



THE QUARTERLY FLYER

DECEMBER

2014

Volume 4/2014

Merry Christmas and a Happy New Year



General Meeting 1st Monday of each Month (ex January) 9.30am at Frenchville Sports club
Next meeting February 2nd 2015

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

Due 31st December: **\$15.00**
Joining Fee **Nil**

Front cover: Executive Committee

(background pic taken by Gordon Sue at Floriade, ACT)

(l to r; back row then front row)

Social Organiser: Nancy Crapp

Vice President: Phil Morissette Ph 49287769

Treasurer: Hazel Halliday Ph 49266728

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Web Coordinator: Nick Quigley OAM

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President: Ann Findlater Ph 4922 1581

Guest Speakers: Christa Tollner

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PRESIDENT'S REPORT

As we come to the end of the year I would like to thank everyone for their help in making 2014 another successful year for our U3A. As my three years as president is coming to an end at the beginning of the new year I would like to ask you all to think about taking a position on the committee for the next twelve months.

We have been recycling committee members for many years and it would be nice to see some new faces with new ideas. This year we welcomed Joan and Elaine onto the executive and they have bought with them new thoughts and concepts.

I would like to wish you all a safe and healthy Christmas season and a wonderful 2015.

Ann Findlater

Editor's note: I am sure I echo each member's sentiment at Ann's commitment and loyalty to the organisation. Her total dedication to u3a to benefit its members is to be not only admired, but honoured.

Thank you, Ann

SOCIAL REPORT 2014

It has been quite a busy year and we visited several educational places.

February – The Ambulance and Fire Stations

March – Groves' Farm – Mangoes and lychees

And Brooks' Farm – pineapples. Both farms at Bungandarra.

April – Our visit to Tanby Gardens was cancelled due to inclement weather.

May – The Alpaca farm proved most interesting.

June – A sausage sizzle at the Botanic Gardens.

July – The Coastguard proved that they were very busy people always on call.

August – Tanby Gardens proved very popular.

September – Our Mystery Tour. We visited Henderson Park for morning tea and Birkbecks Historic Homes for lunch.

October – Morning Melodies at Pilbeam Theatre featuring Rhonda Birchmore.

November – Christmas lunch.

Nancy Crapp



Dear U3A members,

It's hard to believe it is already December. Every year we reflect on how much we packed into just 12 months – but this statement has never been truer than for CQUniversity in 2014.

Following our July merger with CQ TAFE, growth has continued apace. As part of the merger project, we've seen the swift development of Stage 2 of the Allied Health Clinic at our Rockhampton North campus. At our City campus, we've hosted new and exciting events at Willby's Training Restaurant.

Further afield, CQUniversity has unveiled plans for new sites in Townsville and Cairns, where more than 600 locals already study with us. In Perth and Karratha, new Distance Education Study Centres will support our large cohort of Western Australian students.

Of course, our home will always be Rockhampton.

Recently, I was thrilled to appoint long-time local Kim Harrington as Associate Vice-Chancellor (Rockhampton Region).



With a strong background in vocational teaching and management, and a key role in the merger, Kim is a true local leader for the newly comprehensive CQUniversity.

In 2015, CQUniversity will also deliver many opportunities for personal development. No matter what your interests and experience, our Short Courses offer something to expand the mind, capture the imagination, and even delight the palate.

As well as rolling enrolments for regular offerings such as First Aid, Hospitality, Beauty Therapy and Introduction to Computers, now foodies can also diversify with Master Classes in Craft Beer and Gourmet Food in March, a Hoof to Plate Master Class in April, Dude Food Cookery in May, while Cheese making in June. Our popular arts courses will return in 2015, including Digital Photography and Photoshop, and as diverse as Bronze Casting, Printmaking, and Life Drawing. For more on all our Short Courses, visit cqu.edu.au/study and follow the links.

As CQUniversity is committed to growth, I hope you can drive your own personal growth with our new offerings, to expand your learning and experience in 2015.

Regards,

Professor Scott Bowman

CQUniversity Vice-Chancellor and President
U3A Rockhampton Patron

MEMORIES WITH HELEN HINCHLIFF

This picture was taken approximately two to three years ago and is of Helen Hinchliff on the left Ivy Fraser (93 years old now) in the middle Helen Quigley on the right.



