



## Zoom in on Morning Tea

### Virtual Morning Tea for National Volunteers Week held via Zoom

Thursday 21 May at 10.30am the coordinator of Gympie Regional Volunteer Centre, part of the Cooloola Human Services Network (CHSN), Ms Carley O'Donnell, let members from different volunteer organisations into her chat room on Zoom. We had all received gift packs before the meeting and it was expected that we would make a cup of tea or coffee and have a biscuit while we listened to the guest performer and speaker.

After thanking all for joining her on Zoom, Carley read the acknowledgement of the traditional owners of Country. She then introduced the guest performer, Miss Hannah Johnstone, a student from St Patrick's College. Hannah, a very talented girl, gave a splendid performance firstly on the piano, followed by the violin and lastly on the viola. After entertaining us, she then had to rush off to school.

The guest speaker was introduced - here is the surprise - Ms Wendy Flikweert to talk about U3A Gympie. Yes me! I had to give a talk that was about 5 – 10 minutes on U3A Gympie and the history of U3A. I have included this talk so all can read it for themselves.

After the speech questions were asked and answered, but the best outcome of all is that many more people got to know about U3A. Other great outcomes are that we had an offer of a room we may be able to use, a suggestion of somewhere to use, plus a request for our singers to entertain clients of the Jessie Witham Centre, after the social distancing is over.

The virtual Morning Tea for Volunteers was a success and all participants were very happy with how it was run. We all thanked Carley for her efforts in preparing the gift packs, getting them out to all and for implementing such a great idea.



## Happy Birthday!

Happy birthday to the following members and to everyone else celebrating their birthday this month.

Pat Smith  
Ross Patterson  
Meryl Somerville  
Susan Hayes  
Trish Williams  
Jane Williams

We wish you all many happy returns

Bendigo Bank  
BSB: 633 000  
Account: U3A Gympie Inc  
Number 156 399 636

# VP's Keynote Speech

## Volunteers Week Morning Tea, Gympie

Good morning, my name is Wendy Flikweert and I am the Vice-President of U3A Gympie.

U3A is a community organization which promotes healthy ageing by sharing educational, creative and leisure activities provided by their own members. We don't ask for qualifications for membership and we don't award degrees or diplomas.

U3A is the largest provider of adult education programs for retirees in QLD. There are 34, U3A groups in QLD including U3A Online, with an estimated total of 23,000 members. Classes are held on a whole range of different subjects for seniors who learn for the joy of learning, without the pressures of exams.

Learning in your later years has proven not only to benefit your physical health but your overall wellbeing. If you wish to share your experiences, expertise in management, as a tutor or as a presenter of a specialized subject, talk to your local U3A group who would welcome your contribution.

### History

The U3A movement (University of the Third Age) had its beginnings in France in 1973. It was run by the University of Toulouse for retired people.

The French model centres around universities and relies heavily on their facilities and tuition.

The first Australian U3A was established in Melbourne in 1984 and quickly caught on in other communities in Australia. In Queensland the first U3As to be formed were Sunshine Coast and Brisbane in 1986.

Australia follows the British model which had been established in 1982 in Cambridge. Rather than relying on universities to provide courses and tutors, members themselves volunteer their skills, knowledge and life experiences to provide classes for other members.

U3As in Australia are incorporated under State and National Bodies and have formed networks which are managed by the members themselves and the only restriction to the curriculum is the expertise available within their communities.

### U3A in Gympie

U3A Gympie began in 1987, connecting seniors to Lifelong Learning and we have over 200 members. We follow the QLD Education Department calendar and work on 4 terms per year and each term has 10 weeks.

We have volunteer tutors giving their time to hold classes in:

- French
- German
- Water Aerobics (twice weekly)
- Drawing
- Creative Writing
- Memoir Writing
- Poetry Group

- Singing (2 groups to choose from)
- Smartphones & Tablets
- Laptops
- Book Clubs (we have 3)
- Garden Group
- Board Games

• Mah-jong

To start after restrictions are lifted:

- Painting
- Discussion Group
- Tai Chi
- Fishing Group

We have interest for classes in, but still need Tutors for:

- Yoga
- Cooking (for one, Asian or other Cultural cooking)

If you, or anyone you know, has skills in any of the above or have knowledge or an interest you would enjoy pursuing with like-minded people, please contact us.

