



Rockhampton & District Inc *Journal*

December 2010



"Cockatoo Contemplation"

This Journal is produced to exhibit the original work of members of U3A Rockhampton & District and to encourage greater participation by members.

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The Management Committee of U3A Rockhampton & District Inc sincerely thanks the CQUniversity Australia Office of Development & Graduate Relations for their assistance with the cost of printing the U3A Journal.

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Meetings

Open meeting on the first Monday of each month unless otherwise advised.

Time & Venue

9.30am in the Keppel Room at the Frenchville Sports Club, North Rockhampton.

President's Report



Dear Members,

It's Christmas time, so first of all allow me to extend to you on behalf of the Management Committee the Compliments of the Season.



May you enjoy the best that Christmas can bring in health & happiness. May you enjoy a happy holiday season filled with quality-time shared with family &/or friends, instead of U3A Meetings. May you be able to look forward to a year of relative well-being & contentment.

I want to thank you all for your wonderful support throughout the year. I don't think we had a General Monthly Meeting with an attendance of less than 120.

On your behalf I need also to thank the Management Committee, the Tutors & all the Volunteers for their commitment to the cause. We have had a wonderful term, culminating in our Christmas Party & then today's Show & Tell. We seem to go from one high to the next. The pages in this edition & our web site: www.u3arockhampton.org.au shows ample evidence of that.

As for the Management Committee, our term of Office is fast coming to an end & Nominations for the new team are sought. Please consider in what capacity you might be able to serve our Organisation. Whilst some positions on the Committee can be re-contested by the current Officer, most others will require a new person to take over.

Under our rules, each Officer ought to relinquish the Office after a maximum of three years, the following positions need to be filled by a new person: President, Secretary, Treasurer & the Publicity Officer. We also need a new Social Coordinator & a new Activities Coordinator, as both Denise & Yvonne cannot carry on. If our Vice President is stepping up to President, then someone has to take over as Vice President.



WE NEED YOU! So, don't be backwards in coming forward. New faces mean new ideas. You will find that to serve on the

Committee, in whatever position, is a most rewarding experience. No job is too big, because the whole Committee shares ideas & assists each other.

Better still, ask a friend to nominate you & you nominate your friend to be your assistant, or the other way around; think of the fun you'll have.

Our next Regular Meeting will be held on Monday, 7th February 2011, when we hope to receive your nomination. That Meeting will also be used to sign-on for the various Activity Groups.

Until then, best wishes,

~ Chris Tollner

President



EDITORIAL



Betty West has donated her collection of most of the editions of the Journal 1991-2010 to U3A, along with her photo album from the Bus Trips. This excellent record is available for members' inspection & research. See me. Many thanks to Betty for this wonderful gift.

John Stanton's book "From the Outback to the Sea" concludes with this issue. The pages you have read here are a highly condensed version. Anyone who would like to obtain a copy of the original book to read the whole story ~ contact John on 4933 2318.

I have been embarrassed by an abundance of riches this issue, with some longer articles for December resulting in excellent items being reset for the March issue. I simply ran out of space. My thanks to all contributors! Please keep all this activity going next year...

While on this subject, special thanks to my wife, Irene, for all her help through each issue this year as Assistant Editor; by providing ideas & a sounding board for considerations I have come up with.

Merry Christmas & Happy New Year to all!

Christmas is coming,
The Goose is getting fat,
Please put a penny in the old man's hat...!



Anon. Christmas ditty ~ London ~ MCMLI

~ Ray Gauntlett

Editor

BUILDING PARTNERSHIPS



News from the CQUniversity Community Relations Coordinator

Here we are approaching the end of yet another year with our thoughts moving to friends, family and loved ones and the pleasure of giving and sharing that is so much a part of the festive season.

Giving, sharing and support is something that pretty much happens all year round at CQUniversity. The University has gained an international reputation as one of Australia's most engaged, supportive and responsive universities, focused on making higher education and research more accessible and relevant to all people, especially Central Queenslanders.

Around 45% of its students come from a low socio economic background, and because of this, the University has strong support systems in place for its students.

Support is given on many levels, with free academic assistance, mentoring programs, career guidance, chaplaincy, personal counselling, equity and disability assistance and health and welfare services available to all of its students. The University takes the time to treat each student as an individual, helping them to combine study with work, family or other responsibilities and offering a range of flexible learning options.

Finance, or the lack of it, is often the major determining factor in a student's ability to succeed and subsequently contribute meaningfully to their community and their family's wellbeing. On average 33% of tertiary students cite financial hardship as the main reason they consider leaving their institution before graduating.

CQUni Cares was established early in 2010 as part of the University's workplace giving program. It has been established as an endowment fund meaning the interest from

the gross capital will be used to provide funds to students, allowing the capital amount to grow and to benefit an increasing number of students many years in the future.

Thanks to a generous bequest to the University from past student and long time CQUniversity supporter Mrs Moya Gold, CQUni Cares will start helping students from 2011. Director of the Office of Development & Graduate Relations Suzi Blair says *"Moya Gold's bequest has converted a 'leap of faith' shown by CQUniversity staff members whose donations through salary deductions initiated **CQUni Cares**, into a reality. Providing such personal and practical support to our students shows that CQUni - initially through its staff and alumni - really does care."*

Mary McLeod, the Manager of the Student Support Centre says *"Personal circumstances can have a huge impact on a student's ability to complete their studies. From 2011, CQUni Cares will give students financial support when they need it most, without having to meet a strict means tested criteria, or endure a long application process. Each case will be assessed purely on the basis of need."*

If you would like to make **CQUni Cares** part of your Christmas giving this year, CQUniversity has an online giving facility for the convenience of those who would like to make a one-off donation or who prefer the flexibility of using a credit card. Donations by cheque are also gratefully accepted. If you would like to show your support to our region by supporting students to increase its skill base, you might like to consider contributing to **CQUni Cares** through a bequest in your will. Please contact me if you would like more information.

Have a peaceful and relaxing festive season. I look forward to joining you again in 2011.

