U3A THE QUARTERLY FLYER Rockhampton & District Inc

DECEMBER 2020 Volume 4/2020

Welcome Spring and Summer - sadly no goodbyes to Covid but heralding in Christmas with new life are these delightful birds.



Willy Wagtail chicks in Peter & Margie Wilsons garage. Photo taken by Peter.



These babies grow quickly.



A small selection of the many recipients of an Appreciation Certificate handed to our valuable volunteers at the annual morning tea event held at the Frenchville Club on 26th October 2020

U3A Rockhampton – PO Box 8160 – Allenstown – Rockhampton Q – 4700 Web: <u>www.u3arockhampton.org.au</u> Email: <u>u3arockhampton@hotmail.com</u>

2020 COMMITTEE

President:	Russell Daniels Ph 4819 1739
Secretary:	Bev Connor Ph 0488 557 721
Treasurer:	Lenore Cook Ph 4926 7499
Activities:	Phil Morisette Ph 4928 7769
Social Organiser:	Christine Dobele Ph 49 261845
Guest Speakers:	Judy Nutley Ph 0408 286 178
Publicity:	Peter Riddle 0428 105 888
Web Coordinator:	Nick Quigley OAM
	Ph 0428 851 874
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Journal Editor:	Leslie Smith Ph 0419 179 133
Quarterly Flyer email:	zebu3.u3a@gmail.com
Volunteers Coordinator	: Vicki Cope Ph 0412 336 450

Annual fee:	\$15.00
New members (July 1 – October 31)	\$7.50
Joining fee	\$10.00
(includes name badge)	

Check out the Quarterly Flyer in colour:

http://www.u3arockhampton.org.au/images/dec20.pdf



Russell L Daniels

and Function Room layout plan in conjunction with should Risk Assessment and Covid Safe Plan to ensure we paid have a safe return to general meetings.

The first of these meetings will be on the 7th enewal2021.pdf December 2020, and as long as the Covid situation in Queensland does not change and the December members from the management committee and 4 general meeting occurs without incident, your members from our membership have been busy for the committee will commence planning for the Activities last couple of months finalising the Risk Assessment Expo on 1st February 2021 and the AGM on the 1st and Incident Investigation Forms. They have one task March 2021. Our members should be aware that the left to complete and that is the training module for the resumption of general meetings will not be "business committee" and the activity coordinators. as usual". We have made adjustments to comply with expected to be finalised prior to March 2021. the strict Covid requirements such as social distancing, room layout, morning teas, and duration of committee, I wish all of our U3A Rockhampton meeting.

We have been working with many of our everyone in the New Year. activity coordinators to restart their activities. So far

13 activities have resumed after assistance with risk assessments and Covid Safe Plans and where necessary, providing sanitisers and cleaning products.

If any activity coordinator believes it might be possible to restart an activity, contact the Activities Manager Phil Morisette who can make arrangements for assistance to look at your activity and see if we can provide someone to assist with a Risk Assessment and Covid Safe Plan that will allow the activity to resume.

We are rapidly approaching the March 2021 AGM. Now is the time for our members to consider taking a position on the management committee because many of the current committee members, including myself, will be stepping down from our current positions in March 2021 after completing a three year term. This is an opportunity for members to nominate for a position, including President, on the committee and take U3A Rockhampton to the next level, making the organisation an interesting, enjoyable and safe place for our members.

Nomination forms can be downloaded from the U3A Rockhampton and District Inc web site http://www.u3arockhampton.org.au/images/Nominfor moct19.pdf and will also be available at the December 2020 general meeting and February 2021 Activities Expo meeting. Completed forms are to be given to the Secretary by 15th February in readiness for the AGM.

A reminder that December is the time to renew your 2021 membership. Please put your fees and On the 19th November 2020 we received renewal form in an envelope with your name printed confirmation from the Frenchville Sports Club that we on it and hand to the Treasurer, or alternatively your are able to conduct general meetings in the FSC renewal can be paid by EFT but if you forget to put Function Room for a maximum of 180 people. We your name in the description field, the Treasurer will have reviewed the Frenchville Sports Club Covid Plan not know who deposited the money. The renewal form emailed be to the Treasurer U3A Network Covid Safe Plan and have prepared a lenorecook1@bigpond.com advising that you have EFT by and details updated. http://www.u3arockhampton.org.au/images/MemberR

A Safety Sub-Committee consisting of 3 This is

On behalf of myself and my management members a safe and happy Xmas and will see



Ms Kim Harrington, Associate Vice-Chancellor

September and October certainly kicked off with a bang, with a multitude of events and announcements. You may have noticed in the media recently that CQUniversity is looking to consolidate its two Rockhampton campuses.

