

March 2024 Volume 1/2024



# THE QUARTERLY FLYER

## Rockhampton & District Inc

# Welcome



**Welcome back everyone to a New Year with U3A, and Welcome also to all our New Members** who have joined us already this year. The Expo in February was a huge success with 182 in attendance and 30 New Members. We know that our existing members will make our newbies feel at home in any activity that they have signed up for.

I chose the Chinese New Year theme as 2024 began 6 or more weeks ago now, whereas The Year of the Dragon only started on the 10<sup>th</sup> of February, so this year's babies will have hearts full of Adventure and Romance!! I have been reading up on it and you will find an article on page 12, which hopefully, you will find as interesting as I have. You can find out which 'Animal' you are! I am a Dog which I rather like but unfortunately Dragons and Dogs are not all that compatible, hmmm.

The theme of this Quarter's Flier is following on from the Expo, so inside you will find further information about most of our groups, the what, the where and why's, so if you could not attend the Expo the information is here for you. Any groups not in this issue will be followed up in the June issue. *Angela Johnson, Editor.*

**Below are a couple of complimentary comments received by the Committee re the Expo.**

*"Thank you, Committee. You do a great job. The U3A wouldn't exist without you and your workers. I attended the Expo and it was good to see everybody there, and 30 new members is great. I don't attend meetings normally as I go to the U3A chorus on Tuesday mornings. Without U3A my life would be a little boring. Wishing you all every success in 2024". Joan Brown*

*"Congratulations to you and the committee also. It was a fantastic morning. 30 new members on the day must be a record, well done!" Christine Dobe*

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

**President: Cheryl Wickes 0428 452 836**  
**Email: [president@u3arocky.au](mailto:president@u3arocky.au)**  
**Vice Pres: Lauree Lanyon 0417 042 870**  
**Email: [vp@u3arocky.au](mailto:vp@u3arocky.au)**  
**Secretary: Jane Brazil 0439 982 087**  
**Email: [secretary@u3arocky.au](mailto:secretary@u3arocky.au)**  
**Ass. Secretary: Joan Cooper 0458 060 447**  
**Email: [assistantsecretary@u3arocky.au](mailto:assistantsecretary@u3arocky.au)**  
**Treasurer: Jennifer Robertson 0749 267 499**  
**Email: [treasurer@u3arocky.au](mailto:treasurer@u3arocky.au)**  
**Volunteer Co-ord: Vicki Cope 0412 336 450**  
**Email: [volunteercoordinator@u3arocky.au](mailto:volunteercoordinator@u3arocky.au)**

**OTHER POSITIONS**

**Chaplain Kathleen Winter 0408 276 628**  
**Email: [chaplain@u3arocky.au](mailto:chaplain@u3arocky.au)**  
**Guest Speakers: Len & Pat Hill New 07 4927 1429**  
**Email: [speakercoordinator@u3arocky.au](mailto:speakercoordinator@u3arocky.au)**  
**Web Co-ord: Nick Quigley OAM 0428 851874**  
**Email: [webcoordinator@u3arocky.au](mailto:webcoordinator@u3arocky.au)**  
**1/4 Flyer Ed. Angela Johnson 0419 605 662**  
**Email: [editor@u3arocky.au](mailto:editor@u3arocky.au)**  
**Social Co-ord: Bev Meredith 0410 341 843**  
**Email: [socialcoordinator@u3arocky.au](mailto:socialcoordinator@u3arocky.au)**  
**Activities Co-ord: Terry Holland 0427 689 312**  
**Email: [activitiesmanager@u3arocky.au](mailto: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/Mar24.pdf>

**A message from your committee**

Our 2024 Expo this week was a huge success. We are pleased to let you know that **182** people attended the event and **30** new members joined on the day.  
This is astounding!

We thank everyone involved... all the organisers, workers and the members who have been spreading word to their family and friends about the benefits of joining U3A.  
Well done! Thank you!  
**Your committee at U3A Rocky...**



*And now  
A word from our  
President*  
**Cheryl Wickes**

**The year that has been...**

2023 was a huge year for all of us at U3A. This was mainly due to our hosting the Network Queensland Conference in May which also coincided with the 50<sup>th</sup> anniversary of the formation of U3A in France in 1973. We are all proud of Henry Cope and his committee who put on an event described on the Network Website as one of 'the most memorable events in its history'.

Network President Rhonda Weston said that on 'a scale of 1 to 10 she would give it a 15'. The conference and especially the birthday cake is still being talked about at U3A international events by Professor Francois Vellas who was our special guest.

