

3 A THE QUARTERLY FLYER

JUNE 2021Volume 2/2021

Rockhampton & District Inc

After a very shaky and nervous 2020 enduring Zoom meetings and cancelled activities - 2021 is shaping up to be better than ever. Most activities have resumed with the introduction of new.

2021 Masked Committee



We all know that now is not the time to let our guard down. Avoid complacency, get a covid jab and follow the rules.



Committee, unmasked, with addition of Alan Watts



Incoming 2021 - COMMITTEE

President:Maurice Dittmann – 0407 679 271Secretary:Lenore Cook074926 7499Treasurer:Lenore Cook074926 7499Activities:Phil Morisette074928 7769

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Volunteers Coordinator: Vicki Cope 0412 336 450

Annual fee: \$15.00 New members (July 1 – October 31) \$7.50 Joining fee \$10.00

(includes name badge)

Check out the Quarterly Flyer in colour:

 $http://\underline{www.u3arockhampton.org.au/i} mages/Jun21.pdf$

From the Presidents desk Maurice Dittman



This is my first report for the Quarterly Flyer after volunteering to step into the role of President. I use the word "volunteering" meaning that I was not wishing nor seeking to be President of U3A Rockhampton. However, it was not acceptable to me to see our U3A without a president. I also confirm that I do not intend to serve beyond one year and I urge all members to actively search for suitable and willing prospective members to fill vacant positions asap.

We are fortunate that the outgoing management committee left U3A Rockhampton in good shape and the present committee is anxious to provide similar solid management in its own style. The new committee is displayed above and I thank them for volunteering to carry out those roles selected.

Covid-19 made committee management difficult and minor tensions appeared in relation to certain operations. We are working through these difficulties to achieve acceptable conclusions as quickly as possible. We are really in a new phase of the covid pandemic, commonly referred to as the new covid normal. I believe we will be in and out of various phases of covid over the next few years.

We mature Australians should be careful not to become complacent and be diligent in practicing covid safe hygiene and social distancing as required by Health authorities.

The important task before the committee at present is the vacancies on the management committee. These are Vce President and Social The Vice President would be Coordinator. expected to take over as President next year. Present committee members cannot be expected to carry out additional functions beyond those in their portfolio. Accordingly, social activities may not be up to the standard you have come to expect in future. Fortunately, Alan Watts volunteered to fill the role of guest speaker coordinator. He is up and running and has the calendar year almost booked in. Alan has also volunteered to be coordinator of a new activity titled Financial Discussion group. I am sure you will be able to obtain further information elsewhere in this journal.

We have also appointed Henry Cope as Grants Manger. Henry will no doubt ensure we receive as much grant money as possible. Accordingly, all activity coordinators should take a close look at what equipment would enhance your particular activity and put a case to the Grants Manager.

At our May meeting, we were entertained by Tony Moore with the story of his life and experiences in the theatre. Tony is a new member and has skills that will enhance his tutorials in the Drama activity.

The number of financial members at the end of 2019 (pre Covid-19) was 465, while the number now is 407, a decrease of 58. This is a similar story across U3As state wide. However, we are rebuilding our number of members with 45 new members added since January. I believe the minimum number of members required to be a very vibrant and progressive U3A is approximately 500.

Having been in the chair for only two months, I have little new news to write about. My primary aim as President is to keep U3A Rockhampton active and up to date, but above all, a *friendly U3A* which thrives on interactive fellowship and encourages participation in organized activities for the betterment of our members physical and mental health.







Ms Kim Harrington, GCertMgt, BAAVTHRD(Hons), DipPM

Associate Vice-President Rockhampton and Central Highlands Regions and VET International Business Development

March was certainly an exciting and busy month for COUniversity students and staff with commencement 2021. of Term 1 This year, CQUniversity delivered Orientation via a hybrid model of both online learning and face-to- face social activities. The Rockhampton campus held its social activities on Thursday 4 March which saw over 400 students attend. It was wonderful to see students back on campus again!

