

2016



# Welcome to 2017



**General Meetings:** 9.30 am 1st Monday of  
each month (ex January)

**Next Meeting after 6<sup>th</sup> March meeting & AGM:**  
Monday 10<sup>th</sup> April 2017

## 2016 COMMITTEE

<b>President:</b>	Phil Morisette	Ph 49287769
<b>Vice President:</b>	Keith Bambrick	
<b>Activities:</b>	Ann Findlater	Ph 4922 1581
<b>Secretary:</b>	Joan Cooper	Ph 49333190
<b>Treasurer:</b>	Maurice Dittman	
<b>Social Organiser:</b>	Nancy Crapp	
<b>Guest Speakers:</b>	Gordon Findlater	
<b>Assistant Secretary/ Publicity:</b>	Margaret Lyons	
<b>Web Coordinator</b>	Nick Quigley OAM	vietvets@gmail.com
<b>Journal Editor:</b>	Elaine Ross	
<b>Quarterly Flyer email:</b>	<a href="mailto:zebu3.u3a@gmail.com">zebu3.u3a@gmail.com</a>	
<b>Annual fee due 31<sup>st</sup> December:</b>	\$15.00	
<b>Joining Fee</b>	Nil	
<b>New members (July 1 – October 30)</b>	\$7.50	

Check out the Quarterly Flyer in colour

<http://www.u3arockhampton.org.au/images/qfmar17.pdf>

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**Phil Morisette – President**

A warm welcome back to all our family members for 2017.

I've held off until our first monthly meeting, our Sign-On for the year, was held to see if the enthusiasm from '16 was still there. Our February meeting was like a family re-union, where over 150 members joined with nearly 20 visitors and celebrated the beginning of a new year within our U3A.

While I was still feeling the after-effects of tooth surgery, our trusty treasurer, Maurice, kept the standard high for the day. Thanks mate.

Sign-On is typically a day when our members, both old and new, commit to the activities they'll attempt for the year ahead. Ann, as our Activities co-ordinator, organised the stations where lists were compiled for individual tutors to arrange the year ahead. It's one of our five huge days in our meeting year and did not disappoint. It also gave a better insight to our new visitors / new members as to the activities on offer and to physically talk with those involved. From reports, all activities have increased involvement pending for 2017 so good luck to all. Just remember, you'll need to show your BLUE

membership card at activities as proof of financial cover.

I've mentioned before in my reports that those who attend our monthly meetings have already heard most of what is written here. They do get the advantage of having up-to-date information i.e. social do's, near and up-coming, and can then make ahead arrangements.

Our March meeting will incorporate our Annual General Meeting (AGM) whereby you, our members, will have had the opportunity to nominate either yourself or someone who you consider would be a suitable person to take a position on the Management Committee. No qualifications are needed other than a good dose of enthusiasm and a desire to make the right decisions to run our organisation. There are ten positions which will be declared vacant.

Not only are these positions important but we are constantly in need of volunteers to help the club run smoothly. These may be in the form of people manning the tables at our front door of meeting, someone to help out with morning teas, co-ordinators at activities and so on. I would urge you to consider joining the 10% of our club members who chose to help their fellow members instead of leaving it to someone else. Please approach any of the committee members with your offer to help. It will be appreciated.

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Dear U3A Members

CQUniversity continues on its successful path of growth and renewal and 2016 was a spectacular year for us. Not only did we witness an increase in student numbers, we added new programs and continued to invest in infrastructure and people across our footprint.

Our reputation continues to soar and we have further built upon our strong engagement, social innovation and research agendas and strengthened our position as Australia's most inclusive university.

Outlined below, in no particular order are some of the major highlights and significant achievements that we witnessed in 2016 that really illustrate the impact that CQUniversity is having on Central Queensland and beyond.

We have been recognised as one of the world's leading universities. Times Higher Education have



ranked us among the world's top 500 universities and among the world's top 150 universities under 50 years old. Meanwhile the QS rankings place us within the world's top 650 universities and among the world's top 100 universities under 50 years old. With more than 20000 universities worldwide these rankings place us within the top two percent of universities worldwide!