The conference, which attracted attendees from overseas and throughout Australia as well as Queensland, can definitely be attributed to the increased awareness of U3A and all it offers to retirees here in Rockhampton and District. We have welcomed many new members since.

2023 culminated with our Christmas Luncheon in November which was a great success! Bev, our Social Activity organiser, and her team outdid themselves. It was fun, entertaining, and a great ending to the year! If you missed it ... make sure you don't miss the 2024 event next November.

We certainly put Rocky U3A firmly on the map in 2023... Your committee looks forward to building on that growth into 2024 by offering many new activities and encouraging more new members.  
Well done everyone and thank you to all our volunteers.

**Cheryl Wickes, President**



In December 2023, CQUniversity hosted two Graduation Ceremonies in Rockhampton that saw more than 520 graduates cross the stage to receive their testamur including 100 nursing graduates and 4 PhD recipients. Graduates and guests were treated to inspirational words of wisdom by guest speakers, Mr Bevan Slattery founder and CEO of Soda, Australia's launchpad for digital infrastructure, environmental and sustainability ventures, and Dr Phillip Moulds, OAM, Headmaster of The Rockhampton Grammar School. Mr Bevan Slattery and Ms Patrice Brown were presented with Alumni Awards – Outstanding Alumnus of the Year Award and Industry Excellence Award – respectively.

The CQUniversity TAFE Careers Expo was held in January. The event was attended by prospective students excited to learn more about the TAFE courses on offer, in conjunction with the Queensland Government's FEE Free TAFE funding, which has been extended.

In 2024, the Australian and Queensland Governments will provide around 14,500 fee-free places to Queenslanders, with a similar number of places planned for 2025 and 2026. These places form part of the Australian Government's commitment to deliver a further 300,000 Fee-Free TAFE places across Australia over 3 years from January 2024. **CQUniversity offer FEE Free TAFE courses** in Accounting and Bookkeeping, Business, Childcare and Education, Community Services, Health, Horticulture and Ecosystem Management, Hospitality and Tourism, Information Systems and Technology, Science and Visual Arts.

The extension of the initiative is important for training people to fill the skills gap that we're currently seeing in Australia, especially in the regions. Click the link for more information on

FEE FREE TAFE courses:-

<https://www.cqu.edu.au/study/course-fees/tafe-student-fees/subsidised-training/fee-free-tafe>

In 2023, CQUniversity supported more than 2,000 students by awarding \$4.2 million through its scholarships and financial support programs. These scholarships are extremely beneficial to students needing financial assistance. Scholarships are funded through a number of avenues including university funded scholarships, donor funded scholarships and academic prizes, as well as Commonwealth Funded scholarships aimed at improving student equity.

I look forward to sharing more details about our upcoming events including Term 1 Orientation 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 <mailto:be@cqu.edu.au>.

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

An English Professor wrote the following words on the blackboard



"A woman without her man is nothing" And asked his students to punctuate it properly

All the males in the class wrote "

A woman, without her man, is nothing"

All the females wrote. ' A woman: without her, man is nothing."

### **Frenchville Sports Club Renovations and how they will affect U3A**

Members will be aware that Frenchville Sports Club is undergoing renovations. The Club has always been a wonderful support for U3A and other community groups. As our various groups who meet in the Champions Bar will not be able to do so during the renovations, the Club has organised for the majority of them to meet up at the Rocky Golf Club. If you haven't already been told by your activity leader, please check the current activity sheet to confirm your meeting times and venues.



*Following on from the recent Expo, I have devoted this Quarterly Flier to our Activities. As all U3A Members are aware there are a large number of activities that we can all enjoy and we are provided with a copy of our **Activities Sheet** regularly, either by email or online. In this issue you will find, perhaps, a little more insight into the groups. If you are not able to access an Activity Sheet, please ask at your next visit or call one of the committee and they will ensure you don't miss out. Nb: Third Party activities, run by U3A members, are listed for your convenience but not covered by our insurance. Ed.*

#### **ARMCHAIR TRAVEL**, by Alison Davenport,



Lake Taupo NZ



Hooker falls NZ

Armchair Travel is all about listening to and watching photos on the big screen of people's travel. Some can no longer travel so this gives them the opportunity to see different parts of the world without leaving this beautiful area we live in.

Sometimes it is U3A members doing the show and tell, other times it is a member of the public who has been invited.

