



THE QUARTERLY FLYER

Rockhampton & District Inc

7 Rocky River Run 2024 – Meet our U3A Team!



Our wonderful team of 11 amongst 858 participants, our **1st** past the post was Peter Dreyer, at no.71 overall, in under 50minutes!! Christine Dobeles was Team Captain, Maurice Dittmann **2nd**, Marilyn Bloxson, , Shirley and Peter Dreyer, Lorelle and Lyle McDougall, Judy Sutton, Lola McGovern

Nine of our members had a last practice on Saturday before our 7 Rocky River Run on Sunday the 19th. We were very careful to peak just at the correct time. The weather was perfect for walking **and we managed the event with no injuries**. The event was very well organized and I believe we all completed the 5k in under the hour. We all had a wonderful time on **both** Saturday and Sunday.



MANAGEMENT COMMITTEE 2024

Please Note New Members *

President: Cheryl Wickes 0428 452 836
Email: president@u3arocky.au
Vice Pres: Lauree Lanyon 0417 042 870
Email: vp@u3arocky.au
Secretary: Jane Brazil 0439 982 087
Email: secretary@u3arocky.au
Ass. Secretary: Trish Meek **NEW** 0432 961 290
Email: assistantsecretary@u3arocky.au
Treasurer: Jennifer Robertson 0402 811 996
Email: treasurer@u3arocky.au
Volunteer Co-ord: Vicki Cope 0412 336 450
Email: volunteercoordinator@u3arocky.au
Social Co-ord: Bev Meredith 0410 341 843
Email: socialcoordinator@u3arocky.au
Ordinary Member Rhonda Couper 0407 141 881
Email: coups13@bigpond.com

OTHER POSITIONS

Chaplain Kathleen Winter 0408 276 628
Email: chaplain@u3arocky.au
Guest Speakers: Len & Pat Hill **New** 07 4927 1429
Email: speakercoordinator@u3arocky.au
Web Co-ord: Nick Quigley OAM 0428 851874
Email: webcoordinator@u3arocky.au
1/4 Flyer Ed. Angela Johnson 0419 605 662
Email: editor@u3arocky.au
Activities Co-ord: Terry Holland 0427 689 312
Email: activitiesmanager@u3arocky.au

FEES

Annual fee: (1st Jan. - 31st Dec. 2024) \$20.00
Mid Year fee: (1st July - 31st Dec. 2024) \$10.00
Joining fee (includes name badge): \$10.00

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

<https://www.u3arockhampton.org.au/images/Jun24.pdf>

**Look out for Bev's coming events in this issue,
and please note the final date for booking on
the visit to Cockscombe Veterans Retreat is the
31st May!!! – details on Page 11**



*And now
A word from our
President
Cheryl Wickes*

Your committee has been busy in past three months since we held our AGM Trish Meek was elected to the role of Assistant Secretary, replacing Joan Cooper who has been an invaluable part of the committee for many years. Joan is now enjoying getting back to her Garden Group, however, but will still look after our Facebook page.

We were very pleased at the AGM to announce the extension of our annual support for the Paramedic Students at CQU by offering two \$1,000 bursaries for the best second, and now third, year students. All funds from our raffles at General Meetings go toward the bursary, and with an increase in the number of members attending, and the use of credit card facilities, our raffle funds have increased enough to allow this increased support of such a vital service to our community.

It hardly seems possible that it is a year since we hosted the U3A Network Qld State Conference in 2023. This May, a contingent of our members will attend this year's Conference in Beaudesert on 27th-30th May, and I will be there also to represent the club at the Network AGM. It will be lovely to meet up with the many friends from other Queensland Clubs that we made last year! I really believe it will be hard for Beaudesert to outshine our event, but I'm sure it will still be a great event full of interesting speakers and lots of camaraderie.

Our world is certainly changing so fast it is very hard to keep up. Every time we use our computer, we risk having our information accessed and used to defraud us. We hear of digital fraud and the need for internet security... especially for people in our age bracket. For the past year, I have been reporting on attempted scams using information taken from our website, and on Facebook sites of various members. Therefore, we are proposing a Seminar on Digital Safety for members. Our own Judi Blanchard and Nick Quigley are assisting us in this event which will be beneficial for us all. We are

also sourcing other experts to join them for the seminar. Members will be advised of the time and date it will be held, as and when details are confirmed.

At the Expo back in February, we called for Expressions of Interest for various proposed new Activities.