\* In Term 1, 2017 we will be opening a new campus in Perth's CBD that will attract undergraduate students studying disciplines such as sonography, echocardiography, asset management and engineering. In addition, we will be opening three new study centres in Busselton, Broome and Karratha.

\* We have opened Stage Two of our \$26 million Community Allied Health Clinic in Rockhampton (a Federal and State Government partnership which now provides hundreds of public health appointments each week and a great learning experience for our allied health students).

\* We had the largest cohort of graduating students in our history, including our first-ever graduates in newer courses such as Speech Pathology and Physiotherapy. What's more we also witnessed large groups of students with intellectual disabilities graduate from hospitality training courses.

\* We achieved our best-ever ratings in the Excellence in Research Australia (the Commonwealth Government's periodic assessment of Australia research) with results showing that we performed at or above world standard in many areas including Mathematics, Psychology, Nursing, Agriculture & VET Science, Environmental Science, Engineering, Medical & Health Science, Artificial Intelligence and Public Health & Health Services.

\* We continued to improve in the Commonwealth Government's Quality Indicators for Learning and Teaching (QILT) with results showing that we were ahead of many of the prestigious 'Group of Eight' members on important measures like full time graduate employment success, graduate median salaries and student support.

\* We saw our popular 10,000 Steps health and wellbeing initiative reach its 300,000<sup>th</sup> participant milestone, while also receiving a significant funding boost from the Queensland Government, meaning that the 14-year old program will go on to boost the health of Australians for many years to come.

\* We were recognised as Australia's first and only Changemaker campus by the global social innovation group, Ashoka U.

It has been an exciting and challenging year and we look forward to continuing to expand our

engagement with industry, business and community right across our national footprint in 2017. What's more, 2017 marks an important university milestone as we celebrate 25 years since officially being granted full university status. We have achieved so many things in such a short period of time and made a positive impact on the region and the communities who call it home. It certainly is exciting to think about what the next 25 years might look like!

I look forward to meeting U3A members throughout the year and thank you all for your ongoing support of CQUniversity.

**Professor Scott Bowman**  
**Vice-Chancellor and President**  
**CQUniversity Australia**

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### NICK'S TECH TIPS



Remember back on the 31 Dec 1999 all the Gurus in the computer world thought IBM type computers would crash at midnight - the Y2K problem or the Millennium bug, well it is 2017 and we are still waiting.

One subject has become much more important – **Your Anti Virus**. If you use a free program don't expect backup help when you have a problem. It is better to buy a real copy of a program. You then have 24/7 backup help if you have a problem.

On the 27 Oct 1988 I bought my first desktop computer. \$4615.00 for an 80286 AT with an EGA monitor with 16 colours, 1.2Mb floppy disk and a 720K biscuit disk and 20 Mb Hard drive. Windows had not been developed then and the operating software was MS DOS 2.1 There were no icons on the screen and at the first boot up at the top left on the black screen was C:\> A very daunting introduction to computers. What do you do next?

In those days two 50mm thick manuals came with the computer, one called MS-DOS 2.1 and the other GWBASIC. So count yourselves very lucky these days, technology has moved faster than time. Hundreds of thousands of people all over the world have worked on developing computer hardware and the software to make it very user friendly and visually pleasant for you to work with.

Where should I save this document? Where do **you** save your documents? It is so important to be in control of your computer, by default the computer will save your file and put it where it has been programmed to do so, but do you know where that

is? Using **File Explorer** in Windows 10 look under **This PC** you will find four folders – Documents, Music, Pictures and Videos. These are the default folders the computer will use to store your stuff.

There is a better way and you have control. Just imagine the Documents folder as a 15,000 litre tank and you add bits in all sizes and colours and about so many different subjects, if you can't remember what you called it, how are you going to find it later?

