



# THE QUARTERLY FLYER

## Rockhampton & District Inc

### Kathleen Winter steps into role of Chaplain for U3A



U3A Rockhampton and District are pleased to report that they have appointed Kathleen Winter to the position of Chaplain for the organisation.

Cheryl Wickes, U3A Rockhampton and District President said, "After two years searching for the perfect person within our membership to fill the role, we are thrilled to announce that Kathleen has accepted the position. Members, Alan Watts and Lance Cowan, had long called for such a person to offer comfort and support to members in time of need. They waited for the right person... and have, at last, found her! U3A provides ongoing learning, plus social and physical activities for older members of the community. Whether depressed, lonely, facing illness or family upheaval, there are times when we all need a comforting shoulder to lean on... and a Chaplain fills that role,"

A long-term resident in Rockhampton, Kathleen has a great deal of experience in a hospital providing pastoral care and aged care. "I am fairly new to U3A, and I am looking forward to getting to know members and assisting them if, in any way, they feel the need of my support," Kathleen said this week. "I really appreciate this opportunity to continue the pastoral care work that I love."

As Chaplain Kathleen will fill a need in U3A without it being a religious post. For U3A members, Kathleen will be on hand to offer hospital or home visits, a chat over a cuppa, grief counselling, and if needed, guidance towards more professional services. All conversations with Kathleen will be totally confidential and she will visit relatives, or friends of members, with their permission. If needed. Kathleen can be contacted at [chaplain@u3arocky.au](mailto:chaplain@u3arocky.au) or phone 0408 276 628 and is available at any time day or night.

Alan Walker, Guest Speaker Co-ordinator



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

**President:** Cheryl Wickes 0428 452 836  
**Email:** [president@u3arocky.au](mailto:president@u3arocky.au)  
**Secretary:** Jane Brazil 0439 982 087  
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**Ass. Secretary:** Joan Cooper 0458 060 447  
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**Treasurer:** Jennifer Robertson 0749 267 499  
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**Volunteer Coord:** 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:** Alan Watts 0411 469 563  
**Email:** [speakercoordinator@u3arocky.au](mailto:speakercoordinator@u3arocky.au)  
**Web Coord:** Nick Quigley OAM 0428 851 874  
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**Activities Co-ord:** Terry Holland 0427 689 312  
**Email:** [activitiesmanager@u3arocky.au](mailto:activitiesmanager@u3arocky.au)

**FEES**

**Annual fee:** (1st Jan. - 31st Dec. 2023) \$20.00  
**Mid Year fee:** (1st July - 31st Dec. 2023) \$10.00  
**Joining fee** (includes name badge): \$10.00

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

<https://www.u3arockhampton.org.au/images/Sep23.pdf>

**Meetings For the next 3 months**

5th September - General Meeting  
3<sup>rd</sup> October - General Meeting  
30<sup>th</sup> October Volunteers Morning Tea  
7<sup>th</sup> November - General Meeting  
NO General Meeting December

**For other Events and outings please see Bev's**  
**report on Page 6**



A word from our  
President  
**Cheryl Wickes**

I am pleased to report that U3A Rocky is thriving...

In the month of July we welcomed nine new members. In fact, we have attracted many new members since our very successful Network Conference in May.

This event also strengthened our already good relationship with CQUniversity. In the past couple of months, we have been invited to take part in various study groups etc. By being guinea pigs for students in various courses, we receive advice from them for health matters, while assisting them in their studies. A perfect symbiotic relationship for us all, and one we should not miss. We report these opportunities at meetings and via email from the secretary, so check them out.

Your committee has been working hard to attract new activities for our members, and in August introduced Yoga with David Drew, and on 24<sup>th</sup> August, Gary Spicer will hold a one-day Art workshop which leads into art lessons becoming available for members on-line.

As members, if you have any particular expertise or hobby that you could share with others in U3A, or, if you have a suggestion for a discussion group that might be of interest to others, contact me at [president@u3arocky.au](mailto:president@u3arocky.au). We are always looking for opportunities to expand our activity list.

Stay safe and well for the remainder of winter... it will soon be SPRING!

See you all on 5<sup>th</sup> September.

Cheryl Wickes

♡♡♡♡♡♡♡♡♡♡



A lot has happened since my last quarterly newsletter. CQUniversity Rockhampton opened the newly constructed School of Mining building, we hosted End Loneliness Day 2023 and hosted a social invocation event – Hope in a Suitcase, as part of CQUniversity's Festival of Change. Just to name a few!

The CQUniversity School of Mining building was officially opened on Wednesday 15 March 2023 by Senator the Honourable Anthony Chisolm MP, Assistant Minister for Education/Assistant Minister for Regional Development and CQUniversity Vice-Chancellor Professor Nick Klomp. The new facility will accommodate state of the art equipment and technology and will build on existing and new courses. Most importantly, this facility will support the ever-evolving needs within industry.



## End Loneliness Day

The simple act of starting a conversation to empower connections and reduce loneliness was highlighted during End Loneliness Day on Wednesday 12 July 2023. Sponsored by CQUniversity, End Loneliness Inc., is an initiative to implement frameworks and strategies designed to help prevent loneliness. These events were held

in Rockhampton, Emerald, Gladstone, Sydney and Melbourne, where university campuses, parklands, workplaces and community halls, hosted morning teas for a 'cuppa' and conversation in efforts to reduce loneliness and improve the sense of connectivity within communities.

Stimulus through 'Conversation Starters' aimed to engage The Loneliness Project's mantra of Empowering Connections – Ending Loneliness, resulting in many attendees forming new connections and where it was recognised that connectivity reduced loneliness and improved health and wellbeing.

End Loneliness Day was about empowering connections and supporting individuals to understand the impact loneliness has on people. Research shows Australians aged from 18 to 25 years are the loneliest followed by seniors, but most Australians will experience loneliness in their lifetime – loneliness does not discriminate, and impacts all ages. Reducing loneliness is a mammoth task and it is regarded as the world's hardest problem to solve, and it's an issue which has been around for decades, yet only in recent years has it been recognised as one of society's greater challenges. Ultimately, we want to improve the health and wellbeing of individuals and those around them. Significant benefits can be gained by reducing loneliness, including, but certainly not limited to, enhancing self-esteem, health, and people's ability to function in society.

Hosting an End Loneliness Morning Tea was an excellent way of bringing people together to connect over cupcakes and a cuppa, and we can all do our part to reduce loneliness in our communities, by starting a conversation, staying connected, supporting your neighbours, and smiling – it can help you feel connected to others and help other people smile.

Visit the website [endloneliness.org.au](https://endloneliness.org.au) to find out more about End Loneliness Inc. End Loneliness Day is marked annually on the second Wednesday in July.

**The Festival of Change** is our free social innovation festival, designed to celebrate and inspire changemaking. The annual Festival of Change will focus on opportunities to transform communities, develop social enterprise, grow resilience, and drive positive change. On-campus



and online, events took place between 17 – 28 July 2023 across our campus footprint. In Rockhampton, a morning tea event heard from health worker, Nursing alumnus and advocate for the not-for-profit, 'Hope in a Suitcase', Jaylene Bailey.

Hope in a Suitcase (HIASC) is a non-profit organisation run entirely by volunteers with a mission to provide suitcases for children going into foster care. The suitcases contain new essential items such as: toiletries, hairbrush, pyjamas, underwear, a set of clothes and a toy or an activity book. These suitcases are a gift of hope and provide a sense of belonging for foster care children.



Attendees were able to gain an understanding of how they can assist this important initiative and were encouraged to spread the word on the good work this charity is doing for foster children.

I look forward to sharing more details 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](mailto:be@cqu.edu.au).

