



June 2026 Vol: 2/2026

Rockhampton and District Inc

Quarterly Flyer

A Gateway to Caring!

U3A Rockhampton is committed to improving the lives of our members, and to this end presented its first seminar for 2026 on 22nd April at Frenchville Sports. The seminar explored current changes to the Aged Care System and support offered for Carers. Presenters included Jo Gordon from Wellways Carers Gateway, followed by Annette Sturmes and Sharna Charles from the Rockhampton Carers Hub.

Jo Gordon, pictured at right, began by stressing the importance for all members to plan for our own future needs by registering for Aged Care; putting in place an Enduring Power of Attorney and an Advanced Health Directive. She then explained the support available through groups such as the Aged Carers Network. These government funded support groups offer free assistance to anyone caring for someone with a disability, chronic health condition, terminal illness or is frail aged. Support includes planning; counselling; coaching; practical assistance; and respite care.

Following morning tea, Annette Sturmes and Sharna Charles described the support and facilities available at the Rockhampton Carers' Hub located at 103 Bolsover St. The Hub is a quiet space where carers can pop in, have a chat, seek help or advice, use a computer or phone, relax and have a tea or coffee...and even try out the massage chair!



After Annette offered a general invitation to U3A members to call in any time (no appointments needed), it was the general consensus of opinion that they may need a few more massage chairs in the future!

Approximately 100 members attended the seminar, expressing their appreciation for the efforts of the U3A committee.

The next seminar will be held on Wednesday 10 June at Frenchville Sports and will be on Succession Planning and Advocacy.

Pictured at left: Sharna Charles, Annette Sturmes with U3A president Lauree Lanyon.



From the desk of your president...

Lauree Lanyon

Seminars – our first seminar on Aged Care Changes and Carer Support was a great success on Wednesday 22 April. I am sure all members went away with some new and/or clarified information.

Our next seminar, Succession Planning and Advocacy on Wednesday 10 June with Colin Fleming (a U3A member) and member on the Successional Committee for Queensland Law Society.

Colin will discuss... to put it bluntly... What happens when you go 'gaga'? What happens when you die? Who's going to get the money? What you need to know!

Also, Aged Care Advocacy, Joanne Jamieson, ADA Australia Central Queensland Advocate will discuss Voice for Clients, Statement of Rights and Elder Abuse.

The seminar will commence at 9am. RSVP by 3 June.

At the Annual General Meeting of U3A Rockhampton and District held at the General Meeting in March, I reported on the past year in our U3A.

I wish to wholeheartedly thank all our volunteers, activity leaders and members of the Management Committee.

Our Management Committee meets once a month to ensure that the general meeting runs smoothly and in accordance with the constitution and bylaws.

One of our members, Henry Cope, is our Regional Network Liaison Officer. This allows us to keep informed with the Queensland Network.

Our biggest challenge in 2025 was making the decision to increase membership fees. This was needed due to increased venue fees.

However, with great consideration, we decided that Frenchville Sports Club ticks all the boxes – no steps, covered car park, drop off and pick up area, big venue with seating and tables already set up, excellent public address system, ability to use the big televisions for guest speakers when needed, as well as onsite tea and coffee facilities.

I am looking forward to another year of growth and friendship at your U3A Rockhampton...

Lauree Lanyon,
President

Your U3A Rockhampton Committee for 2026...



Pictured above, U3A Rockhampton's 2026 Committee members, from back left, Terry Holland, Paul Meredith, Bev Meredith, Jennifer Robertson, Rhondra Couper. Front row, Debra Wickerson, President Lauree Lanyon, Jo Coyne, and Robyn Edwards



Ms Kim Harrington

**GCertMgt, AAVTHRD (Hons)
DipPM**

**Associate Vice President
Rockhampton and
Central Highlands Region**

A global leaderboard of sport-smart universities has put CQUniversity in the top 50 worldwide. The Shanghai Ranking's 2025 Global Ranking of Sport Science Schools and Departments put CQUniversity at 42 in the world, an athletic leap from its 2024 position of 151-200. Last year, CQUniversity launched its SPORT Strategy 2025-2028, to grow sporting participation, passion and knowledge across regional communities and into peak performance. The strategy highlights how CQU leads in SPORT across education, training, research and partnerships. It also commits to collaborate with grassroots, government and industry partners for high performance and community engagement outcomes, as Australia prepares to host the Brisbane 2032 Olympics and Paralympics.

Recently, CQUniversity has also:

Developed the world-leading Parenthood Recommendations with the Australian Institute of Sport (AIS) and Queensland Academy of Sport (QAS), a best-practice approach to support athletes from preconception through to parenthood. CQU also partnered with Cricket Australia to give a cutting-edge advantage in fielding, with real-time monitoring of fielding positions to maximise tactical advantage and strategic responses.

Supported students and staff to compete nationally and internationally across a wide range of sports, through its Elite Sportspeople and Performers program, and membership of the AIS Elite Sport Education Network (ESEN). The latest Shanghai Ranking results also put CQU at ninth in Australia, fourth in Queensland, and first among Australia's regional universities. Learn more at the SPORT at CQUniversity website.

