



# THE QUARTERLY FLYER

SEPTEMBER

2017

Volume 3/2017



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

**Next Meeting after 4<sup>th</sup> September meeting:**  
Monday 2<sup>nd</sup> October 2017

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

Web: [www.u3arockhampton.org.au](http://www.u3arockhampton.org.au) Email: [u3arockhampton@hotmail.com](mailto:u3arockhampton@hotmail.com)



## 2017 COMMITTEE

**President:** Phil Morisette Ph 49287769  
**Vice President:** Keith Bambrick  
**Activities:** Judy Sutton  
**Secretary:** Joan Cooper Ph 49333190  
**Treasurer:** Maurice Dittman  
**Social Organiser:** Nancy Crapp  
**Guest Speakers:** Judy Nutley  
**Assistant Secretary:** Lenore Cook  
**Publicity:** Ann Findlater  
**Web Coordinator:** Nick Quigley OAM  
vietvets@gmail.com  
**Journal Editor:** Elaine Ross  
**Quarterly Flyer email:** [zebu3.u3a@gmail.com](mailto:zebu3.u3a@gmail.com)

Annual fee due 31<sup>st</sup> 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/qfsep17.pdf>

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*Phil Morisette – President*

Our U3A Rockhampton group is achieving regular growth and experiencing the values we have come to expect during our year. Our social life is well-catered for by Nancy with near monthly outings and shared bar-b-q's, our quarterly journal is nicely presented by Elaine with more activity reports always sort and welcomed, our web site maintained by Nick while over-coming the inevitable obstacles which seem to arise in IT, our accounts are in the safe hands of our astute treasurer, Maurice, an extremely efficient secretary, Joan plus Keith (V.P.), Ann (publicity), Judy S (activities) and Judy N (guest speakers) and Lenore backing Joan making a great team. I've mentioned this before and it's worth repeating again. We must make succession arrangements before the next AGM rolls around in order that we have continuity of the sort of experience which exists in our present management committee.

One member (jokingly, I think) mentioned the catastrophic circumstances which could arise if he "fell off the perch tomorrow". With no-one to back-up this crucial position, our club could suffer for

some time. There are many other positions which could benefit from having another person as back-up, fully aware of what was involved ahead of time to avoid happenings of this nature. This should also apply to replacements for retiring committee members at the next AGM. I'd encourage any members interested in joining the management committee to contact any of the existing committee to discuss your interest.

To assist with the above, we are in the process of updating the "Position description" for each one of the committee for future references. As mentioned at our last general meeting, the club's By-Laws are also undergoing some up-dating.

While all of this might sound a bit boring, it is essential to have an efficient and cohesive committee to lead the organisation through the year. We absolutely need volunteers. Please don't sit back and wait for others to step up. Your services are valuable and appreciated.

Phil Morisette - President

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Silver hair? Be there! CQUni celebrates community (SEPTEMBER ON)

Dear U3A Members,

As you've no doubt heard, 2017 has been a big year of anniversaries for CQUniversity and especially for our Rockhampton community. We've enjoyed several opportunities to mark 50 years since CQUni predecessor, The Queensland Institute of Technology (Capricornia), was founded in Rockhampton and 25 years since we achieved official university status.

And now, our final 2017 event throws open the doors to all of our community to celebrate so many of the stories and successes from our history.

On Saturday, December 2, join us for the CQUniversity Community Ball at our Rockhampton North Campus. With the theme 'Silver Jubilee', it will be a fantastic opportunity to shine – and to reflect on achievements of students, staff, alumni and supporters.

Tickets will go on sale late October; keep an eye on [cqu.edu.au](http://cqu.edu.au) for a pre-sale announcement. I look forward to raising a glass with U3A members as the

festive season hits – please do introduce yourself when we next cross paths.

With thanks for the ongoing support,  
Scott

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

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### NICK'S TECH TIPS



You won't believe it, another three months have gone by, but in that time I have learnt about more technology that may be of interest to you.



For iPad users there is an App that will allow you to record and playback sound. Go to iTunes or the App Store and download the free App **Voice Recorder**. The buttons work the same as an old push button cassette recorder



Have you ever wondered how high you are above sea level, be it while on holidays or at home, the **My Altitude** App will give you your present Latitude and Longitude and your height above sea level.

