Committee 2020

Say hello to the new Management Committee, elected at the General Meeting in mid February. New President, Yvonne Artho said “We are looking to continue providing members with opportunities to learn new skills, meet new people, make new friends and enjoy life to the full”. She leads an enthusiastic team of both continuing and new members, all keen to take U3A Gympie forward into 2020. They have some great new ideas on how to build on our current strengths to create a U3A even bigger and better. One new idea is to offer excursions and social outings to members. The first of these was held just last week, with a trip on the Mary Valley Rattler. Read all about it in the President’s Report. If you have suggestions for social activities, let Evie know when she visits your class.

The new Committee, pictured above, are: Lillian Wallace (General Committee member), Jodie Fredrickson (Secretary), Lynlie Cross (Publicity), Denice McDougal (Class Coordinator), Yvonne Artho (Evie, President), Rheta Mooney (General Committee member), Mary Inman (Treasurer), Wendy Flikweert (Vice President) and Denise Hartley (General Committee member).

Happy Birthday!

Barbara Kiesanowski
Greg Firmstone
Adelene Walker
Fiona Storey
Jenni Copley
Jodie Fredrickson
Carmel Menzies
Gail Jeremiasse
Rheta Mooney
Narelle Hosking
Dianne Gatward

Does U3A have your birthdate? Please send the date and month of your birthday to news@u3agympie.com Remember to include your name and membership number.

Dates to Remember

3rd March
Tuesday Lunch
10th March
Tuesday Lunch
10th March Committee Meeting
14th March
Connecting the Community
17th March
Tuesday Lunch
24th March
Tuesday Lunch
31st March
Coffee with Friends
31st March
Tuesday Lunch

Visit U3A Gympie’s stand at Connecting the Community on Saturday 14th
See what we have available, have a chat or just say hello!
See you there!

Bendigo Bank
BSB: 633 000
Account: U3A Gympie Inc
Number 156 399 636
President’s Report
March 2020
This is my first newsletter as the president of U3A Gympie.
I’m a bit overwhelmed at the moment at the task I have taken on, but with a bit of help and understanding from you all, I am sure I will get there ... eventually.
Those who know me, are aware I have a serious hearing problem. If I am in a group, I rarely hear most of what is said.
In the future, I am looking forward to a ‘bone’ implant, but don’t know when this will happen. So if you are talking to me and I seem to be ignoring you, I will accept a slap on the arm to gain my attention.
With this in mind, I want to publicly apologise to Fran Gregory for mishearing her at the Special General Meeting. Please accept my sincerest apologies for the hurt I caused you. I am truly sorry.
On Wednesday the 26th February, eight of us went on the Rattler, taking advantage of a special, half price offer. What a great day we had! For me, it was difficult to pin point the landmarks we were passing, but “tour guide”, Marilyn, knew every siding, town and building along the route. I found out a lot about the history of our local area. I recommend the trip to everyone.
We hope to offer more ad hoc social activities in the future. If you have any suggestions, please send them to: news@u3agympie.com

Meet the New President
Evie Artho
As well as being the new President, I tutor Aqua Exercise, with classes twice a week, on Tuesday and Thursday at the Aquatic Recreation Centre.
My love of water goes back over 45 years, from when I took my son to his first swimming lesson. The instructor asked for volunteers to help her, and I put up my hand. This led me to doing my Senior and First Class Instructor Badges for NSW Amateur Swimming Association.
From there, I opened Learn to Swim classes, did volunteer lessons twice a year, and taught swimming in my home pool to babies, kids, adults and the disabled. I did this for 22 years, until I moved to Melbourne in 1997.
About 4 years ago, I volunteered to teach gentle water exercises for U3A. I started out with four pupils and now I have quite a few more. I found out I had really missed the atmosphere of passing on my knowledge to others.
When I joined U3A Gympie after moving here 6 years ago, I never imagined I would become so involved with the organisation. And now I’m the President! I will gradually pop into each class and introduce myself to all of you. In the meantime, I am looking forward to a happy reign as your