The office of Development and Graduate Relations builds partnerships with individual donors, graduates, community groups and small, medium and large businesses to support program and research activity at CQUniversity.

For more information please contact:
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U3A History



Dear Members,

Knowing that you not only read our Journal, but pass it on to Non-Members to read & inform themselves, I will devote my space in this Journal to tell you of my research into the U3A Movement. I hope you find it informative & stimulating.

Chris.

Development of the U3A Movement

Traditionally life used to be divided into different stages:

1. Childhood, the period of growth & learning to survive.
2. Adulthood, procreation & all its cares & concerns for the survival of the family clan.
3. Old age, the decline into dependency & ultimate demise.

That's how it was for thousands of years. & then came the 1960s & 70s, which brought growing affluence to most in the western world. Working hours became shorter & families moved around more, as opportunities arose elsewhere. Instead of having extended families, ours became smaller & nuclear. Our kids moved on to greener pastures, as soon as they completed their education & training.

With increased pensions & superannuation, people ate much better, lived healthier & had more time & money for leisure activities; consequently our life expectancy increased markedly.

So in the 60s & 70s we found ourselves in a situation where a new stage developed in the human life cycle, a period between the point of retirement & infirmity, a period where retirees were young enough & fit enough to do all the things they always wanted to.

To call these retirees: "Seniors" or "Aged Persons" seemed inappropriate; all these terms have a connotation of: "You are too old! You've had it!"

So another stage of life, preceding "Old Age", was identified: "The Third Age".

Much research has been directed at this

group & particularly at the well-being of the "third age" group. In many Western countries exercise & diet are common themes in researching preventative health programs for the elderly. The benefits of cognitive or mental challenges in later life are less tangible than those associated with exercise & diet. Nevertheless, it is accepted that both a healthy body & a healthy mind are needed to live a fulfilling third age.

In consequence a rapidly growing range of adult education programs is now available, specifically designed to meet the needs & interests of older learners. One of the leading facilitators of these programs is the University of the Third Age, more commonly known as U3A. It has emerged as the international adult education success story for older learners.

There are two distinctly different approaches that have evolved in U3As around the world. The original French Model required U3As to be associated with traditional university systems. In contrast the British Model, which developed some years later, is largely of a self-help kind with little or no support from external sources. Other approaches, which incorporate some of the features of each of these "parent" models, have evolved to suit local conditions.

The French Model

An appropriate political climate for the evolution of an idea like U3A was established in France, when in 1968 legislation was passed requiring universities to provide more community education. In 1973 a highly rated gerontology course, run by Toulouse University of Social Sciences exclusively for local retired people, led to the formation of the first U3A. It was open to anyone over retirement age; no qualifications or examinations were required or offered, & fees were kept to a minimum.

The British Model

U3A underwent a substantial change when it reached Cambridge in 1981, (8 years after the French Model). Rather than relying on university good will, the founders of the British model adopted an approach in which there was to be no distinction between the teachers & the taught (Laslett, 1989). U3A

Members would be the teachers as well as the learners & where possible, members should engage in research activities. The "self-help" ideal was based on the knowledge that experts of every kind retire, so there should be no need for older learners to have to rely on paid or unpaid "Second Age" teachers. Some of the strengths of the approach include: minimal membership fees; accessible classes run in community halls, libraries, private homes, schools & so forth; flexible timetables & negotiable curriculum & teaching styles; wide course variety ranging from the highly academic to arts, crafts & physical activity; no academic constraints such as entrance requirements or examinations & the opportunity to mix with alert like-minded people who enjoy doing new things. Each U3A is independent & is run by a democratically elected management committee, much like our Australian system. However, under the British Model all local U3As are loosely governed by a National Executive, which has an office in London. The Members of the Executive are elected at an annual National Conference. During the last twenty-odd years further links between local U3As have been created through National Subject Networks. These link Groups with common interests, & arrange seminar days & workshops. Some of these Networks cover Languages, Interpreters & Translators, Pen-friends, Walking, Art & Music, Creative Writing, Science & Technology & the Travel Club.

Australia

The British model of U3A was introduced to Melbourne in 1984. By 1994 the movement provided a wide variety of intellectually demanding courses, crafts & social activities for some 18,000 older learners in more than 108 independent campuses operating in all States & Territories of Australia. This growth has taken place without centralized coordination & little or no support from Government, any funding agencies or professional educators. The few U3As which are associated with Universities or Colleges (like Rockhampton) are fully self-governing, the university input being largely of a facilitative nature. Apart from a few exceptions, official communications between the U3As is limited. A Queensland

Network was formed last year, however individual U3As remain strongly resistant to the idea of a national organization similar to that operating in the United Kingdom. In light of so little official communication between most U3As, it may seem surprising that the approach has been so uniform & so successful across Australia. Much of this uniformity among the autonomous U3As can be attributed to un-official communication in the form of exchanging of Newsletters between the different groups. For instance our Rockhampton U3A exchanges Newsletters with U3As in Sydney, Bathurst, Brisbane, Toowoomba, Sunshine Coast, Maryborough, Bundaberg, Mackay, Capricorn Coast & several more. On the other hand, a combination of economic & political constraints must have seriously hindered attempts to develop anything other than a "self-help approach". For instance, discussions about possible U3A developments in Australia in the early 1980s coincided with the release of a policy paper by the Federal Government expressing concern that the rapidly increasing number of mature age students in higher education should not be at the expense of enrolments by young people, when demand for places exceeded supply. Yet the overall growth of the U3A movement has been phenomenal. I think it can properly claim to have been the fastest growing educational sector in Australia during these last twenty-odd years. We now have over 200 established U3As around Australia with a total membership of about 63,000. The truly remarkable thing about this huge endeavour is, that almost all the teaching & the administration within U3As is done voluntarily. You'd think that such a major national movement would naturally lead to the establishment of a National U3A association but, as I've said before, it hasn't happened. The main reason for this appears to be that most U3A Members do not see much point in setting up, what they refer to as 'another layer of bureaucracy' with the associated risk of surrendering some of their cherished autonomy. Part cause & effect of the phenomenal growth of the organization lies in the formation of a U3A Online. It provides informal, low cost courses &

information for older people. The web-address is: www.u3aonline.org

These courses are

- * Accessible anytime from anywhere
- * Designed for retired or isolated people
- * Available without prior qualifications.