An **iPad** is one item of technology that **doesn't like being dropped**, even in a protected case it is not 100% safe after being dropped. My iPad landed on one of its corners and the whole screen has shattered to the extent that I feel it is not safe to use being a touch screen. The options of getting it fixed or buying a new one need to be weighed up. One quote I got from Apple Australia to replace the glass front was in the vicinity of \$434 while a new standard iPad with 128GB is \$600 through Apple Store. Considering mine is more than 5 years old, I might have to buy a new one. Santa?

There have been some serious **scams** both on phone and for computers. You may remember our guest speaker from Elder Abuse talked of a book called **The Little Black Book of Scams**. You can go to this site and download your own copy <https://www.accc.gov.au/publications/the-little-black-book-of-scams> using the PDF file downloader. You will get a 42 page book giving you a

lead into Technology security. You can also order a hard copy for free by registering on the ACCC site.

At The **Rockhampton Library Tech Troubles** we recommend you use Microsoft's Windows Defender for computers running Windows 8 and above. In Microsoft's own words *"Windows Defender is malware protection that is included with and built into Windows 8. This software helps identify and remove viruses, spyware, and other malicious software."*

*Windows Defender runs in the background and notifies you when you need to take specific action. However, you can use it any time to scan for malware if your computer isn't working properly or if you clicked a suspicious link online or in an email message."*

Just type **"Windows Defender"** in the task bar search box. If you see a "PC status: Protected" message, you're good to go. If Windows Defender is turned off, you can turn it on by uninstalling other antivirus solutions and checking again. For more information go to <https://www.microsoft.com/en-us/windows/windows-defender>

Another free to download and will help to remove junk from your computer that is slowing it down.

**CCLEANER** from <https://www.piriform.com/ccleaner/download>

*"...the first thing anyone with an ailing computer should do is to make sure it's not clogged up with unnecessary data. Over time, various scraps of code build up like digital cobwebs, slowing your machine down... One program we particularly like is CCleaner. This free piece of software scours your hard drive for all the pesky files hogging your disk space, including temporary files, internet cookies and unused registry files."*

Now Christmas is only three months away, what would you like Santa to bring you?

I just want some good health

Nick Quigley OAM

Web Co ordinator

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### Date Claimers

(Note: subject to change)

|              |                                 |
|--------------|---------------------------------|
| Sept 4       | General Meeting & Journal issue |
| October 2    | General Meeting                 |
| September 11 | Mystery Tour                    |
| November 27  | Christmas Lunch                 |
| December 4   | General Meeting & 'Show & Tell' |



Congratulations to Rita Diplock. She scored a trophy and two certificates for her poem, below. She won 'Written Serious Poem, Highest Scoring Novice at the "Man From Snowy River Bush Festival" which also earned her the Written Poetry Novice Champion.

## THE GREY

© Rita Diplock

The old horse didn't have a name; he'd always been *the grey*,  
 Good natured and reliable and safe round kids at play.  
 His size and great hooves plainly told of Clydesdale in his breed  
 And all their girls had learned to ride upon this faithful steed.  
 Although he sometimes stumbled and one eye was almost blind,  
 A way to put him to good use had lately come to mind.  
 The hoped for rain still hadn't come, there was no cash to spare  
 And as with man, so too for beast, his fate would be unfair.  
 No matter what she said, her husband wouldn't break his rule.  
 They didn't have the feed to spare a broken down old mule.  
 He had a rule that man and beast must work to earn their keep.  
 With growing kids and rising costs the living wasn't cheap.  
 They had four girls now half grown up; a toddler bold and game,  
 His stake in immortality, the boy who bore his name.  
 When folk would say, 'He's like his dad,' he'd laugh and say,  
 'Poor kid,'  
 But all could see how pleased he was, his pride not fully hid.  
 With hard decisions to be made the grey would fill a need.  
 His working days were done, so he'd provide the dogs a feed.  
 The black colt in the yard with him was still not broken in  
 And wasn't to be trusted, with a nature mean as sin.  
 She stood outside the stockyard with some apple in her hand  
 And knew if she was in his shoes she wouldn't understand.  
 Her girls would sometimes give him their uneaten crusts of bread.  
 Today she'd cut her apple up to share with him instead.  
 She was watchful of the toddler, their precious little boy,  
 At eighteen months a sturdy lad, his father's pride and joy.  
 She gave the grey a final pat and sighing turned away  
 And failed to see the toddler crawl beneath the rail in play.  
 Before she'd gone a dozen steps she sensed she was alone  
 And as she turned to call the child, her heart was turned to stone.  
 The colt was looking at the boy with malice in his eye.  
 She couldn't move or say a word; her mouth was sawdust dry.  
 He didn't see an angel with a dirty little face,  
 But just another member of the hated human race.  
 Then swift as any arrow as it split the sultry air,  
 Her scream burst into heaven, where it broadcast her despair.  
 The farmer working close at hand threw down his work to run

And coming from the shed he saw the colt lunge for his son.  
 In silent agony they watched and hardly could believe  
 The broken down old mule had bought a swift and sweet reprieve.

The old grey moved with purpose as they looked on with alarm,  
 To place himself above the boy and keep the child from harm.  
 His four great hooves were planted firm around their precious child  
 Who thought it was a game and clapped his little hands and smiled.

As firm and steady as a fort, and seeming just as large,  
 The old grey stood unmoving and deflected the colt's charge.  
 The farmer ran with rope and whip to drive the colt away,  
 His wife as swift to snatch the child from underneath the grey.

And later as she hugged the boy, a shot rang through the air.  
 She held the child still closer with her face down in his hair.  
 The little fellow struggled to escape her tight embrace,  
 Not noticing the tears that trickled down the careworn face.  
 With work that wouldn't do itself, her day was not yet done.  
 She went to help her husband for their living must be won.  
 What happened was now history on which she would not dwell.

And when the girls got home from school they'd have their tales to tell

A little boy is growing up; for him his parents toil  
 To pass on an inheritance, a sunburnt block of soil.  
 And somewhere down the paddock is a pensioned off old grey  
 Who cannot work to earn his keep, but has no dues to pay.

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We lost one of our own on 19<sup>th</sup> July. Bob was always up for a good yarn and we were looking forward to his getting back with us after his accident. RIP, Bob Smith

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## MEAT AND VEGE

Alan Watts

A couple had two young twin boys.  
 They called them Meat and Vege.  
 When people used to ask them 'Why?'  
 It made them get quite edgy.  
 'We'll call our children what we like.  
 It sure beats eggs and bacon.  
 'With names like that, one thing's for sure,  
 They'll never be mistaken.'  
 Now Meat and Vege went to school  
 Subjected there to ridicule  
 They learned the art of self defence



For when things there got too intense.

They ended up in fights galore  
When kids punched them, they punched them  
more.

And walking down the street one night,  
They got into another fight.

Now no one knew if Meat or Vege  
Was the twin who punched out Regie  
The school headmasters' oldest son,  
Who teased the twins to have some fun.

The Principal grilled Meat next day,  
Allowed the boy to have his say.

He said, 'I never did it – alright,  
I never would, but VEGEMITE.'

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## Photography Group

*with Phil Morisette*

With so much action around the area, it's often hard to keep up with what's on offer and still spread our exercises between individual, group, cultural and action activities.

I sometimes think many of our newer members don't quite know what we actually try to achieve as a group or are a bit shy in asking. Our initial aim was to try and educate those with a digital camera who may have been having some difficulties in understanding the workings of their camera or to make a point of getting the best results from the camera they had.

Either way, we don't have any time frame that we work to, with newcomers welcome at any time. We still meet at the IT Centre Southside Library at 3pm every second Thursday from 7th September. If you're unsure of the date, please give me call on 4928 7769.



Photo taken at the Woolwash on  
a group activity (Rhonda Daniels)

## Senior Fit Group



Gym ladies meet at CQUniversity every Tuesday and Thursday from 8.30 to 9.30 am.

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## Guest Speakers

**In June** Councillor Neil Fisher gave us some interesting information concerning regional issues and some gardening tips. He fielded questions from the audience.



