

**PROGRAM OF COURSES – TERM 4, 2024**  
**30 September – 05 December**

DAY	TIME & VENUE	TITLE & DESCRIPTION	COURSE LEADER
<b>M O N D A Y</b>	8am - 11.30am <b>4<sup>TH</sup> November</b> <b>Dress code</b> Men's Shed  <b>\$6</b>	<b>MEN'S SHED DIY WORKSHOP</b> Basic car awareness and maintenance – This will not be “Do it yourself mechanics.” Fact sheet and video for painting at home. Make and take home “object” <b>Material Cost: \$19 payable to the Men's Shed on the day</b> A class description is online at <a href="https://www.u3abeachmere.org.au/wp-content/uploads/mens_shed.pdf">https://www.u3abeachmere.org.au/wp-content/uploads/mens_shed.pdf</a>	Harry Ellis
	9:00 – 10:00  <i>River Room</i>  <b>\$20</b>	<b>INTERMEDIATE UKULELE</b> For students wishing to increase their basic knowledge of ukulele playing and enjoying a sing-along (singing not mandatory!) Laughter and the ukulele seem to go hand-in-hand so join this fun-loving group. <b>NEED: UKULELE</b>	Lindy Cowie
	9.15 – 11.30 <b>6-week</b> <b>28<sup>th</sup> Oct</b> <b>4<sup>th</sup>-25<sup>th</sup> Nov</b> <b>2<sup>nd</sup> Dec</b> The Deck <b>\$20</b>	<b>CONTEMPORARY ACRYLIC PAINTING</b> You will learn how to design a painting scene – How to mix colours – How to simplify difficult subjects – How to apply paint and techniques.  <b>All Material supplied at an extra cost of \$15 to \$20 per week</b>	Ron Bryant
	10:00 – 12:00 <i>Bay Room</i>  <b>\$20</b>	<b>TABLE TENNIS</b> A fun way to get some exercise and meet new friends, keeping the mind and body working together. All equipment provided or bring your own. Come and join in the fun!	Bert Boers
	10.30 -12.00 <b>4-week</b> <b>11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup></b> <b>Nov</b> <b>&amp; 2<sup>nd</sup> Dec</b> River Room <b>\$15</b>	<b>EARTH – ITS PLACE IN SPACE</b> During this 4-week course Graham will talk about Planet Earth and Beyond! Covering interesting facts about The Sun, Earth, visible Planets, Comets, Tides, Crystals including Crystals in the Kidneys aka kidney stones. Sextant (and Shadow Box) for navigation, the three targets for a telescope and much more. A class description is online at <a href="https://www.u3abeachmere.org.au/wp-content/uploads/Earth.pdf">https://www.u3abeachmere.org.au/wp-content/uploads/Earth.pdf</a>	Graham Murray
	9.00 – 11.00 <b>14<sup>th</sup> October</b> Mangrove Room <b>\$6</b>	<b>INKTENSE &amp; CARAN D'ACHE FABRIC PAINTING</b> Discover the joy of fabric painting with Inktense pencils! Perfect for beginners, you need no artistic skill—just the ability to colour in! A brush and water do the rest. Just bring yourself, Chris will provide everything you need. A class description is online at <a href="https://www.u3abeachmere.org.au/wp-content/uploads/InktenseWorkshop.pdf">https://www.u3abeachmere.org.au/wp-content/uploads/InktenseWorkshop.pdf</a>	Chris Sutton

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<b>T U E S D A Y</b>	9:00 – 11:00  <i>The Deck</i>  <b>\$20</b>	<b>FUN WITH PUZZLES</b>  Let's get our brain cells bouncing as we try to solve various word, number and logic puzzles. You will learn about number sequences, cryptic crosswords, word play and the meaning of words. The laughter that comes from this group is infectious so obviously it is a lot of fun. Who would have thought learning could be so enticing!	Robyn Wheeldon
	9:00 – 10:00  <i>Beachmere Bowls Club</i>  <b>\$20</b>	<b>LEARN TO BOWL WITH A COACH</b>  Spend an hour with Geoff and be taught the basics of lawn bowls. This is a sport that is a fun and relaxing way to get fit. No special equipment required; the Beachmere Lawns Bowls group will provide everything needed.  This class is for those who have never bowled before and for those who wish to renew their knowledge of a game they may not have played for years.	Geoff Sanderson
	11.00 – 12.00  <i>The Deck</i>  <b>\$20</b>	<b>SHARE YOUR MEMORIES</b>  Every story adds a unique thread to our collective tapestry. Your experiences, no matter how small, can inspire and connect us all. Let's celebrate our shared moments and make new ones together-your voice matters, and your memories are a gift	Robyn Wheeldon
	9.00 – 10.00  <b>8-week Tuesday 15<sup>th</sup> 22<sup>nd</sup> 29<sup>th</sup> October &amp; 5<sup>th</sup> 12<sup>th</sup> 18<sup>th</sup> November</b>  <b>\$15</b>	<b>QIGONG</b>  Qigong is all about body, mind and breath. It is a simple form of moving meditation, that focuses on releasing stagnant energy in the body to allow healing energy to flow.  If you suffer from, foggy head, fatigue, stress, anxiety, depression, symptoms of menopause, body aches and pains, the list is endless I can assure you we have all felt some of these health issues in our life. Moving meditation is a self-healing practice that gives you the power to monitor and regulate your health, physically and mentally.  The background of Qigong dates back 1000s of years and has been practiced in various countries as a daily preventative practice. To ward of illness and disease.	Caz Browning

