



Seniors Week with Rotary and U3A members
at a BBQ lunch in The Botanical Gardens

Merry Christmas and a happy New Year



Spot the members



General Meeting 1st Monday of each Month (ex January) 9.30am at Frenchville Sports club
Next meeting Monday 1st February 2016

COMMITTEE

President:	Phil Morisette Ph 49287769
Vice President:	Maurice Dittman
Past President/	
Publicity:	Ann Findlater Ph 4922 1581
Secretary:	Joan Cooper Ph 49333190
Assistant Secretary	Margaret Lyons
Treasurer:	Keith Bambrick
Social Organiser:	Nancy Crapp
Guest Speakers:	Kathy Watson
Activities:	Maxy Barron
Web Coordinator	Nick Quigley OAM vietvets@gmail.com
Journal Editor:	Elaine Ross
Quarterly Flyer email:	zebu3@outlook.com
Annual fee due 31st December:	\$15.00
Joining Fee	Nil
New members (July 1 – October 30)	\$7.50

Check out the Quarterly Flyer in colour
<http://www.u3arockhampton.org.au/images/qfdec15.pdf>



PRESIDENT'S REPORT



Phil Morisette - President

It seems unfortunate that this the last Quarterly Flyer for 2015 with still two months left at the time of writing. I count my lucky stars that I have had the good fortune to have had such a great team on our committee during this year. It hasn't been without its challenges but each and every one has stood up and filled the position admirably. For that, they should all be congratulated.

I deliberately held off putting this together until after our special morning tea arranged for tutors and volunteers, Monday 26th October. As I explained at the morning, there are five particular days that represent a stronger meaning to me on the U3A calendar. Our sign-on day in February kicks off the new year of activities, the AGM gives all members the opportunity to stand for or be elected to the committee, our Christmas lunch and entertainment

with Show & Tell on the final monthly meeting of the year. However, the major day is one of acknowledgement and recognition of the contributions made by the helpers, volunteers and tutors who give their time freely so that our organization and members continue to enjoy the many benefits on offer.

That day was Monday 26th October. Without these people, we, as a group could not exist so my personal thanks is offered through this journal.

Our mystery trip to Gladstone was past expectations which included an informative cruise on the harbour followed by an enormous lunch at the local Tondoon Gardens. Another social and educational trip took us to Mt. Morgan both of these ably arranged, as usual, by our social director, Nancy.

By the time you get to read this, we will have enjoyed our Christmas lunch and entertainment and will most likely be sharing the various talents on display at our December Show & Tell. It's the collective opportunity to see what the various groups get up to through the year and maybe see something that you would like to have a try at yourself.

I will take this opportunity to thank each and every member of U3A Rockhampton who has supported our organisation at any time or any way through 2015. We, your committee, are constantly searching for ways to improve our activities on offer, to make our social interactions more rewarding and to give you opportunities to learn new skills. On behalf of our committee, may I wish each of you a sincere and joyous Merry Christmas in the hope that you are able to spend quality time with family and friends over the Christian festive season.



Colourful 2014 Christmas lunch

Date Claimers

December 31/2015	Annual fee due
January 2016	No meeting
February 01/ 2016	Sign On – next meeting



Dear u3a members

World-class education in your own backyard

Attending a regional university comes with heaps of perks. Not only do students have better access to lecturers, learn in smaller classes, and often have better access to technological equipment, regional university graduates are often more employable and earn better salaries upon graduating.

In the latest data from the Federal Government's Quality Indicators for Learning and Teaching (QILT) website, CQUniversity trumped most major universities on a number of fronts. Firstly, CQUniversity's graduate employment rated higher than all the Group of Eight (Go8) universities. Similarly the University rated higher for study support, and the median salary for graduates was higher than all the Australian Technology Network collaborative group of major universities.

I am very proud of these results, but certainly not surprised that a regional university could out-rank the big universities. The ratings reveal some great things not just for CQUniversity, but for regional universities in general. It shows that regional unis have a vital part to play in shaping our nation and that our graduates are up to the task when it comes to making an impact on communities and industry. What's more many of these graduates are making that impact in regional Australia - where their skills and expertise is most needed.

This year, CQUniversity also climbed the World University Rankings substantially, now sitting in the top three percent of universities in the world. This just proves regional students don't have to leave their home town for a world-class education. It's right here in their own backyard.

