



O.W.L.S.

OLDER WISER LEARNING SENIORS



President's piece Andy Fechner

**Volume 10 Issue 3
March 2020**

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

What a great day attendees had at our open day at the end of January. We had heaps of displays of activities that we host, old favourites and new ones as well. Have a look at the photos further in this newsletter to see what the 150 members and visitors enjoyed on the day! No wonder 17 visitors signed up on the day to join our U3A.

Another year overseen by the sitting committee is nearly over, with our AGM for 2020 scheduled for 20 March. The venue will be the Beaudesert RSL function room at 2.00 pm followed by a free afternoon tea and cakes. Nominations for committee places close on 6 March, and no nominations will be accepted from the floor on the day. All nominations must be in the hands of our secretary Yvonne Berry by Friday 6 March, as per our recent email calling for interested members to contribute.

Unsurprisingly, I have been suitably underwhelmed by the responses to date, but a big "thank you" to the two

members who have so far stepped up for general committee duties.

Our new calligraphy group had a very successful first meeting with 10 members exposed to the secret writing skills. This group meets on the first and third afternoons of each month at the Beaudesert Arts and Information centre from 1.30pm. Contact Sue on 5544 3146.

Due to the burgeoning numbers in our now very popular mosaics group, our Beaudesert card playing group has now relocated to the Beaudesert RSL function room from 12.30 pm to 4.00pm on Mondays. Di Johnson remains the contact 0468 849448.

I hope to see many members at our AGM on 20 March, but please RSVP for catering purposes to our email address or phone contacts in this newsletter.

Till next edition

Andy

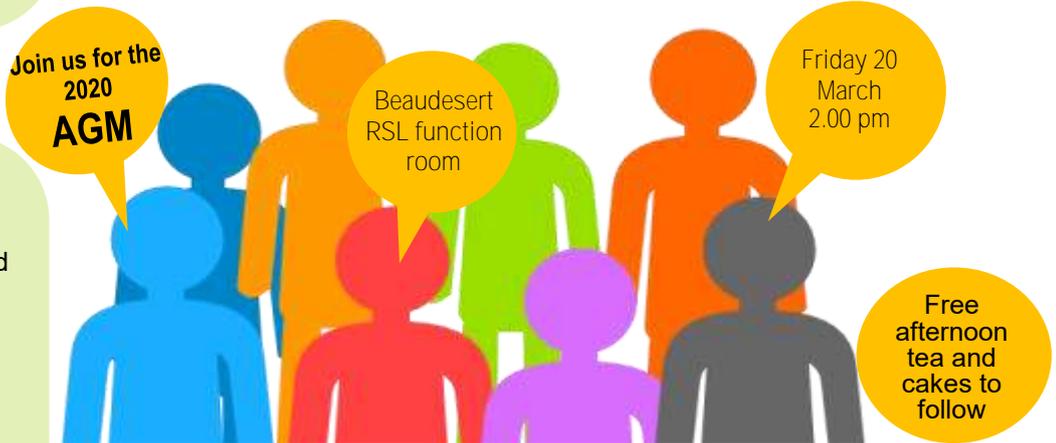
Friends of the committee

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 |
| Carol 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



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

- | | | |
|----------------|-------------------|------------------|
| Sue Ferguson | Deborah Baker | Wendy Webb |
| Fay Ruhland | Carol Lucas | Marlene Jamieson |
| Stuart Simpson | Helen Abercrombie | Fiona Fernie |
| Eva Luna | Dorothy Kerr | Lynette McCully |
| Jenny Tiller | Helen Matthews | Kym Rooks |
| Christine Hall | Patricia Burnett | Lindsay Teese |
| Kelly Burgess | Craig Bourgeois | Susan Day |
| Margaret Leach | | |

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



Current courses - term one

28 January-3 April 2020

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

Acoustic guitar

IN RECESS term one
Contact Laurel 5541 2072 email laurel.fechner@gmail.com

Aqua aerobics

Tuesday and Thursday mornings, 7.30 am-8.30am
Beaundesert 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