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

**"I just bought a new hearing aid. It cost me two thousand pounds, but it's state of the art. It's perfect!" "Really," answered the neighbour, "What kind is it?" "Twelve thirty!"**



We sadly say goodbye to Lenore Cook from our Committee after 6 years of outstanding contribution to U3A. She saw us through those Covid years, and more importantly, as Treasurer, the 50<sup>th</sup> Anniversary of U3A Worldwide and Network Conference, kept a strict eye on our finances.

“Lenore joined the management committee in 2017 as Assistant Secretary. She has been Treasurer since 2020 until this year (3+ years), and was co-jointly Secretary and Treasurer in 2021/2022, also serving as Safety Officer from 2019 until recently.

Lenore has been the "Constitutional Lawyer" of U3A Rockhampton for some years making sure the constitution and By-laws are always up to date. She has been known to strike down certain proposals of the management committee because "they were not allowed under our constitution".

Lenore has been known to guard the funds of U3A Rockhampton as if they were her own. Not one cent could be spent without her approval and should a dollar or two be found to be surplus, or received from an unknown source, was very quick to suggest it should be added to donations. No one on the Conference Committee had to worry about making a profit, because Lenore did enough worrying for everyone. It was obvious to all after the conference, that the event had made a moderate profit - it was evidenced by the big smile on Lenore's face.”

Maurice Dittman

Of course, Lenore is not leaving us, and we have designated her the position of ‘Official Joke Teller’ for the foreseeable future.

And now we welcome **Jennifer Robertson** to the position of U3A Treasurer. We wish her well as she has big shoes to fill!



Garden Lovers  
With  
**JOAN COOPER**  
0458 060 447

Garden Lovers have been very lucky this year to have been invited to three private gardens so far, with another booked for the end of August.

These gardens have all been very different and have given us much inspiration and pleasure. We are grateful to the owners for the effort they have taken to make us welcome.

Sonia, from Sonia's Seedlings, spoke to us again in June. This time the subject was Companion Planting and we all learned a lot from her. September will bring another private garden, but the theme will be very different and exciting.



We have had good attendance each month and **new members are always welcome**. We meet on the 4th Friday of each month except December and January.

Joan Cooper

## Something to Ponder

**Why did the employee get fired from the card factory? She took a day off.**

**Worrying works! Case in point: 90% of the things I worry about never happen.**

**I went to the doctor with a suspicious-looking mole. He told me they all look that way and I should have left it in the garden.**

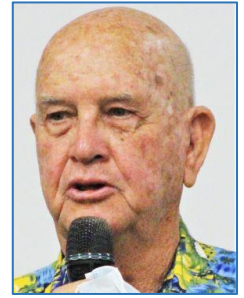
**Do you realise that your joints are more accurate than the Bureau of Meteorology!**

**There is nothing left to learn the hard way.**

U3A Rockhampton – P.O. Box 8160, Allenstown, Rockhampton, Qld 4700  
[www.u3arockhampton.org.au](http://www.u3arockhampton.org.au) Email: [admin@u3arocky.au](mailto:admin@u3arocky.au)

And now we have

*Uke – Ing*  
*with*  
*Barry*



The Rockhampton U3A ukulele group are receiving numerous requests for them to perform at various aged care and nursing homes around Rockhampton.

During the past few months we have added Alexander Gardens, North Rockhampton Nursing home and McAuley Place to our “play out” visits.

The enjoyment we see from the residents, by our group entertaining them is a two-way street, we also enjoy it as much as they do.



Some of our Ukers at the Christmas in July playout

**We are looking to include other U3A members into our group. Anyone who can play the Harmonica or Acoustic guitar is most welcome to join with us. We meet at the Fred Fox Hall on Gladstone Rd every Wed. at 1.30pm**

**Contact Barry Lloyd 0437 636 801**



Mid life is when you go to the doctor and you realise you are so old you have to pay someone to look at you naked!



**Your Upcoming Events  
by your  
Organiser in Chief  
Bev Meredith**



**Tanby Garden Centre Visit and  
Luncheon**

Friday 29<sup>th</sup> September 2023 at 11.00am  
178 Kinka Beach Road, Tanby.

