemporary Ballet” and this new activity has generated significant interest.

Judy Sutton our Activities Coordinator and I are going to visit the various activities to introduce ourselves to the Tutors and the members and to see how the various activities are operating, In July we visited the Poetry Group and the Investment Group and we will endeavour to visit one activity each month. It is possible that after visiting an activity we could “show case” that activity at the general meeting.

In May I attended U3A Network Queensland State Conference which was attended by representatives from the 33 U3As across Queensland, it was interesting to hear how differently they operated giving us the opportunity to

adopt their best practices and to avoid the obvious bad practices.

We would encourage our members to use the suggestion box that is available at each meeting, to let us know if there is a new activity that you would like started, and we are also looking for tutors who might like to start a new activity.



Dear U3A members,

A busy few months ahead to continue to grow our vocational offerings. Vocational training provides students with important skills that our communities and industries need and we are committed to continuously improving. As many of you would already know, I announced my retirement earlier this year, having made the decision to travel the world with my wife. We plan to spend the next 10 years travelling across every continent in a purpose-built Earthcruiser truck.

We recently collected the truck that will become our home away from home and we were both so excited to test it out that we took a couple weeks off in July to join up with other Earthcruiser owners on a tour through Arnhem Land. We made some great new friends and got to see some very beautiful and remote parts of Australia. We are very much looking forward to the journey ahead but until then we still have a lot of work to do during our remaining months at CQUni.

One of the important things for us at CQUniversity is we deliver. National Skills Week is being held between 27 August – 2 September and CQUniversity will use this as a chance to promote the many benefits of vocational training; whether it's to pursue a particular interest or hobby or obtain the skills and knowledge required to get a job and build a career. Vocational training provides everyone with life-long learning opportunities.

As part of National Skills Week, I am looking forward to hosting you on a tour of the Rockhampton City campus followed by a morning tea at Willby's Training Restaurant, where we will be served by local high school students who are completing their hospitality qualifications.

Professor Scott Bowman
U3A Rockhampton Patron

Date Claimers

September 10 th	Art Gallery Tour
October 1 st	Meeting
October 8 th	Morning Melodies
October 29 th	Tutors & volunteers morning tea
November 5 th	Meeting & 30 th birthday
November 12 th	Tour Chinese Josh House
November 26 th	Christmas Lunch



ARMCHAIR TRAVEL

REPORT

with Jackie Geraghty, Convenor

May - Japans Cherry Blossoms

Presenter: - Judy Trinder.

The 10-day journey went from Shizuoka to Kyoto. Highlights of the journey were in Hamamatsu known for the making of Musical Instruments & Okuyama Houkouji which is a Buddhist Temple. Walks were taken through the Imperial Palace Park planted with avenues of yoshino cherry trees with their pink blooms. In Tokyo photos were taken from Sky tree Tower as well as an afternoon boat ride along the river. Views of Mt Fuji were seen from Hakone with its Shinto Shrine overlooking Lake Ashi. A coach took them to visit a green tea farm followed by a bullet train ride to Kyoto. Here they visited Kyoto Golden pavilion, a textile centre and experienced a meal with Japanese families.

June – Denmark Presenter: - Bridget Duffin.

Bridget arrived in Aarhus Denmark as an exchange student in the winter. Denmark offers a superior work life balance which results in Danes being the happiest most satisfied people. Bikes are a common form of transport. They have supreme recreational facilities. Their high tax rate provides free education & healthcare. She visited Copenhagen and by invitation visited the Freetown Christiania which is an international community and commune created by squatted military in 1971. It developed into one of the hippie movement. She visited The Royal Palace, Nyhavn a 17th century waterfront with colourful houses, Esbjerg, DenGamie By in Aarhus – where the buildings and people are dressed and acting as folk at end of 19th century.

July – Africa Presenter: - Elaine Ross

The journey commenced in Johannesburg & the group travelled by minibus through Kruger National Park, Guernsey Nature Reserve, Polokwane Game Reserve, Zambia, Chobe River district, Botswana, Pretoria. The trip included River Safaris, Sunset cruise visit to Victoria Falls, and Helicopter ride over Okavango Delta. They travelled through variations of country some desolate and other under agriculture. Africa is a world producer of copper as well as sulphur and diamond mines in Botswana.

They saw lion, waterbuck, hippos, zebra, impala, wildebeest, ostrich, elephants, leopard, tortoise, baboon, cheetahs, antelope, owl, warthog, velvet monkey, rhinoceros' sanctuary and much variety of birds. Border delays between South Africa and Zimbabwe can be up to 2 weeks for trucks. Tourists are let through.



U3A Rockhampton & District Inc will be 30 years old this year and this will be celebrated in November. The December journal will feature some reminiscences. If you have some special memories of U3A over the years, please email them to me at zebu.u3a@gmail.com.



WRITING FOR PLEASURE GROUP

with Judy Whitworth

Our big announcement of the winners in our writing competition: First prize – Roger Williamson received 30 Jane Austen CDs and a book donated by Margaret Thorpe. She also donated books to next prize winners, Roger Hooper and Elaine Ross.



We are a group of ordinary people who enjoys writing and doing some activities. If someone wants to read their story, we listen and if anyone wants it, we are happy to share our knowledge and experiences.

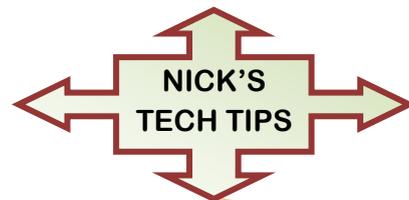
Each of us has a story, so we can all write. Listen to what is in your mind and just write it down. Remember this is not to impress anyone, it is just so someone will know your story.



In June we were visited by local author, Joy Agius who shared her recently published book 'The Passionate Long Walk to the Awakening of a New Life', using the pen name, Katherine Steele. It was an amazing story about her struggle and determination in raising a disabled child.

The writing for pleasure group meets the 1st and 3rd Wednesday of the month. As per the activities list, the first Wednesday is at School of Arts building and the 3rd Wednesday is at Rodger Williamson's residence.

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



In June we talked about privacy in Facebook etc and about a new page on our U3A website <http://www.u3arockhampton.org.au/Seniors.htm>, now you will find a few more useful links.

What about your computer, did it eat something not very nice? Malware and viruses cause many users a lot of heart ache. There are many types and all not good for your computer. They come under many titles, here are a few:

Virus - A virus is an executable type of malware that self-replicates by infecting and modifying a program's existing code and inserting its own code.

Ransomware - Ransomware takes control over a computer and holds it hostage until a ransom is paid. If no payment is made, data will be deleted or released on line. **Worm** - A computer worm is a

malware computer program that replicates itself in order to spread to other computers. It does not rely on human action. **TrojanHorse** - A trojan presents itself as or hides in a legitimate program. Once downloaded it can steal sensitive data by misleading the user into giving it special access. **Rootkit** - Once a root kit gains access to a computer's OS, it can conceal itself or other malware, execute files, and even make changes to a system. It's nearly undetectable. and **Spyware** - Spyware is a kind software that installs itself on to a computer and starts covertly collecting, tracking, and stealing the user's sensitive data. If you would like to read more go

to https://www.digitaltrends.com/computing/history-of-malware/?utm_source=sendgrid&utm_medium=email&utm_campaign=daily-brief

In the whole time that I have been working with computers, iPads, Tablets etc I have personally never had a problem I have always had a good purchased security program running on my PC's.

I have had to deal with other computers that have been affected. It all boils down to a good anti-virus and anti-malware program. You can download a free one, but if you catch something, you might be on your own. If you purchase a maximum Security program you can go back to the provider for help.

Some free programs are certainly helpful, take **CCleaner** from Piriform a very good program for cleaning up left behind items when you open and close programs. **Malwarebytes** another free download to deal with Malware - short for malicious software, is an umbrella term used to refer to a variety of forms of hostile or intrusive software, including computer viruses, worms, Trojan horses, ransomware, spyware, adware, scareware, and other intentionally harmful programs. It can take the form of executable code, scripts, active content, and other software. Malware is defined by its malicious intent, acting against the requirements of the computer user and so does not include software that causes unintentional harm due to some deficiency.

Windows Defender is a reliable software solution for protecting your computer. It comes with Windows 8 and above and updates when Windows updates. If you are running an Apple product the chances of you being affected by malware are greatly less than with Windows. However, there are products available on the **Apple App Store** called **Bitdefender**.

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

<http://www.u3arockhampton.org.au/Seniors.htm> you will find a collection of useful links to help you with understanding Technology and as a Senior, places to go for assistance and Emergency Numbers.

If you don't have a computer at home or means of accessing the web, then go to the city library, become a member and use the Library Technology Center computers.

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

Nick Quigley OAM

UNDERSTATED HEROES

By Alan Watts

They're understated heroes
But heroes nonetheless
Who made the Thai Cave Rescue
A world-renowned success.
In Thailand, a young soccer team
Had ventured into caves
Which flooded, trapping them inside
In what was quite a maze.
Twelve kids and coach had gone inside
And soon the waters rose.
Their bikes outside, the only sign
Of the venture that they chose.
Authorities alerted.
A crisis on their hands.
They started pumping water out
And making rescue plans.
Reporters came from everywhere
To follow everything.
The world watched on with thoughts and prayers
To see what news they'd bring.
Then divers came, some navy seals.
Some came from far away.
The world's best were requested
To come without delay.
Nine days from disappearance
The boys were found alive.
They'd sipped from dripping stalactites,
No food, but they'd survived.

A navy seal dies in the caves.
 The rescue must proceed.
 Impending threat of monsoon rains
 Accentuates the need.

The only course of action
 Is diving the boys out.
 A very dangerous exercise.
 The risks are high; no doubt.

Our Aussie Doctor Harris
 Cave diving expert too.
 Checks on their health. Prepares the boys
 For what they all must do.

A 3-stage rescue is employed.
 The soccer team is free
 The world amazed and thankful
 At the rescue scenes they see.

The world united in one cause.
 Help came from many nations.
 The volunteers with expertise.
 International sensations?

NO

They're understated heroes
 But heroes nonetheless
 Who made the Thai Cave Rescue
 A world-renowned success.

**Social
 Activities**



with Christine Dobeles

The second quarter of 2018 has been:

May: Enjoyable



Our guided tour of the Cathedral and Fossil Caves at Capricorn Caves by 21 members was very informative. Our guides were very knowledgeable and the morning tea after our tours was very delicious.

June: Informative: 54 members enjoyed our guided tours of the Saleyards Distillery by Warren one of the co-owners. The tour was free but the quality of the tour was first class. The free samples of the two gins and the rum that are distilled on the premises encouraged quite a few members to be seen leaving the premises with brown paper bags. Members also enjoyed delicious coffee and cake at the café either before or after their tour.



July: Relaxing 37 members enjoyed a very pleasant time at the New Lagoon at the beach with our Capricorn Coast U3A fellow-members. Our host provided the main course and we provided the sweets. We exchanged lots of information re guest speakers and possible outings between our members.



**GARDEN
 LOVERS**

with Joan Cooper

Our calendar for 2018 has proven to be interesting and varied. In February, we met at Virginia's Kent Street home for a plant swap and to view her lovely garden. Rod & Jeanette Elder hosted our March meeting, with a guest speaker giving us information on Bromeliads. We went to Oram's

Nursery in April and Ann Oram spoke to us on edible plants. She had a large range on display and in some cases, to taste. We also had a tour of the propagation area of the nursery. In May we had a guided tour of the CQU horticultural research glasshouses. Virginia kindly took extensive notes which I have presented separately. We decided to visit the Tanby Nursery in June and had morning tea at Bell Park, Emu Park, before going on to the nursery. It was lovely to sit outdoors with our cuppa and chat about gardening. July took us to the DIY section of Bunnings where we were given a great deal of information on irrigation and shown the many tools available to help us with this. Very important in our climate.

