



O.W.L.S.

OLDER WISER LEARNING SENIORS



President's piece Andy Fechner

Volume 10 Issue 7
July 2020

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- Vice president**
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- Course coordinator**
Tina Jones Ph 0418 780 861
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- Social activities facilitator**
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- Publicity**
Cheryl Folley Ph 5544 2024

The only thing that stays the same is change. How relevant is that these days? We have all been learning to adapt to a different way of life due to the effects of the coronavirus. Your U3A, through the efforts of the committee and course tutors and facilitators, has had to make changes too. We have been offering free online courses for some time now, and a lot of our members are taking advantage of these. We plan to continue with these courses, even after all other activities are back in full swing.

Many more of our usual courses are now back in action, though several are taking place at new locations. Check for details in this newsletter, or have a look at our website www.beaudesertu3a.com. Soon operating at St. Thomas' Anglican Church hall in Albert Street Beaudesert (at the rear of the church) will be guitar, trivia, art, and table tennis, joining our existing indoor bowls group at this venue.

While members have already been advised by separate email, I wish to take this opportunity to again acknowledge the passing of one of our stalwart members, Pat Millard, who did not recover from her period of hospitalisation earlier this year. Coming from the old Jimboomba U3A, Pat filled the committee position of treasurer up until a year ago, when failing health forced her to step down. She is missed by many.

In closing, we hope to be able to resume one of our members' favourites, the monthly social lunch, very soon. Of course, we are absolutely governed by the restrictions placed on hotels and restaurants. These activities will not only brighten up our members' social interaction, but also support our local businesses trying to get back on their feet. We will keep you advised.

Until next edition

Andy Fechner

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

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

P 5541 2072
E andyfechner@bigpond.com



Best wishes for a very **happy birthday** to our members celebrating birthdays in July:

Kirtsey Arthy	Alfred Brackin	Kelly Burgess
Ron Burgess	Johnny Estbergs	Michele Goucher
Ken Johnstone	Tina Jones	Philippa Kearse
Catherine Kelly	Gayle Kimpton	Robyn O'Donnell
Gail Rees	Helen Robinson	Kym Rooks
Miriam Ryan	Wendy Webb	

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

A Word or Two *about this and that*

Yvonne Berry

Well, this has been a bit of a journey and it good that it is almost over - for the timebeing at least. We now all have to rely on ourselves and each other to do the right thing to keep this wretched CV19 disease at bay. I think regular hand sanitising and social distancing will be part of the new norm - and maybe the annual flu season will not touch as many people as it usually does in these winter months if we continue with both of these new habits.

It is still somewhat unsettling to know that the financial support the government has given various areas of the economy will somehow have to be repaid /replaced.

I feel great sadness for all the small businesses that have been casualties of the whole thing and hope that most, or at least some, of them will make it and get back on their feet again. I guess we will be paying the price for some years (maybe generations) to come and that one day people will look back at history and query some of the decisions made and actions taken. Hindsight is all very well and I would rather those who make the decisions erred on the side of caution rather than let things evolve and then take action.



Current courses - term three

13 July-17 September 2020

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

Acoustic guitar

Recommencing at a new location - St Thomas Anglican Church hall, Albert Street Beaudesert. Cost \$3. Hall is located behind the church, ample parking on the street. Contact Laurel 5541 2072 email laurel.fechner@gmail.com

Aqua aerobics

In recess till term four 2020
Contact TBA

Art group - all mediums

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

Book club - recommencing August/September TBA

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

Calligraphy

First and third Fridays of the month 1.30 pm-4.00 pm at the Arts & Information Centre Enterprise Drive Beaudesert
Contact Sue - 5544 3146

Card playing - Beaudesert

Every Monday 12.30 pm-4.00 pm RSL function room. Enjoy 500 or Bolivia. Limited 20 people
Contact Di 0468 849 448 to confirm attendance.

