



O.W.L.S.

OLDER WISER LEARNING SENIORS

Volume 11 Issue 12
December 2021



President's piece Andy Fechner

Management committee members

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- Vice president**
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- Secretary/newsletter**
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- Treasurer**
Helen Atkinson Ph 0488 411 755
- Assistant treasurer**
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- Membership secretary**
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- Course coordinator**
Tina Jones Ph 0418 780 861
- Webmaster**
George Evans Ph 5541 0706
- Assistant webmaster**
Peter Venz Ph 0408 588 399
- Facebook**
Debbie Pratt Ph 0435 036 801
- Social activities facilitator**
Di Johnson Ph 0468 849 448
- Publicity**
Cheryl Folley Ph 5544 2024

Our last OWLS newsletter for 2021, wrapping up many of our activities for the school holiday break. As usual, a few of our courses continue during the holidays, except for the Christmas/ New Year weeks when the public holidays come into play. Check with your course facilitator/tutor for break times.

As mentioned in our last newsletter, it would seem that anyone who is not vaccinated against covid may face exclusion from some venues. I am unsure as to whether this may affect venues that we use for our activities, but a strong possibility exists that this will be the case. I would not like to see any of our members turned away, but it would be foolish to not be prepared. Local pubs, clubs, restaurants and government-operated venues are sure to be on the list later in December.

On a brighter note, our \$20 Christmas meal vouchers for members who were financial prior to the end of October have been distributed. If you have not yet received yours please contact our secretary Yvonne Berry (contact details on this page or email to secretaryu3abeaudesert@gmail.com). As in the past two years affected by covid, this gives our members the chance to get together at the

Beaudesert RSL (The Club) to enjoy smaller group focussed Christmas festivities. Not only have our numbers outgrown the capacity of local venues, but the threat of covid restrictions has limited the size of functions. For those who are involved in multiple activities I am sure you will enjoy a busy schedule.

I would like to take this opportunity to wish all members a safe and healthy festive season, I hope you get to enjoy the company of friends and family. In addition a special "thank you" to all our committee members, tutors, facilitators and helpers who make the operation of our U3A possible.



Remember that your annual membership fee of \$25 is coming due as of 1 January 2022. You may pay in person at the Queensland Country bank at the Coles complex in Beaudesert, or by direct deposit online to BSB 704640 A/C 41539572.

REMEMBER TO IDENTIFY YOURSELF WITH YOUR NAME ON THE DEPOSIT AND MARK IT "RENEW".

Our 2022 open day is scheduled for Friday 21 January from 10 am –1.00 pm at The Club (RSL) Beaudesert.

Merry Christmas

Andy

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 Andy Fechner
P 5541 2072
E andyfechner@bigpond.com



A warm U3A Beaudesert welcome to our new members, Janis Fiebig, Grace Gregory, Carolyn Williams, Diane and Philip Connors. 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 December and January:

Liz Avery	Margaret Bingley	John Britten
Ann Cahill	Carol Castles	Trish Caverly
Barry Chatel	George Evans	Trish Fraser
Sabby Gillow	Steve Girvan	Carolyn Gooding
Shirley Hardke	Anne Hei	Jan Hopkins
Jenny Hughes	Janet Hughes	Des Kearse
Daphne Lawson	Elaine Leatherbarrow	Lise Leatherbarrow
Pauline LeHir	Ali MacKenzie	Denise Martin
Bronwyn Miles	Judy O'Neill	Susan Page
Shane Page	Lee Parris	Elaine Reid
Jan Robinson	Heather Russell	Jennifer Sanders
Shirley Schwarz	Corinne Seiler	Graham Stephens
Marj U'Ren	Janette Whitten	

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



Member of U3A Network Queensland

Current courses - term four 2021 5 October-10 December

Course coordinator | Tina Jones
Phone 0418 780 861 | Email t.j.16@bigpond.com

Aqua aerobics

Tuesday and Thursday mornings, 7.30 am-8.30 am Beaudesert pool. Suggested wear clean sports shoes/aqua shoes, sun protection, hat, sunglasses. Pool entry \$3.50 pensioners **TBC**

Contact John 0417 073 190

Art group - all mediums

Wednesdays 9 am-12 St Thomas's Anglican Church hall.

Contact Denice 5546 9879 or 0402 012 267

Calligraphy

First and third Fridays of the month 1.00 pm-3.00 pm at the Arts & Information Centre Enterprise Drive Beaudesert

Contact Robyn 0439 721 325

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 the Anglican Church Hall, Jimboomba

Contact Di 0468 849 448

Computer/other technologies

This group is now an advisory group only, for issues with computers - no computer repairs or house calls.

Contact George 5541 0706, email dreeemboat@iinet.net.au

Croquet club

Play Tuesdays 8.00 am-11.00 am at Everdell Park Gleneagle

Contact George or Rita 5541 0706



Exercise for seniors

Now in recess until term 2 2022. Refer to aqua aerobics.

Contact John 0417 073 190

French

Every Monday 11.00 am-2.00 pm RSL Sub Branch rooms, 1st floor, corner William and Brisbane Streets, Beaudesert.

Contact Jayne 5463 4841

Gardening group - BUGs

Meet third Friday of each month 10.00 am-12 noon Beaudesert RSL club function room

Contact Marilyn 0429 006 194

General discussion group

Meets Tuesdays 9.30 am-11.30 am Beaucare Community room, 44 Tina Street. 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 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, Brisbane Street Beaudesert

Contact Marg 0422 415 145

Mahjong - Jimboomba

Meets every Tuesday 11 am-2 pm Davidson Road, Jimboomba.

Contact Elizabeth 5546 9689

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

Meet Monday, Wednesday, Friday mornings. Contact Liz for start times. 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, 142 Lambert Road, Nindooindah. \$10/session for materials payable on the day.

Contact Anita 0408 452 584

Social lunch

The next social lunch will be held in February 2022. Venue to be advised.

Social tennis

Wednesdays 8 am-12 noon venue Beaudesert tennis courts Boonah Road

Contact Paulette 0409 898 147

Table tennis

Thursdays 9 am-12 noon held at the St Thomas's Anglican Church hall.

Contact Glenda 5541 4290, 0418 771 758 or Ken 5541 1498

Travel and Adventure Group

Meet second Monday each month on the deck, Beaudesert Library 10.00 am onwards.

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

Trivia puzzling

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

Contact Jenny 0439 138 212



Ukulele

Meets Thursday afternoons St Thomas's Anglican Church hall, Albert Street, Beaudesert, 1 pm-2.30 pm.

Contact Finella 0439 414 491

U3A Online

The courses we offered through U3A online have now expired. If you are interested in any of their courses, please contact Tina, our course coordinator phone 0418 780 861 | email t.j.16@bigpond.com.

BUGs

Marilyn Liebke

The BUGs garden group had their Christmas breakup on 19 November at Peter Ward's property and was a very special function. He has the most wonderful native garden, very old homestead, massive old fig trees and country landscaping anyone would love.

plates of varied Christmas food to go onto the table for lunch. The raffle gave just about everyone a prize of some sort; the plant swap was as popular as ever, so many handy gardeners who really contributed to the full tables of plants we shared.

There wouldn't have been anyone who was not inspired by Peter's hard work. Of course I heard some quiet conversations that they were grateful for a smaller style of property.

Peter was appreciative of our awe and the many thanks he received, he is so happy and proud of his family's history and his personal input to the property.

The Beaudesert U3A garden group [BUGs] wishes all of our U3A members a very merry Christmas, and happy new year, with thanks everyone who helps make it all possible.

There were 38 members with a few extras as well, all with our





Do you live with dementia, or care for someone living with dementia?

Recruiting participants across Australia now for this free telehealth trial

We have received the following information about an exciting trial being run by The University of Melbourne called HOMESIDE, which is exploring the effects of music and reading/word-based interventions for people living with dementia and their family caregivers.

The interventions are designed to be personalised to each person's preferences and needs, and delivered by the family caregivers, who are trained and supported by health professionals throughout the 6-month study. We hope that the interventions will offer opportunities for people with dementia and their family caregivers to share meaningful moments together and give caregivers tools that can help in the care and management of their loved ones.

The YouTube invitation that can also be shared with carers: <https://youtu.be/g5EfX0dcGDs>. More information can also be found at our website: <https://www.homesidestudy.eu/about>

Anyone who is interested please contact the HOMESIDE email address: homeside-australia@unimelb.edu.au



Kalbar hay bale festival

Last month, some of our members attended the Kalbar hay bale festival.

