

Beaudesert University of the Third Age

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Welcome to New Members

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

Terry Ward

John Shay

Maureen Shay

Rosine Jewels

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



Editorial

Wow! We did it folks – we celebrated our first birthday in style! We had a great turn-out of members, guests and people interested in joining us next year. The line-dancing display created a party atmosphere, and the fine-art display and creative magazine generated enormous interest. The website was on view, new courses were presented, and so were the on-going ones. The birthday cake was fabulous, there was plenty of food to go round and a great time was had by all. Well done everybody!

We have successfully completed our first year of operation – no doubt making a few mistakes along the way, but everyone has worked hard and learnt a lot about how a U3A should be run. Everyone – tutors, the management committee, the Centacare staff – and especially you, the U3A member -deserve a big thank you.

There are too many people to thank individually, but if I may pick out one single person as the real hero of the hour, it is Margaret White. I have been told that Margaret does not like to be praised, but at almost every function we have held this year, she has beavered away quietly in the kitchen area, keeping things running smoothly, with barely anyone noticing how much effort she puts in. Well done Margaret, and a big thank you!

**Beaudesert
U3A Inc**

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Beaudesert. Q 4285

PHONE:

Tricia (Secretary)
5544 1462
Carol (President)
5541 0352

The views expressed by
our contributors are not
necessarily those of the
Beaudesert U3A
Management

Submissions for inclusion
in the newsletter to the
Editor at:

u3abeaudesert@gmail.com

Submissions for inclusion
of articles and creative
works in the proposed bi-
annual magazine to the
Editor at

harrynjean@bigpond.com

We are taking a break
until the start of the
new school year.
Have a happy
Christmas everybody,
and come back
refreshed to the
Beaudesert U3A in
2012!

Charlie Competition

There were only a few
entries for
Competition Charlie.
On careful
consideration, the
Management
Committee has
decided to award first
place jointly to
Michael Goebel and
Jean Stevens.

Date Claimers

Tutors Meeting:
Monday 23 January
10am

Management
Committee: Friday 27
January 10am

Computer Group:
Monday 6 February
10 am – Open
Meeting: U3A website

Art Appreciation:
Wednesday 15
February GoMA
Matisse Exhibition

Art Exhibition – U3A /
Fellowship of Artists
Last two weeks of
May. Lyrebird Gallery

Many of our members, executive members of the
U3A Network, Granite Belt, North Gold Coast,
Jimboomba and Warwick U3A branches and several
politicians were present as were a large number
members of the public, many of these signing up as
members or indicating to do so at the start of our new
term 6th February 2012. Altogether up to 70 were
present.

Highlights were the line dancing, tutors displays (not
the least the vast array of paintings), the Shoes,
Ships and Sealing Wax Magazine production, the
food - organised by the recipe committee and
supplied by many members and not the least the
sandwiches and anniversary cake by Centacare.

The atmosphere was electric ignited by our president
Carol Rustachelli and the management committee
felt rewarded by their considerable effort to make the
Anniversary a success.

We have been able to create a notable awareness of
our U3A Branch and our activities, not only in
Beaudesert and surrounds but on state level, several
U3A branches commented on our "get up and go"
attitude and envious of our regular Newsletter and
evolving presence on the Internet with our own
website www.beaudesertu3a.com.

What courses have we held ? Computer group
activities, General Discussion group, Line dancing,
Book lovers group, Art group (The fellowship of
Artists), Art Appreciation Group, Camera club.
Additional activities were the creation of the Shoe
Ships and Sealing Wax magazine, the Recipe club,
varied social activities and outings.

Which were the most popular ? The Art group, Line
dancing, Computer group and the Camera group.

What additional courses will start next term ? Our
Violent Earth, Writing Family History, Mosaics, Myths
and Legends, History of British Railway and 2nd Art
Group.

We have sought to empower our members to
continue learning in their third stage of life , re-use
and share their knowledge and skills.

Numerous course participants report having regained
confidence in themselves, making friends and
enjoying the renewed experience of learning.

In closing I would extend to all members best wishes
for a very Merry Christmas and the happiest New
Year. Let's make 2012 as successful as 2011 has
been.

Hennie van Dyk

Vice President Beaudesert U3A

New Course

Publishing Yourself – details to be announced in
January Newsletter



**Vice President's Report -
Review of our first year**

The Open Day was the celebration of our first year of
operation, the Open Day as well as our year of
operation proved an outstanding success.