Our campus life events commenced in Week 1. To date, the Rockhampton Campus Life team have hosted 16 free events this term. Many students took the opportunity to participate in our many free events including outdoor cinema nights, social basketball, pizza and live music lunches, yoga, laser skirmish and Neighbour morning teas

Speaking of Neighbour Day morning tea. It's been two years since

CQUniversity Rockhampton hosted its inaugural Neighbour Day event. After the year that was, students, staff and invited members of the community came out in large numbers to reconnect and engage with one another face-to-face.

CQUniversity Rockhampton held events to celebrate on Wednesday 24th March at Rockhampton City campus and Thursday 25th March at Rockhampton North campus. Students, staff and invited community members were treated to a free morning tea of delicious muffins, slices, cookies, fruit, scones and cupcake decorating while listening to live music by Aarron Symonds and Emma McGuire and reconnecting over a cuppa.

Neighbour Day officially takes place on the last Sunday in March and is a celebration of community and encouraging people to make connections near, far or online. With connection and interaction more important now than ever these events couldn't be timelier.

COUniversity Rockhampton recognises importance of making connections and having conversations, hence why The Loneliness Project was formed. The Loneliness Project "Empowering Connections Ending Loneliness" CQUniversity Region Engagement Committee initiative. The project now in its fifth year is driven by a dedicated group of community & business stakeholders: administered by CQUniversity. Recently, the project committee completed steps to incorporate and are in the process of building a website.

End Loneliness Inc. are working hard to launch the project into the community later this year with a goal to empower connections and end loneliness.





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

Found on the 'net' just one of fifteen quotes headed HOW CHILDREN PERCEIVE THEIR GRANDPARENTS.

"My young grandson called the other day to wish me happy birthday. He asked me how old I was, and I told him, 80. My grandson was quiet for a moment and then he asked, "Did you start at 1?"

Just room for another:

"My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and said "No, how are we alike?" "You're both real old," he replied.



NICK'S TECH TIPS
Nick Quigley OAM

Today my computer locked up and wouldn't go forward or back, so what would you do? Most, I think, would just turn the computer off and restart. That is not the most ideal situation.

By pressing Ctrl, Alt and Del all at the same time you will make your computer go in to a blue screen giving you four commands that will help you.

The commands are Lock, Switch User, Sign Out and Task Manager. Today we need to go to Task manager. Reason is we were having a problem with a task before it locked up.

So with your mouse Left click **Task Manager.** This will load a new window called Task Manager, as below

You need to remember what program you were using when the computer locked up in this case it was **LibreOffice** which works as your Word Processor, Spreadsheet etc

Processes	Performance	App history	Start-up	Users	Details	Services				
	^					12%	48% Memory	0% Disk	1	
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> LibreOffice (2)						0%	171.8 MB	0 MB/s		
Malwarebytes Tray Application						0%	5.3 MB	0 MB/s		
> 🙀 Task Manager							1.2%	26.8 MB	0.1 MB/s	

Next we need to 1. click on the word LibreOffice, the line will become highlighted and 2. left click on End Task. Remember that anything unsaved will be lost



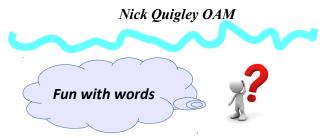
New Printers.

Last week my 10 year old HP printer stopped printing black. Right at the wrong time too because I needed to print out my ANZAC Day speech.

Buying any new gadgets can be a daunting task. I went online to OfficeWorks and searched for HP Printers (I'm a HP Fan) I want it to Copy, Scan and Print and to have a document feeder for scanning and copying. The first four that came up ranged from \$49 to \$299. Next I looked at the price of ink

If I buy the \$49 printer and don't get replacement ink, just buy a new one . Replacement ink will cost \$98. But I want quality printing so I looked for an HP8020, HP9012 and a HP9020. Because there are so many people working from home I could only pick up a HP9020. It uses HP965XL costing \$299 for a 4 pack or via Inkstation.com.au \$206. I wasn't very happy.