CQUniversity is seeking \$49.8 million to build the Central Queensland Tafe Centre of Excellence at the Rockhampton North campus. Prior to the Queensland State Election, both major electoral parties committed their support to the project which will see increased employment during construction and long term.

This new facility will cater to the growing needs of the region by providing education and training to an additional 2500 apprentices and VET students a year by 2030. Not only will this new centre provide additional training, but it will also be equipped with new and specialised equipment relevant to modern training standards.

In other important news, two years in the making, CQUniversity has announced it will officially partner with the University of Queensland (UQ), Central Queensland Hospital and Health Service (CQHHS) and Wide Bay Hospital and Health Service (WBHHS) to train up to 40 doctors in regional Queensland each year. Students will complete a three-year Bachelor of Medical Science (Pathway to Medicine) course with CQUniversity, before transitioning into UQ's four-year MD program - both offered and delivered in the local area. The first intake will occur in Rockhampton and Bundaberg in Term 1 2022, with students progressing to the UQ program in 2025.

This exciting partnership allows students to study and train locally without needing to move to a big city.

In 2019, CQUniversity was approached by Great Keppel Island (GKI) Hideaway for assistance with enhancing environmentally sustainable

practices. CQUniversity saw this as a mutually beneficial opportunity and seized it with both hands by exploring the possibility and identifying distinctive educational and research opportunities for students and staff.

In March 2020, CQUniversity's Office of Education Strategy and Innovation and I looked to confirm this joint partnership in writing by signing a Memorandum of Understanding (MOU) with Great Keppel Island Hideaway. Unfortunately, due to the restrictions associated with COVID-19 the plans were put on hold. Six months later, on Wednesday, 7 October 2020, CQUniversity and GKI Hideaway finally put pen to paper signing the official MOU

This event saw staff and students participate in fieldwork activities including tree planting, animal trappings and tree carbon monitoring. This unique partnership was designed to support CQUniversity's Strategic Plan and underlines the commitment to community and industry engagement.

In other news, I had the pleasure of attending the dedication ceremony of the Rockhampton Men's Shed structure at the Rockhampton North campus. The Rockhampton Men's Shed is a fantastic community organisation who work tirelessly to improve the lives of local men and women. CQUniversity is a proud supporter of this organisation who have been based on the Rockhampton North campus since 2014. The newly constructed shed is part one of a three-part construction funded by The Iwasaki Foundation, Hopkin's Brothers and Caves Quarry. The structure was officially named The Iwasaki Foundation Shed. I look forward to seeing the progress of stage two and three.



ACTIVITIES with **Phil Morisette**



Hopefully, you will be reading this flyer by the time we have our "final" general meeting for you can put your \$15 membership fee and membership renewal 2020. Our Management Committee met asap after form in an envelope with your name on the front and hand to me some restrictions were lifted by State Government to at a meeting. organise this meeting which would allow a maximum of 182 members, still with COVID & Safety Management applications to apply.

This is still our major "activity" so we should be now able to continue into 2021, using this facility by 31 st December 2020. to keep our members in touch and informed as well as socially connected, if only at a 1.5mt distance.

With the end of 2020 in sight, our activities usually come to a close over the Christmas/New Year period but we can look forward to February's meeting when we intend to hold an Activities Expo. This will give all activities the opportunity to promote their group and seek new members. Anyone with ideas of new activities will be encouraged to display to members on the day also.

Involvement in U3A is primarily about learning and sharing your experience as a tutor. Our is conducted in March each year. Details for the format for activities represent the growth of our Association and this meeting will be decided when Covid restrictions for relies on word-of-mouth to increase our member next year are considered. numbers. If you are interested in introducing a new positions are declared vacant. activity, please talk with me or any of the committee members so we can help get your group up and running

Have a safe and Merry Christmas, enjoy the time with family and friends.





Some people have been asking how they can pay their membership fees for 2021...