In the last two years since I joined the group I have spoken three times. I have told of my travels to Scandinavia, showing lots of photos of Norway and, in particular, the coastal express ferry run by Hurtigruten. I also transported people to the wonders of Iceland another day. My third show and tell took people to the green, green grass of home, New Zealand that is, and in particular the farming and coastal area of Taranaki. We have travelled to China with some of our guests. Mexico cave diving was a fantastic experience, given to us by an invited member of the public. It never matters if we see the same place twice as everyone's photos and stories are different.

Hot water is available for anyone to make a cup of coffee when they arrive at **Athelstane House, Ward Street just before 9.30 on the 3rd Friday of each month**. On average we watch and listen for an hour to an hour and a half. I joined this group because I always love to hear of people's travels and to see their photos. Everyone is welcome no matter whether you are a traveller or not.

**Contact: Judy Trinder**

**0457712 978**



#### **Writing for Pleasure is led by Peter Wilson**

encouraging you to let it out and get it down on paper so your thoughts, experiences, stories can be shared.

Peter is to speak during our March meeting and has supplied some spoilers. He suffers from both Dyslexia and Autism.

"The overlap of the two has confused me even more than either one could have. It causes a conflict that exaggerates the problems of both disabilities. Some experts say Autism is a social disability. Dyslexia is a cognitive disability. However, the traits of dyslexia and autism sometimes overlap. That is confusing in itself. However, they do not overlap with the same cause, ie. Both affect learning reading, but the causes are different.

Some people can have autism and not have dyslexia, and vice versa. Lucky them. I have both, but I think of them as differences and not as disabilities. These traits give us different abilities that mankind needs."

Peter is married with three children and four grandchildren and lives in Stanwell, West of Rockhampton. He has achieved an Arts Degree, and finished his trade as a carpenter, and built his own home. Because of ill health he gave up his trade to work as a wardsman at the Base Hospital and was there for 42 years.

**Writing for Pleasure meets at Fitzroy by Teman, Pauline Martin Drive, Rockhampton. on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday from 9.00 – 11.30am.**

**Peter : 0407 620 356**



**The Third Age Chorus and Singing Group** started 20 years ago with the late Glenda McDonald as our leader. Ten years ago Glenda was no longer able to teach us and since then we have been very privileged to have Lindsay Soanes as our leader.

I had been a member of U3A for a couple of years when the choir started and had never sung before except at church as a child. I joined from day one as it was something I had always wanted to do. I had learnt piano for many years from seven years of age so could understand what music was about. Several of our members can't read music at all and it is no problem. Lindsay also has a Band called Feast of Harvest and a Church Choir which performs in the two Uniting Churches in Rockhampton, these are separate from U3A. Everyone is most welcome to come along and join us. Our mornings are wonderful fun times.

**We each pay \$3** a week which covers the rental of the room, morning tea and the music and words of our songs. A few members are now using their Tablets (IPads) instead of paper music.

**We meet every Tuesday at the Youth Orchestra Room, Walter Reid Building, East St, Rockhampton at 9.30am - Ann Findlater**



*Current Affairs  
With Lance Cowan*

**We** have 10-14 regular attenders and the same group of people have been together now for 3 years. We are always keen to accept new members and for those U3A members who may consider joining us let me reassure you, the "Affairs" we discuss have NO personal connotations.

I have been Current Affairs Group Facilitator for 3 years after serving two terms as Vice President of U3A Rockhampton. My wife and I relocated to Rockhampton in 2017 from Brisbane after retirement. The attraction being our daughter who lives here and two beautiful grandchildren,

also the cost of housing compared to Brisbane and the Sunshine Coast.

Our Current Affairs discussions get pretty hyper at times, with healthy differences of opinion calling on my calming influence skills. In all seriousness the group tell me how much they look forward to our gathering.

I ask for topics to be sent to me on the weekend prior to the 3rd Thursday and I respond with an agenda normally on the Tuesday so they can consider their contributions on the day. This has been a very successful format.

**We meet on the third Thursday of the month between 2 & 4 pm. For the 2024 year we will be meeting at the Rocky Golf Club, Ann St, whilst renovations are undertaken at Frenchville Sports Club. Lance A Cowan 0497 575 231**



### **U3A Cards & Scrabble**

**On the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays each month a group of us meet at Oak Tree Retirement Village, Park Avenue, for our Cards & Scrabble mornings-\$2.00**

Our numbers vary but there is always someone to help those who require help with rules in different card games or spelling in scrabble!! (The number of 2 and 3 letter words in scrabble is extraordinary.)