We drove them to Emu Park firstly to CoCo's. We looked at all the building development, had fish and chips at the Causeway and Yeppoon Ice cream. Well, they just loved it and it had been years since they were both at the coast.

Ivy Fraser is now up at Bethany, still very bright and reads the paper daily, the Country life and the

Library delivers books to her every two weeks. She has her same phone and number beside her bed and kept in touch with Helen.

They both were wonderful members and I am sure, founding members of U3A and were involved in many activities. They were well read and informed and contributed greatly with their knowledge.

It was a very special day for Helen Quigley and myself, and leaves us with fond Memories and saddened at Helen's passing.

Christa Tollner

KERSHAW GARDENS TAI CHI GROUP

Tai chi's gentle relaxing exercises are a great way to start the day, or end the week as in our case. The group meets every Friday at 7:30 am near the windmill in the Kershaw Gardens and includes gentle stretches, relaxing Shibashi exercises and the moving meditation of tai chi levels 1-3.

Relaxation and improved balance are two of the major goals of Tai chi. Learning how to maintain an upright posture while relaxing or standing on one foot is often a challenge, but once learned has benefits for falls prevention as well as general movement.

Now that summer has arrived we need to think of sun protection and water bottles to maintain our hydration. It helps that we meet early in the morning but attention to basic body needs ensures that we get maximum benefit from the exercises.

Instruction is provided by the Australian Academy of Tai Chi so participants have access to the Academy's quarterly garden lessons as well as an invitation to participate in the quarterly evening class term break-up lessons and 'bring a plate' supper following. The Kershaw Gardens group contacts are Shirley (4936 4792) or Pam (4928 1130). For tai chi details visit the Rockhampton web site (www.zelmeroz.com/taichi).



THE RIGHT GIFT

© Rita Diplock

With Christmas approaching so swiftly, memories of Christmases past come to mind. Christmas is such a joyous time when you have a young family. Before your first baby understands anything about it you buy her gifts and as you family increases so does the joy and chaos with organizing Santa's arrival. The little ones find it hard to sleep on Christmas Eve and are up before it's light. Ah, I remember those days, the feel of small arms around my neck, the smiles, the excitement as presents were opened.

But then, as they grew there was the difficulty in finding the right gift for each child. One was mechanically minded, another academically and artistically inclined, and though all of them were musical, no two were entirely alike. Finding the right gift for each one required much thought and planning.

Then at last when the children grew up and left home – what does one buy one's adult children, especially now one is on the pension? And so on. But their joy on receipt of gifts has become diluted over the years. Is it because they know there isn't really a Santa Claus? Though appreciative of their gifts, they no longer respond with the joyous thanks of childhood. In fact they often forget to acknowledge their gift at all. But I believe this year will be different.

Last Christmas I gave a goat to a charitable organization. No, no – I did not actually purchase this goat and ship it off. I gave an amount of money for the purchase of a goat already in the country of destination and was amazed at the swiftness of their reply. Their thanks was profuse and detailed, telling me of the children's home where this goat was to be placed and how it would help the children who would learn to look after it. They further added that when it produced little ones, some would be kept and some sold, all being used to the advantage of the children at the home. On reading this letter through it gave me an idea.

It has taken a lot of organizing, but I have arranged for each of my adult children to receive, early on Christmas morning, a goat.

This year I am quietly confident of a swift and ecstatic reply from each adult child.



TAI CHI and SHIBASHI

Tai Chi and Shibashi are held most Tuesdays at the Murray Lagoon Rockhampton Botanical Gardens. This beautiful place is a great venue in which to enjoy gentle physical and mental exercises. These activities help promote better balance and co-ordination. It is never too late to begin to take care of ourselves!

Classes are small, and last approximately 1 hour, from 7.30 during the warmer months and from 8.00 during the winter.

The first 1/2 hour consists of warming up and Shibashi exercises. The remainder is the "form" (Tai Chi), which consists of 82 movements, and takes a while to learn and master, in gradual modules. Participants will gain much benefit, even if they wish to do the Shibashi exercises only. Classes take place over the Christmas - New Year break.

