



# O.W.L.S.

OLDER WISER LEARNING SENIORS

Volume 11 Issue 9  
August 2021



## President's piece Andy Fechner

### Management committee members

- President**  
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- Membership secretary**  
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- Course coordinator**  
Tina Jones Ph 0418 780 861
- Webmaster**  
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- 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

A lot happening this coming month with winter officially giving way to spring. Time for the gardeners to tend to the flower beds, and for those who are going along on the coach trip I hope you have a wonderful visit to Toowoomba for the carnival of flowers.

We are also gearing up for the school holidays, with the end of term three and the start of term four. As usual, a number of our activities will close for the school holiday break, but many continue through. Please check with your class tutor / facilitator if you are unsure. Term four means that the Beaudesert pool reopens to welcome back one of our very popular activities, aqua aerobics. Contact John on 0417 073190 to ensure your place. This brings an end to our winter offering of "Exercise in the Park" which was our alternative to aqua while the pool was closed for winter.



September is the month we celebrate Father's Day, so for those fathers out there enjoy your special day, and for

those who are lucky enough to still have their dads, make it special for them, they won't be around forever.

The latest round of covid lockdowns and restrictions have had significant effects on our normal class activities and our social gatherings. Much has had to be cancelled or postponed, including our proposed Christmas in July lunch. Our community sports groups have also been forced into several weeks of closure. However, we are planning for one of our annual events to go ahead late in September.

This is our annual "thank you" lunch for our tutors, facilitators and committee members who give so much of their time and passion to ensure our U3A runs smoothly and has so many exciting activities to offer. Our annual "Tutor of the Year" award will also be presented at this lunch, provided by our U3A.

We are also back in the swing with our monthly social lunches (second Friday of each month) from September. See inside for details and contact Di on 0468 849448 to book.

If you haven't already done so, get vaccinated!!

Till next edition

Andy



A warm U3A Beaudesert welcome to our new members:

Kara Bucca, Steve Girvan, Dennis Ring

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 September:

- |                 |               |                |
|-----------------|---------------|----------------|
| Ron Andrews     | Anne Beulah   | Wendy Bingham  |
| Jim Caswell     | Pat Caverly   | Sharyn Clark   |
| Brendan Dever   | Leanne Dunn   | Alan Durre     |
| Brenda Fielding | Stuart Gearey | Glenda Hicks   |
| Sandra Maultby  | Vicki McAtee  | David Milton   |
| Gordon Paton    | Diane Rewko   | Dennis Ring    |
| Linda Wilson    |               | Marilyn Taylor |

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



## 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 Denice 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 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 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 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 Marilyn 0429 006 194

### **General discussion group**

Meets Tuesdays 9.30 am-11.30 am Beacare 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 10 September at  
the Jimboomba Tavern from 12 noon. 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.

# It's time to strike a chord again

Cheryl Folley

When you're a keen member of a musical group these days, repeated lockdowns can stamp a strict "No-Go" warning across any meetings.

So members of our relatively new U3A ukulele group were a little nervous recently as they once again tuned their instruments in the St Thomas's Church hall, carefully spaced around the room and masked to meet Covid restrictions.

The group includes a majority of members who are new to the instrument and they've trodden a rocky road with on-again, off-again sessions since the group began in March, after the popular U3A acoustic guitar group had to disband last year.

(Music - like art and physical activities - is an important part of what we try to offer as challenges to senior residents to stay both mentally and physically fit).

So we were happy to find among our members an already practised ukulele player and tutor in Finella Loch, widely known as director of the A-Chaired Taste local choir until forced to retire because of problems with her voice. Then, happily, a co-tutor emerged in John Britten, a relatively recent arrival in town. John grew up in a musical family and his first instrument was the ukulele. He later founded a ukulele club in Swan Hill, Victoria, and arrived in Beaudesert seven years ago.