Some activities need organisers rather than tutors, and our class coordinator Denice will endeavour to find a venue and form a class for you to share these with.

Phone: 0409 757 458

Contact details are on our website – [u3agympie.com](http://u3agympie.com)

Facebook page – [www.facebook.com/U3A-Gympie-Inc](https://www.facebook.com/U3A-Gympie-Inc)

We utilize several venues around town. Some, like the library, cost nothing and others we hire for classes and groups. Our greatest wish would be to have a home base. We understand that not all classes are going to be able to be held in one venue, but somewhere to store our equipment, hold monthly meetings, get together and some classes would be absolutely great. If you know of or have a venue we could use, please contact us.

### At the present time with Covid - 19

Regretfully, our classes and meetings have been suspended for Term 2, and we're not sure about Term 3, so we have had to look at other ways of keeping in contact with our members. Some tutors are emailing class activities to students to keep them active/interested in the course. We're holding Zoom meeting/get togethers where possible, formed an online book club, publishing two newsletters a month to keep members informed and entertained. The President is making contact with members to keep in touch and check how they are going.

Hopefully we will be able to begin classes/groups soon, but the well-being of our members is of utmost importance.

Thank you for giving me the opportunity to inform you about U3A and to talk about U3A Gympie.

# President's Report

June 2020

Hello everyone,

I hope you are all well, and have been keeping safe over the last couple of months. I find it hard to believe that nearly 6 months of a somewhat odd year has nearly gone. Although we haven't had any classes, I look forward to catching up with everyone very soon. I have just heard that groups of 20 are allowed to meet from the 1st June. I'm not sure about social distancing, but maybe classes may resume sooner than what we thought.

For me, I promised myself to clean my garage (it's my craft room) but so far that hasn't happened. Somehow, cleaning is never on top of my list to do, so it gets relegated to the bottom of priorities. I have been doing a bit of crocheting, my latest piece a "no drama Llama". It turned out beautiful, but rather bigger than I anticipated. Oh well, on to the next thing. Have also done a diamond painted clock, which I am putting together slowly.

The U3A conference to be held in June was cancelled due to covid-19. I was looking forward to participating in this as my first attendance as president. But , there is always next year.

Looking forward to seeing you all soon

Evie

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## Class News

A taste of normality at last! Susan, Donna and I have just enjoyed a meal served to us seated at a table and eaten with real cutlery. Silky Oak Tea Gardens - a good meal, good company and warm sun.

We expect to recommence classes from the start of term three in mid-July. I am now working on ensuring we have venues able to accommodate our classes and still keep us compliant with social distancing rules.

Tutors, please let me know how many students you anticipate in your class for a 13 July re-start.

Members, if possible, let your Tutor know if they should expect you.

Unfortunately, not all classes will be able to re-start. It is with regret that I have to announce Françoise is unable to continue French classes due to work and study commitments. She may be available in 2021, but can't make a firm commitment at this time. I would love to hear from anyone able to fill the gap in the meantime. Thank you Françoise for all your hard work.

The good news is we are planning new classes in Painting and Tai Chi. We are also forming a discussion group and a craft group. More on these in the next newsletter.

Some Committee members and Helping Hands have been able to enjoy combined meetings and picnics at Lake Alford Park. Plans are afoot!

Book Ends is planning to meeting there later this month. My suggestion is that other classes start meeting to reconnect. Groups of up to 20 people may now gather indoors and out, but remember that social distancing is still a requirement. Both rotundas at Lake Alford Park are big enough allow this.

More details in the mid-June newsletter.

Stay safe, stay well.

Denice

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## Attention all Tutors and Facilitators

I am hoping all classes can resume for term 3 on Monday 13th July.

