



Maurice - Treasurer



Phil - President



Ann – Past President/Publicity



Nancy – Social Organiser



Keith – Vice President



Joan - Secretary



Gordon – Guest speakers



Elaine – Journal Editor



Nick – Web Coordinator



Margaret – Assistant Secretary

2016 Committee

Background pic: Water park, Yeppoon Beach

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

U3A Rockhampton – PO Box 8160 – Allenstown – Rockhampton Q – 4700

Web: www.u3arockhampton.org.au Email: u3arockhampton@hotmail.com

2016 COMMITTEE

President: Phil Morisette Ph 49287769
Vice President: Keith Bambrick
Past President/
Publicity: Ann Findlater Ph 4922 1581
Secretary: Joan Cooper Ph 49333190
Assistant Secretary: Margaret Lyons
Treasurer: Maurice Dittman
Social Organiser: Nancy Crapp
Guest Speakers: Gordon Findlater
Activities: Vacant
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/qfjun16.pdf>

PRESIDENT'S REPORT



Phil Morisette - President

It should be remembered and recognised that our Rockhampton Association does not operate exactly the same as every other group around Australia and that we are completely autonomous. We are fortunate, in my view, in that we have a great interactive social life as opposed to those associations who never have the luxury of a general meeting from one month to the next or social gatherings organised for their attendance.

When it was suggested that the minutes of the previous monthly meeting be emailed to those with internet, it was not meant to substitute the attendance at our monthly meetings as a way of keeping members in touch with what is happening. Minutes are exactly that and cannot replace the company that comes from attending your meeting, mingling over tea or coffee and listening to the guest speakers who have been organised for your benefit, entertainment and additional knowledge. We look forward to having your company at the next monthly meeting to join with those of similar needs.

On receiving the Auditor's Report this year, a detailed inspection was made of it which highlighted some anomalies which appear to have been present

for a period of time. Initially, the intention was to dissect it to find where savings could be made in preference to increasing our annual fee (\$15) which, by some in the south at \$50, is good value. Certain aspects of the accounts will be looked into at the next committee meeting. These are mostly accounting arrangements but also include old assets no longer available. The possibility that our accounts need not necessarily be audited by law is also being investigated and will be decided at the next committee meeting. However, the final decision will be made by the members at a general meeting as it involves altering our constitution which requires majority support of members at a meeting. Have no fear, nothing underhanded and plenty of time for discussion.

Talking assets - our U3A Chorus which has met at the Rockhampton Youth Orchestra Room since June last year has purchased a Yamaha Digital Piano Keyboard with their excess funds together with a generous anonymous donation of \$50 and a \$300 grant from our local State MP, Bill Byrne. They have now donated the keyboard to Rockhampton U3A which will be added to our asset register with a total value of around \$720. There's always more room for new singers so I'm informed.

Please remember that your management committee is totally made up of volunteers who have your best interests at heart in all decisions that are discussed and made. Where final decisions require member confirmation or otherwise according to our constitution, this will certainly occur.

All input from our members is appreciated and treated with the due respect it deserves. I look forward to your joining us at our monthly meetings.

Date Claimers

(note: subject to change)

June 13	BBQ at the gardens 11am-2pm. (Back under the Banyan's)
June 22	Invite to Opening Regional Futures Conference at CQUni (email to attend see VC's report)
July 11	Joskeleigh then lunch at Keppel Sands Hotel (own transport)
August 8	Queensland Transport visit
September 12	Mystery tour



Dear u3a members

CQUni one of the best 'young' universities in the world



Since my last update, CQUniversity has added another highlight to its growing list of achievements for the year. I'm delighted to announce that we have officially been recognised by the *Times Higher Education World Rankings* (for the first time) within the world's top 150 universities, under 50 years old.

This is a significant achievement for our university and shows that our hard work and determination to transform CQUniversity from a *strong* university to a *great* university is paying off!

Over the past six years we have worked incredibly hard to increase our physical presence across Australia, grow our student numbers, deliver world-class research, improve our learning and teaching, and provide a great experience for our students.

In fact what we have achieved in such a short period of time is truly outstanding. We now have more than 30,000 students, delivery sites in every mainland state of Australia and some of the best graduate outcome rates in the nation. Most importantly though, we are Australia's most inclusive and engaged university and will continue to measure our success by who we embrace rather than who we exclude.

