



O.W.L.S.

OLDER WISER LEARNING SENIORS

Volume 11 Issue 7
July 2021



President's piece *Andy Fechner*

The winter solstice has just passed us by, so we are on the way to more sunlight hours each day. Though July is generally regarded as the middle month of our winter and usually the coldest, the westerly winds are still ahead. I am sure we are all looking forward to that!

We have a couple of special events coming up this month, a Christmas in July social lunch on the 9th, (see page 5) and a guest speaker and free afternoon tea on the 15th (see page 6) to explain the alternatives available if you plan to downsize in the future. Details of both these events are listed in this newsletter.

Members of our TAG (Travel and Adventure Group) have recently returned from a trip to Norfolk Island. Though the weather was a little "hit and miss" they had a great time. Another tick on the bucket list! Co-ordinators Ray and Kirtsey Arthy have advised me that TAG

members are keen to organise another boat cruise, either on the Brisbane River or from the Gold Coast. Let's see what develops. All members are welcome to join in these activities when advertised. Our BUGS garden group has committed to a coach trip to Toowoomba for the Carnival of Flowers in September. This outing is close to being fully booked. Contact Marilyn on 0429 006194 for information.

As school holidays fall in July, some of our activities will go into recess, check with your class tutor/facilitator for details. Subsequently, our term three course schedule has been produced, and accompanies this newsletter. I also encourage all members to visit our website at www.beaudesertu3a.com on a regular basis to view all we have to offer and current news. Our facebook page is also operating and active, and

is being administered by Debbie Pratt.

In addition, online courses are still available free to our members. We recently asked for expressions of interest in a number of courses, but feedback has been very low. If you are interested in engaging in any online course, please contact Tina, our course coordinator, on 0418 780861. If we do not get any positive responses, then it is unlikely that we will pay for further access to these courses.

Finally, spare a thought for those who have to travel from the south into Beaudesert. The roadworks on the three-mile stretch of Mount Lindesay Highway look set to entertain us with "stop/go" lights until next year! Let's hope the frustration of roadworks on all the access roads to Beaudesert is eventually worth it.

Till next edition,
Andy

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
- Assistant treasurer**
Stuart Gearey Ph 0404 861 266
- Membership secretary**
Michele Goucher Ph 5541 3870
- 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

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

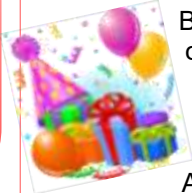
To register as a friend of the committee, please contact Andy Fechner
P 5541 2072
E andyfechner@bigpond.com



A warm U3A Beaudesert welcome to our new members:

Collette Rowe, Keith Musk, John Britten, Vera Jones, Barbara Mann, Kerrie Britten, Nancy Moss, Elaine Leatherbarrow, Vicky Spaccatore, Cedric and Esther Musch, Noela Zagami

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 July:

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

- | | | |
|-----------------|-----------------|-----------------|
| Joanne Antcliff | Kirtsey Arthy | Rod Baldwin |
| Alfred Brackin | Ron Burgess | Lesley Butler |
| Johnny Estbergs | Kay Freebolt | Michele Goucher |
| Greg Hand | Ken Johnstone | Philippa Kears |
| Catherine Kelly | Kerry McGrath | Helen Robinson |
| Miriam Ryan | Jac Tuc | Wendy Webb |
| | Wendy Fryer | |
| | Tina Jones | |
| | Robyn O'Donnell | |
| | Jenny Underwood | |



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.

