



O.W.L.S.

OLDER WISER LEARNING SENIORS



President's piece
Andy Fechner

Volume 9 Issue 12
December 2019

Management committee members

President
Andy Fechner Ph 5541 2072

Vice president
Lise Leatherbarrow Ph 0438 754 269

Secretary/newsletter
Yvonne Berry Ph 5541 2604

Treasurer
Helen Atkinson Ph 0488 411 755

Membership secretary/assistant treasurer
Michele Goucher Ph 5541 3870

Course coordinator
Laurel Fechner Ph 5541 2072

Webmaster
George Evans Ph 5541 0706

Facebook
Finella Loch Ph 5541 4491

Social activities facilitators
Di Johnson Ph 0468 849 448
Pat Millard Ph 5541 2492

Publicity
Cheryl Folley Ph 5544 2024

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
Carol Castles	Trish Alexander
Denice Knight	Rita Evans
Rosemary Ryan	Catherine Kelly
Judith Zaugg	

To register as a friend of the committee, please contact Andy Fechner

P 5541 2072
E andyfechner@bigpond.com

Welcome to our last edition of OWLS for 2019. It has been a very eventful year, with a couple of milestones for your U3A.

In the middle of the year, we were asked by the new management of Centacare to vacate their premises, and cease our operations there. We duly obliged, and I am delighted to report that all our courses and operations were housed elsewhere. The generosity and welcoming responses from other groups exceeded our expectations. A special thank you to all involved.

Our other major milestone was reaching a membership level of 300. This reinforces our position as the leading community based volunteer group for seniors in the Scenic Rim. More on this further in the newsletter and the local press.

I don't need to remind everyone about the weather conditions we have been experiencing. Like many other communities in Australia we have been in the grip of drought and fires, and I encourage you to reach out to fellow members who may be adversely affected.

I am sure those who have booked are looking forward to our annual Christmas lunch, this year being held at the Beaundesert RSL Club. Based on the numbers going along, it will be bigger and better than ever. I look forward to seeing you there.

(A nice prize for the member dressed in the best Christmas outfit on the day).

Last but certainly not least, your U3A membership fees of \$25 per person are due and payable on 1 January 2020. Please pay promptly, I certainly don't want to be chasing people up at the start of term one in 2020 for renewal fees.

If for some reason you do not wish to renew, please let us know as a courtesy so we can remove your name from our files.

Payments can be made online or in person to U3A Beaundesert Inc via the QCCU - BSB 704-640 account no 41539572, or at the Christmas lunch, or even to your tutor or committee member. Remember to include your name as the reference.

Till next edition

Andy

Annual fees due
1 January 2020
\$25 p/p



Welcome



A warm U3A Beaundesert welcome is extended to our new members:

Debbie Hughes	Norma Kellett	Gail Rees
Corinne Seilen	Cheree Clifton	Debra Reid
Jeff Collins	Marg Collins	Kelly Burgess
Craig Bourgeois	Colin Faith	

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 celebrating birthdays in December:

Sissy Bath	Barry Chatel	Sabby Gillow
Carolyn Gooding	Anne Hei	Des Kearse
Lise Leatherbarrow	Denise Martin	Bronwyn Miles
Lee Parris	Errol Steinhardt	Susan Topping
Janelle Whitten	Corinne Seilen	Shirley Hardke



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

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.



Current courses - term four 8 October-13 December 2019

Course coordinator | Laurel Fechner
Phone 5541 2072 | Email laurel.fechner@gmail.com

Acoustic guitar

Thursday afternoons Beaucare, 44 Tina Street 1.30 pm-3.30 pm. Tutor Ken Jurd.
Contact Laurel 5541 2072 email laurel.fechner@gmail.com

Aqua aerobics

Tuesday and Thursday mornings, 7.30 am-8.30am Beaudesert pool.
Contact Trish Fraser 0419 006 988

Art group - all mediums

Wednesdays 9 am-12 noon Uniting Church Hall, cnr William and Duckett Streets
Contact Denise 5546 9879 or 0402 012 267

Book club

Meets first Monday of each month 2 pm-4 pm at 151 Cedar Grove Road Cedar Grove. Cheese, nibbles, tea, coffee provided. BYO drinks.
Contact Lynn 5543 1430 or mobile 0417 078 712

Card playing - Beaudesert

Every Monday 12.45 pm-3.45 pm Arts & Information Centre. Enjoy 500 or Bolivia.
Contact Di 0468 849 448

Card playing - Jimboomba

Meets every Thursday afternoon 12 noon-3 pm at Dorrington House Jimboomba.
Contact Di 0468 849 448



