



# *Rockhampton & District Inc Journal*

*June 2011*



*"Astronomer"*

*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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*Learning at Leisure ~ Learning for Pleasure*

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The Management Committee of U3A  
Rockhampton & District sincerely thanks  
CQUniversity Australia for their sponsorship  
of the Journal.

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Immediate Past President:	Chris Tollner	4928 8816

**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, I would like to thank you all for making the start of my term as President a happy experience. In my short time in U3A it has been a very steep learning curve, as most of my adult life has been in the military. 2yrs National Service, 4years regular service & about 16 yrs in the Army Reserve having an enjoyable time & I can tell you that this is a different style of leadership.

I believe that the Rockhampton U3A requires a few changes, the first is we have bought a computer & a data projector for the club. These & the sound system are available for any sub group to use. Booking can be made through our Assistant Secretary, Dawn Wheeler. Frenchville Sports Club is coming on line with a deal for members on their birthday, giving a "buy one & get one free". How this will work is at the open meeting in the month of your birthday, see Jill as you come into the meeting, tell her your name & date of birth, Jill will record the information & give you a voucher. On the day that you want to collect your coffee, see the people at the coffee shop & have morning/afternoon tea & of course you can bring a friend. This trial will run from 01/07/11 to 30/06/12. The members who have their birthday in the first half of the year will have to wait until next year. We do want members & friends to use this offer, if we can get all our members using this we may be able to improve it for next year.

As I sit at my desk writing this in early May I can feel that winter is on its way, it appears that we may have a good one this year? The cold winter months bring their own problems to us seniors. Don't forget to have your electric blanket tested before use. If using fuel heaters make sure you can get fresh air & also ensure that you have batteries in the smoke alarms.

Don't forget that you may sit in on any University lecture being held, but please see me & I will tell our Coordinator that you will be attending.

In this Journal you will find a Survey to complete, you could hand them to me after the meeting & I will begin to compile them.

During the next 12 months, at the end of an open meeting I will ask members if anybody has any problems with the running of the club. If so, please speak up, because if you have a problem you can bet that somebody else has it too.

Well that is about all that I have for now, travel safely & we shall see you next month.

Kindest regards

~ John Elson

**President**

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## Editorial

I was denied my regular opportunity to address the AGM in March, in the normal accepted fashion; so I will cover the basics here, instead. I took over as Editor last year, just a couple of months after I joined U3A. I have completely reformatted the Journal into 2 columns to make it more easily readable, with plenty of colour & a variety of new aspects of content. It is emailed to those who have an email address; it would be a major saving if more opted for email only, which one can then print in colour if needed, rather than the tired monochrome printed version which costs plenty for printing ~ 350 copies & postage for up to 200! We now have regular meeting reports, "page 5" History items & Armchair Travel group presentations. John Stanton's book was completed in December. I must thank my wife, Irene, for her invaluable support as Assistant Editor. I do all the technical work; she provides a sounding board & a variety of ideas from a different perspective. The Journal is totally dependent on contributions from the members; it is, after all, for presentation of original works by members. We have a Membership Survey on page 15 & some loose copies are available. Please fill it in & hand to the President today, post or email to the Secretary (both addresses are on page 2) or bring it to the next meeting. If worried about your name & address on the back, just peel the label off, or black it out with a felt pen.

~ Ray Gauntlett

**Editor.**

## BUILDING PARTNERSHIPS



News from the CQUniversity Community Relations Coordinator

**Attending lectures at CQUniversity**

CQUniversity is delighted to be a part of your learning experience and we look forward to welcoming you to attend lectures at the Rockhampton Campus – as expressed by our Vice-Chancellor Professor Scott Bowman at your recent AGM in March.

To find out what lectures are currently available, please refer to our website: [www.cqu.edu.au](http://www.cqu.edu.au). This is where you will find the most up-to-date timetable for your chosen area of interest.

Once on the site, select the option 'CURRENT STUDENTS' then the Popular Link 'Class and Exam Timetables' and finally the current term 'Official Class Timetable.'

Phew! We're getting there. Now choose the Rockhampton campus and then the relevant Faculty that you are interested in. CQUniversity has two faculties:

1. Faculty of Arts, Business, Informatics & Education.
2. Faculty of Sciences, Engineering & Health.

The Official Class Timetable for your chosen Faculty will now be visible and can either be viewed online or printed. The Timetable will have a list of lectures available, their location, day and times.