Current courses - term three 2021 12 July-17 September

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

Aqua aerobics

In recess until term 4 2021. Refer to exercise for seniors.
Contact John 0417 073 190

Art group - all mediums



Wednesdays 9 am-12 St Thomas's Anglican Church hall.
Contact Denise 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-3.00 pm at Dorrington House 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 9.00 am-12 noon at Everdell Park Gleneagle
Contact George or Rita 5541 0706

Exercise for seniors

Exercise in Jubilee Park, Tuesday and Thursday mornings, 7.30 am-8.30 am. Wear comfortable (warm) clothing, sports shoes; bring your own hand weights if you have them, and a bottle of water.
Contact John 0417 073 190

French

Every Monday 12 noon-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 Dorrington House Jimboomba.
Contact Elizabeth 5546 9689

Mahjong - Beaudesert

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

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 on Friday 9 July 2021 - see page 5. RSVP to Di phone/text 0468 849 448, email candyroxy1946@gmail.com

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 Tina 0418 780 861

U3A Online

We have four online courses available to our members:

- Australia Flora
- The Night Sky
- Creative writing: Genealogy
- Play Ukulele by Ear

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.

Social outing June 2021

Di Johnson



We had 38 members and guests attend our June social lunch at the Beaudesert golf course and judging by the conversation buzz all were enjoying themselves. The food was typical pub lunch and was well presented and sufficient.

It's gratifying to see our lunch numbers increasing especially as some members were away on Norfolk Island.



Mosaics

Tina Jones

The mosaics group has been busy creating again and these are the latest works three of the talented members have completed.

(Left) Wendy has completed these pieces to add to her garden and (below) the candle light holder was finished by Jan using coloured glass.



The golfer (left) was created by Jenny using broken china plates and clear glass over a painted back ground - what a great outcome.

This group meets Mondays 1.30 pm-3.30pm at Arts & Information Centre, Beaudesert. If you would like to join and try your hand at mosaics, contact Tina 0418 780 861

BUGs

Marilyn Liebke

The BUGs garden club went to Doris Freeman's garden for their June meeting which was amazing, the weather picture-perfect. Doris described the property as being 10 years in the making. There were 42 members in attendance, with most involved in the plant or related items swap. A donation of articles from Laurel Fechner were soon snapped up. A raffle produced two winners, making us the sum of \$65, with everyone happy to participate. At the July meeting we will have Emily Vincent from Nerang speaking on methods to help with the cane toads problem. As usual, this will be held at the RSL Beaudesert function room from 10.00 am.



Introducing ...

... new committee member, Stuart Gearey who is the assistant treasurer.

What chore do you absolutely hate doing?

My toenails - they are now just too far away!

If you were reincarnated as an ice cream flavour, what would it be?

Chocolate - double

If someone wrote your biography, what would be the title?

"Was He Really a Male Escort?"

What is the best gift you ever received and what is the worst?

Our family all reunited in Australia. I've never got any worsts.

What was your favourite food as a child?

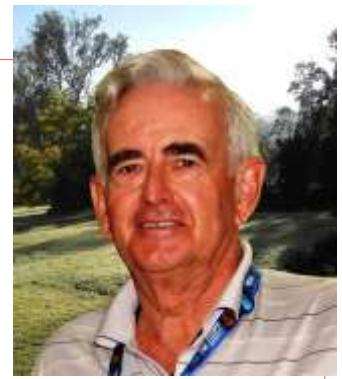
Lumpy porridge - truly! Pre fruit loops

If you could learn to do anything, what would it be?

Dust off the guitar

What was your favourite thing to do when you were a child?

I had racing pigeons - yes, France to Scotland.



TAG adventures - this time to Norfolk Island

Ray and Kirtsey Arthy

After the cancellation of our flight on Saturday 5 June

due to inclement weather, the 13 of us had a very early start on Sunday morning. Consequently, an evening meal at the Bowls Club was very welcome. Our accommodation at Hibiscus Crown was excellent. We would recommend it to anyone wanting to stay on the island.

The Norfolk Island Travel Centre organised a complimentary half-day tour on Monday which was very informative and interesting. A highlight was a



The church is St Barnabas, Norfolk Island Church of England. The pews are inlaid with carved mother of pearl



visit to historic St Barnabas Church; the architecture was amazing. The materials used including timber, slate, mother-of-pearl and marble, came from all parts of the Commonwealth - a truly beautiful building.