Helping Hands
Travel Group Leader
A lot of people in our age group find their friends and family don’t have the time to travel, have other financial priorities or just don’t fancy the same destinations. So we face the prospect of solo travel and additional costs of single supplements. While that may suit some, it doesn’t suit everyone.
U3A Gympie has formed a Travel Group, intended as a way for travellers to find travelling companions and roommates.
So far we have enjoyed a Great Barrier Reef Cruise and eight days touring Tasmania by car.
Now the group needs a new leader. The leader’s role is to coordinate the group’s planning, document the details and get an estimate from a travel agency.
The group does not function as a de facto travel agency, so all travellers participate in planning and book their holiday
Money Matters

Budgeting helps you to feel in control of your money. Setting up a budget gives you a clear picture of your income and expenses. It can help you spend less and save more to achieve your money goals.

If you are interested in more information on budgeting, visit the government website at: https://moneysmart.gov.au/budgeting

Class News

All classes are very well attended. Both French classes are so popular they are closed to new enrolments. I will take names for a waiting list, so call or text to 0490 757 458.

Some exciting new classes are in the pipeline -
Tai Chi (Tuesday 10.45am-12.00)
Combined Sewing and Craft
Bonsai Growing
Lawn bowls will also return in the cooler months

Times and venues for these classes will be announced for term 2. In the meantime, interested members should contact me on 0490 757 458.

I am constantly looking for new classes and people to tutor them. If you have a great idea for a class, please let me know. Ask your friends too - you can never tell where the next tutor will be found.

Enjoy your learning.

Cooking Class

This new class is going very well. The class considers all aspects of food preparation, from the initial planning of a balanced meal, selection of quality ingredients right through to presentation of the finished product. We even deal with the cleaning up!

Recent dishes tried include a two cabbage slaw, herbed lentil patties and a cumin onion tomato salsa.

Helping Hands

Committee Vacancy

There is a vacant seat at the Committee table that may be just right for you. You don’t need any special skills or prior experience, just enthusiasm, cooperation and a can-do attitude.

If you think you could make a positive contribution to the running of U3A Gympie, please consider joining the Committee.
SIMPLE PRECAUTIONS TO PREVENT THE SPREAD OF CORONAVIRUS (COVID19)

1. Wash hands regularly with appropriate sanitizers or soap and water. Carry a personal sanitiser pack, and avoid touching your face if possible.
2. Members who have travelled recently from China, or other countries with infection outbreaks, should self-isolate at home for two weeks afterwards.
3. People with upper respiratory symptoms - fever, cough, sneezing, sore throat - should avoid classes until the nature of their illness is clear and they no longer have such symptoms. Please also read these advisory documents:
   Novel coronavirus (2019-nCov), Qld Government
   Coronavirus (COVID-19), Australian Government
   Australian Health Sector Emergency Response Plan for Novel Coronavirus (COVID-19)

The global situation is still evolving and we will update this advice if the circumstances warrant.

Feeling Alone?

CONNECT WITH US

The Old Fashioned Way.....in person!!!

COMMUNITY COFFEE CLUB

Fridays 9.00 – 11.00am
Gympie Community Place
18 Excelsior Road, Gympie

DROP IN
Bring a friend, invite your neighbor, come on your own and make new friends. Meet other people in your community. Find out what else is happening in town.

SOCIAL GROUP
People need people... don’t be shy! Connecting socially is good for your health and wellbeing. Everyone is welcome....

No cost, no RSVP necessary and light refreshments, tea & coffee are all provided.

For more information call into the Centre or give us a call on 07 - 5482 1146

Harmony Day

Harmony Day invites you, as a special guest, to participate in a celebration of Australian multiculturalism featuring traditions and entertainment from around the world. A wonderful day of fun, traditional food, relaxation and networking.

+++ Entry is FREE+++ $5.00 towards yum cha lunch
Taste of Harmony – Traditional Cuisines

Harmony Day
A celebration of Australia's cultural diversity. It's about inclusiveness, respect and a sense of belonging for everyone who calls Australia Home.

FOR FURTHER INFORMATION EMAIL: harmony@gymcityyouthcentre.com.au

21 March 2020
Gympie Civic Centre
11am to 3pm