Regards, **Virginia Latty-Weir**

ARMCHAIR TRAVEL

History:-

As inducted co-ordinator of Armchair Travel for 2014, I became interested in the group's history. In the U3A September 2008 Journal "Celebrating Our Twentieth Year", in the 1988 inaugural minutes of Rockhampton U3A, Mrs Nell Stanaway reported a group interested in Armchair Travel had been formed. Palma Hughes kindly lent me the journal and both she & Val Carter gave me much of the following detail. Margaret Keen, Helen Hinchliffe, Lesley Mitcham, Palma Hughes, Val Carter and Carol Wotherspoon have been previous co-ordinators of this group. There may be others who may recall or have been involved in the past.

Initially meetings were conducted in private homes, the Commonwealth Building on the corner of East & Fitzroy streets, Settlers Village and then to its current venue Athelstane House. We are most fortunate to be allowed the use this venue by Rotary South Inc.

In the beginning presenters described their travel, supported by travel brochures and hard copy photos only.

These days the Armchair Travel Group has use of U3A's own projector. This allows views of the presenter's photographs on a large screen. We are fortunate to have Arch & Jeanette Finlayson from U3A who operate the projector. Jeanette advised that presentations with use of a projector have only been in recent years. The photos are downloaded onto

USB sticks or discs or camera memory card for use with the projector.

Our presenters are/or have been very enthusiastic and worldwide travellers in the past and are only too willing to share their photos and experiences which often include the history of many of the places visited.

I would like to welcome any travellers willing to share their photos & experiences with us. We hold our sessions every 3rd Friday of the month at Athelstane House in Ward Street, commencing at 9:30am. Morning tea is provided by members who bring a small plate to share. We do ask a donation of 50c to cover tea, coffee, milk and other expenses.

Members have opportunity to ask the presenter questions both during & after the presentations.

We welcome all members and visitors if someone has a friend or relative visiting they would like to bring. There is no necessity to book or obligation to attend all monthly presentations. We currently have an average of 22 members attend each month.

Presentations:-

August – Colleen Young - 14 nights Russian River Cruise on Scenic Tsar from St Petersburg to Moscow. Some of the sights visited in St Petersburg included Peterhof Palace and Catherine's Block, St Isaac's Cathedral, Church of the Saviour on Spilled Blood, Amber room in Catherine's Palace and experienced a traditional Russian meal at the old world wooden "Podvorie Restaurant". Cruised to Mandrogi, Kizhi Island, Goritsy and Uglich and finished at Moscow. In Moscow visited the Kremlin, Opera House, Moscow Circus, and memorial Museum of Cosmonautics and attended Russian National Dance Show at Hotel Cosmos.

September – Judy Trinder - Mwandi Zambia. Judy travelled as a volunteer to Zambia with a United Church Mission Group to the Mwandi Mission 2 hours from Livingstone. The mission is overseen by The Uniting Church of Zambia. The mission has a church, hospital, groups of schools, retirement home and centre for orphans and vulnerable children. Judy stayed at Simba House which overlooks the Zambesi River. The mission has many projects including vegetable growing & cattle. During Judy's time there she taught for a week educating in administration. During her travels in Africa she saw baboons, zebras, impala, kudu, water buffalo, white rhino, elephants, hippos, crocs, warthogs, giraffe and the highlight a mother leopard with two cubs. Judy also took a trip to Botswana to Chobe Wildlife Park as well as visiting the Victoria Falls.



Some of our presenters:
L. to R.
Joan Cooper,
Glennis McCrory
Judy Trinder,
Jill Allen and
Clare Fountain

October- Glennis McCrory -Antarctica

Departing from Buenos Aires aboard Explorer 2 to cruise to Antarctica via Drake Passage, taking 2 ½ days to arrive in Antarctica. The ice shapes were spectacular and appeared almost that they had been carved in some instances. Colours of vivid blue can be seen near the bases of the icebergs. One piece of floating ice was 28miles long & 10 and 1/2 miles wide. ¼ of its height was above sea level. Rugged up with several layers, passengers did leave the ship in zodiac boats and landed on Palmer Station which is managed by National Science Foundation & conducts scientific research. Here they were able to see penguins at close range. On the return journey Orca and Minke whales were seen from the ship. Service on the ship from the crew was A1. Due to a small technical glitch with the projector we were not able to see the presentation Glennis had taken time and effort to prepare but were able to view the unabridged version by using the camera memory card.

It is with deep regret to hear of our member Lloyd Dunlop's passing. I wish to make mention that Lloyd had taken great deal of effort and time to have his slides of "The Philippines" prepared for presentation before his illness intervened.