It's time you take control, start a new folder under (**C:**) and call it Nicks Stuff. Now create a series of sub folders under Nicks Stuff called U3A, Household, Pension, Letters 2 the Editor etc

So in this case I also make a sub folder under U3A and call it **Tech Tips**. In the word processor at **File, SAVE AS** I can now choose where I want it stored, in this case it is in **C:/Nicks Stuff/U3A/Tech Tips/March 2017 Nicks Tech Tips.doc**

It pays to have a **backup plan**. Computers are electronic components which get hot and can fail at any time. Backing up is simply as easy as connecting a USB external Hard Drive to your computer and once a week, or every day depending on how important your data is, **Copy & Paste** from your internal C:/ hard drive to your External E:/ hard drive. Find the folder e.g. **Nicks Stuff** and right click on the folder and left click **Copy**, then locate E:/ right click on E and left click **Paste**. You are only backing up files and data you have created.

Note your external drive may not be called E: it may be F, G, H etc

Nick Quigley OAM  
Web Co ordinator

## GARDEN LOVERS GROUP

*with Joan Cooper*



The Garden Lovers group finished off a very successful 2016 with a Christmas breakup at Jackie Geraghty's home beside the river. It was a lovely morning with Secret Santa, morning tea and looking through Jackie's beautiful and interesting garden. Being mindful of the heat at this time of year, our meeting at the end of February will be at Jill Allan's home where Lyn Field will address us on 'Herbs and Health'. We look forward to seeing regular and new members attend the group this year and if there is anything in particular you would like to do or see just let me know.

My phone number is 0458060447.



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## Date Claimers

(Note: subject to change)

March 6 2017	General Meeting & AGM
April 10 2017	General Meeting
May 01 2017	General Meeting
June 05 2017	General Meeting & Journal issue

PS: Don't forget change to 2<sup>nd</sup> Monday in April for meeting due to renovations at The Frenchville Club.

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## Photography Group

The Photography Group is back in action for 2017 with a batch of new inductees gathered from our very successful Sign-on Day on 6<sup>th</sup> February and our Exhibition staged in the foyer of the Southside Library during the latter half of January.

It's still not too late for any others interested in getting more from their digital cameras and, hopefully, improving the quality of the results of the photos they take. We aim to introduce all options the camera has to offer to get the best outcome at the end.

Our current newcomers are enthusiastic and that is the main starting point as all existing members of our group are only too willing to share their experiences as well. There is no set time limit so our learning is ongoing. We meet at the Southside Library Technology Centre every two weeks from 9th March at 3pm. If you're interested, give me a call on 49287769.

Phil Morisette Co-ordinator

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### Writing for Pleasure Group

with Judy Whitworth

Our February Writer's Group meeting fell before the first open U3A meeting and as the School of Arts room we usually use had been booked from 10am onward, we decided to use as an alternative, to write a film revue after watching the movie LION at The Birch, Carol and Coyle's theatre. We also enjoyed their free morning tea. The film we saw is a true story taken from the book 'A Long Way Home' by Saroo Brierley.

Some of our more industrious members entered literary competitions during the Christmas/New Year break.

Over the years quite a few of the Writer's Group has gained confidence enough to publish their own books. Most recently, Helen Holden produced three delightful little children's books *Story of Terrible*, *What a Hoot* and *The Dragon That Never Was*. Martin Johnson has two, *Enchanting Tales of Wilma the Witch* and *The Battle for the Secret Laser*. His third book is ready to go to the Publisher. Each of these books retail at \$10.

I am proud of their enterprise.

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### History Group Pic 2016



### Friday Morning Tai Chi

It's been a good summer for our tai chi group: although a couple of days were too wet we managed to meet most weeks throughout the hot season. Meeting 7:30-8:30am every Friday at Kershaw Gardens (opposite Knight Street) beats the heat and provides an exercise venue in a beautiful and relaxing environment.

The festive season meant that many individuals dropped out for a session or two to travel, look after grandchildren, or for a medical incident. We're a social group as well and it's always good to see members come back after a longer recess, we welcomed back Ann McHugh mid-February and look forward to finding out what others have been doing while they've been away.

