



THE QUARTERLY FLYER

Rockhampton & District Inc

DECEMBER

2018

Volume 4/2018



Norma West



1989 Executive Committee (back) Dick Hudson
(vice President) Ursula Barry (Secretary) Cyril
Coker (Treasurer) (front) Glenn Cousins President



June Edwards



(above l - r) Past Presidents: John Elson, Nancy Crapp,
Ann Findlater, Chris Tollner



Current President – Russell Daniels



Current Past President – Philip Morissette

30 Years 1988 - 2018

General Meeting 1st Monday of each Month (ex January) 9.30am at Frenchville Sports club
Next meeting after December 3rd 2018: February 4th 2019

U3A Rockhampton – PO Box 8160 – Allensdown – Rockhampton Q – 4700
Web: www.u3arockhampton.org.au Email: u3arockhampton@hotmail.com



Merry Christmas and Happy New Year

2018/2019 COMMITTEE

President:	Russell Daniels Ph 4819 1739
Vice President:	Keith Bambrick Ph 4928 3849
Secretary:	Bev Connor Ph 0488557721
Assistant Secretary:	Lenore Cook Ph 49267499
Treasurer:	Maurice Dittmann
Activities:	Judy Sutton
Social Organiser:	Christine Dobeles Ph 49261845
Guest Speakers:	Judy Nutley
Publicity:	Ann Findlater
Web Coordinator	Nick Quigley OAM vietvets@gmail.com
Journal Editor:	Elaine Ross
Quarterly Flyer email:	zebu3.u3a@gmail.com
Volunteers Coordinator	
and Past President	Philip Morissette Ph 4928 7769

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Annual fee due 31 st December:	\$15.00
Joining Fee currently	nil
From 1 st January 2019 joining fee	\$10
(includes name badge)	
New members (July 1 – October 30)	\$7.50

Check out the Quarterly Flyer in colour

<http://www.u3arockhampton.org.au/images/dec18.pdf>

Date Claimers

December 3 rd	Meeting & Show & Tell
December 31 st	Annual fees due
2019 January	No general meeting Activities only if advised
2019 February 4 th	Meeting & Sign on
February 18 th	Committee nominations due
March 4 th	Meeting & AGM and journal issue

FROM THE PRESIDENT'S DESK

with Russell L Daniels



U3A Rockhampton reached an important milestone this year. In 1987 a local community group established U3A Rockhampton, with the Inaugural Meeting held in November, 1988.

At our General Meeting on the 5th November 2018 we held a 30th Year celebration with a cutting of the cake by past presidents to mark this historic event. As I write this report, we still have an important event as we head into Christmas, that being our Christmas breakup luncheon.

On the 29th October I had the opportunity to thank our many volunteers, tutors and coordinators and to present them with Certificates of Appreciation. A morning tea was provided and it was acknowledged that without these people giving up their time we would not have a functioning U3A Rockhampton.

Our membership is still growing steadily with 75 new members to the 1st November 2018 bringing our total membership to 403. Feel free to invite your friends along to our general meetings as a visitor. Perhaps if they like what they see, they might wish to join our organisation and participate in the various activities. Most new members get to hear about U3A Rockhampton by word of mouth from our members.

U3A Rockhampton currently has about 30 activities, the latest being Contemporary Ballet, tutored by Keith Bambrick which has taken off like a rocket, so much so that Keith had to find a larger venue to teach from. U3A gained new members so they could attend Keith's classes. The other new activity is the Ukulele Group, which has seen a boost in business for Green Brothers as our members buy new ukuleles.

To get a better understanding what our tutors and members are doing at all activities, Judy Sutton, our Activities Coordinator and myself have committed to visiting at least one activity a month. To date we have visited a number of activities and I must say I am impressed with what I have seen so far. I have commenced asking some of the tutors to talk at the General Meetings in order to promote their activity so that it might inspire more of our members to sign up to that activity.

If you have a particular skill and could tutor a class, please make it known to our Activities Coordinator so we can get another activity started. We have also had some interesting guest speakers

this year and I know that Judy and Christine have plans for an even better and more interesting year ahead by linking guest speakers to social events.

