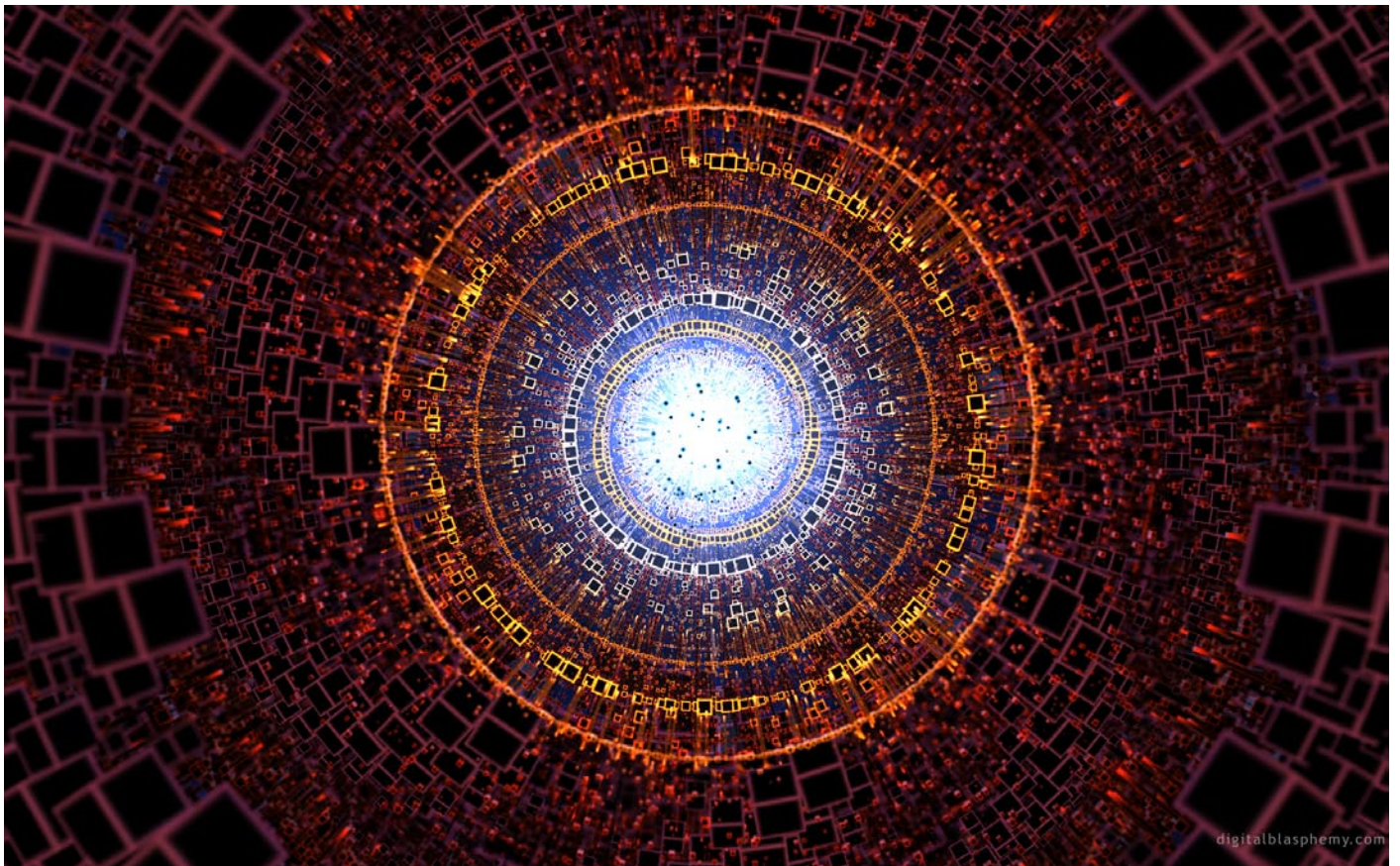




Rockhampton & District Inc Journal

June 2010



A Round Toit

This Journal is produced to exhibit the original work of members of U3A Rockhampton & District and to encourage greater participation by members.

Copyright of all contributions is retained by artists and writers.

Learning at Leisure ~ Learning for Pleasure

Contents:-

President's Report.....	Page 3
Editorial.....	Page 4
"Page Five" ~ History.....	Page 5
March Social Outing.....	Page 6
Meeting Reports.....	Pages 7 & 8
From the Outback to the Sea.....	Pages 9 & 10
Cotton Tree Forest.....	Page 11
Watering the Bed.....	Page 11
A Morn with Dawn.....	Page 12
Group Reports/News items.....	Pages 12 to 15
CQUniversity Page.....	Page 16
U3A Activities.....	Pages 17 to 19



The Management Committee of U3A
Rockhampton & District Inc sincerely thank
the CQUniversity Australia Community
Program for the printing of the U3A Journal

Cover Picture: © Ryan Bliss,
digitalblasphemy.com

Media Elements: © Microsoft Corporation.

Editor: Ray Gauntlett
Email: u3arockhampton@hotmail.com
Website: www.u3arockhampton.org.au

All correspondence to:-

The Secretary,

P.O. Box 8160
ALLENSTOWN, Qld 4700

htjhalliday@cqnet.com.au

Our Patron

Professor Scott Bowman (CQU)

Management Committee:

President:	Chris Tollner	4928 8816
Vice President:	John Elson	4928 6859
Secretary:	Hazel Halliday	4926 6728
Treasurer:	Valda Carter	4928 2119
Guest Speakers:	Jeanette Finlayson	4928 6653
Activities Co-ord:	Yvonne Rutherford	4936 3670
Social Co-ord:	Denise Carroll	4926 3317
Publicity:	Arch Finlayson	4928 6653
Editor:	Ray Gauntlett	4922 4031

**Assistants:**

Social Co-ord:	Lorraine Antonello	4926 0432
Editor:	Irene Gauntlett	4922 4031

Meetings

Open meeting on the first Monday of each month unless otherwise advised.

Time & Venue

9.30am in the Keppel Room at the
Frenchville Sports Club,
North Rockhampton.

President's Report

At the Annual Meeting on the 1st March, the Vice Chancellor of the CQUniversity Australia, Professor Scott Bowman, was honoured as first Patron of the Rockhampton & District U3A. President Chris



Tollner presented Professor Bowman with his Certificate. The position was created in recognition of the close connection between our U3A & CQ University. Since inception in the early 1980s, this U3A has been supported by the University. Our Journal was, for years & at no expense to us, printed by the University Press. Since the closure of that facility, the University pays annually \$2000 towards our printing costs. In return we allow one page in each Journal edition for University Information. Originally our office was in the Commonwealth Building, Activity Groups & the Management Committee met there. That venue is no longer available, & we were given similar facilities on Campus. We visibly promote the University to our children and grandchildren and in our community. Another more prominent way, in which we support the University, is the provision of a \$750 Award to the 2nd Year Nursing Student with the highest GPA in Aged Care Nursing. We also provide 90% of the tutors in the Basic Computer Courses of the COIN Academy, a joint venture between the CQUniversity & Regional Council.

On Wednesday, 31st March, 2010, our Journal Editor and I had the great pleasure of attending the CQUniversity Australia Academic Prize and Scholarship Presentation ceremony.



Unfortunately, the recipient of our U3A Prize, Ms Komalben Patel, was unable to be present at the ceremony and will have received her award in the mail.

However the Guest Speaker, Matthew Daley, winner of last year's U3A Award, spoke very favourably about our U3A and the effect of the Award. Firstly, recognition of students' achievements is a great encouragement and motivator to keep going. Secondly, the financial assistance of the award is also much appreciated by the students with limited resources.



Mathew Daley certainly made the best of his time at CQUniversity. This year he took out Awards for:

- ❖ Centaur Memorial Fund for Nurses – Joy Croker Centaur Silver Medal for the highest GPA in third year Nursing;
- ❖ CQUniversity Rockhampton Nursing Prize for highest GPA in a Bachelor of Nursing;
- ❖ Royal College of Nursing Australia Rockhampton Prize for the highest GPA in a Bachelor of Nursing;

Events like this Awards Presentation Ceremony, made me very proud of the U3A and being its representative. It is events like this and the U3A Garden Lovers Great Morning Tea in support of the anti-cancer campaign (which at the time of writing this, is still to come) show, that we are not only creating a "good time" for our Members, but are also making a real difference in the wider community.

~ Chris Tollner

President

EDITORIAL

For the coming year I am your new Journal Editor, with my wife, Irene, backing me up as my official Assistant.

I retired from my Hearing Aid Dispensing practice, after 26 years of 70 hour working weeks & no holidays, late in 2009. I had already sold the business to one of the foreign owned Hearing Aid Manufacturers in 2007. Joined U3A late last year at my wife's suggestion and here I am, with a job I did not expect...

There are three ways of doing anything in this world; what some consider to be the Right Way, sometimes only the Wrong Way, **or** the British Way. I am an expatriate Englishman (emigrated alone in 1970), the son of a British Army Sergeant and an ex-National Serviceman (circa 1971-3). Don't forget, my ancestors "Taught the World English". Naturally, I will be doing things in the British Way, so you will notice some changes.

We have all encountered the standard response from various people when asked about something we wanted done; "I didn't get around to it", or "I couldn't get around to it" or "I never got around to it". Well, here is an answer to all of that. There is "a round toit" on the front cover of this issue ~ so that problem has been resolved!

To make the Journal an effective and interesting medium for the members of U3A in Rocky ~ YOU, we need input, of all types, and from every member; a few clues below:-

Considerations for all who submit copy for publication in the Journal

You can submit copy in different ways, but **not less than 2 weeks before the Journal is due:-**

by email to: u3arockhampton@hotmail.com

by post to: The Secretary, PO Box 8160, Allenstown, Qld 4700

or, if you prefer, bring it to the next meeting and convey it to me by hand.

Please Remember:-

- Whatever you submit **must** be your own work. Anything copied from another source or from the internet, must be clearly attributed to the original publisher, and have their permission. The laws of copyright are significant.
- If you still use a typewriter that's just fine; handwritten material is also very welcome but **please ensure it is clear and legible**. Sometimes it is better to space the individual words & lines a little more than usual, especially if your script is very small.
- Photographs (of U3A groups etc) and drawings or artworks are **very welcome** and always needed.
- **Always** ensure your submitted material has your name, address and phone/email contact details attached!
- I will always respond to a submission.

Please Note: A **full colour version** of the Journal can be emailed to you, or viewed on the **new U3A website:-**

<http://www.u3arockhampton.org.au>

~ Ray Gauntlett

Editor

"I don't know. The editor did it when I was away."

Rupert Murdoch 1931 –

Australian born American publisher

(When asked why something was allowed to develop in one of his papers)

~ The Guardian 25/2/94



“Page Five”

Welcome to a new part of The Journal. Page Five will become a page for historical stories & photos. You all have memories, perhaps going back to stories told to you by your Parents or Grandparents about growing up in the early days. Please submit any stories you have, going back at least 50, 75, 100 years (or more) especially if you have photos to go with them!

~ Ray Gauntlett

Editor



150 YEARS AGO

On 16th January 1855 my Great Great Grandfather, Isaiah Rowland, arrived in Sydney on board the Chowringhe, from England with 8 other surveyors and engineers. They were all part of a recruitment effort by the NSW Government



Isaiah Rowland 1822-78

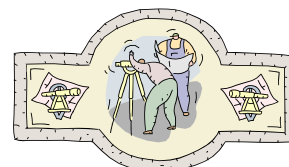
to provide for development of the Sydney Rail projects. In 1856 he was shown in Government records as being appointed Assistant Surveyor for Railways by the

Governor General. On 15th October 1858 he arrived on board the Wonga Wonga, with 2 other surveyors, A.F. Wood & Clarendon Stuart, on the banks of the Fitzroy River, at a place called Rockhampton. In those days surveyors were usually described as “surveyor/explorer” as they were most often the first men to arrive anywhere in the colony. The new appointment was described in the Government Gazette of October 25th to prepare the first town plan. A previous attempt at this in 1857 by surveyor Clarke of Port Curtis was considered inadequate. Their brief was to draft a plan of broad streets, both parallel & at right angles to, the Fitzroy River, in an area now enclosed by North, South, East & West Streets. This Town Plan obviously worked rather well. Once this undertaking was completed, he returned to Sydney in 1859.

From 1859-60 he was surveying the road from Shoalhaven to Goulburn. Later in 1860 he gained the title of Commissioner for Crown Lands and as an employee of the NSW Government he mapped the Tweed River watershed in NSW. Later, in company with another surveyor, Mr Roberts, he surveyed the NSW/QLD border, initially from Point Danger to the Dumaraseq River, later over the mountains to Lofty Peak south west of Maryland.

Born in Newtown Hamilton, County Armagh, Ireland, in 1822, Isaiah Rowland married Emma Jackson in London in 1846. They had 6 children, all migrated to Australia in 1855, except the oldest boy, Thomas, who remained in England to continue the family line there, in case the family should be lost at sea. Isaiah, a surveyor, civil engineer & explorer retired in 1869 and died in 1878.

His son Thomas, in England, had a son, James, who later emigrated to Australia. He married Frances Aspinall in Longreach in 1896. They later moved east and settled in Rockhampton.



~ John Rowland

Visit to Alpaca Farm

March 8th

For the March social outing, 40 members visited the Pfeiffer Park Alpaca Farm.



The owner, Kelli Pfeiffer, and her daughter Cassie, shared a wealth of

knowledge about farming and caring for Alpacas. They have a wonderful set up for presentations and for their farming practice. They showed a video which gave an overview of the origin of the Alpaca and how they are farmed and the products made from the fleece.



They run & breed both the Huacaya and Suri varieties, which produce two very different fleece types. They had a large array of products made from the Alpaca fleece plus some handmade items which had been imported from Peru.

They are the cutest animals and are very curious and friendly.

We were able to walk in with the Alpacas, and Cassie brought two of the Alpaca into the room for a close look and a pat.



Carol Wotherspoon greets the locals.

This enabled us to look at the fleece and how it is measured for quality.



We all had a most interesting morning and I am sure we all discovered a lot about the Alpacas and enjoyed a relaxing morning tea and friendly company.

~ Lorraine Antonello

Open Meeting**April 12th**

At the April open meeting we all enjoyed an address by Senior Sergeant Ewan Findlater, the Officer in Charge, Rockhampton Traffic Branch of the Queensland Police Service.

Ewan gave an excellent talk on how the State Police work together with Main Roads, Qld Transport and even the local Council towards the main goal of reducing the road toll. Many of us would have been affected at some stage by the death of someone very close, in a traffic accident. He explained how the emphasis falls into three broad categories:

Education (of drivers & road users)

Engineering (of roads & associated items)

Enforcement (that's where his crew of 15 comes in).



They continue their efforts to deal with drivers and the Fatal Four: Drink Driving, Fatigue, Seatbelts & Speed; along with phones etc used illegally when in motion.

Ewan fielded many questions from the floor on all the matters that concern us, such as revenue raising radar traps etc and he provided a clue on future developments, such as "point to point" radar/camera surveillance.

~ Ray Gauntlett.

Editor**Open Meeting****May 3rd**

Dr Barbara Webster, Historian at the CQUniversity spoke on the history of Labour Day in Rockhampton.



In 1856 the development of the Eight Hour Day. 8 hrs Labour, 8 hrs Recreation, 8 hrs Rest. Dr Webster went on to show a number of slides of artefacts on Labour Day.

1903 First Labour Day march in Rockhampton.

1909 More unions were forming,

1909 Eight Hour Day Committee was formed in Rockhampton and the march was on the 1st Monday in May, after the march 4000 people attended the picnic at showground.

Dr Webster showed a number of slides showing floats in Labour day marches; marches were demonstrations of power to the bosses & the other unions.

1914 Rockhampton first Trades Hall was in Fitzroy Street.

1918 The 1st of May became known as Labour Day. The union movement was raising money by having an Art - Union tickets were sold for 1/- (one shilling)

1925 The unions build the Trades Hall Theatre (which was a white elephant).

1938 In-fighting between unions.

1938 Militants restarted the Labour Day march, by 1946 politicians were involved in Labour Day celebrations.

1957 Labour began to gain strength under Joh Bjelke-Petersen. (He was knighted many years later)

1980 The unions build the Liberty Theatre.

2009 Labour Day march included family picnic after the march.

Some very good questions were asked and Dr Webster demonstrated her knowledge of the subject.

~ John Elson

Vice-President

Open Meeting Address**May 3rd**

Cockscomb Veterans camp came about from an idea that was developed in July 1997, between a number of the Vietnam Veterans in the Central Queensland area, and the local Psychologist Mr Bruce Acutt. He is highly respected by the veteran community and has developed an affinity with Vietnam Veterans, a great many of the locals attend Bruce's clinic for regular counselling sessions. The Veterans came up with a plan to develop an area somewhere in the bush, as a reasonably isolated camp/retreat. A place where fellow veterans could go, when things were getting tough, or when they felt the need to be out of it and alone for a while, or the need to lean on someone for moral support, or find someone that could walk the walk, talk the talk and understand the burden. It was promoted as an idea amongst interested parties. After some discussions within our own ranks and with Bruce, he offered us the use of a section of land on some 60 acres he had, in an area known as Cawarral. An old gold mining and farming community, some 20 km's from Rockhampton, approx. half way between Rockhampton and the Capricorn coast. This was considered to be an ideal location and the gracious offer was accepted.



