



THE QUARTERLY FLYER

March 2014
Volume 1/2014



Central Queensland University Library

U3A Rockhampton
P O box 8160
Allentown
Rockhampton
4700

General Meeting - 1st Monday of
Month at Frenchville Sports club
No joining fee
Annual membership fee is \$15.00 per
year, payable before end of June,
\$7.50 payable to the end of year.

PRESIDENT'S REPORT

Well here we are in March already and it is time for another AGM. I would like to thank the committee for the work they have done over the past year as without their help our U3A would not have run so smoothly. Thanks also to the people who have volunteered their help at meetings and also our tutors who give up their time to help with the many activities. It would be great to see some new activities start this year so if anyone has any talents or ideas please come and tell us. A lot of the other U3A's in Queensland have language classes so if anyone can speak another language perhaps we could get help from you to start up a new group. For the last 12 months we have had a suggestion box and I thank everyone who has given us ideas. Please keep using the box as we need input from members.

We are very fortunate to be able to use the Frenchville Club for our meetings each month. We are also privileged to use the rooms at the Central Queensland University, Settlers Village and Athelstane House. Without their generosity we would not be able to function so smoothly. Thank You letters have been sent and again we say Thank You.



After this month's edition of the Quarterly Flyer John Elson will be retiring from the editor's position. Thanks John for stepping into this job for the past two years and we hope you can continue with the other things that you do to support our U3A.

We look forward to the coming year and I feel certain that Rockhampton and District U3A will go ahead in leaps and bounds. I thank each and every one of you for your help and friendship during the past twelve months.

Ann Findlater

SeniorFit Gym at CQ University Community Sports Centre

If improved fitness, balance and co-ordination are on your agenda for 2014, consider joining our friendly gym group who participate in the SeniorFit classes at the Uni Gym. A trained and fun instructor takes us through a low impact, but challenging aerobic-based fitness class for the over 60's utilizing fit-balls, stepping, free-weights and more, all to invigorating music from our era. Classes are held from 8.45 – 9.30am Tuesday and Thursday.

Many of our group also take advantage of Resistance Training programs utilizing various weights apparatus before the class, starting about 7.30am. These are individual to cater for particular needs and are supervised by friendly staff. Resistance training may help improve general health, strength and bone density.

Seniors are offered a special rate of \$6 for which they can participate in the SeniorFit class, Resistance Training and have a swim in the heated pool, on any single visit. Please feel free to come along and join our group.

**CQ University Community Sports
Centre 4923 2159**

Jill Howes 4928 7715

Cherith Wiess

Nicely decorated tables at the Frenchville yesterday for the U3A Christmas function! Graham Pratt dazzled us with his "magic" tricks - Phil Morissette looks into the tricky business of Graham's card tricks -

Jeanette Finlayson entertained us with a

comical poem -



the Male choir minus one (Seniors Week winners of the Seniors Idol comp performed Ole Man River & the Holy City)

Nancy checks out the tables before guests arrive -



Rita Dunlop winner of the recent Fitzroy River Water writing comp recites her winning poem and also sang her winning song -



the powerful and popular U3A choir entertained -



U3A's "In Voice" performed some verse speaking pieces -



Graham Pratt "cuts off" U3A's Maxi Barron's arm.



The Photography Group meets at the COIN Rooms (Rockhampton Technology Centre), Southside Library at 3pm every second Thursday. Here we view photos taken during the past fortnight of a subject set the previous meeting. We are fortunate to have the assistance of a member of the local camera club whose advice has been invaluable since our inception. New members to the group are always welcome with beginners encouraged to join our learning curve. For more information, **Phil Morissette 4928 7769**

THE TWO OF US



The two of us, Judy Sutton and June Findlater are keen members of the Photography Club and enjoy the organised group outings and the tuition that Phil and Wayne provide us with to enhance our skills at shooting, and reviewing our efforts on the large screen at the Rockhampton Library. We all enjoy the friendly comments and the suggestions on how to improve our photos.

Recently Judy visited the Taronga Park Zoo and took many photos of the animals including Sidney, the lion (our name for him). She used her new Canon PowerShot K SX50 HS Camera with an F-stop of f/5.6, exposure time of 1/100 second, ISO-640 and focal length of 67mm.

June who is also a member of the Pencil Drawing Group was greatly attracted to this lovely photo and asked Judy if she would allow her to sketch him. She hopes she has captured the contented look on his face.



These photos of Judy and June were taken on our excursion to the Walter Reid Cultural Centre Photography Club Rooms organised by Wayne, where we could use the facilities to learn to take portraits.



U3A Rockhampton Tai Chi

Friday mornings 7:30 – 8:30 am
Kershaw Gardens (between the Perfume

Garden and the windmill off Knight Street)
\$2 per session for U3A members
Contact: Shirley 07 4936 4792 (with
Telstra '101' service to leave messages)
Classes concentrate on balance and
relaxation to help maintain our physical
health. The group includes individuals who
have been doing tai chi for years as well
as those who've just started. We work
together, integrating novice and
experienced practitioners in an informal
setting as we review tai chi basics and
expand our repertoire of shibashi and
similar exercises.

Our classes include warm-up/stretching
exercises, Qigong or shibashi exercises,
and the first three levels of the tai chi set.
We try to accommodate for physical
disabilities with participants adjusting their
stance and practice as necessary to
minimise personal risk.

Wear comfortable shoes and loose
clothing, with insect and weather
protection as appropriate, and ensure that
you have a water bottle or flask of clear
tea, etc.

The group is led by Lynn Zelmer, an
Australian Academy of Tai Chi Special
Needs Instructor with over a decade of
working with seniors' tai chi classes.

*Australian Academy of Tai Chi providing Tai Chi
services to Rockhampton & Area (local:
www.zelmeroz.com/taichi/ and AATC:
www.livingchi.com.au)*

As **ANZAC Day** approaches, we
remember those who fought for our
freedom. This poem is a tribute to my
uncle, Thomas Richard Ingham, a brave
soldier who died as a result of the cruelty,
starvation, and harsh jungle conditions
that he endured while enslaved as a
prisoner of the Japanese on the Burma-
Thailand railway during World War 2.

A Tribute to Tom

Though it's been so many years,
I find I can't forget
the sadness in my father's heart
for a man I'd never met.

He was my father's brother,
a bush lad straight and true,
who enlisted in the army

to protect us from our foe.
They sent him to Malaya
to stop the Japanese
whose aim to conquer Australia
had been in their plan for years.
If British Command knew this,
it seems they had no plan
to halt the evil Japanese
in their quest to take our land.
Our soldiers fought like demons
with the weapons they had;
yet, despite their gallant effort,
they surrendered, feeling sad.

They all became prisoners
of the cruel Japanese
in Changi, Burma, and Thailand
for the next four brutal years.

T'was then they built the rail line
with sweat, shovel and pick.
The guards beat them mercilessly
even though the men were sick.

Our poor men dropped dead daily-
tortured, starving and ill.
The engineers showed no mercy
and increased their work-load still.

After three horrendous years
of slavery and fear,
the man who was my Uncle Tom
left the ones whom he held dear.

They all mourned his sad passing
and never came to know
the extent of his suffering:
I am pleased that it was so.

Rest in peace dear Uncle Tom
buried beside your mates.
Please know I've grown so proud of you
As I've learned about your fate.

With love
Judy Holzheimer

U3A Rockhampton activities and many more
photos can be found on our website at
<http://www.u3arockhampton.org.au/>
If your Group or Activity has a story and
photos and would like to be part of our
website you can send it to Nick Quigley U3A
Rockhampton Web Coordinator at
vietvets@gmail.com

U3A Writing for Pleasure Group

SAVED BY THE RAIN

By Judy Whitworth

While in the Savoy Military Prison in England, John Boatsman enlisted in the New South Wales Corps on 24th August 1789. Mario Fentona, James McCormick, Thomas Franklin, James Strachan, Thomas Sherland, James Smith, along with a man named Turner and Jacob BOER and another, who died at sea on 2/2/1797, all travelled together on the "Britannia". This 301 ton ship had been built at Bridgport in 1783. It sailed from England under Ship Master Robert Turnbull with 1798 people on board .. 96 of them being female convicts. They arrived in Sydney on 26th June 1796. Just like many other soldiers of the era, John Boatsman tired of the discipline of Army life, and took to the bush. He may have planned to hide in the bush until he could safely stow away on a ship going back to England, but he was caught, discharged from the Corps on 3rd September 1801, and court-martialled for desertion.

Extracts from government orders of the day read:

"14 April 1801- the regiment to be under arms on Monday next, 19th instant, at half past nine in the morning to attend the execution of John Boatsman, private soldier, sentenced to die by a court-martial for desertion.

19th April – Raining torrents. The execution of the prisoner is deferred until further orders on account of the inclemency of the weather.

20th April – Still raining in torrents. The execution of John Boatsman is further deferred.

21st April – Some favourable circumstances have been represented to the Governor respecting John Boatsman. His Excellency is pleased to extend mercy towards him to grant him a free pardon; and it is hoped that the examples which have lately been made, and the awful state in which the delinquent Boatsman has been, will operate in preventing the serious and unsoldierlike crime of desertion".

I'm sure that that day, regardless of the weather outside, was a bright and happy one for Private Boatsman.

PAM AYRES Sat Nav

I have a little Satnav, It sits there in my car
A Satnav is a driver's friend, it tells you where you are.

