

3 A THE QUARTERLY FLYER

Rockhampton & District Inc

JUNE 2020

Volume 2/2020

WELCOME JUNE 2020 - hopefully farewell COVID 19

Local recalls war ti

Octogenarian knows COVID-19 challenges

DARRYN NUFER

IF ANYONE can compre-

hend the challenges of coronavirus, it's Rockhampof ton octogenarian Janet Stew-

Ms Stewart was born a year before the outbreak of World War II and until a few weeks ago, she was studying with CQUniversity.

COVID-19 conspired with her failing eyesight, causing her to withdraw from on-campus studies in Print De-

By way of background, Ms Stewart spent some of her ex-tensive health career managing the communicable disease unit in Alice Springs, around the time of the AIDS epidemic in the 1980s.

"We used to grab our little Eskies with swabs, and treatments, and details of incubation times, and sally forth into the community to tackle tuberculosis, measles, hepatitis and gastric diseases," she

"We were a well-known centre for patient tracking to help find the source and stop the spread.
"We also conducted very

efficient immunisation pro-

grams within schools.

"Sexually transmitted diseases usually came to the clinic rather than us tracking them down, except if there was danger to others.
"They were always ad-

vised to bring their contacts in; most did.

"One of the challenges the current disease trackers seem to be facing is how to work out the incubation period of COVID-19."

Ms Stewart did initial nursing and midwifery train-ing in Melbourne before embracing preventative medicine as a district nurse.

She then moved to Alice Springs and progressed into community health, child development studies, and the National Acoustic Labora-tory, which fitted children with hearing aids and conducted deafness awareness education among industries

She also gained scholarship for study in community health in Darwin and another award to tour clinical disease units throughout

She also qualified to teach English as a second language at North Brisbane TAFE.

Ms Stewart became a Fel-



WEALTH OF KNOWLEDGE: If anyone can comprehend the challenges that go with coronavirus, it's Janet Stewart

low of the Royal College of Nursing Australia in 1985.

She worked as director of Urban and Rural Nursing in the Barkley Region before retiring to Bundaberg.

Wanting to keep her mind active, she completed dress-

making and horticultural courses at Bundaberg TAFE before enrolling in the STEPS (preparatory) course

at CQUniversity.
She also continued with CQUni studies after her part-

From 2011 until March this year, she completed studies in biology, communication, computer skills, mathemat-ics, health and safety risk management, physical geography, conservation and forensic science.

A valued U3A member Janet Stewart's moment of fame. This appeared in the Morning Bulletin on 13th April 2020.

General Meeting

The next meeting will be announced as soon as restrictions are lifted. Hopefully this will be before the end of the year.

2020 COMMITTEE

President: Russell Daniels Ph 4819 1739 Vice President: Lance Cowan Ph 0497 575 231 Secretary: Bev Connor Ph 0488 557 721 Assistant Secretary: Barbara Cowan Ph 0411 485 404 Treasurer: Lenore Cook Ph 4926 7499 Activities: Henry Cope Ph 0447 410 452 Christine Dobele Ph 49 261845 Social Organiser: Guest Speakers: Judy Nutley Ph 0408 286 178

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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/jun20.pdf

FROM THE PRESIDENT'S DESK



Russell L Daniels

I trust you are all weathering the social restrictions as well as can be expected and that your extended network of family and friends has remained well.

It's been a few months since our AGM, but unfortunately that also happened to be our last General Meeting before the pandemic crisis and although I have not actually met all of my new committee members face to face, we are still working together for our U3A members. There are many management functions that have to be completed and although it is a little more difficult we are managing to work together using Zoom, emails and telephone.

As we enter a period of easing the COVID-19 restrictions we cannot afford to be complacent, it could be some time before U3A Rockhampton will be able to have a General Meeting because it would be all but impossible to comply with the social distancing rules. As restrictions continue to be eased it might be more likely that small activity groups with the appropriate CONVID-19 safeguards and safety plan in place might be able to meet long before we start having General meetings. We will resume meetings on advice from the Queensland Government.

In the meantime, Tutors should be thinking of ways to engage their members, some groups are using Zoom meetings on a weekly basis with great success. There are other methods to engage with each other such as Zoom, Skype, Messenger, Email, Facebook, Telephone etc. We still have U3A computers available that can be loaned out if you require one for your activity, it's just a phone call to Nick our I.T. Coordinator.