Computer/other technologies

First and third Mondays, 9.30 am-12.30 pm, RSL sub branch room. All technologies included - mobiles, computers, tablets, drones, TV channels, electronics, backups, etc.
Contact George 5541 0706

Croquet club

Play Tuesdays 8.00 am-11.00 am at Everdell Park Gleneagle
Contact George or Rita 5541 0706

French - two courses in one (beginners and advanced)

Every Monday 12 noon-2.30 pm RSL Sub Branch rooms, 1st floor, corner William and Brisbane Streets, Beaudesert.
Contact Jane 5541 2321

Gardening group - BUGS

Meet third Friday of each month 10.00 am-12 noon Beaudesert RSL club function room
Contact Liz 048 815 5506, email brizzie@bigpond.com

General discussion group

Meets Tuesdays 9.30 am-11.30 am Ken Moran Life Centre, 64 Tina Street Beaudesert (behind Beaudesert Hospital). General discussions on any subject group members propose.
Contact Andy 5541 2072

Indoor bowls Friday mornings from 9.00 am at St. Thomas's Anglican Church Hall, Albert Street Beaudesert
Contact Lee 0491 046 181

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 12.45 pm-3.00 pm \$3 per session The Centre, Brisbane Street Beaudesert
Contact Trish 0419 006 988 or Helen 0488 411 755

Mahjong - Jimboomba

Meets every Tuesday 11 am-2 pm Dorrington House Jimboomba.
Contact Elizabeth 5546 9689

Mahjong - Beaudesert

Thursday afternoons 1 pm-3.30 pm Arts & Information Centre.
Contact Denise 5541 2801

Meandering through history

DVD presentations and discussion. Beaudesert Library Thursdays 10.00am to 12.00 noon
Contact Tricia on 5544 1462

Mosaics

Meet Mondays 1.30 pm-3.30pm at Arts and 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

Meet by the pool/library Monday, Wednesday, Friday, walk 6.00 am-7.00 am. Nordic walkers will require a pair of poles, comfortable sports walking shoes, bottle of water. Walkers - poles not needed.
Contact Liz 0488 155 506

Scrapbooking Second Monday of each month, 9.30 am-11.30 am, 360 Lambert Road, Nindooindah. \$10/session for materials payable on the day.
Contact Anita 0408 452 584

Social lunch December

The next lunch will be on Friday 13 Decemberr at the RSL function room
Contact Di text/phone 0468 849 448 or email candyroxy1946@gmail.com



Social tennis

Wednesdays 8 am-12 noon venue Beaudesert tennis courts Boonah Road.
Contact Tex 5541 4772

Table tennis

Thursdays 9 am-12 noon held at the Uniting Church hall.
Contact Des or Pamela 5541 2662 or 0448 133 146

Trivia puzzling

Wednesday afternoons from 1.30 pm at Beaudesert library.
Contact Tex 5541 4772

Beaudesert U3A reaches second milestone this year

Cheryl Folley

When Beaudesert U3A held its AGM last March, president Andy Fechner was happy to announce that the group had reached a new record membership of 250. Following a recent committee meeting, he again announced a new milestone, this time of 300 members.

"This is significant as it makes us probably the largest community group for seniors in the Scenic Rim," he said. "We have had a consistent and steady growth of membership in recent years. "For the first time this year, we had a considerable number of activities that reached capacity and others that have had to set up waiting lists. We've also had to find new venues as numbers increased, but fortunately we've had great support from the community at large."

Andy said that Beaudesert U3A would enter the New Year with some old favourites amongst its 20+ offerings, plus at least two new activities with a Calligraphy course and the new Travel and Adventure Group (TAG).

"This is a very positive feeling as we reach the end of the year and prepare to celebrate our Christmas party at the Beaudesert RSL," he said. "We'll be offering a special bottle of champagne amongst the door prizes to celebrate!"

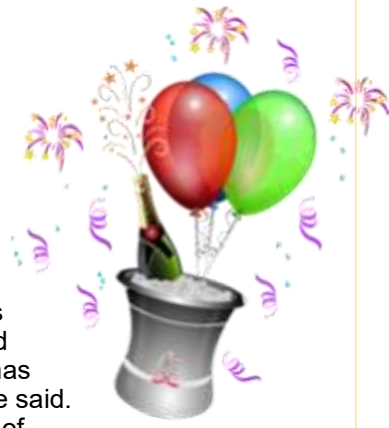


Table tennis

Table tennis is one of Beaudesert U3A's fastest growing and most popular activities. This is due in no small part to the dedication of the facilitators, Pam and Des Fox. The group has grown from a membership of around seven people, with limited, borrowed equipment to a group of over 20 people with their own tables, etc.