U3A-online is a useful resource for the planning of courses by U3A-tutors & has provided me with most of the information in this article. As I said, with some 200 U3As in Australia covering 63 000 members & 53 in New Zealand covering 9000 members, the internet is a way of tying them together through the sharing & generating of ideas, as well as extending the reach of those in smaller U3As & of people lacking the ability to get to U3A classes. That reasoning led to the formation of the U3A Network-Queensland last year. There are some principles that all U3As share & which set us apart from every other mainstream educational enterprise:

* That those who teach or otherwise lead U3A groups should preferably be found from within the U3A's membership & certainly should provide their services voluntarily.

* Secondly, there are no entrance qualifications, no exams & no degrees awarded. What brings most of us together is the People Factor, that we enjoy coming together & doing & learning something new, rather than staying at home & twiddling our thumbs.

* Subjects are not restricted to academic fields, but cater for the various interest groups.

So we have in Rockhampton a Book Club, a Painters & Sketchers Group, a Choir, Line Dancing, Bush Dancing & Square Dancing. In cooperation with the COIN Centre we conduct Computer Classes as well as a Computer Club, we offer shared Aerobics Sessions & Resistance Training at the University Gym. We have access to a Share Market Study Circle, a Current Affairs Discussion Group, a Speech & Drama Group, Writers Group, Embroidery Classes, Aqua Aerobics, Tai Chi, Scrabble, Mahjong, Chess, a Garden Lovers Club, an Armchair Travel Group, Pencil Drawing, a "Cuisine a la U3A" Cooking Group, Family History/Genealogy, etc. Our Social Events Convener arranges monthly outings to interesting venues. We

also have negotiated free access to some courses at the CQUniversity. Our Rockhampton & District U3A held its Inaugural Meeting on the 16th November, 1988, in the City Council's Reception Room.

There were eleven (11) Foundation Members. 22 years later, we have a Membership of about 360. We now have an Open Meeting the First Monday of the month at the Frenchville Sports Club starting at 9.30am. We start with a half hour business session, then have Morning Tea & that is followed by a Guest Speaker. Our Membership Fee is \$15.00 p.a. That covers Administration Costs, hire of the Convention Room at the Frenchville Club & our Morning Teas.

CQUniversity Australia provides us with an office on Campus & allows us to hold our Committee Meetings, as well as some classes on Campus. Our quarterly publication, the Journal, also receives large sponsorship from the University.

What does the future have in store for us?

The optimist hopes that we will last forever. The Masons & Service Clubs thought so too & now work hard to overcome that fallacy. Time means change. In fact the only constant in life is change. At a conference of the NSW U3A-Network at Lismore in March 2008, where "The Challenge for Change" was the topic, the first speaker summed up my generation, the "pre-Baby Boomers" as: "the Frugals", & time for the Frugals is running short. As the "Baby Boomers" become the dominant retirees, expectations in U3As will change. The challenge for U3As will be to remain relevant to this new group of Baby-Boomers, which according to the Speaker at that forum, will be more cashed up, better educated, longer-living, & perhaps wanting to continue with part-time work, with less time or inclination for volunteering. That sums up a problem not only for our organization, but all those clubs who are dominated by & cater for, the "Frugals". Do we go with the times, or let time pass us by & make us irrelevant. Will we carry on in our own way, or will we cater for the needs & aspirations of those on whom the survival of this wonderful Organization depends.

How we respond to this development, will determine our future.

~ Chris Tollner

President

From the Outback to the Sea Come Walk With Me.

By John W. Stanton

Chapter 8 ~ A Dream Comes True

Ever since we were married Alene had always wanted to go to Ayers Rock [Uluru]. We had just gone through a very good wet season so we decided to load up the old Toyota Hi Ace & head off to see Kakadu & Uluru for ourselves. We took our trailer so we had plenty of room to carry everything for a comfortable camp. We planned a round trip via Adelaide to visit our daughter Dianne. We stayed two nights in Longreach, visited the Stockman's Hall of Fame & Qantas Museum, both world class attractions. We also went out to the Thompson River & saw how high it had been in the recent flood. Next day we were on Landsborough Hwy [Matilda Way] to Winton. This was all new territory for us as we had not been further than Longreach before. Prickly Acacia had taken over a lot of prime grazing land on open blacksoil plains. Once through the plains the country became lightly timbered, & many small table-topped hills with rugged sections at the top, seldom seen along the coast but typical of this central region. On to Kynuna & the Blue Heeler Pub for morning tea, Cloncurry for lunch, then Mount Isa for the night. Next morning we headed for Camooweal for lunch, then at the Threeways Roadhouse we erected our tent for the night. Next morning we headed for Katherine. There were wild flowers everywhere & we had many stops to study these. Morning Tea at Renner Springs, on to Mataranka where we saw the giant of all termite mounds, but this one was made of concrete & very well done. Difficult to tell the difference. The old Hi Ace van was not too good in the wet & as there was a flight available from Katherine over Kakadu we took this as an alternative. Took off at 9.30am & headed for Mary Falls which were spectacular with plenty of water flowing over them. On to Kakadu, with all the rain the country looked a picture. The flight along the Arnhem Land

