



THE QUARTERLY FLYER

Rockhampton & District Inc



Professor Francois Vellas, President of AIUTA is shown here prior to the Celebration dinner, cutting the magnificent 50th Anniversary Commemorative Cake on behalf of the Australian U3A Council. The Gala Dinner was held on May 9th, the second evening of our Conference. Rhonda Weston, President of U3A Queensland chaired this smart and friendly event with Tony Williams, Mayor of Rockhampton Regional Council and Glem Wall, Chair U3A Alliance Australia. The Alliance membership has more than 300 U3As and 100.000 senior students.

AIUTA President François Vellas began his speech by thanking everyone involved in organising the event and for the kindness bestowed on the occasion. He also said AIUTA was honoured by the commemoration of the U3A 50th anniversary the origins of which began in Toulouse with an initiative by his father, Professor Pierre Vellas.



LR:
U3A Rockhampton
Vice. President Henry Cope
President U3A Cheryl Wickes,
President AIUTA Prof. Francois Vellas,
CQUniversity Associate President Kim
Harrington,
Network Qld President - Rhonda
Weston and husband David

MANAGEMENT COMMITTEE 2023

President:	Cheryl Wickes	0428 452 836
Vice President:	Henry Cope	0447 410 452
Secretary:	Jane Brazil	0439 982 087
Assistant Secretary:	Joan Cooper	0458 060 447
Treasurer:	Lenore Cook	0749 267 499
Volunteers Coordinator:	Vicki Cope	0412 336 450

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FEES

Annual fee:	(1st Jan. - 31st Dec. 2023)	\$20.00
Mid Year fee:	(1st July - 31st Dec. 2023)	\$10.00
Joining fee	(includes name badge):	\$10.00

**Why not check out
The Quarterly Flyer in Colour**

<https://www.u3arockhampton.org.au/images/jun23.pdf>

A word from our
President

Cheryl Wickes



We did it!!!

We presented this year's Network Queensland Conference and celebrated 50 years of U3A in style. We impressed everyone who attended, and we showcased Rockhampton to the world!

Our conference celebrated 'U3A yesterday, Today and Tomorrow', and we were delighted to explore all that this meant.

The beautiful RMOA gallery is one of the shining jewels in the crown of Central Queensland, just one of so many attractions that we put on show

for visitors. I hope delegates took the opportunity to explore further; to bask in our glorious autumn weather, visit our zoo and botanical gardens, take a trip to the coast and Great Keppel Island or head west to Mt Morgan and the gem fields....

I want to congratulate Henry Cope and all our conference team. It has been a busy year for us all with conference planning the entire focus in everything we did!

Our thanks go to the Rockhampton City Council and the Art Gallery, the Black Family string quartet, Capricorn Carriages, Time Safaris and Hummingbird Café for making the Meet & Greet such a success.

Our celebratory dinners were excellent, and we thank the Rockhampton Leagues Club for their hospitality, Charade for their fabulous entertainment, and Councillor Drew Wickerson for the amazing 50th celebration cake. It depicted Professor Pierre Vellas (founder of U3A worldwide) and his son, our special guest, Professor Francois Vellas, who is the current President of the international body. Very impressive.

Conference days were filled with extremely interesting guest speakers interspersed with light relief from Bush Poet Bob Pacey, our own Ukulele Group, and artist Bill Gannon. And of course, everyone was simply blown away with the food presented by Creative Cater from Yeppoon each day.

The venue was perfect, and everyone was transported to and from events on time... it all worked to perfection, and we must also thank Kim Harrington from Central Queensland University and Central Queensland Connections.

Thank you to everyone who has been involved in organising our very, very successful conference... Well done!





Now we usually get a report from Ms Kim Harrington, GCertMgt, AAVTHRD(*Hons*), DipPM., Associate Vice-President Rockhampton and Central Highlands Regions and VET International Business Development.