Now, unfortunately, because of declining health, Pam and Des are having to hand over the reins, so the search is on for another member (or

members) to take over the coordinating of this group. This entails ensuring the gear is set up each time and morning tea is available. Group members help with the packing away of the equipment after each session.

The group has the use of the Uniting Church hall and they meet Thursday mornings, so if you are available and willing to take over the role of table tennis facilitator, please contact Laurel Fechner, course coordinator, ph 5541 2072 or email laurel.fechner@gmail.com.

BUGs

Liz Avery Despite the unfriendly dry and hot weather conditions, and lack of rain, BUGs members again turned up at our final meeting of the year with another terrific variety of plants for our plant swap.

As always, the atmosphere of our gathering was enhanced by the contribution of members in the form of extra plants, not to mention the fabulous food everyone provided. There was certainly a happy buzz in the room.

We are grateful to Beaucare for allowing us to use the Ken Moran Centre for our break up party.

"The best way to garden is to put on a wide-brimmed straw hat and some old clothes, and with a hoe in one hand, a cold drink in the other, tell somebody else where to dig."

Texas Bix Bender 'Don't Throw in the Trowel'



June with her plant presents from the BUGs Christmas lunch

Dingbats - see page six for solution

NOONT 01	BEWARE 02	JUMBO 03	A 04
MIGRAINE 05	20 SETTLE SETTLE 06	WINEGIRL 07	DR DR 08
DARK 09	T 10	BLACK BEAUTY 11	A DRAFT 12



It's not monkey business ..

You may have noticed a slight change in how the newsletter is being electronically delivered to you. Gmail will no longer allow U3A to send out bulk emails so we have had to change providers of the service we need.





We are now using MailChimp to send out all of our bulk emails to our members so please make sure your provider will allow the newsletter to be delivered to you.

This new system also allows us to monitor the delivery of our emails to ensure they are reaching their intended destinations.

OVERINDULGING AT CHRISTMAS

It's that time of year where it is easy to over indulge!

To help you through this festive season here are a few tips to keep you feeling good while you celebrate:

-  Use small plates- less food consumed means you are less like to feel overstuffed & have indigestion.
-  Don't go hungry- when you do this then you tend to overeat when all the food is placed out in front of you.
-  Eat slowly- this will help aid your digestion and stop you over eating
-  Stay hydrated- don't mistake thirst as hunger. Staying hydrated also stops you overeating

CHRISTMAS SALE ON NOW!



- ✓ **FREE Deliveries**
- ✓ **Discount Vitamins**
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- ✓ **Medication Reviews**
- ✓ **Medication Packing**
- ✓ **NDSS Access Point**



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Email: scenicrim@discountdrugstores.com.au

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For sale

\$4,800

Camper trailer - family-sized

2010 model, soft floor, side folding 2.1m x 1.5m when packed (7' x 5')
Registered to 06/03/2020
Recent upgrades:

- Suspension – square axle, u-bolts, 7-leaf springs
- Electric brake assist
- New jockey wheel
- 2 gas canister cradles on front drawbar
- Twin security chains
- Brand new tyres (185 x 14) and wheels
- Inner spring mattress – queen size
- ATM: 1150kg GTM: 1150kg
- Camper tent plus annexe footprint is 5.63m x 4.76m (approx 18' x 15'). Large windows, one of which has a clear all-weather lower section
- Full heavy-duty vinyl cover with zip and velcro attachment to trailer
- Large annexe with walls and floor. (Enough room for your camping furniture such as table with bench seats, pantry, prep table beside stove table, drawers with kitchen equipment and camping fridge)
- Main tent has privacy screen for raised bed area and room for more beds/luggage
- Custom-made folding headboard (to keep pillows in place!) and mattress surround
- Swing out tail door has sink and tap from water tank (under trailer)
- Side cradles for fuel jerry can, and extra gas cylinder (included)
- Removable rails front and back suitable for carrying tinny/surfboard/canoe
- Front post suitable for attaching outboard motor
- Rear stabilising wind-down legs
- Huge storage box on front of trailer includes battery (for pumping water to the sink)
- Poles, spacer bars, ropes, pegs, winder (for stabilising legs) included.
- Instructional CD

Contact John 0412 030 252 or Claire 0414 707 581



"Bombing" to start soon in our town

Cheryl Folley

Well, those Christmas elves (aka Beaudesert volunteers) have been so busy this year that we have a fully-fledged event almost ready to go, as we approach December 1 and the evening that we Light Up Beaudesert at the Christmas tree in Central Place, outside Bean To coffee shop.

