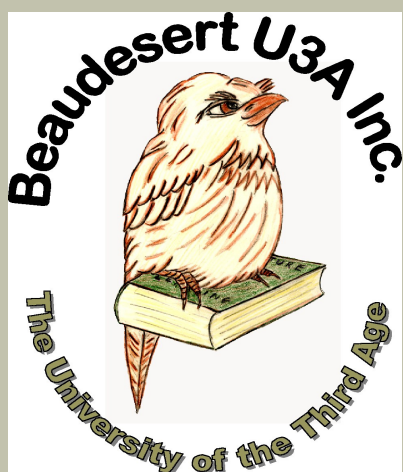


Beaudesert University of the Third Age

Contents

New Members	1
Date Claimers	1
Editorial	1
Management Vacancy	2
President's Comments	2
Our Art On Show	2
Genealogy Group	3
Art Appreciation Group	3
Camera Club	4
French and Spanish	4
Telepathy?	4
Consumerism	4
Learning Another	
Language	5
Thanks to Sponsors	5



Welcome to New Members

The Management and Membership of the Beaudesert U3A extend a big welcome to the following new members:

Dulcie Grogan

Sharna von Gagnusz

Charles Mogg

We hope your association with the Beaudesert U3A will be a long and fruitful one for both you and the group.



Date Claimers

Recipe Club: Friday, 17 August, 12.00pm

Art Appreciation Group: Wednesday, 15th August

Management Committee: Friday, 31 August, 10am



Editorial

The contribution from Trish Fraser in last month's newsletter pointed out how important it is for seniors to participate in physical and social activities. It is equally important to keep active mentally and spiritually as we continue on life's journey. The activities offered by U3A help to maintain all four of these essential areas of activity. Of course our range of courses is limited, but there is enough choice to provide interesting activities for all. We certainly hope to offer more courses in the future but this depends, firstly, on some people being prepared to run courses and secondly on people being interested enough to attend the courses. We have an opportunity to run French and/or Spanish classes next semester. Learning a language has been shown to put off mental deterioration by up to 4 years. (See article at the end of this newsletter.) So consider how you can benefit from U3A membership and how you can contribute. A crucial activity is to spread the word about U3A Beaudesert. It is disappointing that after all the effort we have put into

publicising U3A locally, not many people I speak to around Beaudesert about U3A have heard of it.

Now that we have a fine steel cupboard for our library, please consider loaning or donating books or materials relevant to the courses we are running. Such a facility adds depth to our activities and makes for a more enjoyable and rewarding learning experience. Books can be on loan to U3A and our able librarian, Dianne Kelly, will ensure that your books are not lost. Books you might consider out of date for a particular subject might be just the ideal simple introduction that someone is looking for without all the confusing bells and whistles of more up to date publications. All contributions appreciated.



Management Vacancy: Publicity Officer

For the past 16 months our current publicity officer, Val Chapman, has been doing a magnificent but often thankless job promoting the Beaudesert U3A group throughout the community. Other responsibilities, both personal and to our group, have made it necessary for her to discontinue the role of publicity officer. The management committee would like to hear from any member who would consider taking up this position. Some prior experience would be lovely but totally unnecessary to begin. Plenty of help will be available to the person who volunteers. It could be a lot of fun coming up with creative ideas to publicise our group in our area in addition to the usual avenues such as newspapers and radio.



President's Comments

We are now well into our third term. The flue season and cold weather saw somewhat reduced attendance in some courses. This time of the year many members are on holiday, some following the trail of mature nomads mainly travelling North which does not help either. The remaining course attendees remained as dedicated as ever.

Several members have indicated being interested in learning French please let us know if you are interested, once we have a group together and agreed on a suitable date we will organise a tutor, if you are interested to help the group as a facilitator (tutor) we would be pleased to hear from you.

There is some interest in learning Spanish, we need several members interested before we contact a couple of interested tutors.