**MEMBERSHIP BADGES MUST BE WORN AT ALL TIMES.**

**Avoid disappointment: Early registration to enrol in classes, workshops, and seminars is strongly recommended as participant numbers are limited.**

DAY	TIME & VENUE	TITLE & DESCRIPTION	COURSE LEADER
<b>W E D N E S D A Y</b>	9.00 – 10.00 <b>Wednesday October 16th</b>  River Room  <b>\$2</b>	<b>COOKERY – MY LIFE’S JOURNEY</b>  A history story of food styles in this country. The value of migration to our culinary journey and my part in this narrative.	Ian Wade-Parker
	9.00 – 11.30  <i>Mangrove Room</i>  <b>\$20</b>	<b>CARDS 500</b>  Come along and join this social group who enjoy playing Cards 500. This is a “trick” winning card game played in pairs on a table of 4. Try to outwit your opponents with newly learned skills and ultimately win the game.	Cate Absolon
	9.00 – 10.00 <b>Wednesday October 9<sup>th</sup></b>  Community Garden Club  <b>\$2 - All proceeds will be donated to the Garden Club.</b>	<b>COMMUNITY GARDEN TOUR</b>  Join members of the garden club on a guided tour to be informed about how the garden runs and how it is quite different to the conventional gardens that people know from garden shows. Be informed about the range of indigenous food plants, common, and rare trees that are growing in the garden. There are examples of different ways to have a garden even when renting or living in an apartment.	Jill Morandy
	10.30 – 12.00  <i>Bay Room</i>  <b>\$20</b>	<b>TABLE TENNIS</b>  This game of hand/eye co-ordination is a great way to improve your fitness. Whether you are new to the game or an old hand, this group will have you leaping around like a teenager (well, maybe a slight exaggeration)! All equipment is provided so bring your smile and come and enjoy.	Gaye Clayton

## **WANTED – VOLUNTEERS**

*Please consider joining the U3A Beachmere team of volunteers.*

*Do you have one morning a week or fortnight to help the office volunteers?*

You would be a friendly face to meet and greet members and chat to potential new participants and help to prepare the office and classrooms for the day.

Ideally you would be willing to learn the MyU3A computer program to assist with entering class enrolments, registering new members and taking payments.

***Tea and coffee is provided in the kitchenette for all members – please help yourselves!***

(We only ask you to kindly clean up afterwards)

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<b>T H U R S D A Y</b>	9:00 – 11:00  <i>Mangrove Room</i>  <b>\$20</b>	<b>PENCIL DRAWING FOR BEGINNERS &amp; ADVANCED</b>  This group is divided into two by your Tutor, Tony. Beginners will learn the basic skills to create amazing pieces of artwork – so bring out your inner Picasso! As you feel more confident move into the group of advanced artists to learn about the continued art of perspective, light and shade, landscapes, streetscapes, etc.  <b>NEED: Set of pencils, eraser, A4 or A5 drawing paper/book</b>	Tony O’Toole
	9.30 -10.30  <b>8-week 3<sup>rd</sup> to 31<sup>st</sup> Oct 7<sup>th</sup> to 21<sup>st</sup> Nov</b>  Bay Room  <b>\$20</b>	<b>SENIORS EXERCISE/STRENGTH &amp; BALANCE</b>  Your qualified instructor will lead you through strength and balance exercises in a circuit format using some equipment. Exercises are tailored to suit participants and can even be completed on a chair if necessary.  This class aims to strengthen your core muscles to decrease your risk of falls and improve your balance, strength, and smile.	Karen Harris
	10.00 -12.00  <b>7<sup>th</sup> November</b>  River Room  <b>\$6</b>	<b>MOBILE PHOTOGRAPY BASICS</b>  Learn the basics of taking great photos with your android or Apple Device. We will discover how to use flash, focus, light levels, filters and more. Composition zoom and photo editing will also be covered, as will how to sms or email photos. <b>Bring you charged devices and notepad/pen.</b>	Ula Grochala
	11.00 – 12.00  <b>Thursday 10<sup>th</sup> October</b>  <i>River Room</i>  <b>\$2</b>	<b>MARINE BIOLOGY BEACHMERE</b>  Associate Professor Ian Tibbetts has published in diverse fields reflecting his general curiosity about marine life. Ian will share some of his findings from recent studies on Beachmere shores and wider Quandamooka (Moreton Bay).	Ian Tibbetts
	11.00 – 12.00  <b>Thursday 24<sup>th</sup> October</b>  River Room  <b>\$2</b>	<b>STROKESAFE TALK</b>  Your presenter Bernie will cover a range of issues that will help you better understand stroke and how it can be prevented. Including what a stroke is, how to recognise the signs of a stroke, what to do if someone is having a stroke. One in four people globally will have a stroke in their lifetime and more than 80 percent of strokes can be prevented. "Discussion of risk factors and actions to lower risk of a stroke"	Bernie Brearley