Now that we are able to have general meetings again,

To save time and handling, please have the correct money. If you wish to pay your membership fee by EFT, make sure you include your name in the details and email the membership renewal form to me at lenorecook1@bigpond.com.

Membership fees for the 2021 year are due for payment



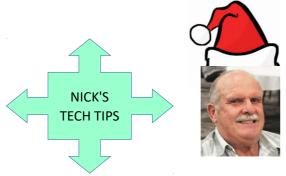
The year is rapidly coming to a close and I wish you all a Happy Christmas and a much improved 2021. We are working towards resuming a great year for U3A. I am sure Russell or Phil will outline the plans for the February Activities Expo which will go ahead, although it may be with a different look.

This note is to advise you all of the A G M which At the AGM all Committee Members wishing to nominate for any of these positions are required to submit a Nomination Form by February 15th as we are required to notify members via the web site at least 7 days before the AGM. Nominations must be signed by a nominator and a seconder (who are financial members of U3A Rockhampton) and signed as accepted by the person being nominated.

Forms are available on our web site, also will be available at the December General Meeting and the February Activities Expo. If required, forms can be posted but this will have to allow time to be received before the due date.

This is an important part of your membership which allows you to participate in the Management Committee and keep U3A Rockhampton growing. A great opportunity for new ideas and directions for our group.

If you need any more information or position descriptions for the various positions, please let me know.



Christmas is just around the corner and when you are not prepared or aware - Microsoft will do an Update on your computer and rearrange all the buttons you were used to. One very annoying addition to File Explorer is the addition of a button called Group By.

So you are in File Explorer looking for some photos you took last year, you open the folder where they should be and find it **Empty**.

Don't pull your hair out, on the top buttons look for VIEW left click on this word, then go to the right and look for GROUP BY left click on this and slide down the list to (NONE) again left click and all your photos will appear. This will happen every time you go to a folder you haven't used for a while. Frankly I see no good use for this new button, but that is Microsoft.

I hope that next year will bring some good news. But at the moment in some countries around us participated in the 4 week Digital Skills courses the COVID19 has grown out of control. On the 31st of through August, September, October and November July the total World cases was at 17 million, today 10th this year. Nov there are 50.8 million cases, it is not over yet. If you want to follow the world and any country to see for Mondays 10am till 11am in the Glass Room, what is happening https://coronavirus.jhu.edu/map.html

million cases, 27669 cases in Australia. So continue 0447 227 630 to register. to wash your hands, be careful while out in crowds, listen to advice from those who know better.

There is information on our Website http://www.u3arockhampton.org.au/ for Safety management, Code of Conduct, By Laws and Constitution as a member you should know where you stand in each of these areas. There is also a 2021 Membership Renewal form. Your committee has been working very hard this year under difficult circumstances and having to abide by the COVID19 meeting rules

At our March Meeting 90% of the present committee will retire and it will give you a chance to put your nomination forward to bring new ideas and

new leadership to our U3A group. If you think you have what it takes, nominate, don't hesitate.

Judy Blanchard is performing very well in the Technology area. She has encouraged so many of our people to start using their Smart Phones, iPads and Laptops. I know that some have attended more courses to better their skills. You are Never Too Old to Learn

I don't know what I'm doing this festive season, but if you are on our roads Take Great Care and I look Nick Quigley OAM forward to seeing you all in 2021

Merry Christmas.

Cheers Nick Quigley OAM Web Co-ordinator



U3A Digital Skill Courses with Judi Blanchard Contact 0447 227 630

A big thank you to the 30 individuals who

The FSC have confirmed a long term booking use enabling the continuance of the Digital Skills courses.

People are already booking in for the first Course The USA is leading the world with over 10 starting Monday 1st February 2021. Contact Judi on

Upcoming skill sessions during 2021 in no particular order are shown below:

- creating a myGov account & linking other services
- About My Health Record features & benefits
- Online ShoppingSafely!
- Social Media (including being safe on Facebook
- Creating a digital photobook





GARDEN LOVERS

It was lovely to finally have the group together again for our October meeting. We were able to a big shady tree at Cedric Archer Park in Gracemere.

The park is beautifully maintained by the City Council and we were able to enjoy the plants and gardens while we caught up on what each of us have Never Never. been doing during the year.

at our homes it has been difficult to have the guest speakers that I had organised before COVID-19 reared properties Carrying out work on their four stations. its ugly head. endeavour to arrange a meeting in the new year.