We play Scrabble, also the card game Quiddler occasionally, a game combining aspects of scrabble and gin rummy. Regular card games are played also, including Hand & Foot (similar to Canasta) or 500, Canadian Golf and 5 crowns. I like playing Hand & Foot mostly and have been heard often enough saying: "if only I could get on to my foot" before any of the others play their last card!!

We have a lovely morning tea with coffee and tea available (half our cost is contributed to their Social Club) and Kym brings along a great variety of food for us when we have a break to catch up with those who are there. **Ann-Louise Tyler**

**Contact : Kym Jacobi 0438 778 438**

## Saturday Walk and Chat Group



From our first walk on Saturday 21st June 2021 with 7 members we now have up to 26 members. We try to walk at Yeppoon every second month and always stop for some drink/food and lots of chatting after. I carry a First Aid Kit with a Snake Bite Bandage and I am very pleased to say I have not had to use it so far!

At our recent Expo on the 6th February more members have signed up to join us. We entered our first 'Rocky River Run' on Sunday 21st May 2021, but I must point out we do not run we walk. Each year our numbers have grown and I must say, even though we are all a year older, our time for finishing the run is getting faster and each one of us has broken our previous time!

Over the past 2 years our male walkers are steadily increasing, including several husbands coming to join their wives, and I am very pleased to say that the men can chat just as much as the ladies which is pleasing to see. **Come and join the fun!**

**Every Saturday morning 5.50am for 6.00am start.**  
**Christine Dobeles 4926 1845.**



## The U3A History Group

The U3A History Group was started back when I was President in 2012. Our object is to learn about the history of Rockhampton and local districts which is quite fascinating. What with the finding of gold and the many characters involved, some of whom went on to greater things, the rack railway, the beautiful lagoons, the farming. There is no cost and everyone is welcome.

**We meet on the 3rd Monday of each month at Oaktree Retirement Village, Park Avenue at 2pm**  
**Ann Findlater 0400 766 112**

## Poetry with Friends

Arose, Phoenix like from the old U3A 'In Voice', The venue has always been private homes, under the auspices of U3A. We will now continue this way. During the Covid Era, when socialisation was devoid of the segment which had the provision of Morning Tea provided at meetings, as an independent group, members were able to live life more fully. (We have no time to lose was the cry!). Thus, we were able to retain a very convivial atmosphere, whilst still being cautious in all areas pertaining to the Covid threat, but at the same time delight in Poetry with Friends!

Tutors have always been happy to do Pro Bono sessions with us, apart from a recent twelve-month period. They delight in working with mature people, in contrast to the children and youth who make up their professional clientele.

One doesn't need to learn poetry off by heart, only how to enjoy the extension of experience, and improved confidence in speaking in front of others.

The friendship that develops between members is surely beneficial, I am at an age where machines and technology begin to isolate us.

At present the group is not doing any presentations at facilities in Rockhampton

**We meet on the 1<sup>st</sup> at 3.00pm & 3<sup>rd</sup> Wednesday at 9.30am of the month. Please contact me for the address.**

**Virginia Latty-Weir**

**07 4921 1602**

***Congratulations to the U3A Committee and all those members who helped on the Expo Day. It was astounding and I must say I was surprised to see so many people in attendance. This result is testament to the reputation that U3A has in the community and amongst its membership. It is a sure indication that there is very little discontent amongst the membership.***

*Maurice Dittmann*

### Pawn King

When King Richard II got married in 1380, he had to pawn the crown jewels to pay for the wedding.



## Bev Meredith - U3A Social Coordinator



U3A members love to have fun. To meet, make new friends, chat and enjoy the company of people "of a certain age and mindset!" We try not to take ourselves too seriously, amuse ourselves and laugh at ourselves with others. We know that we are never too old to learn new things or experience something new. We want to keep our minds and bodies active and healthy. But most importantly we love to eat – anything, anywhere and at any time!

How does a Social Coordinator cater to all these demands? Surprisingly in Rockhampton it is not hard at all. There's plenty to see and do here all year round.

I just need to shake it up now and then and organise a variety of activities to cater for all interests. Active for some, civilised and refined for others, mind enhancing or historical, indoor or outdoor. As long as we have Fun, Friendship and Food!

The consumption of food and drink is of paramount importance. The gym chicks do healthy exercises, but it must be followed by morning tea. We tried to go sailing, 3 times – but we dined out instead. We watch birds, visit gardens and theatres, and play ukeleles.... but bring something to share afterwards!!!

Most of us love to dress up...embarrassing though if you turn up at the wrong venue! Singing must accompany dressing up as we stroll down memory lane with trivia. I've included the movies this year – but "Do we have coffee afterwards?"

From my perspective U3A members in Rocky are easy to keep happy and fed. We all know that social interaction works really well if accompanied by food. Bring on the BBQs, picnics and tours of current and historical venues. As long as we experience it all together and are happy with Fun, Friends, Oh! And Food! **Bev Meredith**

**Upcoming Events on Page 8**

## Yoga with David Drew

People do Yoga for many reasons: to control emotions, to retard aging, to generate energy, or simply to feel better. All are great reasons to take up Yoga, for as we age beyond our sixties the nervous system slows and this reduces reflexes and cardiovascular function. We lose weight and height faster; essentially the body is declining overall, from sight and hearing to physical fitness. I started Yoga to improve my stretching, having spent ten years doing Tai Chi in my thirties and forties. I can say Yoga, does bring these benefits, as well as many other.



At a simple level, movement and social connection really are essential to aging gracefully. Yoga provides movement and U3A provides a way to stay social, a win, win.

I will stay focussed on the Yoga and, up front, I must say "Yoga is for everyone" and by that statement, I mean, we adapt Yoga to fit the person. This is why Chair Yoga is offered first, for people who are less mobile, but wanting to retain the widest range of motion possible, and those who can get up and down from the floor, can use the Chair Yoga as a warm up for the Mat Yoga that follows.



The Mat Yoga is similar to a normal class, but long gone are the postures of legs behind the head or twisting into a pretzel. You work within your limits at doing any of the postures, the important thing is to do it safely.

The best thing is to come along and give Yoga a try. The Chair Yoga is just that, sitting on the edge of the chair, moving our arms and legs, with a focus on breathing. For Mat Yoga we start lying down, do some warm-ups, on standing we go a little stronger, then a final relaxation which, I am told, is the best part.



**Chair Yoga is 9.15am for a 9.30am start, follow directly by Mat Yoga at 10.00am till 11.00am at Fitzroy by Teman, Pauline Martin Drive, Rockhampton.**

**0437 337 586**



## Ukulele with Barry



At the September 2019 monthly meeting Phil Morisette said, "everywhere I go I see ukulele groups why don't we have one?" Hence a small group of budding musicians met in a room at the Walter Reid building on Derby Street, many of us not even knowing how to hold a ukulele let alone play it. Phil assumed the role of mentor and music conductor. It all started very slowly with easy songs "Polly Wolly Doodle" and "Row the boat ashore" WOW! Our BIG achievement was after many practice sessions when we played "Achy Breaky Heart!"

By early 2020 our group had grown, and we moved to Oaktree Retirement Complex off Norman Road. Phil contacted Malcom and Maree Barker, who were involved with "Strum" another ukulele group in Rocky, to see if they would offer their assistance to our group. They have continued with us, and their input has been vital to us moving forward.

Along came Covid 19. For many months we were very restricted, as group contact was not allowed. We did try using "ZOOM" without any real success. Late 2020 we had some outdoor sessions, to keep the new players who had joined the group interested, with the help of Rhonda Daniels and Judy Nutley. Group numbers increased and we now had over twenty players. Rhonda still provides valuable assistance to our new players.

Covid continued in 2021 and we badly needed a venue where we could practice. We contacted a number of venues without any luck, until Judy suggested we contact Rocky City Band who manage The Fred Fox Hall. We've been there ever since for our Wednesday practice sessions.

In 2022 we started "play outs" at aged care and nursing homes in and around Rocky. With Mal pushing us along, especially now are we out in the public eye, improvement became essential. We must have been doing something right, as the request for us to perform increased steadily.

2023 has been our best year so far. We now have 35 active members many of whom remain from the original group. We performed over 30 "play outs" in 2023. Special thanks go to those who give their time to the "play outs" {They're a crazy mob!} but the enjoyment we see on the faces of those who we are entertaining and the staff at these locations is a great reward to us.

**Barry Lloyd**

**07 4926 4654**

**\*We meet at the Fed Fox Hall, cnr William & Gladstone Rds, on Wednesdays 1.30-3.30pm.**



## Reminiscing with Nick

The years are ticking by. When you were a kid, if someone asked you what you would be doing in 70 years time. You would have never imagined that you could play cards electronically. If you lived in the country, you may have had electricity, and cooking most likely on a wood stove, no TV, but perhaps a valve radio on which you could listen to the BBC 6pm News. Remember "Blue Hills?"

Here we are now, 70 years older and nearly everyone has access to an iPad or a computer, the Internet and Email.

My Grandmother flew to England on a Shorts Sunderland Flying boat. Very comfortable, just like a flying hotel. Cruising along at 200 miles per hour. No GPS navigation, no wireless beacons, but they did have High Frequency Radios and the ability to use Celestial navigation as a standard method of finding a plane's location, where navigators would use a bubble sextant to calculate the aircraft's position relative to the sun, moon, or stars. This method was used until the jet age in the 1960s, with early Boeing 747s having a sextant port on the cockpit roof just in case.

So, we and the world have come a long way with technology, just imagine what will be developed in a couple more years.

**Nick Quigley O.A.M.**



## The Photography Group with Ian Ewings

**Meetings are held at the Walter Reid Building, cnr. Derby & East Sts, Rockhampton on 2<sup>nd</sup> & 4<sup>th</sup> Thursday 2pm for meet and greet followed by discussion and display**

**0438 284 084**



## Digital Skills with Judi Blanchard

I must say what an amazing start to the year with so many new faces attending the Activities Expo and first meeting of 2024!

I will introduce you to **Be Connected** ... it's the greatest thing since sliced bread! **Be Connected** is an Australian Government learning programme focused on developing digital skills which began in 2017, and is committed to building the confidence, digital skills and online safety of older Australians (that's us, by the way).

Since 2018, I have been delivering Digital Skills tutoring sessions to Senior Australians – individuals and groups - in Rockhampton, the Capricorn Coast, Gracemere, Mount Morgan and Gladstone.

We navigated the Covid years using Zoom. Starting with 13 new learners in May 2020, and continued, post covid, until April 2022 – We even met for Christmas celebrations at the Frenchie in January 2021, and 2022 with Secret Santa and Christmas decorations to boot.

Thank you to this amazing bunch of people ... give yourselves a pat on the back!! No names mentioned ... you know who you are!! - So, moving on ... What can you hope to learn in the courses this year??

- Using your smartphone (Android/iPhone), tablet or iPad, and/or laptop more confidently – learn how to customize your device to suit your needs.
- Device Security, Online Safety and Privacy – passwords, antivirus software, scams.
- Managing APPS (applications) – what do they do, how to get them.
- Online Shopping & Online Banking – some important tips to ensure you have a safe and savvy online experience.
- Emails – create, compose, send, reply, forward, attach and save documents and pictures.
- Create a Photo Book – quality hardcovered, glossy or satin pages with your very own photographic memories with personal anecdotes for a reasonable price.

**Judi Blanchard**

**0447 227 630**

**We meet on the 3rd and 4th Mondays of each month, 10am – 12noon. The venue for this year is the **Rockhampton Golf Club Meeting Room**, Ann Street, West Rockhampton. Numbers are limited unfortunately so please call or text to book.**

## Embroidery Group with Pat Loraway

The Embroidery Group have a lovely friendly and enjoyable meeting, with lots of pattern sharing and conversation. We have all had our share of health problems and a day of stitching with your friends is very therapeutic and helps with all



of that. There have been some lovely pieces of embroidery completed. We do all types from beautiful patterns, hardanger, pulled thread, etc. Did you know that there are 64 different styles of embroidery! Although we are an Embroidery Group we bring whatever we happen to be working on at home, which can include knitting, crochet or patchwork. All of it interests our ladies. Anyone is welcome.

**We come together on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month in the Privado Room at the Frenchville Sports Club, Clifton Street, Rockhampton at 1pm – 4.30pm.**

**Contact Pat: 07 4927 4493**

## Book Lovers



**Sheila Black** who has been our co-ordinator for many years now has decided it is time to retire from her leadership role and is handing over to **Marie Downing** for 2024 and

hopefully beyond.

“Marie is a great reader and has a great rapport with all of our members. We are very excited that we also have a new member joining us, and hopefully maybe even more from the recent Expo. We would love you to come and join us. We discuss the books we have read in the past month which then are often passed around to anyone who would care to read them. After our meeting, if we have time, we will often discuss the happenings of the day, etc.

I thank you for your past support and I know Marie will carry the group forward”. **Sheila**  
**We meet at Fitzroy by Teman, Pauline Martin Drive, Rockhampton every 4<sup>th</sup> Wednesday at 10.00am**  
**Please contact Marie Downing, Ph. 0448 283 879**

**WARNING! COIN COLLECTING CAN BE  
CONTAGIOUS.**

But also fun and inexpensive!