We have done a lot of work in the past few years to improve research, learning and teaching, as well as our services and student experience and I believe this hard work is really starting to pay off. We're not stopping here though – we still have more to do and more to achieve.

Don't forget, you can also get involved with your local CQUniversity campus with all our libraries open to the public and community borrowing

memberships available. Our university events page also provides details of all upcoming events including social and cultural events, and public lectures just visit www.cqu.edu.au/calendar for more. Along with this our fantastic Health Clinic located on the Rockhampton North campus is also now open to the public. There are a number of health services available including oral health and podiatry. Call the Health Clinic today on 07 4930 9030 for more information.

Professor Scott Bowman
Vice-Chancellor & President, CQUniversity Australia
Professor Scott Bowman
 U3A Rockhampton Patron

Senior's Week at Bauhinia House



We had the largest display, complimented with this lovely backdrop.

SOCIAL OUTINGS

with Nancy Crapp



My thanks to all U3A members who joined me on the social outings for the year. In February, we visited Aurizon and learnt the extent of the railway network that is covered by them. On 11th March, after morning tea at Degani's, twenty-three members had a very informative morning at F.L.O.W. in the old Post Office building.

Our first mystery tour for the year was on April 13th to Langmorn Station. Mrs Leonie Creed gave us a brief history of the station and then we enjoyed morning tea. Lunch was taken at the old station where we received invitations to the air show later in the year.

Most interesting was the trip to Cockscomb in May. It was impressive to see the restoration work that had been done since the devastation of Cyclone Marcia.

Our usual BBQ was held at the Botanical Gardens for the Queen's Birthday holiday in June.

In July, thirty-one members had an informative morning at the Dreamtime Cultural Centre.

We joined with our neighbours, U3A Yeppoon members for morning tea in August, at Yeppoon.

Our second mystery tour was to Gladstone for a harbour cruise and then an enjoyable lunch at the Toondoon Gardens followed by a brief conducted tour of the gardens.

On October 12th, the coach took forty-nine U3A passengers to Mount Morgan. There we were given an excellent tour of the town followed by a delicious pie and cream bun at the Dam.

Merry Christmas to all members and their families.

Here are photos from two recent social tours Nancy had organised:



Mount Morgan



Guest Speakers

Once again Kathy has ensured we have interesting guest speakers. Jodie Hollis, our September guest speaker from the Public Trustee's office certainly gave us much food for thought with regard to managing life and death legal issues.



Gladstone



October's guest speaker was Keith Ireland, whose extensive knowledge of birdlife, particularly local, always engages interest. His photography is celebrated with the Rotary Club's birds of Australia



annual calendar, sold to raise funds for cancer research.



November's guest speaker was Catherine George who made us all aware of the quest for a Museum of Central Queensland. She outlined how this struggle had been ongoing for several years.

In Phil's absence, our very capable, vice-president, Maurice (no relation to Mick), Dittman handled the November meeting with humour and obvious expertise. Maurice is pictured below, with Catherine George (right) at the drawing of the raffle.



NICK'S TECH TIPS



Christmas just around the corner, time to buy an iPad and not just an iPad. Apple have released the iPad Pro for the serious user. With a 12.9inch (US) screen it is the largest iPad on the market, but the price tag may put you off \$AU1200.

Ipap Air 2 with 64GB memory will cost you Au\$829 RRP, or an iPad mini 4 with 64GB memory

Au\$699 RRP. You may get a better deal at JB HiFi or Dick Smith, but check your warranties before you leave the store. Don't forget to buy a gloss screen protector film and a hard cover.



IT'S FREE!
Download the viewa app and simply hold your smartphone or tablet over marked pages to see all the amazing bonus material in this week's issue.

Last month we discussed APPS and this month we'll go a bit further. I would say that most readers read the Woman's Day and or the New Idea. With an APP called **viewa** you can read more into the stories and pictures in the magazines. Download the APP then look for this symbol and follow the instructions.

- If you have grandkids up to 7 years old the APP called **ABCkids** is a very interesting interactive learning game you can happily leave them sit on the lounge and play for hours.
- Now all of us take medication from time to time. The APP called **MedicineList+** allows you to add all your medications, when they need to be taken, reminders, allergies and reactions, who your Doctors are and you vital stats like blood pressure, sugar level, weight and height.
- We all have a camera and the next APP is a magical way to share the photos across devices. The APP is called **DROPBOX**. After installing Dropbox on your phone, laptop, iPad and your Desktop computer and configuring them to see the other devices, as you take photos on your mobile phone they will appear in the **camera uploads** folder on the other devices.