**In July** Deanne Lawrie, from Elder Abuse Prevention Unit, Brisbane, explained what constitutes elder abuse and answered concerns from the audience. (Ph no: 1300651192). She is pictured below, drawing the raffle.





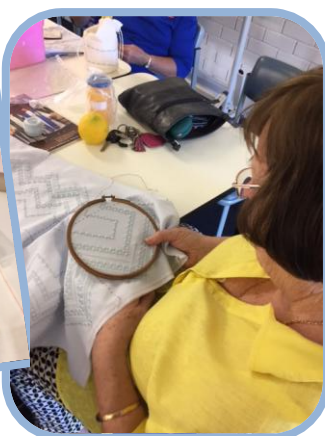
**In August** Russell Dann, project specialist Carbine Resources Mt Morgan Copper & Gold kept everyone interested in past and present activities at the mine and educated us about the various resources and their uses, mined there. Pictured with Guest Speaker Coordinator, Judy Nutley.



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with Pat Lorroway



## Jacana Bush Dancers

We are still enjoying our bush dancing every Monday night between 7pm and 9pm at the Rockhampton Pipe Band Hall in Gladstone Road. It is disappointing so few U3A members join us for a night of fun and exercise despite their being active in other physical activities at U3A. I would be most interested to hear some feedback from members.

We performed at the Rockhampton Heritage Village for Heritage day on 4<sup>th</sup> June. We were the only dancers invited and were treated to free entry, lunch and of course the wonderful 'Rooftop Express Show.'

We have been asked to perform for the residents of Leinster Place in August. Being a community minded club, we are always prepared to consider all requests, depending on the availability of dancers. No one is pressured into performing in public as most of us dance for our own pleasure.

(pictured) At our AGM on 19<sup>th</sup> July, Offices elected were: President – Beryl Black; Treasurer – Dell Ganter; Secretary – Maree White.



Please contact Leonie Keene on 49225887 for enquiries and to provide any feedback.

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**Armchair Travel**



with convenor: Jackie Geraghty

**U3A World Trips we have taken from our Armchairs in May June & July 2017**

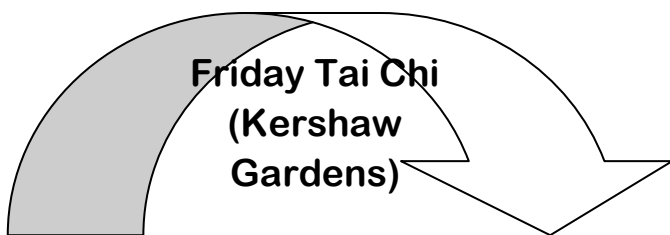
**Rod Elder & Jeanette Elder took a 2008 Silk Road 30 day Captains Choice Private Train journey between Russia, Uzbekistan, Turkmenistan, Kazakhstan and China. Highlights were :- Pushkin Palace, Hermitage Gate, Red Square, Poi Kalyan**

complex. Shah-i-zinda necropolis Samark complex of mausoleums, Bibi-Khanym mosque, Zenkov cathedral. In Xingiang the Heavenly Lake, Karaz irrigation channels near arid desert land with the largest grape farms in China. Jiayuguan Great Wall Tianamen Square, UNESCO Heritage site of the Forbidden City, Terracotta warriors and Bampo museum. Wearing his Entomologist hat Rod was also able to provide information on the environment of many of these countries visited.

**Kerrod Nolan** showed photos and described his and his late wife Marcia's trip taken on a Scenic Tour of **South Africa in 2008**. They arrived in Cape Town and from there visited Robben Island and saw the Cape Hope seal colonies. Highlights of Kruger National park and Amberselli resort in Kenya Kerrod displayed very close photos of all the usual African animals particularly the big five including a Masai village and Victoria Falls.

**Nancy Crapp** in 2000 flew to Tokyo and then onto Beijing. Here she visited the Temple of Heaven & Imperial Palace. In Mongolia the group was housed in a yurt camp. In Ulaanbaatar Nancy purchased a Mongolian tunic "Dan Dell" & contrasting sash under advice of many locals who crowded into the shop. They visited the Kizhi Pogost Museum which includes a church of the resurrection of Lazarus. The trip was very eventful particularly on a train journey to Siberia when group woke to find their carriage abandoned on the track. In Moscow she visited Kremlin and Monastery and took in Bolshoi Ballet.