Take a wander round the Nursery and Garden  
Décor shop followed by a congenial luncheon.  
Lunch \$20.00pp, Coffee/Tea \$2.50, Drinks \$5.00.  
With some extra fun, and an appropriately themed  
raffle prize @ \$2.00per ticket

**Beatlemania Morning**

Wednesday 8<sup>th</sup> October 2023

9.30 am –12.30pm-\$15.00pp

Dress: Psychedelic →



**At Diggers Memorial Bowls Club, Frenchville.  
Morning Tea included. Tea/Coffee. Bar open.**

This will be a fun day with Fun Trivia, Games,  
Singalong. Best Dressed. Lucky Door. Specialty  
Raffles. If anyone/group would like to lead us in a  
favourite Beatles song just let me know so I can  
have lyrics ready for everyone.



**Sunset Cruise**

**Friday 27th October 2023. Fully booked**

**Postponed from February. We will be dining at  
the Waterline Restaurant after the cruise. Feel  
free to join us for dinner. but I do need numbers  
to book tables. 0410 341 843**

**U3A 2023 Christmas Lunch  
Will be held on Monday, 27<sup>th</sup> November 2023.  
At the Frenchville Sports Club.**



Please check at monthly meetings, our Monthly  
Newsletter or [U3ARockhampton.org.au](http://U3ARockhampton.org.au) for any  
final details

**Something for the Brain**

1. On a standard traffic light, is the green on the top or bottom?
2. How many states and territories are there in Australia?
3. In which hand is the United States Statue of Liberty's torch held?
4. What 6 colours are on the Classic Campbell's Soup label?
5. When you walk does your left arm swing with your right or left leg?
6. How many stars are on the Australian Flag?
7. On your radio, what is the lowest number on your FM dial
8. Which way does water go down the drain in Australia?
9. Which way does the slash on a "no smoking sign run?
10. On which side of a women's blouse are the buttons?
11. Which way do fans rotate?
12. How many sides does a stop sign have?
13. On which side of a book page are the even numbers?
14. How many sides are on a standard pencil?
15. How many curves in a standard paper clip

Answers: Column 1, Page 8 (difficulty goes up a level next quarter!!)

And now we have a short story  
from Leslie Smith, your previous  
Editor, and a keen enthusiast of  
Peter Wilson's writing Group.



## **When The Whip Cracked, The Water Bubbled Up, The Chain Broke.**

I awoke extremely early, 4 am to be exact because today was the day I was to undertake an epic car journey with my trusty hound, Monty, for company.

Arrangements had been made weeks before. The car was packed and had had a service, new tyres fitted, and the fuel tank was full. So, with a feeling of excitement I managed to swallow a cup of tea, grab a piece of toast, and give Monty a quick run in the field opposite to relieve himself, before strapping him on to the back seat on his favourite blanket.

A distant relative had recently made contact and suggested I visit him. He was managing a property situated near the coast approximately 1,000 kms North. Being quite isolated it would entail negotiating quite a few untarred back roads, but I had been assured the dirt roads were quite safe and well maintained unless we had unseasonal rain. As the drought was still raging, this danger didn't seem a possibility. So, what could go wrong?

We had been driving for nearly four hours on good roads so far, and taking regular comfort stops, and at the last stop we topped up with fuel. I nervously observed rain clouds on the horizon, but it would be a long time before I need to turn off the tar road on to the dirt, so I could relax. It didn't take long, unfortunately, before we finally caught up with the rain clouds and large drops began bouncing off the windscreen. Nearly at the turn-off I decided to pull over into a lay-by and give us both a comfort stop before venturing on to the dirt road.

So far we had been driving through flat low-lying bush with not another human or car to be seen. With no-one around I unleashed my Pointer dog and proceeded to follow him along what I first thought was a track. As I was trying to keep up with my hound, who had bounded off at a million miles an hour, I failed to pay attention to my surroundings and was very soon lost. There were no landmarks to fix on as all the bushes just peaked above my head. Rain was falling heavier now - panic set in.