To find further details on a chosen lecture, go back to the CURRENT STUDENTS page and select the Popular Link '2011 Student Handbook'. Type the subject name/course code into the search box. The subject will then display Course Details providing a brief overview.

Our Faculties have been notified about the partnership with U3A but I still ask that you introduce yourself to the lecturer when you first attend.

Finally, if you need a map of the campus as 'Location 33/2.04' means gobbledygook to you (and me!) then head back to our website.

Go to the CURRENT STUDENTS page and type into the 'Search Student Pages' box: Rockhampton Map. When the search results appear, select 'Rockhampton Campus Map'. This map is quite interactive and can be printed.

With so many opportunities available, all you need to do now is open your mind... the possibilities are endless.

Maybe you might like to formalise your study and enrol in just a few subjects of interest, like our eldest student who, aged 95, studied *Introductory Computer Skills*? Maybe you could join the ranks of the 20 students (age 60+) who are currently completing their under/postgraduate degrees? Or maybe there's a new career in the pipeline for you!

Wherever you come from and whatever you arrive with at CQUniversity, you will leave with much, much more.

Welcome.



*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:  
Alison Craggs, Community Relations Coordinator  
Phone: 07 4923 2734 • Email: [a.craggs@cqu.edu.au](mailto:a.craggs@cqu.edu.au)



**Annual General Meeting 7th March**

The election of new office bearers for the 2011 Committee filled most positions, except that of Secretary, on the day. Our new President is John Elson, the former Vice President.

The meeting was addressed by our Patron, Professor Scott



Bowman who brought us up to date on the activities of the CQUniversity. They have shifted their main focus back to Central



Queensland with the new emphasis on some additional 20 programs intended to attract more students to fields of study in a much broader range of Medical areas; plus Law, Financial Planning, Property Management & a

variety of others. Growth is improving; the University is now rated in the top 7% in an International survey of universities. There are new rebuilding programs with \$12M for engineering facilities, \$6M for library redevelopment. A \$13M program includes an on campus clinic to support healthcare professionals. The University is bidding for the old CSIRO facilities for research programs. An Aboriginal Training Centre is planned for the campus & discussions with the State Government continue in relation to the possible amalgamation with TAFE. Commonwealth Government funding for Universities is under review & will soon be changed. Next year it will be adjusted in line with actual student numbers, rather than the present system which does not work. New arrangements for the continued close cooperation of CQUniversity & our U3A are being considered. There had been an announcement of the removal of the CQU funding subsidy for the printing of the Journal. Professor Bowman agreed to reinstate it. The meeting closed on time.

~ Ray Gauntlett

**Editor**

**Open Meeting**

**4th April**

A very appropriate address by Dan Smith of Plan2Prosper (MLC) on the subject of moving into an Aged Care Facility. Plenty of detailed information was provided & a few questions from the floor were fairly well answered. Dan explained a variety of considerations that we all need to be aware of when confronted by this matter, especially accommodation bonds. There are several agencies that can provide guidance & information & they were identified for us.



~ Ray Gauntlett

**Editor**

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## 80th Birthday Thanks

I would like to thank members of the various groups of U3A to which I belong for their participation in my 80<sup>th</sup> Birthday celebrations. It was nice to be surrounded by family & friends.

~ Shirley Hopkins



## COCO'S @ Seaspray

14<sup>th</sup> February

We had a most pleasant morning at Seaspray Resort & Spa at Zilzie. Coco's served us with a nice coffee, scones, pastries & cake. A manager from the resort spoke on the development & visions into the future. We were then taken on a guided tour of the complex, including the many 2 & 3 bedroom apartments. We viewed the facilities which guests are able to use during their stay. These included the heated swimming pools, tennis courts, gym & spa - not to mention the wining & dining. A truly relaxing environment.

~ Irene Gauntlett

Assistant Editor

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## Visit to the Military Museum

14<sup>th</sup> March

Our social outing for March took us to the Military Museum in Archer Street. We were



given a guided tour with explanations of the many displays along the way. The morning



concluded with a very generous cuppa & sandwiches served by their volunteer staff. The outing provided us with a more in-depth knowledge of our history.

~ Irene Gauntlett

Assistant Editor



## Nursing Tour

18<sup>th</sup> April

24 members had a most enjoyable afternoon at CQ University. First, lunch was served in the Residential Dining Room, followed by a Tour of Nursing hosted by Dr Kerry Reid-Searl.



This gave our members an insight into the current teaching & learning practices at the University.

