



Sept 2026 Vol: 3/2026

Rockhampton and District Inc

Quarterly Flyer

Exploring Cockscomb!

U3A Rockhampton continued its long association with the Cockscomb Veterans Bush Retreat in June when a large group visited the centre. Members enjoyed a delicious BBQ luncheon prepared by veterans in the peaceful surroundings below Mount Wheeler ((Gai-i).

It was great to see the many changes and improvements that the Veterans have made since the last visit in 2025. The museum in particular has expanded into a second building which houses a wide display of uniforms and is located next to the original collection. The visitors were fascinated by the extent of memorabilia displayed covering all theatres of war.

Cockscomb started as a retreat for veterans of the Vietnam War when over 60,000 Australian personnel were deployed between 1962-1973. During that time casualties included 521 Australians killed and more than 3,000 wounded. However, with veterans of that war ageing, the retreat has expanded to include all Australian Defence Forces and Emergency Services. The well-maintained site offers recuperation and relaxation in an affordable, peaceful



bush environment with sites for camping and caravanning plus several cabins.

U3A members relaxed and chatted their way through the lunch, listened to several speakers on the history of the Retreat and became very animated vying for various fun competitions -another excellent activity organised by Social Coordinator Bev Meredith. Pictured at left: Veteran and U3A's own Nick Quigley discussing some of the museum's displays with Judy Trinder.

See page 7 for more photos from U3A's visit to Cockscomb Rural Retreat...



From the desk of
your president...

Lauree Lanyon

U3A Network Queensland Conference – USQ Sunshine Coast

In May, I had the privilege of attending the Network Qld conference and have selected a number of interesting items to share with our U3A members...

The conference began with a welcoming speech from Rhonda Weston OAM and she made the following points:

Learning is a life long journey.

U3A is far more than a social club. Its growth has no age limit and our wisdom deepens when it is shared.

In 2009, U3A Network was established due to the number of clubs throughout Queensland to give a united voice, supporting groups and encouraging life-long learning.

Other speakers who shared knowledge at the conference:

Prof. Helen Bartlett, UniSC Vice Chancellor (Patron of U3A Sunshine Coast) "Ageing, the Next Lifestyle Frontier"

We can reframe ageing in a positive light and look for opportunities for choice, agency and design rather than an inevitable decline.

By changing the nature of later life through striving for better health and longer life expectancy enables purpose and continued learning in the later years.

Ageing can be a lifestyle choice:

Movement supports independence (strength, balance and independence);

Mindful learning protects cognition;

Social connection reduces isolation;

Having a purpose: Longevity has given us more years. What we do with them – how we learn, contribute and connect – is the next great lifestyle frontier.

Alain Brunet – Thomas Institute – "Research on Mental Health and Well Being"

Discovering the treatments of tomorrow;

Minds and bodies are connected;

Healthy Brain Ageing: Lifestyle is most important – 45% of dementia can be modified through the following healthy lifestyle habits – nutrition, physical activity, sleep and mindfulness.

Piggy-back off an existing habit (e.g. Squats whilst waiting for the kettle to boil).

Start small and then repeat, repeat, repeat. This helps you reframe your lifestyle mindset.

In 2027 the U3A Network Conference will be held in Mackay at the Ocean International Hotel – 11 to 13th May 2027. Please think about attending – it's a chance to listen to interesting speakers, learn new things and have a little holiday as well.

New president for U3A Network Queensland



Mike Loftus, pictured above, has been elected as the new President of U3A Network Queensland. In a communique to all branches, he stated...

Those of you who attended the recent State Conference on the Sunshine Coast will know a little about me but many members will not.

As some of you know, I took over from Rhonda Weston OAM at our Annual General Meeting as part of the very successful 2026 State Conference hosted by U3A Sunshine Coast.

At the AGM we farewelled Rhonda as she retired from her role as President. Rhonda will be sorely missed, and we send her and her husband David our best wishes as they explore pastures new.