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*with Lyn Zelmer*

With the ongoing restoration work the Friday morning tai chi class (7:30-8:30am) has moved from Knight Street to the north end of Kershaw Gardens. Access is from the traffic circle at the Aquatic Place entrance to Stocklands, with the class meeting to the right inside the caravan park area (sort of behind the waterfall). Our tai chi provides low impact exercise focussing on relaxation and balance. We follow a varied Australian Academy of Tai Chi program with a mix of instruction and old favourites, and are always open to new participants.



Early morning tai chi class at the north end of the Kershaw Gardens, Friday 28 July 2017. The caravan parking area is off to the left and the back of the waterfall is over the hill to the right



Tai chi progresses from basic exercises to extended routines and then to "weapons" forms. However day classes seldom see any of the more advanced forms. Here Friday morning U3A tai chi instructor Lynn Zelmer demonstrates a more yoga-oriented staff routine for the class.

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*with Joan Cooper*

The weather has been very kind to us this year for our Garden Lovers meetings. In May, Mark Rehbein from the RRC, led us in a horticultural tour of the Botanic Gardens. He has a wealth of knowledge and I am sure everyone learned something new.



It was a lovely day and sharing the venue with the Under 5's made for a bright, energetic vibe.

Our visit to the Grevillea Park in Gracemere in June was interesting too. Unfortunately our guide was unable to be there on the day but Rod Elder kindly stepped up and shared his knowledge with us.

The number of different varieties of Grevilleas was quite surprising.

Since our visit, the council has decided to upgrade that park so we may visit it again next year.

Our member, Leslie Smith, opened her 'jungle' to us in July. It is a garden that has been evolving over the past 30 years and is really lovely. Leslie shared some of her plants with us and we really enjoyed our morning tea and chat in her garden.

Thank you to everyone who attended these days.

If you would like more information about our group, my phone number is 0458060447.

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## *Social Activities*

*with Nancy*

Nancy has been busy keeping us entertained. In June, we had a very pleasant BBQ in the Botanic Gardens.



In July, it was a most glorious visit to Junabel Minatures. Everyone had such a great time. The animals were entertaining and a delight.



In August it was the Mystery tour. I will let Alan Watts' poem tell the story.

Today we had a tour with Rocky U3A

Where was the destination? Of course no one would say.

We went to Northside Plaza so we could catch the bus  
Then to Southside and to Gracemere to get the rest of us.

We drove then to the highway. Which way would the bus  
go?

We headed out past Westwood. Where to, we didn't  
know?

We turned off towards Dululu. Biloela came to mind.

We headed then to Wowan so that thought was left  
behind.

We drove straight through old Wowan town so would it  
be Banana?

We watched the grass and trees pass by. I didn't see  
lantana.

We turned towards Baralaba. Ah, that must be the go.  
And then Myella Farm Stay came in sight. At last we  
know.



So off the bus we got and had a lovely morning tea  
With damper and fresh pikelets there that tasted good to  
me.

We looked around the farm stay then at what they had to  
show.

Chooks, horses, cows and motobikes and food there that  
they grow.

We saw accommodation there then heard the poets speak  
And then Pink Floyd, their pet galah, let out its quite loud  
shriek.

And lunch was served. The pumpkin soup was something  
quite exquisite.

Roast meat and veg and gravy was the best. You  
shouldn't miss it.

And then we left and headed home. All happy and well  
fed.

With many tired and looking for an early night in bed.  
The day was great; the food was too. I'm so glad that I  
went.

So thank you, Nancy for this day. Our money was well  
spent.



Drama Group

with Keith Bambrick

The Drama Group attended  
the Memorial Service for Bob Smith. What a  
character. Exit stage right, to applause, smiling.

Now that leaves the Drama Group with 11  
females and 2 males. We have to write our own  
scripts as nobody else has that combination of  
characters in their plays. If you have any scripts  
you're not using, please may we borrow them?

The great playwrights of the Theatre need have  
no fear that our scriptwriters will outshine them.  
Steal from them – possibly!