Secretary's Report

We have very successfully completed our first year and look forward with enthusiasm to 2012. I would like to remind you that membership fees are due on the 1st January 2012. The fees have been increased to \$25 per member with a concession of \$40 per couple and while we are sorry for this slight increase I am sure you will appreciate it is still good value for the services we provide.

Our Annual General Meeting has been set for 10am on Friday 23rd March 2012 and I would like to remind members that proxy forms for that meeting are available from Centacare or by contacting me on 5544 1462. At the AGM all offices will be declared vacant and nominations called for the positions of – President, Vice President, Secretary, Treasurer and Management Committee members. Forms for nominations are also available from Centacare or the secretary.

Beaudesert U3A is off to a great start and we look forward to a continuing success.

Tricia Edward, Secretary



Scenic Rim Shire Donates Laser Printer



Deputy Mayor Cockburn makes the presentation.

Beaudesert U3A was successful in obtaining a grant from the Scenic Rim Regional Council for the purchase of a Laser Printer. The printer was duly purchased and has been used for production of our recent Anniversary Celebration invitation and the truly wonderful magazine "Shoes, Ships and Sealing Wax" edited by Jean Stevens and containing the talents of many members. This can be seen on

the organisation's website, www.beaudesertu3a.com

It is sure this printer will be put to good use in the future and we are most grateful to the Scenic Rim Regional Council for their generosity.



Beaudesert U3A First Anniversary

The celebrations took place at Centacare in Beaudesert on Monday 28 November 2011. I arrived a little late as the bus from Stargardens had other residents to drop off in Beaudesert first.

The celebrations were well under way, some 60 – 70 people looked over various displays, all presented by members of U3A for prospective new members to see what we are all about.

I joined the U3A only about three months ago, Bill, a friend of mine in Brisbane had been boasting about their group there where he is in the camera/movie group and very active. Bill's passion is travelling and movie making and he shares his knowledge with other members.

This concept interested me and as I recently replaced my trusty old Minolta SLR camera with a digital version, I can ask for help I need from camera club members.

With advancing age, many people have similar needs to younger ones but need more time to learn and the concept of sharing knowledge with like minded people is a good way as not only can help be acquired for free but members can interact and contribute their knowledge to the betterment of others.

The feeling of belonging was obvious, we wished ourselves a Happy Birthday in song, a bit loud and out of tune, but who cared?

Several members of the executive gave a speech. Councillor Dave Cockburn of the Scenic Rim Shire Council donated a colour printer on council's behalf and this was well received by all present.

The line dancing group demonstrated their skill and they are always happy to welcome newcomers into their midst.

Centacare had prepared sandwiches and Val and Margaret organised members to contribute lovely food ready to be enjoyed by all. They deserve to be thanked for their effort.

The cutting of a huge cake took place with all present enjoying their piece and trying not to think about the additional calories putting on the extra weight, weight

that could easily be lost again by joining the line dancers.



Line dancers in action



The birthday cake

There were many displays to be admired, all by members of the Beaudesert U3A. Jean Stevens did a wonderful job with the 'Shoes, Ships, and Sealing Wax.

The many photographs and photographs of paintings were all much admired.

Writers too have contributed to the booklet and combined with the pictures of many pieces of art. All contributors have given a selection of their skills so cleverly edited by Jean.

Next year, I hope to join the camera club to get some hints on how to use my new camera, the learning never stops, when we stop learning the time to meet our maker is not far away.

In the recently opened Men's Shed are more opportunities to pass on skills for the benefit of others. It provides ways for men too stay creative, use and maintain skills, often accumulated over many years and under different circumstances. More details can be found on their website.

Due to my physical restrictions now, I haven't been able to go and see the men there who work or drink coffee, but I will do so as soon as possible. My shed at Kooralbyn is missed very much, there are tools and gadgets that served me well for years and helped to keep costs down in the upkeep of our home as well as others. Now, as I have to live away from home and unable to make things, I promised myself to go to the Men's shed when this is possible. It may be just to observe what is going on there, some suggested it was a 'secret men's business? Curiosity will get the better of me soon!

The help at U3A Beaudesert and Centacare is to be applauded. Here at last is an organisation for older members of the community who are not yet ready to just sit around and wait for doomsday to arrive but bravely live a life with action. Without being active there isn't much to look forward to.