"MASK-ED" is an innovative simulation teaching technique, developed by Kerry at CQUniversity Australia. It was initially developed for nursing students, but the technique could have applications across multiple disciplines.

"MASK-ED" is about constructing realities for learners by providing them with practical & spontaneous experiences specific to their discipline.



All members attending considered it one of the best of our monthly social outings. We are indebted to Alison Craggs for organising this outing for us.

~ Arch Finlayson

Social Coordinator





## Singing Group

### SHALOM

11<sup>th</sup> March

Residents at Shalom Village were entertained with an afternoon of singing. A bracket of community songs were sung before we were all served with



a delightful High Tea. Another selection of songs were sung with the residents happily joining in along the way.

Joe humoured us by reciting a number of well known poems before the conclusion

of a most enjoyable afternoon.

~ Irene Gauntlett

**Assistant Editor**

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## CHESS CLUB



Our small group has found it helpful to add an extra day each month to the regular Tuesday afternoon session. From now on the Chess Club will meet at 2pm every Tuesday & additionally at 2pm on the 3<sup>rd</sup> Friday of each month. I have encountered many comments from U3A members who say they feel they cannot join & learn to play Chess because they are "not smart enough" or similar. This is just not true; anyone



can learn & our group is mainly made up of new players learning how to play & develop strategies. We do not have any Computer Programmers, Rocket Scientists, Physicists, or Mathematicians in our group, but we do have

some regular members. Learning to play this game exercises the mind & helps develop lateral thinking. The idea is to "use it or lose it". We meet in a private home & afternoon tea is provided. If you can play you will enjoy the competition & fellowship. If you think you might like to learn, but are not sure & would prefer have a look first, see how it all works & ask some questions; all you need do is arrange to turn up, with a little enthusiasm. Contact me first, if you think you would like to join us.

~ Ray Gauntlett

**Editor & Chess Tutor**

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## PEEPING TOM

I didn't see him until I went to the sink. Stepping back quickly, grateful a security screen was between us, I demanded, 'What are you doing there?'

He kept staring in without a word.

'It's rude to stare through windows at night, I told him, expecting he'd move. He didn't.

'Why are you staring at me?' I asked.

He said nothing.

Leaning forward I tapped on the window. Winding the outside blind closed had no effect either.

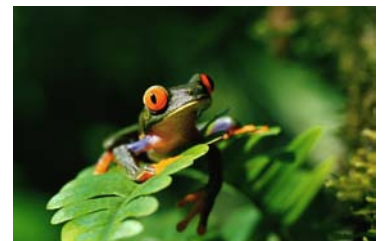
'When you're old and wrinkled you won't like it if someone stares at you.'

Still he ignored me.

'Staring through windows at old ladies could make your eyes bulge,' I told him. Pointing, I added, 'Why don't you stare at those cane toads.'

I moved to the other end of the room where he couldn't see me; the small, unusual frog, on the inside of one of my horizontal blind slats.

~ Rita Diplock



## **COSTELLO CALLS TO BUY A COMPUTER FROM ABBOTT**

*You have to be old enough to remember Abbott & Costello to fully appreciate this. For those of us who sometimes get flustered by our computers, please read on. If Bud Abbott & Lou Costello were alive today, their infamous sketch, 'Who's on First?' might have turned out something like this:-*

ABBOTT: Super Duper computer store. Can I help you?

COSTELLO: Thanks, I'm setting up an office in my den & I'm thinking about buying a computer.

ABBOTT: Mac?

COSTELLO: No, the name's Lou.

ABBOTT: Your computer?

COSTELLO: I don't own a computer. I want to buy one.

ABBOTT: Mac?

COSTELLO: I told you, my name's Lou.

ABBOTT: What about Windows?

COSTELLO: Why? Will it get stuffy in here?

ABBOTT: Do you want a computer with Windows?

COSTELLO: I don't know. What will I see when I look at the windows?

ABBOTT: Wallpaper.

COSTELLO: Never mind the windows. I need a computer & software.

ABBOTT: Software for Windows?

COSTELLO: No. On the computer! I need something I can use to write proposals, track expenses & run my business. What do you have?

ABBOTT: Office.

COSTELLO: Yeah, for my office. Can you recommend anything?

ABBOTT: I just did.

COSTELLO: You just did what?

ABBOTT: Recommend something.

COSTELLO: You recommended something?

ABBOTT: Yes.

COSTELLO: For my office?

ABBOTT: Yes.

COSTELLO: OK, what did you recommend for my office?

ABBOTT: Office.