We also farewelled Trudy Graham who has been a long serving, hard working committee member and a great supporter of U3A in her region and across the state.

At present our Network Committee comprises:

President: Mike Loftus, Sunshine Coast

Vice President: John Armstrong, Sunshine Coast

Secretary: Ruth Northcott, Redcliffe

Treasurer: Larry Frazer, Townsville

Committee Members:

Henry Cope, Rockhampton

Pauline Woodbridge, Townsville

Finally, at the State Conference, the host for the 2027 Conference was announced.

Congratulations to U3A Mackay and their enthusiastic members who gave a fabulous presentation of the area and what to expect.

For most of us we will need to travel '**A Little Further North**' next year.

I look forward to meeting as many of you as possible in the coming months to find out how Network may assist your local U3A Branch.



Ms Kim Harrington

GCertMgt, BAAVTHRD(Hons), DipPM

**Associate Vice-President
Rockhampton and Central
Highlands Regions**

CQUniversity continues to strengthen its reputation as a leader in inclusive education, community engagement, industry collaboration and hands-on learning. Students and staff continue to contribute to meaningful projects across Central Queensland and internationally, delivering positive outcomes for communities, industry partners and the environment.

A highlight was the University's first allied health clinical placement at the Nasavusavu School of Special Education in Fiji. Seven occupational therapy and speech pathology students completed a four-week New Colombo Plan placement, providing therapy services and educational support while gaining valuable international experience. Students delivered individual and group therapy sessions, worked alongside teachers to support learning, and facilitated workshops for parents and educators. The placement enhanced students' practical skills in culturally responsive practice while providing much-needed allied health support to a community with limited access to these services.

Environmental stewardship was also on display as CQUniversity conservation students joined Woorabinda Rangers to continue restoration work at Capricorn Caves. Combining conservation science with Indigenous knowledge, the partnership is helping rehabilitate the semi-evergreen vine thicket surrounding the nationally significant cave system. Students and Rangers have assisted with weed removal, revegetation and habitat restoration, helping protect endangered species including the ghost bat and cave fern. The project delivers valuable hands-on learning while supporting biodiversity and caring for Country.

Practical learning remained a key focus, with students in Agriculture, Science and Education programs participating in a new Animal Behaviour and Welfare residential school at Rockhampton Zoo (students and staff pictured here). Working beside zoo staff, students designed enrichment activities for species such as chimpanzees, macaws, wombats, snakes and emus to encourage natural behaviours and support wellbeing. The experience enabled students to apply classroom knowledge in a real-world environment while developing critical thinking, problem-solving and industry engagement skills.

CQUniversity also played a significant role in connecting students and community with future career and study opportunities through two major regional careers events

during May. The 2026 Capricorn MEGA Careers Expo welcomed approximately 1,600 students and job seekers alongside 85 exhibitors, representing its strongest attendance to date. The following day, the Emerald Careers Expo attracted more than 700 students from 11 schools across Central Queensland. Both events provided opportunities to engage directly with employers, training providers and industry representatives, gaining valuable insights into study and career pathways.

CQUniversity also supported social connection and community wellbeing through its recent End Loneliness Day event at the Rockhampton North campus. Part of the Australia-wide program delivered by End Loneliness Inc and an initiative of the CQUniversity Rockhampton Region Engagement Committee, the event brought together community members to raise awareness of loneliness and the importance of meaningful social connections. It was particularly pleasing to see members of U3A attend, contributing to a welcoming and engaging atmosphere. The event reinforced the importance of connection, inclusion and community participation in supporting positive mental health and wellbeing outcomes.

CQUniversity Open Days commenced in July, fostering meaningful conversations and helping prospective students explore a wide range of study opportunities, including vocational education and training (VET), undergraduate and postgraduate programs.

