



O.W.L.S.

OLDER WISER LEARNING SENIORS

Volume 9 Issue 10
October 2019



President's piece
Andy Fechner

Management committee members

<i>President</i>	
Andy Fechner	Ph 5541 2072
<i>Vice president</i>	
Lise Leatherbarrow	Ph 0438 754 269
<i>Secretary/newsletter</i>	
Yvonne Berry	Ph 5541 2604
<i>Treasurer</i>	
Helen Atkinson	Ph 0488 411 755
<i>Membership secretary/assistant treasurer</i>	
Michele Goucher	Ph 5541 3870
<i>Course coordinator</i>	
Laurel Fechner	Ph 5541 2072
<i>Webmaster</i>	
George Evans	Ph 5541 0706
<i>Facebook</i>	
Finella Loch	Ph 5541 4491
<i>Social activities facilitators</i>	
Di Johnson	Ph 0468 849 448
Pat Millard	Ph 5541 2492
<i>Publicity</i>	
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
Carol Castles	Trish Alexander
Denice Knight	Rita Evans
Rosemary Ryan	Catherine Kelly
Judith Zaugg	

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

P 5541 2072
E andyfechner@bigpond.com



Member of U3A Network Queensland

Since being asked to vacate the premises of Centacare earlier this year by their latest new management, I have been overwhelmed by the support and generosity of so many local groups and individuals who have helped our U3A re-establish in new locations for many of our courses, meetings and activities in Beaudesert.

I must particularly thank the RSL Sub Branch, Beacare, the RSL Services Club, the Beaudesert Library, the Arts and Information Centre and the Uniting Church for their quick responses to our situation. Our courses and activities have now settled in well to these new locations, but again our ongoing growth means that we are continually looking for opportunities to accommodate groups which outgrow any premises.

In addition, we are still welcoming new activities. The next course/activity will be the interesting and artistic craft of calligraphy, offered by one of our very active members, Sue Bradbury. While we are still determining the cost parameters of the course (as there will be a requirement for specific materials), Sue will tutor the course on Friday afternoons. Initially it will be a fortnightly course commencing at 1.30 pm for two hours' duration. The venue will be the Beaudesert Arts and Information Centre, opposite the Beaudesert State High School. With a 3.30 pm finish, the school traffic will

have disappeared. Sue's passion for calligraphy has reignited after a few years' break, and she is looking forward to sharing her knowledge. This course will commence at the beginning of the first term in 2020, but any early expressions of interest would be welcome so we can determine the viability of the activity.

Please contact Sue on 5544 3146 or email: smb@skymesh.com.au or Laurel on 5541 2072, 0417 644506 or email: laurel.fechner@bigpond.com

YES, there will be a MEMBERS' CHRISTMAS LUNCH function this year. Pencil in FRIDAY 13 DECEMBER, last day of the school year 2019. New venue BEAUDESERT RSL SERVICES CLUB.

Due to the new lunch format, there will be a small charge of \$10 for a three-course lunch, with tea and coffee. Full bar service available at members expense. Live music, raffles, lucky door prizes and 100 board on the day. Further booking details will be advised soon. The cover charge of \$10 must be paid in advance to secure your booking. Previous years have seen too many people book places and then not show up on the day. This year we should be able to accommodate all who want to come along (non-members \$35.)

Till next edition

Andy

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

Wanda Slingo, James Bunnell, Ann Bunnell, Stephen Abbott, Annette Shirley, Adrian Swanson

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 celebrating birthdays in October:



Trish Alexander	Dorothy Anshaw	Bruce Avery
Margaret Cannons	Carmel Carter	Jim Costello
Sue Estbergs	Rita Evans	Cheryl Folley
Noella Griffiths	Irene Haack	Brian Hamlyn
Colin Liebke	Graham Love	Terry Moloney
Brenda Moss	Des Pierce	Pauline Rodgers
Marlies Sernig	John Slattery	

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

Current courses - term four 8 October-13 December 2019

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

Acoustic guitar

Thursday afternoons Beaucare, 44 Tina Street 1.30 pm-3.30 pm. Tutor Ken Jurd.
Contact Laurel 5541 2072 email laurel.fechner@gmail.com