However, even with the lifting of most Covid-19 restrictions, social distancing requirements still apply.

This makes nearly all our current venues unsuitable for our classes.

I am in the process of finding other ventures which are suitable, and, hopefully available at the usual scheduled date and time.

Later in June members will be asked to re-enrol for all classes they plan to attend in term 3. This will give me specific numbers to work with when selecting appropriate venues.

Regards,  
Denice

# Back to Class!

Stage Three will apply in Term Three  
Continuing conditions

- Social distancing and hygiene
  - Tracking, tracing, rapid response
  - COVID safe business plans in place
- Work at home if it works for you and your employer

The public health rules to maintain

- Physical distancing
- 4 square metres per person when indoors
  - Hand hygiene
  - Respiratory hygiene

Frequent environmental cleaning and disinfection



07:32 Mon 1 Jun

covid19.qld.gov.au

81%

## Roadmap to easing Queensland's restrictions

Unite against COVID-19

A step-down approach to COVID-19

**CONTINUING CONDITIONS** • Social distancing, 1.5 metres and hygiene • Stay at home if you're sick • Tracking, tracing, rapid response • Work at home if it works for you and your employer

EASING TO DATE	STAGE 1: from 11:59pm 15 MAY 2020 (2 weeks)	STAGE 2: commencing from 12 noon 1 JUNE 2020 (6 weeks)	STAGE 3: 10 JULY 2020
<b>SCHOOLS PLAN</b>	11 May Kindy, Prep Years 1, 11, 12	25 May Years 2-10	School holidays (27 Jun-12 Jul)
<p><b>Family, friends and community</b></p> <ul style="list-style-type: none"> <li>› Gatherings in homes (household + 2 visitors from the same or different households, or up to 5 visitors from the same household)</li> <li>› Household or one friend and within 50kms of home for recreational purposes:                             <ul style="list-style-type: none"> <li>› go for a drive</li> <li>› have a picnic</li> <li>› visit a national park</li> <li>› go fishing, boating or jet-skiing</li> </ul> </li> </ul> <p><b>Retail shopping</b></p> <ul style="list-style-type: none"> <li>› Allowing retail shopping for non-essential items within 50kms of home</li> </ul> <p><b>Schools</b></p> <ul style="list-style-type: none"> <li>› Gradual return to class</li> <li>› 11 May: Kindy, Prep and Years 1, 11 and 12</li> <li>› 25 May: Years 2-10.</li> </ul>	<p><b>Family, friends and community</b></p> <ul style="list-style-type: none"> <li>› Gatherings in homes (household + max 5 visitors, allowed from separate households)</li> <li>› Gatherings of up to 10 people:                             <ul style="list-style-type: none"> <li>› outdoor, non-contact activity</li> <li>› personal training</li> <li>› pools (indoor and outdoor)</li> <li>› public spaces and lagoons* (e.g. South Bank Parklands, Cairns, Airlie Beach etc)</li> <li>› parks, playground equipment, skate parks and outdoor gyms</li> <li>› libraries</li> <li>› weddings</li> <li>› hiking and other recreational activities in national and state parks</li> <li>› places of worship and religious ceremonies</li> </ul> </li> <li>› Funerals (max 20 indoors or 30 outdoors)</li> <li>› Recreational travel (max 150kms within your region for day trips)</li> </ul> <p><b>Businesses and economy</b></p> <ul style="list-style-type: none"> <li>› Retail shopping</li> <li>› 10 people permitted at any one time for:                             <ul style="list-style-type: none"> <li>› dining in (with COVID SAFE Checklist): restaurants, cafés, pubs, registered and licensed clubs, RSL clubs and hotels – no bars or gaming</li> <li>› open homes and auctions</li> <li>› beauty therapy and nail salons (with COVID SAFE Checklist)</li> </ul> </li> </ul> <p><b>Outback*</b></p> <ul style="list-style-type: none"> <li>› Dining in (with COVID SAFE Checklist): restaurants, cafés, pubs, registered and licensed clubs, RSL clubs and hotels (max 20 at any one time) for locals only (must show proof of residence) – no bars or gaming</li> <li>› Recreational travel including overnight accommodation max 500 kms within the outback only if you live in the outback.