Ms Kim Harrington, GCertMgt, BAAVTHRD(Hons), DipPM Associate Vice-Chancellor (Rockhampton Region) and Director of Business Development & Industry Engagement.

Despite operating in learn-from-home and work-from-home environment, our campuses have remained open, with students having access to computers and other resources in our libraries. Student numbers at Capricornia College student residences have remained relatively strong, under the circumstances. Whilst most domestic students have returned home to study online, our international students are very happy to be living on campus with 135 hectares, so social distancing is not a problem!!!

Some things just can't be done online, and our Great Keppel Island Hideaway land conservation and major tree planting project is one of these. We were all set to go with 150 staff and student volunteers booked on the ferry 20 March. Naturally we had to make a call and cancelled on the Wednesday afternoon. This project is important to our region, so remains on our To Do List post COVID-19.

Some of our students, like many Australians, have lost their job, by way of assistance CQU launched a free meal initiative at Capricornia College for students living off-campus and facing financial hardship.

CQUniversity Rockhampton Campus Life have also transitioned to online, introducing a series of daily online events for Rockhampton region staff and students for the remainder of Term 1 including trivia, guess the music, yoga and connectivity catch ups with CQUniversity Chaplain Rev. Matthew Taylor. Matthew is extremely supportive to students and staff and his work on campus, including Capricornia College residents has been invaluable during these challenging times.

In other news, our alumnae are continuing to excel in the film industry. Look out for our Business graduate Wayne Blair in the blockbuster movie *Extraction* which is projected to be the most-watched Netflix original film.

The proud Indigenous actor is featured in scenes alongside movie star Chris Hemsworth. Growing up in Rockhampton, Wayne took several drama electives as part of his degree with us in the late 1980s and early 1990s.



Introducing your new Journal Editor Leslie Smith

I hope you will not be too critical of these first attempts of producing a Journal. Hopefully I will attain the same proficiency as Elaine after a few more attempts. In one small way I am grateful to Covid 19 for giving me lots of breathing space (no pun intended).

For those of you who spend too much time on the computer, myself included, check out the U3A Network News, Issue 16 May 2020 it contains lots of brilliant quizzes and games to keep your mind active. Found on www.u3aqld.org.au link. Apologies for not contacting and asking everyone to submit any stories or photos, this would normally be done at our general meetings. I managed to get a couple of extra stories and sketches included. So I can be prepared for the next Journal (due in September) can I ask you to begin sending in any stories, photos and sketches either to the zebu3.u3a@gmail.com email or just drop them around to my home – 190 Frenchville Road.



Hello from your Social Co-ordinator



I am writing this report on Monday May the 4th (force) be with you from my self-quarantined headquarters in Norman Gardens. We are all living in a changed world since Covid-19.

But we did in the most part obey the rules over the weekend when some of the restrictions were lifted.

My hope for you and your family is that you are all staying safe and embracing technology to keep in touch with family, friends and neighbours. We are so lucky we live in this time when we have so much technology that we now have the time to explore at our leisure. I know I am enjoying my I SEW LATION.

I hope you are exploring your creative side and doing some of the things you always said you would do when you had the time. Here are some web sites that you may like to check out.

Take a virtual tour of one of Australia's beautiful National Parks by visiting
https://parksaustralia.gov.au
Watch animals frolicking in real time via live cameras at https://explore.org/livecams
Immerse yourself in eBooks and audiobooks through apps such as Libby
https://www.overdrive.com/apps/libby and Borrow Box https://www.borrowbox.com/.
You can access them for free by using your library card (contact your local library to set up online
services, if you haven't already).
Relax with the mindfulness and meditation app https://www.smilingmind.com.au/smiling-mind-app

Do not worry about missing out on the Social Outings that have had to be cancelled while we are locked up oops I mean in lock down. I have just postponed them till 2021.

As soon as we are released from I sew lation we will resume, keeping in mind any restrictions.

I had made all the arrangements for our Mystery Tour before the Covid-19 impacted on our way of life. Please note the Tour this year, if allowed to proceed, will be on Wednesday 9th September. Hopefully all arrangements made prior to lock up, can go ahead after we are released.