COSTELLO: Yes, for my office!

ABBOTT: I recommend Office with Windows.

COSTELLO: I already have an office with windows! OK, let's just say I'm sitting at my computer & I want to type a proposal. What do I need?

ABBOTT: Word.

COSTELLO: What word?

ABBOTT: Word in Office.

COSTELLO: The only word in office is office.

ABBOTT: The Word in Office for Windows.

COSTELLO: Which word in office for windows?

ABBOTT: The Word you get when you click the blue 'W'.

COSTELLO: I'm going to click your blue 'W' if you don't start with some straight answers. What about financial bookkeeping? You have anything I can track my money with?

ABBOTT: Money.

COSTELLO: That's right. What do you have?

ABBOTT: Money.

COSTELLO: I need money to track my money?

ABBOTT: It comes bundled with your computer.

COSTELLO: What's bundled with my computer?

ABBOTT: Money.

COSTELLO: Money comes with my computer?

ABBOTT: Yes. No extra charge.

COSTELLO: I get a bundle of money with my computer? How much?

ABBOTT: One copy.

COSTELLO: Isn't it illegal to copy money?

ABBOTT: Microsoft gave us a license to copy Money.

COSTELLO: They can give you a license to copy money?

ABBOTT: Why not? THEY OWN IT!

### ***A few days later...***

ABBOTT: Super Duper computer store. Can I help you?

COSTELLO: How do I turn my computer off?

ABBOTT: Click on 'START'



*[From an uncertain internet source.]*

~ Sr Anne-Marie Kinnane



## HEALTHY RECIPES

## BAKED BEAN MUFFINS (good)

¾ cup dried apricots or any dried fruit  
 ½ cup boiling water  
 2 eggs  
 ½ cup butter  
 1 small cup sugar  
 1 teaspoon of vanilla  
 ½ tin 420gm baked beans in tomato sauce  
 2 cups Self Raising flour  
 ½ teaspoon salt  
 1 teaspoon Bicarbonate of Soda  
 1 teaspoon mixed spice  
 Walnuts (optional)



Soak dried fruit in boiling water. Beat eggs, sugar, butter & vanilla. Add baked beans that have been mashed up with potato masher. (They can't be noticed when they are cooked). Add the sifted dry ingredients with some of the water you soaked the fruit in. Have a muffin tray ready with muffin papers that have been lightly sprayed with oil. In each muffin case put ½ apricot or a few dried fruit. Walnuts may be added now, Half fill each case with the mixture. Top each one with a mixture of raw sugar & cinnamon. About ½ & ½. Bake at about 200° in pre-heated oven for about 10 to 15 minutes.

## PUMPKIN COOKIES

½ cup raw sugar  
 1 cup mashed pumpkin  
 ½ cup butter  
 1 teaspoon vanilla  
 2 cups Self Raising flour  
 ½ teaspoon salt  
 ½ teaspoon cinnamon  
 ½ " nutmeg  
 ½ " ginger  
 ¾ cup raisins



Beat butter & sugar together with the pumpkin. Add vanilla essence. Sift the flour & spice & blend into the mixture. Add salt & raisins. Bake spoonfuls on an oven sheet that has been covered with baking paper & bake at about 180° for 10 to 15 minutes.

oOo



A daily glass of fresh vegetable juice does wonders for your health. You don't need to throw away the pulp from the juicer. Freeze it up in small quantities & add some to the next pot of soup or stew you make. About ½ to ¾ cup is enough. It helps to thicken it up & gives you extra fibre. It's good in rissoles & corn meat fritters too.

~ Carol Giles

## MORNING ON THE RIVER

Paddling up the Fitzroy, on a Sunday morning.  
 Got there bright and early, just as day was dawning.  
 Hadn't judged the tide right, it was fairly low,  
 And the river rocks had just begun to show.

Banged into a rock and on to it I fell.  
 Paddle smashed completely; canoe a shattered shell.  
 Climbed on to the rock and wondered what to do.  
 Up the creek without a paddle! Or even a canoe!

Rock was very slippery, with mud all over it.  
 Couldn't stand upon it and so I tried to sit.  
 Couldn't move about much; I'd slip back to the river.  
 Could only sit and worry; began to shake and shiver.

Little insects found me and nibbled on my toes,  
 But they were not the biggest source of all my woes.  
 For what was that approaching my solitary rock?  
 Shock and horror seized me! A Fitzroy River Croc!