Computers have become a big part of our lives and are used for both business and pleasure. U3A Rockhampton has acquired four top quality laptop computers pre-installed with Windows 10 and Office 2010 including tutorials and games. These will be on loan to members for a period of twelve weeks, enabling them a start at getting familiar with the computer from home. It can also be used for their computer classes at the Rockhampton Regional Library. This is a wonderful initiative and I encourage our members who currently don't own a computer to take up this offer.

Our association with Central Queensland University is paying dividends. After our recent visit to the CQUni City Campus (TAFE), four of our members in Group A requested the possibility of doing a hobby welding course, which was organised and facilitated by CQUni on the 24 October. Nine ladies in group B requested to do a silversmith workshop which was also facilitated by CQUni. The feedback I received was that both courses were a success. Having made a start in this area of learning, we should be thinking about other learning opportunities that we could request.

Our current patron, Professor Scott Bowman is retiring and leaving CQUni at the end of this year. We wish him and his wife good luck on their travels and thank him for his valued assistance during his time as U3A Rockhampton & District's Patron.

We will be writing to the new Vice Chancellor, Professor Nick Klomp, with a request for him to continue as the patron of U3A Rockhampton so our association with CQUni continues to remain strong.

With those few words, I would like to wish all of our U3A Rockhampton members a Safe and Happy Christmas, and to see you all back in the New Year for another fulfilling year.



Russell and Judy visiting the Drama Group as part of their 'rounds'.



Professor Scott Bowman
U3A Rockhampton Patron

You may have already heard, I have decided to embark on a new phase of my life which will see me depart CQUni at the end of this year, to fulfil my dream of travelling the globe with my wife Anita. After 10 years at CQUni, I am proud to see how many lives have been transformed during this time through the power of education and how we have expanded the University to reach communities that deserved a tertiary education presence. It has been a remarkable journey.

Over 30 years ago, Anita and I met on the back of a truck travelling through Morocco and the northern areas of the Sahara Desert. We vowed that one day we would get back to travelling the world and that is what we have decided to do at the end of the year. On a recent holiday to Africa and outback Australia, we found that passion for travel again. We are planning to spend the next 10 years travelling around the globe in our new four-wheel-drive motorhome, seeing amazing places and lending a helping hand to communities along the way.

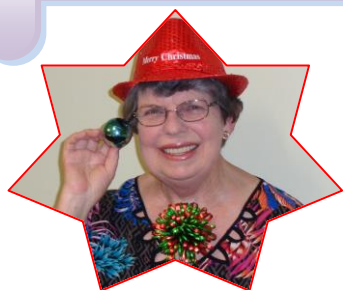
It is going to be difficult to say goodbye to the University after being so connected to its values and the remarkable people that make it what it is. It is however, the time to move on with the next stage of our lives (while we are still young enough to embark on such a massive adventure) and entrust the leadership to a new visionary. Next year, Professor Nick Klomp will take over the helm of Vice-Chancellor and President. Professor Klomp is currently the Deputy Vice-Chancellor Academic at the University of Canberra and has had a very distinguished career in academia and research. I am confident that Professor Klomp will be a fantastic addition to CQUniversity and the wider Central Queensland community.

I truly believe he will embrace the Uni's values and culture and will enthusiastically build on the great work that been done here over the years. I am sure CQUni will be in great hands.

If you would like to find out more about my plans for the years ahead then please sign-up to receive our FREE Be Magazine. To subscribe please email Pricilla Crighton at p.crighton@cqu.edu.au or phone 07 4923 2725. Be Magazine is delivered twice a year and it is always a great read!

U3A Rockhampton & District Inc

30 Years



*As researched
by
Ann Findlater*

On April 27th 1988, a public meeting was called, the venue being the reception room at the City Hall. Twenty-four people attended. The chairman was Mr Ian Whitehead and the principal speakers were Mrs Nell Stanaway (Liaison Officer, Queensland Council of the Aged) and Mr Arthur Williams (Executive Officer, Queensland Council for the Aged). Nine people were registered immediately, receipts were issued and an account opened at the Westpac Bank, Quay Street, Rockhampton.