**Disclaimer:** This program is correct at the time of printing.

**U3A Beachmere thanks Ali King MP (State Member for pumicestone) for the printing of this Program.**

# Workshop Outlines

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## DIY morning Beachmere District Men's Shed

Check tyres, oil, lights and such, a shed member will demonstrate and develop this further. The opportunity to practise this on your own vehicle may be possible. **This will not be "Do it yourself" mechanics!** A list of useful tools to have for this will be suggested and demonstrated.

### **Hand out fact sheet for painting at home.**

The sheet will give information on types of paint, preparation, sandpaper, priming and such. This is NOT a "Paint your house" course. It will include a fact sheet which will be explained, and any questions answered, and some videos shown.

### **Make and take home "object" together with safety talk, use of PPE.**

A holder for spare toilet rolls.

Requires a drop saw to cut broom handle to length (If individuals are nervous, we'll cut it for you). This has been done previously with a shed member standing by for each cut, all totally supervised and voluntary. The Sense of Achievement last time with the ones who did it was palpable.

Dress the block, drill the central hole.

Rout chamfers on top edges of the base block on the router table. Again, with a shed member standing by for each cut, all totally supervised and voluntary.

***Please note an accredited member will be standing beside you and watching every move.***

Glue in the "Stick" and hand sand the top to a dome.

Somewhere in there we'll break for tea or coffee and maybe even a Tim Tam.

### **Dress regulations rigidly enforced: -**

- No loose sleeves, cuffs or short tops acceptable.
- No loose jewellery, bracelets, wrist watches, pendants, neck chains that may become caught in tools or machinery.
- Hair tied back or contained for the same reason
- Hard top shoes, no sandals, high or court heels, thongs or clogs. ***Lace up or Velcro fastening preferred.***

Because of insurance we reserve the right to stop anyone not complying fully with the above for entering the workshop.

Students will be required to sign a waiver accepting they will be shown safe use of machinery with appropriate PPE, however this does not accredit or certify them to use similar machinery outside the curtilage of the Beachmere District Men's Shed or when not under personal supervision of a member of the Beachmere District Men's Shed.



## Earth – Its Place in Space or “Planet Earth and Beyond”

Parts A, B & C

Gravity & Escape.

1. The Sun —your life depends on it
2. Earth, and visible Planets, ecliptic
3. Eclipses/transits/occultations/conjunctions Comets
4. Tides Mega (Fundy) —we'll look at it on YouTube!

Events & Distance

5. La Grange Points
6. Saturn rings and "eclipse" by moon
7. Naked-eye planets brighter than most stars

Perusal

8. Scouts for Southern Cross
9. Sextant (and Shadow Box) for navigation
10. The three targets for a telescope, ie craters on our moon, Jupiter moons, and Saturn
11. Halley's Comet

Part D – Crystals

12. Solids that Dissolve
13. Ionic/Covalent/Molecular solids
14. Crystals in the Kidneys how can they get there?
  - Treatments
    - Scalpel,
    - Resonance (since 1990)



## 2 hour Hands-on Workshop For U3A Beachmere Members

*“Creating permanent art on fabric using  
Inktense pencils and Caran D’Arche ink-  
based crayons.”*

*No artistic or drawing ability needed – if you can  
colour-in, you can create quilt panels, cushion covers,  
bags and any other fabric item you can think of.*

Inktense pencils and Caran D’Ache crayons allow quilters and fabric artists to create their own artwork for quilt blocks, fabric bags, paintings, silk scarves and garments. Inktense is a pigment-based product that is extremely soluble in water but unlike traditional watercolour has a transparent, ink-like wash. Once dry, Inktense products are permanent, and you can safely hand-wash them at a cool temperature (max 30°). If used on the appropriate fabric, it does not require fabric medium or ironing to make it permanent.

***Just bring yourself. Chris will provide all you need to learn:***

- What Inktense pencils and Caran D’arche crayons are and why they are creating excitement in the quilt and craft world.
- How to create a simple design to paint.
- How to apply the colour and blend it using just water and a paintbrush.
- Combining artwork, quilting and applique to create fabulous quilts.

***You will take home:***

- your own painted 10” block
- the instructions, tips and hints to help you practice and create your own works of art.
- a list of the basic starting set you will need and where the best bargains can be found.

**Limited to 10 places.**