How was I to save myself from a dreadful fate?  
 Chewed up by a crocodile! A destiny I'd hate!  
 But then the muddy rock itself came to a decision.  
 It slipped me back to the river, an unwelcome position.

I had to swim to safety. I really had to pedal.  
 If this were the Olympics, I'd win a golden medal.  
 I got there -limbs intact -and to the Lord gave thanks.

But was the croc still with me, climbing up the banks?

Then I heard a raucous sound; loud unbridled mirth.  
 Three blokes laughing lustily, enough to shake the earth.

They didn't sound like angels from the heavenly hereafter.

What was it that brought them to such uproarious laughter?

They pointed to the river as they fell about with glee.

I looked and saw just what had been intimidating me.

And it was not a crocodile, hungry, wild and large,  
 Just a half-sunk tree trunk that came through the barrage.

The lesson of this story is, be careful what you do  
 When out upon the Fitzroy River in your old canoe.  
 There are four things you must know and watch for  
 all the while

The tide, the rocks, the mud and of course, the  
 Fitzroy Crocodile.



~ Margaret Thorpe

## Two wonderful weeks in Vietnam

[17<sup>th</sup> September - 1<sup>st</sup> October 2010]

~ Nick Quigley OAM

With a little bit of apprehension I decided to join a group to travel to Vietnam. I'd heard from other Veterans that Vietnam as a travel destination was wonderful. They said "go to look at the country & see how it has grown since the war & as a bonus you can visit some of the locations you were stationed at."

At Hanoi we were met by our Travel Indochina Guide who took us to the Thang Long Opera



Hotel, about an hour's drive from the airport. The drive took us over the Red River & through streets of bumper to bumper trucks, cars, buses & thousands of Honda scooters. 54 million Hondas registered in Vietnam for a population of 84 million. Hanoi is a City of beautiful trees, many old buildings & temples & during October 2010 celebrated its 1000th year. With the celebrations, Hanoi cleaned up, painted the outside of its more prominent buildings, planted gardens of new flowers, white washed gutters. You cannot imagine the chaos on the streets. The Brisbane Gateway arterial is nothing compared to any street in Hanoi. Crossing the street is daunting, but as you leave the kerb, you give way to cars, buses & trucks & the hordes of motorbikes will just go round you. Coming from both directions, merging & cutting across, turning left or right, you just walk without hesitation across the street. If you stop someone will run you over. After lunch we had 9 cyclos



arranged for us & we did a tour of Hanoi visiting the Hanoi Hilton (Prison), the Ancient Temple of Literature founded in 1070 & the Army War Museum. It was a hot day & our poor old cyclo drivers pushed us through the streets of Hanoi for 4 hours for a total of 300,000dong (about \$US15). At a break our group decided to tip each cyclo with

an extra 50,000dong. Next day breakfast at 6:15am to be ready for an 8am bus & a 3.5 hour drive to Ha Long Bay in the Gulf of Tonkin, covering an area of 1500 square km. With more than a thousand limestone



peaks soaring from the water this area is one of the natural wonders of Vietnam & now one of four World Heritage listed sites in Vietnam. The tiny islands are dotted with innumerable beaches & grottoes created by the wind & the waves that make an excellent backdrop for swimming or just lazing about on the deck of a Junk. We visited Thien Cung cave (the cave of the heavenly palace). Nearby there is a newly discovered Dau Go grotto; a wooden stake-cave where in 1288 Vietnamese General Tran Hung Dao amassed hundreds of stakes deep inside the cave prior to a battle with an invading Mongol army. We visited the Sacred Island & the Temple of Ngoc Son, which can be reached via a little red Huc (Rising Sun) Bridge. [22<sup>nd</sup> Sept] Hanoi to Hue. We visited a Buddhist Monastery, Bunker Hill overlooking the Perfume River, The Royal Citadel, Emperor Tu Ducs Tomb, the Elephant & Tiger arena



& Thien Pagoda. [24<sup>th</sup> Sept] Hue to Danang up over the Hai Van Pass, which on a clear day would give you a remarkable view, we still got to see the old

French fortresses on the left & the US Army bunkers side by side. On to Marble Mountain, the view over Danang was incredible. During the war the VC had a commanding lookout on the very top & were able to deliver a constant barrage of mortars into the US Base.