Bruce had placed a Railway camp wagon on his property and this was the area that was offered to the Veterans. The therapy value of the project was immediately recognised. A new bonding and support process was under way, Veterans working together in a common cause. Work party's increased in head count, more veterans offered to join in and be part of the project.

Varying tasks were allotted for the completion of the project. Workers called on to paint the camp wagon, build a latrine and pave the area under the awning, erect timber tables and seating areas, install a flag pole, establish a bush kitchen location, site the main posts and construct a walking trail through the scrub to the planned recreation area. Wherever possible, old timbers from the property were used in the construction process. The process was to mark a tree and get Bruce's approval to cut the tree.

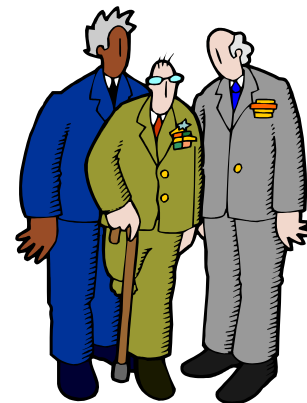
The workers arrived and began the process of 'beautifying' the camp wagon and awning areas. Some time had passed since the first days of the Cockscomb idea. Now there were wives and friends of our Veterans arriving, eager to participate in the project, along side of their partners. (The bush camp therapy was at work again).

The bushland eco system and the environmental issues have been paramount at all stages of our planning process and will continue to influence our decisions.

The list of supporters grows, year on year. The community areas around Central Queensland have been fantastic and encouraging with their donations of material and labour. Each year we provide our supporters with a certificate of appreciation.

To err is human; to forgive, infrequent.

- Franklin P. Adams 1881-1960 (American Journalist & Humorist)



~ John Elson

Vice-President

From the Outback to the Sea Come Walk With Me.

By John W. Stanton

Chapter 6 ~ We Take a Sea Change.

The first months on the Island were spent getting to know the Island and everyday life. The only contact with the outside world was 2-way radio through OTC on two daily sessions, plus an emergency only channel. Mail once a week meant we had to cross to Plum Tree, very nerve-wracking trips when the tide was not really suitable.

The next major problem was the matter of a barge, to transport cattle back & forth. After discussion we decided to build ours similar to an army landing barge, with front loading door. The owners decided I should visit the local bank manager to arrange a loan for the purchase of material. A loan was approved after some difficulty, & a change of bank. The first few months on Quail were very dry, so we hand-built a 5,000 gallon concrete rainwater tank, still going strong 6 years later when we left. My son Robert was also employed on the Island, just out of high school. At one stage it got so dry I took Alene & the two girls to stay with her parents until we had rain. We received good rain a few weeks after they left & we were able to go down and bring them back. The next major project was the building of the barge. I was lucky we had the help of our nephew, Wally, a boilermaker, with the conversion of 12 ton of steel into a 40 foot long, 12 foot wide Barge.



The barge under construction at Plumtree

We planned to build it on a level piece of ground just out of reach of the high tide mark as we had no way of moving it when it was finished. We had worked out that we had to have the barge finished before the king tide, in June. Sighs of relief when everything turned out correct and it floated with water to spare.

One of the first jobs the barge was used for was to bring a 2nd hand Caterpillar D4D dozer across as we decided to build some dams, clear scrub and plant some improved pasture. It was not uncommon to get around 10" of rain in 24 hours so dams had to be strong. When I arrived there was very little fencing on the Island, necessary to divide it to allow best use of available country. We achieved quite a lot of the things required to start putting stock on the Island.

It was not all work, we spent a lot of time fishing & crabbing as both were plentiful & oysters were there for the taking on the open sea side of the island. I decided to buy a boat to go to the offshore islands where the fishing was much better. It was also good for water skiing. We spent many happy hours at this sport. I remember one time Robert and I were fishing out around Hexam Island which is about 30 miles out from Plum Tree. I was fishing on one side pulling in Red Emperor one after the other, while Robert on the other side of the boat was doing battle with something big. It took him some time to get it up to the surface, when he did it turned out to be a shark, longer than the boat. He asked what he should do & I replied "cut your line & let it go". That was the biggest catch in all the time we were there.

We certainly handled some strange loads in the boat, we once moved a 20 foot windmill tower from Pier Head to the homestead. Not long after we had the barge working Adrian Cook bought a 20 foot caravan to set up on the island for accommodation when he was there on holidays. We had to load this from the beach at Plum Tree. Another time I had bought a 12 disc plough, we had it delivered to Plum Tree by truck, during loading on to the barge I hit my head on the plough & had to go straight to Rockhampton for treatment.

(continued on next page)

(continued from previous page)

Cyclone David

We were on the Island during Cyclone David, which crossed the coast at Arthur Point. At no time did we feel in danger. The house was built on a concrete slab and had no windows, only timber framed shutters with fibro cement covering as the rest of the house. When these



were closed no wind entered the house. After the cyclone had passed there were large areas with all the leaves stripped from the trees for quite a distance back from shore.

Dam sinking was interesting and I was always on the lookout for suitable sites. I constructed quite a few dams & there was never a problem getting them full, when it started to rain.