For November, we will have our usual Christmas breakup, in the meantime, I am searching for a shady outdoor venue to use. Once that is done, I will send an email with the details to our secretary, Bev, to forward on to everyone. Thanks to Bev for helping with this.

By the time, you receive this journal our November meeting will have been and gone so I will wish you all a very Happy Christmas and hope to see many of you at the Garden Lovers' February meeting.

Joan Cooper, Garden Lovers Coordinator



WRITING FOR PLEASURE. Christmas 1954 Argyle Station The Kimberley. BY RODGER WILLIAMSON

1954 is a year which I will always remember. My father and Mother and Myself were living in an old but well preserved house which was the homestead of Argyle Downs. until a few years ago, had been the home of the Durack family.

My Father had been carrying out work at the station – installing pumps and other equipment in an effort to modernise the pumping and water reticulation to a variety of locations on the property.

I had just turned twelve. A free spirit, as I successfully observe social distancing by sitting under roamed the homestead paddock in a world of excitement and adventure. I knew that Christmas was approaching and that this year Santa wouldn't be calling. There were just no shops we were truly in the

We had been in the Kimberley for almost a Because we are still not able to host functions year. Dad had a contract with The Peel River Land and Mineral Company and we moved between their

I will contact them again and My expectations of Christmas presents had been dampened a few months earlier when Dad had seen me running along the dirt airstrip at Auvergne. I had been towing a small truck made from pieces of my Meccano set. He pulled me up and suggested that at twelve years of age I was getting too old to play with toys.

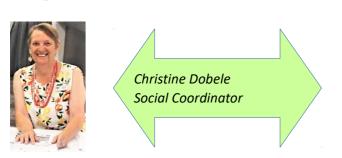
> So here I was. Christmas day had arrived and I was set to get dressed and continue my usual habit of wandering around, investigating the night paddock to view any horses brought in for the night.

> Getting out of bed I almost tipped a pillow case off the end. Puzzled as to what this was I sat back down to investigate.

> Even now, seventy years later, when I think of that morning my eyes fill with tears. There in the pillow case was a Kodak 127 camera complete with a roll of film sent to me from Auvergne by the manager's wife. Accompanying the camera, was a beautiful red photo album from my parents . As I delved further to the bottom of the linen sack, I unearthed a book. The book was Treasure Island by Robert Louis Stevenson and it was given to me by Mr. and Mrs. Hooper. The Hooper's lived in a cottage just outside the home paddock. Mr Hooper was the company accountant and took care of the paperwork and record keeping for the four Kimberley properties.

(Argyle Station - continued)

Thank- you Mr. and Mrs .Hooper. Your wonderful gift brought many hours of reading enjoyment to a little boy, and along with Enid Blyton and Captain W.E. Johns, your treasured gift helped to create a love of reading which has bolstered my limited education provided by the established schools.



the social outings we have been on in 2020. But thoughts on each subject. This format has been very unfortunately, with Covid-19 this is not the case this popular with participants. year.

I miss ticking you all off at the start of our our friendly and lively discussion. outing (you know how I just love doing this).

I miss my 5 minutes of fame at the General Meetings to let you know what outings are coming up in the next two months.

I miss when you all rush me with your money looking for the correct sign-on sheet to put your name down. Because we are all living in a different travel and excitement, 2020 turned out to be a year of world since March, I am unable to do that.

outings missed in 2020 have been moved to 2021.

A big THANK YOU for attending all the in the future. outings I arranged for you.

enjoyable one and I would like to invite you to please meeting - do you remember 'Europe Winter think about taking on the position in March 2021 Wonderland Markets' which Patricia presented. It's when we have our AGM. My time is up but as I that time of year again. have stated above, the outings we missed out on this If you have any year have been moved to 2021. questions about the job please do not hesitate to contact me.





U3A Current Affairs Group have now been actively meeting since July on the third Thursday of the month at the Glass Room, Frenchville Sports Club. We regularly get around 8 participants, we start at 2pm and finish at 4pm with a 10 minute break after the first hour to meet Covid regulations.