Unfortunately, Kim was unable to send her report this quarter as her team are travelling at present. However, I was sure that Henry Cope would have some closing words after the conclusion of the very successful U3a Network and 50th Anniversary Conference.

Henry chaired the Conference Committee for 18 months prior to the event. A group of dedicated volunteers met at first monthly but more frequently as time progressed. His attention to detail, endless phone calls and emails to all and sundry to get folk on board paid off and with help from other U3A groups it all came together. So, here is Henry's Report on the Conference.



Celebrating 50 Years of U3A Worldwide:

A Resounding Success!

I am thrilled to report that the recent U3A conference, commemorating 50 years of U3A worldwide, was an outstanding triumph! With the theme "U3A Yesterday, Today, and Tomorrow," the event was a true reflection of the rich history

of U3A and the exciting future that awaits individuals in their third age.

The conference brought together an esteemed line-up of international, national, and local speakers who shared their insights and knowledge on a range of topics. Attendees had the privilege of delving into the history of U3A and were enlightened about the transformative advancements in medical research, technology, social media, and energy that lie ahead.

The festivities commenced with a warm and welcoming meet and greet, allowing participants to connect and form new friendships. Over the following three days, the conference sessions were packed with captivating presentations. Attendees were left inspired, motivated, and equipped with invaluable information to navigate their own journey in the third age.

To add to the celebratory atmosphere, two delightful dinners were organized, providing opportunities for further networking and camaraderie. These evenings were filled with laughter, good food, and shared stories, making memories that will be cherished for years to come.

Additionally, the conference offered an array of extra activities, allowing attendees to explore the local area and indulge in cultural experiences. From guided walking tours, horse drawn carriage rides and art exhibitions, there was something to suit everyone's interests.

We extend our heartfelt gratitude to all the speakers, organisers, and volunteers who contributed to the resounding success of this milestone conference. Their dedication and hard work ensured that the event was a truly memorable celebration of 50 years of U3A, and a glimpse into the bright future that awaits all members.

FYI

AIUTA is the International Association of Universities of the Third Age, but as it had its beginnings in Toulouse, France under Professor Pierre Vellas, father of Francois, it is the Association Internationale Des Universites du Troisieme Age

Hello from Days For Girls

with

Christine Dobeles

0749 261 845



We have been busy with our preparations for the Conference. At our get together in April we marked and cut out fabric for Jar Openers which were being made to go into the sample bags that all the Delegates received when they attended the University over the conference days to hear the array of excellent speakers.



It was a great team effort and we ended up making 200 Jar Openers, attached to each was a lovely poem that Alan Watts wrote, We also made the yellow scarves worn by all the Volunteers who were at each event to make welcome and help visitors and local Members alike.

We have managed to get other work done prior to the final rush for the Conference and below you can see our happy group enjoying themselves



We also welcomed a new lady to our May Meeting-

Welcome Caroline!

This was received from Sue El, a Brisbane U3A Member who came to our Conference



I'm here 'alone' from Brisbane, and haven't visited Rockhampton before. The U3A conference has been an informative and diverse occasion - delicious food, the lush CQU tropical location and gardens, highly qualified speakers, and welcoming people from all over Queensland and beyond. Thank you very much to everyone at U3A Rockhampton and to the other visitor attendees Sue El 🙏

Thank you, Sue. For your kind words!

Jenny

&

The Woorabinda Warriors

have collected for you over 3,000 pre-loved books (mainly novels)

GIGANTIC BOOK SALE

ROCKY SWAP SHOP

SAT - 5 AUGUST

ROCKHAMPTON

SHOW GROUNDS

AT BARGAIN PRICES

Please support this project. All proceeds go to
WOORABINDA MINISTRY

*Please come and have a look
Perhaps even buy a Book!*

? **Hmm..**

What if my dog only brings the ball back because he thinks I like throwing it?