Life became more modern after I decided to clear an airstrip. My knowledge of flying was very limited, after a lot of enquiries decided on a position about 400 meters from the house at one end, facing north, giving plenty of length. It would not be an all weather strip as this type of country gets very boggy when wet. I remember when I was clearing the strip I put a stick through the radiator of the dozer. Looked a mess at first but after a few hours with tin snips and a soldering iron there were no leaks & we got the job finished. It was a big thrill to see the first plane land on that strip,



chartered by Adrian Cook who was coming up for one of his regular visits.

Mustering was a family affair as I would often get Alene & the children to help when I had a big lot of cattle to handle, as they all loved horse riding. The cattle were all Brahman cross, easy to handle in good country, a different matter in scrub & we had a lot of that. We did not have a dip on the island, so tick control was a matter of hand spraying.

We would often saddle up on weekends and go riding to many beautiful spots around the island. When we wanted to visit Pier Head we went by boat. The view from the top was worth the climb. The only spot on the east coast where both Cook & Flinders took bearings at the same place. The stretch of water that separates Quail Island from the mainland was named Thirsty Sound, by Cook, when he entered the area to repair Endeavour he could not find a supply of fresh water.

We were sometimes cut off when the road was impassable after rain, as after Cyclone David, when it was out for 3 months. During this time Alene & Carol both became ill and needed medical treatment in Rockhampton. I had sold the Land Rover and bought a Ford Fairlane, not the best vehicle on bad roads. Robert had also bought an old Ford Falcon. We decided to take both cars in case we got into trouble. We also took lots of ropes, block & tackle, picks, shovels & a chainsaw. It took over 4 hours to cover a 7 mile section of road.

I remember recently travelling to Stanage Bay to take part in the re-enactment of the landing of Matthew Flinders. This was a real eye opener, it was hard to recognise the place it had changed so much. When we were there the only buildings were a few fishing huts. Now there are bitumen streets, a store, hotel, big brick houses and a Coast Guard base.

Time moves on & Robert decided to join the army. Dianne had moved to Sydney to act as baby sitter for Bill McNally and do a course at business college. These were big changes & we certainly noticed the difference when they were gone. It became much more difficult mustering & carrying out the everyday jobs. When Carol finished her Primary schooling we decided to leave the island as we could not afford to send her to boarding school.

(to be continued)

Cotton Tree Forest

*Looking up through it you just had to
climb*

*Twisted branches that all intertwined
Strong gnarled foot pegs, trunks huge,
big and fat*

*Start from the ground and work your
way up*

*It was full of children who crawled and
pulled and walked*

*What a trial for the young as they
chatted and talked*

Maybe to teach them to overcome strife

A good test for their journey in life

*It was amazing these trees meant to
climb*

Climb in the canopy through to the sky

*With the ground far below them they
climbed up and down*

*Strong young muscles making them
bound*

*Oblivious to the fact they were doing the
teaching*

*As little fingers gained purchase on
branches they were reaching*

A lot can be learnt from climbing a tree,

Try it sometime and you will see.

~ **Helen M. Holden**



Watering the Bed

My home is a two-gabled high-set house. I have an electric lift which enables me to get up and down from the house. Under the house is well set up. Actually I could live down there if I had to. I have a bed, with a side table for drinks, books etc. There is a toilet & a large kitchen cabinet complete with crockery, electric jug etc. As well there is a table, chairs, canvas chairs, lounge chair, deck chairs. The front of the house is enclosed. Painted wooden battens cover the remainder (back and two sides). Outside the battens on the left side is a garden bed which runs the length of that side of the house. My collection of gerberas is growing there. This garden has its own watering system. A small bore hose runs the length of this garden. At various intervals in its length a one foot upright sprinkler is placed. The beginning of the hose is connected to the large garden hose. When the hose is turned on, a fine spray waters the garden.

This particular day I had a man cleaning under the house. He also pulled out the red flowered vine which was covering the battens. A few days later I noticed that the leaves on the gerberas were curling up. So I turned on the sprinkler system for one hour.

After I had finished cleaning up under the house I decided to have a rest on the bed. As I prepared to lay on the bed I found it was soaking wet, likewise the pillow, cushions etc. There had been a small shower of rain but I quickly realised that wouldn't have soaked the bed and contents. There were only spots of water on the brick floor.

That was when reality hit me and I decided to investigate the gerbera garden. There I found the reason for the soaked bed and contents.

When the gardener had pulled out the creeper he had bent the sprayer arms towards the battens, and the bed on the other side of them.

So, for one hour my bed had been watered, instead of the plants in the garden bed!

~ Elizabeth West



A Morn with Dawn

At 9am each Thursday morn

*It's Mahjong time at the home of Dawn
We're greeted by togs & towel on the line
Coz Dawn's been swimming but is home in time.*

There's Bev & Helen

And Dawn for sure

As well as Pam

But wait...there's more, "Pams" that is

We roll the dice to start the game

Highest score is East by name

Who throws again to break the wall

Then deals out tiles to one and all

There's catch-up chat from Tuesday PM

Then a glance at our sheets, but we don't use them

"Ordinary Mahjong?" someone will say

Why open the books? Same pattern each day

We scan our lists & a game is found

"What about?? Are there dragons to go round?"

"Finally a decision, we pick up & discard

*Then a voice from the wall "This game is **so hard***

*I don't have **one pair** & bamboos are missing*

Hey, hang on a sec, I think I am fishing"

10.30 Dawn's up to make coffee & tea

We talk about family, friends & TV

Then back to our Mahjong to play until noon

The hands of the clock march on far too soon

Then out of the blue a voice is heard

"No wonder I'm struggling, this is absurd

How could I possibly only have ten?

Will I pick a bunch from the flowers then?

Almost in unison we hear from the West

I don't believe it, but you'll never guess

I've counted... there's sixteen tiles on my rack

Will it be OK if I sneak a few back?