I look forward to seeing you all again in the New Year and I would welcome any new members that might enjoy a trip away each month without packing a bag. Merry Christmas & a Safe & Happy New Year 2015

Jackie Geraghty



THE WRITING FOR PLEASURE GROUP

I was told when I was about to retire the 'the devil finds work for idle hands'. There is no stopping our industrious little group who always seem to have a project under way, individually or as a group. As the year draws to a close, we celebrate the outcome of our local writing competitions that saw Joan Brown's two entries claiming 1st and runner up winning prizes donated by Margaret Thorpe and Helen Holden. The children's story saw Rita Diplock and Helen Holden declared equal winners, each receiving a copy of John Lever's book 'Kissed by a Croc'. We have a very talented bunch of people in U3A. The judge, Assoc Professor Wally Woods from CQUniversity, said there were many good stories presented.

Rockhampton has always shone out brightly in the arts field, excelling in music, stage, dance, painting, sculpture, embroidery, sports and literature and we are blessed to be in the centre of it at 'Our U3A'.

Show and Tell will showcase some of what we have accomplished this year and will include a calendar for sale that we are currently working on.

We wish all our Rocky members a Blessed Christmas and warmly welcome any interested folk to join us in the New Year.

Judy Whitworth



Pictured: Judy Whitworth with winner and runner up, Joan Brown. Elaine Ross, Editor in background



Equal winners in Children's Competition, pictured with Judy Withworth, are Helen Holden and Rita Diplock

A FISH TALE

In the early 1990's my wife and I went over to The Keppels to fish for the weekend. On Saturday evening we anchored up on a beach at the northern end of Great Keppel. We grilled some lamb chops for dinner (those fancy ones with the little bone) and the few left over were put in the fridge.

The next morning we motored out to Barren Island early, which is quite some distance outside the Keppel group. We were fishing by about 7am and feeling a bit peckish, I ate one of the leftover lamb chops. Looking at the chop bone I thought 'Do I put it in the rubbish bag? – no, it is biodegradable' so I tossed it overboard in about 80ft of water. About 5pm we were fishing quite a long way from where we were that morning and my wife said 'We really should start heading back. Pull your line in and we'll get going.'

'Just one more cast,' I said; as we do. Within a couple minutes I got a bite and pulled in a fish I had wanted to catch for many years – a BARRAMUNDI COD! In about 10 years of deep sea fishing I had only seen two of these caught.

"Hurry up and clean it," my wife said 'and we'll set off'. While cleaning the fish I noticed it had something unusually hard in its stomach. Looking into this matter I found the lamb chop bone which I had thrown out 10 hours earlier and about a mile away. HOWZAT!

(At that time it was allowable to take one of this species, but only a matter of months later it became fully protected and must now be released unharmed.)

by the late Lloyd Dunlop

U3A EMBROIDERY GROUP

Our group meets the first and third Wednesday of each month. We learn from each other. If you are unsure about your work someone else will have had that problem and will know what to do. Of course we don't only discuss embroidery. There are lots of laughs and chatter, books and patterns to share and talk about and a cup of coffee to round things off.

Some beautiful work is accomplished. We also knit and crochet or anything else that you are working on.

Always, we enjoy our meetings.

Pat Lorraway

GUEST SPEAKERS

Bruce Young, MP, gave us an insight into his background as guest speaker for September. He took some questions, including those on the current Rockhampton Plan. (Below with Ann Findlater).



Speaker for October meeting was Brian Finlayson, who gave us his experience of life in China today. (pictured above R with Phil Morissette)



In November, John Lever, from Koorana Crocodile Farms, gave a very entertaining and informative talk - about crocodiles, of course.

LITERACY COMPETITIONS

Short story/poem - winner

Memories

‘People are more important than Possessions’

I’m sitting here, alone, surrounded by the bits and pieces that I’ve never had the heart to throw away. It’s time, you see, to cut back and throw out. I’m at that ‘certain age’ when I’ve reached the top of the hill and am sliding down the other side to the inevitable hole at the bottom.

If I had children, or even nephews or nieces around, I’d leave the whole kit and caboodle for them to argue over or throw out and I’d look down from up there (hopefully) with glee, watching them wondering why I’d kept so much junk and where were the real treasures.