A Pint of Science, which sounded very interesting, didn't make the cut I'm afraid. However, Mind Games and Cryptic Crosswords have been implemented. and How to Host a Murder will be trialed in August.

Interest in re-establishing our Drama Group only received two names, so, unless we get a few more names we will shelve it for another time. Contact myself or Activity Coordinator Terry Holland if you are interested.

Our 2nd Art Workshop was a great success as was our Writing Workshop with author Edwina Shaw.

We were also very impressed with Tamarind place and thank the Manager and Residents for their generosity which allowed us to present both these very successful workshops.

Our lives are filled with workshops, activities and social events... and now seminars. Your U3A has something to offer absolutely everyone!

Cheryl Wickes, President



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

As the new academic term kicked off in early March, CQUniversity campuses were filled with excitement as thousands of new students and current students attended Orientation events. The festivities were held at 11 locations across the campus footprint and online, welcoming both domestic and international students to the University. App 300 students attended Orientation on-campus in Rockhampton.

Through a hybrid delivery model, students had the opportunity to attend essential sessions, virtually via Orientation TV (OTV) and on-campus events, including an introduction to CQU,

engaging market stall sessions and campus tours. On-campus events allows students an opportunity to connect with fellow students enhancing their overall university experience.

Beef 2024 recently wrapped up in the Beef Capital. CQU researchers, academics and staff brought their expertise to the table at Beef Australia 2024, showcasing the latest agricultural insights, technologies and education pathways with visitors. CQUniversity hosted many activities including a seminar, trade stall and property tour.

Pathways, Pay-cheque, and Passion: the adventure of becoming an Agricultural Professional seminar featured a dynamic panel of speakers, providing a meaty discussion of their pathways into the industry. This seminar was free to attend for high school students wanting to know more about the career options available in agriculture, exploring how they can have fulfilling and financially rewarding careers.

'Ask an Expert' sessions at the CQUniversity trade stall connected attendees with more than 50 specialist researchers and educators, ranging from methane mitigation, new feeding systems, ruminant nutrition, smart sensors through to health, education and training opportunities. Beef attendees were also offered the opportunity to have a behind-the-scenes look at CQU's Central Queensland Innovation and Research Precinct (CQIRP). The tour showcased the Centre's state-of-the-art facilities with dedicated laboratory spaces, animal handling facilities, glasshouse facilities, dedicated crop research areas and analytical equipment.

On Thursday 16 May 2024, CQUniversity, together with our valued partners, delivered the Capricorn MEGA Careers Expo in Rockhampton and the Emerald Careers Expo on Friday 17 May 2024. This year, the Capricorn MEGA Careers Expo saw approximately 1,300+ high school students attend from 16 local high schools, along with members of the public, with 95 exhibitors hosting a stall. The Emerald Careers Expo saw 750+ high school students from 9 schools from the Central Highlands and Central Far West regions and 46 exhibitors' stalls.

These free events offer a great opportunity for anyone interested in starting, changing, or upgrading their career and provides a platform for

businesses to showcase their current and future employment opportunities. I look forward to sharing more about our upcoming events and activities in the next 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.

Art Workshop with Gary Spicer



Two weeks ago, Gladstone U3A Art Instructor, Gary Spicer came to Rocky to hold his second workshop for our members. This was the first time we have used Tamarind Place as a venue for one of our activities, and we were very impressed with the facility. The day was a success and, I'm sure everyone gained knowledge and inspiration for all their artistic efforts.

Queensland Writers Centre Workshop



Following a very successful Art workshop we went to Tamarind Place the very next Saturday, to our Writing Workshop with author and creative writing lecturer at Queensland University, Edwina Shaw. I along with other members attended this workshop and had a fabulous day. Edwina was very professional, helpful and encouraging to the roomful of aspiring writers, and I sincerely hope, for the benefit of all the writers in our club, many

of whom were at this meeting today, that we can get her to return for another workshop in the future.

We were very fortunate to be given support from the Queensland Writers Centre to cover most of the costs of Edwina's workshop, and I thank them.
Cheryl Wickes



I guess I've always liked music. I had singing lessons both here in Rockhampton and in Melbourne and was also a choir member in both cities. I was a presenter on Rockhampton's Community Radio 4YOU for 20 years having two programmes a week – easy listening and classical. I also did pencilling for the adjudication for many years at Rockhampton Eisteddfod, mainly singing and dancing sessions.