Card playing - Bolivia - Jimboomba

Meets every Thursday afternoon 11.30 am-4.00 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 9.00 am-12 noon 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 Sue 5544 3146 or Jayne 5463 4841

Gardening group - BUGS - July meeting TBC

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 Beaucare Community room, 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 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 Laurel 5541 2072 or Helen 0488 411 755

Mahjong - Jimboomba

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

Mahjong - Beaudesert - recommencing 6 August

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

Meandering through history

DVD presentations and discussion. Venue to be advised. Thursdays 10.00am to 12.00 noon
Contact Tricia on 0419 844 409

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 6.30 am-7.30 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 - recommencing 13 July

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

The next social lunch to be advised.
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 (limit 10 people)
Contact Tex 5541 4772

Table tennis

Thursdays 9 am-12 noon held at the St Thomas Anglican Church hall.
Contact Glenda 5541 4290, 0418 771 758 or Ken 5541 1498

Travel and Adventure Group

Meet second Monday each month at Beaudesert Library from 9.00 am onwards
Contact Ray or Kirtsey raymondarthy@gmail.com

Trivia puzzling

Wednesday afternoons from 1.30 pm at St Thomas Anglican Church hall, Albert Street, Beaudesert
Contact Jenny 0439 138 212

U3A Online

We now have five online courses available to our members:

- Australia Flora
- The Night Sky
- Creative writing: Genealogy
- Play Ukulele by Ear
- Intro to IT (until August 2020)

If you would like to participate in any of these courses (at no cost to you), please contact our course coordinator, Tina Jones, 0418 780 861, email t.j.16@bigpond.com.

Activities shown in blue are not yet in operation because of CV19 restrictions. Members will be informed when these groups are up and running again.

Discussion group online forum

Cheryl Folley

JOAN - I met my son and his family at Sunnybank to have Yum Cha. When Michael asked me I was a bit reluctant but decided to go. Normally the restaurant is packed on a Sunday morning but social distancing was certainly being observed today. It did seem a little odd after the vision of the rally yesterday.

I also enjoyed watching "Unorthodox". And another interesting insight into Jewish life is the series "Shtisel" on Netflix. It is set in Jerusalem and follows the daily trials and tribulations of an ultra-Orthodox neighbourhood.

Another series that I am watching is on the ABC. It's a documentary called "Road to Now" and it covers key events in the world since the fall of the Berlin Wall. The collapse of

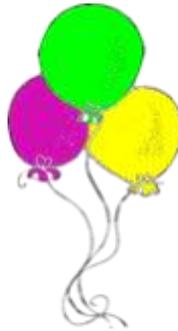
DOROTHY - Lately I have been going for an occasional meal at the Railway Hotel with other residents of Elysium Village and this week nine of us gathered – sitting outside and observing social distancing of course! It's lovely to have a proper chat and a laugh again, in person, so looking forward to discussion group again.

ELIZABETH - As we move out of coronavirus lockdown there may be less time for watching Netflix but I do have a recommendation, with the proviso that you are not offended by crude language.

Douglas is the latest offering from Hannah Gadsby (right) who became well known internationally for *Nanette*, which was pretty dark. However, *Douglas*, named for her dog, is so original it defies categorisation. Hannah was diagnosed as autistic only four years ago. The act is very diverse as she touches on a wide variety of subjects but I also found it instructive to my understanding of autism. This is brilliant, witty, intelligent comedy.

CHERYL - For us, the coronavirus outbreak became apparent at almost the same time as a kitchen fire which (as you'll mostly be aware) saw us move to a local motel for eight weeks while repairs were made to our house. Given the odd delay or blip along the way, we are now pleased with the new look: brighter, lighter than before.

But some things continue to puzzle me. What on earth did the cleaners do with so many bits and pieces of our lives? I used to have three plastic measuring cups. A very minor detail, I know, but how did two manage to disappear? And what happened to one of my three cutting boards? The queen-sized doona and two big cushions disappeared completely, to be replaced, yes, but do they still exist somewhere in a parallel world? And did someone break three of our seven remaining dinner plates? They certainly aren't in the cupboard with the others.



the Soviet Union, the rise of China, the wars in the Middle East and other events that have shaped the modern world. It is an excellent production hosted by Chris Bath and includes interviews with journalists who reported on these events as well as political figures.

For anyone interested in politics "The Clinton Affair" (SBS on demand) shows how politics is played. There was a concerted effort to bring down Clinton from when he was first elected and when nothing came of the Whitewater inquiry the attention shifted to his sexual activities. Trump would say the Democrats have been treating him in the same way.

My only comment on the recently-held rally is that it will be interesting to see if there is an increase in COVID cases in the next two weeks. If not I think there will be a lot of pressure to relax some of the current restrictions.



All of the above can, have been, replaced. There are two things, however, that we can't retrieve, and they are by far the most

important. Gone are our grandchildren's year by year measurements, marked on a doorway to the laundry, I guess by a cleaner wiping down every surface. For ages I had been meaning to transfer them to a chart to keep for reference. Too late now.