The first box I’ve opened, I’ve found my teddy bear. I remember his first outing was to my Auntie’s. She was a lovely lady. She gave me a boiled egg for lunch and I was sick all over teddy’s ear. The bare patch is still there where Mum cut his hair off to

clean him up. I sit a while pondering on family members, aunts, uncles and cousins. Being the youngest in my family and extended families by about ten years, I’m the only one left.

Central Infants Grade 1 – a photo of my first school class. I wonder where they all are now. There’s Andrew. I know he was head of a law firm in town. Aha, that’s Alice who went to choir with me when I was in my sixties; and there’s my best friend, Joy. We had great times going to school together.

‘Roses are red, violets are blue, the rain on the roof reminds me of you – drip, drip, drip.’ My autograph books have emerged from the past. I remember most of the school mates who wrote in them.

There are programmes from stage shows I’ve been to, letters from friends and family, invitations to weddings and parties. I’ve just found the wooden key I was given on my 21st birthday. It was signed by everyone who attended my party. I wonder if my boyfriend from back then is still alive.

What am I going to do with these really old things? There’s a china duchess set which belonged to my great-grandmother, and a tiny ring that was her mother’s engagement ring. She must have been a very small woman as it doesn’t even fit my little finger. Gosh, it must be over two hundred years old. It’s a shame these things can’t be handed down to family. I know I have a niece somewhere, but we lost touch over thirty years ago. She came home for her mother’s funeral, but I haven’t heard of her since.

I know what’s in this box. It’s the set of china cats that were left to me by my best friend. Oh, how I miss her. She passed away a year ago but it seems like yesterday that we were sitting here together having a coffee and a chat. We’d been friends our whole lives and her friends were my friends as well. What fun we all had on those holidays around the world. The Ten Tourists they used to call us. We all got on so well, no major disagreements after we’d all agreed on where we’d go. I can’t believe I’m the only one still alive. I know I’ve been blessed to be without any major illnesses and I’m still able to do for myself at ninety-three, but it isn’t much fun to be so alone.

Maybe if I’d married all those years back, I’d have family around. After Phillip died, I just wasn’t interested. No-one came up to my expectations, I guess. It would be nice now to have young people visit. However my friend Jane said most of her family were so scattered around the world, she didn’t see any of them. She only had a daughter here

and they had a falling out twenty years before and they never spoke again. I think that would be worse than having no-one.

The only people I see nowadays are the young chap who delivers my groceries and the ladies from the church society who call in once a week to see if I'm okay – making sure I haven't popped off the perch, I suspect.

My home has been de-cluttered. I'm glad that job is over. St.Vinnies have taken all the excess furniture and clothes I don't want or need and now I'm left with the essentials. I really don't want to leave heaps of items for whoever has the job of selling up when I'm gone. It's only these boxes of memories left and they aren't much use to anyone. But, oh, just looking at them brings back the good times. I really can't bring myself to get rid of them. At this time of my life – possession are really more important than people.

© Joan Brown

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Short story/poem – runner up

Restless

You are like the West Wind
Hurrying, scurrying everywhere
With restless pace
To see new things, new places
Only coming to rest for a few moments
Precious moments
Your only contact with those around you.

I am like a child
Reaching out with open arms
Trying to clasp you to me
Only to find you, like the wind
Have slipped through my fingers again.

You love in haste
A quick urgency of giving, taking
Never really feeling
Never really caring
In case you might be caught
Trapped

Held for life with the chains of love
But, like the wind, you never will.

You will wander, roam
Never caring for those you leave behind
Until it is too late
Too late to stop searching
Searching for something
You will never find.

© Joan Brown

Children's story/poem: two equal winners Story of Terrible

"Wake up! Wake up. Did you hear what happened last night?"

We were buzzed by Black Duck as we did our *Pelican glide* up and down the water.

"That crocodile called Terrible, who's always causing problems. He is in our Lagoon."

"Oh, no said Pelican Pablo, where is he now?"

"Look, lurking near that tree lying in the water."

"Okay we are bigger than you lot, we will go and see if we can talk to him."

Pablo with some of his friends went to confront Terrible. With the tree making a protective barrier, Pablo's beak hit the water with a loud slap sending out a spray of water.

He called out, "Terrible what are you doing in our part of the Lagoon?"

On hearing his name Terrible let out a loud bellowing sound, while pulling his eyes into a ferocious frown.