There were rides for the children, as well as displays of vintage and classic cars, stalls selling locally produced and home made goodies, and the weather did its bit by turning on a beautifully fine day. An enjoyable event that was well supported by visitors to the area as well as the locals.



TAG adventures Brendan Dever

The travel and adventure group recently did a trip from Maryborough to Landsborough and along the way, they stopped off at Gympie to experience a ride on the Rattler.

It was particularly interesting to note that the steam loco 967 was formerly with Beaudesert Rail. I learned from a chat with the driver, that it returned to service with the Mary Valley Rattler in 2019 after a two-year major restoration costing \$2.25m. The restoration was carried out in Gympie, and included a new boiler manufactured in Brisbane.



The TAG camp at Landsborough



The train at Amamoor



All fired up

Annual fees for 2022 due 1 January 2022 Andy Fechner

Enjoying your U3A Beaudesert experiences and activities?

We would love to see you again in 2022, and we hope to have even more interesting courses and outings on offer during the coming year. However, to remain a member and take part in your chosen activities, you need to pay your annual subscription fees by 1 January 2022.

Annual fees remain unchanged at \$25 each, and of course activity fees are generally \$3 per session on each attendance.

Fees can be paid direct on line to our U3A Beaudesert account at the local Queensland Country Bank, BSB 704 640 A/C 41539572.

PLEASE INCLUDE YOUR NAME WITH YOUR DEPOSIT AND MARK IT "RENEW"

Social outing November 2021 Di Johnson

The Tipsy Grill at Jimboomba proved to be a good choice for our November lunch. The food was fresh and plentiful, too plentiful for some to tackle.

The service was excellent. Our party of 22 were all served and mostly finished by 1.10 pm.

Unfortunately because of the small space it can only accommodate small numbers of people; however many of those who did attend said that they would return.



Are you a modern elder?

contributed by Anne Beulah

There are more than five characteristics to describe what makes

a modern elder tick. Chip Conley surveyed members of the Modern Elder Academy to focus on a handful of adjectives that best represent this diversity.

You may think that some or all of these descriptions apply to you, but which ones would your network nominate?

AUDACIOUS: Conley says modern elders think about the future, and are not interested in old-school ways. They are "open to being rebellious".

WISE / CURIOUS: Wisdom is not correlated to age, but experience helps. When younger executives at Airbnb described Conley as wise and curious, they started him on his journey as a modern elder.

GENEROUS: "As we get older, being focussed on what survives us, our legacy, our generativity- what we give back- is important," Conley says.

PLAYFUL: "We know people who might be older but have a youthful spirit, and we tend to lean into them and enjoy their company"

"We must realise being a modern elder does not just mean being fit and healthy and looking good at 60" Conley says. "You also want a sense of purpose and the ability to distil your wisdom and offer it out there in the world".



TAG sunset cruise for Christmas

Andy Fechner



Our Travel and Adventure group are reprising the very successful Sunset Christmas Dinner Cruise this year, on Sunday 19th December. Those members who went along last year were full of praise for the outing, enjoying the experience of dinner and a

boat cruise along the Brisbane River.

Leaving from Mowbray Park at 5.30pm and returning to the wharf at 8.30pm (boarding starts around 5.00pm), members and guests are required to book with the boat Cruise people direct, and pay in advance for the dinner and cruise to them.

U3A Beaudesert will again be sponsoring a charter coach for transport to those who want it, at a cost of \$10 for members and \$20 for non-members (return). Private transport can also be used. The bus will depart Beaudesert at 3.00pm on Sunday 19 December from the bus stop opposite Coles at the back of Mitre 10, and will also pick up at Jimboomba at 3.30pm at the bus stop outside the Jimboomba Tavern. Approximate return times are 9.25pm in Jimboomba and 9.45pm in Beaudesert.

Very few seats are left on the coach, but still places left on the boat at this time.

Contact Ray or Kirtsey Arthy
0447 554 480 or 0447 022 990

Who am I?

See next edition for answer

Born in Brisbane enough years ago to easily qualify for U3A membership on an age basis, I left Australia when I was 8 years old to travel much of the world in my formative years.