Calligraphy

First and third Fridays of the month 1.30 pm-3.30 pm at the Arts & Information Centre Enterprise Drive Beaundesert
Contact Sue - 5544 3146

Card playing - Beaundesert

Every Monday 12.30 pm-4.00 pm RSL function room. 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, Beaundesert.
Contact Sue 5544 3146 or Jayne 5463 4841

Gardening group - BUGS

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



The two Cheryls - avid gardeners and BUGS members

General discussion group

Meets Tuesdays 9.30 am-11.30 am Ken Moran Life Centre, 64 Tina Street Beaundesert (behind Beaundesert 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 Beaundesert
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 Beaundesert
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 - Beaundesert

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

Meandering through history

DVD presentations and discussion. Beaundesert Library
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, Beaundesert 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 - March

The social lunch for March will be on Friday 13 March at the Jimboomba Tavern. Contact Di text/phone 0468 849 448 or email candyroxy1946@gmail.com

Social tennis

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

Table tennis

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

Travel and Adventure Group

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

Trivia puzzling

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

Open day

A very successful open day for Beaudesert U3A was held in January where 150 members and visitors passed through the doors and enjoyed the various activities on display.

While most of the activities were static displays, some of the other groups were actively involved - the line dancers strutted their stuff, with some of the guests joining in, and the cards group played a few hands of Bolivia; table tennis was also available for people to try as was mah jong.

It was all about seeing what U3A offers and trying out some new activities. We had 17 new members sign up on the day, the mosaics group being one of the activities that received a good number of new members.



Some of the activities on display were (top row L-R) aqua aerobics, table tennis, mosaics (second row L-R) art (all mediums) Bolivia, Travel and Adventure Group - TAG, (third row L-R) trivia, scrapbooking, computer/technology (bottom row L-R) line dancing, mah jong, gardening group BUGs



Best wishes for a very **happy birthday** to our members celebrating birthdays in March:
 Ann Bunnell Patricia Burnett Rae Kerrison Marilyn Liebke
 Mark McCabe Margaret Mullen Barry Owen Yvonne Schaezel
 Jenny Stedman Lyn Weckert

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

MAGNESIUM FOR PAIN RELIEF

There are some studies that show that magnesium can help reduce pain and increase mobility for some chronic pain conditions.

Magnesium is found naturally in the body. It is involved in over 300 different chemical reactions within the body. It is important for bone mineralization, muscle relaxation and neurotransmission.

Some research suggests that the reason our levels of magnesium are diminishing in our bodies is due to processed and fast food. There are other health reasons that can cause magnesium deficiency too.

Given magnesium's role in the body with muscle relaxation and neurotransmission it may be helpful if you require pain relief. Always speak to your healthcare professional before starting any new supplements to make sure they are right for you.

UPGRADE YOUR ARMOUR

TAKE CONTROL OF YOUR PAIN



OUR PHARMACISTS CAN HELP

Tips and strategies to help manage your pain • 15 minute consult

APPOINTMENTS AVAILABLE

12TH FEBRUARY- 24TH MARCH

Discuss with our pharmacist your current pain management and explore successful ways of managing your pain. Make sure any over the counter products you are using are the best choice

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



**Scenic Rim
Discount Drug Store**

8/47 William St, Beaudesert QLD 4285
Phone: (07) 5541 2019 Fax: (07) 5541 3780
Email: scenicrim@discountdrugstores.com.au

FOLLOW US ON
 @ScenicRimDDS

Can you help?

U3A member Lanie White sews for wildlife as a hobby. She recently made a stack of pouches, (see below) etc for the animals who were caught in the fires and she now needs to stock up on materials to make the next lot. The best fabrics are unwanted towels, sheets, fluffy blankets etc.

If you have any old sheeting, towels, etc, rather than throw them out, contact Lanie and she will make arrangements to collect them from you. Her contact numbers are 04097 23 881 or 5543 4534.



So you think you can grow vegetables?
Can you beat this monster onion grown by U3A member Jim Caswell. You can get an idea of its size when you compare it to the matchbox beside it.