Nick Quigley's Tech Tips

0428 851 874

Congratulations to Henry Cope and his dedicated committee who worked long hours to ensure this Conference would be remembered in the History of Rockhampton. <https://u3aqld.au/conference2023/>

The amount of technology used up to and during the week, would surpass our average U3A users by many light years. See the Conference report <https://u3arockhampton.org.au/ConferReport.htm>

After the Huge Scam Bust overseas seen recently on TV, Australia has set up a specialised group to handle the Billion dollar problem here in our country. If you think you may have been sent a dodgy email or had a phone call you can seek some help on the web. But you need to ensure you are dealing with an Australian company and not one from Timbuctoo....

<https://www.scamwatch.gov.au/>

Apple Users : Update your Apple equipment to **iOS 16:** Latest version at 10th May 2023 and for **Windows users** the latest Windows 10 update on 26 Feb 2023 **version 22H2 is a feature update for Windows 10.** It's a scoped release focused on quality improvements to the overall Windows experience in existing feature areas. It includes all previous cumulative updates to Windows 10, version 21H2. You will be quite safe continuing on W10 and Microsoft will continue to support W10 until 14th Oct 2025

Windows 11 update - Current release: *Windows 11 2022 Update 1* Version 22H2. However, ensure that your computer can accept Windows 11, some computers need an upgrade before you download.

Remember 'Be Connected' has grown over the last 5 years and now can provide help in many more fields <https://beconnected.esafety.gov.au/>

How many of you high tech people have taken the plunge and clicked on google search for a page like 'interior frogmore house' then click images and look at the magnificent rooms, decor, ornaments and the luxury in the dwelling

Lastly I'm sure there are many Royals in our group of U3A people If you are not don't click the

next link <https://www.royal.uk/coronation>, there are some lovely photos of the children who took part in the CIII on the balcony!

That is if for the moment except for a link to the new Cockscomb website, I know some of you are booked to visit in June

<https://www.ockscombvets.au>

Cheers, Nick!



*Garden Lovers
News with
Joan Cooper
0458 060 447*

The group had a good start for the year with horticulturist, Sonia, from Sonia's Seedlings, holding a Q & A morning for us in February at Kershaw Gardens. Lots of gardening questions were answered and many of us bought some seedlings to take home.

In March, we sat in the air con at Bunnings and learned all about watering systems and mulching. April brought a visit to a fantastic private garden which left us all very envious.

We have had large numbers attend each month but there is always room for more if you like looking at beautiful plants and learning about gardening.



Come along and join us, everyone is welcome and besides learning more about our gardens you will also make new friends,

Upcoming Social Activities

with Bev Meredith



Morning tea and Tour of Glenmore Homestead

Wednesday 14th June 2023.



**9.30a.m. – 11.30 a.m.
Cost - \$10.0**

Cockscomb Veterans Bush Retreat at Cawarral

BBQ and Museum Tour.



**View grounds. Bar open.
Friday 30th June, 2023.
Car-pooling. - Meet 11.00 a.m.
Cost - \$15.00**

For More information and bookings please
contact Bev on 0410 341 843 or email:
bev.meredith@iinet.au

Historic Mount Morgan



**Morning Tea, Museum Visit,
Pie lunch at Soldiers Rooms.
Friday 21st July, 2023. Car-pooling.
Costs and times to be finalised
after Conference.**



They Live Among Us....

Our garage door needed repairing and were told by the repairman we did not have a large enough motor on the opener. I said, no that is the largest for this door at ½ horsepower. The salesman looked at him and said, ‘Ah, that’s why, you need a ¼ horsepower.’ “But half is bigger than a quarter,” I responded. “Nooo!” He replied “4 is bigger than 2!”



AIUTA objectives

To Federate, Universities of the Third Age across the world, including those organizations, which under different names, subscribe to the same objectives.

The Constitute, with the support of Universities around the world, an international framework of a lifelong educational nature and concerned with research for, by, and with the old.