Thankfully Monty returned and was quickly leashed. I continued wandering around desperately trying to recognise bushes I had passed. An hour passed with no results and now very wet, the only

sound was the rain bouncing off leaves with an occasional rustle of leaves as they caught a breeze.

By this time I was near to tears and resting under a branch with Monty trying to calm me by licking my face. Then I heard a distant "crack". What was that – was someone stalking me? The harder I strained my ears to listen I realised the "cracks" were happening at frequent intervals but quite faintly, so levering myself up, I headed in (what I hoped) was the right direction towards the cracking noises.

After brushing through spiky bushes and with my face and legs dribbling blood that was mixing with the rain running down my body, I was feeling utterly miserable when I felt my feet becoming harder to move. Horror of horrors I was sinking in mud! Monty was ahead of me on a long leash – he had come to a complete stop and was whimpering, he too was sinking and the more he struggled, sank deeper in the quicksand or mud.

With any hope fading and visions of disappearing beneath bubbling muddy water, I screamed with all the lung power I could muster. Somewhere in the back of my mind I remembered that if stuck in quicksand, it was best to lay flat and "swim" slowly, the least movements the better. So, throwing all caution to the wind, I threw myself flat and managed to reach Monty's head, which I held up, trying to console him in between screaming blue murder "HELP, HELP!".

The cracks, which had been getting louder, stopped. After, what seemed like forever, I heard a human voice saying "Okay, so you seem to be in a bit of trouble!" Understatement of the year! My saviour managed to grasp my legs and began pulling me towards him, while I held Monty's head.

As I felt myself getting on to firm ground I let go of Monty's head and grabbed his leash. Not a good idea, because the only contact I had with my dog was the chain leash. With both of us pulling the leash, another disaster, the chain broke!! Not wanting to see my faithful hound sucked into the mire I (once again) threw myself flat into the quicksand and grabbed his head. With my saviour pulling on my legs we finally made it out of the grip of death.

My saviour was in fact my friend who I was visiting, who had been practising his whip cracking techniques in preparation for the local Show. Thank goodness for Whips! They saved my life!

*Writing for Pleasure*  
With  
**Peter Wilson**  
0407 620 356



The Writing for Pleasure group has expanded its membership to 20 and we are happy to accept any newcomers that come along. Our membership has grown this year as writers are enjoying the atmosphere and free-flowing style of our meetings.

Although we set topics to write and present at the meetings, it is fine for you to write something you are comfortable with as you share what you have written. The set topics are not compulsory. We are getting to a stage where we are going to have to set a word limit on presentations so we can fit everyone in. People's stories often cause lively discussions that we all enjoy.

**We would love you to come along and join in.  
We meet on the 1<sup>st</sup> & 3<sup>rd</sup> Thursdays 9am-11pm  
at Fitzroy by Teman on Pauline Martin Drive.**



### ***Growing Old Advice and Quotes:***

There are numerous advantages in being sixty-five, just ask any eighty-two year old!

You're getting old when there's no question in your mind that there's no question in your mind!

It doesn't matter to you now if the government decides to increase the retirement age!

You're over the hill when your back goes out more than you do!

It is easier to get older than it is to get wiser!

1. Bottom, 2. 8, 3. Right, 4. Blue, red, white, tallow, black, gold, 5. Right, 6. 6, 7 87.5, 9. Anti Clockwise, 10. Left, 11. Clockwise, 12. 8, 13. Left, 14. 6, 15. 3

## **Leighton Johanssen**

Our guest speaker in June was Leighton Johanssen. Leighton's parents left Australia's Gin Gin where they were cane farmers to become Missionaries in Columbia, which is where he spent most of his early life. He eventually came back to Australia, but his parents and sister still reside there.