The events provide valuable opportunities for future students to connect with academic staff, learn about support services and gain greater insight into career pathways. The Rockhampton Open Day will be held on 16 August 2026.

Collectively, these initiatives demonstrate CQUniversity's ongoing commitment to transforming lives through education, research, community partnerships and practical learning experiences.

From supporting inclusive education in Fiji and protecting



local ecosystems, to advancing educational justice, animal welfare, community wellbeing and regional workforce development, the University continues to deliver meaningful outcomes that benefit students, communities and the broader region.

To subscribe to the CQU FREE Be Magazine, please email be@cqu.edu.au.

Keeping up to date

During the three months since the last edition of the Quarterly Flyer, U3A Rocky members have been given many opportunities to learn more about the world around us.

The second of our 2026 seminar series was a huge success. (Pictured below)



Attendees delved into Succession Planning and Advocacy for the elderly. U3A member, Colin Fleming discussed the legal aspects of what happens to your estate when you die, or go 'Gaga' (as Col put it)! This was followed by Joanne Jamieson, ADA (Aged and Disability Advocacy), who explained the rights of the elderly, elder abuse, and how services such as ADA can give a voice to the elderly.

Meanwhile, interesting and informative guest speakers attended our recent Monthly Meetings held at Frenchville Sports Club on the first Tuesday of each month.



In June members were excited to hear a detailed update on developments at Mt Morgan Mine. With the first gold bar expected to be extracted by the end of the year, it is a history making project for Heritage Minerals and their Green Gold Technology.

In July, members enjoyed a very entertaining talk by Andrew Howard who recounted his career in the aeronautic industry and explained his role in developing the new Alliance Maintenance Workshop at Rockhampton Airport.

In August, Simon Irwin entertained members with his update on the planning for Beef Week 2027. This huge event impacts greatly on the economy of Central Queensland. Key to his talk were the difficulties involved in securing accommodation during the event, and the importance of volunteering to the event's success.

Monthly meetings are held on the first Tuesday of each month at Frenchville Sports Club at 9am for a 9:20start. If you haven't attended a monthly general meeting, why not come along and see what you are missing!

Pictured at top right: Guest Speaker Organiser, Henry Cope with Beef Week's Simon Irwin.

Pictured at left: Guest Speaker Organiser, Henry Cope with Andrew Howard.

Upcoming guest speakers:

1 September: Paula Ryan from Fitzroy Community Hospice.

6 October: Drew Wickerson Rockhampton City Councillor with details of the anticipated Olympic Rowing in Rockhampton.

17 November: Kim Harrington from CQUniversity for our annual update.

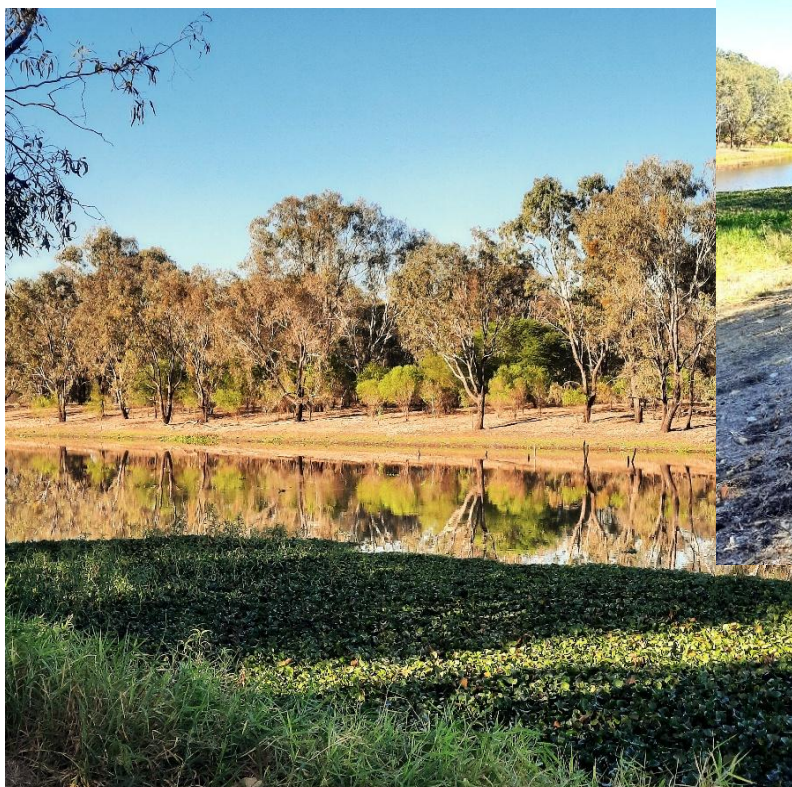
U3A goes Bird Watching

Early Wednesday, 13 August, an intrepid group of keen bird spotting U3A members forced themselves out of their warm beds at the crack of dawn and shivered.

With binoculars and flasks of tea and coffee to hand they headed off the old coach road to a tributary of the Fitzroy called the Woolwash.

It was a crisp cold morning. Birds were not obvious at first but by standing quietly and keeping eyes peeled, lots were spotted.

We set up our chairs and enjoyed a shared morning tea. There was a slight breeze but not enough to ripple the water and the reflections of the trees on the water were outstanding. The group was entertained by a couple of Whistling Kites. One had caught a fish and called his mate to help chase off a curious crow intent on stealing their catch. They spent a long time devouring their fish and gave



our photographers, with their zoom lenses, chances to snap some excellent photos.

The Bird Watching Group meets on the second Wednesday, bi-monthly. Contact Barb Snelling on 0419 769 899 for information.

Leslie Smith

The joyous sounds of Ukuleles

U3A Rockhampton ukulele group are again in much demand, doing what they do best. And that is entertaining residents at most of the Aged Care and Nursing Homes in the Rockhampton region plus Wowan and Emu Park.

During 2026 the group will carry out around thirty visits to all venues, and thoroughly enjoy every single one of them. The happiness and enjoyment of audiences is so special, seeing everyone smiling and joining in with the music.

We have a very strong core group who regularly attend the play outs plus other members when they are available to join in. This year we gained four new players, tutored by Rhonda Daniels, and a couple of them have already been involved in the performances.

We are always looking for people who are interested in

joining with us, even if they don't want to play a ukulele and they just want to sing, happy to have them on board.

Contact Barry Lloyd on 0437 636 801 for details.



The people you meet when you least expect!

During March, April, 2025 we were fortunate to cruise from Singapore to Hong Kong on Azamara Club Cruises visiting numerous countries.

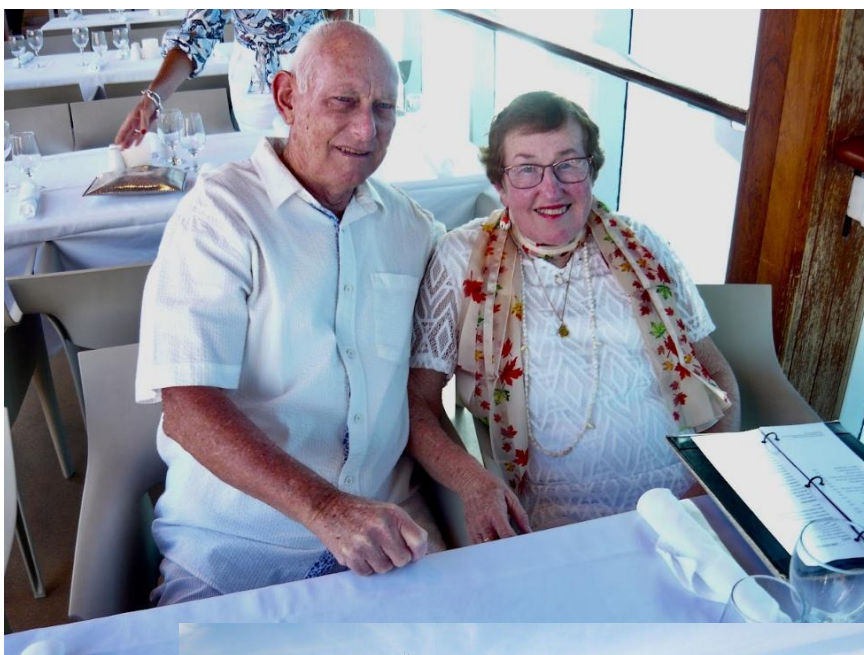
As usually occurs on a holiday, the first conversation is exchanging where both lived. When I mentioned Rockhampton to an American gentleman, he responded that on their arrival in Rocky from the USA years ago, they met a lovely lady who offered to have them stay at her home as a cyclone was approaching.