Bernie and I are interested in starting a "Computer Tech Club". The purpose of the club would be to play around with computer hardware, pulling old computers to pieces, testing components, making some of the computers work. We are particularly interested in a computer technician to help us, please contact Bernie or myself.

We are very fortunately seeing the regular production of our newsletter, particularly Jean and Bernie's effort. While Tricia, Margaret and I endeavour to contribute with articles *we are seeking member's input by way of a short article.*

You may have noticed at the bottom of our website the link to members view of their membership". You are urged to participate to tell your story how you became involved with our U3A, what your experiences have been and a bit about yourself. It is also a way to make your views known and what you would like us to do.

We have a very able and hard working management team but need support with the varied regular and occasional tasks. In particular in the area of publicity, if you are interested or know some one who could be please let me know.

Hennie van Dyk
President



Our Art On Show

All the hard work, worry and anticipation came to a climax with a wonderful display by The Fellowship of Artists at the Art Pavilion on the morning of Saturday 21st July. The interior of the Pavilion was transformed into an Alladin's Cave, with all the colours of the rainbow (and a few more) in Oils, Mixed Media, Water Colours, Acrylics etc. The subjects were just as diverse Landscapes, Portraits, Still Life etc.

Approximately 100 people attended over the two days with many favourable comments written in the visitors book. 6 paintings and two pieces of china painting were sold over the weekend. Many well known local artists viewed the collection and made some very pleasing comments.

It was so successful there is talk of making it an annual event.

The hard work of all who hung their paintings and helped over the weekend must be acknowledged. A great team effort. Also on our thank you list are Joy's grandson and friend and Rose and Len's daughter and grand daughter, they stayed behind at the end on Saturday night and help the very weary artists take down the paintings and clear up.



Patrons at the Art Show

Genealogy Group

The first meeting of the above group was a little disappointing as only two of those who had expressed interest came along. However, it was decided to go ahead with the group as there is quite a bit of illness around at the moment and at least one intending member had apologised.

As the group is only intending to meet on the first Thursday of the month those who attended agreed to meet again on the 6th September and in the meantime a trip will be organised to the Logan Central Library where Jamie will outline the services available to family researchers through that library.

Tricia Edward

Art Appreciation Group

On Wednesday 18th July the group set out from Beaudesert in convoy for a visit to the Ipswich Art Gallery. For most of us it had been many years since we had visited Ipswich so it was almost a voyage of discovery.

We found the Art Gallery with little difficulty and were made very welcome by the staff. Members of the group were particularly interested in the works by Vida Lahey, William Robinson and Margaret Olley held there. Unfortunately the William Robinson works were not on display but the staff had arranged for the Margaret Olley to be displayed especially for us. We did feel important.

The Margaret Olley painting was as good as we expected and we all posed around it for a group

photo. The Vida Lahey works (there were two of them) were delightful as we felt a special tie with her. An unexpected bonus was a special exhibition on at the moment of indigenous artists residing in the Ipswich area. One in particular was most impressive with the works of Sally Harrison grabbing our attention. It is always a great experience to find an unfamiliar artist whose work takes your breath away. A quick look at the Fibre Festival on display at the Ipswich Community Gallery rounded off our cultural experience. What a great day we all had.

Tricia Edward (Jean took photos of the Margaret Olley with us all)



Art Appreciation Group with Margaret Olley painting.

Art Appreciation Group Trip To the Prado Exhibition Wednesday 15th August



Velazquez, Las Meninas - detail

The group is very excited about attending the Prado Exhibition at the Qld Art Gallery. We propose to visit the exhibition on Wednesday 15th August and, even though it is the Ekka Show Holiday, we expect it to be a popular trip. Some of our members have been waiting since last year for this exciting exhibition. The cost to enter the exhibition is \$22 and \$18 concession.

As we intend to car pool to the gallery please notify me on 5544 1462 or email: shikeo@bigpond.com to take part.