So home I went with this huge box, cleared a space on my desk, removed the packing tape, plugged it in and turned it on, selected English, put in the modem password and it set itself up and in doing so it found my computer, my laptop and my Android phone and the U3A OKI printer. Print quality is very close to a Laser printer. I'm now Very Happy



How are your vocabulary skills? Below are a few unusual words sent in by our Writing for Pleasure Co-ordinator, Judy Whitworth. The answers will be popped in near the end of the Journal.

CALLIPYGIAN

- a. One who spends above their means, especially on food.
- b. A person who was born in a small town.
- c. Having beautifully shaped buttocks.

Writing for Pleasure With Judy Whitworth

To state the obvious, this first quarter of the year has been most unusual. Our faithful contingent of writers from the past have continued to attend this year, along with all but one of those new ones who signed on at that first general meeting showing up. There are always some folk who indicate their interest, but find they have too many interests to fit into their life when they check their diary. I know I once did but have learned to restrain myself now.

We hold our first Thursday of the month meeting at FITZROY TEMANS (next door to Eventide) at 9am unless we notify you otherwise and the mid-monthly one at the Botanic Gardens down by the Murray Lagoon. Until the May meeting, when we had illness and other appointments interfere, we had almost perfect attendance each time.

Everyone enjoys the interaction of shared ideas and hearing what the other has concocted. Some of the assignments sound so simple until you sit down to put pen to paper, but even so gems shine through in most unexpected ways.

No one thinks the same, so the variety on any topic is really wide. No penalties if you go off track and fail to follow the suggested theme.

To start off the year we wrote some limericks, A couple of times I've presented a list of some obscure words from the dictionary with multiple choice answers of their meanings, and we've had fun muddling through them. Some brave folk actually used them correctly in a short story. The results were hilarious.

I actually encourage not using anything but mundane English when writing but its sometimes fun to play with the ridiculous.

We've attempted satire with Peter Wilson and dabbled with first, second and third person grammar with Barbara Hunt. Next month Allan Watts will be working with us on poetry. Before then we can work at home on the topics 'Black and White' and 'What would happen if the Law of Gravity were repealed?'

My first off the cuff effort on the latter was:

She bounced off the ceiling She bounced off the walls She could hold a tea party There with Alice and all

They pop balloons to bring them down

How would they deal with this without causing someone to frown? UGH!

JUDY WHITWORTH, U3A WRITING FOR PLEASURE

Contact: judywhitworth21@gmail.com - Phone 48 366 133



More fun with words:

BRUME

- a. A fur or felt military helmet of Polish design
- b. Heavy mist or fog
- c. A person who walks without shoes

DINGLE

- a. The wire that holds the cork in a champagne bottle
- b. A small, deep wooded valley
- c. A hinged seat for two people on a bicycle

JENTACULAR

- a. Smelling of fermented apples
- b. Pertaining to breakfast
- c. Something too common to be of interest.

QUIRE

- a. A small leftover amount of something
- b. A person who stuffs poultry
- c. One twentieth of a ream of paper

(Keep reading for more hidden puzzles and the answers.)

Activities are GO! By Phil Morisette Activities Coordinator



Our Activities on offer continue to stabilise and grow as these are the backbone of U3A's existence. Learning in our older years to keep our minds and bodies active.

Our Singing group has been meeting successfully in the Uniting Church hall, corner Robinson and Berserker Streets for the past four weeks in accordance with the Covid and R.A. requirements. New members are always welcome, especially looking for women's voices.

As well joining the Management Committee as Guest Speaker coordinator, AlanWatts has taken on leading our Financial Discussion group, meeting in the Glass Room at the Frenchville Sports Club. This should not be confused with investment advice which requires a licence to legally dispense information. Alan's background in banking is sure to provide heaps of good discussion on the finance subjects.

Tony Moore is another welcome coordinator to the Drama group. Tony's background in stage and theatre is bound to be an asset to our members with world-wide experience. Also meeting in the Glass Room.

The History group is looking to expand at the Oaktree's Glenmore Road now with Covid and R.A. requirements in place. This has proved popular in the past with much information passing hands in afternoon's discussions.