U3A's first financial members

<u>27 April 1988</u>	Daphne Maltby
Willie Brown	June Dingle
Nina Vilciauskas	Louise Barnes
Allan Beutel	Ernie Schmidt
Ursula Barry	<u>13 July 1988</u>
Helen Jones	Shirley Miles
Glen Cousins	<u>14 July 1988</u>
Barbara Birchall	Meg Goodsell
Joyce Turner	<u>18 July 1988</u>
<u>14 May 1988</u>	Jan Turner
Grace Herdman	Eric Walston
<u>12 July 1988</u>	16 August 1988
Joyce Haig	Bonnie Armstrong
Joyce Hudson	Ada Hermann
Dick Hudson	Grace Nicolau
Blyth Beak	Dick, Mary Oxborrow
Iris Sinclair	<u>15 October 1988</u>
Irene Seer	Jocelyn Smith
	Sharon Tasker

Members enrolled at the Inaugural meeting at City Hall on 16 November 1988
Cyril Coker; Joan Hoare; Ron Cockburn;
Mona DeSailly; Violet Hoare.

U3A Presidents

1988 ~ 89	Meg Goodsell
1989 ~ 90	Glen Cousins
1990 ~ 94	Dick Hudson
1994 ~ 95	Graham Moss
1995 ~ 98	June Edwards
1998 ~ 04	Nancy Crapp
2004 ~ 07	Norma West
2007 ~ 11	Chris Tollner
2011 ~ 12	John Elson
2012 ~ 15	Ann Findlater
2015 ~ 18	Philip Morissette
2018 ~ ...	Russell Daniels

30 YEARS OF U3A

©By Rita Diplock

We've 30 years of U3A and we can celebrate.
We haven't bought a rocking chair so we can
rusticate.

With many members in our group, our interests are
diverse.

The yearly fee for membership we find won't strain
the purse.

Each month we have a speaker and are gratified to
find

The topics which they bring improve our knowledge
and our mind.

While some folk dance and some folk sing, some
look for exercise.

And others are more scholarly and study to be wise.
Our hard-working committee make sure business all
gets done

And at the open meeting everything is smoothly run.

We might not be spring chickens, but not all our
spring has sprung.

Though ageing on the outside, on the inside we stay
young.





In the last Quarterly Flyer we talked about preventing online malware and viruses. Your computer is an important device in your household. It provides you with emails and entertainment and it is very frustrating when something goes wrong. Not everyone knows what to do but the main thing is NOT TO PANIC.

If your computer is running very slow it may have gathered some malware. So now is the time to download **Malwarebytes**:
<https://www.malwarebytes.com> Click on **Home** and then **Free** and you will get a premium copy for 14 days. After that time when it wants to sell you a copy, just click *no thank you* and continue to download the update. Malwarebytes takes a long time to run and it will find many items you don't need which at the end, you can save to a Quarantine section; then reboot.

This August 2018, I bought a new iPad, a 6th Generation with 128Gb of memory and Wifi only. Because I back up to **iCloud**, I was able to retain all the Apps I had bought over the last 6 years. I have recommissioned my old one in Olivia's name and she was able to retain all her games, too.

If you are using a PC type computer on Windows** there is a very secure Cloud on MEGA at <https://mega.nz> where you can get 50Gb of free storage but don't forget your password, because there is no way of retrieving it.

Google also offers Cloud storage called *Google One* <https://one.google.com> where you can buy 100Gb of space for \$2:49/month. You can share the space with up to 5 family members.

BE CONNECTED was very successful and our Library Technology Centre looks forward to many new students in the new year. The Community Training Registration form is on this site:

<https://www.rockhamptonregion.qld.gov.au/files/assets/public/legal-amp-governance/forms/com19-community-training-registration-form-v2.pdf>

The South Rockhampton City Library Technology Center has numerous courses that are Free to attend. To learn from the very basic *How to Turn On* and continue learning from there.

Our U3A Rockhampton is 30 Years old. How technology has changed over that time!

Merry Christmas to all and a Happy SAFE New Year
 Nick Quigley OAM



Following our visit to the CQU Canning Street Campus in August, I arranged a silversmith workshop with tutor Lisa Gaze. Six U3A members and 3 extras each made our own personalised silver pendant with very pleasing results.



Other new activities this year which have proved very popular are Contemporary Ballet, Ukulele and Cards and Scrabble.