There are so many TV channels now, that it becomes hard to find the show you want to watch, so install **OZTV**. You can configure the APP to the viewing area you live in like Rockhampton, Brisbane etc and when you click the APP a TV times, channels, what's on, special information will tell you all you want to know.

- You are out somewhere and you would like to have a copy of a page in a book you are reading, well with the APP **ScannerPro** you can do that and take home a copy.
- Compatibility between Apple and Microsoft was always a problem, but now those of you that use Microsoft Office at home can now use the APP **Pages** to read and write comparable and readable both ways. A very easy to use APP, you will wonder why Microsoft makes Word so complicated.
- Lastly to bide away the evenings when there

is just rubbish on TV, the APP **Sudoku** will give your mind and concentration a workout. With three levels of play, you will have hours of relaxation without another thought on your mind.

- With Christmas just up the road, in the Apple App Store you will find many interesting Christmas APPs, games, creative, photo booths, music, sing along Carols, pickup sticks and by the time you look there will be many more. Most are free, but to be sure go and buy an iTunes credit card and apply it to your account.

Merry Christmas, Happy New Year and remember, if you drink alcohol, don't drive. Call your friends and ask them if they are OK. Christmas can be a lonely time.

Nick Quigley OAM

U3A Armchair Travel

Report for August September October 2015

We started the year by having to defer our first presentation in February compliments of Cyclone Marcia. Throughout the remainder of the year this interest group has visited South America, Egypt, Seine River Cruising including Western Battlefronts, Scandinavia, 5 European cities, Spain & Japan. We appreciate the following presenters who have been willing to share their travels with us though presentation of their photos, brochures, and souvenirs.

- Jill Allen
- Deidre Parker
- Colleen Young
- Ross & Colleen Strelow
- Glennis McCrory
- Judy Trinder
- Maurice Dittman
- Clare Fountain

I also wish to acknowledge Arch & Jeanette Finlayson who bring the projector used to bring the photos onto the big screen each month.

The August presentation was cancelled when the date clashed with the senior's week BBQ hosted by Rotary at the Botanical Gardens.

September - Jill Allen & Clare Fountain's journey into South America in April 2014. After Landing in Santiago they travelled to Buenos Aires and onto Rio de Janeiro and Iguassu Falls. To mention but a few of the highlights of the trip were a visit to port city of Valparaise, Peulla in Chile, Porto Alegre in Brazil, La Boca and Colon Opera

theatre in Buenos Aires, Cristo Statue in Rio de Janeiro and helicopter ride over Iguassu falls.

Clare will be presenting the remainder of their journey to Machu Picchu at the November meeting.

October – Maurice Dittman presented his & Joyea's trip to Japan this year. They took a cruise from Singapore via Cambodia Vietnam and China onto Japan. Nagasaki was their 1st stop in Japan. Current population of Japan is 127 million. Main religion is Buddhism. The culture is disciplined & very respectful to elders. There is no rubbish & no graffiti. Tattoos are not permitted. Religious sites & shrines where prayers are made for something wished for are in abundance and donations at these sites are expected. Bell shrines, cleansing fountains & tea houses are common. Kyoto is the centre of Japanese culture & religion & was spared during the war for this reason. It has 40 million visitors per year. Temples & pavilions are made of wood, have no nails and are prone to burning down when festivals are held using large open flamed torches. They visited the famous Golden Temple & the Silver Pavilion in Kyoto. Koi Carp are considered a symbol of luck, are never killed and are contained in many of the water features throughout the city.

If there is anyone who has travelled and would be willing to share their experiences I would be very interested to hear from you.

Merry Christmas & Happy New Year to everyone. We look forward to more travelling in our armchairs in 2016.

Jackie Geraghty Convenor

Aqua Aerobics



Aqua is a great way to exercise. At Caribee, we have a special covered pool for Aqua with steps to enter. The pool is heated in the Winter.

No matter what problems you may have, Aqua offers suitable exercises. Exercising in the water is much more gentle on the body.