Leighton is the Police Chaplain for Queensland Police Service and explained his role within the force, counselling over a vast range of areas. As in any role the Chaplains serve in, everything told to them is in total confidence. It was good to hear about what Chaplains do in the community as we now have filled that role within Rockhampton U3A, welcoming *Kathleen Winter*, as you have seen by the first article.

## **Elizabeth Cooper – Artist**

The July Guest Speaker was Elizabeth Cooper, an artist whose business is under the name

### **Elizabeth Kate Fine Artworks.**

Lizzie, as she is known, has been a full -time artist since January 2022 and describes herself as a Christian Artist who loves to work with a palette knife. Primarily self-taught, she also writes stories to accompany each painting. Lizzy also teaches water colour. She brought some of her work to show us.

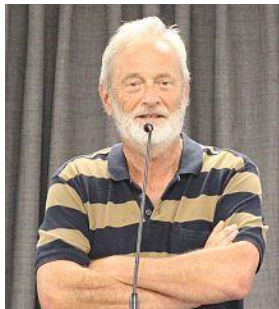


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[www.u3arockhampton.org.au](http://www.u3arockhampton.org.au) Email: [admin@u3arocky.au](mailto:admin@u3arocky.au)



## Finally in August

### Alistair Meizer, Head of Koala Research at CQU



One thing that Alistair Meizer mentioned was how community support is invaluable when it comes to looking after our koala population, they help in the field and they also help with the fund raising projects, as koala research is funded by volunteers.

Koalas are arboreal creatures and spend most of their lives in the trees. They have sharp claws, crushing jaws and are incredibly strong. In winter they live towards the top of trees whereas in summer they live in the lower branches as it is cooler. Their hind limbs are padded to enable them to push themselves along branches. They live within a large forest range from semi-arid to forrested coastal regions. The population is under a lot of pressure from broadacre land clearing, mining, and increased urban environments, plus the increased risk of bush fires.



The research teams go into the bush to look for koalas, to count them and keep an eye on the population. They collect the scat from the animals to check on what they are consuming, which is different parts of the eucalypts from new shoots to old leaves. They grind the leaves into fine grain which goes to their secum which helps generate proteins, etc. Most of their water comes from the leaves also. They can overeat their habitat and have to move across the landscape for food availability. Their habitat is used in a complex way, they are nocturnal, wanderers, socialising with other koalas and, of course, breed.

The talk given by Alistair was both interesting and informative. Many thanks to Alan Watts who finds our interesting Guest Speakers



### OCCUPATIONAL THERAPY SAFETY IN THE HOME ASSESSMENT

Do you ever wonder if there are any improvements you could make to help you feel safer in the home? Have you ever had a fall in or around your home? We can help!

Occupational therapy students at the CQUniversity Health Clinic will be conducting Home Safety Assessments throughout the Rockhampton Region.

These assessments will be conducted by the CQ University students, under the guidance and supervision of a fully qualified Occupational Therapist (OT). Each assessment is expected to take approximately 1 hour and a report outlining findings and associated recommendations will be provided at the completion of each assessment.

If you have recently had changes in how you are managing to live independently at home, an OT can help you! In working with your OT student, they may suggest alternative ways of doing things, initiate home modifications or prescribe equipment that can help you to be more independent. For example, if you are finding it difficult to stand up in the shower your OT might have a look at specialised equipment that can help you to shower independently such as a shower chair. A home assessment, by an OT can help you to feel safer in your living space and increase your independence in daily life tasks.

For Appointments and more information Call 49309030 or Email:

**rockhamptonhealthclinic@cqu.edu.au**



## U3A Bird Group outing

### The Bird Group at The Woolwash and Stanwell with Rod Elder.

Meeting at 7.30. it was perfect weather, as 9 members called into the Woolwash, where we saw 31 birds, before heading to Stanwell where we saw another 13 at Peter and Margie's place. There was a long stretch of open water which provided a great background with the vegetation along the edges, topped off by some exciting bird sightings. These included an uncommon Azure Kingfisher with its intense blue and orange colours, a group of White-winged Choughs and an excellent viewing, with great lighting, of a Mistletoe Bird female.