In the meantime enjoy a more relaxed way of life, do something you enjoy each day and we will all see each other in social gatherings one day soon.

Stay safe Christine

A little exercise to help you keep-fit guru's healthy

Begin by standing on a comfortable surface, where you have plenty of room on each side. With a **5-lb potato bag** in each hand, extend your arm straight out from your sides and hold them there as long as you can. Try to reach a full minute and relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm now at this level.)

After you feel confident at that level, put a potato in each bag.

A few gems from U3a Writing for Pleasure Group

LITTLE MISS MUFFET

By Rita Diplock

Little Miss Muffet

Jumped off her tuffet

And, screaming ran swiftly away.

A great big black spider

Had crept up beside'er

And she thought it unsafe to stay.

That she thought him bad

Made the spider feel sad.

For really his motives were good.

He'd come to surprise'er

With hand sanitizer

But found himself misunderstood.

First school day memories by Elaine Ross

PIGGY TOES By Rita Diplock

This little piggy went to market
And this little piggy stayed home.
He'd heard of COVID 19
And wisely did not roam.

This little piggy bought lots of rice
So he'd have lots to eat,
But searching for loo paper,
Met only with defeat.

This little piggy worked from home,
So had no lack of wealth,
But supervised home schooling,
Which strained his mental health.
The pig who went to market
With no precautions taken,
Ended up in ICU

And none could save his bacon.

I travelled to school in the bus. Gin Gin State School was 11 miles from our farm. Of course, we had our slate, slate pencil and wet sponge to wipe the slate clean. We can all recall our wooden desks and seats. At times the slate pencil made an awful squeaking noise that really irritated me. My grade one teacher was Miss Scresham and I have no idea how it is spelt. The fact that I can remember her name is evident that she left an impression on me.

On our birthdays we were presented with a sand cake. Of course, it was not something you could eat but it looked so real. I have no idea how it was made. Was it sand? If so, how was it held together?

Our school was typical of the times, high block with eating areas under. Each grade was not allowed to mix with another grade. We had a huge playground with those tall swings, slippery slide, see-saw and monkey bars that are not allowed today – someone might hurt themselves. The long swing could hold at least six children as we swung it back and forth. There were also the long drop toilets down the back.

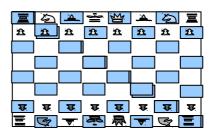
Our tennis court had ant-bed surface and I can remember our parents being asked if they could supply some ant killer for it. The school then only catered for years 1-10, if you wanted to go on to senior, the bus took you from Gin Gin to Bundaberg, thirty miles away, every week day.

Some of the original school buildings are on display in the Historical Village.



ACTIVITIES with Henry Cope





The University of the 3rd Age is entering into a new phase of operation. How do we keep in touch, run activities and still comply with the requirements of social distancing and self-isolation? All of the tutors have been asked to consult with the members of their activity and consider ways to maintain contact and where possible run their activities.

Some of the ways under consideration are:-

- Video conferencing using an application called ZOOM that allows a number of people to connect in real time with video and audio of each participant on the screen. Rockhampton U3A committee meetings are being run using this technology.
- Tele conferencing connecting several people on a telephone link up at the same time.
- Facebook groups setting up a facebook page to post photos / stories / articles for all members to view.
- Setting up links to web sites that are of interest Examples that are already working are:-
- Shirley Hopkins (Tai Chi group) Lynn Zelmer who is a tutor has prepared a video and posted a link so that members can participate. If interested try this link https://zelmeroz.com/taichi/resources.html . Shirley also advised that St Joseph's cathedral is streaming their noon service Mon-Sat and 9:30am Sunday.
- Barry Lloyd from the Ukulele group has been using ZOOM with limited success and is investigating using a Facebook group.
- The Mahjong groups are considering using ZOOM to just remain in contact as no appropriate online Mahjong application has yet been found.
- Days for Girls are still washing, ironing, marking and cutting out fabric. Christine is staying in contact via phone with the ladies who are willing to keep going for now. To comply with social distancing, they are using the following approach. Christine rings and put the fabric outside her front door and the ladies pick it up. Then they ring her when they are going to drop it off completed. This is working so far.
- A UK U3A member is writing short stories and putting them on her website. This has grown into a group that call themselves "Writers Against Covid-19". Each day a new short story is published on the website, selected to bring a smile to the face and lift the spirits. These stories can be found on http://www.louisemoss.com.