If you have any ideas for new activities in 2019, please let me know.



with Leonie Keene



We are still attracting our regular core of enthusiastic dancers every Monday night from 7.00 - 9.00pm, at the Rockhampton Pipe Band hall Gladstone Road. The music is so infectious it is hard not to dance & clap along to the traditional tunes.

We had a return visit from some of the members of the Baptist Youth Group so obviously they enjoy coming along when their activities permit.



We were pleased to welcome Shirley back after her recent overseas trip. "Pictured"

Our Christmas dance is to be held on Monday 17th December. Members are asked to bring a small plate of Xmas goodies to share. The committee has already made plans for decorating the hall for the occasion. We will have small prizes for some of the dances, Lucky Spot etc. Our caller Hilary always puts some special dances on, making our Xmas dance a little more special. All are very welcome to come along. We are a very friendly group. I look forward to see more U3A members come along.

We would like to wish everyone a very Merry Christmas & a very happy & healthy New Year. Thanks too to the committee for a very enjoyable "Tutors & Volunteers" morning tea which was held recently.

Enquiries please phone Leonie Keene on 49225887



with Christine Dobeles



We have had a very busy year with 466 members having been on 13 different outings.

We have enjoyed many meals together all without the worry of cooking or cleaning up after.

Along the way we learnt about better recycling practices, we have explored the Capricorn underground caves; at the Saleyards Distillery we learnt how rum and gin are distilled and bottled. We have visited small community museums in Ridgeland and Marlborough for a trip down memory lane. We have toured CQUniversity campus, we have enjoyed being waited on by the future generation of hospitality workers at Willby's Training Restaurant. We have enjoyed a guided tour

and morning tea surrounded by works of art at the Rockhampton Art Gallery.

We have been entertained at a very high standard by our fellow members during our Mystery Tour. We visited the Men's Shed and learn of the valuable support they are giving to men in our community.

I wish to thank all the members who have attended the outings also the businesses who have been most generous with their time in showing our members around their facilities.

I hope you have a very Merry Christmas and we will see you in 2019 for another year of information, learning and enjoying our surrounds and each other's company.

Thank you



Rotary BBQ in the Botanical Gardens



Chinese Josh House



This lovely pic was taken by Rhonda Daniels at the book week judging in the library.





DRAMA GROUP

with Keith Bambrick

Well, things go on as usual. I turn up with a script for ten people, and four people show up. . . (Seeing a specialist in Brisbane, checking out Darwin's night life, seeing that daughter in Canberra, off cruising the Coral Sea, Jury Duty. . .) So, we experience several parts each ----true character building!

I bring a script for four people—eleven show up. They take turns . . . Great way to learn to be patient.

By the way, if you have playscripts we could use, I'd be happy to borrow them.

May your life be a Comedy. Enough drama is enough. Warmest, Keith

Contemporary Ballet

My word, I am constantly amazed at the high level of this group, and their ability to respond to direction when an adjustment is required.

And the enthusiasm! Forget coal-fired/renewable this group could light up the world.

We plan to do two sessions a month next year. Happily, Desley Cowan of Oak Tree, Norman Gardens is in favour.

Bring your rhythm and join us. Oh yes, and it's free, both ways. No money and a liberation of the Spirit. Come fly with us. Keith



SOCIAL INTERACTION

with Rod Elder

I was very impressed with the recent meeting where the Red Cross presenters emphasized the importance of community and social contacts for all of us. Humans are regarded as the most social animals and like to get together and chew the cud and help each other.

I thought I might go over my recent experience in the importance of social interaction and put in a plug for U3A where there are lots of opportunities to socialize in one of the many groups.

This is a true story (by me) - I can take no responsibility for the accuracy of the claims as they were made by third parties. Also, at my age counting has become a chore.

It is amazing what you can find out at the Doctors by just reading the magazines - such as *mind food*.

Did you know that by joining a social group you can add 5 years to your life – not bad

But there is more

By getting a dog you can also add 5 years to your life – even better

So

We have joined 20 social groups and now have 20 dogs.

When you are on a roll

So, I asked my physio what he could do for me and he said by doing all my exercises and walking 30 minutes per day I will have a 11.5% better quality of life – what could be better

On Friday I went to the dentist and asked what he had to offer.