On 25 February 2026 CQUniversity students, staff and community members celebrated the official opening of CQUniversity Rockhampton's new First Nations Precinct. The space is a purpose-built cultural and learning hub designed to support Aboriginal and Torres Strait Islander students and to strengthen connection with community. Named Yirragu Nulu Nhugul, 'Here We Belong', the precinct was developed in consultation with the Darumbal People and guided by community representatives and Traditional Owners to embed local language, culture and design. It responds to growing First Nations enrolments and the need for visible, culturally grounded support on campus.



I was excited to meet a new member of CQUniversity School of Engineering and Technology, our robotic dog. Dean, Prof Rabin Tuladhar and Senior Technical Officer, Troy Simpson took the dog, (yet to be named), for a walk around Rockhampton North campus. CQU engineering students and staff will learn firsthand how robotic dogs can tackle small spaces, dangerous tasks, and navigate complex, rough and hazardous areas. By expanding employees' performance many industry sectors in the future will benefit from incorporating robotic dogs in their operations. Go CQU Robo Dog!!!

Vice-Chancellor and President Professor Nick Klomp recently unveiled the CQUniversity Learning and Teaching Strategy: FutureNow at CQU Rockhampton. CQU has launched a fresh strategy to grow accessible and supportive education for its 30,000 current students, and renewed commitment to learners from disadvantaged, mature age, Indigenous and first-in-family backgrounds. The plan aims to connect more students with support for problem-solving and real-world experience, so they can successfully graduate and achieve their dream careers. The future-focused strategy highlights CQUniversity's strong commitment to supporting students in rapidly-changing workplaces, with every opportunity to complete their qualifications and gain experience and skills for new future-proofed careers. Learn more at The CQUniversity Learning and Teaching Strategy: FutureNow.

You can stay connected with the latest CQUniversity news and milestones, plus more in the latest edition of our FREE Be Magazine. To subscribe email be@cqu.edu.au.

**Ms Kim Harrington,
GCertMgt, BAAVTHRD(Hons), DipPM Associate Vice-
President Rockhampton and Central Highlands Regions**

Monthly meetings are more than just business

Each month, February to November, U3A Rockhampton holds a general meeting on the first Tuesday of the month at Frenchville Sports Club.

At these meetings, the business of running such an organisation is discussed briefly before the audience enjoys some good belly laughs with jokes from Lenore then socialises over a cuppa. This is followed by a guest speaker for the morning.

In March, members were very interested to be updated on progress of the Rockhampton Ring Road bypass by a team from the Department of Main Roads. A video of what the route will look like when complete brought the project to life and encouraged a barrage of questions from the floor.

In April, the Rockhampton City Council's Emergency Dashboard was explained in detail, giving members essential information about when disaster strikes. The virtual tour of the website, emergency.rockhamptonregion.qld.gov.au was

fascinating to everyone present as it covers all possible emergencies from floods to fires; road conditions; weather warnings; power outages; and recovery plans and strategies. The site offers links to Maritime Safety; flood maps, rainfall and river details, the BOM website, school closures, airport information, rural aid for farmers, regional maps, and recovery information. All very appropriate as heavy rain was expected to raise the Fitzroy to minor flood levels at the time of the meeting.

On a lighter note, at the May meeting celebrated local artist, Bill Gannon, (pictured above with President Lauree Lanyon) took members on a fascinating journey in the footsteps of several early European explorers especially Ludwig Leichhardt.

In 2013, Bill had joined a group of other artists to follow the footsteps of Leichhardt in his 1844-1845 expedition from Jimbour Station in south-east Queensland north to the small garrison of Victoria, just 150 miles from the present-day Darwin. The expedition set out with no government support, no overland maps and no knowledge of what they faced. But after many hardships they arrived in December 1845.

Leichhardt's later 1848 expedition to cross east to west across the continent ended in disaster and he never returned.

Bill displayed several of his paintings and sketches from the project. His fascination for history and the Australian landscape was obvious from his enthusiasm and ability to inspire his audience.



Usually, general meetings are attended regularly by 100-120 members... less than a quarter of the club's membership base. Those who do attend thoroughly enjoy the opportunity to meet friends, learn a thing or two, get advance knowledge of upcoming social activities and even to win a raffle prize. (Funds raised through raffles at the general meetings finance U3A's scholarships for Paramedic students at CQU).

If you haven't attended a monthly general, why not come along and see what you are missing!

Upcoming guest speakers to look forward to:

2 June 2026

A representative from Heritage Minerals - the presentation will be an update on what is happening with the Mount Morgan Mines project.

7 July 2026

Mr Andrew Howard - Andrew spent many years working with Qantas and recently was involved with the Alliance Maintenance Workshop at the local airport. Andrew has a vast amount of experience and will give us some insight into what is involved in the heavy maintenance of our aircraft fleet in Australia and in particular in regional areas.

4 August 2026

Kim Harrington - CQU - Yearly update

1 September 2026

Paula Ryan - Fitzroy Community Hospice - Information session.

6 October 2026

Mayor - Tony Williams RRC - Update on 'Rocky attractions and the Olympic bid'.

Henry Cope (Guest Speaker Co-ordinator)



U3A Network Queensland State Conference 2026 – Learn, Laugh and Live

The recent U3A Network Queensland State Conference 2026, hosted by U3A Sunshine Coast, proved to be a highly successful and inspiring event, bringing together U3A members and leaders from across the state. The conference also marked a significant milestone — **40 years of U3A in Queensland**.

