



O. W. L. S.

OLDER WISER LEARNING SENIORS

Volume 14 Issue 9
September 2023



President's piece
Brendan Dever

Management committee members

- President*
Brendan Dever Ph 0418 192 999
- Vice president/course coordinator*
Tina Jones Ph 0418 780 861
- Secretary*
Val Salama Ph 0484 363 595
- Treasurer*
Peter Venz Ph 0408 588 399
- Facebook/social media*
Patrick Hughes Ph 0408 067 466
- Social activities*
Di Johnson Ph 0468 849 448
- Publicity*
Diane Rewko Ph 0434 724 991

Friends of the committee

If you would like to join with the following people who have nominated that they will help where they can at occasional events, outings and functions, your involvement will be most welcome.

- June Carey Patricia Castles
Denice Knight Rita Evans
Rosemary Ryan Carol Castles

To register as a friend of the committee, please contact Brendan Dever

- P 0418 192 999
E presidentu3abeaudesert@gmail.com

If you have any comments or suggestions for our U3A, please feel free to email the president at presidentu3abeaudesert@gmail.com



Member of U3A Network Queensland

The thoughts and opinions expressed in this newsletter are those of the named individual contributor alone and do not necessarily reflect the views of the editor, U3A committee, U3A, or its members.

Welcome to the September OWLS!
Firstly, my apologies to all who were woken by the beeps from two text messages on mobiles early Sunday morning 27th August. Making the most of some quiet time I was following up a few 'undeliverable' emails – but unfortunately the SMS to a member requesting a check on an email address inadvertently went to 293 members. Two lessons learnt – (a) always get the help, preferably from a teenager, when trying something new on Member Wizard, and (b) even if you think you know what you are doing, don't send messages at 7am Sunday!

We've just received the 100th new member application for 2023, so not everyone will be aware that U3A Beaudesert is hosting the U3A Network Queensland state conference at The Centre, Beaudesert from Tuesday 28th to Thursday 30th May, 2024. The conference kicks off with a meet and greet on the Tuesday evening, with the conference dinner on the Wednesday evening. Sourcing accommodation for the expected 100 delegates and partners is one of the challenges.

With the start of the conference still 8 months away all motel rooms in town plus caravan park cabins park are booked for the conference period, as

are Airbnb/Stayz options in the town area. There are hotel/motel options at Tamborine and Kooralbyn, and for delegates with vans or motor homes, there are sites at the caravan park and at the showgrounds area regularly used by caravan and RV clubs.

If you have a spare room, granny flat or caravan and are happy to host a conference delegate, then the Accommodation Help team would love to hear from you. Delegates are mostly active members of their home U3A's, male and female, some accompanied by partners who may also be delegates - all fun people like us! It's expected that most delegates will arrive on Tuesday 28/05 and depart on Thursday 30/05. Some may stay just the one night 29/05. Meals, possibly breakfast, to be confirmed. Accommodation charges are up to you.

To register your interest, or to discuss further please contact the Accommodation Help team. They will look after matching delegates with hosts.

Stuart and Derani Gearey, phone 0404 861 266 or 5543 3175; Lynne McKechnie, phone 0412 530 118. Email: stay2024u3aql@gmail.com

Till next time, Brendan



A warm U3A Beaudesert welcome to our new members.

Hank Steyl and Beverly Rhodes

We look forward to seeing you at the activities you have chosen for yourself where, we are sure, you will make many new friends.



Best wishes for a very **happy birthday** to our members who celebrate their birthdays in **September**

Ron Andrews, Anne Beulah, Francine Buckley, Jim Caswell, Patricia Caverly, Brendan Dever, Cynthia Earl, James Gearey, Robert Hamlyn, Glenda Hicks, Debbie Hughes, Sandra Maultby, Vicki McAteer, David Milton, Bronwyn Newman, Gordon Paton, Diane Rewko, Joahn Rohan, Christopher Stone, Marilyn Taylor, Carolyn Williams, Linda Wilson, Noela Zagami.

If your birthday is in September and you are not listed, please let us know so we can update our records and include you.

Current courses - term three 2023 10 July - 15 September 2023

Course coordinator | Tina Jones
Phone 0418 780 861 | Email coursesu3abeaudesert@gmail.com

There is a \$3/session charge for most of the activities,
payable on the day

Aqua aerobics

In recess till term four. Refer to exercise group below
Contact Tina 0418 780 861

Art group - all mediums

Wednesdays 9 am-12 St Thomas's Anglican Church hall.
Contact Denise 5546 9879 or 0402 012 267

Card playing - Beaudesert

Every Monday 12.30 pm-4.00 pm RSL function room. Enjoy
500 or Bolivia
Contact Di 0468 849 448 to confirm attendance.