He said the good news is that if you live that long and have that quality of life *you will have no teeth!!!*

I was devastated but then I remembered, you can get false teeth.

TAI CHI Fridays – 7.30 am

Members have decided to stay in their present venue in the area opposite the High Street entrance to Stocklands. This venue has parking, shade and a pleasant outlook.

New members are always welcome. With the excellent knowledge of Lynn Zelmer as our tutor.

Contact Shirley 49364792

U3A Rockhampton – PO Box 8160 – Allentown – Rockhampton Q – 4700
Web: www.u3arockhampton.org.au Email: u3arockhampton@hotmail.com



GUEST SPEAKERS

with Judy Nutley

September:

Australian Red Cross



Fiona Hawes spoke on the history of the Red Cross and the services that Red Cross provide for the community. It was pleasing to see that a couple of our members had already tapped into these

Aaron Holt presented The Redi Plan. I wonder how many people have filled out their books and are disaster ready for the cyclone season.

October:

Coordinators of U3A Activities



A big Thank You to all the Group Coordinators who helped, at the last minute when Councillor Drew Wickerson had to cancel due to a family commitment.

It proved to be a very interesting morning hearing how the groups evolved and how they are presented.

We can now put a face to the name on the activity sheet.

November:

Councillor Drew Wickerson.

When Dorothy from the Chinese Community was unable to attend the meeting in the morning, Drew was very quick to accept our invitation as Guest Speaker and he didn't disappoint.

The 3D trip through the new proposed Art Gallery in Quay Street was incredible. The video of

the flight over Rockhampton during the floods gave some understanding of the volume of water that surrounds Rockhampton during floods.

Drew also showed a PowerPoint on the proposed flood levy and talked about the different types of constructions and pump stations. Ending with a collection of his amazing iced cakes.



Drew Wickerson (r)
with U3A President,
Russell Daniels

MUSIC APPRECIATION



with Nancy Crapp

We have had a great year listening to some wonderful music.

In March we had French composers such as Cesar Franck, Maurice Ravel, and Paul Dukas. Eric Satie Marie-Joseph Canteloube and Camile Saint-Saens completed the afternoon

Russian composers was the choice for April. We were lost for choice with the abundance of composers to choose from. In May the composers from Great Britain provided an afternoon of enjoyment.

Edward Elgar, Gerald Finzi and Ralph Vaughan Williams were some to the favourites.

In June I challenged my group to name the pianists I had chosen to listen to for the afternoon. We didn't do that well. The Winter Landscapes music was enjoyed in July.

We spent the afternoon in the opera in August. In September we listened to duets both vocal and instrumental. In October, we explained the musicals.

Aqua Aerobics

with Annette Maclean

U3A water fitness sessions at Caribee Swimming Academy Cnr Menzies St & Richardson Rd, North Rockhampton will close after the

Saturday 22 December session and will recommence on Tuesday 8 January 2019 at 11.00am.

The sessions are 1 hour in a heated pool with steps into the pool for easy access. The general public are very welcome to attend.

If you are a U3A MEMBER, the sessions cost \$6.00 but if you are the general public cost is \$9.50 per session. Other sessions are on Thursdays at 9.30 am and also on Saturday mornings at 7.00am.

Come and join in the fun and fitness. If you have any queries please contact Annette on 04992 65992 or Caribee Swimming Academy on 4926 1650.

We wish all members a Happy, Healthy and Safe Christmas and New Year and see you in 2019.



with Virginia Latty-Weir



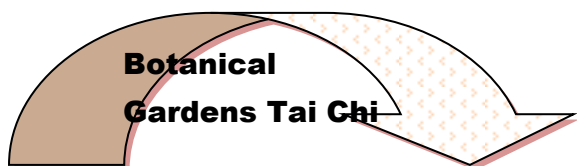
'In Voice' has had another great year, although our group is now very small in numbers.

We have performed over the past twelve months at Care Centres, the Rockhampton Music Groups' Christmas celebration concert. By now, in 2018, at the End of Year concert of Peacocke Productions at the invitation of our group's tutor, Alex Peacocke.

Our emphasis, however, is on our private U3A sessions where we have plenty of fun amidst our learning.

The meetings begin with breathing and voice exercises. We then move on to our repertoire which includes clever and amusing pieces as well as the more thoughtful. The mornings end with a 'cuppa' and a gossip!