And the dear, quirky little pen holder that Isabella, then nine, made for my birthday several years ago and which stood on the coffee table in easy reach for when I was doing Sudoku and crossword puzzles. It was four toilet roll cardboard centres, glued together painstakingly, painted yellow and inscribed "To grandma, happy birthday, love Izzy," with a hand-drawn picture of three balloons. Probably to the cleaners it was rubbish. To me, it was irreplaceable.

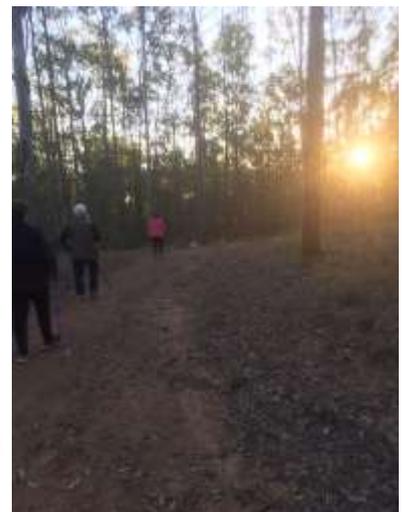
Nordic walking

Liz Avery

The Nordic walkers have been powering along during isolation. We have become more adventurous and have been avoiding walking in town by visiting some more rural areas, such as The Grange Road and Malabar Road at Gleneagle, the Nindooindah track and Kargorum Road among others.



Although it is sometimes hard to get out of a warm bed in the dark, we are rewarded by crisp mornings, clear skies and watching the sunrise. Walking through the woods on the Nindooindah Track (right) was so peaceful with just the birds for background noise and the sun peeping through the trees. Then we came across the dam (left) which was so still we could see a mirror image of the trees in the water. All very enriching for the soul after the sedentary life we have been leading in isolation.



Since we are so mobile at the moment, please ring me (048 815 5506) if you want to join us so I can let you know where we are leaving from.

Thanks to Johnny Estbergs for this contribution.

No matter how educated, talented, rich or cool you believe you are, how you treat people tells it all. In life it's important to know when to stop arguing with people and simply let them be wrong.

Don't trust everything you see. Even salt looks like sugar.

The smart person knows what to say. The wise person knows whether to say it or not.

I fear the day when technology will surpass our human interaction. The world will have a generation of idiots.

For sale Hoover Vortex Pro stick vacuum cleaner. Current model, 12 months old, barely used, as new. Still has 12 months' new warranty remaining. Full set of all attachments still in box (never used). Charging cradle included. Original manual and sales docket. Cost from Godfreys \$599 new, selling for \$140. Can deliver. (My Mum bought it just prior to having to go into care last year, I'm still moving things on!). Contact Andy Fechner, phone 0409 859515 or 5541 2072.



Getting a round tuit by Cheryl Folley

If there is one positive about this coronavirus lockdown we've been experiencing, it must be the

chance for us all to get a "round tuit" and tackle those jobs that we have always claimed – with a roll of the eyes and a sigh – that we'd love to do if only we had the time.

And so it was that I found myself contemplating two drawers full of files in our spare room. A lot of sorting needed to happen. But, "easy peasey" I told myself, echoing fellow U3A member Carol Castles who, you may remember from the last edition of OWLS, borrowed her first jigsaw puzzle from Sandy and set out to complete it. (The latest news from Carol is that the puzzle, unconquered, is packed up and awaiting return to Sandy!)



There were 39 files; enough, I calculated, to tackle at the rate of 10 per day and be done and dusted in four days' time. I was attracted first by one marked Property, which I literally hadn't opened in the 12 years we have lived in Beaudesert, and which proved to contain deeds, photos and even press cuttings of the five houses we have owned. I sighed over the sale records of our first home, a cottage on a virtual

small forest of English-type trees in the Adelaide Hills, land which had been cut off the corner of an old mansion. It had the name, Robins' Rest, embossed on a copper plate on the old blue wooden gate – so romantic! But then my brother came from Melbourne to stay, and put up his own version of a suitable name: Follleys' Forrest. It didn't go down well with Ray, who had a strong attachment to the property, but I actually thought it was quite funny – I'd grown up with a brother who couldn't resist any pun or word play.