A few years ago, I thought maybe some members of U3A may be interested in listening to some classical music as a group. So, five years later a small group gather at my home once a month to listen to classical music. I try to have a theme for part of the afternoon, for example a composer or a country. New members are welcome.

Meetings 4th Wed each month. Enq.: 49332722



Have you recently joined U3A or reordered a lost badge? Could one of these uncollected badges be yours?? We do like you to wear your badges to activities, and it could help those who may be a little forgetful. Available at your monthly meetings, if you can't get there ask a friend to pick it up for you.

A note from your Editor

Following on from last quarters Expo the following snippets are from a few who weren't represented in the last issue.

U3A Photography Group

with

Ian Ewings



It is a privilege to become convenor for U3A. I accepted the position from John and Heather Waring in May 2023. The group meet twice monthly on the 2nd and 4th Thursday of each month with a starting time of 2.00pm for a meet and greet over afternoon tea, and then at 3pm display our photographs from a previously selected subject.

The Botanic and Kershaw Gardens have good opportunities for us, as well as Landscapes, Buildings, Flora, Fauna, Macro and the use of Light Boxes loaned by members.

Our last theme was Anzac Day which included the Rockhampton march, the fly past, and also included regional and other Military points of interest.

Our next meeting will be Thursday 13th June at the Walter Reid Cultural Centre, cnr Derby & East Sts. All Welcome – Ian Ewings 0438 284 084



*Garden
Lovers
Group*

with

Joan Cooper



I believe the Garden Lovers group commenced around 20 years ago and consisted of a like minded group who visited each other's gardens. It gradually expanded to where it is today, visiting private gardens known to me and suggested to me by other members of U3A. I am very grateful for these suggestions as it becomes difficult to think of a different subject for each month.

U3A members generally like learning new things so I try to have some guest speakers visit with us as well to give us ideas for new methods of gardening and to help us care for our own gardens better. After COVID, I arranged for speakers to meet with us outdoors, mostly at Kershaw Gardens, where we didn't have to worry too much about social distancing. We have continued to do that as it has proven to be very enjoyable.

In the spirit of being inclusive to all members, we generally don't go anywhere that is not accessible to all. The group has grown quite a bit over the last few years with around twenty plus members joining us at each outing. The photo attached is of us at our go to place for February, Bunnings and its lovely aircon, where Phillip is telling us all about how to grow Citrus. Our monthly activity is advertised in each Newsletter so if you would like to join us just turn up on the day.

Joan Cooper

Ph: 0450 060 447



A group of Garden Lovers at Bunnings

Some quiz questions for your brain cells!

1. Who is the President of IUTA?
2. Who printed the first book with moveable type?
3. Which is the largest pyramid?
4. Which King had 413 beds?
5. Which King had to pawn the Crown Jewels to pay for his wedding?
6. What was Thomas Parr, b. 1483, famous for?
7. What was the name of the gold nugget weighing 2,280 troy oz. found in 1869 in Victoria?
8. What is a sardine?

Answers - Last Page

U3A Rockhampton – P.O. Box 8160, Allenstown, Rockhampton, QLD 4700

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Days For Girls

with
Christine Dobebe

This U3A Activity was started by Judy Nutley and myself representing U3A at a senior's Information morning at Oak Tree Retirement Village at 40 Foulkes Street I think in early 2020? Bernadette Cross was also there representing Days For Girls. Judy and I got to talking to Bernadette, as you do, about what DFG's was all about and we both had the instant thought that this organisation would make a great activity for our lady U3A members.

From that time we have always had very good support on the 3rd Monday of the month from February until November. We started meeting in the Community Room of the Retirement Village, then we moved to our present site at the Fred Fox Hall at 3 Gladstone Road.

We have made thousands of kits in that time, had lots of great conversations and had a thoroughly good time.

We were also very lucky and received a Gaming Fund Grant to purchase 2 X Overlockers, 1 X sewing machine and various other items of sewing equipment.

Also many ladies, when cleaning out their sewing rooms, have been very generous and donated fabric which has been gratefully accepted. We have also received donations of knickers, face washers, small soaps and cash donations.