Tricia Edward

Camera Club Meetings

Change of Details

The Camera Club now meets on the 3rd Wednesday afternoon each month, 1.30pm to 4.00pm. Mostly field trips when weather permits otherwise at Centacare. Ring Carol 5541 0352 for details.



French or Spanish Lessons

Hennie van Dyk is collecting the names of members interested in learning either of these languages as he may tutors willing to undertake the tuition. Please contact Hennie on 5541 0745 or email: hennievandyk@gmail.com if you are interested.

Telepathy?

Prior to the recent trip to Ipswich Art Gallery our Co-ordinator sent an email to those expected to attend notifying the time and place of our meeting prior to departure. Unfortunately, due to the vagaries of computers, the message disappeared into the ether. Most of the recipients were puzzled but the sender received two apologies from members unable to attend. Are these two members capable of receiving information telepathically or are the others not on the same wave length?



Practical Collaborative Consumerism

This article was contributed last month but has not received a single response including from myself. It is such a good idea that I thought it well worth including again in this issue. I have put my mind to it

and come up with some items to make available and other items which I would be grateful to be able to borrow. Perhaps others might come up with some similar ideas.

Many of us in the U3A have items that are currently not being used, even though we may not wish to dispose of them. Similarly, we may have a need to access other items for a short period of time, but do not want to spend a great deal of money on them. Collaborative consumerism is a way in which we could make our own goods available to others - for agreed periods of time, while asking if goods we need on a temporary basis may be available for our own use.

In the simplest instance, I borrowed a book from a fellow member, enjoyed my read, and handed the book back. A much more significant offer from Val is to make available a wheelchair for loan on a short-time basis. People may be temporarily disabled. Or need a wheelchair for a visitor. Obviously arrangements must be made to pick up and return such items.

If you think this form of service to members of the U3A is a good idea, look around for suitable items that you might be able to loan to others. If you have a need for something let us know. We can facilitate a loan scheme. Talk it over with a tutor or member of the Management Committee.

Jean

Items Available to Borrow:

Bernie Brown 55442042
Push motor mower
Drop saw (light duty)
7" circular saw
Electric hand drills (3/8", 1/2")
4" angle grinder
Orbital sander
Jigsaw
Wheelbarrows
Shovels rakes, etc
Pruner
8" posthole digger
Comb binder
Man's pushbike
1000 litre plastic tank for trailer

Items Wanted to Borrow:

Bernie Brown, 5544 2042
Long extension ladder

Cement mixer
Vinyl record to USB turntable

If you have equipment to loan or you want to borrow, send an email to the Beaudesert U3A email address u3abeaudesert@gmail.com or phone Jean Stevens on 5541 3706 or Bernie Brown on 5544 2042 and we will include these items in a list such as this, attached to every issue of the newsletter.

The Editor (Bernie Brown)



Learning Another Language 'Could Protect Against Dementia' The Huffington Post UK

Learning another language could help delay the onset of dementia by up to four years, academics claim.

Researchers from York University in Toronto, Canada, analysed hospital records of patients diagnosed with a variety of types of dementia and found that those who were bilingual throughout their lives delayed the onset of the disease by three to four years.

But it's not only those who are completely bilingual that could benefit from the findings. The researchers reported that any attempt at learning a second language was likely to be beneficial. However, the earlier the language is learned and the more often it is used, the better.

Dr Marie Janson of Alzheimer's Research UK, said: "We know there are several lifestyle factors – such as healthy eating, exercise and mental activity – that could help to reduce our risk of dementia. This review discusses the evidence that keeping our brains active by switching between different languages could help to resist some of the damage caused by dementia, delaying the onset of symptoms.

[So get cracking guys, 'La plume de ma tante, est sur le bureau de mon oncle.....' Put your name down for French and Spanish classes with Hennie. - Ed]



Thanks to Our Sponsors

Many thanks to our sponsors for their ongoing support:

