



THE QUARTERLY FLYER

Rockhampton & District Inc

TECHNOLOGY IN OUR WORLD TODAY!!



In August U3a Rockhampton held our first Digital Seminar which was attended by one hundred people and deemed to be a great success. This Quarterly Flier has a report from Cheryl Wickes on the seminar, comments from Judy Blanchard- who runs our Digital Skills Meeting twice a month, Nick Quigley - our IT expert, and Ex-President Maurice Dittman, so if you could not get there I am sure that you will have enough hints to keep you safe until the next one.



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 0432 961 290
Email: assistantsecretary@u3arocky.au
Treasurer: Jennifer Robertson 0402 811 996
Email: treasurer@u3arocky.au
Publicity: Leslie Smith **NEW** 0419 179 133
Email: zebu3.u3a@gmail.com
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 07 4927 1429
Email: speakercoordinator@u3arodky.au
Web Co-ord: Nick Quigley OAM 0428 851874
Email: webcoordinator@rocky.u3a.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/Sep24.pdf>

Off to the Movies?

If you like an occasional trip to the movies why not give Bev Meredith a call and find out when the next outing may be. **0410 341 843**



*And now
A word from our
President
Cheryl Wickes*

Digital Safety Seminar

On 14th August 100 U3A members attended our first Digital Safety Seminar at Frenchville Sport Club.

The seminar provided a great deal of information about scams, how to protect yourself against them, and what to do if you are scammed. And by scams, we are talking, not only about internet scams, but also about approaches over the phone, and to your front door.

Our age group is the most at risk from scammers. Even those of us with computer skills and experience. And when our webmaster Nick, explained how he had recently been scammed over the internet, we were all shocked. If someone with Nick's experience can fall into the scam trap... then we are all very vulnerable.

This seminar went a long way to arming members against the threat of scams. The morning was very intense, there was so much information to absorb from the speakers.

Jason Corbett is a Senior Intelligence Officer in the National Anti-Scam Centre (ScamWatch) with many years experience in law enforcement. He spoke about current Scams, statistics, and provided information about what assistance is available.

Greg Gebhart presented a webinar titled, "Can you spot a scam". **Greg is the Senior Trainer for eSafety and BeConnected**, and he focussed on what to do and what not to do, and where to go for help.

The webinars were followed by **Lisa Brajevic, Branch Manager of the Commonwealth Bank in Rockhampton** who explained the role of banks and how they can help keep us safe. The speakers gave our members a great deal to think about. And hopefully the armour necessary to keep them scam safe!

I want to thank my committee, and members Judi Blanchard and Nick Quigley for all their assistance in putting this seminar together. They did an amazing job. **Cheryl Wickes**

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Cheryl Wickes, President



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

As we have officially hit the half way mark of 2024, CQUniversity campuses were buzzing with excitement after being named in the Top 500 universities in the world following the release of the latest QS World University Rankings: overall. The University has increased its world standing by almost 100 places, leaping up the rankings from 590th position last year, to number 495 in 2025. This result is an amazing and significant achievement for CQUniversity. An achievement only possible because of our hardworking and dedicated teaching, research and corporate professional staff.

This year also marks a significant milestone as we celebrate a decade since our merge with CQ TAFE. Being a dual sector university, we offer a range of courses from a Certificate I through to a PhD. This makes us a one-stop shop for training and educational needs, including short courses and research - it's our point of difference. The merge of CQU and CQ TAFE has not only enhanced our educational offerings but also enabled us to meet the increasing demands from industry for a versatile and skilled workforce. CQUniversity will celebrate the merger milestone by recognising the dedication and hard work of all those who have contributed to the success of CQUniversity over the past decade. From current students to staff, our alumni and supporters, each individual has played a vital role in shaping our institution to be one that makes lifechanging impact.

The University welcomed a commitment of \$61 million dollars from the Queensland LNP to complete the full construction of the Rockhampton TAFE Centre of Excellence project. Since the merge the University has been progressively consolidating its VET delivery from the City Campus to the North Rockhampton campus with the objective of establishing a world-class, state-of-the-art training facility to support the skills' needs of current and future workforces. By staying responsive to industry needs and

technological advancements, we can ensure that CQU's TAFE remains a cornerstone of workforce development.

Kim Harrington was also our Guest Speaker at our 2nd July 2024 meeting where she introduced us to the End Loneliness Campaign, so will continue with this section of Kim's report...

On July 10th 2024, CQUniversity hosted End Loneliness Day in Rockhampton, Emerald, Mackay, Cairns, Brisbane, Sydney and Melbourne, but the message was heard beyond CQUniversity walls, throughout the country with more than 2000 people attending events hosted by communities and businesses in search of connectedness and conversations. The End Loneliness Inc. committee had the pleasure of hosting the main event at our Rockhampton North campus, with many U3A members, and other community members joining us for cupcakes and a cuppa on July 10th. It began as a KPI of the CQUniversity Rockhampton Region Engagement Committee, but with the support of community members and local businesses it has taken us on an ambitious journey to end loneliness through a variety of strategic pillars, being Smile Zone, Conversation Corner, Hello Neighbour and Connectivity Pack.

In a global community more connected than at any other time in history, increasing numbers of people of all ages, circumstances, religions and cultures are becoming more isolated, disconnected and lonely. The loneliness phenomenon was happening well before COVID, but the pandemic just amplified the problem and made it more visible. With the great success of being able to spread the message to end loneliness, the committee looks forward to growing and evolving as an incorporation and working towards empowering connections and ending loneliness. 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.

Ms Kim Harrington, GCertMgt,
BAAVTHRD(Hons), DipPM &
Ass. Vice President
R'hampton and Central H'Lands.



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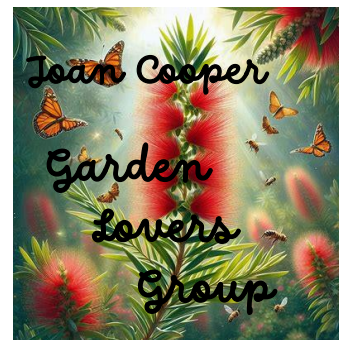


End Loneliness Day @Rockhampton Campus July 24

There are many people who suffer from isolation in our communities and this needs to be addressed. In England, a Minister for Loneliness was appointed in 2018 for the first time. In our daily lives we probably see and even meet people who are lonely, starved of company, unable to make friends easily, have a disability, are elderly and can't get out or around much anymore. Even young professionals who have moved here for work, or fly in and fly out employees. In today's world society is in many ways becoming more isolated, social media can be a boon or a curse, with some not able to let it go. Yes, it has good points, but also can isolate further by becoming dependent on it rather than speaking to people in person. Many elderly people have no knowledge of technology – nor want it; being almost forced into paying for everything by card, rather than cash, banks closing, again, little interaction with people. How many times do you walk or drive down a street these days and houses are closed up as they have the air-conditioning on, no one chatting over the garden fence or children playing in the yard?



A smile costs nothing to share, or letting someone pat your dog, even saying hello to the neighbour can help someone to feel valued. **Ed.**



What a lovely group of members we have!

I am very grateful to Bev and Kym who kept this going while I was off sick and June was the only month we had to cancel our activity. In May, we visited a lovely private garden beside the creek in Wandal and another one in July at Glenlee. As well as enjoying the garden there, we also learned how to make an air plant ball for our own gardens. Both were very enjoyable mornings. A lot of our activities are only possible because of the suggestions and offers from our members so I am much appreciative of that. Even if you don't usually come along, if you know of a garden or a guest speaker that might interest us please let me know.

Joan Cooper, Garden Lovers Group

There have been some good outings for the Garden Lovers over the past weeks and below are some details and pictures of their outings.



Joan – Good to have you back!

New or Returning Member?

Don't forget to collect your badge!

Available at our Monthly meetings, 1st Tues each month where you get to meet other members and meet Fab Guest Speakers

DIGITAL AWARENESS CTD. SCAMS ,PHISHING, ET AL



Judy Blanchard

busy at

Digital Seminar

What is a Scam... and how to stay protected!

Thank you to all attendees of the Scam Awareness Seminar on Wednesday 14th August.

We were privileged to have presenters Jason Corbett (Scamwatch) streaming from Sunshine Coast, Greg Gebhart (eSafety Commission) streaming from Melbourne, and Lisa Brajevic (Commonwealth Bank, Rockhampton).

In essence, Jason, Greg and Lisa advised what their organizations offer to help alleviate the unrelenting surge of Scams targeting our age group. However, responsibility still lies with every one of us to protect ourselves from being scammed.

A scammer could make contact with you via a phone call on your landline or mobile phone, a text message, an email, a friend request on Facebook, an invitation on an online game, and even a knock on your front door.

Judi Blanchard

U3A Rockhampton Digital Skills Coordinator

Be Connected www.beconnected.esafety.gov.au

Scamwatch www.scamwatch.gov.au



Nicks Tech Tips

By

Nick Zaigley OAM

First of all I would like to commend our U3A Committee, led by Cheryl for the wonderfully put together Scam and Phishing seminar on the 14th August 24. I was pleased to see a large number of members in attendance. And most using the notebooks to write information in.

The SCAM subject can, very easily affect any one

What is a scam?

Scams are economic crimes run by criminals who are often organised and sophisticated

A Scam is

When someone deceives you into providing personal or financial information so they can steal from you

A scam is NOT

- Someone hacking your computer, devices or account to steal from you
- Buying something that turns out to be poor quality
- Paying more than something is worth

Not all negative experiences are scams. While it's disappointing if you buy something that's not as described, it doesn't make it a scam. You have rights under the [Australian Consumer Law](#) for these sorts of issues

and you must be very aware of where your **on/off button** is on your computer.

It was great having two video link speakers who introduced a comprehensive list of things to look out for.

Be Connected has been on the go for many years. Now they are providing new assistance for users in a way that can be easily accessed to help with Scam issues.

Look up Be Connected at :-

<https://beconnected.esafety.gov.au/online-safety-presentations>

Hold your mouse over link above for direct lookup

Even so, don't let the thought of Scams put you off from learning more and enjoying your home computer.

One lady told me she was running out of room on her computer. Very easy to fix that. Go to Office works and buy an external hard drive for around \$100. It has one plug and that goes into a USB port and your computer will recognise it. On my **PC** it will display as **D:/** but if you have another USB port in use, it may display as **F:/**, The Main

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HDD (Hard Disk Drive) in the computer is [C:/](#) Now just Copy and Paste all your videos and photos. Once done check to see that you have the same quantity on D: and you can remove them from C:

Another question was **How do I Block callers on my phone?**. Open the Recent callers and you will see a **circle** with an **i** in it, one gentle tap and scroll to the bottom and you will need to tap **Block caller**, twice.

While in your Email you will find a **Spam and Trash** folder under InBox. Your mail provider selects what they deem as Spam which it mostly is, but do have a look before deleting as sometimes they get it wrong and there may be an email you may have missed in it. It does fill up and should be Deleted by the button on the top of the pile and do the same in trash. Don't Store files in Trash. You can make a folder under inbox, give it a name and you can copy emails that you want to keep.

For the latest Apple updates go to <https://support.apple.com/en-us/HT201222>

And the latest Windows **Get the latest Windows update** (Control Click to follow link)

You will find information for both Windows 10 and Windows 11

For the environment, printer paper can be either shredded or pulped and put on your garden and the worms will do the rest. I have an old 10Gallonplastic rubbish bin, put the wastepaper in and cover it with water. Every so often stir it with a garden fork and when it is all pulp it can go on the garden, remember to remove staples. They will remind you if you don't, when you are weeding.

The Weather is important to us. For something different to the BOM site, have a look at this site [Joint Typhoon Warning Center \(JTWC\)](#) (Control Click to follow link)

So that is it for September,
Keep Safe All the best and Cheers
Nick Quigley OAM

Digital Skills

Judy Blanchard runs our regular Digital Skills Meetings on 3rd & 4th Mondays from 1-3pm In the Meeting Room at Rockhampton Golf Club. If you feel you need more information do not hesitate to **call Judy on 0447 227 630**

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How to stay protected

1 STOP Don't give money or personal information to anyone if unsure

Scammers will offer to help you or ask you to verify who you are. They will pretend to be from organisations you know and trust like Services Australia, Police, a Bank, Government or a fraud service.

2 THINK Ask yourself could the message or call be false

Never click a link in a message. Only contact businesses or government using contact information from their official website or through their secure apps. If you're not sure, hang up and delete

3 PROTECT act quickly if something feels wrong

Contact your bank if you see some unusual activity or if a scammer gets your money or information. Seek help from IDCARE and report to REPORTCYBER and SCAMWATCH

A Message from

Maurice Dittman

Congratulations to the U3A Committee on a great **seminar**. I thought the digital **seminar** was a professional presentation.

The speakers treated their presentation to the level and understanding of the people present. Although there was some duplication, the mode of presentation was different. I think another similar seminar would be a good idea, although I would not hold it before June next year. This gives time to capture new members and to revive memories of those members who have already attended (and forgotten).



I think similar seminars/webinars would be very educational for members but more importantly, it is one way of giving something back to members and be seen to be using some of U3A surplus funds, particularly when morning tea is supplied FOC. Such presentations go to the very heart of the objectives of U3A. It also includes every member, should they choose to attend.

Possible subjects :

- Insurance,
- How to use credit/debit cards and digital wallets successfully and safely
- All about emails, how to use, what to avoid!
- Anything else that we oldies are going to be forced to face and are scared of.

To All Members

Re the Digital Safety Seminar – 14th August

Your feedback will prove helpful to U3A Rocky's Committee with planning for future seminars please send us your thoughts/comments.

- What are your thoughts on the organisation of the U3A Digital Safety seminar on 14th August?
- What are your thoughts on the speakers at the seminar?
- What are your thoughts on the extent of the information given out at the seminar?
- Would you like to see another seminar organised early in 2025 for an update in current scams etc? Would you like to see more information seminars organised for our members?
- If so, what subjects would you want these seminars to cover?

Please forward your comments to Jane Brazil, at secretary@u3arocky.au [{Control,click}](#)

Visit to Cockscomb Bush Veterans Retreat

Members of our Rockhampton U3A Club travelled to Cawarral on Friday, 7th June, for a return visit to the Cockscomb Veterans' Retreat. Once again, the venue did not disappoint and what an enjoyable day was held by all who attended!

We received a very warm welcome from all the Vets present; Nick Quigley, a Vietnam Vet & U3A Member, once again did the official welcome & gave us a very informative talk on the origins of the Retreat, which was established in 1997. We

enjoyed a very tasty BBQ lunch followed by delicious pie & custard. We also enjoyed the tea/coffee station & the open bar. Once again, we had some fun with a raffle & phone competition where lucky members won various prizes.



**Bev assured members of the Retreat,
"We will be back!"**

**And now it is our Social Co-ordinator,
Bev Meredith's
turn to enthral us with her latest
outings and fun activities to take us
up to Christmas!**

Upcoming U3A Events

- **Tues 3rd Sept.** *Whale watching cruise.* Boat full.
- **Mon 9th Sept.** *Monthly lunch Barlett's Tavern.*
- **Wed 25th Sept** *Rock Around the Clock.* Trivia and fun activity morning. Diggers Memorial Bowls Club. Doors open 9.30am – until 12.30pm. Morning Tea Provided. Bar open. \$15.00 *Dress in your rocker best...optional.*
- **Mon 28th Oct** *Volunteers Morning Tea*
- **Tues 29th Oct** *Going to the Races for lunch.* Details to be finalised.
- **Early Oct or Nov.** *Morning tea at Mt Archer...* Details yet to be finalised.
- **Mon 5th Nov** *Last Monthly Meeting for 2024*
-
- **Mon 25th Nov** *U3A Christmas Party.*
-

Bev Meredith 0410 341 843

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ROCK
around the
CLOCK



U3A Let's Rock Together in 2024

- What** Music. Games. Trivia. Singing. Raffles. Prizes. Morning Tea provided.
- When** Wednesday 25th September 2024.
- Where** Diggers Memorial Bowls Club
- Time** Doors open 9.30am until 12.30pm
- Cost** \$15.00, Bring your own coffee/tea-cup Bar will be open.
- Dress** A rocker from any period.... optional **Tables.** Set seating in tables of comfortably 10.
- RSVP** 18th September 2024.

ROCK
'N' ROLL

Please let me know of any dietary needs.

Bev 0410 341 843 bev.meredith@iinet.net.au

Some new Activities have appeared on our list That some of you may not be aware of so look out for

Italian for Travellers which started in June is held at Southside Library

Christmas Craft making gifts and decorations for the upcoming Season is being held at Tamarind Place Red Hill on Thursdays

Ring Barb Hunt 0402 761 707 for both of these Activities

There has been a **change in time for the Yoga Group** which now starts at **9.15am**

We are looking at introducing **Simple Home Repairs and Renovations for Everyone**, And another, which is popular in other U3A rural areas, is **Retired Farmer Discusson Group**

Please let us know if you are interested in either of these activities, or if you have another in mind. Contact either Cheryl Wickes or Jane Brazil, you will find their details at the beginning of the Flyer.

Dragon Boats Did you know that there is a Dragon Boat Crew in Rockhampton? I didn't! We have been contacted by Toni Jepson with an invitation to any of our members who might be interested in

Dragon Boating to pop down to the Ski Gardens boat ramp on a Saturday morning about 6:45am.

Ph: **0411 768 874**

rockhamptondragonboatclub@gmail.com

The Garden Group had a lovely morning at the home of Mary Semple and her husband Robert. Their hospitality was wonderful and their demonstration skills superb!!

We looked with admiration on their extensive gardens and with envy on their flowering orchids and ferns in their fernhouse. Then we got down to the fun task of making our hanging baskets. Their



gorgeous dog Heidi got lots of cuddles too. Her behaviour was exemplary. Another fun filled morning was enjoyed by all. Our gallant leader Joan made a welcome return, well on the way to a full recovery. Thanks Mary for your offer of hosting



today. **Bev M** Thanks again to Mary and Robert for hosting us and to Bev for taking the photos. **Joan Cooper**--The orchids' perfume was amazing!

Curious Facts: *Guilty Bones*. Sir Robert Logan was punished for treason- 4 yrs after his death!! His bones were disinterred in 1609 and charged with conspiracy to abduct King James VI. The bones were found guilty and sentenced to be reduced to dust!!!

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President's Report: Network Conference held at Beaudesert early June 2024

Firstly, I'm very happy to report that it wasn't anywhere near as cold at the conference in Beaudesert as I expected!

The conference started with Network president, Rhonda Weston AM speaking about 'Why were we there?' Quite a question and very interesting. The Beaudesert BUFFies put on an amazing ukulele display and lecture. Then Darren Young, CEO of COTA Queensland (Council of the Aging) spoke about Ageism, and social isolation of seniors and the important benefits of lifelong learning...

The conference included a few new innovations such the 'Building Capacity' panel of Network Committee members, who answered enquiries about the technical and operational aspects of Network and the developments they have introduced in the past year. This question and answer style panel brought about some useful discussions for everyone and several issues came up in those discussions.

We were one of only a few branches who have already complied with Government requirements for changes to our Constitution... this is thanks to the diligence and hard work of Lenore who keeps up with all these matters. Thank you Lenore. Discussions with our Network group Insurer have discovered that...To be covered for injuries, any physical training activity, (many U3A branches hold sport and defence classes), a Sports Insurance Cover is required. Also the coach or instructor must have suitable qualifications on display at their activity. Our only activity affected by this would be Yoga, and David already has suitable qualifications, but he will now need to have his qualifications on display.

Following up on this... the Network Committee is investigating the inclusion of Sports Coverage under our current Public Liability insurance. This is being treated as an important issue to sort out. I am trying to determine if the fact that we list Tai Chi as an affiliated class would also come under that requirement even though it is not one of our activities.

Also raised was the need for Copyright licences for music, screenings or recordings and reproduction of sheet music or any other

information used in any U3A activities. There are two companies that provide these. CAL and One Music. Network is currently negotiating a group coverage.

'A Step Forward Into The Future' was a Discussion around AI and the future of the internet as it affects seniors, its positives and its negatives. Online tutorials for members to help educate and offset the isolation and loneliness will be the possible outcome.

Each conference is a very interesting and informative experience. U3A branches concentrate mainly on what is done locally for their local members. Mixing with other branches and discussing the big picture with Network opens up whole new aspects of what U3A offers to all seniors. As a lobby group to Governments, State and Federal, not just locally. The current Network committee is negotiating discounts with various businesses.

On the second day of the conference, the AGM returned all the current committee unopposed, and they are a very professional team. Our own Henry Cope had the easy job of Returning Officer for the election! Throughout the conference there were many references made, and memories shared of our 2023 conference... It is considered the best, most memorable conference yet and is still spoken about overseas at international gatherings... so we really did good!!! Thank you Henry and our team!

Eight members from Rocky attended the conference and we all had a great time. Most stayed at motels in town, but Barb Hunt and I missed the available accommodation in town and ended up staying at a lovely Farm Stay outside Beaudesert. After all the action of the conference it was great to relax, enjoying the peace and quiet, and feeding the many animals. And every animal on the place had been named, from horses, cows, sheep, goats, down to every chook and peacock! Great fun! And next year... the 2025 conference will be held at Bribie Island... keep it in mind... you will really enjoy the event if you attend. I will certainly be going! **Cheryl Wickes, President**

Have you ever thought about taking part in a **Current Affairs Discussion?** **Lance Cowan** holds a Meeting every Thursday @ 2.00pm at Rockhampton Golf Club **Enquiries: 0497 575 231**

Guest Speakers

We had 3 excellent Guest Speakers this quarter, our first being **Rose Malone** from the Darumbal community, talking about their Youth Services, in July we had **Kim Harrington** from the University talking about ending loneliness, which is covered in her report. Finally in August **Margo Haks** from Meals on Wheels.

Rose Malone, CEO; Darumbal Community Youth Services

We were pleased to welcome Rose who is the CEO of the DCYS which is a not-for-profit organisation that provides a broad range of youth services. They have a non-judgmental approach and deliver from Aboriginal and Torres Strait Islander principles of caring and sharing. It was the first service to be funded by the government to provide Indigenous youth programs to Rockhampton in 1995 servicing the whole of Central Qld. Youths from 8-17 years are supported through education, legal, accommodation and employment matters.



We work with youths who may be involved with substances, ie drugs, alcohol, vapes etc. We support the PaCE programme – Physically Active Children in Education- which helps kids from physically disengaging from school, etc.. Supporting youth, who may be on bail, helping them get their driving licences or work. The ring road construction company has been good in offering work to some of the Youth with some girls also getting construction type work.

Rose, known as Aunty within the community works from the Dreamtime Centre on Yaamba Rd, Parkhurst and also at the drop in centre in Alma Street.

Meals on Wheels with Margo Haks



Meals on Wheels vision is to build independence to nourish the lives of individuals and strengthen communities.

Our purpose is to enable people to continue to live independently by providing meals, social contact and services that support their wellbeing, health and safety.

Rockhampton Meals on Wheels has 390 clients, 160 Volunteers and 7 paid staff, some of whom work, e.g. qualified chefs, in the kitchen and others in Administration and complying with government paperwork.

These days all the meals are in fully disposable containers which is more efficient. Our clients have plenty of choice these days and our menu works on a 6 week rotational menu. The meals are nutritious and tasty, we even include smoothies and desserts. The government, who fund us, recognises the need for the service as it relieves not only the financial burden on the tax payer the longer a person stays in their own home, but is more beneficial to the client to remain at home, plus they have the added benefit of social interaction with the volunteers and having someone to keep an eye on their well-being. Also, a volunteer can report if they believe a person requires assistance. My Aged Care will give recommendations if people may need the service and a subsidy towards meals. If you have been in hospital and are unable to cope too well, you can also get the service for \$15.00 per meal.

Volunteers work in pairs when out delivering and they receive petrol vouchers for using own vehicles which are covered by insurance.

We can't do the work without our volunteers and are always looking for more. Kitchen Volunteers – 6am to 11am, Delivery Volunteers – 11am to 1pm. Please call us if you can spare a few hours a week.

07 4928 0540

Christmas in July at Glenmore Homestead

Lots of red, green and Christmas themes at the U3A Rockhampton "Christmas in July Lunch". A happy and enthusiastic Group enjoyed a lovely roast dinner with pavlova and fresh, hot damper with butter and syrup. 🌲 Thanks to Robyn and Bev for their organisation too **Lynn Lloyd**



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The Picnic in "The Hall"

Deluge Tragedy Averted! Due to forward thinking



of the organisers, the Picnic in the Park was relocated to the Fred Fox Hall after Rocky was hit by a deluge recently. Great fun was had by all and the Wilby's catered lunch went down extremely well. Everyone had fun and games with plenty of rivalry going on!!



Barry Lloyd and his Ukers

have been busy these past few months playing and singing for many of the Retirement Homes throughout Rockhampton. With Mal Barker and his wife Marie, teaching and introducing new songs every Wednesday afternoon at the Fred Fox Hall, 256 Murray St, Rockhampton. If you'd like to give it a go call **Barry on 0437 638 801**

Walk & Chat



There have been many walks these past months, through very cold mornings and now finally, warmer. Many walks are local but also Yeppoon If you do not recognize the large eye looking down on us, it is the lane way, entrance in East Street and at the back of the MOA (Museum of Art). Up to 15 members meet each Saturday, some with their dogs and don't forget the coffee after.

Contact Christine Dobele 07 4926 1845 for info

Another lovely morning at Tanby

The atmosphere in the Atrium is always great. The food was delicious and the music kept us in an upbeat mood all morning. Lots of laughs and good conversation with u3a friends.

Gail Browne was the lucky raffle winner, a \$20 Tanby gift voucher to spend on plants or garden/home decor.



Rockhampton Botanic Gardens

Phil, our guide, was extremely knowledgeable about all things botanical, interweaving details of the history and establishment of Rockhampton throughout his tour. Once again another lovely morning with U3A friends. At the conclusion of our tour many of us joined other members to "luncheon" at the Golf Club. The meals were great and a return visit will be on the agenda for 2025.



Thank you everyone for making this another fun filled social activity. Bev Meredith

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The Lost Fawn by *Peter Laity, U3A Writing for Pleasure*

This story is about Albert Crump, a third generation Brisbane Stock Broker who lived in a bubble. He arose at 7am each morning, walked to the kitchen. "Good morning dear, how did you sleep?" He would ask Jill, his once glamorous wife, drink his juice then eat bacon and eggs followed by marmalade on toast washed down by freshly brewed coffee. She would answer after she ate. "I slept very well thank you darling".

Two afternoons each week he went to his club where he drank 2 half whiskies with his banker friend Bob. Their conversation was almost a repeat of last week's unless one of their family members or a client had done something out of the ordinary. He would then drive his BMW home. He parked under the building that housed his company and had absolutely no contact with the general public. Most weekends were spent at the beach house where they mingled with their similarly privately schooled neighbours

One of his old school friends a sheep station owner, had been trying to get Albert to visit him near Barcaldine since they left school. 30 years had passed. Barky MacDonald, had been investing with Albert just as Barky's father dealt with Albert's father.

One Saturday morning the phone rang. "I'll get it" Albert said as he dripped salt water through the house after his morning swim. "Who was that?" asked Jill, because calls at the beach house were rare unless one of their children had a problem. "That was Barky" Albert replied, "he invited us to visit him. I told him I would let him know tomorrow night after you and I had discussed his kind offer". They discussed the trip on the drive back to the city and agreed that Albert should go alone. Jill had social engagements to which she had already been committed and Albert's son Edward, who had worked in the family firm now for a year, needed some solo responsibility.

Albert was aware of his comfortable but dreadfully dull life. He and his wife had travelled extensively in their thirties and now were keen on a "it will happen someday" attitude re investigating new horizons. Jill had recently joined U3A and was focusing on classic art works. This seemed to be satisfying her creative urges and as Jill was basically a home body didn't really wish to drive that distance to Barky's property with her

husband. So, Albert found himself on his own driving west. The trip out was uneventful and the hospitality at the property was unsurpassed.

Travelling on the dirt road from the property back into Barcaldine he travelled slowly trying not to get stone scratches on his city car. This allowed him to take in the unfamiliar country and on this day see a sight not even Barky would have seen. A very small fawn wandered onto the road in front of him, probably only a few days old. Fascinated he stopped and as he did the lost animal walked up to him not knowing what fear was. Albert stood stock still. The spotted baby deer nuzzled his leg. Now this was an experience and he briefly thought of relaying the story to his friends at the "club"

"What now?" he thought. The tiny animal had no intentions of running away. Albert leaned down slowly, their breaths intertwined and the baby gave a little twitch of its tail. The door of the BMW was open from when Albert alighted so he embraced the tiny bundle and placed it on the plush leather seats. It immediately relieved itself making a mess where Jill usually sat. Albert drove into Barcaldine and enquired after the local vet. "Do you think you can save him?" Albert blurted out, at once feeling a sense of responsibility for the small creature. The vet replied, "I am sure the colostrum I use for day old calves will suffice until I can get a local deer farmer to fetch him". Albert relayed the story of the tiny animal's capture and the whereabouts then resumed his trip on the bitumen south.

One of the people that Albert questioned about the vet's whereabouts ran the local paper and had followed the BMW. He took photos. Albert continued his trip back to Brisbane feeling totally fulfilled, both from seeing Barky on his home ground and a sort of superhero feeling thinking he may have saved a life.

Of course, he thought about the event often in the next few days but was shocked when at his club another member showed him a photo printed in that morning's Courier Mail. "You are a nature hero" his friend exclaimed, "A wildlife saviour!" Second page, but large and smiling faces of Albert and the Vet, with the stock standard fawn's face in the middle. Headlines, "Stock Broker handling a different type of stock".