In the new format, participants register their topic of interest with the coordinator who circulates that topic to the rest of the group. Thereby we all I would dearly love to be reporting on have an opportunity pre meeting to consider our

We would welcome anyone interested to join



Well, this wasn't just another year with lots of staying home and not much happening. Any holidays I would like to let you know, at this stage, all booked were cancelled and people are still hoping to get their money back or at least credits for some time

With all U3A activities stopped over The Social Coordinator's job is a very lockdown, we did manage to have the February

> Some small groups are meeting again and I did look at restarting Armchair Travel mid year but I felt there were too many restrictions imposed by the U3A Network.

> So I need to start thinking about getting it up and running again next year. I had a full programme mapped out for 2020, and I hope that I can transfer it over to 2021. Please watch this space.



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Hello from Days For Girls Fred Fox Hall 3 Gladstone Road

2020 has certainly been a strange year.

and we did not meet again until August.

But from February until August some of us 2021. have been still washing, ironing, marking, cutting, overlocking and threading ribbons. Which has been helpful but not as enjoyable as when we are all together in the same room talking and socially distanced of course.

The past 4 months when we have been able to meet has been very productive.

We would like to thank all the ladies who give up their time to volunteer for DFG also to all the ladies who donate either money, face washers, fabric, soaps etc.

We hope you and your loved ones have a very joyful Christmas and a happy and healthy 2021.

DFG will recommence on Monday 15th February 2021 at Fred Fox Hall 3 Gladstone Road at 1.00pm until 3.00pm.

assisted this year and welcome any new ladies who This position will become vacant at the AGM in would like to join our very happy and productive March. group in 2021.

hesitate to contact me. Christine Dobele 4926 1845







Cards and Scrabble With Judy Sutton

Cards and Scrabble will resume next year at Oak Tree Retirement Village in Glenmore Road on the 1st and 4th Tuesdays of each month. I have spoken to the new Manager, Jackie and she advises that they have a Covid Safe Plan in place.

The venue is booked for another function on Tuesday 2nd February so our first day will be Tuesday 23rd February. I will ask the Activities We met in February then Covid -19 struck Co-ordinator to announce the starting date at the February General Meeting on Monday 1 February



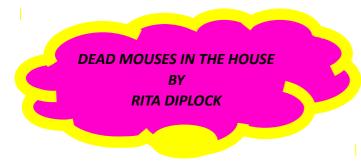
The end of 2020 is quickly approaching so We would like to welcome back ladies who this is my last report as Guest Speaker coordinator.

2021 will be a great year to settle into the For further information please do not position as the majority of the guest speakers that were booked for 2020 are prepared to attend the monthly meeting next year, so pick up a nomination form and join an exciting committee.

The last 4 years has been extremely rewarding, the committee members have been incredibly supportive, and I have formed so many new friendships

Wishing you all a very Merry Christmas and a happy & healthy new year. Cheers Judy

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Today when I woke up I saw a mouse and it was dead. Knowing I had work to do, I sadly shook my head.

I knew I must dispose of it, so reached into a drawer, But to my disgust I found in it one dead mouse more.

With two dead mouses on my hands, it set me to thinking.

Though they hadn't long been dead, they might soon start stinking.

Although we've had a mouse plague, I do not need to get a cat

For I found out why they died; their batteries were flat.



Our wonderful resident Poet, Rita, had made a CD of her famous Poetry. CD's will be available next week for \$20 including postage. Rita is now on Facebook <u>https://www.facebook.com/profile.php?</u> id=100057409658573

Provide the set of t



Unfortunately, although Women's Health is open, the Tuesday mahjong group has not been able to meet because of COVID 19 distancing restrictions. We are all hoping these will be relaxed in 2021 and we can enjoy playing together once again.



MONTHLY LUNCHEONS

Out It has been great to see some new faces attending the Monthly Lunches this year. I'm sure all those who attend these lunches have got to

know a lot of other members who they don't get a chance to talk to at the Monthly Meetings.

Our venues this year have been Coco Brew, Rocky Sports Club and Frenchville Sports Club.

The next Lunch will be in February 2021 and details will be on the U3A Facebook page next year.

Robyn Edwards has agreed to be in charge of this group next year (pictured). I

started this group next year (pictured). I started this group in 2018 so I'm sure Robyn may have some new ideas to make these outings even more interesting.







Merry Christmas and a Happy New Year to all members. Judy Sutton



FRIDAY MAHJONG Judy Sutton

Friday Mahjong will restart on Friday 5 February 2021 at Fitzroy by Teman at Pauline Martin Drive, Rockhampton (formerly Settlers Village). I'm sure all players will be looking forward to getting back to meeting up again.