(continued next page)



from previous page)

The Marble works is just amazing to say the least. We watched three craftsmen chiselling, & grinding a large piece of marble in the early stages of becoming a statue, another putting the finishing touches to a carved marble tiger. The Marble works will pack & freight a statue to anywhere in the world, at a price. We left Vung Tau at 8am by bus &

drove through Vung Tau up Hwy 15 to the Long Hai mountains. The Long Hais were a constant problem during the war with a lot of VC movement & we soon found why the VC liked the area. The caves within the mountains were huge & no doubt bomb proof; the VC would have known that too. Some very good Australian soldiers were lost in fighting in & around the Long Hais. At the Pagoda of Remembrance, which holds the names of thousands of VC killed in each district, we were surprised to find out that a bus of Vietnamese tourists had arrived. More surprising was that they were the widows of the VC killed. As soon as the widows spotted Helen she was singled out & taken to pose with the widows & their travelling photographer.

The ladies were all very old & so much shorter than we Australians. When we went to climb the mountain



track to the VC caves the Vietnamese widows came part way with us too. I had two holding my hands & I steadied them as we clambered over boulders on a very uneasy track. We had to part company, the widows went on a different track & we turned to climb higher up into the mountain. We bussed on to Dat Do, which again is nearly unrecognizable, although the market place is still the same & a couple of the original houses are now set off the main road & still inhabited but in their very old state of disrepair. 40 years ago I had ridden on top of an APC through Dat Do when we were returning from a temporary bridge operation east of the town. Now I never went to the Horseshoe, but did have mates who did. Jim O'Leary was one that comes to mind & I'm sure he wouldn't recognise it either. The mountain has been mined as a quarry & is losing shape.

The flat country & the hills are lush green & covered in crops. Next was to visit the Long Tan



Cross. A very sobering moment for any Veteran. The rubber trees around the Cross are all new, only 15 years old, so to the

untrained eye there are no landmarks or telltale signs that anything ever happened there at all. To get into this area you must have a pass or permission & this is gained by visiting the D445 Head Quarters in Long Tan. In a sombre mini service we each placed a red rose on the Memorial for the 18 Australians killed in this place on the 18th August 1966. [1st Oct 2010] Today marks the first day of the 100th year celebration

Our last day & we head home to Australia tonight arriving tomorrow. But in the mean time Helen Kathy & Graham are going to the markets &



(outdoor butcher)

I'm going to the Saigon Military Museum & the Presidential Palace. So off I went with Mr Dong on his motorcycle. Dong is a Cambodian who came to



(motorbike touring ~ Vietnamese style)

Vietnam around 1975 at the fall of Saigon. If he had stayed in his own country his safety was not that good. He has married a local Vietnamese lady & has five

children. He did a good job looking after Graham the day before & he did a great job looking after me today. The Saigon Military Museum is quite stark. A display of Agent Orange deformed babies, shrapnel from B52 strikes, 175mm artillery, Albatross helicopters & much more war memorabilia. Lots of young people looking through, many young Vietnamese people are asking what happened during the war with the USA; they ask questions & probably go home none the wiser...

~ Nick Quigley OAM



**U3A Activities 2011**

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.