Most members come at 11.30am Tuesday, 9.30am Thursday and 7am on Saturday. U3A members receive a discounted cost at \$6 for an hour's session.

New members, male and female are always welcome to this friendly group.

Shirley Hopkins



Senior Fit Gym Group

Christmas season looms fast once again. Those of us who are not going to forgo all those celebratory goodies may be putting in the exercise "hard yards" now in preparation. It's not too late!

Our friendly group at CQU Gym "SeniorFit" has continued to gain new members throughout the year and we welcome all new-comers. We are a chatty lot and sometimes I think we should be called "Move-it, Chat and Giggle"! However, we are kept on task by our skilled leaders, Sandrine on Tuesdays and Natalie on Thursdays, both of whom cater for our age and fitness level needs. There is also a Saturday session for the even more dedicated Seniors.

We continue to be inspired by our "80's" members, particularly Shirley Hopkins, who sets a high standard for us all with her level of effort and participation. She is a wonderful role model for aging actively and with grace.



Regards, Jill Howes

Tutors and Helpers Morning Tea



A morning tea was provided and certificates were presented in recognition that U3A would not operate so efficiently without our hardworking, fun loving, volunteers. Why don't you become involved?

U3A Third Age Chorus

by Ann Findlater



If you happen to be in the Walter Reid building on a Tuesday morning you will hear lots of laughter and singing coming from the Youth Orchestra room on the first floor. Since the beginning of June this year a new U3A singing group has been practicing each Tuesday morning.

Under the guidance of Lindsay Soanes and Beryl Nielsen they have been learning to sing in parts and it has been a chance to revise minims, crotchets, sharps and flats etc for the members of the group that learnt music as children. When pianist Lindsay is unable to play the group has been privileged to have Julie Blair fill in. This means that practice can go ahead each week of the year. Their first singing outing was entertaining the crowd at the Oaktree Market Day in September.

They are now practicing some lovely Christmas songs to entertain U3A members. If you would like to sing for fun you are welcome to come along and it doesn't matter if you have never sung before as you will learn as you go along. For information please phone Ann on 49221581 or Phil on 49287769.



Friday Mah-jong



Hi Members.

At this juncture in time I can only comment on Friday Mahjong at Settlers.

Last week we actually managed to attract one lone male Ron, to our environs. He said he enjoyed himself and plans to return.

Last week (30.10.2015) we had twelve, U3A members but haven't managed to entice any more than the same four residents from the village, however they really enjoy it.



We are a pretty 'laid-back' group. Some have decided to add another level to their game by 'scoring and counting' while others are just happy to play.

We are thoroughly spoilt as far as 'afternoon tea' is concerned.

A couple of weeks back we were presented with a beautiful cream filled sponge, plus sandwiches. Last week we had the usually yummy sandwiches, plus some savoury biscuits as well. All very nice.

Cheers everyone.

Kathy Watson

Jacana Bush Dancers

The Jacana Bushdancers meet at the Rockhampton Pipe Band Hall Gladstone Road (next to "A Man's Toyshop") at 7.00pm every Monday night, until 9.00pm. A light supper is provided by the club. Our friendly group would welcome lots more U3A members. We particularly need more men to take part. No experience is required as our experienced caller walks us through each dance before we start. Bush dancing is great for fun, fitness & helps stimulate the brain. The first night is free, so you have nothing to lose, & everything to gain.

Our Christmas party is to be held on Monday 21st December & all are welcome. The club would like to wish all U3A members a very merry Christmas & a happy & healthy new year.

For enquiries contact Leonie Keene on 49225887 or 0407571561.

Also special thanks to the U3A committee for their invitation to a very enjoyable Tutors & Volunteers morning tea & the certificate presented by the President Phil Morisette.

Leonie Keene

Writing for Pleasure Group

Judy Whitworth



As the calendar months flip by
Days and weeks they simply fly
Distractions come upon us all
Attendance figures start to wane
But a core of writers still remain.

Poetess Rita scores yet another win
With a competition she entered in
Pens and pencils keep on scratching
Ideas and plots we can't help hatching
Rockhampton U3A Writers we remain.