I have a little Satnav, I've had it all my life
It's better than the normal ones, my Satnav is my wife.

It gives me full instructions, especially how to drive

"It's sixty miles an hour", it says, "You're doing sixty five".

It tells me when to stop and start, and when to use the brake

And tells me that it's never ever, safe to overtake.

It tells me when a light is red, and when it goes to green

It seems to know instinctively, just when to intervene.

It lists the vehicles just in front, and all those to the rear

And taking this into account, it specifies my gear.

I'm sure no other driver, has so helpful a device

For when we leave and lock the car, it still gives its advice.

It fills me up with counselling, each journey's pretty fraught

So why don't I exchange it, and get a quieter sort?

Ah well, you see, it cleans the house, makes sure I'm properly fed
It washes all my shirts and things, and keeps me warm in bed!

Despite all these advantages, and my tendency to scoff,

I only wish that now and then, I could turn the bugger off.



Once again the Council has granted our **U3A Writer's Group** the use of the Ground Floor Meeting Room at the School of Arts on the first Wednesday of each month from Jan – Dec of 2014.

As quite a few U3A members have asked for a mid-monthly get-together, it has been decided that, we will be seeking inspiration outdoors on the third Wednesday of the month.

Writers are 'word' artists. We try to paint our stories and characters with vitality and verve so that others who read our work can see things as we do. So, 9am on Wednesday 19th February, 19th March and 16th April a group of us will be found down by Murray Lagoon at the Botanical Gardens.

We are a small, friendly group, who welcome other U3A members to join with us either at the Gardens, or at the School of Arts, or both. Anyone who can think and talk, can be a writer. 'Writing is 95% think and only 5% ink' ... so I encourage you to take the first step to a new start for the New Year.

Judy Whitworth – Phone 4927-4468

For our first outing for 2014, Nancy organised a dual visit to Queensland Fire Service and Queensland Ambulance Service. Our group of 24 members was split in two and the camera went with Nancy's group. Our two Seniors Fire Fighting Officers Steve and Nat enlightened the group about Household Fire Safety and the importance of photoelectric smoke alarms.

<https://www.qld.gov.au/emergency/safety/smoke-alarms.html>

The alarms must be placed near or in bedrooms and in the living area of the house, but not in the kitchen itself. Your smoke alarms should be tested once a month, using the Test button and cleaned with a soft brush or vacuum cleaner.



Change the 9v battery every year on your birthday or an anniversary and your alarm should be replaced every 10 years or according to the manufacturers instructions.



All households should have a fire escape plan, what to do in the case of fire. Try to plan two ways of escaping from any room.

Always ensure that all doorways are clear at night before going to bed, don't leave shoes at the bottom of the stairs, don't deadlock your external door; your escape route should be clear at all times. While you are in the house, your escape doors should be able to be opened at any time without having to look for a key. When the house is full of smoke you will not find the key.

Other than for random electrical fires, Kitchen fires can get away very quickly. A

greasy range hood over the stove, curtains near the stove.

For your safety you should have a fire blanket handy.

<https://www.fire.qld.gov.au/communitysafety/home/products.asp>



Pull on the two tabs at the bottom, pull the blanket out, ensure your hands and face are covered, walk toward the fire and place the blanket over the burning pot. Then if you can safely do so turn the main switch off and call Phone 000



There are a range of household type fire extinguishers and the most common is Dry Chemical Powder or DCP. A red cylinder with a white band. This appliance is good for wood, electrical and small oil based fires. Extinguishers come in a range of sizes, however a 1kg cylinder will provide general peace of mind and be affordable. On the link below a better understanding of the types and uses can be gained.

<http://www.wormald.com.au/fire-products/fire-extinguishers>

The 000 command center at the **Queensland Ambulance Service** is operated 24/7. When a caller first dials 000 they will get a Telstra Emergency Operator who will ask "which service do you require" you then say one of the following - **Fire or Ambulance or Police** and although you may be under stress the most important thing to remember is **"Don't hang up"** For more information on this service go to the 000 website [http://www.triplezero.gov.au/Pages/HowtoCallTripleZero\(000\).aspx](http://www.triplezero.gov.au/Pages/HowtoCallTripleZero(000).aspx)



Many years ago people were able to attend the casualty bay at QATB. This service is no longer in operation. If you call into the QAS for help, they will transport you to the Base Hospital. Our local QAS has a range of vehicles from single Paramedic, four-wheel drive, single stretcher and multiple and a vehicle capable of transporting multiple numbers of people. All staff are trained and certified at various levels and are able to provide assistance as required. The task of shuffling available staff considering the center takes 150 acute case calls a day must be a stressful job.

We would like to thank the Officers of both QFS and QAS who assisted us on our tour of the two centres. Members of our U3A now have a better grasp on the workings and understand their necessity to try to stay calm in an emergency especially when dialling 000