Held at the beautiful **University of the Sunshine Coast (Uni SC)**, itself celebrating **30 years**, the venue highlighted a long and productive relationship between U3A and the university. U3A and Uni SC have worked closely together throughout those three decades, reflecting a shared commitment to lifelong learning and community engagement.

The conference commenced with a relaxed and enjoyable **Meet and Greet Welcome Function** at The Bower Tree, where delegates enjoyed drinks, canapés and conversation, accompanied by entertainment from *Sam and Gemma*. It was an excellent opportunity for members from throughout Queensland to reconnect and establish new friendships.

The two-day conference program offered an impressive range of speakers and topics relevant to Seniors and the future of U3A.

Highlights included an address from the Governor recognising the important contribution U3A makes to the social wellbeing of seniors across Queensland. Outgoing Network President **Rhonda Weston AM** reflected on her experiences and the impact of U3A at local, national and international levels.

Professor Helen Bartlett emphasised the increasingly important role U3A plays in healthy ageing, while Neil Gillett discussed the need to strengthen volunteer recruitment and highlighted opportunities through Volunteering Queensland.

Delegates also heard practical and thought-provoking presentations on aged care funding reforms, mental health and wellbeing, conservation research, clinical trials, and the challenges and opportunities facing our later years.

Among the memorable presentations was Rob Brough's entertaining and engaging session, *"How Fabulous is our Third Age"*, reminding everyone that later life can be one of our most rewarding and productive periods.

Music provided by U3A performers added a lighter touch to proceedings, while sessions on research on Mental Health and Wellbeing demonstrated the continuing advances being made to support healthy ageing.

The conference dinner provided an opportunity for delegates to relax and enjoy fine dining together, with broadcaster **Spencer Howson** providing entertaining and insightful after-dinner reflections.

The second day included a valuable panel discussion involving Network committee members covering important issues such as membership growth, governance, technology and the future direction of U3A organisations.

Delegates also heard from Professor Victoria Traynor on *Aging Today, Offering New Solutions to Pressing Life Challenges*.

An important part of the conference was the **U3A Network Queensland Annual General Meeting**, where several changes to leadership occurred.

Outgoing President **Rhonda Weston AM**, together with committee members **Trudy Graham** and **David Bowden**, stood down after their valued service to the Network. Delegates expressed appreciation for their contributions and commitment.

The AGM also saw the election of **Mike Loftus from the Sunshine Coast** as the new Network President and **Pauline Woodbridge from Townsville** as a new committee member.

Excitement was also generated with the announcement of the host for the **2027 U3A Network Queensland State Conference**, which will be **U3A Mackay**, to be held from **11–13 May 2027**.

For Rockhampton members this presents an excellent opportunity to attend a state conference much closer to home. With Mackay only a comfortable drive away, many members who may not have previously considered attending could take advantage of the shorter travel distance and enjoy the opportunity to meet fellow U3A members from throughout Queensland, gain new ideas and participate in the many activities and presentations on offer.

Overall, the conference celebrated not only the achievements of the past forty years but also highlighted the exciting opportunities ahead.

The message throughout the conference was clear: U3A continues to play a vital role in promoting lifelong learning, social connection, healthy ageing and active participation in our communities.

For those who attended, the conference was an enjoyable and informative experience, returning home with fresh ideas, new friendships and renewed enthusiasm for the future of U3A.

Henry Cope,
U3A Network Queensland Committee Member



See The Quarterly Flyer in Colour

www.u3arockhampton.org.au/images/jun26.pdf

DEADLINE

for the **SEPTEMBER** edition of the
U3A Rockhampton Quarterly Flyer
will be

Friday, 31st July.

**All submissions to flyer@u3arocky.au
Phone 0428 452 836 for information**

Armchair Travel: Exploring Norway and the Faroe Islands

At its March gathering, the Armchair Travel group was presented with an entertaining talk on Norway and the Faroe Islands by Lex Johnson.

Photos of his solo trips made, (or attempted), between 1995 and 2000 were displayed.

The 1995 visit began a land-based journey from northern Norway, southward through Denmark, Germany, Austria, Liechtenstein and Switzerland, whereas a follow-up trip two years later took him back to the Lofoten Islands, one of Norway's more climate-challenged districts, before heading off in a different direction.

Getting to the Faroes proved most challenging though, as we found in the closing section of his presentation.

Why those places? With a love for spectacular mountains, lakes and cooler weather, it was a natural choice, but the overall journey also included places of family heritage.

Unexpectedly though, he discovered additional family connections along the way, such as the austere-looking Rosenkrantz Tower alongside the Hanseatic merchant warehouses at Bergen in Norway.

Of course, this was before the days of online material, so plans had to be made from scratch using materials from the Norwegian Consulate in Brisbane and now-defunct Thomas Cook publications.

After checking in his travel pack at Rockhampton Airport, he saw it only briefly in Oslo before a full reunion at Alta in northern Norway, where he transferred onto a local bus to Hammerfest, the northernmost town.

Using a ScanRail pass on busses, trains and ferries, he mostly followed his planned itinerary through the Norwegian countryside, adjusting the plan when needed to deal with unpredictables... and taking hundreds of photos along the way.

Solo travel through rural areas demands that the traveller use the local language.

To better cope, he learned the basics before travelling. And at his first Norwegian airport, he bought a small translation dictionary, but then practised daily with local newspapers, puzzles and television shows to refine his pronunciation. We learned a little about the three additional letters in the Norwegian alphabet.

About a week into the Norwegian part of the trip, he had to act as interpreter for a couple of Brazilian tourists

(who spoke only Portuguese) trying to ask questions and buy tickets from a very frustrated Norwegian bus driver.

The Norwegian scenery varies between spectacular and mind-blowingly different from Central Queensland.

Each place along his journey had a beauty of its own.

A common feature in much of the northern regions was the constant threat of



rain, worse during the period of his first trip, and this was the main reason for his return to the Lofoten Islands, (just north of the Arctic Circle), in 1997. We all know rain merely adds a layer to the full experience of travel.

Lex described Rockhampton's connection with the ship Fram, designed by Colin Archer, and housed at a museum alongside Oslo harbour.

Highlights of Norway included Hammerfest with its grazing reindeer and offshore islands, the spectacular bridge

at Tromsø, Nidaros Cathedral at Trondheim, the hairpin bends of the Trollstigen highway from Åndalsnes to Geiranger, Geirangerfjord itself, the fjords and mountains of Flåm and Nærøfjord and Bergen Harbour.

Lex's audience laughed at the novelty of going through Hell and seeing Gods Expedition at its railway station. They collectively oohed and ahed at the sheer majesty of the Lofotens, whether seen from the air, land or sea, and later repeated that for the Faroes. Lex showed a slideshow augmented by a soundtrack of beautiful Norwegian music.

The Faroe Islands can be described as being like the Lofoten's on steroids. Situated approximately midway between UK, Norway and Iceland, the Faroes are a semi-autonomous part of Denmark with an economy based largely on tourism and fishing. They proved far more challenging to visit by air, due to the highly unpredictable and downright dangerous weather surrounding the only long-distance airport.

Airline safety reports were not available online in those early days, so Lex was completely unaware until his first attempt to get there. He described that effort, when the plane almost touched down but sudden turbulence forced the pilot to roar up into the clouds again and wait for better weather, ultimately re-routing to another country.

Each of his five attempts to fly into the islands in 1997 and in 2000 failed, so he stopped trying.

Instead, he showed his audience a small selection of photos drawn from the Faroes Tourism website of the awesome and



breathtakingly beautiful scenery. All the armchair travellers present oohed, ahed and caught their breath at the stunning scenery.

U3A's Armchair Travel group meets on the third Friday of each month, 9:30 – 11:30am at Athelstane Bowls Club, Ward St, Rockhampton. Co-ordinator Judy Trinder is pictured above with Lex. Everyone is welcome.

In June, the presenter will be Ann Riley with her memories of Cruising the Rhine River. Phone 0457 712 978 for more information.

Preserving Rockhampton's stories through living archives

At the U3A Rockhampton General Meeting in May, members were introduced to the Living Archives Rockhampton Project.

The project is a new Regional Arts Development Fund (RADF) project bringing our region's stories to life through face-to-face conversations at libraries across the city.

Running from June to September, the project invites community members to sit down for intimate 15-30 minute chats with volunteer storytellers who share their experiences of Rockhampton's history, heritage, industries, and community life - from the Fitzroy River and Mount Morgan to the beef industry, local landmarks, and the everyday experiences that shaped our town.

The project seeks volunteer storytellers - people with connections to Rockhampton who are willing to share their knowledge and memories during a series of sessions.

If you've lived, worked, or raised a family here, you have stories worth preserving. No public speaking skills are needed, just a willingness to chat about your experiences.

Sessions run from 10am-12pm at Southside, Gracemere, Mount Morgan, and Northside Libraries, plus the Heritage Village. You can participate in as many or as few sessions as suits you, and full support will be provided throughout.

Whether you'd like to volunteer as a storyteller or attend a session to hear these firsthand accounts, you are invited to

be involved. For more information, contact Ian Dunmore at ian-dunmore@hotmail.com or 0423 922 413, book online at www.timesafaris.com.au/new-page-5, or visit our Facebook page at www.facebook.com/LivingArchivesRockhampton.

This is your chance to help preserve the stories that make Rockhampton unique.

All sessions 9.30am-11.30am

20 June - Southside Library

4 July - Mt Morgan Library

25 July - Gracemere Library

8 August - Southside Library

22 August - Northside Library

29 August - Heritage Village (Parkhurst)

5 Sept - Southside Library

All the important issues

The U3A Current Affairs group have enjoyed some great discussions covering 29 subjects at meetings this year. Topics included Labor's First Home Buyers Scheme, Should State & Federal elections be compulsory, One Nation's rise in the Polls, Grace Tame, Should Australia drill for its own oil, and Ben Roberts-Smith VC. to mention just a few.

The group meet at 2pm on the 3rd Wednesday of the month at Athelstane Bowls Club at the end of Ward Street. There is plenty of parking, so if you are interested in what is happening here in Australia and elsewhere in the world, co-ordinator Col Pender, invites you to come along and enjoy good company and friendly exchange of views.

Phone Col on 0412 808 044 for more information or to lodge suggestions for future discussion.