If you or anyone you know who might be able to assist with art/pencil drawing/acrylic painting or oils instructions, please don't hesitate to contact me or any of the management committee. No qualifications required, just enthusiasm and the desire to share your knowledge.



GARDEN LOVERS with

Joan Cooper

The Garden Lovers group meetings have been very successful this year. We learned a lot about Grevilleas from Rod Elder in March when we visited the Grevillea Grove in Gracemere. Fortunately, many of the plants were in flower so we could see just how different they all are.

In April, Dr Bob Newby guided us through his many plantings of native trees that he has been growing for more than 25 years on Crown Land on Frenchville Creek. I got great feedback after that outing

May will see us visiting a private collection of Adenium (Desert Roses) in Gracemere. The owner will also give us some hints on propagating these for ourselves.

In June we will get up close and personal with Native Bees. The number of members coming along has been great and anyone else interested would be very welcome.

Joan Cooper 0458 060 447 Email: joanc25@bigpond.com



(Dr Bob Newby explaining the symbiotic relationship plants have with the insect world especially butterflys.)





Poetry for Leisure With Alan Watts



Poetry for leisure group meets on the fourth Tuesday monthly at the Glass Room at Frenchville Sports Club from 9-15 am to 11-15 am.

Each month a couple of topics are suggested for group members to write poems on for the next meeting. At the meeting we share our writings on the suggested topics. We also share poems on other subjects which we have written or those of other poets. Some are ones we remember from our school days but any poems can be shared. We have looked at the difference between prose and poetry and also various forms of poetry.

Meetings are not workshops where we critique each others work. They are a chance to enjoy poetry together- Poetry for Leisure.

If you are interested in poetry, even if you don't write it yourself, come along and join us.



WINKLEPICKER

- a. a deceptively quick-handed person such as a thief or magician.
- b. a predicament or unpleasant circumstances.
- c. style of shoe or boot with a long pointed toe.

AGUE

- a. a fit of shivering
- b. a fringed sash worn over a coat.
- c. a thick mist or fog particularly one that forms quickly.

WIDDERSHINS

- a. in a direction contrary to the usual
- b. the leg guards worn by Quidditch players
- c. the action of squatting

Guest Speaker Coordinator Alan Watts



Following the meeting in April when our President asked for volunteers to fill the vacant committee positions, I volunteered to take on this position, previously done brilliantly by Judy Nutley.

At this stage, we now have speakers for each meeting up to November 2021.

Tony Moore had stepped up to the plate for the May meeting to speak on Drama. He has a lifetime of experience in this area, both in Australia and overseas.

The speaker for June is Elaine Jones who will speak to us on Advocacy for the Disabled. She is an Advocate with Capricorn Citizen Advocacy.



New Activity
Financial Discussion
Group with Alan
Watts

This Financial Discussion Group will commence in The Glass Room at Frenchville Sports Club on June 4 and will be held monthly on the First Friday from 2pm to 4 pm.

In a fast changing world, financial matters are something that change with it. As a former banker with 40 years of experience with a major bank, I (Alan Watts) have seen many changes from the days of passbooks and cheque accounts to the electronic banking age. Investing has changed from Term Deposits and Aussie Bonds to Shares and Financial Planning and retirement from Government Pensions for the majority to some on government pensions solely, some on a mixture of Self Funding and Pensions and some on Fully Self-Funded retirement.

Continued next page

(Financial Discussion Group continued)

Superannuation is something all employees have and an area that has constantly changed over the years.

This group will discuss financial issues, not just Investments. It will NOT give advice as I am not qualified to give advice and would not expect participants to be either. I hope to bring in some speakers from outside the group such as a Bank Manager, Financial Planner, Stockbroker and Real Estate Agent to talk about their areas of expertise and answer questions.

I am hoping to keep a balance between keeping it too simple and making it too heavy. Not everyone has the same level of understanding in this or other areas.

If interested in attending, my contact number is 0411 469 563 (Alan Watts).



BIRD WATCHING
With Rod Elder

The group did a great job in ensuring that all members got to view as many of the different birds as possible.

Not too hot 18/29C, some cloud with some breeze.