It's chit chat & laughter & plenty of fun

With nobody counting the games they've won

But we eagerly wait til next Thursday morn

*When we visit again our friend **Dawn Sporne.***

~ Pam Bruce

MAHJONG NEWS



As from Tuesday 27th April, the Mahjong group will be meeting at Women's Health building at the corner of Bolsover and Derby Streets. We are fortunate that we have been warmly welcomed here as the Community Room at 'Rockhampton Garden Villages' (where we been since January 2008) is no longer available to us. The only downside with our move is that the room is small which means new member numbers will be restricted.

Our "Kitty" is "NOT HAPPY JAN" with her bank balance as we have had to buy our own card tables. However, this is easily overcome.

Four keen players (Bev, Helen and two Pams) meet each Thursday at Dawn's for Mahjong, Morning Tea and Merriment.

~ Pam Bruce.



Norma West OBE Awarded!

Congratulations to our recent Companion of the University awardee Norma West OBE, who has now become a 'Zonta Living Treasure'.

Nominated by CQUniversity's Office of Development and Graduate Relations, Norma accepted her award during the Zonta Club of Rockhampton's International Women's Day Breakfast (March 8).

Norma, who is also an Alumnus and former University Council member, has made a major contribution to the development and advancement of the nursing profession during a long and distinguished career as a senior nursing administrator and practitioner in regional Queensland. She lists her University Companion honour among highlights of her life, alongside lunching with the Queen and Prince Phillip, graduating from 5 different areas of study, receiving her OBE, being involved in the transfer of nurse education to CQUniversity and TAFE and the success of student nurses over many years. According to CQUniversity's Glenys Kirkwood, who coordinated the Zonta nomination, Norma West has certainly ticked all the 'Living Treasure' boxes with her record of achievement, her ability to inspire and influence, her demonstrated capacity for positive change in relation to nursing in Central Queensland and her ability to share, empower and lead others.

~ Glenys Kirkwood, CQUniversity

90 Years Young

Sister Mercia Hawken celebrated her 90th birthday with a party hosted by the Milburn family, proprietors of Caribeae Swimming Academy and members of U3A Aqua Aerobics members.

It was a surprise party arranged after Mercia's session in the pool and her comments as she saw the party tables were "Are you having a cake stall" and "I haven't brought any money".

Sister Mercia was thrilled with the party which included a birthday cake and that her photo would be in The Morning Bulletin. I understand there was a run on buying the paper on Saturday.

Sister Mercia has been participating in Aqua Aerobics for 10 years and believes the activity has had a considerable influence on her recovery from several health problems.

My thanks to Caribeae Swimming Academy & Staff and U3A for making a "Great Lady" very happy. David Milburn took the lovely photo secretly.



Sister Mercia was overcome with the party and sent a bunch of red roses and a card to Caribeae Academy and U3A members.

~ Shirley Hopkins

Singing Group

March 9th

Some of our U3A Singing Group gave a very creditable performance of favourite songs when they met at The Blue Care Respite Centre in Corberry Street. Performing for these folk is always a great privilege as they join in with such enthusiasm. Our happy faces tell how much we enjoyed it as well!!



& Line Dancers

May 13th

At the Gracemere Morning Tea, for the Mayoress Regional Charity Foundation, supporting the Cancer Council Qld the U3A Singing Group and the Line Dancers both performed to a large and appreciative audience.



Opened by the Mayor, hosted by the Mayoress and MC by Peter Byrne (of WIN TV weather) a

very good time was had by all & sundry, in a very good cause.

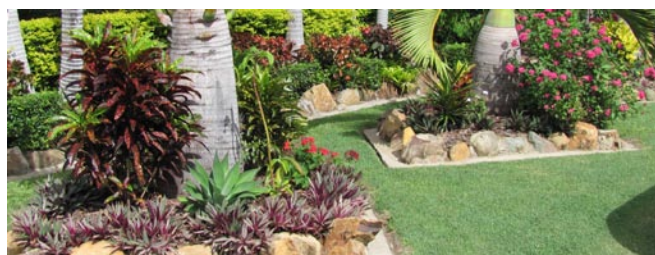


~ Glenda MacDonald



April 23rd

Our regular excursion to a member's garden this month; John Elson, our Vice President, was our host.



There was plenty to examine at John's place and we were also invited to have a look at a neighbour's garden, where at least one of our members obtained a plant she was looking for....



Previous visits, during the preceding months were to Mary Dunbavan's and John Stanton's gardens. Many far more detailed photos of all these fine gardens are on the U3A website (see the Contents page for the full web address).

~ Ray Gauntlett

TAI CHI



We had our Christmas break ups at the gardens under the trees, everyone brought a plate of finger food; a very relaxing place to eat & talk.

Tai Chi can be practised by people of all ages and most physical conditions. Regular practice helps healthy breathing patterns & relaxation skills. As a non-impact exercise it strengthens the body with minimal stress to the joints as well improving body awareness & postural alignment. Best practised in the open with nature around you, such as the garden. We keep going all year. If I can't be there, someone else takes the group. Remember, the more you do the better you feel.

~ Olga Benson

Ten ways to Kill Your Club:

1. Don't come to meetings.
2. Find fault with Office Holders & other members.
3. Never accept Office (it is easier to criticise).
4. If asked for your opinion, you have none. Afterwards say how it should be.
5. Do nothing more than necessary, when others use their abilities, just say the club is run by a clique.
6. Always keep your eyes open for something wrong.
7. Agree with everything said at meetings & disagree later.
8. Get all you can from the club & give nothing in return.
9. Pass on rumours, it is easier than finding out the truth.
10. Don't agree with this, it doesn't apply to you.

~ Gladys Mackay



At the sign-on we gathered 23 interested people...