Ukulele tutor, Finella

Among the group, he has a reputation for rarely turning up with the same ukulele twice. During our visit he was tuning a bright blue and yellow plastic instrument... a bit of an experiment; he said it had the advantage of never warping as wood can do, but on the other hand, "sounds a bit plasticky!"

Tuning is a vital part of playing the ukulele and is always the first part of any session. Then there is the singing to accompany the instrument.

"It's vital to have someone singing to keep us in tune," says Finella.

"During Covid restrictions though, singing requires seven-square metres per person spacing because of projection. Singing

with masks on becomes quite exhausting after 1 1/2 hours so I searched out recordings that we could play along to instead of singing ourselves. The recordings also help with practice at home, because they are on an app called Spotify, which everyone is learning to use. We're increasing our technology skills as well.

"The group was able to play a song by the end of the first lesson and they have just gone ahead in leaps and bounds. They continued while I was away earlier in the year for two months, and with the help of member Margaret Smith, they kept up their practice.

"I started playing a few years ago when I bought a ukulele for travelling and singing around a campfire with friends. I was reluctant to lead the group as I didn't think I knew enough, but their enthusiasm, and having to come up with new songs and chords, is extending my skills as well, and now that we have John onboard I intend to learn more. The uke is such a joyful instrument and with just four chords you can already play a lot of well-known songs."

Beaudesert U3A ukulele group



Thanks to Tina and Finella for the photos



*(For a non-musician like me, it was interesting to read up on the history of the ukulele, which like many other people, I'd always associated with Hawaii.*

*Apparently though, the instrument in an earlier form was introduced to Hawaii by Portuguese immigrants from Madeira and was known as the "machete de braga." Its popularity grew immensely when a Hawaiian king insisted that the instrument be played at royal events to encourage the atmosphere of happiness and good times. The instrument became widely known in the USA in the 1900s and today is played virtually all around the world).*



Brendan enjoying the ukulele



Marlene, John and Bernie concentrate on their playing



Finella and Helen



Finella and the ukulele group



## Social lunch July and August



Yet again covid has put paid to some of our social events, not to mention some of our activities.

Our Christmas in July event was cancelled as the venue could not meet the covid protocols required when hosting a group of people as large as our one. We are hopeful that later in the year we may be able to hold a similar event.

## Do I need a mask for a media photo?

Cheryl Folley

*This is a question which arises frequently during these covid times. We recently received this advice from a Queensland Health Department spokesperson:*



*"Anyone having a photo taken does not need a mask. It is brief. You can stand up to have a photo taken and be close together. The risk is low."*

When we take photos for Beaudesert U3A stories, we always let people know the possible destinations for our publicity, and ask anyone who does not wish to be included either for photos or quotes, to simply let us know and stand aside. We will continue to use this approach for photographs for anyone who is unhappy to be photographed without a mask.



Two local celebrities - well would you believe one local celebrity and one fan  
Bruce poses with the Riley Day cutout at Woolworths



## Find us on facebook



We have had a few problems with our facebook page which now have been sorted out, with thanks to Debbie and Rosemary. Keep up to date with events and with what some of the groups have been up to by checking out our facebook page.

- Note the change in name when accessing our facebook page  
OLD name U3a Beaudesert (no longer in use)  
NEW name U3A Beaudesert

If you would like to share on our facebook page what your group has been up to, or you have photos of your group's activities, please contact our facebook coordinator, Debbie Pratt 0435 036 801.

## TAG (non) adventures

Ray and Kirtsey Arthy

Covid lockdowns have impacted on the TAG group. Our North Coast

TAG trip that Graham Love had organised from Caboolture to Maryborough had to be postponed. The caravan parks are willing to hold any deposits for use later on. The Mary Valley Rattler will issue a credit to use for a later trip. Some of you may have made bookings and not indicated that you were with the U3A Beaudesert Travel group.

The Glow Worm Caves trip organised by Denise Martin for 10 September has also been postponed till later.

Our next TAG meeting will be held on Monday 13 September at 10am on the library deck.

## Mosaics

Tina Jones

The mosaics group have been at it again!