Well, reminiscing about our first house led me to the second, and the third, and so on. There was the house at Chandler where we lived when our daughter Sasha was studying at QUT and we were hosting a Japanese exchange student,

A formal "thank you"

Andy Fechner



U3A Beaudesert Inc would like to extend a special vote of thanks to Deanne Carter who so generously donated a significant quantity of excellent craft items, both materials and equipment, recently.

Deanne, who was going through a "de-clutter" process, found she had accumulated (as you do) more items than she felt she would be able to use for her own purposes. Knowing that Laurel Fechner is a U3A member, Deanne offered these unused and near new items to her for distribution to our "crafty" members. Tina Jones, our new course coordinator and mosaics group facilitator was able to place this much appreciated windfall through her mosaics members the following day.

The distribution process was easy. Ever heard the saying "like seagulls after hot chips"?

Thank you ever so much to Deanne Carter, who is Grandma of Riley Day, our very own Beaudesert Flash....

Nobuko. Sasha's little grey cat had been tragically killed in front of the house some weeks earlier, so I took Sasha and Nobuko to the RSPCA to adopt another kitten. While the girls looked at young cats, I wandered down the end of the cages to where an adult ginger cat came to the gate and was so outgoing that I couldn't resist taking him as well. Home again, and Sasha introduced the new kitten to Ray, who duly admired it, and then proceeded down the hallway to put his brief case away.

Next thing there was a loud yell: "Who brought this b...y thing into the house?" Nobuko and the new ginger cat both fled.

Subsequently I tried to explain that this was just an Australian male reaction and that her host father was really quite a likeable and quiet chap.

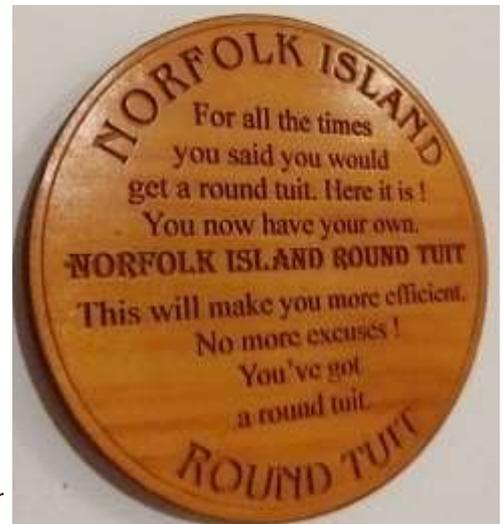
Two days later she sought me out. "Mamita" (her names for us were the Spanish mamita and papito), "I have realised something." "What's that Nobu?" I asked. "I have realised that Papito is soft as butter. I just saw him outside the laundry and he was talking to the cat."

"What did he say?"

"He said, 'So you think I'll feed you if you stand outside the laundry door, do you? Well, come on then, in you come and I'll get something for you.'"

I'm glad to report that both Nobuko and the cat, Barney, had a long and happy relationship with each other and with the family!

Ed: Happy to loan my round tuit to you in your time of need



Thank you to all of our sponsors



BUGs

Some of Wendy and Peter Venz's garden



BUGs group member, Patricia has been busy creating a wonderful frame around her kitchen window.



Liz's stunning red geranium gives a blaze of colour in the garden



Janice and David have given their garden ornaments a makeover

Covid19 creative cooking contributed by Brendan Dever

This is a short tale of my covid stay and working from home experience. We have been hearing about concerns with putting on weight during the stay at home phase of the Covid-19 pandemic – my experience is a little different.

Most years in February at the conclusion of an annual health check the specialist suggests that I lose a few kilos for next year. I'm 66 with a BMI which is too high, and with a transition to retirement under way this year seemed a good time to take the advice more seriously.

Dr Michael Mosely is a TV medico who I admire – his programmes on ABC and SBS TV over the years have specialised in diet and exercise and the struggles of 'real' people. In March I decided to make a commitment to his 'Fast800' 12 week food and exercise programme - that was just before the isolation and work from home changes came into place. The food is based on a Mediterranean diet – lots of olive oil, garlic, spices, garlic, fish and chicken, and did I mention garlic? Red meat is very sparse – a total of only 230 g so far in eight weeks. The programme is all very well organised and includes weekly shopping lists along with a moderate exercise programme which alternates between gym type exercises (video guides, three days per week) and high intensity interval sessions (audio guides, two days).

