Goodbye Gympie Times

The Gympie Times and another fifty-nine regional newspapers are going fully digital from 1st July. Unless you have a subscription via the internet, there won’t be anything local to read at the coffee shops and cafes unless you’re happy with the Courier Mail, the Australian or the Daily Telegraph. