

Dec. 2023 Volume 4/2023



# THE QUARTERLY FLIER

Rockhampton and District Inc.



U3A Rockhampton - P.O.Box 8160, Allenstown, Rockhampton Qld 4700  
[www.u3arockhampton.org.au](http://www.u3arockhampton.org.au) Email: [admin@u3arocky.au](mailto:admin@u3arocky.au)



**MANAGEMENT COMMITTEE 2023**  
**PLEASE NOTE NEW EMAIL ADDRESSES**

**President:** Cheryl Wickes 0428 452 836  
**Email:** president@u3arocky.au  
**Vice Pres:** Lauree Lanyon 0417 042 870  
**Email:** vp@u3arocky.au **NEW**  
**Secretary:** Jane Brazil 0439 982 087  
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**Treasurer:** Jennifer Robertson 0749 267 499  
**Email:** treasurer@u3arocky.au  
**Volunteer Coord:** Vicki Cope 0412 336 450  
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**OTHER POSITIONS**

**Chaplain** Kathleen Winter 0408 276 628  
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**Guest Speakers:** Alan Watts 0411 469 563  
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**Activities Co-ord:** Terry Holland 0427 689 312  
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**FEES**

**Annual fee:** (1st Jan. - 31st Dec. 2023) \$20.00  
**Mid Year fee:** (1st July - 31st Dec. 2023) \$10.00  
**Joining fee** (includes name badge):  
\$10.00

**Why not check out**  
**The Quarterly Flyer in Colour**

<https://www.u3arockhampton.org.au/images/Dec23.pdf>

**Meetings For the next 3 months**

No January Meeting  
6th February 2024 includes U3A Expo!!  
5th March 2024



A word from our  
President  
**Cheryl Wickes**

**We at U3A Wish all our Members**  
**a Very Happy Christmas and Wonderful New Year**  
but today I wanted to thank the many Volunteers  
for accepting our invitation to this year's  
Volunteers Morning Tea...

Community groups such as ours would be lost  
without the support of their volunteers.

Margaret Mead, a famous American  
anthropologist, once said: ***"Never doubt that a  
small group of thoughtful, committed citizens can  
change the world; indeed, it's the only thing that  
ever has."***

However, the days of community 'barn-  
raising' seem to be over... instead, if a farmer  
needed a new barn, he, or she, would have to form  
a committee, apply for a grant, then have to go  
through all the red tape of architect designs,  
getting permits, and commissioning an  
environmental impact study.... There would be few  
new barns!

But I digress! I'm not here to lecture you on  
the benefits of volunteering.... I don't need to!  
Because you are our volunteers. You are the glue  
that keeps our U3A together.... you are the  
strength that sustains us and allows us to grow...

And you are all here today so that the  
committee and I can thank you, in a small way, for  
your service to our U3A, and to your friends, new  
and old, who make up our members!

Ivan Scheier, an American author who wrote  
many books on the benefits of volunteering... once  
said: ***'Volunteers are worth their weight in gold.  
They share their time and talents without any  
thought of compensation.'***

How right he was!

Without you, Vicki, and your tireless team of workers, all those important roles of signing in, selling raffle tickets and organising morning teas at meetings, and so much more, would not happen.

Without you Lenore, we wouldn't all enjoy a great belly laugh at each meeting.

Without you, Alan, we would not have our minds stretched by interesting guest speakers at those same meetings.

Without you, Terry and your team of activity co-ordinators, we could not offer so many interesting and informative regular activities for our members to enjoy.

Without you, Bev and your team, we would not enjoy our lunches, outings and fun events, like our recent hugely successful Beatlemania trivia and so many more.

Without you AJ, and Leslie before you, members would not receive an informative quarterly flier full of fun reports for all to enjoy.

Without you Nick, we wouldn't have such an excellent website to keep everyone informed.

Without you, Henry and your team, we would not have been able to put Rockhampton U3A on the world map by holding a State Conference and 50<sup>th</sup> Birthday party considered one of the best ever.

And without you, my excellent and hard-working committee, we wouldn't be able to handle all the boring paperwork that keeps our organisation operating, and our club would collapse and chaos would rule. Not a pretty thought!

Without each and every one of you here today, and those who couldn't attend, I wouldn't be standing here, because there would be no reason for me to do so!

Today, you number only about half of our total volunteers. Others have not been able to attend for a variety of reasons, which is a pity, because we've changed things around a bit.

Usually, you would enjoy a morning tea, I'd say thank you, present you with a certificate, and that would be that. Then at the Christmas

luncheon we would give every member present a little gift.

I always felt this was around the wrong way! And when I brought it up at a committee meeting, we all agreed that you, our volunteers, deserve the gift as you are the most important members of our U3A. (see below)

My committee and I thank you, one and all. For everything you do for our U3A... And I would also like to acknowledge all your partners and family who support you, so that you can support our U3A.

**Thank you ... and please thank them!**

One last quote for you: Barack Obama once said, ***"Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek."***

Each volunteer was given a Certificate of Appreciation and handed a small gift bag containing the famous Joke Book by Lenore and Jane, a jar opener and a small U3A notebook.



***Membership of U3A has reached a record 440 people. Thank you to everyone who participates. We love you all!!!***



**Garden Lovers  
with  
Joan Cooper**

2023 has been a wonderful year for the Garden Lovers Group. A lot of the credit for this goes to the members who made enquiries and suggested private gardens known to them for us to visit. I have been coordinating this group for around seven years now and the task of finding something

different to do each month sometimes becomes difficult, so thanks to [George](#), [Jeff](#) and [Bev](#) for finding three of those for me.. We visited six gardens in total, each one different and beautiful. We also learned a lot from the owners and also from Sonia of Sonia's Seedlings, and from the Bunnings representative who spoke to us on different gardening topics.

We had our **Christmas breakup** at Kershaw Gardens on Friday. Thanks to the weather for cooperating and to [Kym](#) for coming early to help me set up. The plant swap in lieu of Secret Santa, was popular and the garden quizzes proved that I really need to organise more guest speakers 😊.

. Also thanks to [Joy](#) and [Don](#) for hosting a truly wonderful morning tea and very educational session for the group. One of our absolute best



mornings. I am very grateful to those who helped this year. Bring on 2024!

*Merry Christmas Everyone*  
and *Happy Gardening.* 😊



I have enjoyed my visits to the activities I have been to throughout the year, and thank you for the welcome I have received, **BUT remember we will have our activities Expo on the first Tuesday in February 2024**, which gives all of our co-ordinators time to start thinking about how you may be able to attract new members to join your activity.

Well, 2023 is drawing to a close and many of us will be thinking of Christmas and all that that means, with holidays, family visits, Christmas trees, lights and decorations.

*Let me wish all of you a Very Merry Christmas.*

**Terry Holland,  
Activities Manager.**

## A New Activity For You



### YOGA WITH DAVID DREW

**WHEN** EVERY MONDAY AT 9. AM FOR 9.30 TO 10.30AM  
FROM 11TH SEPTEMBER 2023

**SESSION** CHAIR YOGA AND FLOOR YOGA

**WHERE** FITZROY BY TEMAN (BEHIND EVENTIDE)

PLEASE PARK BEHIND TEMAN, APPROACHING  
FROM CAMPBELL ST ALONG MARY BLOWS DRIVE WANDAL

FOR INFORMATION CONTACT DAVID ON 0437 337 586





This quarter, I share with you some exciting CQUniversity news for our local region including the announcement of CQUniversity's 2024 Times Higher Education World University Ranking, support of the Rockhampton Regional Council's Vision for a new sporting precinct and the commencement of Stage 1 of the CQUniversity TAFE Precinct of Excellence on Rockhampton North campus.

In September, CQUniversity was ranked within the world's top 600 institutions (out of almost 2,000 eligible universities) on the (THE-WUR) (see above). With its official placing of 590 in the 2024 rankings release. This is our highest ever rank in the internationally recognised World University Rankings,

A major factor is the University's research quality, ranked just outside the world's top 400, To be recognised just outside the top 400 in the world is an extraordinary achievement!

In early October, CQUniversity pledged its support for Rockhampton Regional Council's (RRC) vision to develop a large-scale, multi-purpose community sporting precinct, right here, at the Rockhampton North campus.

CQUniversity is perfectly positioned to accommodate this vision with the proposed precinct occupying 26 hectares of prime land. Stage 1 of the development includes: 16 x fit for purpose outdoor hard courts, club facilities, change room facilities and 3 indoor courts.

The full Rockhampton Sports Precinct Masterplan incorporates a six-court indoor sports centre, a 16-court outdoor precinct, extensive grass playing fields all with associated club facilities, athletics facilities, car parking and transport access via Norman Road at Foulkes

Street. The long-term vision for the site also includes a community play space with playground, basketball and pickleball spaces.

Once complete, this precinct will be a fantastic asset for our growing region.

The first sod has been turned and construction is now underway on the \$10.2 million first stage of the planned CQUniversity Precinct of Excellence.

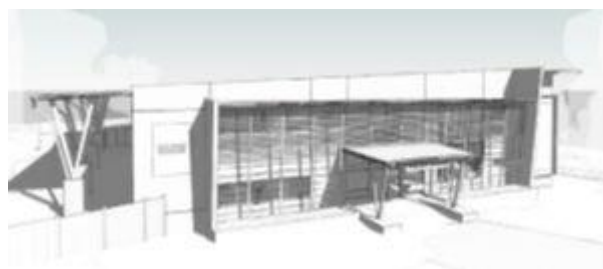
Minister for Training and Skills Development, the Hon Di Farmer, MP joined CQUniversity's Vice-Chancellor Professor Nick Klomp on Wednesday 1 November for the official proceedings.

Once complete, Stage 1 of the TAFE Centre of Excellence will cater for 350 students in the construction trades, including Certificates III in Bricklaying, Carpentry, Plumbing and Cabinet Making.

The development will help the growing demand for Vocational Education & Training (VET) at CQU Rockhampton, forecasted to increase by 8.6 per cent by 2030. The new facility will also help cater for Central Queensland's growing construction industry, which is expected to employ more than 12,000 people (8.7 per cent of the region's workforce) by 2025-26.

Queensland-based builder, WHF Group, is leading the construction of the project and adjoining carpark upgrade, with up to 100 jobs being created during construction.

An artist's impression of the new TAFE Centre of Excellence to be built in Rockhampton. The



6000 sqm site will include a large outdoor practical construction space, along with a 2,330 sqm underroof facility that will encompass an open plan indoor workshop, classrooms, a meeting space, breakout spaces, a staffroom and office space.

ctd from previous page.....

The Stage 1 project is expected to be completed by late 2024 to early 2025, in time to welcome students for Term 1, 2025.

The project has been funded by an \$8.4 million investment from the Queensland Government along with a \$1.8 million contribution from the University.

I look forward to sharing more details about our upcoming events and activities in the first 2024 quarterly newsletter.

You can read up on these events, plus more in the latest edition of our **FREE Be Magazine**, to subscribe, please email [be@cqu.edu.au](mailto:be@cqu.edu.au).

**Ms Kim Harrington, GCertMgt, BAAVTHRD(Hons), DipPM Associate Vice-President Rockhampton and Central Highlands Regions**



## U3A Bird Group with Rod Elder



An Egret on Murray Lagoon

In early November we were went to Murray Lagoon, an excellent bird watching venue during good weather. When we arrived it had continued to dry up with the edge of the water about 3m out from the end of the jetty.

We were able to see two Great Crested Grebes, (pictured below), they are duck-like diving birds which prefer deeper water and are uncommon.

The White-bellied Sea Eagle put on a great show flying low over the water to pick up fish. One was on the water's edge feeding on a successful catch.

Members took advantage of the U3a telescope to get a close up of all the action. It gives a magnification of about X 50, unlike binoculars which are about X 10.



Five small Black-fronted Dotterels foraged along the water's edge. They are surprisingly hard to find even though they are black/brown and white with bright red bills. Australian Grebes were



ever present but can be hard to find as they often dive for food. Whiskered Terns (grey bird in picture above) flew at heights of 5 to ten meters from where they plunged into the water to catch small fish and other freshwater animals.

We saw 39 species of bird. There were 11 U3A Bird Group members.

We had our Christmas morning tea at the Southside Gardens Café. What a great social group we have.

**Rod Elder, U3A Birdwatching**



U3A Birdwatchers taking a spell

## Guest Speakers

At each of our monthly meeting we have a Guest Speaker. They are always interesting and informative. We did not have a monthly meeting in December this year, so only two Guest Speakers. In September we had Ben Wright, Director of South Geldard Lawyers, and in October we had Alan Watts in lieu of the gazetted speaker, Jill Griffiths from Centrelink, who sadly came down with covid.



**Ben Wright** came to speak to us about Estate Planning for Mature Age Students. Many of you will already have this in hand, but possibly just as many haven't made a Will yet either.

Estate Planning, he explained, was about asset disbursement after death, and a primary objective is that the dying persons' wishes be carried out, and also the well-being of the relatives. All aspects of the process from Superannuation (which falls outside of the Will), Beneficiaries, Pensions, whether tax will be payable, Enduring Power of Attorney, Health and personal financial matters, etc., were covered.

Another thing he explained was that there are a variety of different types of Wills depending on the size of the Estate, the nature of family, business investments, family assets amongst many.

Overall, an informative, get your skates on presentation. We thank Ben for his information and should you want to get in touch, call our U3a Secretary, Jane Brazil who can pass on information to you.



**Alan Watts stepped up in November in lieu of Jill Griffiths and gave a talk on Banking.**

I joined the Commonwealth Bank B.C., that is Before Computers. At least this was the case in my first two branches, Pialba and Biloela from 1975 to 1979. Everything we did was manually processed

with customers account ledgers being machine posted. Interest and charges were manually calculated, checked and then eye-checked by a third person.

Pensions and Public Servants wages were paid by cheque. Most employees were paid in cash. Bank Managers and other bank staff were respected community members. Loans were assessed by people, not computers. Cash was different. Notes were paper, and 1 and 2 were denominations of cent coins and not dollars.

**In the 1970's was the introduction of Bankcard**, which was jointly owned by the Australian Banks and was the pre-cursor to Mastercard and Visa which are International cards.

**1980's - A.T.M.'s** became commonplace, being introduced in the late 70's. The Big 4 banks (C.B.A, Westpac, NAB and ANZ) Westpac came about through a series of mergers

**1990's. C.B.A. along with Telstra**, and other government enterprises became privatised, and compulsory superannuation was introduced. Borrowing for cars, travel and other purposes was allowed and fixed and variable rate options came in. Closure of bank branches began, particularly in small country towns., and out of Branch Banking took off. Phone Banking, Telebank and Internet Banking all become available.

**From 2000 on** more branch closures- One branch per provincial city – Rockhampton, Gladstone and Bundaberg all have only one CBA branch now. Building societies and Credit Unions have become Licenced Banks.

### BANKING TIPS

- Consolidate accounts in one place
- Partners- have joint accounts. when one passes away, the other can still use account. no need to change direct debits etc.
- Use fee free accounts and credit cards where possible
- Use accounts with debit Mastercard or debit Visa access with only a limited balance in account for electronic purchases and regular transfers rather than credit cards. (if fraud occurs, they can only access what is in an account, not a credit limit)
- Remember credit cards are in one name only and can't be transferred to partner on death.

**Alan Watts**



## **Alan Watt's Report on his time as Guest Speaker Co-Ordinator**

It has been my pleasure to organise the guest speakers for our monthly meetings for nearly 3 years now. They say, "You can't please everybody all of the time." If I have pleased most of the people most of the time with my choice of guest speakers, then my job has been well done. I hope that this is the case.

I have tried to get speakers that I have heard before or come highly recommend to me by others. I have also tried to have a variety of topics covered as everybody has different areas of interest. Some topics are appropriate for everybody who attends.

Areas covered include the following-

### **Health and Well Being**

- Kate Richardson from Activate Health.
- Speakers from Queensland Ambulance Service
- Dr Svetlana Krasnova from CQ Health on Covid 19.
- Sue Witten from Parkinson's Support Group.

### **Community Organisations and Services**

- Elaine Jones from Capricorn Citizen Advocacy.
- Mal Holmes from Foodbank (Hands Of Compassion)
- Donna Kirkland from Rockhampton Regional Council.
- Jan McSweeney from Neighbourhood Watch.
- Bev Rose from St Vincent de Paul.
- Bob Holmes from Cockscomb Veterans Retreat.
- Deborah Purser from C.Q. Home Assist.
- Leighton Johannessen from Police Chaplaincy
- Kathleen Winter – our new Chaplain for U3a Rockhampton
- Kim Harrington from C.Q.U.

### **The Environment**

- Kelly Smith from Rockhampton Regional Council Waste and Recycling.
- Alistair Melzer from C.Q.U. Koala Research

### **The Arts**

- Patty Beecham- Writer who also did a Writers Workshop for U3A.
- Lizzie Cooper-Local Artist.
- Rex Boggs- Photography using your Mobile Phone.

### **Travel**

- Peter Brown from Qld Rail .

### **Law**

- Ben Wright- Solicitor speaking on Wills and Powers of Attorney.

### **Finance**

- Alan Jackson from C.B.A. speaking on Frauds and Scams on Bank Accounts.
- Myself, Alan Watts, on Changes in Banking from the mid 1970's on.
- My talk was not planned but was done at short notice after our planned Guest Speaker, Jill Griffiths from Centrelink, came down with Covid.

I hope this has brought back memories for you of what you learned from these talks.

### **The Future**

A former banking colleague of mine, Patricia Hill, along with her husband Len, have volunteered to take on this role following the March 2024 A.G.M. At the March meeting, my final in this role, we will have two of our own members sharing their life experiences.

I am sure Patricia and Len will do a great job in finding speakers and I wish them well as they take up this job.

Thank you for giving me the opportunity to perform this role for the past 3 years. Thank you for your encouragement and support

**Alan**



Something to ponder.....

If all is not lost, where is it?



## Welcome to Beatlemania!

A fun day, organised by our intrepid Social Co-ordinator , **The One, The Only** —

### Bev Meredith!



Bev is a great organiser and when she gets together with her mighty volunteers you can be guaranteed of a good time.

Her events for next year have not been finalised yet but look out for the upcoming visit to The Art Gallery and Lunch.



The Submariners

Last week was Beatlemania at the Diggers Bowls Club Hall,  
We wore some gaudy colours and great fun was had by all.  
Some of us dressed up as sailors in bright yellow shirts  
And we sang the submarine song, our voices to exert.  
We sang a lot of old Beatle songs that other people knew,  
There were questions on the Beatles, but I only knew a few,  
There were raffles too and, lucky me, even won a prize  
A big jar of chocolates, I could hardly believe my eyes!  
I did not like the Beatles when I was young and in my teens,  
I still don't like the Beatles now that I'm an old has-been!

*Lenore Cook*



## Another great benefit of being a U3A Member

The U3A Network Queensland Inc has been negotiating with COTA (Council of the Ageing) for some time to get discounts for our U3A members on insurances.

They offer up to 10% discount on your first year's premium if you are a U3A member and buy a new home and contents, landlord, comprehensive car or caravan policy over the phone And 10% off for Travel Insurance for U3A Members over the phone and also some coverage for some covid related events.



Contact U3a Committee [admin@u3arocky.au](mailto:admin@u3arocky.au) for info or pamphlets or ring COTA on 1300 1300 50.

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## A CRAFTY CHRISTMAS

by Joan Brown

Let's have an Aussie Christmas this year  
Like they had in the good old days,  
I'll build a fire, you gather the wood  
And we'll sit on the old bales of hay.

I'll cook some mutton in the old black pot  
We'll roast the spuds in the coals,  
There's a can I can boil some pumpkin in  
And we'll eat from the old tin bowls.

Aunt Ruth will be happy to come this time  
She won't have to climb up the stairs,  
And old Uncle Dan won't huff, puff and swear  
When he gets up from our comfy soft chair.

Some damper for pudding will do us all,  
(They'll be expecting a big plum duff)  
With lashings of butter and syrup on it,  
Do you think it will be enough?

What will we give the girls as gifts?  
Santa will have to come.  
There's those old dolly pegs I can paint faces on  
That belonged to your old Mother's Mum.

The beer we'll hang from a rope in the well  
Some soft drink can go in there too  
We'll pen up the goats, as well as the cow  
But what do we do 'bout the loo?

We announced the plan to the family today  
And they all said that they wouldn't come  
They said it's too hot to sit in the sun  
The whole day just wouldn't be fun.

Aunt Sue said that she would host Christmas Day  
And she'd get some caterers in  
"There'll be traditional food and plenty of wine  
But don't let my Bert near the gin."

We grinned at each other when they went out the door  
Well, that worked out just how we planned,  
No work for us, we don't have to fuss,  
Christmas Day this year will be grand!

*Christine  
Dobele*

*Days For Girls*



We had a very productive 2023 making items and supporting girls and ladies we will never meet.

If you would like to join us we will be meeting on **Monday 19<sup>th</sup> February at the Fred Fox Hall 3 Gladstone Road at 1.00pm until 3.00pm. Cost \$2.00 for hall hire.**

No experience necessary, all are very welcome.

**We would like to wish you and all the people you love a very Holy Christmas and a Healthy and Happy 2024**



Members Christmas Lunch



Busy at work

**Ian Ewings** Group **U3a Photography** meets at the Walter Reid Building, cnr. Derby and East Sts on 2<sup>nd</sup> & 4<sup>th</sup> Thursdays at 2.00pm for Meet and Greet, then off to the Club room for display of Photographs.

**You can contact Ian on 0438 284 084**





## Nicks Tech Tips December 2023

There is more happening in the digital world, but for this snip of information for All Members of U3A I have uploaded onto our U3A Rockhampton a link to a special PDF file put out by the Australian Banking Association called **Safe and Savvy**. Don't hesitate to read it. Many Seniors have been caught by Scams and it is not hard to lose \$1000s.

If you think you may have been sent a dodgy email or had a phone call you can seek some help on the web. But you need to ensure you are dealing with an Australian company and not one from timbuctoo: Use the following URL if you are unsure: <https://www.scamwatch.gov.au/>

Update your Apple equipment to Version:

**iOS 17/iPadOS 17**

The latest version as at 7<sup>th</sup> November 2023.

To check for updates on a Windows based Computer go to:

**Start > Settings > Update & Security > Windows Update** and then select **Check for updates**.

If updates are available, install them.

That is it for the moment except for a link to the new Cockscorb website, I know some of you are booked to visit in June :-

<https://www.cockscorbvets.au>

**Nick Quigley OAM**

**Note:** The Safe and Savvy site offers information re Elder Financial Abuse advice and spotting scams etc. It is most definitely a **MUST** read. Ed.

**-What happened to the thief who stole the Advent Calendar?**

**-What do you call a reindeer that can write with both his left and right hooves?**

They're really easy..... Did you work them out?

Answers: 1 - He got 25 days 2. Bambl-dextrous!!



Cards &  
Scrabble  
with  
*Kym Jacobi*



Our players enjoy a few different card games with our Scrabble players also enjoying Quiddler at Oak Tree Village on Glenmore Rd, Park Avenue. Anyone is welcome to come along and if you don't know how to play the card games, there is always someone happy to show you. We finish on 12 December this year but commence back on Tuesday 9<sup>th</sup> January at 9am. We meet on the 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays each month. We hope everyone has a very Merry Christmas and a most Prosperous New Year.



Walk & Chat  
with  
Christine and Friends



If you would like to join us you will be very welcome. We walk along the Fitzroy River or along the Pacific Ocean at Yeppoon. The 25<sup>th</sup> November was our last formal walk for 2023 and we will be resuming on Saturday 3<sup>rd</sup> February 2024. If you would like to join us just turn up at 5.50am at Queens Park, no ticking off included.

We early risers would like to wish you and all the people you love a very Holy Christmas and a healthy and happy 2024.

For more information please contact me, Christine Doble on 07 4926 1845



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# Volunteers Morning Tea



Happy Photos of  
Wonderful

some of U3A's  
Volunteers

*Merry Christmas  
& A Happy New Year To  
All Our Members*

*May the magic of Christmas fill  
every corner of your heart and home  
with joy — now and always*

*From your committee at  
U3A Rockhampton and District*