Rita's winning entry in the Mental Health competition:



The Black Dog's Gone

When the black dog came to stay,
Life was lived in black and grey.
Shuffling round on leaden feet,
Helpless, I was in defeat.
Staring at the walls for days,
Downcast I would fix my gaze.
Weeping silent inner tears,
I withdrew for many years.
Paralysed, I could not move,
Stuck within the same sad groove,

Till an old friend called on me.
All was not well, she could see.
Unlike others who'd passed by,
She had heard my silent cry.
Though she had a family
She gave up her time for me.
As she spoke of self-esteem,
To my darkness came a gleam.
Restoration wasn't fast,
But I was set free at last.

When that old black dog hung round
Mind and spirit both were bound.
Though depression brought much grief,
Now I celebrate relief.
Rising each day from my bed,
Mind and body must be fed.
I have also found it wise
To take daily exercise.
And I pray and meditate,
Balancing my inner state.

These days I am well content,
Living life as it was meant.
When the black dog comes around,
And he does, as I have found,
I don't let him stay for long.
I don't sing his old, sad song.

© Rita Diplock

Friday Morning Tai Chi Back at Kershaw Gardens

U3A's Friday morning (7:30-8:30am) tai chi group has been back at Kershaw Gardens for a few weeks now. The windmill area where we have the class has fewer trees but the gardens themselves are recovering where water is available and Council has promised more of the Gardens will be open again before Christmas.

Class attendance has picked up again and we are enjoying the early morning exercise. Our routine varies from week to week, alternating between Shibashi and

Tao Yin exercises and the first three levels of the Australian Academy of Tai Chi set. We've got both newcomers and old timers in the group and attempt to accommodate all levels of tai chi experience. Participants can also take part in the AATC 'garden lessons' and other activities every term.

Since we will continue to meet throughout the summer it is advisable to bring a sun hat, drinking water and insect repellent (the ants are the worst). And as always, participants need to monitor their own body and work within their physical limits and balance.

For further information, contact Shirley on 07 4936 4792

VALE: Sister Vera Harrison RSM

Sr. Vera was born on 12th July, 1935 in Cork, and was the eighth of eleven children. She died 16th August, 2015 aged 80.

Imagine her sailing with eight young Irish children from Southampton on 3rd June, 1949 at not quite 14yrs of age. Imagine the family's' feeling about their child travelling so far from home to begin a new life.

Imagine the Rockhampton Bishop's responsibility for these young Irish children and what did these children imagine their life in Australia would be like?

Sr. Vera completed her secondary education, entering the Sisters of Mercy in 1952 and was professed in 1956. She chose the motto 'Thy Will Be Done'. Her ministry was primary education and she was a much loved teacher at many schools in the diocese from 1956 to 1985.

The Vera I Knew

I met Sr. Vera about the time of her retirement. I remember her sparkling eyes, lovely smile, her get up and go and imagined it would have been fun to be one of her pupils. I found it difficult to call her Vera, which she preferred and continued to call her Sr. Vera for many years.

Vera was always bright and cheerful, loved to dance and had a lovely singing voice. As a member of U3A she was a valued choir participant as well as being in the Aqua Aerobics Group, where she would burst into song at the drop of a hat. At Invoice poetry group, her teaching background was an asset. Vera enjoyed entertaining in solos or with various groups. I remember U3A members when she won a Seniors Talent Quest with a song/dance routine!

I admired the way she handled her illness, always cheerful, never a word of complaint, her spirituality supporting her. I shall always remember those sparkling eyes, ready smile and willingness to help those in need.

Rest in Peace Sr. Vera - your job was well done.

Shirley Hopkins

VALE: Trevor Halliday

Trevor was always in the background helping Hazel when she was Secretary and Treasurer for so many years. He was never on the committee but always sat at the door for our Christmas Lunch and sold tickets with his Christmas hat on.

He also was a helper at our Sausage Sizzle at the Gardens each June and cooked the sausages. He sat with Hazel and helped take the money for membership and the Christmas function when she needed a helper at meetings. You could say he was a quiet achiever.

Ann Findlater

Trevor, along with Hazel helped me issue the Quarterly Flyer while I was still finding my feet (still am).

I was lucky enough to be associated with Trevor many years ago when we were both involved in training apprentices in the Coal mining industry, but working for different organisations.

They were enjoyable times and I can recall Trevors' easy going nature and willingness to help with the apprentices and organisation of the National Workskills competition. Very valued and very much missed.

Elaine Ross



This picture was kindly supplied by Hazel and taken at a U3A excursion at Gladstone.

It's so difficult to comprehend how fast this year has flown.