We need a few more men. Come, join in the fun.  
It's so liberating to become somebody else for a  
while, putting on someone else's persona, breaking  
out of the mould of our routine lives. It's a safe  
place, where there is no judge criticising.

Just us, having good clean fun.

Keith, Phone 49283849

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*Getting things ready*



Note: Wow, what a jam packed  
three months. Thanks to all those  
who supplied photos and articles.  
Lots happening towards the end  
of the year, so keep tuned.

*All the best, Editor*

# U3A Activities 2017

[Revised 24 July 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><br>monthly 1 <sup>st</sup> Monday<br>(excluding January)      | 9.30am  | Frenchville Sports Club, Clifton Street,<br>North Rockhampton<br>(Lunch to follow)  | Phil                                  | 49287769                              |
| <b>Bushdancing SA*</b>   | Weekly<br>7.00pm – 9.00pm   | Rockhampton Pipe Band Hall<br>Gladstone Road, Rockhampton<br>Cost ~ \$5   | Leonie                                | 4922 5887                             |
| <b>History Group</b>   | 3 <sup>rd</sup> week 2pm.   | Oaktree Village, 155 Glenmore<br>Rd., Park Avenue   | Ann                                   | 4922 1581                             |
| <b>Tuesday</b>   |   |   |                                       |                                       |
| <b>Senior-Fit Class</b><br><b>Resistance Training</b><br><b>SA*</b><br><b>Swimming</b> | 8.30am -9.30 am<br>7.30am - 8.30am<br>Initially, then<br>Any open hours               | CQU Community Sports Centre,<br>Yaamba Road, North<br>Rockhampton<br>Cost for all 3 activities on any single<br>visit ~ \$6 | Sports Centre<br>or<br>Rhonda<br>Barb | 4923 2159<br><br>48191739<br>49287560 |
| <b>Aqua Aerobics SA*</b>   | Weekly<br>11am - 12noon   | Caribee Swim Academy,<br>135 Menzies Street,<br>North Rockhampton Cost ~ \$6  | Jodie<br><br>Annette                  | 4926 1650<br><br>0499265992           |
| <b>Investment Group</b><br><b>Discussion SA*</b>                                       | 3 <sup>rd</sup> week 10am   | 255 Elphinstone Street,<br>North Rockhampton  | Arch                                  | 4928 6653                             |
| <b>Mahjong 1</b>   | Weekly 1pm  | Women's Health, Bolsover Street cnr<br>Derby Street, Rockhampton  | Lyn                                   | 49288136<br>0455288833                |
| <b>Third Age Chorus</b><br><b>Singing Group</b>  | Weekly 9.30am   | Youth Orchestra Room, Floor 1,<br>Walter Reid Building<br>Derby St., Rockhampton  | Phil                                  | 49287769                              |
| <b>Tai Chi *</b><br><b>Southside</b>   | Weekly 7.30am   | Botanic Gardens, near Lagoon,<br>Rockhampton  | Virginia                              | 4921 1602                             |
| <b>Poetry for Leisure</b>  | 2 <sup>nd</sup> & 4 <sup>th</sup> weeks<br>9.15am – 11.15am                           | School of Arts<br>Bolsover St., Rockhampton   | Alan                                  | 4928 5319<br>0411469563               |
| <b>Wednesday</b>   |   |   |                                       |                                       |
| <b>Book Lover's Group</b>  | 4 <sup>th</sup> week 10am   | Settlers Village Community Centre<br>Pauline Martin Drive -off North St   | Sally<br>Joan                         | 4926 1574<br>49271223                 |
| <b>Embroidery</b>  | 1 <sup>st</sup> & 3 <sup>rd</sup> weeks<br>1pm - 4.30pm                               | CQU room 41/G41, Turn right off<br>Carlton St, into Blair Drive   | Pat                                   | 4927 4493                             |
| <b>Speech Group</b><br><b>("In Voice")</b>   | 1 <sup>st</sup> & 3 <sup>rd</sup> Weeks<br>9.30am – 11am                              | 200 Frenchville Rd., Frenchville  | Valda                                 | 49282119                              |
| <b>Writing for Pleasure</b>  | 1 <sup>st</sup> week<br>9.15 am – 11.15 am<br>3 <sup>rd</sup> week<br>9.15am -11.15am | 1 <sup>st</sup> week School of Arts, Bolsover<br>Street,<br><br>Botanical Gardens   | Judy                                  | 48366133                              |
| <b>Drama Group</b>   | 1 <sup>st</sup> & 3 <sup>rd</sup> weeks<br>1pm – 3pm                                  | Oaktree Village, Glenmore Road<br>50c for tea/coffee \$2 for<br>photocopying  | Keith                                 | 49283849                              |
| <b>Music Appreciation</b>  | 4 <sup>th</sup> Wednesday<br>1.30 pm – 3.30 pm  | 17 Thora Street, Gracemere  | Nancy                                 | 49332722                              |