We met at 7 am and walked from the play areas down to the Causeway which runs across Moore's Creek. It joins up with Charles Street.

The causeway is a great spot as it marks the point where the fresh water spills over into the salt water from the river. Consequently there were a range of habitat types all within binocular sight. As a result there were plenty of birds to view.

Rainbow Bee-eaters were hawking for insects from a dead branch, coming back to the branch each time to eat their catch (see Ian's picture of a Rainbow Bee-eater above). There were several Spotted Pardalotes which are often hard to see even when you know they are there from their calls. They nest in holes they dig in banks of creeks or sometimes in tree trunks.

Less common species were a Little Shrike thrush and a Forest Kingfisher (blue with white chest).

The causeway gave us access to the mangrove area just below where there were plenty of birds to view. Two Spangled Drongo's entertained us with their rasping calls. One had a short tail which indicated it was immature. Ian later saw a Water dragon. When Peter and I checked the site out previously at high tide there were quite few (20 plus).

Because we had seen so many different birds at the causeway and where we consequently spent all our time, we retired to the play area for morning tea and more discussion on what we had seen.

If you would like to join us on one of our birdwatching excursions ring me on 4928 4383 Rod Elder.



U3A Ukulele group entertained eighty members of the North Rockhampton Senior Citizens group. It was a wonderful luncheon event, great food by The Frenchville Club. Twenty two Ukulele players, our largest performance to date. Thanks to all who attended.

There is more to come, we are receiving regular requests to perform at Aged Care and Retirement facilities



Current Affairs with Lance Cowan



The Current Affairs Group were hard at work, yesterday, April 15 discussing the issues of the day.

- Misleading advertising,
- Australian Manufacturing Industry growth,
- Hydrogen the fuel of the future,
- Boycotting the China 2022 Winter Olympics

The above subjects were thoroughly reviewed and vocalised.

Our numbers have grown from an average of 7 persons in 2020 to now an average of 12 persons in 2021.

The members nominate their subject of interest which is circulated to attendees prior to the meeting so all can think through the topic and prepare a response.

This format seems to be very popular amongst the group. If this interests you we meet on the third Thursday of the month 2-4pm in the Glass Room Frenchville Club.

Contact Lance Cowan 0497 575 231





DAYS FOR GIRLS
with
Christine Dobele

Days for Girls is a not-for-profit international organisation that has a network of teams around the world.

We raise funds to make essential washable, reusable sanitary care kits to girls and women living in isolated communities around the world. Alongside the distribution of these kits, we provide reproductive and hygiene education.

We also encourage and support training for communities to produce their own kits and deliver education.

Currently our U3A ladies are sending items to a village in Papua New Guinea. They meet every third Monday in Fred Fox Hall and the contact is Christine Dobele 4926 1845. We always looking for cash donations and colourful cotton material.

Below are four ladies having fun cutting and stitching.







In remembrance of Keith Bambrick







"Our beloved U3A member, Keith Bambrick, left this earth on 9th May.

Keith has been with U3A for many years and has been a part of the management team as Treasurer and Vice President. He was coordinator of the Drama Group and introduced the popular Contemporary Ballet. We will miss his antics and his 'one-man/person' performances.

Keith has had a varied and interesting life. Although many will be heavy hearted, his passing was peaceful and he was ready. Namaste."



Nearly the last
Word from Leslie Smith
Editor



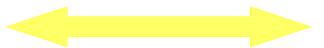
Answers to those word puzzles:

- Callipygian C
 - Brume -B
 - Dingle B
- Jentacular B
 - Ouire C
- Winklepicker C
 - Ague C
 - Widdershins A

I managed to solve three – how did you go?

For this June Journal I have mainly concentrated on highlighting some of the various activities. Thank you to the coordinators for sending in your articles and photos.

For the September edition I would love to include some of our members more entertaining life experiences. You don't have to be a computer whiz to contribute. I shall be present at the June, July and August meetings the closing date for the September journal is the 6th August. I will accept hand written submissions and any photos you have (which will be returned after I have scanned and repaired). 250 words would be ideal.