This milestone also follows on from several other significant achievements over the past 12 months, including being recognised within the world's top 600 universities, being awarded five stars for inclusiveness, internationalisation and online/distance learning by the global QS Stars ratings system, achieving our highest ever Excellence in Research Australia (ERA) rankings, and most recently being recognised by international social innovation group Ashoka U as Australia's first Changemaker Campus.

Even though we may have only been a university for 25 years, CQUniversity has a long proud history,

both with CQ TAFE, which has been around for more than 125 years, and as the Queensland Institute of Technology (Capricornia), which was established almost 50 years ago. We have made a great impact on the communities we serve and next year we will celebrate 25 years since we achieved full university status. It's very exciting to think about what the next 25 years have to offer and the difference we can make to the world around us.

Finally, I'd also like to invite all U3A members to attend the opening session of the upcoming 2016 RUN Regional Futures Conference which is being held from 21-24 June, 2016 at the CQUniversity Rockhampton North Campus. The opening session on 22 June will provide you with an opportunity to hear from myself, the Executive Director of the Regional Universities Network (RUN) Dr Caroline Perkins and Queensland's Chief Scientist, Dr Geoff Garrett AO. If you plan on attending please email communicate@cqu.edu.au before the event.

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

NICK'S TECH TIPS



Frustration and age slowly creeps up on us all. Have you ever been in a situation where you know how to do it, but can't work out how to do it now!

At the recent Rockhampton Order of Australia Morning Tea I was to take photos of all attending. For that occasion I would use my Canon 650D, but during the past month I had been using my Panasonic TZ60. So I turned the camera on, lined up the first couple, pushed the button and nothing happened. Reg Fitzpatrick a hardened old time camera buff came to my aide. We both couldn't get it to work.

A lady opposite carefully said 'would it be the lens cap?' There you have it; as simple as that, technology held up by a piece of plastic. So the moral of the story is don't panic, take your time, do the checks and all will be well.

The same goes for computers. When we turn it on we expect it to work. But in the case of a computer there are many little electronic components that are subject to heat and a few components that move. It only takes the smallest of errors and nothing will work.

In the case of iPads, there are no moving parts; the iPad is a solid state device of electronic parts, a rechargeable battery and an operating system. So what could go wrong?

Apps clutter the screen and some of us have dozens of Apps to fish through to do our job, or play a game or write a letter.

Apple has a great system where the owner can group together like type Apps and place them in one folder. Just hold the App with your finger and slide it over another App and let it go. You can now do this with all similar Apps and finally call the folder something special like Kids Games.

Remember that every App takes up memory space. Your photos take up more space and the iPads operating system takes up a bit more. Depending on the size of memory you start with e.g.: 16, 32, 64 or 128Gbs when it comes time to do an update you may get a message from the system saying "not enough memory".

You have a couple of options, connect your iPad to a computer through iTunes and move some of the photos off the iPad, or move them into your iCloud. Remember your iCloud is only 5Gb in size and if turned on all the time there will be a copy of all your Apps in the iCloud too.

Most of us are taking some sort of Medication. How many repeats do you have? Do you need to see the Doctor? What does the medication do? What are the side effects? Can I order repeats on line and just nip in to the chemist and pick them up? A new App called **Medadvisor** is available free from the Apple App Store or for computers and android phones at this address <https://www.medadvisor.com.au/Home/Landing> Register with the App and go to your chemist and obtain an Activation Code. Watch the movie on how Medadvisor can help you and leave all the worry to technology.

U3A Rockhampton has 28 members using FaceBook at <https://www.facebook.com/groups/119476174749864/>

If you want to keep up with what's going on and see the latest pictures join the group, it is free.

Till the next QF Cheers Nick Quigley OAM

FROM THE TREASURER'S DESK

As a step towards saving expenditure, the Management Committee has decided that receipts for member's fees and Membership cards 2016 will not be posted. These can be collected from the Treasurer at any general meeting.

Thanks
Maurice

Note: This also applies to the badges. If you have ordered a badge, please arrange to have it collected at the general meeting.

GUEST SPEAKERS



Many thanks to Kathy who has been proactive in organising guest speakers.