Our web master, Hennie van Dyk, had the Beaudesert U3A website up on the overhead screen demonstrating the various pages accessed by links and urged members to inspect the website on a regular basis.

Activity or frustrations, which ever comes first? Frequently, after another Monday session, I get back to where I now live and often, after having digested the discussed items, I get back on the computer and find solutions to problems I had and saved me from frustrations that I can do without.

Comes another Monday, Hennie hands me a printout where he found a possible resolution to my problem from last week. He deserves gratitude for the time that he spends for others and recently turned eighty, Hennie would be miles ahead of many a younger man. As the saying goes 'A healthy mind makes a healthy body'.

I wish that Hennie will celebrate many more Birthdays with his involvement in U3A and, of course, this goes for all other members new or 'old' ones.

Martin Zaugg



Brilliant Ideas from Jean for Next Year - ePublishing

Dear all -an idea for next year!

Publishing Workshop

The response to the Creative Magazine has been fabulous. I have had lots of comments - including fulsome praise for the web-based version.

I've also had requests for help with member publications, and am now planning a short course or workshop on self publishing next year. Book projects include Poetry, Short Stories, Novels - Even Family Histories.

Ailsa Rolley has experience with publishing her own book "39 Moons", and I hope she will do a presentation on her experiences. We will also look at how to put a book together - time and costs involved with printing, binding etc.,

A further extension to this ambitious project is to publish books on the website, and possibly generate ebooks for downloading members works. Is this an idea we could involve the U3A Network, or the U3A online? Obtain Grants for? Let me know what you think,

Cheers, Jean.

(Please contribute any ideas you have re this subject or any other for that matter. - Ed.)



Tutor/Course Coordinators Report:

This has been a very busy year with Art, Art Appreciation, Computers, Line Dancing and Camera Group as the most popular courses. The General Discussion Group, Book Group and Recipe Club are going along and will hopefully attract more participants in 2012. There is a need for a second art group and this should be operational in 2012. New courses awaiting enrolments for 2012 are – Myths & Legends; Writing your Family History; A Violent Earth, Mosaics; History of British Railways; Card Making and Publishing.

Anyone interested in these courses should contact Margaret Kendrick on 5541 0745 to register their interest. The days and times for courses will be available in late January and courses will commence in early February.

Beaudesert U3A Course List for 2012

Computer Group

Mondays 10am to noon. A group of people interested in computer matters of any kind, exchanging views and information, raising questions,

helping solve computer related problems through the group. Where the need becomes evident specific additional courses will be held.

Via Hands on Computer Application Members are assisted with individual tasks. Most members bring their laptop along, access to desktop computers is also available. Phone Hennie 5541 0745

Website Development and Design

Starting a Website. Individual coaching by Hennie van Dyk. Phone Hennie on 5541 0745.

General Discussion Group

Tuesdays 9.30am to 11.30am with Peter and Val Chapman. General Discussions on any subject the group wishes. Group participation is the key here.

Art Appreciation

3rd Wednesday each month 1.00 pm to 3 pm with Jean. A chance to look at and discuss works of art on display in the Scenic Rim and Master Pieces from around the world.

Line Dancing

Tuesdays 2.30pm to 4pm with Trish Fraser, held at the Uniting Church Hall. This is a great form of exercise, helps balance, movement and is great fun. Come along and have a go.

Book Lovers Group

Last Wednesday each month 9.30am to 11.30am. This group is a little different so bring along your favourite book and share and exchange with others.

Art Group

Tuesdays 10.00am to noon A keen and vibrant group of artists and art lovers. This very friendly group meets at the Beaudesert Tennis club, Bromelton Rd. Phone Christine 5541 2811

Art Group 2

Wednesdays 9.00 am, at the Centrecare rooms, Peterson Street, we welcome new members for the second course. Phone Margaret about this course 5541 0745

Camera Club

1st and 3rd Mondays of the month

Beginners: 1.30pm at Centacare

Intermediate: will be advised by email Sunday prior to lesson of the destination and subject.

Learning to use your point and shoot camera in varied conditions and locations. Phone Carol 5541 0352

Jigsaw Library Exchange

Fridays noon to 4.00 pm. Bring your jigsaw along for use by other members and select one to use from the library. Phone Margaret or Hennie 5541 0745

Social activities:

Monthly Luncheon

Scenic Rim food experiences Phone Margaret on 5541 0745.