Mrs D has decided to be an 'advisor' but not a participant for now – so I am learning many new cooking skills. The recipes include many vegetables, herbs and other ingredients that are new to us and the meals take a little time to



prepare, especially for a newbie cook. But in that regard the lockdown has been a huge bonus – there is time aplenty for this 'slow food'. And it's been a real joy for me – learning new skills in the kitchen and trying many of those 'exotic' veges for the first time. The spice rack is no longer an ornament, and Robins Kitchen has become the new Bunnings! In hindsight it would have been very difficult to follow the programme while juggling the daily commute from Beaudesert to Acacia Ridge.

The food has been marvellous – very tasty and filling, and yet based on a meagre 800 calories per day. The

recommendation is for no alcohol in this 12 week phase (although I must admit to an occasional lapse on family celebrations). A very few of the dishes may have been culinary failures, but I think that's been entirely 'operator error in training'. The whole thing is a world away from protein shakes and those weird one ingredient diets. It's real wholesome food prepared as it should be.

At the end of the 12 week Fast800 programme the recommendation is to follow Dr Mosely's 5/2 food plan as a maintenance programme – two days per week of low calorie food similar to this programme, and five days a little more relaxed, with a red wine! And the good news – this is week eight of 12 and I am now 11.5 kg lighter than week one, and enjoying the benefits already.

The programme cost is modest – A\$175 total for the 12 week programme, and around \$18 per month for the continuing programme. For me it's been the best value for money – a structured programme with all the support material, meal plans, exercise videos, user forums etc, etc. And any queries or requests for help are answered very promptly. I'm probably sounding like a Dr Mosely spruiker – but managing weight is such a huge challenge for Australia and the western world. A sensible approach that works must be good.

See if you can translate the following into the familiar sayings we've all heard. (Solution on page 6)

- 1 Scintillate, scintillate, exiguous luminous celestial object.
- 2 Members of an avian species of identical plumage congregate.
- 3 Cogitation should precede salutations.
- 4 Pulchritude possesses solely cutaneous profundity.
- 5 It is fruitless to become lachrymose over precipitately departed lacteal fluid.
- 6 Freedom from incrustations of grime is contiguous to rectitude.

- 7 The stylus is more potent than the claymore.
- 8 It is fruitless to attempt to indoctrinate a superannuated canine with innovative manoeuvres.
- 9 Eschew the implement of correction and vitiate the scion.
- 10 The temperature of the aqueous content of an unremittingly ogled saucepan does not reach 212 degrees Fahrenheit.
- 11 All articles that coruscate with resplendence are not truly auriferous.
- 12 Where there are visible vapours in ignited carbonaceous material, there is conflagration.

Diary of a Covid-19 self-isolator

Contributed by Denice Knight

Day 1 – I can do this!! Got enough food and wine to last a month!

Day 2 – Opening my eighth bottle of wine. I fear wine supplies might not last!

Day 3 – Strawberries: Some have 210 seeds, some have 235 seeds. Who knew??

Day 4 – 8:00pm. Removed my day pyjamas and put on my night pyjamas.

Day 5 – Today, I tried to make hand sanitiser. It came out as jello shots!!

Day 6 – I get to take the garbage out. I'm SO excited, I can't decide what to wear.

Day 7 – Laughing way too much at my own jokes!!

Day 8 – Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have NO clue how this place is still in business.

Day 9 – I put liquor bottles in every room. Tonight, I'm getting all dressed up and going bar hopping.

Day 10 – Struck up a conversation with a spider today. Seems nice. He's a web designer.

Day 11 – Isolation is hard. I swear my fridge just said, "What the hell do you want now?"

Day 12 – I realised why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.

Day 13 – If you keep a glass of wine in each hand, you can't accidentally touch your face!

Day 14 – Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3-1.

Day 15 – Anybody else feel like they've cooked dinner about 395 times this month?

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Answers

- 1 Twinkle, twinkle little star
- 2 Birds of a feather flock together
- 3 Think before you speak
- 4 Beauty is only skin deep
- 5 No use crying over spilled milk.
- 6 Cleanliness is next to godliness
- 7 The pen is mightier than the sword
- 8 You can't teach an old dog new tricks
- 9 Spare the rod and spoil the child
- 10 A watched pot never boils
- 11 All that glitters is not gold
- 12 Where there's smoke there's fire.



Trish Fraser has been busy during isolation by creating this wonderful quilt for her grandson