We wish everyone a truly Happy Christmas Season.



with Virginia Latty-Weir

2018 has seen a wonderful group of ladies assemble each Tuesday at 7.30am at Murray Lagoon to take part in the Shibashi exercise routine and then to learn some of the 'form' (Tai Chi). During the brisk 'winter' mornings we don't begin until 8am.

The routines practised aid in improving balance, relaxation and concentration. A few minutes on arrival is always allowed for a chat among ourselves.

This activity is ideal for those who may be absent for family or other commitments from time to time.

A Happy and peaceful Christmas to you all.

WRITING FOR PLEASURE GROUP



with Rodger Williamson

Many thanks to Judy Whitworth who has been guiding the group for many years. She has been dedicated to writing and always willing to help wherever she could. The group wishes Judy all the best. We are truly indebted to her.

One thing we did decide was due to most members finding it difficult to attend the third Wednesday, that at least in the short term, the group would meet only once a month on the first Wednesday.

The Writing for Pleasure group welcomes new members. We meet each month at the School of Arts Building in Bolsover Street. Some members write short stories and/or poems and others write their family history or life experiences.

There is no pressure and guidance or assistance is available if needed.

Contact Rodger Williamson on 49274541 (please leave a message if not answering). Merry Christmas and all the best for the coming 2019.

ARMCHAIR TRAVEL



with Jackie Geraghty

August – Christmas in South West France - **Wayne Litherland**

Wayne & his wife visited his son who was running a circus troupe in Bayonne a city in Basque Country region in SW France. They travelled via Paris and onto Bayonne, Mont-de-Marsan, San Sebastian, Mont de mason and Bordeaux. Highlights were Louvre, Arc de Triumph, Luxembourg

gardens, and Christmas markets along Champs de Elyse. Bayonne is known for cheese, chocolates and Jamb on (processed meats) they also visited Biarritz on coast, San Sebastian & wine museum in Bordeaux housed in underground caves. We were also entertained by a video of a show in his son's circus at the end of his presentation.

September –Baltic states May 2017

Colleen Young

Colleen & Graham left from Venice on a voyage on Azamara Quest to Croatia, Montenegro and Slovenia. They flew to Warsaw, Poland via Amsterdam and then joined the Insight Tour of Poland, Lithuania Latvia and Estonia. In Warsaw they enjoyed a concert in Lazienki Park, toured past the Presidential Palace and Monuments to the Warsaw Uprising, Jewish Ghetto Memorial. In Vilnius they stayed opposite R.C. Church of St. Casimir built in 1618. They also visited Baroque Church of St Peter & St Paul & Villinius Cathedral with its separate bell tower and Trakai Castle built in 13th century. Graham visited former KGB headquarters. They stopped at the Lithuanian Pilgrimage Centre with its 100,000 Hill of Crosses. In Riga they visited House of the Blackheads and went to town square where the world's first Christmas tree was situated 500 years ago. Left Estonia via Gulf of Riga to Tallinn this port being the busiest in Northern Europe. Tallinn's Old Town is a listed UNESCO World Heritage Site.

October – **Brian Finlayson** - Around half of Australia in 6 months visiting sites of historical significance.



Brian Finlayson and Jackie Geraghty

Brian & his wife travelled in a Landcruiser towing a Bushranger Joey van. At Broken Hill there is a monument to the musicians on the Titanic, first mosque built in NSW in 1887 for Afghan cameleers. The first terrorist attack in Australia known as Battle of Broken Hill occurred in 1915. Brian hiked to St Mary Peak the highest peak in the Flinders Ranges. On the Oodnadatta Track the artwork of Mutonia Sculpture Park and the mound springs rising on the plains. They crossed Cahills crossing in Kakadu with

abundance of crocodiles and high-water flow, the Bungle Bungles, Broome and Lake Argyle & the Overland Telegraph Memorial Darwin. At Wallal on a remote beach in W.A.in 1922 astronomers were able to prove Einstein's "Theory of General Relativity". Despite this there is no memorial dedicated to this event.