Our tai chi provides low impact exercise focussing on relaxation and balance. We follow a varied program with a mix of instruction and old favourites and are always open to new participants. Call Shirley at 4936 4792 for details.



The Friday morning tai chi class at Kershaw Gardens 26 January 2017. [Photo: Shirley Hopkins]

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### Social Events

with Nancy



#### Monday 13<sup>th</sup> March

Groves property at Bungundarra. (It's high vis so please wear bright colours.) Own transport to Keppel Sailing Club and coach leaves at 1.15pm from there (\$10).

#### Monday 3<sup>rd</sup> April

Junabel Minatures at Coowonga (\$10) 9.30am for tour. Own transport.

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## Jacana Bush Dancers

I am sure we are all pleased to have our U3A activities in full swing again. The Jacana Bush Dancers are still enjoying dancing every Monday night at the Rockhampton Pipe Band hall in Gladstone Road 7 – 9pm.

We all enjoyed our Christmas party held on Monday 19<sup>th</sup> December with around twenty dancers in attendance. Our caller Hilary arranged an excellent dance program including The Black Wattle Reel, Strip the Willow, The Dashing White Sergeant & Waltz Country Dance. We also danced the Barn dance and Monte Carlo with prizes donated by the club. All members contributed Christmas fare for supper. We were rather spoiled as we had prawns and stone fruit brought along by one of our regulars.



Photo (left) shows Robyn and Leonie Manning our 'Show and Tell' table in December.

Our newest U3A member, Lynette joined us after making enquires at Show and Tell. She has been enjoying her dancing immensely.

Please contact Leonie Keene on 49225887 for enquiries or just come along Monday night. First night is free of charge.

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### A Traveller's Tale

by Keith Bambrick



*Editor's note: Keith drives a very old Nissan sedan.. it's a long way from being a 4wd...*

There I was, three miles past the CBD of Ridgeland. T junction. Right -> Rockhampton; left <- Marlborough 100k. What!? I'd have to cross the Fitzroy River to go to the latter. Let's do that. Furthest upriver I'd been was a canoe trip mid 1950s as far as Mt Charlton, the old pumping station for Rocky's water supply, north of Yaamba.

In no time the bitumen gave out. Dirt road most

of the rest of the way. Rolling hills, flat bits, clips over dry creek beds, grassy plains, good views of long interesting ranges.

Finally a sign saying 'Fitzroy River'. A sign 'Beware of Crocodiles' (this far upstream?). Another sign 'If water over the road, DO NOT drive through'. Oh Hell, thought I. I've come at least half way..... Drove down steep slope until I could see there was plenty of water going through culverts underneath the road which was itself dry. Basically cement sitting on a foundation of solid dark grey stone which was spread all across the stream bed.

About half as wide as at Rocky. Lots of trees caught on the rocks by past floods. Area called Glenroy Crossing, named for the adjacent property. I suddenly realised I was about a third of the trip, so got going. From then on, lots of grids to keep cattle in. Could see lines of riverside trees but gradually left them behind. The road became more hilly with thicker weeds, creeks with some water; more twisting and turning. On one ridge it was possible to see great distances until finally, driving down to follow and cross, Marlborough Creek, again and again. Suddenly – eight kangaroos. 2ks later – six wallabies.

Sharp, pointed mountains ahead; then to the right; then, left behind. Most impressive in the late afternoon light.

Whoopie! Bitumen, through crop land all the way to Marlborough. Too late to enter the first-rate museum. See it next time. I had passed five vehicles in that 100k. Nor many on the road back to Rocky, either. School hols? The coast?

Relaxing. Try for Stanage next time? Why not!

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### A RIDDLE FOR SMART PEOPLE

Only 5% of Stanford University graduates  
Figured it out!

Can you answer all seven of the following  
questions with the same word?

1. The word has seven letters....
2. Preceded God...
3. Greater than God...
4. More Evil than the devil...
5. All poor people have it...
6. Wealthy people need it....
7. If you eat it, you will eventually die.

Did you figure it out?

Try hard before looking at the answers

Did you get it yet?

Give up?