The role is now in the hands of Gordon Findlater

March



Vice Chancellor, Professor Scott Bowman had the audience entertained and many were surprised to learn of the many and varied courses offered at the uni to cope with the advances in technology. Also, he gave a heart warming look into how many of the students are passionate about helping communities in under privileged countries.

April



Glenn MacDonald Center Care CQ Community Transport. Glenn described what is involved and how to find out who is eligible to use the service.

May

U3A CHORUS



Peter Tyler OAM and Mark Wolthmann
AFS Pharmacies Men's Shed Coordinator

An insight to what is available at the Men's Shed was given. It's under the PCYC and you don't need to have tools, all (men) welcome. Just come for a chat if you don't want to use the tools.

IN VOICE

Dear me! Where are all the people who would like to have an occasional morning to have fun, meet other super people, and get the little grey cells working?

In Voice members have twice monthly sessions during which we learn some poems, do voice exercises have a chat and enjoy morning tea after our work.

Some new participants are needed to fill the gaps of those who are no longer able to get to our Wednesdays on some occasions. Life is so busy we know!

However great enjoyment is to be found in time spent with us, so come along and "SUSS" us out. We meet at Valda Carter's home at present at 9.30 on the 1st and 3rd Wednesdays each month. Do come! Virginia.



Writer's group leader,
Judy Whitworth is busy
collecting group
members' stories for
this year's publication.

The U3A Chorus has been saving hard for a Piano Keyboard to use when singing for the public where there was no Piano. Our group has been active since last June and practices at the Walter Reid Building in the Youth Orchestra Room each Tuesday morning at 9.30am. The cost of a keyboard was double the amount we had saved and a kind anonymous donation of \$50 put us nearer our goal and Phil then approached Bill Byrnes office and he kindly donated \$300 from his Community Fund.

This gave us almost \$700 and now U3A is the proud owner of a Yamaha 88 key piano keyboard. It will have its' first outing at the U3A Cancer Morning Tea at the end of May.



Everyone is welcome to come and join us on Tuesday mornings and no previous singing experience is necessary. For more information ring Phil on 49287769 or Ann on 49221581.

Aqua Aerobics

The class has welcomed many new members this year and Dot and Myrtle have returned after short health problems.

Aqua exercises can be beneficial to men and women who have movement problems as the water provides buoyancy. The heated pool is purpose built with water to chest height and steps for easy access.

Caribae Management gives a generous discount to U3A Members of only \$6 for the one hour class.

Come along and join us.

Shirley Hopkins.

DRAMA GROUP



GENTLEMEN. About this Acting thing. Haven't you noticed? It's the wallflowers who are afraid of making a fool of themselves and who do not participate in the action, thereby drawing attention to themselves, who make fools of themselves.

Meanwhile, the "Have a Go" boys are earning points for "Having a Go", and SOMETIMES, doing a fine job of it.

You see, when you're on stage, well trained and well rehearsed, it's not YOU the audience is taking in, but the Character You Are Playing.....To the best of your ability, and surprisingly sometimes, well above that level.....MOST REWARDING, for both you and the audience.

We are here to help you grow. Come join us. It's FUN!!

Or we wouldn't do it!!!!!!!,

Keith and Company.

Murray Lagoon Tai Chi

The small group have continued their meetings for Tai Chi in the most delightful of settings.

The time to begin each Tuesday morning has changed to 8.00 am from May and will continue at this time during the cooler months. Do come and join us if you need gentle but strengthening exercises. Allow 45 minutes if you don't want to stay to do "the Form", otherwise allow 75 minutes.

Regards,

Virginia



Climbing Mt Kosciuszko

Shirley Hopkins.

It was a challenge which I was not sure I could accomplish at almost 85 years of age.

I was on a two week walking holiday with International Park Tours; a group I have had twenty-five walking holidays with. When I asked our leader if he thought I could make it to the top, he said one word, 'Yes.'

We made a picnic day of the climb. First was a short chair lift to Eagle's Nest, then six and a half kilometre gradual climb to the top, admiring the scenery and the plants. The top was in bright sunshine and no wind. We enjoyed our lunch for about an hour, then made our way down the return journey. Altogether, thirteen kilometres on an excellent track and a climb that any person with a degree of fitness could undertake.