Monthly Theatre/Movies Lovers outings

Phone Carol 5541 0352 or Val 5541 3660

Recipe Club

The Recipe Club has had several very successful get-togethers. Margaret is the organiser.

All courses are held at the Centacare rooms, 6 – 12 Peterson Street, Beaudesert, unless otherwise indicated.

All participants must be paid up members of Beaudesert U3A (\$25.00 single or \$40.00 couple per annum) and each session has a minimum fee of \$2.00 towards Centacare expenses (tea/coffee, aircon etc). If necessary extra Course costs for photocopying will be set by Tutors.

Course Co-ordinator: Margaret Kendrick
Phone 5541 0745
Email: margaretnorah@gmail.com

Course Outlines for New Courses in 2012

Myths & Legends – The purpose of this course is to explore interest in the stories that have been an important part of the lives and cultures of those who believed in them. Only a few of the myths and legends from selected cultures have been included but it is hoped that participants will be stimulated to take the subject further for their own interest.

Writing Your Family History – This course will take you on a journey where we look at why we want to write a family history, how we are going to store it, decide whom we are going to write about and then start to use our memory, imagination and some research to write interesting stories about your family and some of its members.

A Violent Earth – It has taken a very, very long time for our earth to reach the present stage of its development and there is much written and

speculated about the future. The human race has contributed little to the past geology and may not be able to contribute to the future. This course will look at some of the geological events of the past and discuss how, or if, the future of the human race could be affected.

Mosaics – A hands-on course in this fascinating art form which will encourage you to use your imagination to create delightful objects.

Card Making – Another hands-on course for a very popular craft form.

History of the British Railways – Looking at railways in Great Britain from their creation until nationalization in 1947 with a detailed look at the Lancashire & Yorkshire Railway.

Publishing – A course designed to aid self-publishing whatever form it takes – poetry, short stories, novels or even family histories.

Please register your interest with Margaret, 5541 0745

Submit any subject you would like to share your knowledge of.

Call for Tutors – Online Courses

We continue to look for Tutor/Facilitators interested to help small groups in the existing courses or to tutor their own subject.

U3A Online runs a very comprehensive range of online courses, any of which can be run on a group basis by a U3A branch. There is a list of some available courses on the next page or have a look at the U3A Online Web Site: www.u3aonline.org.au to see if one of the many courses listed interests you. If so, you may prefer to do the course with a group. If enough people are interested, minimum 3, including you, all can participate under the U3A Beaudesert corporate membership, with full access to online resources. Your membership of U3A Beaudesert includes this. You don't have to know about the chosen subject, all participants can learn together. There is an online tutorial facility to help with any problems you or anyone in the group might have. Here's an opportunity to learn about something you've always been interested in and to do it with a group of like minded people to explore the subject in greater depth.

All prospective tutors must be paid up members of Beaudesert U3A (\$25.00 single, \$40.00 couple per annum). Each session has a minimum fee of \$2.00 towards expenses (tea/coffee, aircon, venue hire in some cases, etc). If necessary extra course costs for photocopying will be set by Tutors.

"You can't help getting older, but you don't have to get old"

Course Co-ordinator: Margaret Kendrick
Phone 5541 0745
Email: margaretnorah@gmail.com

Beaudesert U3A Web Site

Hennie continues to expand our web site. There are new documents about computer applications from the U3A Network, downloadable forms, tutors' pages and other improvements. Well worth a visit.

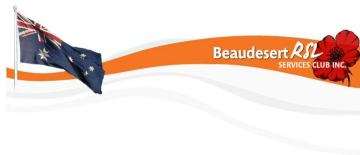
U3A Online Web Site

The new U3A Online Web Site is here!! The address for the new site is www.u3aonline.org.au - the same as is the current site but because it will direct to a different server you will need to **reset your bookmarks/favourites** for the new site. Best to do this the first time you go there.



Thanks to Our Sponsors

Many thanks to our sponsors for their ongoing support:



The following essay is included for the interest and entertainment of our venerable membership:

What Is Old Age For? (Part 1)

By William Thomas

Old age is humanity's greatest invention, and on an even deeper level, it invented us. Old age transformed the way our most distant ancestors gave birth, reared their young, lived together, and fed themselves. Later it propelled the development of culture, language, and society.