Brace yourself for the answer.... It's at the end of the journal.

## 2016 - A memorable year



This beautiful picture of waterlilies is one of Phil's - Amazing.



How about this photo I took in my back yard (some may have seen it in the Morning Bulletin). It's a very noisy Channel-Billed Cuckoo being fed by its foster parent, a crow. There are two chicks and at the time of writing this, I am hoping they will soon fly the coup.

PS: It took me a week of perseverance to get this shot.

*Elaine Ross*





Emmie with her banner at our Christmas lunch

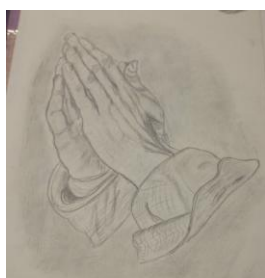


HALLELUJAH





# SHOW AND TELL – DECEMBER 2016



A big thank you to the Frenchville Leagues Club

The answer to the riddle is:

**NOTHING!**

NOTHING has 7 letters.  
NOTHING preceded God.  
NOTHING is greater than God.  
NOTHING is more Evil than the devil.  
All poor people have NOTHING.  
Wealthy people need NOTHING.  
If you eat NOTHING, you will die.

(Thanks to Maurice for this)

*Note from the Editor:*

*I am grateful for the stories and photographs that have been supplied by some of our members and in particular to picture taker, Gordon. Without his pics and the few articles I have received, the journal would have been quite small. Meetings and activities have been light on over January.*

*I wish, on behalf of all U3A Rockhampton members, to welcome and congratulate the incoming new committee to be elected at the March AGM. The outgoing committee has been a pleasure to work with, both for their professionalism and friendship.*

*Editor*

# U3A Activities 2017

[Revised 14 February 2017]

**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
<b>Monday</b>				
<b>General Meeting ~</b> monthly 1 <sup>st</sup> Monday (excluding January)	9.30am	Frenchville Sports Club, Clifton Street, North Rockhampton (Lunch to follow)	Phil	49287769
<b>Bushdancing SA*</b>	Weekly 7.00pm – 9.00pm	Rockhampton Pipe Band Hall Gladstone Road, Rockhampton Cost ~ \$5	Leonie	4922 5887
<b>History Group</b>	3 <sup>rd</sup> week 2pm.	Oaktree Village, 155 Glenmore Rd., Park Avenue	Ann	4922 1581
<b>Tuesday</b>				
<b>Senior-Fit Class</b> <b>Resistance Training</b> <b>SA*</b> <b>Swimming</b>	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	4923 2159
<b>Aqua Aerobics SA*</b>	Weekly 11am - 12noon & 6pm - 7pm	Caribae Swim Academy, 135 Menzies Street, North Rockhampton Cost ~ \$6	Jodie Annette	4926 1650 0499265992
<b>Investment Group</b> <b>Discussion SA*</b>	3 <sup>rd</sup> week 10am	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
<b>Mahjong 1</b>	Weekly 1pm	Women's Health, Bolsover Street cnr Derby Street, Rockhampton	Lyn	49288136 0455288833
<b>Third Age Chorus</b> <b>Singing Group</b>	Weekly 9.30am	Youth Orchestra Room, Floor 1, Walter Reid Building Derby St., Rockhampton	Phil	49287769
<b>Tai Chi *</b> <b>Southside</b>	Weekly 7.30am	Botanic Gardens, near Lagoon, Rockhampton	Virginia	4921 1602
<b>Wednesday</b>				
<b>Book Lover's Group</b>	4 <sup>th</sup> week 10am	Settlers Village Community Centre Pauline Martin Drive -off North Street	Sally Joan	4926 1574 49271223
<b>Embroidery</b>	1 <sup>st</sup> & 3 <sup>rd</sup> weeks 1pm - 4.30pm	CQU room 65/G.27 , Commercial Building beside Campus reception (off CQU upper parking area)	Pat	4927 4493
<b>Speech Group</b> <b>("In Voice")</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Weeks 9.30am – 11am	200 Frenchville Rd., Frenchville	Valda	49282119
<b>Writing for Pleasure</b>	1 <sup>st</sup> & 3 <sup>rd</sup> week 9.15am -11.15am	1 <sup>st</sup> week School of Arts, Bolsover Street, or Botanical Gardens	Judy	48366133
<b>Drama Group</b>	1 <sup>st</sup> & 3 <sup>rd</sup> weeks 1pm – 3pm	Oaktree Village, Glenmore Road 50c for tea/coffee \$2 for photocopying	Keith	49283849