escarpment with its rugged cliff face forever changing, the first sight of Twin Falls was beautiful, but nothing compared to Jim Jim Falls. So often the picture in the brochure is not like what you see when you are there but these Falls were as good if not better than expected with a massive amount of water flowing over them & mist rising from the pool below. The flight back towards Katherine Gorge was totally different from Kakadu with plenty of water rushing down the river & boiling along the cataracts, it would be impossible to put a boat in that kind of water. When we arrived back at Katherine airport & landed we had to wait on the taxiway while 4 RAAF FA/18 fighters landed before we could cross the main runway. After lunch we visited the Orchid House. There were Orchids even growing on bare wire hung from the roof with no pot of any kind. Just a beautiful place, & there was no charge to share this wonderland. Tennant Creek, our next stop for 2 nights, to look at the Stamping Mill & the old Telegraph Station. We were off next morning to Alice Springs, stopping along the way at The Devil's Marbles where there are large boulders scattered around, some stacked high or in small groups. Their origin is a mystery as they are only found in this area. The Aborigines say they are the eggs of the Rainbow Serpent which is as good as any other explanation. In the Alice we arranged a flight over the MacDonnell Range. This was nothing like the Kakadu flight but allowed us a view from the air to see how vast this place is & what the early explorers were up against. We visited the Date Farm on the outskirts of town, the Desert Park with its display of Wedge Tailed Eagles, some displays of early days of Aboriginal settlement & Anzac Hill. Not to be missed is the Panorama Gotch, a large circular mural in a special building & viewed from a platform in the centre. After a couple of days in the Alice it was back on the road, to Uluru. It was raining quite heavily & by the time we reached Finke River it was almost over the road. We had lunch at Erldunda, by the time we reached Yulara the rain had stopped & the sun was shining which made setting up our camp more enjoyable.

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I was unable to film the Rock at sunset, too many clouds, so we headed back to our camp for the night. It continued raining through the night & in the morning we heard the highway was cut at Finke River, not all that long after we crossed. We missed out on being able to climb the Rock because of the wet & slippery conditions. We took a flight over the Olgas, Kings Canyon & Uluru. We also flew over a large lake which is usually a dry salt pan but it was almost full, according to the pilot this is seldom seen. We continued our journey south to Coober Pedy. Fascinating place, littered with mine shafts & mullock heaps left by the Opal mining. Next day we headed for Port Augusta, arriving in time for a look around & arrange for a bus trip to Adelaide to see our daughter Dianne & her family. From Port Augusta we headed for Broken Hill via Peterborough, Red Gums scattering the countryside & everything green. Once over the range & on the plains we ran into a large swarm of locusts that went on for miles. I had a job washing the car at Broken Hill. Heading for Mildura & along the Murray Valley we had limited time to complete the trip. Across the Hay Plains & on to Dubbo & the Western Plains Zoo; then home through Goondiwindi, Theodore, Mount Morgan; & a rest.

Life in a Retirement Village.

We had been thinking about moving to Gracemere gardens for some time & as their annual fête was coming up we decided to go over & check the place out. After returning from the GemFest 2 months later we knew the time had come for the move. We moved in January 2004, put our house on the market & had it sold in just a few weeks, then came the matter of getting rid of all the things we would not be able to take with us. This meant a huge garage sale, something I would not want to go through again, ever. It did not take us long to settle in to our new way of life & fit in with the residents of Gracemere Gardens. We decided to buy a new car & chose a Toyota Corolla Station Wagon which is a lovely little car & has given us excellent service. Once we were settled in we thought about another trip to

Adelaide to visit our daughter Dianne & her family again. I asked Alene if she would like to ask one of her old school friends, Gloria Korn, if she would like to come with us as she had recently lost her husband. We planned to use cabins for overnight stops & started on 12th March 2004. Gloria settled to travelling very well & as she had never been outside Queensland before this was a real eye opener for her. We travelled down the Leichhardt Hwy to Miles on to Goondiwindi & the Newell Hwy to find the road cut by flood water at Boggabilla so a detour back to the New England Hwy & down to Glen Innes. Then on to Tamworth, Coonabarabran, Dubbo another visit to Western Plains Zoo then on to Forbes. Next day we reached Renmark. Visits to a couple of towns, then on to Adelaide to spend a few days with Dianne & family. We decided to travel home via Uluru & Alice Springs. Once back at Gracemere Gardens it did not take us long to settle back into the relaxed lifestyle. The annual fête was approaching & I offered to do some woodturning demonstrating which they had never had there before. Alene & I have been involved every year since.

This story is about the life of an ordinary Australian Battler as he travels along life's highway, the many hardships he encountered along the way & how he overcomes the many obstacles.

Over the years he has acquired many skills as he moved from place to place. He has worked as a Market Gardener, Station Hand, Farmer, Navy Cook, Station Cook, Railway Construction Worker, Horse Breaker, Windmill Erector, Boat Builder, Lucerne Grower, Carer, Janitor, Woodturner, Fencer, Yard Builder, Well Sinker, Husband & Father. He has been reasonably successful in most cases.

He has worked in most areas of the Fitzroy River basin at Theodore, Wowan, Springsure, Alpha, Rubyvale, Dingo, Raglan, Nebo, Marlborough, Gracemere, & Mount Morgan. Plus 6 years on Quail Island in the Stanage Bay area & 2 years in the Navy.

He has truly worked from the



Outback to the Sea.



Chess Club



We are a small but enthusiastic group, only commenced in September & have already attracted new members to U3A. Great start. Inaugural members are Ray Gauntlett, John Elson, Ann Docherty, Gloria Regan, Ursula Cagney & Sr Anne-Marie Kinnane. Experienced players & absolute beginners are welcome.



~ Ray Gauntlett.

Armchair Travel



This year we have visited many parts of Australia & the rest of the world from the comfort of our chairs in Athelstane House. Our overseas travel has extended from Japan, Ireland, Scandinavia & Russia, to a Musical Christmas in Germany & a bitterly cold Ice Festival in Harbin, China.

In Australia we journeyed to the "Corner Country" in the isolation of far SW Qld & flew across to WA to experience the beauty of their SW corner. We joined a young mother as she travelled from Adelaide to Brisbane & learnt about her problems of living on a small island in Moreton Bay. In October I had the pleasure of taking everyone along the Dinosaur trail in our central west & by the time you read this we will have travelled across Australia on the Ghan.

As you will see from the above, we've enjoyed learning about a wide variety of places & it is always



interesting to hear how people react to the different things they encounter on their travels.

I would like to extend an invitation to members to join us on our travels in 2011 ~ the third Friday of the month ~ & would love to hear from you if you or a friend could share your travel experiences with us.

~ Valda Carter.

Singing Group

Our year began in mid February with only 2 weeks to prepare for our 1st performance at the Art Gallery for the Music Literature Group. Sadly 12 have had to leave our Tuesday Morning gatherings because of ill health but we have enrolled 11 new Members this year so our numbers are still up.

We are friendly group & when not singing the chatter is sometimes deafening. I appreciate most of all, when called to order, all Members co-operate & so we are able to get on with our practices very well. Our cuppa time is wonderful camaraderie. Sometimes we are spoiled with such yummys as pumpkin scones, & birthday cakes. At times one would think we are a fruit & vegetable market as Members bring home grown produce for the Group.

Included in our 15 performances this year were our involvement in the Yeppoon Choral Society's performances of "Messiah". Voices were trained by Amanda O'Brien, the conductor was Nigel Bates, former member of Covent Garden Orchestra. I think most Members enjoyed performing at Senior's Week (Bauhinia House) they sang & danced "Singin' in the Rain" in costume. Our 1st attempt at this type of performance was "Tea for Two" at The Big Sing Yeppoon 2009 & it was again asked for at Gracemere last May. We are preparing another for Christmas Lunch.



We enjoy performing at various venues; Gracemere Gardens, Blue Care

Respite Centre, R'ton Chamber Society, R'ton & District Benefits Association, Garden Lover's Cancer Concert, Gracemere Pensioners & Superannuants Cancer Concert, R'ton Art Gallery, Norman Road Nursing Home, Yeppoon Choral Society, Macaulay Place & Heritage Village.

We get a great thrill when our photos appear in the local newspapers.

Remember; if you can talk... you can sing... So come along.

~ Glenda MacDonald

Aqua Aerobics



Aqua has continued at Caribee & the highlight of the year was Sr Mercia's 90th birthday, she acknowledges the health benefits from Aqua. The 11am Thursday class had to be cancelled for lack of numbers, members transferred to other sessions. I recommend Aqua to U3A members as valuable exercise for seniors, particularly for bad knees, backs & muscular complaints. It is amazing what people can do in water.



There are steps & rails to enter the covered waist deep pool. I look forward to seeing more U3A members at Aqua in 2011 & wish all the Compliments of the Season.

~ Shirley Hopkins



Computer Club

There has been a great deal of new knowledge uploaded to some very keen members of U3A. Our group has visited earthquake ravaged Haiti, followed Jessica Watson sailing around the world, we've been at the surgery of specialists doing carpal tunnel, knee replacements, looked at food preservatives and additives.



Photographs always tell a story & sometimes they tell you more about the people than you ever knew. Digital photos have opened up a whole new perspective on what you see & you should ask yourself what was the original like. This year 24 - U3A members signed on in February, the yearly average was 11 at each class, while the largest class was 20 and the smallest 7, about 465 hours of learning up to the end of October & each class member was packed with new information to take home. In the first week of August I was hospitalised and it took approximately two months after to recover. It hasn't been a good year, health-wise for me.

Ray, our new Journal Editor was also

interested to join our group and assist each Thursday which was a great help, thank you Ray. Peg's knowledge of the COIN Password systems was very valuable too, she was often called on to start computers. As a group we must also thank Steve and Christine of the COIN Academy for their very valuable input and COIN for the use of the computer room on Thursdays. Merry Christmas & a Happy Safe New Year.

~Nick Quigley OAM



Our group has been lucky to have had fine weather for our outings during 2010, many places around Rockhampton were lovely & green for a change. Plenty of waterholes, creeks & places where birds & wildlife were tame & obliging enough to be photographed & sketched.

July is usually the month we go to one of the beaches. We chose good old Kemp Beach this time. It is



a really magnificent beach. I've been going there since I was a child & I'm pleased to say it hasn't changed. If anything it has



improved with a lot of work being done by the Council & National parks people to preserve the dunes. We find our outings very relaxing. When you get your head down to the work the hours fly by & above all, it's fun & we have a lot of laughs.

We all like to look at one another's work & give constructive advice if we can. We all make mistakes & sometimes another person can see them when we can't ourselves, but, over the months, everyone has made progress because we are all keen. Anyone wishing to join us is always welcome.

~ Carol Giles & Shirley Sherwood.



In Voice Group

We have just completed our busiest year, with the group undertaking 10 public performances. These included our regular presentations at the Relay for Life & various other Morning & Afternoon Teas, as well as Blue Care & those functions sponsored by U3A. We enjoyed participating in the Garden lover's Cancer morning Tea & the Senior's week Concert, in particular our "Food for Thought" written by Margaret Thorpe. This year we performed regularly at Blue Care where we have developed an interactive programme. Solo presentations & "rounds" encouraging audience participation have proved popular. Our weekly meetings are well attended & membership remains high. This year we doubled our male content with David joining Noel. It would be good to double it again next year!



~ Annette Farrer

TAI CHI



We have had a great learning year doing a lot of new stretches from other forms in the warm-up. Doing Tai Chi with the birds in the trees in our great Botanic & Kershaw Gardens early in the morning helps to make our bodies & minds ready for the day. Relaxation & slowing down teaches us to listen to what our body is telling us. Therefore we are helping breathing, stance & coping with problems.



~ Olga Benson

Bush Dancers



We performed at the Multicultural Fair at the Heritage Village & for the residents at Norman Road Nursing Home. The ladies have adopted a uniform of white skirt & red top for performances. We are supported by Hilary Robinson as Caller, beginners are welcome. We celebrate members' birthdays with a monthly birthday cake.

~ Shirley Hopkins



CURRENT AFFAIRS DISCUSSION GROUP

This group has met on the third Thursday of each month through the year. The average attendance has been around 12 members, so this has provided an opportunity for everyone to have their say. Members are encouraged to bring along a topic they wish to discuss or they can choose from a selection of current newspaper items that are made available at each meeting. Wide ranges of current topics relating to Local, Australian or of International interest are discussed.

~ Arch Finlayson

Cooking Group



Usually 12-18 members attend, all enjoy the social interaction & scrumptious meals. Two members with recipes they would like to share, 1 main, 1 dessert, bring along the ingredients (they are compensated for) & all members help with cooking & cleaning up. Then we enjoy the finished product. All share hints & tips on different cooking methods & ingredients. All go home satisfied & happy.

~ Ailsa Hansen



Heritage Teddy Bears



A small group of ladies meet twice a month, but as we have made so many Teddy Bears we have strayed to other crafts. We have made cards, Christmas card holders, beaded tape measures, photo boxes & any other crafts we come up with. We have a fun morning with enjoyable company.

~ Lorraine Antonello



MAHJONG



Our Group has continued to grow this year; starting off 2010 with 8-10 players a week to now where we have 18 members. We pay \$1 a week and this enables us to have a birthday cake on everyone's birthday. In September we had pizza luncheon for two birthdays and on Melbourne Cup Day we had a sweep & cake for afternoon tea. These extra activities are enjoyed by all. We will have our Christmas luncheon before our games on the last Tuesday before we break up.

~ Mary Lowe

Writer's Group



The Wednesday Writers are part serious, part social. We have around 6 members attend each meeting, this year we have a man who joined. Perhaps there are some men who would like to join & keep Rod company. Being in a writers' group gives us the opportunity to join with others of similar interest & share our work. Each month we touch on some facet of writing that will help us improve. Lana Webber has twice taken our meeting, teaching us about horror & suspense. This was thoroughly enjoyed & appreciated by all members. During the year we changed venue, going from the CQUni to the refurbished School of Arts. We are fortunate to have the use of this area and look forward to another productive year in 2011.

~ Rita Diplock



Pencil Drawing Group

Reporting from February to November for the Sketching Class, we find that there have been 10 Sketching Days. There have been 60 attendees at these 10 classes.

As an instructor I am challenged each month to figure out the lesson. All the members in the class enjoy sketching, and so



it must be instructive, to each of them. They are often surprised at the sketch

they are asked to do. Many finish their projects at home then proudly show their efforts next sketching day. It is amazing the talent from each pupil within the class. The class has shown that they are definitely advancing and enjoying this 2 hrs sketching per month. Most pupils attend the sketchers and photographers field trip held the next day with Carol. I have found that the class is a great benefit to me and I hope all class members enjoy it.

~ Keith Nicholls



Social Outings 2010

Having retired from teaching I decided to join U3A. Much to my amazement, at my 2nd meeting I found myself designated with the responsibility of organizing social outings! Initially I objected as I would have liked to be a "follower" this year. However, with Lorraine's (2009 Social organiser) support everything has worked out. Each outing has been reported in the Journal. October was our month for "Morning Melodies." Judy Stone took us down memory lane & sang lively songs from the 50's, 60's & 70's. She & her offside were both very entertaining & supported each other well. A video of Judy's childhood & teenage years gave the singer a chance to rest her voice. I must thank Lorraine for helping me organise the tickets. It's that time of year again & at time of writing the next social on the calendar is the Christmas Party at the Frenchville on 29th November. So, until next year, this is Denise signing off from the Social Club for 2010. Who is going to step in for 2011? A Happy Christmas to all.

~ Denise Carroll

Cemetery Visit



September 13th

35 Members gathered at the South Rockhampton Cemetery, for 'A Little Bit of Everything Tour', led by Maureen from the Rockhampton Regional Council. The first burials took place in the early 1860's and ceased in 1970. Approximately 22,000 burials took place during this time.



After viewing the first 16 headstones, some restored, all very impressive, we gathered under the big Fig tree for smoko, before heading off for the final part of the

Tour. Wandering through the Cemetery is a History lesson of early Rockhampton and we all learnt something new today. Thank you Denise for a nostalgic morning.

~ Marcia Tomkins

Armchair Travel!

SOUTH AMERICAN TOUR 2009



~ Colleen Young

(continued from September issue)

An early morning flight saw us flying across this vast country with impressive views of the Andes again, to spend 3 nights in Rio de Janeiro, Brazil. We arrived to discover the residents still in festive mood – Rio had just been granted the right to stage the 2016 Olympic Games! Our hotel on the Copacabana beachfront had awe-inspiring sea views. Next day we delved deep into the only urban forest in the world by jeep. We spied Marmoset monkeys & then continued to Corcovado to ascend Christ the Redeemer Statue.



Had to do the walk along the famous beach that afternoon & any souvenirs were now bought with Reals. We awoke to a perfect day & on such a day what could be better than a cable car ride up Sugarloaf Mountain where the views of the city, surrounds & water front were breathtaking.



We visited an Aztec shaped church with

incredible stained glass windows then to the



next extreme, saw where they celebrate Carnivale, which is actually in a permanent stadium. Some of our fellow travellers had fun dressing up in the costumes for photos. Sure did not look like anyone you would see on the day! After this comment I hope Dale, a fellow Rocky resident on our tour does not hear this remark! After a long delay at the airport, we boarded a morning TAM flight to Iguazu Falls where we were to spend 2 nights at a hotel adjacent to the falls & consequently in the National Park.



These falls have 275 cascades spread in a horseshoe shape over 2.4 Km & you could hear the thunder of the falls from our hotel room. That afternoon we did a helicopter flight over the falls but restrictions were in place to prevent us flying too low in case the wild life were frightened. Unfortunately for many of our passengers this is where they were so sick that they could not partake of any meals. The next day after an improvement in their health, they enquired about a bowl of soup, only to be told the cost would be \$27US! We then walked to the falls. Later we drove through the forest where some of our travellers went on a hair-raising boat ride to the base of the falls. Unfortunately we could not partake of this venture because of our injuries from a recent car accident.

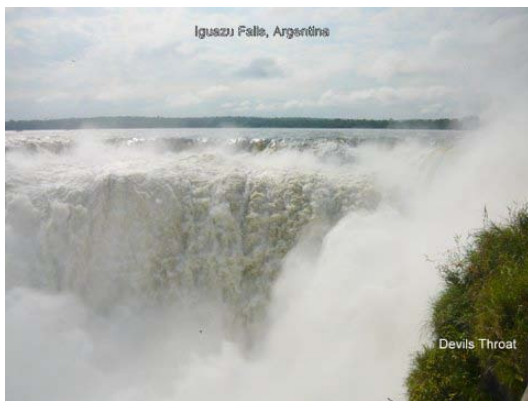


One section of the Iguazu Falls, Brazil

A visit to the Bird Park in the rain revealed many species of birds including the famous Amazon jungle Toucans & Macaws. This morning we drove across the border to Argentina for our final 3 nights in Buenos Aires.



Now we would view the falls from the Argentinian side at Devil's Throat. We knew what to expect because Sue, our daughter, had informed us how marvellous they were. However the Iguazu River flooded 10 days ago & the falls were flowing at 7 times their normal rate.



Iguazu Falls, Argentina

Devils Throat

I also knew, from Sue's photos, I had to walk on numerous walkways over swiftly-flowing water, to get there. However, at this time, the water was really gushing underneath, not a sight for the faint-hearted. After arriving at our hotel for 3 nights in Buenos Aires, we decided to taste Argentinian steak & chips at a local café. What an "eye opener" as well as a "purse opener" – well, our "visa card" now in Pesos – they had a separate charge for the knives, forks, placemats & nibbles. After breakfast, we had a bus tour of Buenos Aires including Eva Perón's grave, the old quarters where the buildings are all painted in numerous bright colours.



Eva Perón's grave at Recoleta Cemetery in Buenos Aires Argentina

Buenos Aires is known as the Paris of America with its very wide streets consisting of 18 lanes. You would think Buenos Aires is on a beach front but actually it is a very large river, the River Plate. That night 14 of our fellow tourists including Graham attended a World Cup Qualifying Soccer Match. Some were not followers of soccer but were attending to experience the atmosphere. Well the weather certainly added to the atmosphere – an almighty thunderstorm & most arrived at the hotel after the game like drowned rats! However not Graham as I advised him to take the poncho we had used for the falls – just in case! I enjoyed a day out in the country at a Fiesta Gaucho held at an Argentinian Ranch. We enjoyed an authentic grill with the meat cut much thicker & cooked for a lot longer than we do, while being entertained by Tango dancers & an Argentine style country & western singer. Some of our group tried horse riding & then we had a demonstration of the horse-riding skills of the gauchos. We said our goodbyes at a Farewell Dinner downtown while being entertained by more tango dancers. Today Monday 12th September, we enjoyed our last buffet breakfast before driving to the airport when we left at 2.00pm Monday arriving in Sydney on Tuesday 13th at 7.00pm with a flying time of 14.5 hours, the longest one haul trip by a Qantas plane. We flew down the east coast of South America to Cape Horn, where we could see the Antarctic ice floes; across to Tasmania, then up the east coast of Australia to Sydney. Overnight in Brisbane, we flew to Rocky the next day.



Flower with rising sun at the Sydney Opera House

U3A Activities 2010

Legend: * = Continues all year NA = New Activity SA = Shared Activity
 NB ~ Identified costs are mainly for venue hire. Materials are extra, depending on what you use.

Activities	Times	Venue	Contact	Phone
Monday				
General Meeting ~ monthly 1 st Monday (except January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton Luncheon (bookings required)	Chris Margaret	4928 8816 4928 2757
Scrabble	3 rd & 4 th week 1.30pm	I.L.U. No.1, Gracemere Gardens, Gracemere	Joan & Roy	4933 3324
Tuesday				
Aerobics Exercises & Swim ~ (heated pool) cost \$6 for one or all	Weekly 8.45am- 9.30am	Community Sports Centre, Yaamba Road, North Rockhampton	Sports Centre	4923 2159
Aqua Aerobics SA* ~ cost \$6	Weekly 11am- 12noon	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie/Margaret Shirley	4926 1650 4936 4792
Bush Dancing SA* ~ cost \$3	Weekly 7.30pm- 9.30pm	Tobruk House, Archer Street, Rockhampton	Shirley	4936 4792
Chess NA*	Weekly 2.30pm- 5pm	129 Haynes Street, North Rockhampton.	Ray	4922 4031
Heritage Teddy Bears	1 st & 3 rd week 9.30am-11.30am	3 Frenchman's Lane, North Rockhampton	Lorraine	4926 0432
Investment Group Discussion SA	3 rd week 10am	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Mah Jong SA*	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Mary	4928 5059
Multi-Craft * ~ supply own materials	2 nd & 4 th week 10am-2pm	31 New Exhibition Road, Rockhampton.	Molly	4927 4325
Resistance Training SA*	Weekly 7.30am- 8.30am	Community Sports Centre, Yaamba Road, North Rockhampton	Sports Centre	4923 2159
Singing Group	Weekly 9.30am	284 Dawson Road, Rockhampton	Glenda	4922 3662
Tai Chi *	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Olga	4928 4325
Wednesday				
Book Lover's Group	4 th week 10am	Meet at Margaret Keane's, 4/128 High Street, North Rockhampton	Judith	4928 3386
Embroidery	1 st & 3 rd weeks 2pm-5pm	CQU room (beside CQU Computer Shop)	Pat	4927 4493
Speech Group	Weekly 9.30am- 10.30am	8 Mansfield Street, Rockhampton	Annette	4922 3400
Writing for Pleasure	1 st week 9.15am- 11.15am	(Refurbished) School of Arts, Bolsover Street, Rockhampton.	Rita	4922 8807
Thursday				
Aqua Aerobics ~ cost \$6	Weekly 9.30am- 10.30am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	4926 1650 4936 4792
Computer Club *	Weekly 3.30pm- 5pm	New Library, 1 st Floor, Bolsover Street, Rockhampton	Nick	4928 2554
Discussion – Current Affairs	3 rd week 3pm- 5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653