If you would like to join us you are most welcome to come along on the

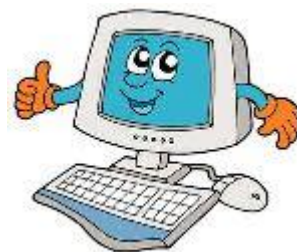


**3rd Monday of the month, 1pm-3.00pm at Fred Fox Hall, cnr William St and Gladstone Rd
Christine Dobebe, Co-ordinator, ph. 4926 1845**

Digital Skills

with

Judi Blanchard



Registrations are now open for Digital Skills workshops June – October 2024

Venue: Rockhampton Golf Club (Meeting Room)

Times: 10am till 12noon

Pre-registration is essential as group numbers are limited and **all courses are free of charge.**

Mon. 17th Jun. Smart Phone Basics

How to customise iPhones and Androids

Mon. 26th Jun. Introduction to be connected

Gain confidence and skills – All Devices

Mon. 15th Jul. Creating a My Gov account

To access Medicare & Centrelink

Mon. 22nd Jul. Device Security &

Your Online Safety & Privacy – Password creating, privacy and anti virus software

Mon. 19th Aug. Managing Apps.

What they do and how to download and manage.

Mon. 26th Aug. Online Shopping -

and Online Banking – checking bank acc's online, compare prices when shopping, etc

Mon. 16th Sep. Emails

Creating, sending, forwarding, adding documents

Mon. 23rd Sep. Creating a Photo Book Part 1

For yourself or family etc. How to upload and edit pictures, order, and pay using an online website – Snapfish. This is a two-part course continuing

Mon. 21st Oct. Part 2

To register interest in any of the courses, please all or text Judi Blanchard on 0447 227 630

A photo from the Out & About with Garden Lovers article



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Nicks Tech Tips

By

Nick Quigley OAM

Many of you may have never sent an email to an individual or a group. Some of you may only use the messages on you mobile sending it from 1 person to 1 other. However, if you use Email you can do the same thing but there is no limit to the amount of text and or the number of medium sized photos you wish to send. Photos can become an issue these days because of their size. My camera takes large photos in megabytes in size anything from 5mbs to 20mbs

Microsoft isn't making it easy for you to resize your photos. I can never understand why Microsoft has a great little App for Windows 10 Power Toys and earlier, but now has a pictograph modern coloured App that only allows you to resize in percentage or pixels.

So how many pixels equal 25mm, If I didn't look it up I'd be like you, taking a guess, the answer is 94.488pixels. If you have a very large photo to send to a friend by using using the percent % key you can drop the photo size 25% or 50% making less hassles for your mail.

Why does email work and why do you get return to sender emails. Using my email as an example: Vietvets – that name is registered on the world servers as probably mine, @gmail.com and tells the server who handles vietvets where the mail should go. If you type vietts@gmail.com Gmail server will search the data base and if none are found, they will return it to you with a message user not found. Some countries have .co and not .com, the same with .io and .oi that will either be sent back, or go to a dead letter box.

Do you understand SPAM and, in this case, it is not processed meat. Spam email is unsolicited and unwanted junk email sent out in bulk to an indiscriminate recipient list. Typically, spam maybe sent for commercial purposes. Why am I suddenly receiving lots of spam emails? Key Takeaways. A sudden surge in email spam indicates that your

online security may be compromised so you should investigate and take action. Possible reasons for increased email spam include a publicly listed email address, an email address leaked in a data breach, or one of your contacts' accounts was hacked AND the easiest thing to do in this circumstance is change your PASSWORD. We all use passwords and we all fall into the trap of using the same password for different uses. To help you here is a hint from GCFGlobal, a site with nearly every type of Computer help. For password instructions click here

<https://edu.gcfglobal.org/en/internetsafety/creating-strong-passwords/1/>

You would have a tin billy laugh at some of my passwords. Most of mine have at least 10 characters, capitals, numbers and symbols.

Keep Safe All the best and Cheers

Nick Quigley OAM



MIND GAMES

**2nd Friday of each Month 9am – 11am
At Fitzroy by Teman**

**Mind Games and
Cryptic Crosswords**

Join us at one of our newest Activities

Our first Mind Games was a lot of fun for both the members who attended and for me, as the leader. I took on Mind Games as the organiser but had no idea what everyone would expect from it... so I put together a selection of all different types of puzzles, riddles and brain teasers, and we muddled our way through the morning with a lot of laughter.

I can report that everyone enjoyed themselves and felt a bit brain dead after a morning stretching all those mind cells.