I want to sincerely thank all who contributed to the journal throughout the year and for the support from many quarters.

I am beginning to feel there is a definite trend to keep my crossword puzzle out of the journal, however.

It is your journal and is as good as your contributions.

2015 has brought sadness to many of us, but somehow we find the strength to see the sun come up every day.

Christmas can be lonely for some, so as Nick has said, do a check if someone you know is spending Christmas alone.

Merry Christmas and a happy New Year.

Editor



U3A Activities 2015

[Revised 8th November 2015]

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)	Phil	49287769
Bushdancing SA*	Weekly 7.00pm – 9.00pm	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	9.00am -10.00am 7.30am - 8.30am Initially, then Any open hours	CQU 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 SA*	3 rd week 10am	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Mahjong 1	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Lyn	49288136 0455288833
U3A Singing Group 1	Weekly 9.30am	284 Upper Dawson Road, R'ton.	Glenda	4922 3662
'Third Age Chorus' Singing Group	Weekly 9.30am	Youth Orchestra Room, Floor 1, Walter Reid Building Derby St., Rockhampton	Phil	49287769
Stitch in Time	1 st Tues, March, May, July, Oct.	220 Houlihan St Frenchville	Joy	4928 2887
Tai Chi * Southside	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 65/G.27 , Commercial Building beside Campus reception (off CQU upper parking area)	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	School of Arts, Bolsover Street, Rockhampton. Botanical Gardens	Judy	4927 4468

Learning at Leisure – Learning for Pleasure

U3A Activities 2015

[Revised 8th November 2015]

Legend: * = Continues all year

NA = New Activity

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

Activities	Times	Venue	Contact	Phone
Thursday				
Aerobics Resistance Training SA * Swimming	9 am -10 am 7.30am - 8.30am Initially, then Any open hours	<i>CQU Community Sports Centre, Yaamba Road, North Rockhampton</i> 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	<i>Caribae Swim Academy, 135 Menzies Street, North Rockhampton</i> Cost ~ \$6	Jodie Shirley	4926 1650 4936 4792
Discussion ~ Current Affairs	3 rd week 3pm - 5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
Photography Group	Every 2 nd Week 3pm [from 19/11/15]	<i>Technology Centre ~ 1st Fl., Library, Bolsover Street, Rockhampton.</i>	Phil	4928 7769
Friday				
Armchair Travel	3 rd week 9.30am -11.30am	<i>Athelstane House, Ward Street, Rockhampton (Bowls Club)</i> Please bring a plate for morning tea.	Jackie	4922 7976
Garden Lover's Club	4 th week 9.30am	<i>Different Garden each month ~ advised at General meeting</i> Please bring a plate for morning tea.	Virginia	4921 1602
Line Dancing	Weekly 2pm – 4pm	<i>Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton</i> Cost ~ \$6	Sue	4922 3421
Mahjong 11	Weekly 1pm-4pm	<i>Settlers Village, Pauline Martin Drv. Rockhampton</i>	Kathy	49334601
Pencil Drawing	1 st week 9.30am -11.00am	<i>7 Gardenvale Court, Hillside Estate, (off Norman Road) Nth Rockhampton</i>	Keith	4928 9505
Tai Chi Northside	Weekly 7.30am - 8.30am.	<i>CQU Sports Centre Oval</i> Cost ~ \$2.	Shirley Pam	4936 4792 4928 1130
Saturday				
Aqua Aerobics SA *	Weekly 7am - 8am	<i>Caribae Swim Academy, 135 Menzies Street, North Rockhampton</i> Cost ~ \$6	Jodie Shirley	4926 1650 4936 4792
Personal Arrangements				
Computer Classes	Weekly ~ 2 hours	<i>Technology Centre ~ 1st Fl., Library, Bolsover Street, Rockhampton.</i> (How to Drive a Computer; Windows 8, Files & Folders, Word 2010, Powerpoint, Personal & Computer Security, Email, Digital Photography	Christine or RRC	4936 8212 or 1300 225 577
Family History & Genealogy	By appointment	<i>Consultation at tutor's or person's home</i>	Helen	4928 2233
Heraldry	By appointment (contact tutor)	190 German Street, Norman Gardens, North Rockhampton	Ken	4928 3687

MEMORIES OF CHRISTMAS LUNCH 2014



2014 past committee