Al, his wife and children resided in

Rockhampton then shifted to Brisbane, but he said he has never forgotten the kindness of that Rocky family.

Why have I included this snippet in our Quarterly Flyer? Well, that lovely lady happened to be our very own Chaplain, Kathleen Winter.

*Coleen Young
(pictured above with
husband Graham)*



Visit to Cockscomb *cont.*

Cockscomb Veterans Retreat came about in 1997, the brainchild of a number of Central Queensland Vietnam War Veterans. The plan was to develop an isolated bush camp where fellow veterans could go when life became tough emotionally, or when they felt the need to be alone for a while.

Today, the Retreat has continued to grow, currently developing a memorial to all killed in action, and 'those who came home but couldn't stay'.

A serene haven for anyone living with the turmoil of combat or disaster.



Voices raised in harmony for U3A

Do you love to sing? Either in the shower... or on stage for Karaoke? Why not come along and add your voice to the U3A Third Age Chorus.

The group practices every Tuesday at 9:30am in the Youth Orchestra Room in the Walter Reid Building in East Street. They also appear locally at aged care facilities in the area and are in much demand at Christmas for carols.

The choir was formed 24 years ago with Glenda McDonald as Choir Master. At first, they met at various members' houses but now they have a permanent home at the Walter Reid building. Ten years ago, Lindsay Soanes took over the position of Choir Master.

The choir has a large repertoire of over 150 songs from musicals to traditional and folk, and they enjoy a sing-a-long accompanied by Margaret Holland on piano or Chris Goodman on piano accordion on practice days.

Currently choir numbers are down due to illness, so they extend an invitation for more singers to come along and join their ranks. Female singers, alto through to sopranos, and especially male voices, tenor through to bass, would be very welcomed.

Contact Ann Findlater on 0400 766 112 for details.



Hello from the Saturday Walk and Chat Group

As you can see by the title we walk and chat every Saturday. In summer we start our walk at 6am and in the cooler months of winter we start at 6.30am.

The group meets 10 minutes before the start time to exercise our talking muscles while everyone gathers, then we start our walk so we can exercise our walking muscles.

Every couple of months we will car pool and drive to the beach to walk beside the sea.



Photos: Rick Shea with Trish's four-legged companion Konni and, above, Jane's two four-legged companions Chilli and Pepper in their hot wheels and some river views.

Christine Dobeles, co-ordinator
Ph: 4926 1845

We are a very friendly bunch, we all walk at our own pace and there is always someone to accompany you.

When we walk in Rockhampton, your four-legged companions are very welcome to come along. We have learnt that they always seem to know when Saturday comes around, and get very excited when they arrive at Queens Park.

It does not matter if we walk in Rockhampton or Yeppoon, there are short and long walk options for all abilities.

Here are some photographs to entice you to come along and join us. It is a brilliant way to start your weekend.