Although I have climbed several much higher mountains in the world, it was a thrill to climb the highest mountain in Australia.

Friday Morning Tai Chi

by Lyn Zelmer

Friday morning at 7:30 in the Kershaw Gardens is the time and place for our weekly tai chi class. Relaxing exercise, coordinated with our breathing, and a focus on balance characterise our hour long sessions. And working out in the open air gives us an appreciation of the weather, the gardens and its inhabitants (some very noisy white cockatoos lately).

Tai chi was developed as a self-defence system for the monks in the Chinese court, etc. It is a martial art in disguise, so understanding the purpose of individual moves helps us to improve our form, but it remains a gentle exercise system that works well as we get older and more frail.

So come and join us, in almost any weather conditions, as we exercise our minds and bodies with tai chi in the Gardens. For details contact Shirley on 49364792.

Photography

Our new 2016 additions to the group have now integrated with the "oldies" after some weeks of introduction to the basics of the art and workings of the digital camera. We've been fortunate this year to have been joined by another member of the Rockhampton Camera Club in Rex Boggs who joins Wayne Donnelly in passing on their knowledge and experience in the field of photography.

They have shown our group members many examples of how certain photos are achieved and allowed us to make use of the Camera Club rooms at times to share this experience for which we owe a debt of gratitude.

After all, the rest of us are learning amateurs who share a willingness to improve our skills when the opportunity arises. Some of our group are already in the process of making arrangements to place exhibits in the Rocky Show so, if you're out there, pop into the Photography Competition and see if you can spot our members shots.

Any new members are always welcome. Give me a call if you need any info on our outings of meetings which are held every two weeks.

Phil Morisette - Co-ordinator 4928 7769

Garden Lovers

Our garden lovers have missed a couple of meetings this year with Good Friday in March and the U3A Cancer Council Morning Tea in May both falling on our meeting day. However, we have still had a couple of very enjoyable outings with morning tea at Joan's place in February, followed by a visit to a beautiful collection of Adeniums (Desert Roses).

In April we had morning tea at a Frenchville park and then visited a huge collection of Bonsai plants which are owned by a founding member of the Capricorn Bonsai Society.

We learned lots on both days and look forward to learning more about orchids in June.

For further information contact Joan Cooper on 49333190 or 0458060447.



SeniorFit Gym

As winter sets in and our humid conditions hopefully wain, what better time to ramp up our fitness levels and get our bodies in better shape health-wise! We all know how important exercise is to our general well-being and as we age, we also need to look after our bone strength and balance to avoid those falls. Our SeniorFit instructors are well placed to help us with these areas and each session begins with the all important warm-up and floor-work cool-down which feels great after our varied exercise sessions.

For our new U3A members, our Classes are from 8.30-9.30am on Tuesdays and Thursdays at the CQ Uni Gym. The cost is \$6 /session, or most of us use the -10 sessions for \$50- option. Both of these costs generously include use of the Gym for Resistance Training and the pool which is heated in winter. Come on out and have a look!

We are a fun group and we find that the social side of our outing is also very important to us. Talk to any of these happy folk in our photo!

Cheers, Jill Howes



JACANA BUSHDANCERS

Here we are, halfway through another year again. It is unbelievable how time flies for us seniors. There are so many activities available through U3A that we are spoilt for choice.

The bush dancing group is still dedicated to our dancing every Monday night. We have a core group of twelve dancers & upwards. With sixteen dancers, it means we can have two square sets. We very rarely cancel a night, however we didn't dance on 2nd May due to a general exodus of members over the May Day weekend.

Every month we have a birthday cake to celebrate birthdays falling during the month. In April it was Shirley Hopkins turn, celebrating her 85th. She is shown being congratulated by the President Beryl Black.



Shirley is a foundation member of the Jacana Bush dancers & is a wonderful testament to how combining fun & exercise can keep you fit & active.

We welcome all new members.

Come along & see what bush dancing offers. The first night is free. I can say from my own experience bush dancing is highly addictive & very enjoyable.

We dance every Monday night from 7.00 - 9.00pm at the Rockhampton Pipe Band Hall (next to A Man's Toyshop) on Gladstone Road.

For enquiries contact Leonie Keene on 49225887

SOCIAL OUTINGS

Nancy has been busy again organising many enjoyable outings for U3A.



