



# O.W.L.S.

OLDER WISER LEARNING SENIORS



## President's piece *Andy Fechner*

Volume 12 Issue 3  
March 2022

### Management committee members

- President**  
Andy Fechner Ph 5541 2072
- Vice president**  
Position vacant
- 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**  
Position vacant
- 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](mailto:andyfechner@bigpond.com)

This is my final contribution as president to our OWLS newsletter, after eight years of offering my insights and thoughts to you, our members. Given we produce 11 copies of this newsletter each year, you have now been my audience of readers 88 times! I hope you have found my diatribes interesting. I know that some read them, as I have had feedback from time to time, mostly good, and certainly constructive. We have always welcomed any "Letters to the Editor" from members, and we did get some good responses in the past, though not for some time. I encourage communication from members, particularly with suggestions of how we can improve our operations. Suggestions on new courses and activities are always welcome, but keep in mind we need to have access to a tutor/facilitator, and a venue needs to be secured. If you have an interest or a hobby that you would like to share with others, let us know and we will do our best to set you up as a tutor of that activity should there be enough interest from members.

By the time this edition is ready for distribution, summer will be coming to a close, though I suspect there will still be a few warm and humid days ahead. Don't plan on putting the mowers away anytime soon!

March also hosts our Annual General Meeting, this year on Friday 18 March

at 1.30 pm at The Club (RSL Beaudesert). For those of you who have been considering joining our committee, please contact our secretary Yvonne Berry at [secretaryu3abeaudesert@gmail.com](mailto:secretaryu3abeaudesert@gmail.com) or phone 5541 2604 by Friday 4 March to secure a nomination form. All financial members are invited to attend the AGM where the new committee will be elected from those nominated. NO nominations will be accepted from the floor so don't be concerned that you will be the victim of a surprise nomination. Afternoon tea will be supplied after the meeting. Remember, we MUST have at least a duly elected president, treasurer and secretary to continue operations each year. At time of writing we are still searching for a nominee for President. I plan to continue as a member and facilitator in our U3A, and perhaps get back to some of the activities I have enjoyed in the past. Much will depend on my personal situation which has impacted my ability to continue as president.

It has been a pleasure.

Andy Fechner

Coming to the AGM?

PLEASE RSVP TO YVONNE BERRY  
5541 2604 or email  
[secretaryu3abeaudesert@gmail.com](mailto:secretaryu3abeaudesert@gmail.com)  
by 14 March 2022.



A warm U3A Beaudesert welcome to our new members, Maggie Flynn and Rosemary Hunsley.

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 March:

- Marilyn Liebke
- Vivien Ouwerkerk
- Lynnette Weckert
- Mark McCabe
- Jenny Stedman
- Marg Mullen
- Bronwyn Thorne

If your birthday is in March and you are not listed, 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 one 2022 24 January-1 April 2022

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  
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

### 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 Brendan 0418 192 999 or Carmel 0408 711 401

### General discussion group

Meets Tuesdays 9.30 am-11.30 am Beucare 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 on Friday 11 March at the  
Jimboomba House Restaurant. (See page 4 for details).  
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 Finella 0439 414 491

## Local retirees are happy and active

Diane Rewko

A number of Beaudesert U3A members are octogenarians or in their late 70s and are consistently attending activities that are challenging both the body and brain. They are there because they believe that people who enjoyed life and a lifetime of learning would lead richer and prolonged lives.

**Fun fact** - the Macquarie Concise Dictionary states that an Octogenarian is 1)" the age of 80 years" and 2) "between 80 and 90 years".

People such as:



Pat Caverly, turning 90 this year is a wonderful example of someone who in her words "enjoys life and feels blessed" to be able to do the things that she does, like tennis and table tennis once a week and Bolivia cards twice a week. On top of this she enjoys going out to lunch with friends. With four children, ten grandchildren and eight great grandchildren she obviously has energy and as she says "age doesn't worry me". As well as having a lot of fun, it is "the mutual companionship that U3A offers which is the most important of all" Pat says.

Pat enjoying tennis and bolivia



Alf Brackin and Dina Buchanan are members who "roll up" each Friday for a game or two of indoor bowls. Alf, who has played the game for many years, firstly with the Uniting Church Men's Group and more recently with Beaudesert U3A says "we're here for the fun - it's not competitive"



Alf lines up a shot

Dina, who first learnt to play at the Gold Coast, says "the companionship is the most important thing that we get out of it". Sound familiar? Also active in another area, Dina holds the vice president position of the Beaudesert branch of the QCWA.

Playing alongside Dina, new member Derani Gearey is liking it so far and everyone is enjoying playing on the new mat which the group has had for the last couple of months.