U3A Rockhampton – P.O. Box 8160, Allenstown, Rockhampton, QLD 4700

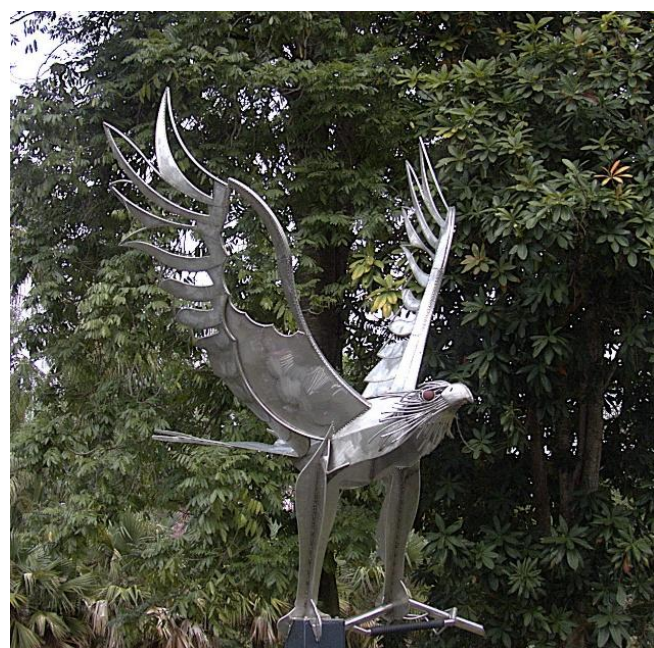
www.u3arockhampton.org.au Email: admin@u3arocky.au

Exploring the world through the lens of a camera

At this year's U3A Expo of Activities, five new members registered to join the photography group and they were warmly welcomed to meetings.

Meetings are held on the 2nd and 4th Thursdays of each month from 3pm, sharing facilities with the Rockhampton Photography Club in their rooms upstairs at the Walter Reid Building, corner Derby and East street, or enjoying various field trips around the area.

A recent visit to Kershaw Gardens began with a meet and greet and a walk to



the Council refurbished bridge, then the waterfall but unfortunately it wasn't operating.

The next venture was to Keppel Sands to photograph the foreshore, Pumpkin Creek and Coorooman Creek. The group was treated to a wonderful display of Red-Tailed Black Cockatoos.

During March and April, the group had excellent photo opportunities at the Orchid Show, Festival of the Wind, Ridgeland Campdraft, Rocky Nats, and the ANZAC Day Dawn Service and Parade.

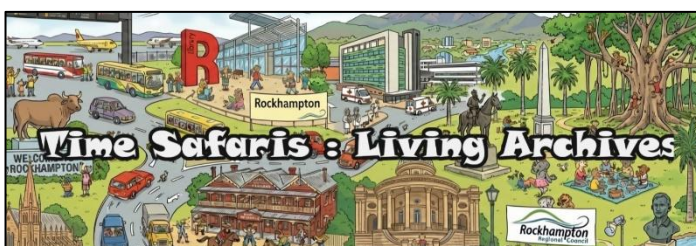
An invitation is extended to U3A members interested in photography to visit and share their favourite photos at the group's next Show and Tell. Phone co-ordinator, Ian Ewings on 0438 284 084 for details.

Photos courtesy of Ian Ewings

Top: Burnout action at Rocky Nats

Above right: Eye Catching sculpture of Bird of Prey at the new-look Rockhampton Zoo.

At right: Royal New Zealand Air Force Boeing 757 arriving at Rockhampton Airport, during Exercise Talisman Sabre 2025



Got a story to tell? Like to volunteer? Call Ian on 0423 922413

Dates & Venues

All sessions 9.30am-11.30am

20 June - Southside Library
4 July - Mt Morgan Library
25 July - Gracemere Library
8 August - Southside Library
22 August - Northside Library
29 August - Heritage Village (Parkhurst)
5 Sept - Southside Library

Stories that shape us. Voices that remain.

Book a one-on-one conversation with some of the city's most interesting people to hear firsthand tales of Rocky's places, people and heritage and help preserve our region's history.

Book A Session

Places are limited. Book a conversation via:

Web: www.timesafaris.com

Email: livingarchivesrockhampton@gmail.com

Phone: 0423 922413

Facebook: www.facebook.com/LivingArchivesRockhampton



The Regional Arts Development Fund (RADF) is a partnership between the Queensland Government and Rockhampton Regional Council to support local arts and culture in regional Queensland