New members to our group are always very welcome so please don't hesitate to come along to our gatherings which are advertised in the monthly newsletter. If there is anything in particular that you would like to see or do, suggestions are appreciated.



**GARDEN
LOVERS VISIT
TO CQU**

with *Virginia Latty-Weir*

In May, our Garden Lovers group visited the CQU Horticultural research establishment. Staff members, Michael and Ashwa, took us on a tour and explained to us what happens there. The building has been upgraded and now houses state of the art laboratories etc, funded in part by the Commonwealth Government, after the closure by the CSIRO and its move to the Townsville area. This left a gap in support for the local beef industry which has only now been seen to have been filled.

However, as garden enthusiasts we turned our attention to a tour of one of the current research projects headed by Assoc. Prof. Nanjappa Ashwarth, i.e the Biofuel possibilities of the Beauty Tree fruits. The controlled environment housed several containers, each with different growing mediums and planted with Beauty Tree specimens taken from a range of soils and regions.

It was explained that commercial feasibility depends in part on fastest growth of the appropriate tree stock for individual regions tolerating either drought, salinity or water-logged conditions. Of general interest, the Assoc Prof. said about one in 3,000 research projects make it to success.

Current small trials indicate the possibility of 4000 litres per hectare per annum. Biodiesel fuels produce less greenhouse gasses than fossil fuels.



with *Leonie Keene*

We are still dancing every Monday night at the Rockhampton Pipe Band Hall (next to A Man's Toyshop) in Gladstone Road, 7.00pm - 9.00pm. Our regulars really enjoy a night of dancing; however, we would welcome newcomers to swell our numbers.

Recently we held a Christmas in July dance. The hall was decorated with tinsel and Christmas decorations, as well as a very festive Christmas tree. A crowd of around twenty dancers enjoyed Grandma's Gallop, The Stockyards & Over the top just to name a few dances. A lucky spot was won by Nathan. The lucky door prize of a \$20 voucher generously donated by Drakes Supermarket was won by Maree. The monte carlo was won by Maree & Jarrod who each won a small gift basket.

Everyone enjoyed the festive supper complete with a Christmas cake. A great night was had by all.

At our recent AGM it was decided prices would remain at \$5 adult, accompanied child \$1 & a family of two adults & two children \$10. As usual our first night is free to try.

We are hoping to see many more U3A members come along. For enquiries please call Leonie Keene on 49225887.



Photo shows members enjoying Grandma's Gallop.



IN VOICE is a group who enjoy poetry without the constraints of memorising the words. The group is looking for new members who enjoy putting life into words and also visiting senior groups for their

enjoyment. We keep our poetry books in our hands as we entertain.

We meet on the 1st and 3rd Wednesdays at 9.30am at Virginia's home, 304 Kent Street, Depot Hill and finish with a cuppa.

Contacts are Virginia 49211601 or Valda 49282119

Two of our past members, Norma West and Shirley Sherwood passed away in July and our condolences were sent to their families.



GUEST SPEAKERS

with Judy Nutley

June: Rockhampton Heritage Village - Peter Finnigan presented a very interesting photographic power point of the Heritage Village.



He also talked about the different exhibits and areas of interest where volunteers are able to assist.



July: The Mekong; Brian Finlayson

A big Thank You to Brian for his wonderful presentation at such short notice on The Mekong its past and future. Brian had so much knowledge and interesting story of the Mekong.



I would like to apologize to those who came to listen to the presentation from The Salvation Army My Aged Care. I will try again for this presentation at a later date.

August: The Office of Fair Trading; Patrick Fox How to recognize Scams and how to avoid them. Patrick presented a very interactive morning with lots of questions and discussion on how we all have received scams and how each person has dealt with them. Pamphlets will be displayed on the notice board with varies information on where to report etc.

We all went home with a Little Black Book loaded with information.





The U3A Chorus has been busy practicing for their performances over the last few months. We sang at the Open Mike night at The Workshop in East Street before the venue closed down. That was a lot of fun but the noise of the other performers was a bit loud for our age group, but the food afterwards made up for it. We then sang in the Uniting Church in Berserker Street on a Sunday morning with Lindsay playing for us as he is the organist there one Sunday a month. Hymns were a different challenge for us and the congregation seemed to enjoy us and we really had a wonderful time learning the tunes.