</li> </ul>	<p><b>UPDATE</b></p> <ul style="list-style-type: none"> <li>› Unlimited travel and overnight stays for all of Queensland* (including for school holidays)</li> <li>› Dining in or seated drinks in restaurants, cafés, pubs, registered or licensed clubs, RSL Clubs, hotels and casinos (no gaming) – up to 20 patrons per room or per defined area (indoors or outdoors) for a venue (when following a COVID SAFE Industry Plan*)</li> </ul> <p><b>Family, friends and community</b></p> <ul style="list-style-type: none"> <li>› Gatherings of up to 20 people:                             <ul style="list-style-type: none"> <li>› homes</li> <li>› public spaces and lagoons* (e.g. South Bank Parklands, Cairns, Airlie Beach etc)</li> <li>› non-contact indoor and outdoor community sport*</li> <li>› personal training</li> <li>› gyms*, health clubs* and yoga studios*</li> <li>› pools* (indoor and outdoor) and community sports clubs*</li> <li>› museums*, art galleries* and historic sites*</li> <li>› weddings</li> <li>› parks, playground equipment, skate parks and outdoor gyms</li> <li>› libraries*</li> <li>› hiking, camping and other recreational activities in national and state parks</li> <li>› places of worship* and religious and civil ceremonies</li> </ul> </li> <li>› Funerals (max 50)</li> <li>› Recreational travel, camping and accommodation, including caravan parks (anywhere in Queensland)</li> </ul> <p><b>Businesses and economy</b></p> <ul style="list-style-type: none"> <li>› Retail shopping</li> <li>› Tourism accommodation</li> <li>› 20 people permitted at any one time for:                             <ul style="list-style-type: none"> <li>› indoor cinemas*</li> <li>› open homes* and auctions*</li> <li>› outdoor amusement parks*, tourism experiences*, zoos* and arcades*</li> <li>› concert venues*, theatres*, arenas*, auditoriums* and stadiums*</li> <li>› beauty therapy, nail salons, tanning, tattoo parlours and spas (with COVID SAFE Checklist).</li> </ul> </li> </ul>	<p>Subject to further planning and review, interstate travel will be permitted and a maximum of 100 people* will be permitted for:</p> <ul style="list-style-type: none"> <li>› gatherings in public spaces and homes</li> <li>› restaurants, cafés, pubs, registered and licensed clubs, RSL clubs, food courts and hotels</li> <li>› indoor cinemas</li> <li>› places of worship and religious ceremonies</li> <li>› museums, art galleries and historic sites</li> <li>› pools and community sports clubs</li> <li>› community sport</li> <li>› gyms, health clubs and yoga studios</li> <li>› outdoor amusement parks, zoos and arcades</li> <li>› concert venues, theatres, arenas, auditoriums and stadiums</li> <li>› weddings</li> <li>› funerals</li> <li>› saunas and bathhouses</li> <li>› open homes and auctions</li> <li>› casinos, gaming and gambling venues</li> <li>› nightclubs</li> <li>› beauty therapy, tanning, nail salons and spas, tattoo parlours and non-therapeutic massage parlours</li> <li>› libraries</li> <li>› hiking, camping and other recreational activities in national and state parks.</li> </ul> <p><b>The public health rules to maintain:</b></p> <ul style="list-style-type: none"> <li>› Physical distancing</li> <li>› 4 square metres per person when indoors</li> <li>› Hand hygiene</li> <li>› Respiratory hygiene</li> <li>› Frequent environmental cleaning and disinfection</li> </ul> <p>* More with COVID SAFE Plan approved by health authorities                      ^ Max 20 with a COVID SAFE Checklist when not complying with the COVID SAFE Industry Plan                      † Outback areas as defined by Local Government Area. Details on COVID19.qld.gov.au                      # Except Biosecurity Areas or Restricted Areas</p>
<p>COVID SAFE checks</p> <ul style="list-style-type: none"> <li>› Surveillance and epidemiological indicators suggest a move would NOT present an undue risk</li> <li>› Testing is widespread and adequately identifies community transmission</li> <li>› Point source outbreaks are effectively contained by public health actions.</li> </ul>	<p>COVID SAFE check point</p> <ul style="list-style-type: none"> <li>› assess impact</li> <li>› review border</li> <li>› review biosecurity and designated areas</li> </ul>	<p>COVID SAFE check point</p> <ul style="list-style-type: none"> <li>› assess impact</li> <li>› review border</li> <li>› review biosecurity and designated areas</li> </ul>	<p>COVID SAFE check point</p> <ul style="list-style-type: none"> <li>› assess impact</li> <li>› review border</li> <li>› review biosecurity and designated areas</li> </ul>