Best to stay this side of the fence!

Well, that's the crocs at Koorana Crocodile farm. We were privileged to see one actually hatch; learned much about how the farm harvests the eggs from the nests; some of their habits and habitat; how they can hide in shallow water and found out these little ones can be really fast on their feet.

Now, here's the latest outing. We boarded the luxury coach to the Byfield Store where we enjoyed a cuppa and some tasted fresh baked scones and home-made rosella jam. Time for a chat and relax.



Then we moved on to Nob Creek Pottery where we viewed various craft and art work.



After lunch at the sailing club, members sighted an unusual beach goer.



History Group

The History Group is now in its' 5th year and we have all learnt so much since we started. In the last 12 months we have researched the main business area of Rockhampton, the early history of Emu Park, Keppel Sands and Joskeleigh, The Stanage Bay area, Bajool and District, Wowan and Dululu, Convicts, and Kanaka history in the area.

We meet at Oaktree Retirement Village on the 3rd Monday of each month at 2pm.

If you are interested in joining us, contact Ann on 49221581.

Crossword solution from March journal:

1 M	A	2 R	3 C	I	A		4 A	
A		5 A	U			6 A	L	E
7 R	A	M	B	L	E		L	
G		8 P	A			9 L	E	10 T
11 I	12 T	A			13 S	A	G	E
14 N	O	N		15 L	O	V	E	D
16 A	N	T	17 S		D			
L			18 T	R	A	W	L	S

Thanks again to all who contributed to this Quarterly Flyer. I look forward to individual as well as group contributions for the next journal, the September issue. Close for accepting these will be around 10 August. Please forward to zebu3@outlook.com. If you don't have a computer, you can hand/post me a hand written article, but I must receive this before Monday 1st August.

Best wishes to all.

Editor

U3A Activities 2016

[Revised 10th May 2016]

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	Leonie	4922 5887
History Group	3 rd week 2pm.	Oaktree Village, 155 Glenmore Rd., Park Avenue	Ann	4922 1581
Tuesday				
Senior-Fit Class Resistance Training SA* Swimming	8.30am -9.30 am 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
Singing Group	Cancelled until further notice	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 8am	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 – 11am	200 Frenchville Rd., Frenchville	Mary Valda	4927 1276 49282119
Writing for Pleasure	1 st & 3 rd week 9.15am -11.15am	1 st week School of Arts, Bolsover Street, Rockhampton. 3 rd week Botanical Gardens	Judy	4927 4468
Drama Group	1 st & 3 rd weeks 1pm – 3pm	9 Huet St, Wandal	Keith	49283849

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Thursday				
Senior-Fit Class Resistance Training SA * Swimming	8.30 am – 9.30am 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>Caribee 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
Scrapbooking SA	Last Thurs of Month 9.30am – 4pm	<i>Oaktree Village, 155 Glenmore Rd., Park Avenue</i>	Ann	49221581
Photography Group	Every 2 nd Week 3pm [from 10/3/16]	<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> <i>Please bring a plate for morning tea.</i>	Jackie/ Judy Trinder	4922 7976
Garden Lover's Club	4 th week 9.30am	<i>Venue advised at General meeting</i> <i>Please bring hat, chair & plate for morning tea.</i>	Joan	49333190
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 Beth	4936 4792 49264374
Saturday				
Aqua Aerobics SA *	Weekly 7am - 8am	<i>Caribee Swim Academy, 135 Menzies Street, North Rockhampton</i> Cost ~ \$6	Jodie Shirley	4926 1650 4936 4792
Personal Arrangements				
Computer Classes	Various days Weekly ~ 2 hours	<i>Technology Centre ~ 1st Fl., Library, Bolsover Street, Rockhampton.</i> <i>(How to Drive a Computer; Windows 8, Files & Folders, Word 2010, Powerpoint, Personal & Computer Security, Email, Digital Photography</i>	Chris 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



A few pics
from the
Cancer
Morning Tea
27th May



... and a few strays



Pic of Riverslea crossing taken by a u3a member and winner of a previous Fitzroy River Basin Competition. If you have taken a winning pic or great local photo – send it into to the editor.



Evidence still, of cyclone Marcia's devastation at Byfield.