U3A Rockhampton – P.O. Box 8160, Allenstown, Rockhampton, QLD 4700

www.u3arockhampton.org.au Email: admin@u3arocky.au

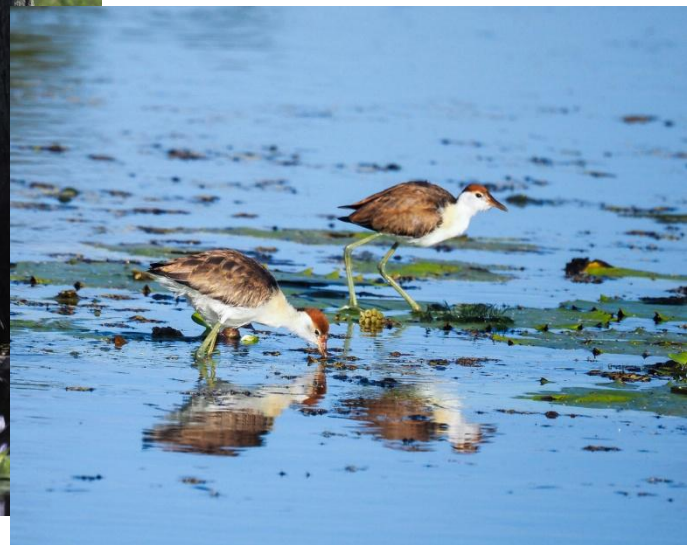
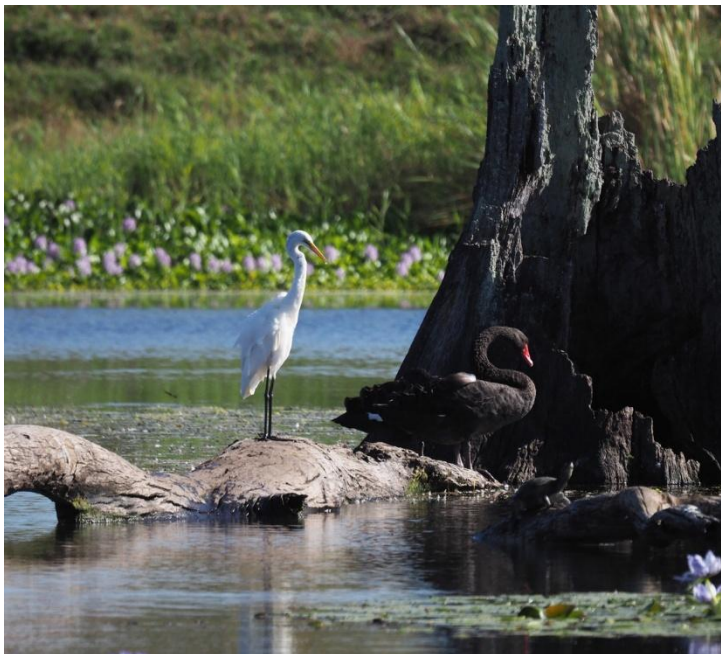
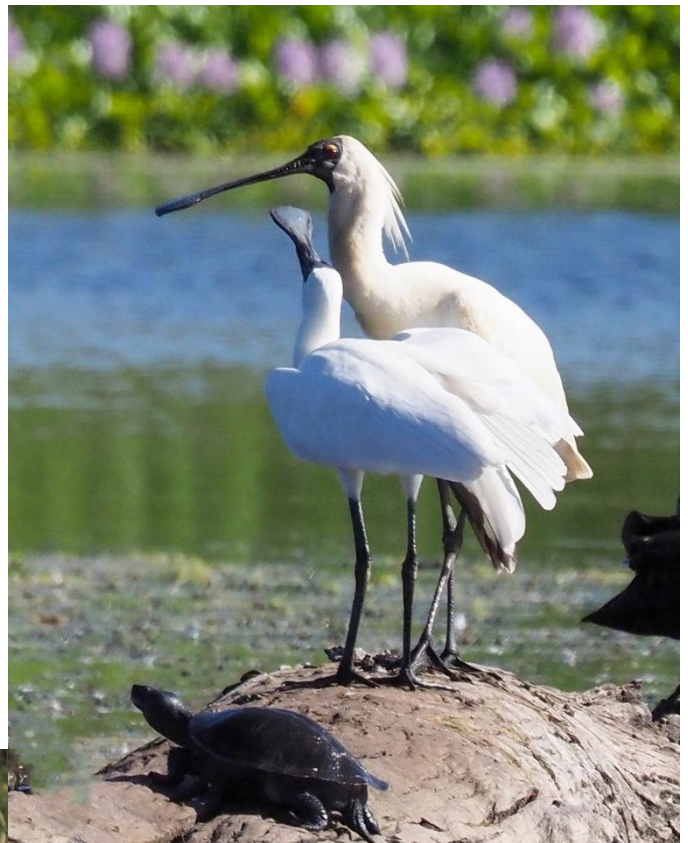
Birdwatchers on the lookout at Shalom lagoon

Fourteen U3A Birdwatchers met at Shalom Nursing Home entrance and proceeded down to the lagoon located behind the residences.

The lagoon was an absolute picture with the waterlily flowers open, plenty of birds and blue skies above. The group identified over 24 different species of birds including Pygmy Geese, Greater Cormorant, Pacific Black Ducks, a Swan and Spoonbills. On the grounds near the water were Willy Wagtails, Galahs, Corellas and Crested Pigeons. Two different species of Kites were visible in the skies above.

Morning tea was enjoyed on the onsite tables and chairs with extra provided by the manager, Diane Wislocki. Di was so helpful in providing access to the site and allowing the use of the amenities.

Member, Lyn Harrower was sadly missed and fondly remembered as a beautiful lady and a fantastic and passionate photographer. Her memory lives on in the moments that she captured through the years.



Thank you to everyone who attended.

The next Birdwatching meeting scheduled for June 10th is still to be decided, but Rod has suggested the Lammermoor Native Gardens. Activity coordinator Barb Snelling would like to hear your thoughts on this. This will be an early start and will involve carpooling. There is both native scrub and a small lagoon so there should be a variety of birds.

Contact Pam on 0419 769 899.

Photos were taken by Pam Garven who really captured the amazing birds. And turtles!



Tech Tips

from Nick Quigley



I was recently searching the web and came across an interesting site. *It isn't me*, but someone has registered a domain <https://nickstechtips.com/#about>. The site deals with technical help.