We lived in Djakarta, where my baby brother picked up Indonesian as an early language, then for a complete change of pace and climate, moved to Switzerland. Some years there allowed me to enjoy ice skating and of course snow skiing while living in Zurich.

Another move of countries, this time to the Middle East, where my family settled in Lebanon, with Beirut our main residence. We did have a summer house in the nearby mountains, but by then I was packed off to a boarding school in England, (my mother's home country), where I could spend some weekends with various cousins. There I was able to indulge my love of horses and get involved in show jumping and equestrian activities. Boarding school was quite strict and while memorable, was not always full of fun and laughter. Long holiday breaks meant trips back to Beirut, and outings to Majorca in the Mediterranean on my dad's boat the "Mina".

My parents decided to return to Australia when I was 18, coming back via a short stay in Hong Kong, finally settling on the Gold Coast. I regard myself very fortunate to have been exposed to so many different cultures during my "growing up" years.

I met my husband not all that long after our return to Australia, and he is going to be in terrible trouble once I read this article in our OWLS newsletter.....



It's-all-about-science dingbats

solution on page 6

 01	 02	 03	 04
 05	 06	 07	 08
 09	 10	 11	 12

from website www.quizmasters.biz

Contributed by Johnny Estbergs

Not saying I'm old but I was born before chickens had fingers.

It helps if you imagine auto correct as a tiny little elf in your phone who's trying so hard to be helpful but is in fact quite drunk.

What do we learn from cows, buffalos and elephants??

It's impossible to reduce weight by eating green grass and salads and walking.

It's weird being the same age as old people.

It's beginning to look like Christmas!



Davidoff Cool Water for Men EDT Spray
125ml\$29.99 ea



Davidoff Cool Water for Women EDT Spray
100ml\$29.99 ea



Calvin Klein Eternity for Men EDT Spray
100ml....\$29.99 ea



Joop Homme EDT Spray
125ml....\$26.99 ea



Estee Lauder Beautiful for Women EDP Spray
75ml...\$64.99 ea

*We wish everyone a very Merry Christmas & a Happy New Year!
Thank you for all the support & we look forward to continuing to help the community in 2022!*

SPECIALS ON SALE FROM: 1ST NOVEMBER - 25TH DECEMBER 2021. FAILURE BY SUPPLIER TO DELIVER OR OTHER UNINTENTIONAL CAUSES MAY RESULT IN SOME ITEMS IN THIS ADVERTISEMENT BEING UNAVAILABLE. PRICES SUBJECT TO CHANGE WITHOUT NOTICE. WE RESERVE THE RIGHT TO CORRECT PRINTING ERRORS. ALL PRICES ARE GST INCLUSIVE. * SAVINGS CALCULATED BASED ON SUPPLIER SUGGESTED RETAIL AND NOT NECESSARILY PREVIOUS IN STORE PRICE.

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Committee members wanted
Andy Fechner

There will be changes to our committee structure in 2022, with several positions being vacated by retiring members, and new roles being created.

We have had a fantastic committee group for several years now, and there have been small movements in personnel each year, as one would expect. Our group is diverse, with different skills and interests, but all have been involved with the aim of helping to maintain and improve our U3A.

Being a committee member, whether on the executive or not, gives an interest and insight into the workings of our group which may not be apparent to the general membership. We need to have some current (or new) members step up and nominate for a committee position for 2022, to commence from our scheduled AGM at the end of March.

We will need the following positions filled: vice president, membership secretary, assistant publicity officer and general committee roles.

Our committee meets monthly, 11 times a year for around two hours each time, and then members have their roles to fulfil with various tasks. While none of these are too onerous, they allow members to be involved in the workings of our exciting group.

Been thinking about it? Contact our secretary Yvonne Berry at secretaryu3abeaudesert@gmail.com.



Solution to dingbats

- | | |
|------------------|------------------|
| 1 Safety classes | 7 Shooting stars |
| 2 Reverse effect | 8 Serum |
| 3 Acid rain | 9 Global warming |
| 4 Red Dwarf | 10 Force field |
| 5 Litmus paper | 11 Atomic number |
| 6 Test tube | 12 Solar eclipse |



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.

Thank you to all of our sponsors