I was around 8-9 years old and grew up with two cousins both slightly younger than me. My grandfather, an English import, (told me he was a stowaway on a ship to Aussie in his teens), gave us each an Australian 1937 Crown. These were sterling silver, 92.5%, with a 5 shilling face value. I'm proud to say I still have that original coin although, on checking with the other two, they can't remember what happened to their gift. The value of that coin now varies from \$50 to \$80 but remains unique and is a reminder of where my interest in coin collecting was ignited.

Since then there have been many half-hearted attempts to add to my collection including a stint in retail in Townsville where clients travelling to Europe would offer their foreign loose change knowing of my interest.

The real resurgence came when I was employed at The Rock Building Society as Marketing Manager. Building Societies in Australia were given the authority to re-sell coins minted by the Australian Mint, which meant The Rock had a stock of many coins. That's when I decided, it would make sense to join the Rockhampton Coin Club, around 1990. I have been an active member ever since.

Collecting can be as big or small as you want. From collecting the many coloured \$2 coins issued by the mint to seeking rare and valuable coins. The lower the mintage (number of coins produced), the better chance they will increase in value. For instance, if you had collected a 2012 \$2 with a red poppy on it, it would now be worth \$200 and upwards depending on its condition. Most people I come across have a small collection of coins of some sort. The trick is knowing if any of them are of any value. You really should know in case there is a hidden gem. If you'd like more information on the Rockhampton Coin Club or your own coins, I'd love to hear from you.

**Phil Morisette**

**07 4928 7769**

*Please note this is a Third Party Activity-re Page 4*

## *And Now, Back to Bev with some upcoming Events*

### **A Guided Tour of Rockhampton Museum of Arts**

200 Quay Street, Rockhampton

**28<sup>th</sup> March 2024**

**10.00am start**

**\$5.00**

**Followed by Morning Tea at the Gallery or East  
Street – members choice.**

**R.S.V.P. No later than 22<sup>nd</sup> March**

### ***Events to watch out for***

***A visit to Coxscombe*** for those who have not yet been, or wish to visit again. It was a wonderful outing last year so not to be missed.

***Barefoot Bowls***, what a fun day that was and we plan to do it again.

***A Visit to Tanby Gardens*** – you don't have to be a Garden Lover to appreciate the beauty here

***Rock Around the Clock!*** Remember Beatlemania, well here we go again. Dig in the wardrobe and find those bobbysox! The net-petticoats! The Brylcreem! The blue suede shoes!

***A visit to Glenmore Gardens*** is on the list too. Don't Miss out!

And don't forget to enquire about the **"NEW"**  
**Movie Group** which commenced in February!!

**Contact Bev Meredith**

**0410 341 843**

***And our Monthly Lunches***, 2<sup>nd</sup> Mondays, Fun, Food and Friendship! For information....

**Contact Robyn Edwards**

**0438 284 871**



## *Nicks Tech Tips* *from* *Nick Quigley O.A.M.*

Windows has dropped **Cortana** and introduced **CoPilot**. They do a similar job, but CoPilot is AI (Artificial Intelligence) If you have an Apple product you will know about **Hey Siri** and it does a similar thing

- **Windows 10** has been around for 10 years, had many upgrades and the latest Version is 22H2 Windows 10 will reach the end of support on October 14, 2025.

- **Windows 11** latest version 23H2

- **Windows 12** is a potential future update for the Windows operating system. It's expected to be released in 2025, although there has been no official confirmation from Microsoft.

- **Apple and IOS** updates 12 Feb 2024—The latest version of iOS and iPadOS is **17.3.1**. Learn how to update the software on your iPhone, iPad, or iPod touch. ... iOS 12.5.7, iPhone

**Phishing, Scams** On our Website on the Seniors page and under Technology **you will find a link to Digital Safety** a must read for anyone using a device that is connected to the web

On a Windows based system **you should clear your cookies**. To do it [follow the instructions below](#)  
**How do I delete cookies** without deleting all my saved passwords?

1. Click on the 3 dots top right in your browser.
2. Click settings.
3. On the left side of the next screen, click Privacy and Security.
4. Then click on Clear Browsing data.
5. On the next screen, click All Time.
6. If You go to Advanced **Do Not Click On Passwords**.

The Easter bunny may visit you, but if he offers you something and you think it is a bit strange, don't answer questions, hang up if it is on phone, don't click on unknown links in email. Remember the old saying "Look before you leap"

Have a great Easter

**Nick Quigley OAM** <https://cockscombvets.au>

## Stamp Collecting



Hi, my name is David. **I'm a Philatelist**, i.e. a serious stamp collector.