Book lovers

The Book Lovers Group has been a long-standing activity group for U3A. Over the years it has offered social connection coupled with intellectual conversation to those who attend as they discuss the various books they have been reading. Unlike conventional book clubs where one book is selected to be read for the month, our members choose to read what they love. In this way, members get introduced to books they would not normally pick to read.

It is a relaxed group of people and there is no pressure to read a lot or widely. You go at your own pace. Some members also listen to audiobooks. Most members are happy to loan their books so often a book will stay in circulation for months. Each reader contributes their perspective and continues the conversation about that particular book as it is read.

Australian authors are very popular like eminent Australian writer Kate Grenville author of *The Secret River* which was adapted into an ABC mini-series. One of her more recent books titled *The Room Made of Leaves* came under discussion. This historical fiction tells the story of Elizabeth MacArthur the wife of the notorious wool barren John MacArthur and the role she played in the success of the wool industry in Australia. Her role is largely overlooked by history.



"Kate Grenville has written about Elizabeth MacArthur in such a realistic manner that it seemed unlikely to be a fictional novel and I wanted to go and delve further into her life. The Room Made of Leaves was a wonderful book and I highly recommend it." U3A Book Lovers member Carry Lee.

"Grenville skillfully reimagines Elizabeth as far more than a dutiful wife. She emerges as an intelligent, resilient and quietly determined woman whose influence extended well beyond the domestic sphere. The novel compellingly suggests that Elizabeth played a pivotal role in establishing Australia's wool industry." U3A Book Lovers member Noela Walls.

Without a doubt the most popular genre is crime/mystery and psychological thrillers. *Last One Out* written by Jane Harper, a relatively new Australian novelist was read by a number of people. Her first novel *The Dry* was adapted for the screen. Her latest book is about a mother who returns to a dying township that has been overtaken by the mining industry. It is here that her son vanished without a trace some years ago and she returns on his anniversary each year looking for answers.

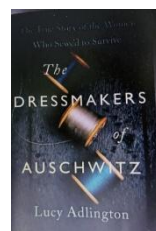


"A change from the author's previous story lines. She astutely builds the depiction of the tension between the residents of the declining rural community. The portrayal of Ro, the grieving mother, is done well and invokes empathy for her loss. A conclusion with a punch." U3A Book Lovers member Marie Jager.



"Having read her previous six novels, I was slightly disappointed in this read. Although the characterization of the township and its people had real depth and substance the storyline was slow moving and Ro, the grieving mother's ruminations a bit repetitive. However, I was glad I stuck with it and saw the solving of the mystery disappearance". U3A Book Lover's member Marie Downing

Non fiction books are widely read by our members particular those based on surviving the trauma, hardship and loss of liberty brought on by war. One such book read by many members was *The Dressmakers of Auschwitz* by Lucy Adlington,



based on a true story about a group of women who used their sewing skills to survive the Holocaust.

"I enjoyed the Dressmakers of Auschwitz very much because it was written from the perspective of modern times looking back on the people involved and what they endured."

The women were portrayed as very real and what they lived through was an insight into how they survived in extreme circumstances" U3A Book Lover's member Judy Trinder.

"This was a harrowing story learning what those women went through and survived. It is a story that needs to be heard and read so that we never forget the horrors of the Holocaust. I highly recommend it." U3A Book Lovers member Trish Gilluley

If you want to give Book Lovers Group a go you can be assured of a warm welcome and a stimulating chat. The group meets at Fitzroy by Teman at 10am on the 4th Wednesday of the month.



Tech Tips

from Nick Quigley

The King must surely run out of the OBE medal. It came as quite a surprise for my mother.

On one of our trips to New Zealand, Helen and I presented my mother with a specially wrapped parcel with an English stamp and watermark and registered showing it had come from Buckingham Palace.

We were down in Christchurch where my mother had attended High School and we knew she would be visiting some of the old girls.