Humans are primates, and among all primates we are most closely related to chimpanzees. We hold 98 percent of our genetic code in common with them. Yet a comparison of human and chimp life cycles reveals some unexpected differences.

Human beings can live twice as long as our nearest relatives—surprising in itself. Astonishing, however, is that all of this additional longevity follows the loss of fertility. Chimp and human females become fertile at nearly the same age and remain fertile for about four decades. For the aging chimpanzee, death follows hard on the heels of the loss of fertility. The human female possesses a nearly 50-year longevity bonus that follows the end of fertility. Our post-reproductive longevity exists because it affords our species a unique and powerful competitive advantage. Hidden within this extraordinary elongation of life is the story of who we are and how we came to be.

The first grandmother

One million years ago on the plains of Africa, a hominid child cries out from hunger. Her mother has recently given birth and is distracted by the needs of her helpless infant. The delivery was long and difficult and much blood was lost. The mother barely has the strength to nurse her infant. She can neither feed nor care for her older child. The mother of the new mother, the grandmother of the crying child, is moved to act. Thus was the first tentative step taken down the long road that led to the development of the modern human being. The deliberate enlistment of grandparents into the work of rearing the young stands as a defining characteristic of Homo sapiens.

Substantial advantages accrue to offspring who can be cared for by two generations of adults. The extra food and attention significantly improve survival rates. University College researchers in London found that in Gambia, infant mortality rates dropped by 50 percent if the maternal grandmother was present in the household (interestingly, no benefit was found when the paternal grandmother was in residence). Ruth Mace, one of the researchers,

noted that the presence or absence of the father had no bearing on infant survival: "If the grandmother dies, you notice it; if the father does, you don't."

Research in India has found similar results. Surely the grandmothers' contributions of time, energy, and material resources across generational lines are important, but that is not all there is to it. Humans, in particular humans living in active multigenerational families and communities, benefit from intergenerational affection.

The genius of human longevity

The development of menopause and the refinement of grandparenting played a critical role in the physical evolution of the modern human, but the story does not stop there. About 40,000 years ago, another remarkable round of adaptations changed how people lived. Homo sapiens generalized the benefits of grandparenthood by linking old age to the work of social evolution. The development of human culture—its refinement, storage, and transmission—was woven into the fabric of old age.

An African proverb says, "The death of an old person is like the loss of a library." In these words are embedded the important role given to older adults in many African cultures. After a person has productively lived his or her life as an adult in the community, he or she is honored by initiation into the elder circle. This usually happens around the age of 65.

These elders, now masters of the school of life, have the responsibility for facilitating the transition from childhood to adulthood of new generations. They are responsible for and oversee the process of initiation. The idea of elders as "library" also reveals the fact that only the elders have full access to the tribe's knowledge base. The elders safeguard the highest secrets of the tribe and protect its medicine and inner technologies. They incarnate the wisdom of the society, which they happily share, often in the form of storytelling.

Anyone in the last half of life can attest to the difficulties, the aching joints, the fading eyesight. What is open to interpretation is the meaning of these changes. What if they are understood as a form of preparation (not unlike adolescence) for a new life as an elder of the community?

The physical decline that comes with aging actually cements the relationship between old and young. Indeed, an old man still capable of stalking, killing, and butchering a mastodon would have little inclination to spend hours doting on grandchildren, telling them stories, and instructing them in the ways of their people. An old woman still capable of producing young of her own would hardly be inclined to pour time, love, and attention into the lives of her

grandchildren. The physiological changes that accompany old age, and upon which contemporary society heaps unlimited scorn, are actually essential preconditions for a socially productive old age.

Human elders have long been known as peacemakers, and for good reason. The physical changes that accompany advancing age make conflict, armed and otherwise, worthless to the old. Like statesmen serving their final terms in office, elders are freed from the tactical maneuvering that defines the struggle for adult rank and prestige. It is this freedom that allows them to put forth unique interpretations of the problems faced by their families and communities. The awareness of one's mortality that normally arises in late life—and so terrifies adults—opens new perspectives for elders on the world in which they live.

Part 2 of this essay will be included in the next issue.



**Fascinated by computers but lack confidence?
Come along to the Computer Group
We can help you!**