Cheryl Wickes

***Fun Fact:**

The word constable is from Latin 'comes stabuli' meaning 'Count of the Stable'. This was the person who looked after important people

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Dear Members,

Barbara Lloyd Jones and I are in the initial stages of organising a U3A Murder Mystery Morning

Tentative

Day Friday 10th August
Time 10.00am – 12,30pm
Venue Diggers Memorial Bowling Club
Cost \$10-25.00 for venue and morning tea

The Game

Popular author and affluent socialite *Barbara Paige* has been murdered at her home *Meddleton Manner*. She has been hosting a dinner party for the ten guests on the evening of her death. One of her guests is a murderer who is trying to avoid detection! The other guests must determine who among them is the murderer. There are 10 suspects per table. You, as a suspect, will be allocated a name and a character booklet with questions to ask the other suspects. Only the murderer is allowed to lie

Out and About with the Garden Lovers



The Garden Lovers group enjoyed a beautiful morning on the last Friday of April.

We visited a spectacular private garden that boasted a large number of metal sculptures, from huge to tiny, made from the contents of the owner's shed. I really envy that person's imagination, to be able to create such things. We had morning tea first while the lady of the house told us how their very large home garden came to be, then went on the guided tour. Being in a bush like setting added to the charm of the place. There were many beautiful plants as well with cute ornaments scattered throughout. We are very



grateful to the owners who were so hospitable and even supplied us with tea and coffee.



Bird Watching With Rod Elder & Friends

We car shared to cover the 30-minute drive to Stanwell, where we had a great day for Birding at Peter and Margie's – maximum temperature ~30C and 18C overnight, light winds, some clouds. Peter had mowed his bird track which seems to improve every time we go. Welcomed by a chocolate Lab

(Chewy) and a much manicured and tinted Poodle (Squiggles). Even the neighbor's dog got in on the act..

We saw 24 bird species including Double-barred



Double Barred Finch

Finches, a Sacred Kingfisher family (including a recently emerged from the nest, shorter tailed immature), Wedge-tailed Eagle. Red -tailed Black Cockatoos, Striated Pardalote, White-Bellied Cuckoo-shrike, Bee Eaters. A lovely morning tea was held on the Wilsons deck, 3 days too early to view the new deck roof!



Bee Eater

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Guest Speakers

If you have not been able to attend our monthly meetings you would have missed our Guest Speakers, all of whom have interesting tales or information to impart to us.

In March we had Sergeant Judy Fernie and others from the Police Service who gave a talk on **Crime in the Community**



A very interesting and interactive discussion. With the escalating crime rate increasing Australia wide, Rockhampton is not alone with more car thefts and break ins, however it has been found that one third of all homes were unlocked when broken into!!

A few hints to keep your place and car safe

Basic things like making sure your car is locked properly and that any valuables and money are out of sight. Never leave your keys, wallet or remote in the car. One in two cars are stolen using the car's key!

Around your home remember that wheelie bins can be just as useful as a ladder. Ensure doors and windows are secured. Bathroom windows are often left open and many older homes don't have screens. Security screens are a good idea, even on upper windows. Keep laptops, devices and mobile phones out of sight.

On the outside of your property ensure that shrubs are trimmed to allow visibility to your property, around 3ft with a clear gap to 6ft above. If you have a doggy door a good idea is to put a pooch chime on it! Beam alarms and proximity alarms are available also. Also, a dowel in your door track to prevent the door from moving too far.

If you go on holiday try and leave your place looking occupied, choose your neighbour or a close friend who lives nearby and let them know to keep an eye on your place. Most thieves are lazy and opportunistic so will go for easy targets.

Keeping fear of violence in perspective. Many of us are getting older and more frail and can be inclined to worry about being mugged or attacked somewhere which can inhibit our lifestyle and can lead to a diminished quality of life. The good news is the likelihood of being a victim significantly decreases with age, but sadly most women likely to be physically or sexually attacked is by someone they know and often within the home. Whereas men are more likely to be assaulted by someone they don't know, often in a pub or public place.

Basic tips for when you are at home alone. Check identities of unknown visitors and keep your screen door closed between you and visitor. If someone asks to use your phone you can make the call for them while keeping them outside. Pretend there is someone else in the house by calling out to them.

There are some excellent brochures available from the Police Dept. with plenty of advice on keeping safe. Ring 000 if there is an immediate problem. You can also report a crime through Crime Stoppers 1800 333 000 and Policelink 131 444 or online. If you have access to the internet via your computer or mobile phone you can subscribe to receive community news and crime alerts on www.mypolice.qld.gov.au.