Thank you to Lise Leatherbarrow and Jim Caswell for providing this photo.



Travel and adventure group

Kirtsey Arthy

The Beaudesert U3A travel and adventure group

(TAG) is making exciting plans for our members.

First up, on Monday 30 March 2020 is a cruise, leaving from Marina Mirage on the Gold Coast, cruising through the Broadwater, past many of the 300 islands including Stradbroke, Peel and St Helena. The boat continues past the Port of Brisbane and up the river, finishing at Northshore, Hamilton. The six hour cruise includes morning and



TAG facilitators, Ray and Kirtsey Arthy

afternoon tea and a BBQ lunch, with a coach returning us from Hamilton to Marina Mirage.

The all-inclusive cost is \$95 per person. We will carpool from Beaudesert and return.

We need **firm** bookings by Friday 28 February, with payment to be made direct to the

Nordic walking

Cheryl Folley

The ever-busy Liz is not only the convenor of the gardening group (BUGs), she is also the convenor of another U3A group, the combined walkers/Nordic walkers who meet three days a week and can be seen striding around Beaudesert town - although until March 2 they are walking in the Beaudesert pool to avoid the worst of the summer weather.

Nordic walkers use poles which originated, as the name suggests, in northern countries where they were used for walking exercise in the summer (non-snow skiing) season, and are said to offer an all-round physical workout. But anyone who simply wants to walk in company without poles, is welcome to join.

Our walkers meet from 6.00 am until 7.00 am on Mondays, Wednesdays and Fridays and take various routes.

Check out the U3A website for information on this and more than 20 courses and activities, www.beaudesertu3a.com.



cruise company by Tuesday 3 March.

Please email Ray Arthy - raymondarthy@gmail.com - by 28 February if you are coming and we will pass on the cruise company's booking details for your payment.

Second up is a planned day trip to Tamborine Mountain on Thursday 5 March. Carpooling leaving Beaudesert library at 9.00 am. We will visit Witches Chase Cheese factory and Tamborine Mountain Distillery, with lunch at one of the many eateries on the Mountain. Bookings are essential - please email Ray (raymondarthy@gmail.com) by Friday 28 February if you intend participating in this activity.

Future events include:

- * a trip to Norfolk Island for their Bounty Day Festival which is now full
- * trip to the Cook Islands at the end of November for their Tiare Flower Festival (at least four are going so far.)

The TAG group meets on the second Monday of the month at the Beaudesert library at 9.00 am so come along and meet your fellow travellers and learn more about the adventures Ray and Kirtsey have planned for you.

Social lunch - February

Andy Fechner

Our social lunch group of 22 members braved the water over the road at Jimboomba to reach the Park Ridge Tavern on Valentines Day.

The venue was very busy as expected, given the occasion, and the fact that it was the first sunny day in over a week of rain and storms. Good weather always brings the crowds out.

Menu choices were varied, and the prices were very affordable. A great chance to catch up with friends and fellow members.

Did you know: The first recorded use of toilet paper was in 6th century China. By the 14th century, the Chinese government was mass-producing it. Packaged toilet paper wasn't sold in the United States until 1857. Joseph Gayety, the man who introduced packaged toilet paper to the US, had his name printed on every sheet. Global toilet paper demand uses nearly 30,000 trees every day. That's 10 million trees a year.

Contributed by Cheryl Folley

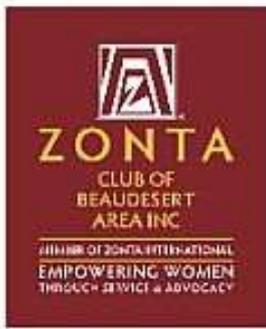
Some more of those crazy dingbats to test your grey matter. Solution on page 6

EASY DINGBATS 27 EASY
www.quizmasters.biz

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

Thank you to all of our sponsors





Invites you to celebrate
International Women's Day
with a luncheon on
Friday March 6th 2020
at the Beaudesert RSL Club.