Aqua aerobics

Tuesday and Thursday mornings, 7.30 am-8.30am Beaudesert pool.
Contact Trish Fraser 0419 060 988

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

Card playing - Beaudesert

Every Monday 12.45 pm-3.45 pm Arts & Information Centre. 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, Beaudesert.
Contact Jane 5541 2321



Gardening group - BUGs

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 Ken Moran Life Centre, 64 Tina Street Beaudesert (behind Beaudesert 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 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 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 - Beaudesert

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

Meandering through history

DVD presentations and discussion. Beaudesert Library Thursdays 10.00am to 12.00 noon
Contact Tricia on 5544 1462

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 6.00 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 August

The next lunch and outing will be on Friday 11 October to Boggo Road Gaol. Lunch at nearby café. See page 3
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.
Contact Tex 5541 4772

Table tennis

Thursdays 9 am-12 noon held at the Uniting Church hall.
Contact Des or Pamela 5541 2662 or 0448 133 146

Trivia puzzling

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

Social lunch - September



The social lunch for September was held at the Thai Restaurant and 25 members and friends enjoyed a good "value for money" lunch, choosing from both entrees and main meals on an extensive menu.

This restaurant always looks clean and tidy and the staff are well presented and friendly. Service was attentive and the food, by all reports, was very good, and was delivered in a timely fashion.

Coconut prawns, crab fried rice and Thai duck pancakes all got a good review. Kirtsey Arthy struggled to cope with the size of serving of her crispy chicken and rice!

Next month's lunch and outing will be on Friday 11 October. A bus trip to the Boggo Road gaol is planned, with lunch (own expense) at a nearby café. (Subsidised) bus fare \$5 p/p Beaudesert U3A members, non-members \$15, 1½ hour gaol tour \$25 (at own expense) includes tea/coffee. Pick-up points Beaudesert and Jimboomba.

To reserve your seat on the bus and a place on the tour, RSVP to Di -

- Phone/text 0468 849 448
- Email candyroxy1946@gmail.com

Spouses, partners and friends are welcome to attend this event

Art group

Denice Knight Recently, at the Canungra Show on 24 August, U3A members Denice Knight, Michael Goebel, and Jaime Strauss won 15 prizes between them.

Denice received three firsts, three seconds, and a third. She was also awarded the Most Successful Exhibitor in the show. .

Michael received three firsts, two seconds, and a third, so you can see this was extremely close. Michael does very well at the shows.

Jaime received a third; she has only been painting with us since June so has done very well entering into the novice class.

Results for members of the U3A art group from the Beaudesert Show were equally outstanding with Michael Goebel receiving two seconds and Rhelma Kenny receiving a second and a special prize for one of her paintings.

Congratulations and well done to you all.



In the twinkling of an eye ...

Andy Fechner

Without being too philosophical, and certainly without being maudlin, I have recently been reminded of how circumstances can change so quickly.

My aged parents have been living at their home independently (with some external care), enduring gradually declining health and mobility. Despite urgings from family to consider taking the next step, and move to a facility with suitable joint accommodation and

potential transition to higher care levels while still able to, they have resisted those suggestions. Now they have no choice. Sudden hospitalization of one (with no prospect of future return to independent living) and the other forced into respite care due to decreasing mental health, means there is a struggle to find suitable joint accommodation at short notice.

Overnight, there is a house filled with the detritus of daily life, and the memories of 72 years of marriage which has to be condensed into a small room

and one wardrobe. My parents will not get the opportunity to select individual precious items, although I am sure there will be plenty of instructions issued. The subsequent upheaval and the cessation of those things held so dear happened in the twinkling of an eye.

Family members could see the writing on the wall, but my parents refused to read it. I just hope that I get the chance to plan my own transition to the next chapter, and can make the decision to take the step at a time of my own choosing.

Your details

We have been experiencing problems with getting delivery via email of the newsletter and other items of importance/interest to some of our members. The reasons appear to be that email boxes are full and are unable to accept any more messages, or an email address shows as no such email.