Sandra Grieve (right) is a member who believes in "keeping my mind sharp". She is an enthusiastic member of the lively U3A discussion group, which is held at the Blue Care community health centre; she is also the co-ordinator who keeps track of a library of 70 jigsaws with mainly 1,000 pieces each. Sandy is one of U3A's best wasgij solvers - people who can build up a jigsaw without a picture to guide them.



Sandra Grieve

After having spoken to these enthusiastic and interesting people, it is obvious that a good attitude can take you a long way in life. All members, no matter how young or in the case of the octogenarians, young at heart, are embracing the opportunity to learn new things and socialise all in a convivial and non-competitive environment, something which U3A is proud to promote.

## Happy birthday to us!

Diane Rewko

Beaudesert U3A Inc began in March 2011 primarily for people who were retired or not working full time, like U3As anywhere in the world.

The variety of activities offered were dependant on tutors/facilitators who could give their time to running an activity.

Today, the choice of activities has increased and while it is still the same that availability of tutors/facilitators equals activities, the level of passion and dedication of said tutors/facilitators remains high. Those who put their hands up for the numerous and varied roles play an important role in keeping an organisation like the U3A running smoothly.

The first president of Beaudesert U3A

was Carol Rustachelli, supported by vice president Hennie van Dyk, secretary Tricia Edward and treasurer Tex White.

Congratulations to all past and present office bearers and committee members and know that your efforts are appreciated by all members.

Last, but certainly not least, are the members who are consistently turning up for activities that are both stimulating and enjoyable and everyone seems to be having a lot of fun. The social and learning aspects are highly valued by U3A and let's see what can be achieved in the next eleven years and beyond...

"Why is U3A called a university"?

TIMELINE:

- 1973: began in Toulouse, France with strong university affiliations and a focus on traditional academic subjects.
- 1980s: emerged in the United Kingdom. The British model favoured the concept of "sharing without formal education" and was adopted by Australia, New Zealand and the United States.
- 1984: First U3A in Australia started in Melbourne with subsequent expansion into other states and territories; and
- 2009: Virtual U3A, provided access to programs for those who, for one reason or another, couldn't attend live classes.



## Social lunch February

Di Johnson



Jimboomba Tavern was the venue chosen for our first social lunch for 2022.

It was a great success. We had 43 attendees, the majority of whom (bar latecomers) were served just after 12.30 pm. It was lovely to see some of our new members attending, a great way to meet other U3Aers. The cost, and quality of food and service, was excellent.

Some people also had desserts which looked delicious but I thought would have been difficult to find room for! All in all a very successful start to our new U3A year.



The March social lunch will be held at the Jimboomba House Restaurant which has been a popular choice in the past. If you would like to attend please RSVP to Di phone/text 0468 849 448, email [candyroxy1946@gmail.com](mailto:candyroxy1946@gmail.com). Partners and friends are welcome to attend.



## U3A French group serves some sweet culture

Diane Rewko

### Celebrations and superstitions

La Chandeleur, also known as Candlemas in English, is an old Christian holiday, celebrating the presentation of the baby Jesus in temple. Held on February 2, exactly 40 days after Christmas, customs like the lighting and blessing of candles at church are mostly followed to this day.

Stemming from its pagan traditions, people would have rejoiced in the coming harvest and warmer days. As crepes and pancakes were thought to symbolise the sun, it was believed that if these treats were made from flour left over from a previous harvest then prosperity was ensured.

La Chandeleur is associated with crepes and can be referred to as Le jour des Crepes (Crepe Day). Not surprising that, in French culture today, family and friends will share in the making and eating of crepes.

Superstitions surround La Chandeleur and the most famous of superstitions involve, you guessed it, crepes. It is said "if you hold a coin in one hand, while using the other, your dominant hand, to successfully flip a crepe in a frying pan, you'll have a

prosperous year".

Good to know!



Image from website French Affair

If you would like to make some crepes/pancakes, here is the recipe:

1¼ cups milk	2 eggs
1 cup flour	20g butter, melted
2 tspns sugar	Pinch salt

Sift the flour into a bowl and make a well in centre. Whisk in the milk and eggs. Stir in the butter. Don't overwork batter.

Cover and place in fridge for one hour to rest. Heat a little extra butter in a non-stick frying pan over medium heat until foams. Pour the mixture into a heated pan so it covers two sides and when brown flip over.

Fold crepes into triangles. Sprinkle with caster sugar or drizzle with honey. Serve with good squeeze of lemon if like.

4 Bon appetit.

# When Beaudesert kitchens ruled

Cheryl Folley

Once upon a time, there was an activity in U3A Beaudesert called Our Kitchens Rule - and I

loved it! As the name suggests, it was all about cooking, but more than that, it was about socialising and friendship.