Any new players welcome.



During the last postal vote a question was asked as to who would be willing to put their hands up to form a Safety Sub-committee. Subsequently, a subcommittee was formed consisting of three members of the executive committee and four members from the general U3A Rockhampton membership. This group reports its progress to the Management Committee.

We were tasked with scrutinizing all of the safety management, policy, forms, instructions and training with a view to improve and simplify the understanding of all things pertaining to safety within the Rockhampton Branch of U3A. We have been diligently working towards that aim and at this stage have successfully completed the management, policy, forms and instructions. We are still working towards completing the training aspects of the task. This includes the development of the training courses and, when completed, we will commence training activity coordinators to enable them to develop a better understand and to be able to implement the policies and procedures.

Further to our remit, it was decided that we would be available to assist coordinators and members tasked with the preparation of Risk Assessment Forms. If you are new to this task, it can be quite daunting, and a little assistance, if required, can help you on the way to completing a successful form to submit to the Management Committee for approval.

The forms are available on your "U3A Rockhampton and District Inc." web site. The URL is "u3arockhampton.org.au". Look very near the top of the home page and you will see "SAFETY Management". Click on this link and you will be taken to the Safety Management Policy and Procedures, Instructions and forms area. If it is a Risk Assessment Form you require, simply click on the form and download a copy to your computer. Fill out the form either with a pen or a PDF editing program such as Adobe Acrobat Reader DC or Adobe Acrobat Editor, then post it via email to

<u>u3arockhampton@hotmail.com</u>, or print it and snail mail to P O Box 8160, Allenstown, Rockhampton Qld, 4700 to your Management Committee for approval. If you choose to fill the document out with a pen, the Management Committee will arrange to have it typed up, and then sent back to the author for their approval prior to Management Committee approval.

We are here to help members with all things pertaining to safety, so please, ask for help via your Activities Manager or any of the executive committee. They will quickly get in touch with someone from this sub-committee and we will contact you ASAP and hopefully we will be able to sort out your query.

Remember, if you are struggling and require help preparing a Risk Assessment, please ask for help. Cheers, Malcolm Barker





Peter Riddle, our Publicity Officer, managed to get the CQ Weekly to publish this artivle last week. Well done Peter – hopefully we can have a regular article published.

Disruptive year for U3A

U3ARockhampton and District Inc Update U3A Rockhampton and District Inc was established in I9B7 to facilitate active minds and bodies in older people, through the many activities and courses that are offered are run by members.

The club has a membership approaching 500 people.

During 2019, the club had over 30 activities available to members.

However, this year has been very disruptive and it has been very diffrcult to maintain any of our activities and meetings.

The good news is that, at present, there are 13 activities that are available for our members to attend. Please note that you must be a member to participate in these activities.

The website lists all of activities, newsletters, membership enquires, and other links to important items, to assist members, and anyone interested in joining U3A.

Interested in joining 03A. Looking to a positive future, the club intends to have an Activities Expo on the first Monday of February 2021. This will provide an opportunity for the various activity groups to showcase what they do for members and guests.

Government regulations existing at that time will determine how we are able to present this expo.

Please enquire through the contacts listed below as U3A moves forward to a new and exciting 2021.

Information is available at www.u3arockhampton. org.au

Contact can be made through the secretary at u3arockhampton@hotmail.com The postal address is PO Box B160 Allenstown 4700.

If I said you had a beautiful body _ Would you hold it against me

Remember this photo by Elaine Ross, of her dog (sitting in the chair) greeting his friend. Which appeared in the last issue when Elaine asked for suggestions for an appropriate caption. This suggestion was received from Elaine Waters from U3A Cairns.



I hope you will forgive this slightly different rendition of the Journal. It has been a bit of a rush job trying to get it on the U3A Web page before the meeting on the 7th December. There is so much to cover as our activities are slowly getting back to "Covid" normal. My first year as Editor has been a learning curve on steroids – hopefully I can now concentrate on my own literary aspirations. Please consider norminating for a Committee position, although at times, I regretted my decision – I am so glad that I did I am so much richer for the experience.

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A beautiful White Bat Flower growing in my back yard. Leslie





Lovely Handbag Orchid taken at the Orchid Show 2019.



Grand Champion 2019

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