If you have not been receiving our newsletter via email as requested on your application form, would you please check your mailbox and if need be clear out old messages. If your email address has changed, please advise us by email - u3abeaudesert@gmail.com - to ensure you receive all communications from U3A.

If any of your contact details have changed recently - address, phone, mobile, email - please also let us know so we can update our records.



Beaudesert U3A travel and adventure group.... ("Not Dead Yet")

Andy Fechner

The inaugural meeting of this new interest group was held on Monday 2 September at the Beaudesert Library.

Proposed and chaired by members Ray and Kirtsey Arthy, this first meeting attracted 17 attendees who were asked to complete a short survey. This was designed to gauge interest in a range of activities, including preferences for the following:

- ◆ Day trips
- ◆ Overnight stays
- ◆ Caravan/camper
- ◆ Motel/hotel
- ◆ 4x4 or off-road
- ◆ Train travel
- ◆ Movies
- ◆ Ocean adventures

◆ Dining out/theatre

A long list of optional destinations were offered as potential activities, and there was a good buzz of discussion among those present.

President Andy Fechner also pointed out to the attendees that some of the possible day trips would also lend themselves to merging with the outings of the social lunch group which occurs on the second Friday of each month. (We are looking closely at doing this in October if we can fit it together, and more information on this will be distributed very soon).

In addition to the members attending on the day, there were eight others who have expressed interest (but could not get to the meeting), and want to be kept updated on progress. If you want to be

involved, or want to know more as the group progresses, please contact Ray Arthy at: raymondarthy@gmail.com. I am sure that he and Kirtsey would be delighted to hear from you.

The next meeting of this group is proposed for Monday 14 October, again at the Beaudesert Library from 9.00am, (to be confirmed).

Thank you Ray and Kirtsey for your suggestion.

If any other member has an interest that you think would form the basis of a potential new activity or course (short or long), please contact our course coordinator Laurel Fechner on 5541 2072 or email to: laurel.fechner@bigpond.com.

Smoke alarm test

Andy Fechner

Very recently one of our committee members (who will remain anonymous until the end of this article), decided to bake some biscuits using a new recipe.

Being the proud owner of a wood slow combustion stove which gets a good workout in the cooler weather, she decided to use its already hot oven rather than crank up the gas/electric range. Into the oven with the first tray of biscuits, and then....outside to hang some washing on the line, (and get distracted of course).

Oops, what about the biscuits?? A quick gallop inside and throw open the oven door...to be greeted by a huge cloud of smoke, cough! cough! which of course completed the obligatory smoke alarm test.

I am pleased to report the smoke alarm worked particularly well.

Feel free to compare the photos of two trays of biscuits and see if you can guess which ones set off the smoke alarm!!



Our thank you for community support

Cheryl Folley



RSL sub-branch receptionist Dianne Mulder, secretary Joanne Crocker, president of the RSL sub-branch Carol Castles

What would we do without friends? The same spirit which saw the Scenic Rim communities offer immediate support to people affected by recent bushfires, was also evident when Beaudesert U3A faced the problem of where to hold many of its courses following our move from Centacare in July.

Many local groups and individuals have helped us to re-establish in new locations for a significant number of our courses, meetings and activities. It was one of our own, discussion group member Carol Castles, who was the first to approach us. Carol also wears the hat of RSL sub-branch president and volunteered rooms for any U3A activities needing a home. "Given that so many of our members are either ex-Service personnel or family of Service members, it has been a natural fit for these activities," says U3A president Andy Fechner.

The RSL rooms now house the weekly French group, twice-monthly computer/other technologies group and the monthly U3A committee meetings.

"Thank you to the Beaudesert RSL sub-branch for their wonderful support of our community group." says Andy..."and thank you to all the other local groups and individuals who have provided new homes for our U3A courses. We're now continuing better than ever."

Which other courses have changed venues?

- At the Arts and Information Centre: cards, mosaics and mahjong
- Beaudesert library: trivia puzzling and meandering through history
- Beaucare community rooms: guitar group
- Uniting Church hall: art group
- RSL Services Club (distinct from the sub-branch rooms): BUGs gardening group

DO YOU KNOW YOUR RISKS?