Card playing - Bolivia - Jimboomba

Meets every Thursday 12 noon-4.00 pm at St James's
Anglican Church Hall, Jimboomba
Contact Di 0468 849 448

Croquet club (Hoopers)

Play Tuesdays 9.00 am-12.30 am at Everdell Park Gleneagle
Contact George or Rita 5541 0706

Exercise

Low impact meet Thursdays 8 am-9 am Arts & Information
Centre, Enterprise Drive
Contact Bronwyn 0414 401 105

French

Mondays 11 am-2.30 pm
RSL sub branch upstairs Cnr William & Brisbane Sts.
Contact Jayne 5463 4841

Gardening group - BUGS

Meet third Friday of each even month 10.00 am-12 noon
Beaudesert RSL club function room
Contact Brendan 0418 192 999 or Carmel 0408 711 401

General discussion group

Meets Tuesdays 9.30 am-11.30 am Beacare Community
room, 44 Tina Street. General discussions on any subject
group members propose
Contact Andy 5541 2072



Indoor bowls

Fridays 9.00-11.00 am at St. Thomas's Anglican Church
Hall, Albert Street, Beaudesert
Contact Terry 0428 627 673

Jigsaw library

Select a jigsaw (or a wasgij) to use from the library. To select
and collect, contact Sandra 5541 0978

Line dancing/dancing

Tuesday from 12.45 pm \$3 per session The Centre
Contact Yokie 0407 171 813

Mahjong - Jimboomba

Meets every Tuesday 11 am-2 pm St James's Anglican
church hall, Jimboomba
Contact Lynn 0417 078 712

Mahjong - Beaudesert

Thursday afternoons 1 pm-3.30 pm Arts & Information Centre
Contact Michele 0459 335 403

Mosaics Meet Mondays 1.30 pm-3.30pm at Arts &
Information Centre, Beaudesert a hands-on course in a
fascinating art form. \$3/session payable on the day.
Contact Tina 0418 780 861

Nordic walking/walking

Walking around Beaudesert meet between the pool and the
library in Beaudesert.

Contact Liz 0488 155 506 for start times/venue



Sewing

Starting Term 4 - 10th October

Contact Tina Jones 0418 780 861

Sing for fun (Singing Owls)

Meets Wednesday mornings 10 am-11.30 am, Room 21,
GTM Studio, PO Square, 115 Brisbane Street
Contact Janet 0408 784 567

Social lunch

The next social lunch will be on Friday 29th September - the
venue is Jimboomba House.

Contact Di 0468 849 448, candyroxy1946@gmail.com

Social tennis

Wednesdays 7.30 am-12 noon venue Beaudesert tennis
courts Bromelton St.

Contact Lorraine 0407 574 576

Table tennis

Thursdays 8.30 am-12 noon held at the St Thomas's Anglican
Church hall.

Contact Glenda 0418 771 758 or Ken 0408 703 388

Travel and Adventure Group

Meet second Monday from 10.00 am. Room 21, GTM Studio,
PO Square, 115 Brisbane Street

Contact Ray raymondarthy@gmail.com, ph 0447 554 480

Trivia puzzling

Wednesday afternoons from 1.30 pm St Thomas's Anglican
Church hall, Albert Street, Beaudesert

Contact Jenny 0439 138 212

Ukulele (BUFFies)

Meets Thursday afternoons 12.30 pm-2.30 pm. Room 21,
GTM Studio, PO Square, 115 Brisbane Street

Contact John 0428 844 041

As most members already know, we have a facebook page
(U3A Beaudesert) If you have any notifications of events,
photos or videos, messages, etc that you would like included
on our page, please contact Pat:

- Phone - 0408 067 466
- Email - u3abeaudesert.facebook@gmail.com



What's on...

Tell others what your group has coming up

Newsletter deadline is 26th of each month.

TAG: to indicate your interest in joining us contact Denise Martin 0419 348 466.

October Monday 9th. Visit to the Police museum and Roma Street Parklands.

November 24th - December 1st. A week in the Cook Islands. See page 5.

BUGs: to indicate your interest in joining this outing contact Brendan Dever 0418 192 999

September 22nd - Carnival of Flowers \$25. There are only 23 registered so far so plenty of spots for friends and non-members who would be very welcome.

Plenty of room for your group's messages.
Send to newsu3abeaudesert@gmail.com



Did you know...

that you can get hard copies of O.W.L.S. at both the Library and the Information Centre.