Last updated 30.05.20



## What have you been up to?

How did you use your time during lockdown?

Did you learn a new skill, complete a handicraft project, cook enough to feed an army or even clean out the shed at long last?

We would love to show other members what has been going on, so please send in photos of your work for the next newsletter.

Include before images when applicable.

I will caption your photos with your first name only, unless requested otherwise.

Email them to [news@u3agympie.com](mailto:news@u3agympie.com).



## Network News

22nd May 2020

Dear President and Secretary

Attached is an interesting offer from AITUA, the Association of International Universities of the Third Age.

The inclusion of our Australian U3As in this offer provides a clear indication that we are embraced as part of the international U3A community.

Many of our U3As have programs that are interesting, unique and educational or photographs or videos that show the joy of participation in U3A activities. Now is the opportunity to share them globally.

The invitation has also been mounted on the News page of the U3A Network Queensland website. On the site there is a contact number should you want further information.

Universities of the Third Age across the world are suffering the same deprivation as Australian U3As. This invitation offers a stimulus in these difficult times and also an opportunity to show off the talent within your U3A.

Yours faithfully

Gail Bonser

on behalf of the U3A Network Management Committee



## QCWA

We all know that now more than ever it's important to stay active and eat well. To encourage Queenslanders to cook a healthy meal at home, Health and Wellbeing Queensland and the Queensland Country Women's Association have joined forces and have just launched the [QCWA Cook at Home Challenge!](#)

All you need to do is cook a healthy meal, take a photo of it and then share it with us on the Boost your Healthy website! All entries go into the draw to **WIN** one of eight weekly QCWA prize packs or the grand prize of a KitchenAid Stand Mixer!

We'd love for you to share this great challenge with your networks and help us to encourage as many Queenslanders as possible to get into the kitchen and cook a healthy meal.

I've added some social tiles and draft copy which you might like to use on your channels to promote the challenge in this location Docs>Files>Covid-19>QCWA

To link to the competition page, simply use this URL - <https://bit.ly/2XLG9J1>

If you have any questions, please don't hesitate to contact me via Basecamp or directly at [monique.voltz@hw.qld.gov.au](mailto:monique.voltz@hw.qld.gov.au)



## Gympie Medical Transport

Some U3A Gympie members may, in the past, have used the services of Cooloola Coast Medical Transport.

Now a Gympie Medical Transport group is forming.

Their mission is to establish a community-driven organisation staffed by volunteers that provides quality non-urgent medical transportation for needy residents of Gympie and Regions to specialist centres and hospitals as far north as Hervey Bay, south to Brisbane and all points between.

The group is still in its infancy and needs volunteers for all levels of involvement, from the Committee down.

Would you like to get involved early and help this wonderful initiative start delivering its services to your friends and family? If you may be able to help in any way, contact Beverly Goodall, Interim President. (Mobile [0408 824 617](tel:0408824617) or email: [gympiemedicaltransport@gmail.com](mailto:gympiemedicaltransport@gmail.com).)