So that morning at breakfast I dug into my shoulder bag and said Happy Birthday Pam and here is a parcel from the Queen. I wish I could find a picture of her wearing it. When she opened it she had a big smile, I've been awarded an Order of the British Empire. Now Pam was in the Air Force during WW2 and that is where she met my father. He was a Pilot Officer flying Catalina aircraft in the Pacific.

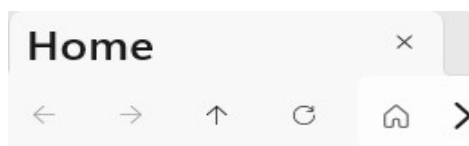
About 5 minutes after opening the little box she started ringing all the girls telling them that she had just opened an OBE. Pam and the Queen were the same age and both served in the Air Force.

We had it engraved to make it look like an official Medal.

So saying this I want to wish a Happy Birthday to all of you who have made this Big 80 milestone - I'm joining on the 20th August.

Now some Tech tips:

Now that some of you are running Windows 11 and loving it have probably found that when you click on the icon called **File Explorer** it opens as **Home** and has **Quick Access** and a list of more recent files you have opened.



If you have external hard drives attached to your PC, they are not showing. But look carefully on the top left where it says **Home** and you will see very insignificant arrows, **Left** and **Right** and **UP**. This is the link to your External Hard drives and USBs.

You may have to click the up arrow several times before it shows **This PC**.

I hope you all enjoyed the U3A visit for lunch at Cockscomb. You really need a day in total to see the Museum, there is so much to see.

On 18th August at Cockscomb we held the Commencement Day for the battle of Long Tan where 18 Australian servicemen were killed. This service is held all over Australia remembering those souls lost.



News from our Angels

The U3A Angels have recently been busy sewing for the North Rockhampton Nursing Centre, Eventide, Rehab at the Base Hospital and Sunset Ridge at Yeppoon.

They are working on their next project for the Nursing Centre, which are cutlery holders for the festive season. A good number are already finished, but there are still about 120 to go.

Anyone can be an Angel... For the cutlery holder project you do not need to be a sewer. Tony has made some very easy templates to follow. You just have to trace around them and cut out on the traced line. Each only requires about 2 x 1cm of sewing that one of the sewers can do. The rest requires bows to be hot glued on to the finished trees.



Pictured above: Helena Maker, Ruth McPherson, and Hazel Sleep busy at work.

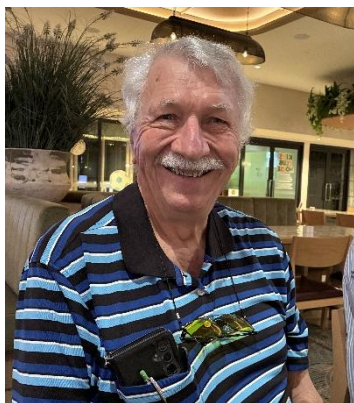
U3A President, Lauree recently visited Rockhampton North Special School and learnt that the school would really appreciate some Fidget Mats and Infinity Balls for the children. Plans were drawn up and the group has begun work on this project.

One Angel recently delivered some Fidget Mats to the Mater Private Hospital. The staff were very appreciative and presented the group with a Certificate of Appreciation.

The Angels meet on the 3rd Monday of each month at 1pm till 3pm at Fred Fox Hall on Gladstone Road. Members put in \$3 each per month to pay for the hire of the Hall.

Come along and join the group to experience the wonderful feeling of helping others. You could be an angel too!
Christine Dobeles
Co-ordinator
(4926 1845)





Writing for Pleasure

The U3A 'Writing For Pleasure' group is making good headway under the guidance of Peter Wilson (pictured).

Members of the group include short story writers; novelists; memoir

writers, and also some poets, while others just want to become writers.

It is a supportive group that enjoys the stories that members write and then read out 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 each meeting, a challenge is set to write 50-100 words on a given subject in just a few minutes. These impromptu stories are then read out to each other.