<b>Activities</b>	<b>Times</b>	<b>Venue</b>	<b>Contact</b>	<b>Phone</b>
<b>Monday</b>				
<b>General Meeting</b> ~ monthly 1 <sup>st</sup> Monday (excluding January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton (Luncheon)	John	4928 6859
<b>Aqua Aerobics</b> ~ cost \$6	Weekly 6.00 pm-7.00 pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	4926 1650 4936 4792
<b>Scrabble</b>	3 <sup>rd</sup> & 4 <sup>th</sup> week 1.30pm	I.L.U. No.1, Gracemere Gardens, Gracemere	Joan & Roy	4933 3324
<b>Tuesday</b>				
<b>Aerobics Resistance Training SA*</b> <b>Swimming</b>	8.45am-9.30am 7.30am-8.30am (Weekly) (Any open hours)	Community Sports Centre, Yaamba Road, North Rockhampton <b>Cost for all 3 activities on any single visit ~ \$6</b>	Sports Centre	4923 2159
<b>Aqua Aerobics SA*</b> ~ cost \$6	Weekly 11am-12noon & 5.30 pm-6.30 pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	4926 1650 4936 4792
<b>Bush Dancing SA*</b> ~ cost \$4	Weekly 7.30pm-9.30pm	Tobruk House, Archer Street, Rockhampton	Shirley	4936 4792
<b>Chess *</b>	Weekly 2pm-5pm	129 Haynes Street, North Rockhampton.	Ray	4922 4031
<b>Exploring Ethical Issues</b>	Weekly 2.30pm-4pm	CQUni Building 33, Room G14	Noel	0419 789 249
<b>Heritage Teddy Bears</b>	1 <sup>st</sup> & 3 <sup>rd</sup> week 9.30am-11.30am	3 Frenchman's Lane, North Rockhampton	Lorraine	4926 0432
<b>Investment Group Discussion SA</b>	3 <sup>rd</sup> week 10am	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
<b>Mah Jong SA*</b>	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Mary	4928 5059
<b>Multi-Craft *</b> ~ supply own materials	2 <sup>nd</sup> & 4 <sup>th</sup> week 10am-2pm	31 New Exhibition Road, Rockhampton.	Molly	4927 4325
<b>Singing Group</b>	Weekly 9.30am	284 Upper Dawson Road, R'ton.	Glenda	4922 3662
<b>Tai Chi *</b>	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Olga	4928 4325
<b>Wednesday</b>				
<b>Aqua Aerobics</b> ~ cost \$6	Weekly 6.00 pm-7.00 pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	4926 1650 4936 4792
<b>Astronomy</b>	2 <sup>nd</sup> week 10am-12noon	CQU room (beside CQU Computer Shop)	Tony	4933 0205
<b>Book Lover's Group</b>	4 <sup>th</sup> week 2pm	4/128 High Street, Nth Rockhampton	Margaret	4928 2757
<b>Embroidery</b>	1 <sup>st</sup> & 3 <sup>rd</sup> weeks 2pm-5pm	CQU room (beside CQU Computer Shop)	Pat	4927 4493
<b>Exploring Ethical Issues</b>	Weekly 10am-11.30am	CQUni Building 33, Room G14	Noel	0419 789 249
<b>Speech Group ("In Voice")</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Weeks 9.30am-10.30am	200 Frenchville Road, North Rockhampton	Valda	4928 2119
<b>Writing for Pleasure</b>	1 <sup>st</sup> week 9.15am-11.15am	(Refurbished) School of Arts, Bolsover Street, Rockhampton.	Rita	4922 8807

Activities	Times	Venue	Contact	Phone
<b>Thursday</b>				
<b>Aerobics</b> <b>Resistance Training</b> <b>SA*</b> <b>Swimming</b>	8.45am-9.30am 7.30am-8.30am (Weekly) (Any open hours)	Community Sports Centre, Yaamba Road, North Rockhampton <b>Cost for all 3 activities on any single visit ~ \$6</b>	Sports Centre	4923 2159
<b>Aqua Aerobics</b> ~ cost \$6	Weekly 9.30am-10.30am & 5.30pm-6.30pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	4926 1650 4936 4792
<b>Computer Club *</b>	Weekly 3.00pm-5pm	New Library, 1 <sup>st</sup> Floor, Bolsover Street, Rockhampton	Nick	4928 2554
<b>Discussion ~ Current Affairs</b>	3 <sup>rd</sup> week 3pm-5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
<b>Swimming for fun &amp; exercise ~ cost \$5</b>	Weekly 7.30am-8.30am	Ireland's Pool (heated) Stockland, Yaamba Road, North Rockhampton	Avian	4936 3052
<b>Friday</b>				
<b>Armchair Travel</b>	3 <sup>rd</sup> week 9.30am-11.30am	Athelstane House, Ward Street, Rockhampton	Valda	4928 2119
<b>Chess *</b>	3 <sup>rd</sup> week 2pm-5pm	129 Haynes Street, North Rockhampton.	Ray	4922 4031
<b>Food Lover's Club</b> ~ cost \$10	2 <sup>nd</sup> week 9.30am-2pm	Athelstane House, Ward Street, Rockhampton	Ailsa	4928 8837
<b>Garden Lover's Club</b>	4 <sup>th</sup> week 9.30am	Different garden each month ~ advised at General meeting	Audrey	4926 2345
<b>Line Dancing</b> ~ cost \$5	Weekly 2pm-4pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton	Sue	4922 3421
<b>Pencil Drawing</b>	1 <sup>st</sup> week 9.30am-11.30am	7 Gardenvale Court, Hillside Estate, (off Norman Road) Nth Rockhampton	Keith	4928 9505
<b>Square Dancing</b> ~ cost \$4	Weekly 7pm-9.30pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton	Rob	4926 7075
<b>Tai Chi *</b>	Weekly 7am	Kershaw Gardens, off Knight Street, North Rockhampton	Olga	4928 4325
<b>Saturday</b>				
<b>Aqua Aerobics SA*</b> ~ cost \$6	Weekly 7am-8am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie Shirley	4926 1650 4936 4792
<b>Personal Arrangements</b>				
<b>Computer Classes</b>	Weekly ~ 2hours	COIN, New Library, 1 <sup>st</sup> Floor, Bolsover Street, Rockhampton. (course length varies ~ keyboard, mouse, Win XP/Vista, email, web Word 2003 & 2007, PowerPoint 2003)	Christine	4923 2561
<b>Family History &amp; Genealogy</b>	By appointment	Consultation at tutor's or person's home	Helen	4928 2233
<b>Heraldry</b>	By appointment (contact tutor)	190 German Street, Norman Gardens, North Rockhampton	Ken	4928 3687
<b>Special Activities: Topic and Time to be announced at General Meeting before scheduled activity</b>				
<b>Art Appreciation Tours</b>	2 <sup>nd</sup> Thursday of month 2pm	Rockhampton Art Gallery	Bill	4928 4447
<b>Field Trips for Painters, Sketchers &amp; Photographers</b>	Saturday after General Meeting 10am-2pm	<b>Suspended until further notice.</b>	Carol Shirley	4926 1885 4922 8247