I wish to take this opportunity to thank all the people who kindly shared their trips with us. Thank you to Arch and Jeanette Finlayson our projectionists and the members who have attended the sessions. I wish everyone a very Merry Xmas and look forward to your company in 2019. Jackie Geraghty Convenor

Volunteers & Tutors Morning Tea

On October 29th, a morning tea was provided for the tutors and volunteers. Without their effort and commitment, this would not be the organisation as it is today.

In some small way it was to say thank you. Each was presented with a certificate of appreciation over a cuppa and morning tea at The Frenchville Sports Club.

The groups below, are the tutors (top) and volunteers (bottom pic).





Almost all of the committee was present.

Our Weird Language

By Alan Watts

Eye haven't scene ewe four sum thyme.
Ware have ewe bean, my friend?
Have ewe bean sum ware that eye no?
I've looked butt to know end.

Eye didn't no quite ware to start.
Eye tried to tell a phone.
It seams I mist yore number
Ore ewe were never home.

Eye tried to rite a letter
And cent it threw the male.
It came back with "a dress required"
So that won was a fail.

Eye searched four ewe on facebook
Butt yore name just wasn't they're.
Eye looked up the electoral role.
Was not their any ware.

I'm glad I've scene ewe hear today.
It's good that we could meat.
Know longer do I knead two look
Yore write hear inn my street.

Alan organises the Poetry for
Leisure group 2nd & 4th Tuesdays at
The School of Arts building in
Bolsover Street.

You would have noticed some star-studded photos of Christmas spirited committee members splattered throughout the journal and I am pleased to add more happy snaps, below.

Bev Connor and Lenore Cook take care of
U3A Rockhampton's secretarial duties.



Maurice Dittmann is our skilled Treasurer
and Phil Morisette is our Past President &
Volunteers Coordinator.



Editor: With the 30-year celebrations, this issue of the journal is so packed that the activities sheet will be slipped in separately for printed copies. However, there are more pics in the journal posted on line - all in lovely colour. Check after the activities pages.

I would like to extend the biggest thank you to our contributors of articles and photos throughout the year.

With such a busy year, it's easy to forget that committee elections will be held in March 2019. That's when the next journal is due out. Nominations need to be in writing before that meeting. If you are interested in taking on a position, there is help available from past members. Position descriptions have been updated and will be on hand if needed.

In the meantime, please have a happy and safe Christmas and New Year.

Journal Editor:
Elaine Ross



U3A Activities 2018 [Revised 10th November, 2018]

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 (excluding January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton (Lunch to follow)	Phil	4928 7769
Bush dancing SA*	Weekly 7.00pm - 9pm	Rockhampton Pipe Band Hall Gladstone Road, Rockhampton ~ \$5	Leonie	4922 5887
Contemporary Ballet	1 st Monday 2pm	Oaktree Village, 40 Foulkes St Norman Gardens	Keith	4928 3849
History Group	3 rd week 2pm.	Oaktree Village, ., Park Avenue	Ann	4922 1581
Pencil Drawing CHANGE OF DAY	3 rd week 9.30-11.am starting 15 October	7 Gardenvale Court, Hillside Estate (off Norman Road) Nth Rockhampton	Keith	4928 9505
Tuesday				
Senior-Fit Class Resistance Training SA* Swimming	8.30am - 9.30am 7.30am - 8.30am Initially, then Any open hours	CQU Community Sports Centre, Yaamba Road, North Rockhampton Cost for single visit \$8 OR 10 sessions for \$60	Sports Centre or Rhonda Barb	4923 2159 4819 1739 4928 7560
Aqua Aerobics SA*	Weekly 11am - 12noon	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
Investment Group Discussion SA*	3 rd week 10am	Glass room, Frenchville Sports Club North Rockhampton	Arch	4928 6653
Mah Jong I	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Lyn	4928 8136 0455288833
Third Age Chorus Singing Group	Weekly 9.30am	Youth Orchestra Room, Floor 1 Walter Reid Building, Derby St.	Phil	4928 7769
Tai Chi * Southside	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Virginia	4921 1602
Poetry for Leisure	2 nd & 4 th weeks 9.15am – 11.15am	School of Arts Bolsover St., Rockhampton	Alan	4928 5319 0411469563
Monthly Lunch	3 rd week 12 noon	Venue to be decided previous month	Judy	49281756
Cards & Scrabble NEW from 6th March	1 st & 4 th weeks 9am – 11.15am	Oaktree Village Glenmore Road	Alan	4928 5319 0411469563
Wednesday				
Book Lover's Group	4 th week 10am	Settlers Village Community Centre Pauline Martin Drive -off North Street	Sally	4926 1574
Embroidery	1 st & 3 rd weeks 1pm - 4.30pm	CQU room 41/G41. Turn right off Carlton St., into Blair Drive	Pat	4927 4493
Speech Group ("In Voice")	1 st & 3 rd Weeks 9.30am -10.30am	New Venue 2018 304 Kent Street, Depot Hill	Virginia Valda	4928 2119 4928 2119
Writing for Pleasure	1 st week 9.15am -11.15am	School of Arts, Bolsover Street, Rockhampton.	Rodger	49274541
Drama Group	1 st & 3 rd weeks 1pm – 3pm	Oaktree Village Glenmore Road 50c tea/coffee \$2 photocopying	Keith	4928 3849
Music Appreciation	4 th Wednesday. 1.30pm –3.30pm	17 Thora St., Gracemere	Nancy	4933 2722

