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

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.
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

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
Regrettfully, 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

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 Francoise 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 Francoise 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

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 venues 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
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

Back to Class!

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.
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 Queensland’s 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

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 or email: gympiemedicaltransport@gmail.com.)