I know some of you only read emails on your phones so why not pick up a copy and be sure not to miss any important news



On Monday 31st July, 14 of our table tennis team were able to play with U3A Tamborine Mountain group which Andrew, one of the facilitators, organised. They play at a very large indoor centre at Tamborine Mountain

What a great morning we had, really enjoyable. Lots of laughs and banter during the games! We all enjoyed a delicious morning tea and are looking forward to the Tambourine group visiting us very soon.

words: Glenys Hicks

Benefits of a short course

Example analogy for a U3A short course vs a term course: 100 metres compared to the 1500 metres race in swimming.

Both the coach (*Tutor*) and the swimmer (*U3A member*) prepares for a race/ term differently. For example, the *coach* will concentrate on a swimmer's sprinting practice and the *tutor* will have a plan to see that their group could finish two projects in the course of the term.

The *swimmer* will be more likely to do short laps in weekly training sessions, and the *U3A member* approaches the term according to the duration, i.e. they will be going to a class for ten weeks and will prepare everything that is needed beforehand.

In the end, the result is the same, in that a commitment has been made and effort has been put in. Results vary: a swimmer wins race: U3A member wins from social contact or from learning a new skill.

Beaudesert U3A runs its courses and activities over a term, as members are aware of, the main exception being the exercise group which replaces aqua aerobics in the winter recess.

The sewing course is returning for term four by popular demand and this time around, stretch sewing will be on the agenda. Due to its time length of ten weeks, it may be attractive to some new to U3A Beaudesert members, as there isn't as big a commitment to make as in a full term, which from time to time can be quite convenient. The course is structured so all participants can complete project/s that they have begun.

As always, there will be plenty of time for a cuppa and a chat.

Term Four Sewing course is on Tuesday mornings 9.30am - 12 noon, beginning 10 October at the Beaudesert Arts and Information Centre - craft room.

If you are either a beginner or someone who would like to expand on their sewing skills, contact coursesu3abeaudesert@gmail.com or Tina 0418 780 861

words: Diane Rewko

Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary.

Margaret Cousins

U3A notes

from Secretary Val about unsubscribing:

I notice that the message to "unsubscribe" on the emails to which OWLS is attached is quite low down the page. I am not sure the position can be changed because it is an automated message from Member Wizard. You can also email me direct to request to be unsubscribed.

from Tina re upcoming courses:

John Leatherbarrow will be taking the Aqua Aerobics group for next term. Could those of you who are interested get ready for aqua aerobics starting Tuesday 3rd October and each Tuesday and Thursday after that.

The conversational French group have relocated back to the RSL sub branch upstairs Cnr William and Brisbane Streets

If anybody is interested in billeting for the upcoming May 28-30, 2024 Network State Conference in Beaudesert, please email stay2024u3aqlld@gmail.com OR phone Stuart Geary, 0404 861 261

words: Diane Rewko

Challenging Mind Games

words: Diane Rewko

Beaudesert U3A is all about providing meaningful pursuits for its senior members and with current "good for the brain" activities like cards, French, general discussion, mahjong and trivia puzzling, things are right on track.

With a few currents of interest stirring in the direction of backgammon, cryptic crosswords and chess, the time has potentially come for an expansion in courses.

The stars need to align for this to happen though. Firstly, the availability of tutors is of paramount importance, but as well members would need to make the commitment to a new course.

If you like the idea of challenging your brain and learning a new skill, or if there are members out there who can spare time to tutor in either backgammon, chess or cryptic crosswords, please contact: coursesu3abeaudesert@gmail.com

Did you know?

The boardgame of backgammon has some serious history, dating back to Mesopotamia and Persia.

Chess, a game of skill and strategy, is believed to have origins in Asia or India.

Tips for doing a cryptic crossword include:

- recognition of clue types
- spot the anagrams
- solve the longest clue
- guess
- perseverance



A Mosaics Work of Progress...

The Beaudesert U3A mosaics group is currently creating 3D flowers for a project that is planned for completion by the end of the term. All members are working on the project, no matter how long they have been involved in mosaics for. One member, Wendy Venz has been doing mosaics for something like eight years, six of which have been with Beaudesert U3A.

Without giving too much away, the 3D flowers that have so far been completed are colourful and pretty and the end result is sure to be nothing short of spectacular.

See next month's edition of OWLS.

words: Diane Rewko



A puzzle for you

Three people have a meal together. They pay the bill of \$30 and go out the door. The manager realizes he overcharged them \$5 and gave it to the waiter to give them.

The waiter decided \$5 is too difficult to divide by 3 so he pockets \$2 and give them \$1 each. Now each person has paid \$10 and got \$1 back.

So they paid \$9 each, totalling \$27 and the waiter has \$2, equally \$29. Where is the missing \$1.

Answer on next page.

September social lunch

is at Jimboomba House. Di says there is limited seating so it will be first in, best dressed.