## U3A Rockhampton & District (Inc)

### MEMBERSHIP APPLICATION FORM

I/We \_\_\_\_\_

Postal Address \_\_\_\_\_

Postcode \_\_\_\_\_ Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_ Preferred Name: \_\_\_\_\_

*[Persons under 50 years of age may still be accepted for membership by decision of the Executive Committee.]*

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

**SIGNED:** (1) .....DATE.....

(2) .....DATE.....

**PROPOSER\*** .....

**SECONDER\*** .....

*\*BOTH THE PROPOSER AND SECONDER MUST BE FINANCIAL MEMBERS.*

**Previous Occupation / Skills / Hobbies / Interests:**

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

#### **ANNUAL FEES ~ January 1<sup>st</sup> to December 31<sup>st</sup>:**



Membership \$15.00



U3A Badge \$7.50 each

#### **FEES FOR NEW MEMBERS ~ AFTER June 30<sup>th</sup>:**



Membership \$7.50



U3A Badge \$7.50 each

**TOTAL PAID** \$.....

**Please Return to:**

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

Email: [u3arockhampton@hotmail.com](mailto:u3arockhampton@hotmail.com)

Web: [www.u3arockhampton.org.au](http://www.u3arockhampton.org.au)



**U3A Survey 2011**

*We have put together a survey for future direction of our U3A.*

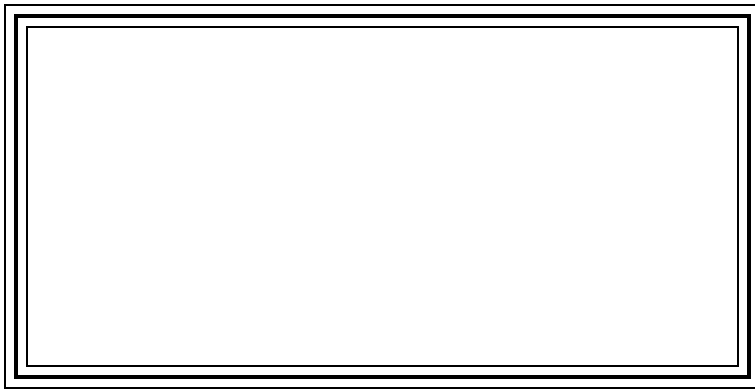
*Most businesses work to a 5 year plan. For us to develop our plan we must understand what you, the membership, would like to change; plus your preferences & expectations.*

*Please answer the following questions so we can effectively organise a revised program.*

1. Would you like to go on Bus trip outings?	Yes      No
2. Where would you like to go?	<u>Examples:</u> Fairbairn Dam, Gladstone, Mt Morgan, Mackay, Calliope River Heritage Village Markets. <u>~ Any other suggestions?</u>
3. Would you like U3A to arrange overnight trips away?	Yes      No <u>Suggestions:</u>
4. Are there any new activities you would like to see made available?	<u>Suggestions:</u>
5. Would you prefer to have your Journal delivered early & in colour by email, <b>NOT</b> in hard copy? A big cost saving for U3A!	Yes      No
6. What do you like most about our U3A?	<u>Comments:</u>
7. What aspects need improvement?	<u>Suggestions:</u>

*If not claimed within 7 days please return to:*

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



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