U3A Activities 2018
[Revised 10th November 2018]

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
Thursday				
Senior-Fit Class Resistance Training SA * Swimming	8.30am – 9.30am 7.30am - 8.30am Initially, then Any open hours	CQU Community Sports Centre, Yaamba Road, North Rockhampton Cost for single visit ~ \$8 or 10 sessions for \$60	Sports Centre or Rhonda Barb	4923 2159 48191739 49287560
Aqua Aerobics	Weekly 9.30am - 10.30am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
Discussion ~ Current Affairs SA	3 rd week 3pm - 5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Photography Group	Every 2 nd Week 3pm [from 23/2/2018]	Technology Centre 1 st floor ~ Library, Bolsover Street, Rockhampton.	Phil	4928 7769
Scrapbooking	Last Thursdays 9.30am – 12.30pm	Oaktree Retirement Village Glenmore Road; 50c for tea/coffee	Ann	4922 1581
Friday				
Armchair Travel	3 rd week 9.30am -11.30am	Athelstane House, Ward Street, (Rockhampton Bowls Club) Please bring a plate for morning tea	Jackie	4922 7976
Garden Lover's Club	4 th week 9.30am	Venue advised at General meeting Please bring hat, chair & a plate for morning tea	Joan	49333190
Line Dancing SA	Weekly 2pm – 4pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton Cost ~ \$7	Sue	4922 3421
Mahjong II	Weekly 1pm – 4pm	Settlers Village, Pauline Martin Drive, Rockhampton	Judy	4928 1756
Tai Chi Northside	Weekly 7.30am - 8.30am.	Kershaw Gardens (Knight Street) Cost ~ \$2.	Shirley Beth	4936 4792 4926 4374
Saturday				
Aqua Aerobics SA *	Weekly 7am - 8am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
Personal Arrangements				
FREE Computer Classes	Various days Weekly ~ 2 hours	Technology Centre – 1 st Floor RRC Library Bolsover Street, Rockhampton. (How to drive a computer; Windows 10; Files & folders; Internet made easy; Word 2010, PowerPoint 2010; Personal & computer security; Email made easy; digital photography)	Chris or Donna	4936 8212 or 4936 82188



Rotary BBQ in the Gardens



Art Gallery visit



Chinese
Josh House



Men's Shed



CQUniversity - TAFE



Learning at Leisure – Learning for Pleasure



Some of our memorabilia proved to be of interest to many present at the celebration.



MEMBERSHIP RENEWAL 2019

Please complete this form, insert in an envelope and hand to the Treasurer at the next meeting or post to The Secretary, U3A, P.O. Box 8160, ALLENSTOWN, Qld 4700

Name: _____

Residential address: _____

Mailing address: _____

Phone: _____ Mobile: _____ Email: _____

Previous occupation: _____

Hobbies/interests: _____

Membership fees are \$15 per person.

Prompt payment by 31st December 2018 would be appreciated.



payment enclosed



payment made to: Commonwealth Bank, Account name – U3A
BSB - 064 710 Account Number - 0092 5452
Web: www.u3arockhampton.org.au

Email: u3arockhampton@hotmail.com