Activities	Times	Venue	Contact	Phone
Thursday (continued)				
Aerobics Exercises & Swim ~ (heated pool) cost \$6 for one or all	Weekly 8.45am-9.30am	Community Sports Centre, Yaamba Road, North Rockhampton	Sports Centre	4923 2159
Resistance Training SA*	Weekly 7.30am-8.30am	Community Sports Centre, Yaamba Road, North Rockhampton	Sports Centre	4923 2159
Swimming for fun & exercise ~ cost \$5	Weekly 7.30am-8.30am	Ireland's Pool (heated) Stockland, Yaamba Road, North Rockhampton	Avian	4936 3052
Friday				
Armchair Travel	3 rd week 9.30am-11.30am	Athelstane House, Ward Street, Rockhampton	Valda	4928 2119
Cooking Class ~ cost \$10	2 nd week 9.30am-2pm	Athelstane House, Ward Street, Rockhampton	Ailsa	4928 8837
Garden Lover's Club	4 th week 9.30am	Different garden each month ~ advised at General meeting	Audrey	4926 2345
Line Dancing ~ cost \$5	Weekly 2pm-4pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton	Sue	4922 3421
Pencil Drawing	1 st week 9.30am-11.30am	7 Gardenvale Court, Hillside Estate, (off Norman Road) North Rockhampton	Keith	4928 9505
Square Dancing ~ cost \$4	Weekly 7pm-9.30pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton	Rob	4926 7075
Tai Chi *	Weekly 7am	Kershaw Gardens, off Knight Street, North Rockhampton	Olga	4928 4325
Saturday				
Aqua Aerobics SA* ~ cost \$6	Weekly 7am-8am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie/Margaret Shirley	4926 1650 4936 4792
Personal Arrangements				
Computer Classes	Weekly ~ 2hours	COIN, New Library, 1 st Floor, Bolsover Street, Rockhampton. (course length varies ~ keyboard, mouse, Win XP/Vista, email, web Word 2003 & 2007, PowerPoint 2003)	Christine	4923 2561
Family History & Genealogy	By appointment	Consultation at tutor's or person's home	Helen	4928 2233
Heraldry	By appointment (contact tutor)	190 German Street, Norman Gardens, North Rockhampton	Ken	4928 3687
Special Activities: Topic and Time to be announced at General Meeting before scheduled activity				
Art Appreciation Tours	2 nd Thursday of month 2pm	Rockhampton Art Gallery	Bill	4928 4447
Field Trips for Painters, Sketchers & Photographers	Saturday after General Meeting 10am-2pm	Dates to be announced at General Meetings	Carol Shirley	4926 1885 4922 8247

"Double Rainbow"



SENIOR'S WEEK CONCERT

21st August

Everyone to whom I have spoken believes it was a great presentation by the talented members of the Rockhampton and District U3A and enjoyed the afternoon's entertainment immensely.



From Colleen Jones and Sister Vera Harrison tapping to "Singin' in the Rain" backed by the choir.



The male chorus singing "The Holy City" backed by the choir & soloist Beryl Neilson backed by the choir.

Annette Farrer & her In Voice group with various pieces including a spoken "I am Australian" complete with Australian flags.



The U3A Line Dancers strutting their stuff,



the skit "The Food Party" was an extremely relevant piece of comedy with a call to vote for them!



Rita Diplock showed us just how talented she is with her poems & presentation of same.



Joe Humphries gave a serious side to his bush poetry as well the ones that make us laugh e.g. backing the trailer (my favourite). Many thanks to Glenda McDonald for her talented contribution to the afternoon.

A delicious afternoon tea was served & enjoyed by all. I believe a special thanks should go to all those willing helpers. A raffle saw several people going home with more than they arrived - lucky devils! Of course, the written competitions had us scratching our noggins for answers with both of the winners being chosen by the "think-of-a-number" system.

Thank you so much fellow U3A members for your talented performances and p-l-e-a-s-e do it all over again next year! We LOVED it

~ Cherith Weis



U₃A Rockhampton & District (Inc)

MEMBERSHIP APPLICATION FORM

I/We _____

(Postal Address) _____

(Postcode) _____ Phone _____ Fax: _____

Email: _____ Preferred Name: _____

Hereby apply for membership of the U₃A Rockhampton & District Inc.

SIGNED: (1)DATE.....

(2)DATE.....

PROPOSER*:

SECONDER*:

*BOTH THE PROPOSER AND SECONDER TO BE FINANCIAL MEMBERS.

Previous Occupation / Skills / Hobbies / Interests:

.....
.....
.....

FEES: ANNUALLY

☐

Membership \$15.00

☐

U₃A Badge \$7.50 each

FEES FOR NEW MEMBERS AFTER 30 June:

☐

Membership \$7.50

☐

U₃A Badge \$7.50 each

TOTAL PAID

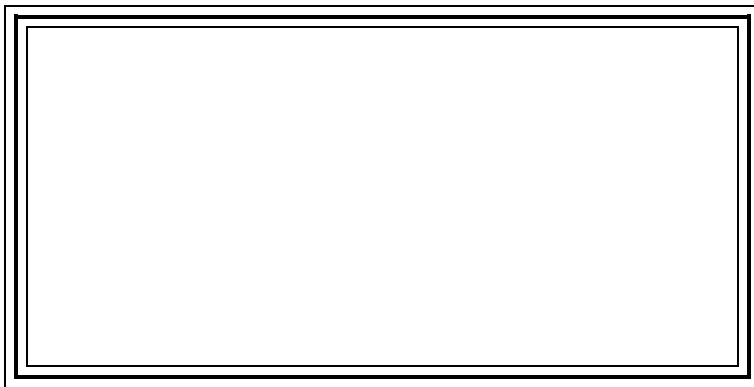
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Please Return to:

**The Secretary, U₃A,
P.O. Box 8160,
ALLENSTOWN, Qld 4700**

If not claimed within 7 days please return to:

*U3A Rockhampton & District Inc,
P.O. Box 8160
ALLENSTOWN Qld 4700*



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