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| <b>Discussion ~ Current<br/>Affairs</b>   | 3 <sup>rd</sup> week<br>3pm - 5pm  | 255 Elphinstone Street, North<br>Rockhampton  | Arch                                  | 4928 6653                             |
| <b>Scrapbooking SA</b>  | Last Thurs of Month<br>9.30am – 4pm                                      | Oaktree Village, 155 Glenmore Rd.,<br>Park Avenue   | Ann                                   | 49221581                              |
| <b>Photography Group</b>  | Every 2 <sup>nd</sup> Week<br>3pm<br>[from 7/9/2017]                     | Technology Centre ~ 1st Floor,<br>Library,<br>Bolsover Street, Rockhampton.   | Phil                                  | 4928 7769                             |
| <b>Friday</b>   |  |   |                                       |                                       |
| <b>Armchair Travel</b>  | 3 <sup>rd</sup> week<br>9.30am -11.30am                                  | Athelstane House, Ward Street,<br>Rockhampton (Bowls Club)<br>Please bring a plate for morning tea.   | Jackie                                | 4922 7976                             |
| <b>Garden Lover's Club</b>  | 4 <sup>th</sup> week<br>9.30am   | Venue advised at General meeting<br>Please bring hat, chair & plate for<br>morning tea.   | Joan                                  | 49333190                              |
| <b>Line Dancing SA</b>  | Weekly<br>2pm – 4pm  | Square Dancing Hall, Kingel Park,<br>Fitzroy Street, Rockhampton. Cost ~ \$7  | Sue                                   | 4922 3421                             |
| <b>Mahjong 11</b>   | Weekly<br>1pm-4pm  | Settlers Village,<br>Pauline Martin Drv. Rockhampton  | Judy                                  | 49281756                              |
| <b>Pencil Drawing</b>   | 1 <sup>st</sup> week<br>9.30am -11.00am                                  | 7 Gardenvale Court, Hillside Estate, (off<br>Norman Road) Nth Rockhampton   | Keith                                 | 4928 9505                             |
| <b>Tai Chi<br/>Northside</b>  | Weekly<br>7.30am - 8.30am.   | Kershaw Gardens (Knight Street)<br>Cost ~ \$2.  | Shirley<br>Beth                       | 4936 4792<br>49264374                 |
| <b>Saturday</b>   |  |   |                                       |                                       |
| <b>Aqua Aerobics SA *</b>   | Weekly<br>7am - 8am  | Caribee Swim Academy, 135 Menzies<br>Street, North Rockhampton<br>Cost ~ \$6  | Jodie<br>Annette                      | 4926 1650<br>0499265992               |
| <b>Personal Arrangements</b>  |  |   |                                       |                                       |
| <b>FREE<br/>Computer Classes</b>  | Various days<br>Weekly ~ 2 hours   | <b>Technology Centre ~1st Floor RRC<br/>Library</b><br>Bolsover Street, Rockhampton<br>(How to Drive a Computer; Windows 10,<br>Files & Folders, Internet Made Easy,<br>Word 2010, PowerPoint 2010,<br>Personal & Computer Security, Email Made<br>Easy, Digital Photography) | Chris<br>or<br>Donna                  | 4936 8212<br>or<br>49368218           |

SENDER: U3A,  
PO Box 8160  
Allenstown Qld 4700

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## Myella Farm Stay

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