Blue Kingfisher



Mistletoe Bird

We speculated on why the kingfisher and Mistletoe birds have such short tails. Tails are used by birds to control the direction of flight. Azure kingfishers dive into water from a low hanging branch so maybe a long tail is a disadvantage. A big wet tail might make it harder to get back out.

Mistletoe birds feed on the fruit of mistletoes, a plant parasite. When the seeds are excreted, the sticky seeds are attached to a branch. A sticky big tail could be a hindrance in this process. White-winged Choughs are crow sized, black with white tipped wings and move around in groups of up to 12 or so. The Grey Fantails, which are like Willie Wagtails were very friendly as they feed on any disturbed insects. (For the record, no flies on us!!). They do a partial migration north in winter.

The group worked well as a team making sure we all saw most of the birds that were very active flitting through the vegetation. It was pleasing to see everyone had learned and made use of their binoculars. Morning tea was provided by Margie. Her pigs in blankets were a big hit! Thank You! Lake Mary is our venue for 11<sup>th</sup> October. Call Rod if interested: 0409 630 584

## Christine Dobeles's Days For Girls

Hello from Days For Girls. We would like to thank Cynthia and her Mahjong friends for their donation of \$100, which goes towards materials. Another very productive day threading ribbons into bags, marking, cutting out and also folding many donated knickers ready for kits going to Vanuatu next month.



## Walk and Chat

Some brilliant walks over the past 3 months out and about Rockhampton and on 3<sup>rd</sup> August we did our Saturday walk at Yeppoon

We have a wonderful time each Saturday and you are very welcome to come and join us. Your leg muscles will have a work-out but also you get to smile along with the exercise! And don't forget the soothing cup of tea or coffee when you finish.



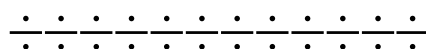
Please phone me, Christine, on 0749 261 845 for further information.



## Developing Digital Skills with Judy Blanchard

We are continuing our workshop on Creating a Photobook. Our next meetings will be on the 18<sup>th</sup> & 25<sup>th</sup> September from 10.00am – 12.00 noon

Please do not hesitate to contact me for any enquiries on 0447 227 630



🕒 They used to time me with a stopwatch... now they use a calendar!