To Develop the exchange of knowledge that the older generation achieves for the benefit of society as a whole.

TO HENRY

The conference is over now, you can let out a cheer.
It's been a busy week for you, or more a busy year.
Well actually, it's more than that since you began this task.
A mega-job for anyone. It was so much to ask.

There was a lot of planning. So many things to do
Behind the scenes you had a team of people helping you.
These people also gave their all to make the job complete.
And now the task is over, we saw it was no mean feat.

The venues, topics, speakers, foods were things to be considered,
And all the little odds and ends, and all your great team did it.
It had to all be financed, so grants had to be sought,
To lower costs for those who went. Much needed to be bought.

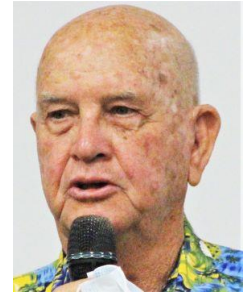
And even with cold weather, things went off very well.
With many meeting new friends. Of their U.3.A.'s they'd tell.
You gave us time to socialise, over breaks we had for eating
This practice should be copied as it's surely worth repeating.

The conference was a success, from all accounts I've heard.
And when the delegates go home, I'm sure they'll spread the word.
Rockhampton, you have done us proud. You've filled us all with hope.
And we're sure glad you formed this team, who all helped Henry, COPE.

Alan Watts - 11/5/23.

Henry Cope and Team,
Congratulations on a job well done!

Uke-ing Along with Barry Lloyd



After a Christmas break of two months and a new song book with input and suggestions by our members the U3A Ukulele group are in full voice in 2023.

Our commitment to entertaining those at aged care facilities in and around Rocky, is keeping us busy. We have visited and performed at Gracemere Gardens, Leinster Place, Mercy Day Care and Benevolent already with return visits planned.

The highlight so far in 2023 has been the invitation to provide the entertainment at C.Q.Uni. during the U3A 50th Anniversary Conference, held during the second week in May. We certainly impressed the wild life, during one of our songs and had the pleasure of a "Butcherbird" and Australian Magpie family joining in, Beautiful!



Playing at The Anniversary Conference

The Saturday Walk & Chat Group

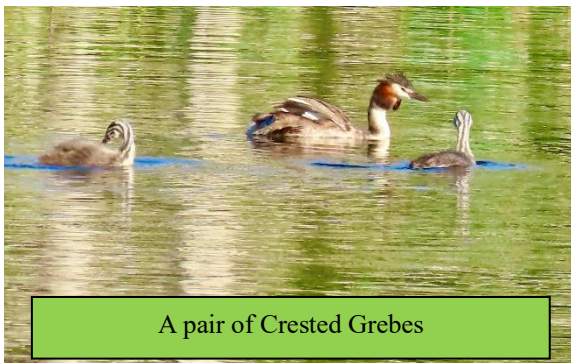


Bird Watching with Rod Elder



We had a great day for Birding – maximum temperature 31C and 17 C overnight with light winds and sunny skies. When we arrived at 7am, it was so still that there were great reflections on the water. Ten members were there to enjoy an interesting 3 hours of birding. The U3A telescope again proved its use in getting better views of distant birds.

The Woolwash is somewhat restricted in area, however, because we were able to sit and stay in one area, we still saw 29 species of birds. Sitting and waiting is often the way to go when watching animal life. We saw White-winged Choughs and a Pallid Cuckoo for the first time on our outings. There was also a group of 10 immature Olive-backed Orioles feeding in a fig tree almost directly overhead.



A pair of Crested Grebes

Our last visit to the Woolwash was in October 2021. On that occasion we saw 32 species including migratory species such as Channel-billed Cuckoos. There was also much less water and as a result we could see more of the muddy

banks with a grassy strip between us and the water. Currently many of the water holes in the district are full. As a result it seems that we see fewer numbers, or they are clumped in areas which offer the most food.