Our latest performance was at the Saleyards Hotel on a Saturday night at another Open Mike night. There were 16 of us standing on the small stage in front of a large audience and we look forward to doing it again before the end of the year.



If any members would like to join in the fun, we practice on Tuesday mornings in the Youth

Orchestra room at the Walter Reid Building at 9.30am. It doesn't matter if you have never sung before or if you can't read music. Just come along and join in the fun. There is a lot of laughing and we all enjoy the morning so much that we don't like missing practice. For further information ring Ann on 49221581.

Activities



with Judy Sutton



Keith Bambrick will be conducting a new activity, Contemporary Ballet starting on Monday 3 September at 2pm at 253 Elphinstone Street. There has been a lot of interest from members at the last Meeting. This is a great way to increase fitness and stamina and find a new 'happy place' with friends. Contact Keith on 4928 3849.



Our President, Russell Daniels and I are aiming to visit each Activity over the next 12 months. I will contact each Tutor/Facilitator before we come to your Activity.



Our monthly lunch on the 3rd Tuesday each month has proved very popular. The July Lunch was held at the Red Lion Hotel and the August lunch was held at the Kalka Hotel on Tuesday 21 August. Members who attend the lunch decide where the next venue will be, alternating between North and South Rockhampton.



I Don't Miss Cowboys & Indians

by Keith Bambrick

At the Roxy, Normanby Street Yeppoon, I discovered Saturday Matinee films, at about age five, 1938, and was hooked for life.

Never had to steal to find the entrance fee, sixpence, but my wheedling for it must have been most irritating

to my family. And then, afterwards, they were given a total retelling of what I had seen.

And what a lot there was; a serial, continued from week to week, with the hero rescued in the nick of time from last week's perilous conclusion.

Then a general short, perhaps a Pete Smith Special, where Pete struggled to cope with whatever dilemma life threw at him.

A James A Fitzpatrick Technicolour look at some foreign country, ending, as ever, with a lurid sunset, and his voice intoning--- "And now, as the sun sets slowly in the West, we say "Farewell" to beautiful (Placename)." Then, finally, the first feature film. Sometimes a Romance, with boring smooching scenes that had to be endured. These tiresome people might even burst into mushy song, making cow-eyes at each other the while.

Interval. No nibbles—they cost money. Then the big action-packed second feature. Movement, danger, gunshots, cowboys and Indians slaughtering each other, if you were lucky. But you certainly got your money's worth, then.

Rockhampton, years later. I remember seeing Beethoven's "Fidelio" at the Liberty, as well as many French and Italian films.

These days, Rocky Flix show foreign films, 6p.m., 1st or 2nd Thursday monthly, at Walter Reid Cultural Centre, sub-titled dialogue as needed. Much more interesting than those bang-bang shoot'em up, blow'em ups so readily available elsewhere. Just people dealing with situations in which they find themselves. Engrossing.

I don't miss the cowboys and Indians at all!



We acknowledge the passing of past President, Norma West and also Bill Benson and Shirley Sherwood. Their unselfish contributions to U3A continue to be greatly valued.

Editor: Thank you to those who contributed articles and/or photos. There are more photos on the final pages as is the renewal form for 2019.

U3A Activities 2018
[9th August 2018]