If you wish to discuss your home security with a Queensland Police Service crime prevention officer you can arrange a home security assessment by calling your local crime prevention unit.



We had two extremely interesting guest speakers at the April General Meeting. Both members of U3A, looking at disabilities from a different perspective. **Joy Agius** brought up her daughter who was born with multiple disabilities and **Peter Wilson** who himself was diagnosed with dyslexia at the age of 23 and many many years later at the age of 67 was diagnosed with autism. I hope you find them interesting.

Joy Agius: In Joy's case it was her second daughter, Lourdes, born in 1973, with dark hair and cream complexion. Perfection, but not quite, born with a major cleft palate, with no roof in her mouth. The feeding process was difficult as she

Guest Speakers ctd

had little suction, milk would pour out of her nose so her head had to be tilted back to get it down her throat, then green mucus appeared. With another little child to look after, plus her husband, depression set in. Joy felt that she was being tested to her very core, each day was a struggle but somehow she soldiered on. At twelve months the

baby was to have surgery to make a bridge for the roof of her mouth in Brisbane. Not being allowed to wait at the hospital they returned to find their daughter on oxygen and being revived! She had died for 4 minutes and a clot had lodged in her windpipe! They received no explanation from the hospital but, on taking her home, found she could no longer feed from a bottle due to an acquired brain injury and had to be fed with a spoon. Infections were continuous and at times antibiotics administered up to 15 times a day! A visit to a paediatrician resulted in "of course, she'll never amount to much, best put her in a home,"!!! When Lourdes was four Joy came across a reading programme with flash cards. A godsend which she used twice a day for a year to which her daughter responded well, so they enrolled her in mainstream schooling. Joy wanted her to be able to read and do math, sign her name and get a job which eventually did come to pass. Meanwhile school revealed hand and eye coordination difficulties amongst others.

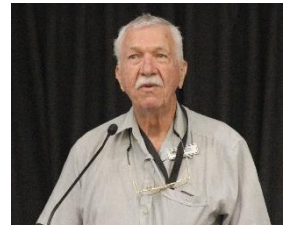
Joy formed a support group for mothers of disabled children in 1981 and became a representative for Rockhampton at a state-wide conference in Brisbane for the Year of the Disabled. Along with other representatives they asked for more and better services for their loved ones. Joy's daughter finally reached High School but more problems occurred with emotional and dental issues resulting in many specialist appointments. It wasn't until Lourdes had finished school and had a job at Coles, with plenty of new challenges, that a visit to a Dr Attwood revealed that she had had Aspergers Autism all along. It had only taken 19 years to complete the puzzle!!

Lourdes had a partner with whom she had three children, but unfortunately went on to endure 7 years of domestic violence. Fortunately he is no longer in her life. Recently Joy was with

Lourdes when she celebrated her 42nd birthday with her three granddaughters and a friend. Her comment was "I am in awe of the long journey to this point in her life – and her willingness to trust me long enough to take those difficult steps that have brought her independence. To have hope when all around seems to lie in ashes requires a strength and endurance that is not granted to a special few; we all have it buried deep inside. The journey has been a privilege and an honour."



Joy Agius



Peter Wilson

Peter Wilson: Peter opened his talk by saying "What variety of intellects, background, and memories – a jigsaw for people with autism and dyslexia. But overcome with persistence and determination" and went on to relate his own story of his struggle, being diagnosed with dyslexia when he was 23 years old. Dyslexia used to be known as word blindness making it very difficult to read and comprehend. Reading, sounding out words, spelling, comprehension are all symptoms and usually picked up at school. It can also cause attention deficit disorders and difficulties with numbers. The reading and language difficulties often overlap with the communication difficulties of autism which, in Peter's case, did not get diagnosed until he was 67.

When opposite forces meet there is conflict, in this case both social and cognitive and when they overlap cause confusion. One in 36 people are autistic which has become more prevalent in recent years. Both conditions can also be hereditary and Peter realised when he was older that both of his parents were autistic. His father never hugged him, and his mother wanted Peter to be a girl, even to dressing him that way, and never gave up trying, and she was obsessive about keeping the house tidy. Being treated as a girl has left a mental scar which has never been overcome.