Over the rainbow with snail - created by Jenny, and (below) a mirrored tissue box cover made by Tina



Debby has completed a trivet stand - a honey bee on a vibrant orange background



Penny's mushroom will look lovely in the garden ((below))



Debbie with her very stylish mirror frame with a touch of luxury



Di started doing mosaics this year and has completed several pieces. This lovely floral tray is her latest achievement



## Dingbats (solution on page 6)

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

*Zonta Club of Beaudesert area invites  
you to a spring fashion parade and  
high tea in a country garden*

**Saturday 18 September**  
36 Brolga Road Beaudesert  
2.00 pm-5.00 pm

**\$30** (plus booking fee) includes  
first glass of bubbly or punch

Book a table with your  
friends, - you must let us  
know the names in your  
group

Because of covid 19 we will  
be practising social  
distancing, so the tables will  
be further apart

Fashions by Kalico Country  
High tea by Zonta

Tickets <https://www.stickytickets.com.au/KOEMI>

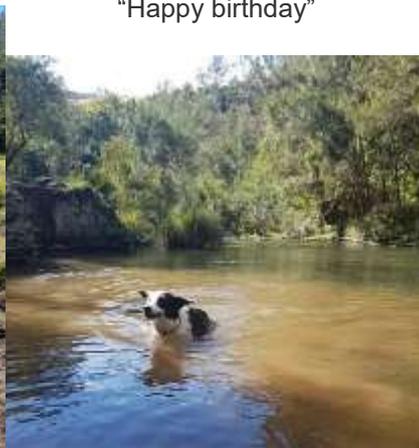
Lucky door prize and multi-draw raffle  
Contact Denise Martin 0419 348 466

**Mosaics birthdays**  
Debbie Pratt



The U3A Beaudesert mosaic group had their birthdays celebration outing at Andrew Drynan Park, Lyons Road. It was a beautiful day, and Barry, the caretaker, built us a lovely fire - thank you! Special thanks to Tina (our tutor) who arrived early to set up - she is amazing! Everyone brought food and a small birthday gift each to share. Some of us had a walk to the creek, with Amber (the dog) being the only one braving the water. An absolutely fun filled day.

"Happy birthday"



**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
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**Lockdown truths** - from website bizwaremagic.com  
contributed by Johnny Estbergs

- I think I'm finally being grounded for everything I didn't get caught for when I was a teenager.
- It's been a great blessing to be at home with my wife these last few months. We've caught up on everything I've done wrong in the last 20 years.
- If these last few weeks have taught us anything - it's that stupidity travels faster than any virus on the planet.
- Just wait a second - so what you're telling me is that my chance of surviving all this, is directly inked to the common sense of others?
- People are scared of getting fined for congregating in crowds. As if catching a deadly disease and dying a horrible death wasn't enough of a deterrent.

**Lexophiliacs reign**

Venison for dinner again? Oh deer!  
How does Moses make tea? Hebrews it.  
England has no kidney bank, but it does have a Liverpool.  
I tried to catch some fog, but I mist.  
They told me I had type-A blood, but it was a typo.  
I changed my iPod's name to Titanic. It's syncing now.  
Jokes about German sausage are the wurst.  
I know a guy who's addicted to brake fluid, but he says he can stop any time.  
I stayed up all night to see where the sun went, and then it dawned on me.  
This girl said she recognised me from the vegetarian club, but I'd never met herbivore.  
When chemists die, they barium.  
I'm reading a book about anti-gravity. I just can't put it down.  
I did a theatrical performance about puns. It was a play on words.

**Dingbat solutions**

- 1 Pirate ship
- 2 Spring time
- 3 Dead heat
- 4 Father and son
- 5 No time Tolouse
- 6 Combat zone
- 7 Donkey trek
- 8 To infinity and beyond
- 9 The wait is over
- 10 Clip art
- 11 Notorious BIG
- 12 The thin blue line

Thank you, Cheryl

**Thank you to all of our sponsors**