At virtually the same time, our street trees, benches and light poles will appear dressed in a quirky range of street art made by the Christmas Yarn Bombers (see photos).

This annual event began in 2016 in a low-key way, after our noted U3A Facebook coordinator and local identity Finella Loch – aided and abetted by Division 4 Councillor Michael Enright and Shelly Currie – put up lights and cut-outs in William street.

Says Finella: "Just then I was feeling a bit fed up with people complaining that there was no Christmas spirit in Beaudesert. It was always 'the Council doesn't do this or that' and I thought 'why don't we do it ourselves?' Then Michael asked me to form a small group and come up with ideas."

By the second year, the trio was overwhelmed by the positive response of local community groups and decided on yarn-bombing as described in overseas stories. Dozens of volunteers knitted and crocheted any number of shapes in the red, white and green theme, then gathered in a sewing bee to join them together, later spilling into the streets to put up the decorations.



"It's not important to feel that one has to have a high level of competence in knitting or crochet," says Finella. "In fact, the trees don't mind if there is a small hole somewhere – we just add a flower or a star!"

Following the 2018 effort, the Christmas Bombers were awarded the Scenic Rim Council's Australia Day Event of the Year title which recognized the efforts of all involved, including volunteers, sponsors and the tree ceremony. Every year has been better and better, with the introduction of bunting this year to help create the Christmas atmosphere. "And Michael Enright, who can't crochet or knit, can do woodwork and has made six life-size wooden trees which have been painted by Mununjali community members," says Finella.

For more information see these Facebook pages – Beaudesert Christmas Spirit with 1,000 followers for all general information on Christmas in Beaudesert, and a second site, Beaudesert Christmas Yarnbombers.

KEY DATES:

Light up Beaudesert, 6.15 pm at the SRRC's Christmas tree at Central Place on Sunday, December 1.

Carols by Candlelight, sponsored by Beaudesert Rotary Club, 6 pm on Wednesday December 4 in Jubilee Park.

STOP PRESS: A big "thank you" from Finella for the U3A helpers who turned up at various workshops following our email to members, seeking volunteers to help in the preparation.

Thank you to all of our sponsors



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For sale - 5/26-30 Hart Street Beaudesert

Owning this unit will be the perfect balance to life if you like a low maintenance property and/or if you love to travel. The unit is comfortable, warm and welcoming with subtle tones throughout. The sunroom is a sun-drenched space for your morning coffee. If you have thought about moving into an over 50s villa, you will want to inspect this home.



Features

- ◆ 3 bedrooms all with robes, master bedroom with ensuite
- ◆ Main bathroom with separate toilet
- ◆ Open plan living - lounge and dining rooms
- ◆ Sleek modern kitchen complete with dishwasher and large pantry
- ◆ Multiple linen cupboards
- ◆ Airconditioning and insulation, triple-layered window treatments
- ◆ Fully enclosed outdoor room
- ◆ Single lock up garage with internal access and with plenty of storage

- ◆ Tiled throughout
- ◆ Security screens and doors, Crimsafe, fire exit windows
- ◆ Extensive landscaping, fully enclosed yard
- ◆ 358m2 block, poly rainwater tank 1,500 ltrs
- ◆ Shops, hospital and other amenities are within walking distance
- ◆ Low body corporate fees \$45/week

Contact

Judith Zaugg, 0431 016 703, email judithzaugg@yahoo.com



News of interest to carers

Cheryl Folley

The Australian Government has recently introduced a new, free national telephone counselling service for unpaid carers of relatives or friends who may have concerns or questions. This is a service which may interest members of U3A, as it's very likely that some are involved in a carer role and would like to talk to a professional counsellor. Ring on 1800 422 737 between 8 am and 6 pm daily on weekdays and select option 1. There is also a new website which may be useful - <http://www.carergateway.gov.au>

Solution to dingbats

- | | |
|------------------------|----------------------|
| 1 Afternoon tea | 7 A round of drinks |
| 2 A word of warning | 8 A paradox |
| 3 White elephant | 9 A leap in the dark |
| 4 A touching moment | 10 A hole in one |
| 5 A splitting headache | 11 A dark horse |
| 6 A score to settle | 12 A large overdraft |

Pictures contributed by Hennie van Dyk

For sale

For sale - large metal tumbler which converts lawn clippings into mulch in just 14 days. To work efficiently one would need to have a considerable amount of lawn clippings plus paper or brown litter as its large capacity (larger than a 44 gallon drum) needs to be at least three quarters full to work efficiently. Since my lawn-growing neighbour moved away, I no longer have the quantity of clippings, etc, required.



Please make me an offer. Pam Fox 0448 133 146. 6