The two instigators were creatively-gifted Tina Jones and Laurel Fechner and the 12 or so members were all either keen cooks or cooks keen to learn more (or both).

Every month we would gather at either Tina or Laurel's houses to make something new, and then enjoy eating it, often with a pleasant beverage.... Both houses have large kitchen/living areas, so there was space for everyone to gather around while the two tutors took us through the day's recipe step-by-step. We each had a folder to take home the recipes, although many of mine have since found a new home with my teenage granddaughter, who loves to cook.

So thanks for the memories of 2014-2016 to our organisers/tutors. The activity came to a natural conclusion after three years when both Tina and Laurel had taken on other responsibilities. I wonder if there is anyone out there who would like to take on the mantle and re-start this social event?

And below is one of those recipes - super easy, with six ingredients and a tangy dressing.

## PEAR, WALNUT AND PARMESAN SALAD

- 80g baby spinach leaves
- 75g baby rocket
- 1 large capsicum cut into thin strips
- 2 ripe pears, quartered, core removed, thinly sliced
- 40g parmesan shavings



### MUSTARD DRESSING

- 1 tablespoon white wine vinegar
- 1 1/2 tbslpsns lemon juice
- 1 tblspn olive oil
- 1 1/2 teaspoons wholegrain mustard
- 1tsp castor sugar
- Freshly ground black pepper

Put dressing ingredients into a jar and shake, or whisk in a small bowl. Wash leaves and place into a large serving owl. Add capsicum and pear, toss to combine. Top with parmesan and walnuts and drizzle over the dressing to serve.

## BUGs



Friday 18 February was the day for the first get-together for the BUGs group - and what an enthusiastic turnout it was. Emphasis was placed on organising the calendar for the rest of the year and several members put their hand up to have the group visit each of their gardens.

Cheryl Bizzell gave a brief talk on the care of roses and things floral in the garden and shared her "recipe" for an organic spray. Congratulations to Cheryl too as she has been appointed chief

steward of the horticultural section of the Beaudesert show. Fiona Fernie and Marilyn Liebke have agreed to be stewards.

Cheryl's hot chilli and garlic spray

Add 1 tspn dishwashing liquid, 1 tspn vegetable oil, 1 whole knob garlic, 4-5 hot chillis. Blend in blender. Soak all for 24 hours or longer in 1 litre of water, strain, spray on vegies. May have to dilute a little. A hot onion can replace chillis.

A special thank you was extended to Marilyn Liebke and Marg Collins who have kept the group going (and growing) during 2021 and who have now handed the reins over to Brendan Dever. A big vote of appreciation to Brendan for stepping up into the role.



## Dingbats - solution on page 6

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

Astronomers got tired of watching the moon go round the earth for 24 hours.

So they decided to call it a day.



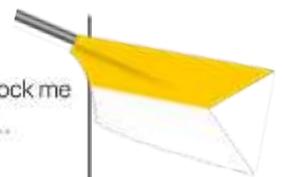
I have a pencil that used to be owned by William Shakespeare.

But he chewed it a lot. Now I can't tell if it's 2B or not 2B.



Before my surgery, the anesthesiologist offered to knock me out with gas or a boat paddle...

It was an ether/oar situation.



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### Solution to dingbats

- |                     |  |
|---------------------|--|
| 1 No U turn         | 7 Booze cruise                           |
| 2 Bang on the money | 8 Caught between a rock and a hard place |
| 3 CU around         | 9 Catherine wheel                        |
| 4 Life hack         | 10 Party pooper                          |
| 5 Cuban heels       | 11 Jail bird                             |
| 6 Hop skip jump     | 12 Girl next door                        |



I relabeled all of the jars in my wife's spice rack. I'm not in trouble yet....but the thyme is cumin.



I BOUGHT A LITTLE BAG OF **Chips** TODAY: THE COMPANY THAT MADE IT WAS KIND ENOUGH TO PUT SOME POTATO CHIPS IN IT AS WELL.

## How to treat a snake bite

- 1 Follow DRSABCD. Call 000. (Danger, Response, Send for help, Airway, Breathing, CPR, Defibrillator).
- 2 Apply pressure immobilisation bandage.
- 3 Immobilise the limb using a splint to reduce the muscles from pumping the venom along the limb.
- 4 Mark the bandage at the site of bite so that medical professionals can examine the area without taking the bandage off.
- 5 Re-check circulation in the fingers or toes that have been bandaged to ensure the bandage is not too tight.



(Left) Thanks to Johnny Estbergs for these contributions.

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