Why keep up with the latest technology? Many reasons, as we get older we find it harder to see, hear and move. Families are spread across the world and we tend to lose contact with old friends and family. Technology bridges the gap. Email keeps us in contact anywhere in the world. The Web keeps us informed of the latest news as it is happening. Computers are getting more sophisticated, but easier to use. Computer Club members learn how to live in a Technological world and keep up with the Grand kids. You are never too old to learn, you have mastered driving your car, cooking for a shearers camp, home dinner parties, teaching, playing the piano, navigating and bush walking, painting, singing, flying an aeroplane, line dancing, so why not learn how to use your home computer? The world is literally at your finger tips.

It is no good joining a computer club if you don't know how to use the mouse or the keyboard and lots of the other skills you can learn by attending the COIN classes first. COIN or Community Informatics provides numerous very informative tutorials for absolutely 'know nothing about computers' right through to experts who need to learn new programs. COIN is now located on the upper level at the new Rockhampton Library and is free to join.



~ Nick Quigley OAM

Morning Tea at Lorraine's Place

I would like to extend a big "thank you" to Lorraine for hosting the morning tea ~ her warm welcome and hospitality.

It was an opportunity to meet some more members along with those who attend the meetings & various groups. Lorraine showed us the many beautiful crafts which she has made, members found this of great interest.

It was a nice introduction to the start of another year.

I am sure everyone enjoyed the relaxing morning, although very hot and steamy.



~ Irene Gauntlett

Assistant Editor

LEADING WITH GRACE AND STRENGTH



Shirley Hopkins & Gail Carter

A book, "Leading with Grace and Strength" was launched by Mayoress Gail Carter on Sunday May 16th

Members of the U3A were involved in some of the writing about ladies in the book.



Joan Price, Del Rowan, Judy Whitworth & Cheryl Haughton.



Margaret Thorpe & Nita Whyte.

~ Cherith Weis

BUILDING PARTNERSHIPS



News from the CQUniversity Community Relations Coordinator

Donations from organisations and individuals who are keen to see CQUniversity at the forefront of driving prosperity and a better life for Central Queenslanders, have helped make possible new building projects on the Rockhampton Campus.

CQUniversity is injecting \$20+million in to the Rockhampton campus on construction for a new Engineering Precinct, renovations and upgrades to the commercial precinct and a \$6 million improvement of the Rockhampton Campus library. The projects are among the first steps to be taken in a major program that expands and upgrades the University's research and teaching resources, a move that will have significant positive spin-offs for students, industry and members of the local community.

The new University initiatives follow announcements made earlier this year that CQUniversity would introduce new medical science and law programs as early as 2011. The Library renovation at Rockhampton will double its user capacity, expanding learning spaces and study areas. A new repository system for the University's valuable print and digital collections will also be installed. Common space which is open to the public and includes the student refectory, will also receive a half-million dollar boost to improve food services, increase access to wireless communications and give students a better space in which to socialise and network.

More than 60% of the funds for Rockhampton's development will come from CQUniversity's own reserves, **including funds raised and donated to the University by community members**. The balance comes from the Federal Government's Better Universities Renewal Fund and the Teaching and Learning Capital Fund.

Tangible support from the University's community has played a key role in enabling the University to make this renewal and expansion a reality. Director of the Office of Development and Graduate Relations Suzi Blair said today "This renewal project is an excellent opportunity for donors who have supported the University financially, to see the difference their generosity can make. Up-to-date facilities allow the University to continue to skill the region through skilling its people and financial support from our communities is critical to the ongoing development at the University as a driver of prosperity for Central Queensland."

You can join benefactors who have chosen to make a difference to their community, their state and their nation by financially supporting the University, and there are many ways this can be done. For instance you could just make a donation to support the area of greatest need. You could advance your personal interests by providing a student prize or, like Monash University donors Dr Alan Finkel AM and Dr Elizabeth Finkel you could assist in advancing knowledge for the common good, by providing financial support for PhD students undertaking research that will ultimately improve the economy. "With a relatively small amount of money we are enabling somebody to do research that might not otherwise be done. It's for the long-term benefit of the country" they said recently.

Relying only on Government funds will limit what our University can provide for Central Queensland. Leaving a Bequest in your will nominating a specific amount or a percentage of whatever remains after your loved ones are cared for, would allow you to contribute to the sustainability and innovation of CQUniversity without impacting on your lifestyle.

If you'd like more information on anything to do with CQUniversity, please contact me.

The office of Development and Graduate Relations builds partnerships with individual donors, graduates, community groups and small, medium and large businesses to support program and research activity at CQUniversity.

For more information please contact:
Glenys Kirkwood, Coordinator CQUniversity Community Program
Phone: 07 4923 2734 • Email: g.kirkwood@cqu.edu.au

U3A Activities 2010

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 (except January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton	Chris	4928 8816
Scrabble	3 rd & 4 th week 1.30pm	Luncheon (bookings required)	Margaret	4928 2757
		I.L.U. No.1, Gracemere Gardens, Gracemere	Joan & Roy	4933 3324
Tuesday				
Aqua Aerobics SA* ~ cost \$5	Weekly 11am- 12noon	Caribee Swim Academy, 135 Menzies Street, North Rockhampton	Jodie/Margaret Shirley Hopkins	4926 1650 4936 4792
Bush Dancing SA* ~ cost \$3	Weekly 7.30pm- 9.30pm	Tobruk House, Archer Street, Rockhampton	Shirley Hopkins	4936 4792
Heritage Teddy Bears	1 st & 3 rd week 9.30am-11.30am	3 Frenchman's Lane, North Rockhampton	Lorraine	4926 0432
Investment Group Discussion SA	3 rd week 10am	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Mah Jong SA*	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Mary	4928 5059
Multi-Craft* ~ supply own materials	2 nd & 4 th week 10am-2pm	31 New Exhibition Road, Rockhampton.	Molly	4927 4325
Resistance Training SA*	Weekly 7.30am- 8.30am	Community Sports Centre, Yaamba Road, North Rockhampton	Shirley Hopkins	4936 4792
Aerobics Exercises & Swim ~ (heated pool) cost \$6 for one or all	Weekly 8.45am- 9.30am	Community Sports Centre, Yaamba Road, North Rockhampton	Shirley Hopkins	4936 4792
Singing Group SA	Weekly 9.30am	284 Dawson Road, Rockhampton	Glenda	4922 3662
Tai Chi *	Weekly 7am	Botanic Gardens, near Lagoon, Rockhampton	Olga	4928 4325
Wednesday				
Book Lover's Group	4 th week 10am	Meet at Margaret Keene's, 4/128 High Street, North Rockhampton	Judith	4928 3386
Embroidery	1 st &3 rd weeks 2pm-5pm	CQU room (beside CQU Computer Shop)	Pat	4927 4493
Speech Group	Weekly 9.30am- 10.30am	8 Mansfield Street, Rockhampton	Annette	4922 3400