*Legend: * = Continues all year*

NA = New Activity

SA = Shared Activity

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

Activities	Times	Venue	Contact	Phone
Monday				
General Meeting ~ monthly 1 st Monday (excluding January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton (Lunch to follow)	Phil	4928 7769
Bush dancing SA*	Weekly 7.00pm - 9pm	Rockhampton Pipe Band Hall Gladstone Road, Rockhampton ~ \$5	Leonie	4922 5887
History Group	3 rd week 2pm.	Oaktree Village, 155 Glenmore Rd., Park Avenue	Ann	4922 1581
Contemporary Ballet	1 st Monday 2pm	253 Elphinstone St., Berserker	Keith	4928 3849
Tuesday				
Senior-Fit Class Resistance Training SA* Swimming	8.30am - 9.30am 7.30am - 8.30am Initially, then Any open hours	CQU Community Sports Centre, Yaamba Road, North Rockhampton Cost for single visit \$8 OR 10 sessions for \$60	Sports Centre or Rhonda Barb	4923 2159 4819 1739 4928 7560
Aqua Aerobics SA*	Weekly 11am - 12noon	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
Investment Group Discussion SA*	3 rd week 10am	Glass room, Frenchville Sports Club North Rockhampton	Arch	4928 6653
Mah Jong I	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Lyn	4928 8136 0455288833
Third Age Chorus Singing Group	Weekly 9.30am	Youth Orchestra Room, Floor 1 Walter Reid Building Derby St., Rockhampton	Phil	4928 7769
Tai Chi * Southside	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Virginia	4921 1602
Poetry for Leisure	2 nd & 4 th weeks 9.15am – 11.15am	School of Arts Bolsover St., Rockhampton	Alan	4928 5319 0411469563
Monthly Lunch	3 rd week 12 noon	Venue to be decided previous month	Judy	49281756
Cards & Scrabble NEW from 6th March	1 st & 4 th weeks 9am – 11.15am	Oaktree Village Glenmore Road 50c tea/coffee	Alan	4928 5319 0411469563
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 41/G41. Turn right off Carlton St., into Blair Drive	Pat	4927 4493
Speech Group ("In Voice")	1 st & 3 rd Weeks 9.30am -10.30am	New Venue 2018 304 Kent Street, Depot Hill	Virginia Valda	4928 2119 4928 2119
Writing for Pleasure	1 st & 3 rd weeks 9.15am -11.15am	1 st week -School of Arts, Bolsover Street, Rockhampton. 3 rd week –5 Pattison St., Wandal	Judy	4836 6133
Drama Group	1 st & 3 rd weeks 1pm – 3pm	Oaktree Village Glenmore Road 50c tea/coffee \$2 photocopying	Keith	4928 3849
Music Appreciation	4 th Wednesday 1.30pm – 3.30pm	17 Thora St., Gracemere	Nancy	4933 2722

U3A Activities 2018

[Revised 9th August 2018]