Anyway, Chocolate is one of the most ethically conflicted, fast-moving consumer goods on the market. The average Australian consumes around 32 kilograms a year, with a notable splurge at Easter time when we spend about \$60 each on chocolate. But it is a guilty pleasure in more ways than one...

Cocoa farming in West Africa has a long history of environmental devastation and child labour, among others. This is why many of us want to know that our chocolate has been as ethically sourced. The chocolate industry is keenly aware of this, and make claims about their ethical sourcing policies. The question is whether the claims stack up. Defining what constitutes an ethically sourced chocolate product is not as straightforward as it may seem. Just think of young kids being forced to work in plantations cutting and collecting cocoa pods.

I'm guilty of eating 33% Cocoa Creamy Milk Chocolate made in New Zealand by Whittaker's. It is delightful but at \$9 per 250gram block it is more expensive than others.



Now what about computers. For those who have taken up the newer NBN fast Internet you can check the download and uploads speed on your computer, phone or iPad by downloading the Speedtest Internet and Wifi app.

My test tonight at 11pm was Download 130.03 and Upload 66.34.

My apple iphone updated recently with the new version of IOS 26.4.1 - I keep my phone on auto updates. Android phone users can check with <https://www.androidupdatetracker.com> and it will tell you what version of software you should be using.

At the moment, the officially released Android version is Android 16.

iPads again just configure it to auto update. There are many new versions and they don't all have the same IOS Update.

Window 11 as of 25 Mar 2026 version 25H2 - you can set your computer to update automatically, but it needs to be turned on.

Windows 10 Version 22H2: Windows 10 is widely used, with an estimated 1 billion PCs globally running it as of December 2025, making it the second-most used Windows version. So don't rush out and buy a new windows 11 PC unless the 10 model stops operating.

All the best, I'll see some of you on the 25th June at Cockscomb.

Cheers, **Nick Quigley OAM**

Keeping your brain active helps the ageing process



Staying active both physically and mentally are proven to help enhance our bodies as we age.

Our bodies and brains change over our lifetime. Physical exercise and a good walk help to keep our bodies active and pain free... but how do we improve our brain power?

If you've found yourself forgetting where you left your phone, or just what you came into the kitchen looking for, you know what we mean!

Typically, the brain performs consistently until the age of 50 before showing signs of decline. But there are ways to improve and sustain cognitive function to stay sharper longer.

Here are some ways to improve brain function:

- Keep Learning;
- Read a good book;
- Get a good night's rest;
- Spend your free time wisely;
- Be positive;
- Follow an exercise routine;
- Stay active socially (U3A comes to mind);
- Be creative;
- Stay calm and don't worry;
- Laugh a lot!

There is no magic solution or pill to improve your brain function, but working consistently at staying active and alert will help.

Mind Games is held on the second Friday of each month at Fitzroy by Teman, 9am until 11:30am.

At these meetings, members have fun while trying a variety of mind stretching puzzles from sudoku, crosswords, wordle, and many more. They even work together to solve crime puzzles and to crack codes.

By the end of the morning everyone is feeling a little brain dead having worked hard. But they go home feeling satisfied. They have achieved a great deal, they've laughed a lot, and have helped each other to solve a variety of brain teasers.

Contact Cheryl Wickes for details on 0428 452 836, or just come along to a meeting and join the fun!

Poetry for Leisure

The U3A Poetry for Leisure group meets on the fourth Tuesday each month, 9:30am at Fitzroy By Teman on Pauline Martin Drive.

At each meeting, three or four suggested topics are selected for members to write on or find poems written by others on those topics. They are then presented at the following month's meeting.

The group is about sharing poetry rather than just writing poetry. There are members who come along just to hear the poems being read, some who bring along poems to share which they haven't written themselves, and some who share poems they have written on the suggested topics or other topics of interest to them. Examples of our recent topics were Aches and Pains, Easter, Peace and Friends.

One new member, Colin Pender (*pictured below*) wrote a poem called 'Aches and Pains' which I have asked him to share with you in this edition of the Quarterly Flyer. And long time Poetry member, Lenore Cook (*right*) to send in several of her poems...

New members are always welcome. It is always enjoyable to hear different poems written on the same subjects as well as anything else people wish to share.

Alan Watts,
Co-ordinator, Ph 0411 467 563



ACHES & PAINS

*Back then you fell off your bike & hit the dirt
Now you get that same pain just pulling on a T shirt
That fall way back then when you tore your rotator cuff
You didn't let on what had happened,
you were just acting tuff.
Now when you reach into the cupboard
and get that shooting pain,
It reminds you that being tough
certainly gave you no gain,
As you get older the aches and pains
don't get any better,
Whether it's climbing three stairs or just writing a letter
In summing up, when you are old
the aches and pains get even worse
as the weather gets cold.*

Yesterday's Hero

He's old and frail and he sits all alone
In a tiny room in an old folks' home.
His bones all ache, his eyesight's weak
He cannot stand, can hardly speak.
He looks at his medals in their velvet bed
And the memories flow back into his head.

He remembers the war and its dreadful cost
The battles fought, the mates he lost
He's yesterday's hero and he should be
Thanked and remembered by you and by me.