Contact Di 0468 849 448,
candyroxy1946@gmail.com



July social lunch at the Happy Valley Chinese restaurant...photos from Brendan Dever



August social lunch at the Pizza Hut

photos and words by Brendan Dever

Attendance was a modest 12 members. We all enjoyed the food - a good selection of pizzas, pasta, salads and dessert. Great value for money, and serve yourself meant no waiting, no delays!

The numbers indicate that Browns Plains is considered a bit far. Those attending took advantage of the location for some shopping, and even a movie date at the 1:50pm session for the Barbie movie!

And luckily, rumours that the restaurant had permanently closed proved to be inaccurate!



Beaudesert Show 8th & 9th September

Leonie Walsh has contacted U3A to see if there were any volunteers who would like to assist with pencilling in the horse rings at the Show.

If you can help please contact Leonie at horses@beaudesertshow.com.au or phone her on 0414 893 843.

Michele, the Mahjong facilitator, says there are now openings for those wanting to play or learn Mahjong. If you are interested call her on 0459 335 403



⇒⇒⇒⇒

Answer from previous page's puzzle

Originally they paid \$30, they each received \$1 back, thus they now have only paid \$27. Of this \$27, \$25 went to pay for the meal and \$2 went to the waiter.

There is no missing \$1.



Noticed at the library...

There was a box collecting old, used glasses for recycling. However they had filled their box but said they can be directly taken to Specsavers.

Specsavers have a program where, in conjunction with Lions Recycle for Sight, delivers quality glasses and sunglasses to people in need overseas.

To contribute simply take your pre-loved glasses to your local Specsaver store and place them in the glasses recycling box.

THE PRESERVATION OF MAN

The horse and mule live 30 years
and nothing know of wines and beers.

The goat and sheep at 20 die
with never a taste of scotch or rye.

The cow drinks water by the ton
and at 18 is mostly done.

The dog at 16 cashes in
without the aid of rum or gin.

The cat in milk and water soaks
and then in 12 short years it croaks.

The modest, sober, bone-dry hen
lays eggs for nogs, then dies at 10.

All animals are strictly dry
they sinless live and swiftly die.

But sinful, ginful, rum soaked men
survive for three score years and ten.

And some of us, the mighty few,
stay pickled till we're 92!

Richard Clark



CARERS IN THE SCENIC RIM
FREE MORNING TEA AND INFORMATION SESSION

Are you a Carer in the Scenic Rim Area and caring for an older person?
Beaucare is hosting a FREE Carers Morning Tea on
Tuesday 17th October from 9.30am - 11.30am @ KMLC - 64 Tina Street
Beaudesert

RSVP on 5541 4216 or aria@beaucare.org.au by 3rd Oct 2023

Free information on
*Centacare Home Assist
*Free Hearing Tests
*Services Australia will be available
for questions
*Free information on Aboriginal and
Torres Strait Islander health.

Presentations throughout the
morning on:
*Recognising and protecting
yourself against scams
*Support for carers through Carer
Gateway
*Beaucare's Registered Nurse
HealthWise - How to Take a 5
Minute Holiday

Logos: beaucare, Adapt Connect, HealthWise, Scenic Rim Regional Council

COOK ISLANDS trip



We are still planning this trip but, after a rise in the original package trip price, members have decided to book individually. Those who have booked so far are arriving on Friday 24th November, departing Friday 1st December, and staying at the Club Raro Resort. Jetstar has flights both ways from Sydney on Tuesdays, Fridays and Sundays. Currently \$4460 per couple flights and accommodation with Jetstar.

The Festival of Flowers runs from 27th to 29th November - the group is planning to pre-book a few day trips and excursions before November.

If you are interested in joining the 'TAG'ers in the Cook Islands please contact Denise Martin 0419 348 466 for more information.

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WHAT IS SLEEP APNOEA

More than 1.8 million Australians suffer from obstructive sleep apnoea (OSA) and 80% of these are currently undiagnosed. OSA is where a person's upper airway repeatedly collapses during sleep causing them to stop breathing for a period of 10 seconds or longer.

Signs of sleep apnoea can be

- ✓ Loud persistent snoring
- ✓ Choking, gasping for air at night
- ✓ Frequent visits to bathroom during night
- ✓ Early morning headaches
- ✓ Daytime sleepiness
- ✓ Poor concentration
- ✓ Irritability
- ✓ Falling asleep during routine activities

An overnight diagnostic sleep test is necessary to confirm a diagnosis of OSA and evaluate its severity



TALK TO US ABOUT TAKING A SLEEP APNOEA TEST!

Is your snoring keeping everyone awake?
Are you often tired all day?
Do you wake up with a dry mouth?

- ✓ Local Deliveries
- ✓ Discount Vitamins
- ✓ Discount Skincare
- ✓ Medication Reviews
- ✓ Medication Packing
- ✓ NDSS Access Point



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