*Legend: * = Continues all year*

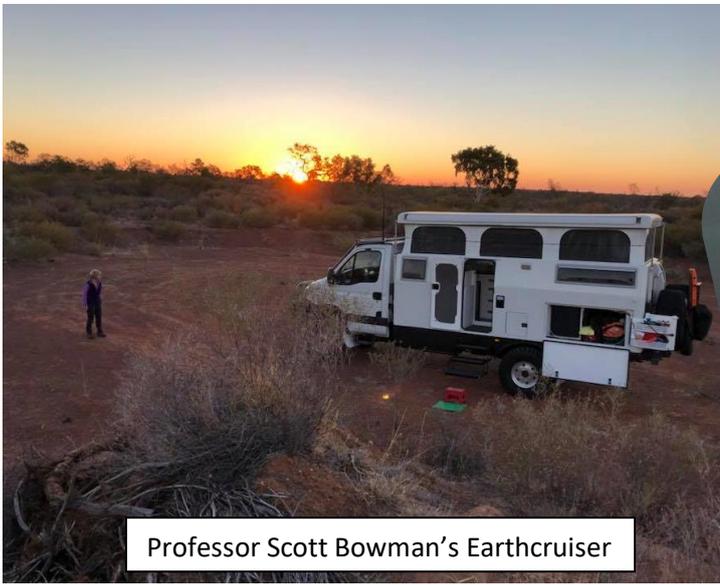
NA = New Activity

SA = Shared Activity

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

Activities	Times	Venue	Contact	Phone
Thursday				
Senior-Fit Class Resistance Training SA * Swimming	8.30am – 9.30am 7.30am - 8.30am Initially, then Any open hours	CQU Community Sports Centre, Yaamba Road, North Rockhampton Cost for single visit ~ \$8 or 10 sessions for \$60	Sports Centre or Rhonda Barb	4923 2159 48191739 49287560
Aqua Aerobics	Weekly 9.30am - 10.30am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
Discussion ~ Current Affairs SA	3 rd week 3pm - 5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Photography Group	Every 2 nd Week 3pm [from 23/2/2018)	Technology Centre 1 st floor ~ Library, Bolsover Street, Rockhampton.	Phil	4928 7769
Scrapbooking	Last Thursdays 9.30am – 12.30pm	Oaktree Retirement Village Glenmore Road; 50c for tea/coffee	Ann	4922 1581
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	Venue advised at General meeting Please bring hat, chair & a 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 II	Weekly 1pm – 4pm	Settlers Village, Pauline Martin Drive, Rockhampton	Judy	4928 1756
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.	Kershaw Gardens (Knight Street) Cost ~ \$2.	Shirley Beth	4936 4792 4926 4374
Saturday				
Aqua Aerobics SA *	Weekly 7am - 8am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
Personal Arrangements				
FREE Computer Classes	Various days Weekly ~ 2 hours	Technology Centre – 1 st Floor RRC Library Bolsover Street, Rockhampton. (How to drive a computer; Windows 10; Files & folders; Internet made easy; Word 2010, PowerPoint 2010; Personal & computer security; Email made easy; digital photography)	Chris or Donna	4936 8212 or 4936 82188

Learning at Leisure – Learning for Pleasure



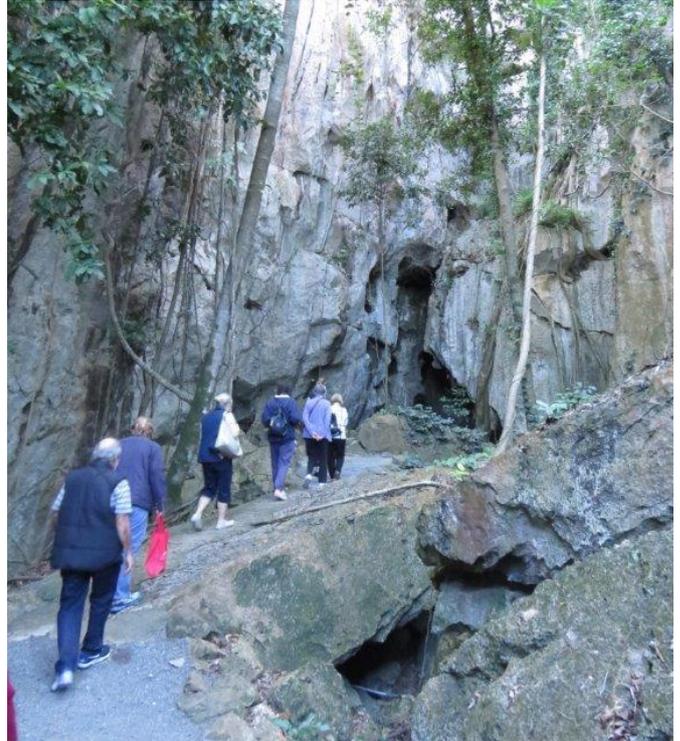
Professor Scott Bowman's Earthcruiser



Learning at Leisure – Learning for Pleasure



During his visit to Wales, Lindsay Soanes met up with the local President at the Eisteddfod in Cardiff where U3A had a stall.



MEMBERSHIP RENEWAL 2019

Please complete this form, insert in an envelope and hand to the Treasurer at the next meeting or post to The Secretary, U3A, P.O. Box 8160, ALLENSTOWN, Qld 4700

Name: _____

Residential address: _____

Mailing address: _____

Phone: _____ Mobile: _____ Email: _____

Previous occupation: _____

Hobbies/interests: _____

Membership fees are \$15 per person.

Prompt payment by 31st December 2018 would be appreciated.

⬡ payment enclosed

⬡ payment made to: Commonwealth Bank, Account name – U3A
BSB - 064 710 Account Number - 0092 5452

Email: u3arockhampton@hotmail.com

Web: www.u3arockhampton.org.au