But Pablo would not be bullied and asked him again. "What are you doing here?"

At this, Terrible's face dropped to a crestfallen look. "You have so much fun over here, Pablo. You and your friends are always doing a swan lake glide. Willie Waterhen and his lot dance across the lily pads. While Penny Turtle pops up and down. Black Duck walks along the bank eating whatever he wants. I don't have any fun like that. I can't glide on the water or stick my head up and have a look around. Or lie on the bank to catch the morning sun. I just love to sunbake. Because as soon as I show myself those people with the long clubs run away. Then they come back with nets. So I spend my life being a nuisance and getting into trouble. No fun in that, even you lot call me Terrible."

Pablo could see the Crocodile was serious.

He said, "Wait here Terrible I need to talk to the others."

He sent Black Duck to gather the heads of all the wildlife. They had a meeting and decided to give Terrible a chance. So Pablo and friends swam back and told Terrible the news. But, any trouble he was out. And because of his loud and melodious voice they would rename him Troubadour. And he could sing to his heart's content.

Well Terrible, I mean Troubadour, slapped his tail in the water and gave them the biggest grin (although that set of teeth was alarming). They trusted him to do the right thing. Troubadour was in his element and being positive had earned him the gratitude of the City Council. A growing tourist

attraction had sprung up at the Murray Lagoon. As Troubadour does the swan lake glide with the pelicans. And I guess you could call it a bit of crocodile rock as he bobs up and down with the turtles through the lily pads. While the water hens do a quick, quick step. He can now be seen joyfully singing and sunbaking on the edge of the lagoon.

© Helen M Holden

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The Crocodile That Found His Smile

On the banks beside the river
Where the reeds and grasses quiver,
There live some happy crocodiles
All well known for their big, wide smiles.

Now Crocker was the oldest son
And he found life was full of fun.
Young Crocker's smile was big and wide,
Which filled his parents' hearts with pride.

Cracker was his younger brother
With dimpled skin, like his mother.
But Cracker always wore a frown.
The corners of his mouth hung down.

He thumped his tail and gulped his food
Which everyone thought very rude.

His parents took their son aside
And gave advice to help and guide.

But Cracker thumped his tail still more
And he was ruder than before.

His parents being at wits end
Now called upon a trusted friend.

Old and fat and slightly bandy,
With this problem he'd be handy.
They knew he'd find a remedy,
That wise old crocodile Dan Dee.

When asked to help by Cracker's mum
Dan Dee decided he would come.

Once he'd accepted Dan Dee said
He thought his best when he'd been fed.

So crocodile Dan Dee would stay
And they would feed him well each day.
Dan Dee with charm and commonsense
Soon won young Cracker's confidence.

Once having found the trouble out
Dan Dee got things turned all about.
To wise Dan Dee the lad confessed
His parents loved his brother best.

Once things were put right with their boy
His mother's tears were tears of joy.

Now Cracker and his family
Enjoy each other's company.

Though Crocker's smile is big and wide.
Now Cracker's smile is cause for pride.
They all agree the lad's got style.
He's got a cracker of a smile.

© Rita Diplock

U3a is fortunate and grateful to the Frenchville Sports Club. For a very reasonable cost, they provide room facilities such as seating, crockery tea/coffee making facilities - and wash the dishes afterwards. ☺

PHOTOGRAPHY GROUP

Our photography group continues to grow in numbers and experience. We still meet at the COIN rooms above the Southside library every second Thursday (check with Phil 4928 7769) and encourage new members to join to gather experience and knowledge.

After a successful two day trip to Five Rocks and Stockyard Point, we are now preparing for the Show and Tell meeting on December 1st at the Frenchville Club where other U3A members will get to see the results of some of our outings though the year.

A public exhibition has been arranged for display of our selected prints in the foyer of the Southside library from 6th January until 17th January 2015. We would encourage all U3A members to take the opportunity to view our group's efforts.

If you are interested in joining our group, please contact *Phil Morisette* 49287769

New members at October welcome



Another year has come and gone, some have departed and new life has been born. Some have family and some do not, some like peace and others talk and laugh a lot. Whatever your preference, enjoy the festive season, be safe, work on keeping your health on track. God willing in 2015, we will all be back.