Peter was 23 before he taught himself to read and in his 50's before he could read a novel that he could understand but as he said many great

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Guest Speakers ctd

minds have been dyslectic. Albert Einstein struggled with reading and writing throughout his life, and he had difficulty with spelling and organizing his thoughts, as did Mohammad Ali who was afflicted with dyslexia, and is the father of a severely dyslexic daughter.

Peter's children have also inherited the condition. Peter's closing words were - "It is a sign of my struggle, the training, learning and discoveries that have allowed me to compete with and succeed in overcoming the hurdles in life"

Our May meeting introduced us to Jan Fenlon and Linda Martin from Central Queensland Family History Association Inc. who are both genealogists



Jan Fenlon was the main speaker and a genealogist who works at the Family History Association, where you can go and research your family history. They hold a great deal of local knowledge so if you are descended from family who had lived in this district for some time, it is more than likely they would be able to assist you. Their Family History library holds a wealth of information covering many parts of the world on either book, microfiche, film and digital.

The two library assistants are there to help members and visitors to navigate the library and help with information on DNA and Family History Programmes. Genealogy is a fascinating subject if you are at all interested in your past.

The Family History Group meets 1st Saturday March, June September and December at 16 Highway Street, Park Avenue.

They are also open Tuesday 1.00pm – 4.00pm, Th & Fri 9.00 – 12.00pm and Sat 1.00 – 4.00pm

Ph: Linda Marshall 4926 3371

NB: I have been doing genealogy for many years and am happy to help to anyone starting on their journey.

Angela Johnson, Editor 0419 605 662



On Friday the 19th of April the annual U3A barefoot bowling carnival took place. The skill and prowess of our u3a bowlers was once again on display. A few beverages from the bar only enhanced our skill. The members of the Rockhampton bowling club were obviously impressed.

We were provided with a lovely BBQ dinner with meats, salads and potato bake. Many thanks to the volunteers who prepared our meals and manned the busy bar.



Some of our happy U3A barefoot Bowlers

Bev has been busy and is in the throes of organising a heap of fun event for us for the next few months. **BOOK NOW! FOR THE FOLLOWING**



Cockscombe Veterans Bush Retreat Inc.

When: Friday 7th June

Where 124 Camms Road, Cawarral

Time 11am to view grounds and Museum

Cost \$22.00 inc. BBQ, Dessert. Tea/Coffee. Bar open.

R.S.V.P. 31st May

Don't Delay Book Today: 0410 341 843

U3A Rockhampton – P.O. Box 8160, Allenstown, Rockhampton, QLD 4700

www.u3arockhampton.org.au Email: admin@u3arocky.au

Bev is in the process of organising a new event for the end of July. Not everything is confirmed at this stage but be sure to read your monthly bulletins or attend the Monthly Meeting to keep up to date.

Botanic Gardens History Walk

31 July 2024

Approx. 10.00am start. The cost will be around \$15.00 with lunch later at the Rockhampton Golf Club.



When: Wednesday 15th September
Where: Diggers Memorial Bowls Club
Time: 10.00am.
Cost: \$15.00 The bar will be open

The Ukulele Players have been out and about at Alexandra Gardens and McAuley Place amongst others. Entertaining residents in various Retirement Villages has become a regular activity and much enjoyed by all



A Monthly activity that is very popular with members are the Monthly Lunches. First shown is at Rocky Sports Club in March where the theme was Irish, hence participants were rather green. The April lunch was held at Parkhurst Tavern with 60 people in attendance, followed by the latest one in May held at The Caves Tavern. Some car sharing was involved, it was a spectacular venue. As usual Robyn kept all entertained with her monthly puzzle, Lucky Spot and various birthdays on or close to the day.



A recent visit to The Rockhampton Museum of Art, organised by Bev Meredith. RockyNats was the inspiration for the main gallery display we saw many works by talented local artists and were also able to chat with the local Artist in Residence who let us view pieces for her upcoming exhibition



Quiz Answers 1. Pres. Francis Vellaz, 2. Gutenberg, 3. Quetzalcoatl in Mexico covers 45 acres (Cheops is tallest) 4. Louis IV of France (he had one everywhere he went!) 5. King Richard II, 1380, 6. He was the longest living man in history living 152y 9months, lived through the reigns of 10 monarchs and is buried in Westminster Abbey by order of King Charles I, 1483-1635!! 7. Welcome Stranger, 8. It is either a sardine or a pilchard and not called a sardine until it is packed in a tin!!

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