Out and about amongst the She Oaks



?? Golden Headed Cisticola



Current Affairs with Lance Cowan 0497575231

The Current Affairs group meet on the 3rd Thursday of each month in the Champions Bar at the Frenchville Sports Club. There is no report this quarter, but I am sure that they have plenty to discuss. We have the answers, all we have to do is to get 'those others' to listen!





With
Cynthia

Since our 1st General Meeting & Expo in February 2023 quite a great number of U3A members signed up to join our Mahjong Social Group. Most of them are absolute beginners and didn't have any idea how Mahjong is played. Some of our new players have been coming for a couple of months now and they can play Mahjong with a little bit of help. I would like to thank our group who are willing to teach the new members. I'm hoping this will encourage others to come and try it, you never know until you have a go!

Our Mahjong Social Group meets every Tuesday and Friday at Fitzroy by Teman on the Southside of Rockhampton arriving at 12:30 pm, commencing @12:45 until 4:00pm with a half an hour break for afternoon tea.



This year we started a monthly birthday celebration. On the last Friday of the month, the coordinator or an appointed member brings cakes,

nuts & nibbles to share for afternoon tea to celebrate member's birthday.

If you are interested in learning how to play Mahjong, please give me a call on 0418 227 760.

Cynthia Drane, Coordinator



A note from your new Quarterly Flyer Editor



I live in Struck Oil after arriving here in Jan 2018 on a road trip. At that time I was doing a nomad thing, I had a tent and everything else I needed to enjoy a life on the road, which I had been doing since retiring, traveling and housesitting. I was based in Sydney but could no longer afford to rent there, though with good family and friends always had somewhere to stay. I emigrated at the age of 19, with my new husband of 2 weeks, from Bristol in England, although I was born in the New Forest in the south of the country, and we settled in Sydney. He was in insurance and I was a clerical worker. I have 3 children, one of whom now lives in the UK, (he went when he was 19!). Being the adventurous type I came here and somehow still am! I have various hobbies, finding my artistic side in my later years, although I have been woodcarving for over 30 years. I play with wood, do embroidery, hand paper cutting, calligraphy, can't sing and play uke badly

Benefits of Growing Older

Your secrets are safe with your friends, they can't remember them either.

Your Quarterly Flyer this month is about Accomplishment, and these members did just that!



Hello from the U3A members who walked in the 7 Rocky River Run. The weather was perfect and we all believe we beat our 2022 times even though we are a year older.



.Coffee was well deserved!

Robyn Edwards
Organiser
Extraordinaire
with the
Monthly Lunchers



Our April Monthly Lunch was well attended with nearly 50 U3A members attending, held at the Gracemere Hotel with many birthdays and anniversaries to celebrate. Conversely Numbers were small for the May monthly U3A lunch at the Frenchville Club, due to the start of the U3A

Conference being held the same week in Rockhampton. Despite this, all who attended enjoyed a delicious meal & once again enjoyed each other's company. We also welcomed Pat Daley who joined us for the first time.



**Our June Monthly Lunch will be a
'Picnic in the Park'
on Monday 12th June starting at 11.30am
at the Alf Kele Memorial Park**
(dinosaur park across the road from the Southside Pool).

**Hot Lunch & Dessert
provided by
Wilby's Training Restaurant
Cost: \$15.00**

BYO chair, drinks/thermos, knife and fork. Emily from Red Poppy Cafe at the Southside Pool is happy for members to purchase coffee/tea on the day if they wish. See Robyn at June Meeting to book and pay or call her on **0438 286 871**



**Celebrating
Henry Copes'
Birthday with
his lovely wife
Vicki at the
U3A April
Lunch held at
the Gracemere
Hotel**

Hmmm??

Every time you clean you make something else dirty!

Some last and new words from your previous Flyer editor, Leslie.