Elaine Röss - editor

U3A Activities 2014
[Revised 3rd November 2014]

Legend: * = Continues all year

NA = New Activity

SA = Shared Activity

NB ~ Identified costs are mainly for venue hire. Materials are extra, depending on what you use.

Activities	Times	Venue	Contact	Phone
Monday				
General Meeting ~ monthly 1 st Monday (excluding January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton (Lunch to follow)	Ann	4922 1581
Bushdancing SA*	Weekly 7.00pm - 9pm	Rockhampton Pipe Band Hall Gladstone Road, Rockhampton Cost ~ \$5	Shirley Leonie	4936 4792 4922 5887
History Group	3 rd week 2pm.	Settlers Village Community Centre Pauline Martin Drive -off North Street	Ann	4922 1581
Tuesday				
Aerobics Resistance Training SA* Swimming	9am - 10am 7.30am - 8.30am Initially, then Any open hours	Community Sports Centre, Yaamba Road, North Rockhampton Cost for all 3 activities on any single visit ~ \$6	Sports Centre Jill	4923 2159 4928 7715
Aqua Aerobics SA*	Weekly 11am - 12noon & 6pm - 7pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Shirley	4926 1650 4936 4792
Investment Group Discussion	3 rd week 10am	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Mah Jong	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Kathy	4933 4601
Singing Group	Weekly 10.00am	284 Upper Dawson Road, R'ton.	Glenda	4922 3662
Tai Chi *	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Virginia	4921 1602
Wednesday				
Book Lover's Group	4 th week 10am	Settlers Village Community Centre Pauline Martin Drive -off North Street	Sally	4926 1574
Embroidery	1 st & 3 rd weeks 1pm - 4.30pm	CQU room (beside CQU Campus Reception)	Pat	4927 4493
Speech Group ("In Voice")	1 st & 3 rd Weeks 9.30am - 10.30am	200 Frenchville Road, North Rockhampton	Valda	4928 2119
Writing for Pleasure	1 st week 9.15am - 11.15am 3 rd week 9.15am - 11.15am	School of Arts, Bolsover Street, Rockhampton. Botanical Gardens	Judy	4927 4468

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Activities	Times	Venue	Contact	Phone
Thursday				
Aerobics Resistance Training SA * Swimming	9am – 10am 7.30am - 8.30am Initially, then Any open hours	Community Sports Centre, Yaamba Road, North Rockhampton Cost for all 3 activities on any single visit ~ \$6	Sports Centre Jill	4923 2159 4928 7715
Aqua Aerobics	Weekly 9.30am - 10.30am & 5.30pm - 6.30pm	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Shirley	4926 1650 4936 4792
Discussion ~ Current Affairs (shared activity)	3 rd week 3pm - 5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Photography Group	Every 2 nd Week 3pm [from 9/10/14]	COIN ~ New Library, Bolsover Street, Rockhampton.	Phil	4928 7769
Friday				
Armchair Travel	3 rd week 9.30am -11.30am	Athelstane House, Ward Street, Rockhampton (Bowls Club) Please bring a plate for morning tea	Jackie	4922 7976
Garden Lover's Club	4 th week 9.30am	Different Garden each month ~ advised at General meeting Please bring a plate for morning tea	Virginia	4921 1602
Line Dancing	Weekly 2pm – 4pm	Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton Cost ~ \$6	Sue	4922 3421
Pencil Drawing	1 st week 9.30am -11.00am	7 Gardenvale Court, Hillside Estate, (off Norman Road) Nth Rockhampton	Keith	4928 9505
Tai Chi	Weekly 7.30am - 8.30am.	Kershaw Gardens (Knight Street) Cost ~ \$2.	Shirley Pam	4936 4792 4928 1130
Saturday				
Aqua Aerobics SA *	Weekly 7am - 8am	Caribee Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Shirley	4926 1650 4936 4792
Personal Arrangements				
Computer Classes	Weekly ~ 2 hours	CTC, New Library, 1 st Floor, Bolsover Street, Rockhampton. (course length varies ~ keyboard, mouse, Win XP/Vista, email, web Word 2010, PowerPoint, digital photography, digital trivia)	Christine or RRC	4936 8212 or 1300 225 577
Family History & Genealogy	By appointment	Consultation at tutor's or person's home	Helen	4928 2233
Heraldry	By appointment (contact tutor)	190 German Street, Norman Gardens, North Rockhampton	Ken	4928 3687

Sender:

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