<i>Activities</i>	<i>Times</i>	<i>Venue</i>	<i>Contact</i>	<i>Phone</i>
Wednesday (continued)				
<i>Writing for Pleasure</i>	<i>1st week 9.30am-11.30am</i>	<i>CQU room (beside CQU computer shop)</i>	<i>Rita</i>	<i>4922 8807</i>
Thursday				
<i>Computer Club *</i>	<i>Weekly 3.30pm-5pm</i>	<i>New Library, 1st Floor, Bolsover Street, Rockhampton</i>	<i>Nick Quigley</i>	<i>4928 2554</i>
<i>Discussion – Current Affairs</i>	<i>3rd week 3pm-5pm</i>	<i>255 Elphinstone Street, North Rockhampton</i>	<i>Arch</i>	<i>4928 6653</i>
<i>Resistance Training SA*</i>	<i>Weekly 7.30am-8.30am</i>	<i>Community Sports Centre, Yaamba Road, North Rockhampton</i>	<i>Shirley Hopkins</i>	<i>4936 4792</i>
<i>Aerobics Exercises & Swim ~ (heated pool) cost \$6 for one or all</i>	<i>Weekly 8.45am-9.30am</i>	<i>Community Sports Centre, Yaamba Road, North Rockhampton</i>	<i>Shirley Hopkins</i>	<i>4936 4792</i>
<i>Swimming for fun & exercise ~ cost \$5</i>	<i>Weekly 7.30am-8.30am</i>	<i>Ireland's Pool (heated) Stockland, Yaamba Road, North Rockhampton</i>	<i>Avian</i>	<i>4936 3052</i>
Friday				
<i>Armchair Travel</i>	<i>3rd week 9.30am-11.30am</i>	<i>Athelstane House, Ward Street, Rockhampton</i>	<i>Valda</i>	<i>4928 2119</i>
<i>Cooking Class ~ cost \$10</i>	<i>2nd week 9.30am-2pm</i>	<i>Athelstane House, Ward Street, Rockhampton</i>	<i>Ailsa</i>	<i>4928 8837</i>
<i>Garden Lover's Club</i>	<i>4th week 9.30am</i>	<i>Different garden each month ~ advised at General meeting</i>	<i>Audrey</i>	<i>4926 2345</i>
<i>Line Dancing ~ cost \$5</i>	<i>Weekly 2pm-4pm</i>	<i>Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton.</i>	<i>Sue</i>	<i>4922 3421</i>
<i>Pencil Drawing</i>	<i>Friday after General Meeting 9.30am-11.30am</i>	<i>7 Gardenvale Court, Hillside Estate, (off Norman Road) North Rockhampton</i>	<i>Keith</i>	<i>4928 9505</i>
<i>Square Dancing ~ cost \$4</i>	<i>Weekly 7pm-9.30pm</i>	<i>Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton</i>	<i>Rob</i>	<i>4926 7075</i>
<i>Tai Chi *</i>	<i>Weekly 7am</i>	<i>Botanic Gardens, near Lagoon, Rockhampton</i>	<i>Olga</i>	<i>4928 4325</i>

<i>Activities</i>	<i>Times</i>	<i>Venue</i>	<i>Contact</i>	<i>Phone</i>
Saturday				
<i>Aqua Aerobics SA*</i> ~ cost \$5	<i>Weekly 7am-8am</i>	<i>Caribee Swim Academy, 135 Menzies Street, North Rockhampton</i>	<i>Jodie/Margaret Shirley Hopkins</i>	<i>4926 1650 4936 4792</i>
Personal Arrangements				
<i>Computer Classes</i>	<i>Weekly ~ 2hours</i>	<i>COIN, New Library, 1st Floor, Bolsover Street, Rockhampton. (course length varies ~ keyboard, mouse, basic Win XP/Vista Word 2003 & 2007)</i>	<i>Belinda</i>	<i>4923 2561</i>
<i>Family History & Genealogy</i>	<i>By appointment</i>	<i>Consultation at tutor's or person's home</i>	<i>Helen</i>	<i>4928 2233</i>
<i>Heraldry</i>	<i>By appointment (contact tutor)</i>	<i>190 German Street, Norman Gardens, North Rockhampton</i>	<i>Ken</i>	<i>4928 3687</i>
Special Activities: Topic and Time to be announced at General Meeting before scheduled activity				
<i>Art Appreciation Tours</i>	<i>2nd Thursday of month 2pm</i>	<i>Rockhampton Art Gallery</i>	<i>Bill</i>	<i>4928 4447</i>
<i>Field Trips for Painters, Sketchers & Photographers</i>	<i>Saturday after General Meeting 10am-2pm</i>	<i>Dates to be announced at General Meetings</i>	<i>Carol Shirley</i>	<i>4926 1885 4922 8247</i>