Firstly, I would like to give Angela a hearty welcome to the world of Flyer editing. Please endeavour to make her life as a Flyer editor easier, by sending in anecdotes of any memorable events in your lives. Don't be shy as I know most of you, like myself, are extremely interested and fascinated at discovering some of the exciting adventures you had when your hair wasn't grey and you were young and beautiful! Apologies to those amongst us who still retain a youthful figure and few wrinkles but we are all young at heart.



Peter Wilson (Coordinator of Writing for Pleasure) has been setting us challenging subjects aimed at keeping our brain cogs ticking over. Barbara Hunt has also been keeping us budding authors on our toes by running a series of workshops giving us hints and tips on how to write our memoirs.

If you are keen on getting your thoughts in order to write your memoirs then Peter and Barbara's sessions work well together. Barbara set us a list of subjects – example: What is your earliest childhood memory; What's the wildest thing you've ever done?; Describe your first pet, if you ever had one. What was unique about it?. There were 19 subjects to choose from. Peter has been just giving us a word – for example STEAM and EARTH. We can compose a fiction or non-fiction story to read at the next meeting and then after we have presented our story - we are given an impromptu sentence or word to scribble a story from. Lots of laughs are had. Everyone is welcome don't worry just come along and unlock that “author” in you and just observe, believe me, you will be 'inspired to join in'.

Editors Note: This being my first Quarterly Journal I have tried to balance the recent U3A International, Yesterday, Today and Tomorrow, 50th Anniversary Conference, events along with the general news from U3A Groups. I am going to finish by adding a last poem by Alan Watts

Yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the present. (Eleanor Roosevelt)
If you waste your energy thinking of what you did or did not do in the past, it will deter you from taking the right action in the present. So let go of the past and bring your focus to the present moment. You have this day to yourself and what you do today will change your future. That's the power that today holds

YESTERDAY, TODAY, TOMORROW.

Yesterday, today, tomorrow,
Each brings joy and each brings sorrow.
Whatever it will bring today,
It cannot alter yesterday.

Yesterday, we cannot change.
It's gone. It can't be re-arranged.
It has effects upon today,
In things which now will come our way.

Today is here for us to do,
The best we can for me, for you,
And how we do, each one must choose
And some will win and some will lose.

Tomorrow is another day
Is something people often say,
When things don't go quite as they should,
And we would change them if we could.

So yesterday, today, tomorrow,
Each brings joy and each brings sorrow.
Each one comes and goes their way.
Tomorrow, today is yesterday.

Alan Watts 28/5/22

More photos from the Rockhampton U3A 50th Anniversary Conference



Rockhampton Pres. Cheryl Wickes & V.P. Henry Cope



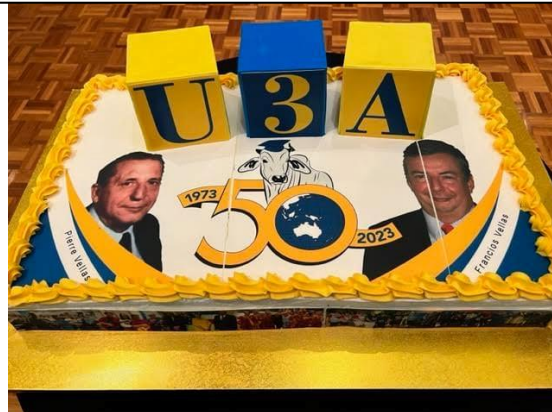
Peter Alcock, WA, President Francois Vellas, Robin Watson, Qld, Anne Grigg, Vic. Glen Wall, Vic.



President of AIUTA Professor Francois Vellas



Bush Poet Bob Pacey on Stage



Rhonda Weston, Net. Qld, and our Cheryl Wickes

Meet
&
Greet



At
Rockhampton
Museum
of Art

Some of our Wonderful Conference Volunteers



Rhonda Weston, Henry & Vicki Cope