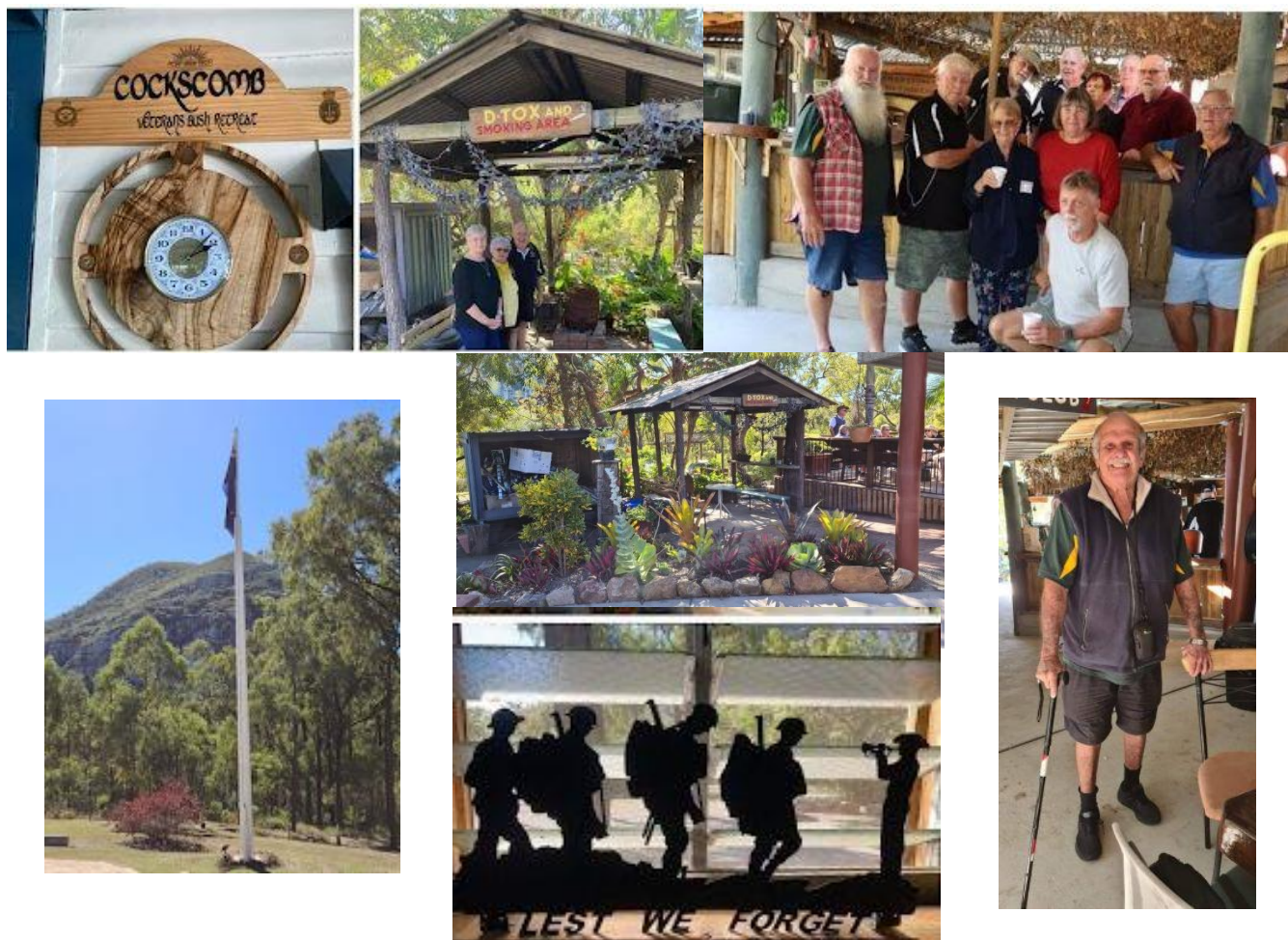
## Christmas in July

There was a very festive atmosphere at the Victoria Tavern for the Rockhampton U3A Members at the Christmas in July lunch. Members were served a delicious baked dinner followed by a delectable dessert. Each table had a 'lucky' member who won a prize, plus Robyn organised a game of 'two-up', won by Stanley Much.



## Coxcomb Veterans Retreat

In July U3A's Bev Meredith, with the help of Nick Quigley, organised a visit to Cockscomb Veterans Camp, situated at Cawarral only 30 mins out of Rockhampton. The camp lies on one hectare of land owned by Bruce Acott and his ex-wife which they, and many Veterans, have transformed into a retreat for Veterans to stay and relax, Cockscomb is open to all Veterans and Serving Members of all Defence Forces and their Families and to all Emergency Services. ALL most welcome to visit, stay overnight, or stay for a maximum of 5 days. The more who use it the better the place will be. It was a wonderful day and U3A were made most welcome





## Historic Mount Morgan

A well-organised trip, including Car Pooling, was organised by our Events Organiser Bev Meredith. "Mt Morgan is a hidden gem....a history buff's delight. We had a brief taste of the area's early history and visited both the Railway Museum and the History Museum. The guides, most of them local residents, were wonderful and very informative. We could have easily spent longer in both venues but lunch at the Soldiers' Rooms was waiting. A big thank you to Jenny for organising our pies and sausage rolls from the Mt. Morgan Pie Shop. Angela Johnson is also to be thanked for opening up the rooms for us and providing tea/coffee and homemade scones. Chris O'Leary also delighted us with her musical talents. Another U3A hidden gem! Thanks everyone, wonderful company and lots of laughs.

Bev Meredith