# U3A Activities 2017

[Revised 14 February 2017]

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<b>Activities</b>	<b>Times</b>	<b>Venue</b>	<b>Contact</b>	<b>Phone</b>
<b>Thursday</b>				
<b>Senior-Fit Class</b> <b>Resistance Training</b> <b>SA *</b> <b>Swimming</b>	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	4923 2159
<b>Aqua Aerobics SA</b>	Weekly 9.30am - 10.30am 5.30pm - 6.30pm	<i>Caribee Swim Academy, 135 Menzies Street, North Rockhampton</i> Cost ~ \$6	Jodie Annette	4926 1650 0499265992
<b>Discussion ~ Current Affairs</b>	3 <sup>rd</sup> week 3pm - 5pm	255 Elphinstone Street, North Rockhampton	Arch	4928 6653
<b>Scrapbooking SA</b>	Last Thurs of Month 9.30am – 4pm	<i>Oaktree Village, 155 Glenmore Rd., Park Avenue</i>	Ann	49221581
<b>Photography Group</b>	Every 2 <sup>nd</sup> Week 3pm [from 23/02/2017]	<i>Technology Centre ~ 1st Floor, Library, Bolsover Street, Rockhampton.</i>	Phil	4928 7769
<b>Friday</b>				
<b>Armchair Travel</b>	3 <sup>rd</sup> week 9.30am -11.30am	<i>Athelstane House, Ward Street, Rockhampton (Bowls Club)</i> Please bring a plate for morning tea.	Jackie/Judy Trinder	4922 7976
<b>Garden Lover's Club</b>	4 <sup>th</sup> week 9.30am	Venue advised at General meeting Please bring hat, chair & plate for morning tea.	Joan	49333190
<b>Line Dancing SA</b>	Weekly 2pm – 4pm	<i>Square Dancing Hall, Kingel Park, Fitzroy Street, Rockhampton. Cost ~ \$7</i>	Sue	4922 3421
<b>Mahjong 11</b>	Weekly 1pm-4pm	<i>Settlers Village, Pauline Martin Drv. Rockhampton</i>	Judy	49281756
<b>Pencil Drawing</b>	1 <sup>st</sup> week 9.30am -11.00am	<i>7 Gardenvale Court, Hillside Estate, (off Norman Road) Nth Rockhampton</i>	Keith	4928 9505
<b>Tai Chi Northside</b>	Weekly 7.30am - 8.30am.	<i>Kershaw Gardens (Knight Street)</i> Cost ~ \$2.	Shirley Beth	4936 4792 49264374
<b>Saturday</b>				
<b>Aqua Aerobics SA *</b>	Weekly 7am - 8am	<i>Caribee Swim Academy, 135 Menzies Street, North Rockhampton</i> Cost ~ \$6	Jodie Annette	4926 1650 0499265992
<b>Personal Arrangements</b>				
<b>Computer Classes</b>	Various days Weekly ~ 2 hours	<b>Technology Centre ~1st Floor RRC Library</b> <i>Bolsover Street, Rockhampton</i> (How to Drive a Computer; Windows 10, Files & Folders, Internet Made Easy, Word 2010, PowerPoint 2010, Personal & Computer Security, Email Made Easy, Digital Photography)	Chris or Donna	4936 8212 or 49368218
<b>Family History &amp; Genealogy</b>	By appointment	Consultation at tutor's or person's home	Helen	4928 2233
<b>Heraldry</b>	By appointment (contact tutor)	190 German Street, Norman Gardens, North Rockhampton	Ken	4928 3687



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