Tuesday was Bounty Day. The weather was bleak and windy but the day still went ahead, although somewhat modified. The re-enactment of the landing of the Bounty was a great example of skilled oarsmanship battling the wind and waves. Norfolk Islanders were dressed in traditional costumes and visitors had assembled at Kingston Pier and they walked from there past the convict buildings two kilometres to the cemetery. The feast, which is normally held in marquees at Kingston after the march, was shifted across the island to a safer facility. This building was also the site for the island fish fry held on Thursday night.

Wednesday was a day to enjoy the island individually with a progressive dinner held at three homes that night. This was interesting as each host gave us a history of their

connections to the island.

On Thursday, four of the brave and hardy souls led by Graham Love had a successful morning deep-sea fishing while others went sight-seeing or shopping. Most of us visited the Cyclorama - a unique panoramic display of the history of Norfolk Island - and also four museums. Several of us met for a farewell lunch at Hilli's Restaurant on Friday.

Saturday morning was spent packing and refuelling our hire cars and catching a bus to the airport before saying farewell to Norfolk Island.

Our thanks go to Denise Martin for organising this very enjoyable trip.



Group member Barbara celebrated her birthday at a luncheon at Hilli's Restaurant on Norfolk Island



In 1959, a coffee maker was an optional extra in Volkswagen cars.

Contributed by Johnny Estbergs



Ben Franklin left \$2,000 to the cities of Boston and Philadelphia in his will to help young tradesmen, but they could not draw the balance for 200 years. In 1990, it was worth \$6.5 million. The money has been used to fund scholarships, women's health, and help firefighters and disabled children.



In 1922, at the University of Toronto, scientists went to a hospital ward with children who were comatose and dying from diabetic keto-acidosis. The scientists went from bed to bed and injected the children with the new purified extract - insulin. As they began to inject the last comatose child, the first child injected began to awaken. One by one, all of the children awoke from their diabetic comas. A room of death and gloom, became a place of joy and hope. Thank You Dr. Banting and Dr. Best!



This is Jonas Salk (1914 - 1995) who decided not to patent his 1955 Polio Vaccine so that it would be affordable for millions of people who couldn't afford it. As a result, he lost out on an estimated 7 billion dollars.



JOIN US...

**Friday 9 July
from 12 noon**

**... for our
Christmas in July
lunch**

RSL Beaudesert Function room

U3A members \$20

Non members \$30

Payable on entry - cash only

Lucky door prizes

Alternate drop fixed menu

Mains

- Roast pork/crackling, served with roast potato, pumpkin and seasonal vegetables, gravy and accompaniments
- Roast turkey - as above

Desserts

- Pavlova with whipped cream, fresh fruit, berry coulis
- Apple crumble with vanilla bean custard

Self-serve tea and coffee

Bread roll and butter

Bar drinks at own expense



Numbers may be limited so RSVP to Di Johnson quickly

Phone/text 0468 849 448

Email candyroxy1946@gmail.com

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 SLEEP APNOEA TESTING!

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

- ✓ FREE Deliveries
- ✓ Discount Vitamins
- ✓ Discount Skincare
- ✓ Medication Reviews
- ✓ Medication Packing
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**Scenic Rim
Discount Drug Store**

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Phone: (07) 5541 2019 Fax: (07) 5541 3780
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We all need a roof over our heads But what kind of roof? And where?

If these are the kind of questions you are considering, you won't want to miss the U3A Beaudesert FREE presentation for members, "Retirement Living Options," to be held at the RSL function room, William Street

Save the date now!

Thursday July 15

2.00-3.30 pm

This will be an overview of the different accommodation options for people considering where to live in retirement, with a focus on key legal features of manufactured home parks and retirement villages.

The speaker will be Ros Williams from the Caxton Legal Centre, which is part of a State-wide advisory service funded by the Department of Housing and Public Works.



Our numbers are COVID-limited so expressions of interest should be made as soon as possible to

u3abeaudesert@gmail.com

Let us know you want to attend and we will confirm bookings by Friday July 9

**Afternoon tea
will be provided**

Thank you to all of our sponsors