In each edition of the Quarterly Flyer we will reprint one of these short impromptu pieces, chosen from a meeting as being the best by other members of the group.

The first two of these are printed to the right... Enjoy!

Below are pictured several of the group's members enjoying a social morning tea at Frenchville Sports Club recently. *From left: Jenny Wilson, Peter Wilson, Lisa Dykes, Peter Laity, Gloria Canoy, Maree White and Judy Whitworth.*



Another opportunity for aspiring writers 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.

Written on the run!

Cobwebs and Fog

Waking up to a thick foggy morning, gives the feeling of being in another world, a magic make believe world.

With clear blue skies and a sunny morning, the fog starts to lift.

It hangs across the mountains, making the tops visible like they are floating on the sea.

The sun makes the cobwebs stand out, millions on fences, trees, grass stalks all sparkling and glittering like fairy dollies drying in the sun.

A picture to behold, nature's wonderland to see enjoy, photograph and make dreams.

After a fog it is usually a beautiful day.

By Gloria Canoy

Glory

The would-be musicians each tried out for the concert to be held in the town.

There was a lot of prestige in winning or placing as many of the previous winners had gone on to play in major venues in larger towns.

One by one they played leaving the judges torn between four of the ten participants. They asked the four to play again; this time performing a different song than previously.

This eliminated two, and the final two were asked to play yet another song. A handicapped girl had trouble coming up with a tune she had not rehearsed. Because of this, the judges awarded the prize to the other, semi-professional musician.

Walking to the door, the winner said to the girl, 'You are very talented and you were unlucky not to have won. A shame you had not rehearsed another song.'

'I will make sure you get the glory for this competition. I'll write an article in the newspaper expounding your talent.'

'Also there is a place for you in the band I am putting together if you want.'

The man won the competition but the girl won the glory.

by Peter Laity

Garden Lovers Calendar

On 25 September, U3A Garden Lovers will welcome a guest speaker (TBA) Watch for more details.

On 23 October, the group will tour Rivendal Gardens – please note this event will not be suitable for members who have difficulty walking on uneven paths – this will also be a paid event.

On 27 November – a Christmas Party will be held at Sunny Ridge in Gracemere – this will also be a paid event.

Laugh along with Lenore!



Doesn't work!

"The thrill is gone from my marriage," Brian told his best friend Mike.

"Why not add some intrigue to your life, and have an affair?" his friend suggested.

"But what if my wife finds out?"

"Heck, we are in 21st century, Brian. Go ahead and tell her about it!"

So, Brian went home and said, "Dear, I think an affair will bring us closer together."

"Forget it," said his wife. "I've tried that many times – it never worked."

A vet's perspective!

A veterinarian was feeling ill and went to see her doctor. The doctor asked her all the usual questions, about symptoms, how long had they been occurring, etc., when she interrupted him:

"As a vet, I don't need to ask my patients all kinds of annoying questions. I can tell what's wrong just by looking. Why can't you?"

The doctor nodded, stood back, looked her up and down, quickly wrote out a prescription, handed it to her and said, "There you are. Of course, if that doesn't work, we'll have to have you put you down."

Irish jokes... gotta love 'em!

Mick and Sean were lifting a pint at Finnegan's Pub.

Mick said, "I haven't run into your Uncle Paddy in a while. Whatever happened to him?"

Sean replied, "Dear Uncle Paddy was busy trying to make a new kind of car. He took the wheels from a Cadillac, the radiator from a Lexus, and a motor from a Ford."

"What did he get?" asked Mick. "Four years!"

Our U3A Joke books

Copies of our 2025 U3A Joke Books, and previous editions, are still 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.

The laughter
never stops!

Best Jokes from 2024



U3A
Rockhampton & District Inc.

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

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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/sept26.pdf

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DEADLINE

for the December edition of the
U3A Rockhampton Quarterly Flyer will be
Friday, 30th October.

All submissions to flyer@u3arocky.au
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