These are only a few examples of what can be achieved. Contact the members within your group and discuss innovative ways of keeping in contact. It is very important that we do not become socially isolated. If you do not have the knowledge to try what you would like, we have members with expertise and ways of assisting. Give it a go and let us know what is and is not working so that we can share with all members.

If you would like to discuss anything contact me (Henry Cope – Activities Coordinator) on cope.henry@gmail.com or phone 0447 410 452.

Trivia from U3A Network News

- 1. If poison expires, is it more poisonous or is it no longer poisonous?
 - 2. Which letter is silent in the word "Scent," the S or the C?
 - 3. Do twins ever realise that one of them is unplanned?







With the Covid19 virus sweeping the world, we have had many hours at home where we could be learning some new software. Windows provides a general working base, without it we would go back 20 years to DOS.

Today Technology can entertain us, provide us with a means of communication, it can become a writing tool and one that I like is listening to music. The Internet speed has improved over the years and generally we can get a continual stream from our service provider. Movies, iView, Stan, NetFlix, YouTube, only to name a few.

Music – This link will take you all over the world and when you move the map and place the circle over a small green dot in a country and you will open a radio station http://radio.garden/live Try it.

More Music - Go to Google and type in Youtube Thalia Strings this group of four ladies I met when I first heard them on the Cruise Ship Sea Princess.

Now Youtube is great for How to do something, try this - youtube how to thread a needle.

Youtube has amazing documentaries youtube battle of britain and something different youtube how to blow up a balloon Just to be a little nostalgic ask Google what is on in Clevedon Auckland and when the answers show pick this one https://www.clevedon.co.nz/. There are many ways to ask Google questions. Most mobile phones have on the front page a small window that says "Hey Google" and you just need to speak to your phone and dsay Hey Google how many eggs does a hen lay in a day

Your Committee has been busy while the virus has been about and you should by now have a report Newsletter. It will be great to get back to meetings, BUT at the moment we all need to heed the warnings, the second round of Covid19 may be worse than the first.

So Keep Safe, Enjoy Life and SMILE Cheers Nick Quigley OAM Web Coordinator

Trivia continued.....

- 4. Why is the letter W, in English, called double U? Shouldn't it be called double V?
- 5. Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.
- 6. Every time you clean something, you just make something else dirty.
- 7. The word "swims" upside-down is still "swims"
- 8. 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
- 9. If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.

A few words from our Garden Lovers mentor Joan Cooper Phone 0458960447



Like most of our groups, Garden Lovers has come to a halt for the time being. I am making plans for when this is all over so if anyone has any thoughts about what they might like to do don't hesitate to give me a call.

I decided to make good use of the isolation time and what better place to start than my own backyard which was looking very sad and sorry after the heat wave of December & January and then the February rains. The weeds were the only thing that seemed to be flourishing. I have disposed of wheelbarrow loads of them and have now resurrected the vegetable garden.

Everything is growing well and Chris has been taking Asian leafy greens, cherry tomatoes and radishes to work in his lunch salad each day. It is so rewarding to be able to pick those things from your own garden. Consequently, I have now gone overboard with dozens of different vegetables growing away happily. It's amazing what happens when someone is home all day to give them a bit of TLC.

My unfinished craft projects (many) have now been looked at again and I have even managed to get a couple finished. I do miss the social interaction of our various groups so am thankful for the phone chats that keep me in touch with the outside world.

Look forward to seeing everyone again soon.

From Colleen Young our Armchair Travel enthusiast.

After arriving home from surgery in Brisbane in early February, I am so grateful I was well enough to venture out. Because soon after our return we were restricted to staying home to protect us from the dreaded Covid 19.

Actually this suited me well allowing me to become used to the after affects of immune therapy every 2 weeks (for a year). I can relax as I reminisce about how fortunate we were to have had three overseas holidays and cruises in 2019 (Armchair Travel input). The last one resulting in the *luckiest* bout of pneumonia on our return in November. An Xray showed two melanomas on my lungs!. Treatments at Mater Oncology are looked forward to more like an allowable social visit in these days of social isolation!