GUEST SPEAKER:

ANNETTE HENDERSON



Annette is the author of the 2009 best-selling African memoir *WILD SPIRIT, How a Year in the African rain-forest changed an Australian woman's life.*

Changed forever by her intimate contacts with Western Lowland Gorillas in Gabon, West Africa, she is a passionate advocate for great ape conservation

She has worked as an anthropologist, university lecturer, and higher education manager, and now divides her time between speaking engagements, choral singing, and managing the 2 hectare Land for Wildlife property outside Brisbane.

Her second book, *SCORCHED Pushing the boundaries across the Sahara*, a prequel to *WILD SPIRIT*, was published in 2019.

Both books will be for sale at the event.

VENUE: Beaudesert R.S.L.
TICKETS: Dolly Boutique @ Beaudesert Fair
DATE: Friday... 6th MARCH... 12noon
Bookings close Monday 2nd March
Enquiries: Michelle Turner 0407 757 235
turnerrural.c@bigpond.com

\$40^{pp}
Book a table now!

Please inform at purchase of tickets of any special dietary requirement.

Multi-draw raffle and Lucky door prize

THE BURKIN FAMILY PROUDLY SUPPORTING THE SHAKE IT UP AUSTRALIA FOUNDATION PRESENTS THE INAUGURAL

TEE IT UP FOR PARKINSON'S CHARITY GOLF DAY

APRIL 5TH, 2020 AT 10:00AM SHOTGUN START AND 4 BALL AMBROSE MEMBERS FROM \$10 NON MEMBERS FROM \$40.00 RAFFLES, PRIZES, COMPETITIONS & BBQ LUNCH RAISING MONEY FOR RESEARCH & A CURE

BEAUDESERT GOLF CLUB, KERRY RD, BEAUDESERT
TO REGISTER, CALL OR MESSAGE JAMES ON 0403 303 420 OR EMAIL BURKINFAMILY4@GMAIL.COM

THE BURKIN FAMILY PROUDLY SUPPORTING THE SHAKE IT UP AUSTRALIA FOUNDATION PRESENTS THE INAUGURAL

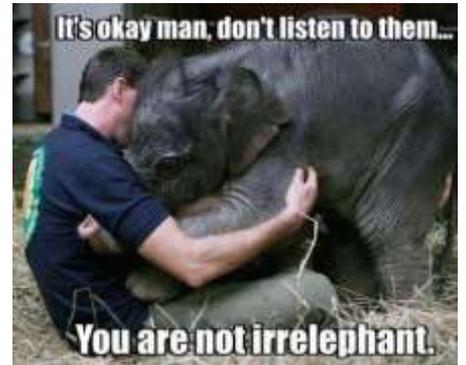
TEA IT UP FOR PARKINSON'S CHARITY HIGH TEA

APRIL 5TH, 2020 AT 10AM
TICKETS \$60.00
WITH LUCKY DOOR PRIZES, RAFFLES AND MORE RAISING FUNDS FOR RESEARCH & A CURE

TEA & NICETIES 32 EAGLE HEIGHTS RD, TAMBORINE MOUNTAIN - PRE REGISTER TO SECURE YOUR PLACE WITH LIMITED SEATS AVAILABLE. EMAIL OR CALL BURKINFAMILY4@GMAIL.COM OR 0447 783 337



Granma says
Think Positive - it keeps you young. For example, I fell down the stairs today and I thought WOW - that's the fastest I've moved in years.



Witticisms contributed by Andy Fechner

The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.
She was only a whisky-maker, but he loved her still.
A rubber-band pistol was confiscated from an algebra class, because it was a

weapon of math disruption.
No matter how much you push the envelope, It'll still be stationary.
A dog gave birth to puppies near the road and was cited for littering.
A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
Two silk worms had a race. They ended up in a tie.

Dingbats solution

- | | |
|-----------------------|---------------------|
| 1 Splitting headache | 7 Three little pigs |
| 2 Stretched limo | 8 Lazy bones |
| 3 Quick on the draw | 9 Milkshake |
| 4 Step ladder | 10 Humpty Dumpty |
| 5 Bags under the eyes | 11 Growing old |
| 6 Last but not least | 12 Cheek to cheek |