Cardiovascular disease (CVD) is a major cause of death in Australia, killing one Australian every 12 minutes.

Risk factors for heart disease can include

- ✓ Poor diet
- ✓ Lack of exercise
- ✓ Overweight
- ✓ High cholesterol
- ✓ High blood pressure
- ✓ Stress
- ✓ Excessive alcohol consumption
- ✓ Smoking

Our pharmacists can check your blood pressure and cholesterol levels on site, and talk to you about possible other risk factors and provide the results to for your doctor where needed.

Join the Wellness Revolution

Turn the beat around

WHAT IS YOUR RISK?
HIGH BLOOD PRESSURE IS THE LARGEST RISK FACTOR FOR HEART DISEASE. IF YOU HAVE THE FOLLOWING YOU COULD BE AT RISK

HELP US REACH 10,000 BLOOD PRESSURE CHECKS NATION WIDE
BOOK YOUR FREE HEART HEALTH SCREENING TODAY!

- ✓ 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
 @ScenicRimDD



These are just some of the award-winning entries in the Beaudesert Show 2019. Congratulations Bronwyn Miles, Yvonne Berry, Liz Avery, Michael Goebel, Jim Caswell, Ann Cahill, Cheryl Bizzell, Mavis Rostedt, Anita Mahon, Rhelma Kenny and to all the U3A members who had entries that are not shown here. (More on page 6)

One man's trash ...

Did you know that Beaudesert U3A offers its members a free advertising service? If you have any unwanted goods that you want to sell, give away or swap, we can help you do that. Send a description and picture of the good(s) to u3abeaudesert@gmail.com and we will advertise it in our newsletter (and on our website) at no cost - Beaudesert U3A members only.

And on that note - occasional/coffee table, surplus to requirements free to whoever would like to have it. L 1190 x W 720 x H 440. Few minor scratches. Two pull out drawers. Contact Yvonne 07 5541 2604, pick up only (Beaudesert.)



Mosaics group Tina Jones

This year members of the mosaics group entered a few of their finest pieces into the Beaudesert annual show in the fine arts section and shown (right) are some of the award-winning entries.

If you would like to participate in this group, please contact Tina 0418 780 861. They meet at the Arts & Information centre Mondays 1.30-3.30 pm.



Congratulations go to Angela Henery for her second place award (above)



To mosaic group member Tina Jones congratulations on her second place award (right)



Congratulations to Noella Griffiths for winning first and third placings for her two entries (left)

Birthing kits - can you help?

The Zonta Club of Beaudesert Area Inc will be holding a working day to assemble birthing kits that are sent to developing countries to help women give birth to their babies. These kits have proven to be very successful in reducing the risk of infection and death to both mother and child.



In total, we hope to be able to send 1,000 of these kits overseas. Of these, 400 will be assembled by students from McAuley College as part of their community service.

Zonta is extending an invitation to members of the community to participate in this working day to help assemble these kits. It will be held at McAuley College, Oaklands, on Saturday 12 October at 9.00am. Zonta will provide morning tea.

Anyone who would like to join us in this project are asked to contact Jane Blunck, 0403 768 855 for further details.

Thank you to all of our sponsors

BEAUDESERT FUNERALS
BY THE BURKIN FAMILY

6 Telemon Street, Beaudesert QLD 4205
W: beaudesertfunerals.com.au
Ph: 07 5541 2511

Plan for your Peace of Mind

- Choose your preferred funeral director
- Plan a funeral you want
- You will receive a written contract documenting your wishes
- You pay today's prices—you know exactly what your financial commitment is—there is no more to pay
- You protect your loved ones from both financial and emotional stress.
- Investment is not deemed an asset so will not affect your pension entitlements
- Your investment is kept in a government backed fund, your money will be safe no matter what.
- Unlike funeral insurance, you only pay your nominated amount.

FORESTERS
Friendly Society

Check out our latest
SUPER PUZZLE BOOK!