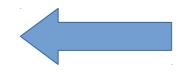
Husband Graham is great support, as are my many friends who keep in contact via long phone chats. With the restrictions Graham is unable to play golf, so he is spending his "spare time" renovating the adjacent unit we have just purchased in our complex. I am sure this will keep my active 77 year old "out of my hair" for a few months! (I haven't lost any with the treatment) As long as he doesn't climb ladders or get on the roof, unless I am in "help range", he can work to his heart's content.

Four great confusions still unresolved:

- 1. At a movie theatre, which arm rest is yours?
- 2. If people evolved from monkeys, why are monkeys still around?
- 3. Why is there a 'D' in fridge, but not in refrigerator?
- 4. Who knew what time it was when the first clock was made?







JUDY NUTLEY GUEST SPEAKER ORGANISER

I have been house bound like you all, and unfortunately do not have much to report. However, do not despair, Mary from Wild Harry's, who was to be our speaker in April, will be rescheduled for 2021, something else to look forward to.

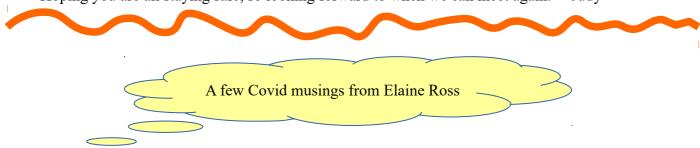
In the meantime, check out their website and facebook page, they have an amazing array of beautiful products, well worth a look.

Go to: https://wildharry.com.au/ or https://www.facebook.com/

Clyde Jackson from the Masonic Lodge was booked to be guest speaker in May, he has been rescheduled for 2021.

We will review the situation as time passes and will update you when we know more.

Hoping you are all staying safe, so looking forward to when we can meet again. Judy



How much TV have you been watching during the lock down? Well, I have a few grumbles. The first couple are all to do with television.

Responsibly sourced: you hear it all the time in food ads. And did you know that you can even get responsibly sourced diamonds?

I checked it out on the www and I have come to the conclusion that it simply means the retailer knows where the product comes from. Now I am not sure if they check out the myriad of links in the supply chains or do we blindly believe what we are being told?

Diamonds: All about labour and the environment. Workforce treated well? Environment being cared for? Would you know how to check if this is true? What about the several other links along the way? Who cuts the diamonds? Who transports them? You see, this could go on and on.

Fish and animals: We continually see major food retailers' ads saying this and that is responsibly sourced. Does this mean the animals health and wellbeing are carefully monitored? Anyway, In the end they are all killed. However, do they imagine it makes us feel better to think they are being treated with kindness and fattened before this happens? It reminded me of the childhood story where the witch locked Hansel in a cage and made Gretel feed him with wonderful food and treats to fattened him – all with the intention of getting extra meat on his bones so she could eat him. Every day she would have him stick out his finger so she could tell if he was getting fatter. We all know that Hansel tricked the poor-sighted witch when each day he produced a bone (or was it a stick) instead of his finger.

I couldn't help wondering if we are all being tricked.

Oh, and while I am on the subject of what annoys me about TV ads, how about this:

Try this product, it is two and a half times quicker, or it is three times better. They never say quicker or better than what! (From Leslie: I love the mould cleaner ads – I mean who in their right mind would allow their bathroom grow that amount of mould spores before throwing some bleach on it (or vinegar or any other environmentally safe stuff)

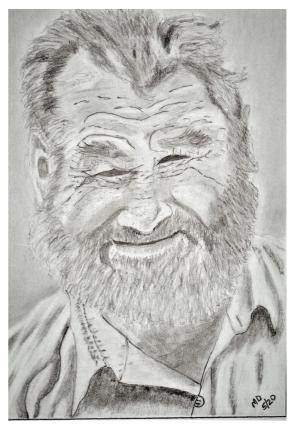


From your past and present
Journal Editors. We would
like to thank you for your
contributions. We will
leave you to decide who is
who?



Two sketches from Clare and Maurice members of our Pencil Drawing group.

By Clare Fountain



By Maurice Dittmann



Just for a laugh by Rodger Williamson U3A Writing for Pleasure Group



The Rockhampton Morning Bulltin

Editor: Rodger Williamson

Veritas et Vino

Rockhampton citizens were startled today when an Unidentified Flying Object as seen hovering over many of the city's supermarkets.