Some time ago the Writing for Pleasure group were given a subject to write a story around. The subject was "The Height of Beauty".

Here is Alan Watt's contribution.

THE HEIGHT OF BEAUTY by Alan Watts

I wonder sometimes how high beauty comes in the list of priorities for people looking for their life partner. They say that first impressions count and I recall being told, when young, that someone's looks and physical appearance are the first thing someone will notice- that is, the beginning of physical attraction.

I don't think that consciously people have a list numbered from one to ten or whatever of what they are looking for in a partner. If you asked someone to do this, however, I believe beauty would be high on the list for most people, but what is beauty?

"Beauty is more than skin deep" and "Beauty is in the eye of the beholder" are two sayings which come to mind which show that "There is more to this than meets the eye." It is obvious that people measure beauty in different ways as there are some fairly plain looking people out there who have found life partners who adore them.

Continued over

Height of Beauty - continued

So what is inner beauty? Is it their personality, their characteristics, their sense of humour, their intellect, their mannerisms or what? I would think it is a combination of all these things and more.

They say that opposites attract and there may well be truth to that but I believe a lot of attraction comes from two people's compatibility. How many things do they have in common?

What views does the other person share with you on politics or religion, for example? What are their values based on? What are their goals for the future in regard to family? How many children would they like to have?

In the past, particularly in British society but also many cultures, one's status in society would have come very high on that list of what people looked for in a partner. People did not want to marry below their class or even above it. I would believe that in today's Australia, this would not be the case. There may well be a big bridge between the rich and poor in Australia but the great majority of people are somewhere in the middle and people have respect for each other regardless of their financial position.

Ethnicity may also have been seen as very important in the past .We are a multi-cultural society and thankfully this is not seen as a barrier between people finding a life partner from another nationality or culture. There are many cross-cultural marriages in Australia today.

There are so many factors which influence one's choice of a partner for life. It takes two to tango. Each must have that attraction to the other for a relationship to work.

So where is the height of beauty on that scale? It can't be on good looks and physical beauty for everyone, as clearly there are some who don't rate highly on this scale. Beauty is definitely in the eye of the beholder – different things to different people. Beauty is definitely more than skin deep. I know many beautiful people who don't have outer beauty but are loving, caring people who are good to be around. To me, they represent "the height of beauty".



WILD HARRY VISITS

The memory of my visit to "Wild Harry" will stay with me for ever. This was the last excursion organised by our outgoing Social Coordinator, Christine Dobele. The visits followed a guest speaker at our April general meeting organised by outgoing guest speaker coordinator, Judy Nutley. The speaker was Mary Faux, the co-owner and operator of the leather goods manufacturing workshop. They primarily use Crocodile skins but include all different skins – namely Ostrich, Cow and Snake. Some of the skins are imported.

When I first heard of these excursions, originally intended for 2020 until Covid intervened, I had no idea of the existence of this factory, nor had any of my friends.

I was on the last visit (because it was a busy working environment taking place in essentially a very large shed which was packed with machinery and shelving) only six to eight people were allowed to visit at one time.

I will never look on a handbag the same way after being shown the intricacies and difficulty of inserting zips and small pockets, card holders etc.

They had some beautifully constructed leather goods on sale – but unfortunately, although I appreciated the value, my pocket would not allow.

My highlight was listening to Brian Faux proudly explaining his 3D Printer and how he can make virtually anything by programming this printer also the Laser cutting printer which is used to cut out stencils for making letters. Not to forget the leather splitting machine – this is still a mystery to me how they can take a piece of hide and perfectly shave it to make a perfect thickness more pliable for sewing and manipulating.

The name Wild Harry was born when they adopted a Dingo pup and this pup turned and bit them so they named him Wild Harry and decided it was a good name for their factory.







Mary Faux showing off just a few of the Crocodile Skins destined to be turned into handbags



Mary Faux with a small selection of the beautifully crafted handbags and wallets.



Brian Faux showing off his 3D Printer



Inside the organised but tightly packed workshop. So much to see.



Conga line at the late Christmas luncheon in March.