C.O.V.I.D

C is for China where the virus unfurled
Then rapidly spread all through the world

O is for Omicron that's more easily spread
But it's not as severe, or so it's been said

V is for vaccinations which most of us had
So, if we get Covid, it won't be so bad

I is for isolation, at home we must bide
Stick to the rules and don't venture outside

D is for deaths and there's been quite a few
Not only the old but some little ones too

Writing for Pleasure

The Writing For Pleasure group is making good headway. Members include some short story writers; others are novelists or write memoirs, and some are poets, while others just want to become writers. It is a supportive group that enjoys the stories that members write and then read to each other. These often promote discussions that are enthusiastically pursued.

The group meets twice a month on the first and third Thursdays at 9am in Fitzroy-by-Teman.

Some members bring their own writings, but most accept the challenges Peter sets at the beginning of each month.

During the meeting, there is also an impromptu challenge to write on the spot and then read to each other. There is no criticism unless a member specifically asks for guidance.

Another Writing opportunity is **Writing Saturday** at the Southside Library which starts at 9am until 11am and held in Rooms 2 and 3 on the 1st floor of the library. Felix Saint James is the coordinator, and Peter Wilson is his second. This initiative has been operating since March, and writers of all ages are welcome. Both coordinators have blue cards, so children can also attend.

The group writes for 20 minutes then has a break for five. This is repeated throughout the morning.

Phone Peter for more details on 0407 620 356.

Laugh along with Lenore!



In distress...

When I went to lunch today, I noticed this elderly man about 75- 80 years old sitting on a bench near the shopping centre and he was sobbing his eyes out.

I stopped and asked him what was wrong. He said: "I have a 22 year old wife at home. She makes love to me every morning and then gets up and makes me pancakes, sausage, fresh fruit and freshly ground brewed coffee!"

I said: 'Well, then why are you crying?'

He said, "She makes me homemade soup for lunch and my favourite biscuits and then makes love to me half the afternoon."

I said: 'Well, so why are you crying?'

He said: "For dinner she makes me a gourmet meal with wine and my favourite dessert and then makes love to me until 2 am."

I said: "Again, why in the world would you be crying?"

He said: "I can't remember where I live."

If my body was a car...

If my body were a car, this is the time I would be thinking about trading it in for a newer model.

I've got bumps and dents and scratches in my finish and my paint job is getting a little dull, but that's not the worst of it.

My headlights are out of focus and it's especially hard to see things up close.

My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather.

My whitewalls are stained with varicose veins.

It takes me hours to reach my reduced maximum speed.

My fuel rate burns inefficiently.

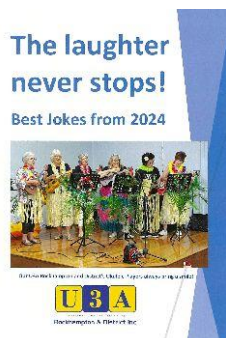
But here's the worst of it:

Almost every time I sneeze, cough or sputter..... either my radiator leaks or my exhaust backfires!

Our U3A Joke books

Copies of our 2025 U3A Joke Books, and previous editions, are available from our President, Lauree Lanyon at the special price of \$2 each.

Contact her to secure copies of these funny compilations of the best of Lenore's Jokes.



Management Committee 2026

President:	Lauree Lanyon	0417 042 870
Email:	president@u3arocky.au	
Vice President:	Position Vacant	
Secretary:	Jo Coyne	0487 553 050
Email:	admin@u3arocky.au	
Ass. Secretary:	Debra Wickerson	0427 123 278
Email:	assistantsecretary@u3arocky.au	
Treasurer:	Jennifer Robertson	0402 811 996
Email:	treasurer@u3arocky.au	
Ord. Member:	Rhonda Couper	0407 141 881
Email:	coups13@bigpond.com	
Ord. Member:	Bev Meredith	0410 341 843
Email:	bevm@reigate.com.au	
Ord. Member:	Robyn Edwards	0438 284 871
Email:	robyn.edwards1957@gmail.com	

OTHER POSITIONS

Activities Co-ord:	Terry Holland	0427 689 312
Email:	t.m2@bigpond.com	
Social Co-ord:	Bev Meredith	0410 341 843
Email:	socialcoordinator@u3arocky.au	
Publicity Officer	Leslie Smith	0419 179 133
Email:	publicity@u3arocky.au	
Guest Speakers:	Henry Cope	07 4927 1429
Email:	speakers@u3arocky.au	
Web Co-ord:	Kurtis Andrews	0401 583 696
Email:	kurtis@whonet.com.au	
Volunteer Co-ord:-	Cathy Booker	0419 642 539
Email:	volunteercoordinator@u3arocky.au	
Quarterly Flyer:	Cheryl Wickes	0428 452 836
Email:	flyer@u3arocky.au	
Fellowship Officer:	Anne Stewart	0437 991 458
Email:	stewartk@ozemail.com.au	
Chaplain:	Kathleen Winter	0408 276 628
Email:	chaplain@u3arocky.au	

FEES

Annual fee:	(1st Jan. - 31st Dec. 2026)	\$30.00
Mid Year fee:	(1st July - 31st Dec. 2026)	\$15.00
Joining fee	(includes name badge):	\$10.00

See The Quarterly Flyer in Colour

www.u3arockhampton.org.au/images/jun26.pdf

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DEADLINE

for the SEPTEMBER edition of the
U3A Rockhampton Quarterly Flyer
will be

Friday, 31st August.

All submissions to flyer@u3arocky.au
Phone 0428 452 836 for information