Eye witnesses from Allenstown, Parkhurst and The City Centre Plaza claimed that the mystery object seemed to momentarily hover over each of the shopping precincts before shooting off towards Stockland where it was seen to be descending.

Management at Stockland were amazed to see the Space Object settling down in the area of the car-park recently occupied by Sizzlers Restaurant. They immediately called the Rockhampton City Police Station to report the incident.

A shopper at Stockland in an exclusive interview, told our reporter that people were initially cautious and did not approach the suspicious craft until the arrival of up to ten Police vehicles. With a police presence to the site the onlookers caution was allayed and the crowd started to draw close to the now stationary spacecraft thinking that it was a part of an elaborate advertising campaign.

A Police officer walked to the front of the swelling crowd before introducing himself as Inspector Clink. Calling to his Sergeant he shouted "Shultz, this machine may be dangerous, keep the crowd well away until we investigate."

Our reporter sensing possible danger, started to shuffle back to where the crowd had formed a large semicircle in front of what appeared to be a door to the machine.

Inspector Clink ordered Sergeant Shultz to approach the door of the mystery craft and knock. Shultz, approached the door and with hesitation, tapped politely. Probably not wishing to become a hero. With a hiss of what appeared to be steam the door slid open. Shultz took three rapid paces backwards before bracing himself probably in a fight or flee state of emotion.

A cry of alarm arose from the onlookers as two figures emerged from inside the craft. Our courageous Morning Bulltin reporter pushed to the front of the now silent onlookers. Tape recorder at the ready he started to save the conversation.

"Greetings Earthlings. My name is Captain Baga Loota and my First Officer here beside me is Wykikkam Oocow. We are peaceful space travellers from the Sky-Station Lottsan Ooky on the distant planet Lakkan ooky. We come in peace merely to observe the customs of Earth People and to seek fuel for our vehicle the Starship "Linga Longa." We have refuelled and are now planning to return to our home base.

With that message they stepped back into their machine and the door slid shut. A loud whirring noise was heard and the crowd of onlookers, including our brave reporter, once again shrank back to what they considered a safe distance.

With a bang the Space Craft shot skyward leaving a crowd of open-mouthed onlookers and a stunned Morning Bulltin Reporter to analyse what they had just witnessed.

STOP PRESS:

Within an hour of the space craft's departure, the city Police Station and the Morning Bulltin office was swamped with calls from Supermarket Management all shouting that their aisles of toilet rolls had been stripped by some mysterious force making the product simply disappear from the shelves.



The last word from your new Editor Leslie

Since taking over the responsibility of producing the Journal I've had the opportunity of seeing what takes place behind the scenes. I am awed at the dedication and hard work of the Management Committee. Guided by our capable and talented President, Russell Daniels, and Vice President, Lance Cowen. Lance has put his heart and soul in to developing a Safety Policy. It is very difficult, if not impossible, to please all of the people all of the time. So I implore that when you receive notifications asking for feed back please take the time to read and respond.

I also take time out to thank our hardworking Tutors. Quite a few of these activity Tutors have been working hard to keep their groups motivated by using electronic media. The groups I am associated with namely Writing for Pleasure, Birdwatching and Pencil Drawing have been communicating via email.

Writing for Pleasure, capably led by Judy Whitworth, has just presented us with two challenges: 'Using free verse, with the aid of all the senses – sight, smell, taste, hearing, touch – describe all of the following – The approaching storm, Black Olives, Anchovies, A wet frog, Velvet. The second challenge relates to family history 'choose one family member (alive or dead) and do a word sketch of him/her – not just looks but character, likes and dislikes they may have had or have. This would be far more interesting than just listing dates, place of birth, marriage date etc.'

The Birdwatching Group, led by Rod Elder, have been sharing wonderful photos of birds in their back yards also giving links to various informative web pages on birds and wildlife.

I should be better organised for the next Quarterly Journal and would ask any group activity members and Tutors to please submit short newsy articles and photos to the Journal email zebu3.u3a@gmail.com. Hopefully we should be able to gather together as a group before the end of 2020.

Below is a rather stunned Tawny Frogmouth I snapped sitting on my back lawn after a cyclone. Pleased to say that he (or she) wasn't injured and flew off soon after the photo was taken.