I first became interested in the hobby as a pre-teenage child in England. My mother was a collector and encouraged me to take-up the hobby. I was presented with an album into which I could place my stamps in alphabetical country name order. Supplies were obtained from the numerous stamp shops in the locality, all of whom had boxes of common assorted world stamps from which one could choose any stamp/s for one penny each.

At the time, I did not realise what a great educational tool stamp collecting was. I now appreciate that I have learnt so much from the hobby such as : geography –old and new names of countries throughout the world, history – where stamps have been issued to commemorate past significant events, nature – flowers and animals etc., royal events, politics – heads of state past and present, sporting icons, artistic treasures, colonialism, world currencies etc.

As I moved into my teens, stamp collecting became secondary to other interests – rifle shooting, motor-cycling, girls etc., although I still kept my album.

When I arrived in Rockhampton in 1977, my interest was re-kindled when I joined the local stamp club, which at that time had over 100 active members, (In 1978 the club was awarded recognition as the most active country club in Australia).

Over time, membership has dwindled to its present count of a dozen or so active members, a pretty common effect in clubs throughout the country. Younger persons are just not interested. Our current members have a wide range of specialist interests eg. Tonga, USA, Netherlands, Austria, Australia, Germany and thematics and periodically give illustrated talks on their topic.



At our monthly meetings, we conduct raffles, have a bargain table, non-philatelic quizzes, the occasional competition and general discussion. Mid-year is our annual stamp fair and in December a Christmas dinner.

If you have an interest in stamps, please come and join us.

**We meet in The Glass Room at Frenchville Sports Club, Clifton Street, North Rockhampton on 1<sup>st</sup> Tuesday of the month at 7.30pm**

**David Smith**

**07 4926 3336**

*Many of us would have collected stamps when we were younger, perhaps you even still have your old album tucked away in the attic. Might be time to have another look and David may be able to have a look too! Ed.*

*Please note this is a Third-Party Activity, re page 4.*



## Workings of the Chinese Zodiac

The Chinese have a very different Zodiac to us and it does not begin on 1<sup>st</sup> January, which is based on our Gregorian calendar using Earth's rotation around the Sun. The Chinese, Hindu, other Asian and Jewish people, rely on a Lunisolar calendar, using Earth's rotation around the Sun, and also the Moon's rotation around the Earth, to dictate important religious festivals as well as economic and government activities. We have 365 days, whereas one year on a lunisolar calendar is 11 days shorter, and the difference gets rolled into leap *months*, rather than a leap day.

This year the Chinese New Year started on Feb 10<sup>th</sup>, next year it will be January 29! They also have 12 signs and designate each year to one of them, this one being the Dragon, actually a Wood Dragon, but that starts to get very confusing.

The 12 signs are Rat 1936, '48, 2020. Ox, 1937, '49, '2021. Tiger, 1938, '50, 2022. Rabbit, 1939, '51, 2023. Dragon, 1940, '52, 2024. Snake 1941,

'53, 2025. Horse, 1942, '54, 2026. Goat, 193, '55, 2027. Monkey, 1944, '56, 2028, Rooster, 1945, '57, 2029. Dog, 1946, '58, 2030, and Pig, 1947, '59, 2031. Of Course, if you are born in January or February you may belong to the previous year! Everything works in multiples of 12 so you can work out the other dates, I have put in those which are probably most relevant to us. It is believed their Zodiac system dates back to the Qin dynasty, more than 2,000 years ago. Legend has it that the Jade Emperor summoned all the animals to his palace in a "Great Race" (or possibly for a banquet), and the order in which they arrived determined the animal's place in the zodiac.



***Mahjong is one of the most popular activities in U3A.*** It is a tile-based game that was developed in the China and has spread throughout the world since the early 20th century. The game dates back 2,500 years and has evolved a lot from its original form. It is played by four players with a tenuous connection to the Chinese philosopher Confucius, who was also a bird-lover. The earliest form of the name recorded is 麻雀 *máquè*, meaning 'sparrow'. An American, Joseph Babcock, coined the spelling *Mah-Jongg*, not the actual name, so that he could trademark it. The Mahjong game that most are familiar with today is traced back to 1880s Shanghai.

Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. It is played by 4 people, with similarities to the card game rummy.

***Join us Tuesdays and/or Fridays @ 12.45pm-4.00pm at Fitzroy on Teman, Pauline Martin Drive, Rockhampton, run by***

***Kym Jacobi (Tuesday)***

***0438 778 438***

***and Beth Tootell (Friday)***

***0488 769 173***

***If anyone has ideas for a new activity please contact Jane, our secretary, on 0439 982 087***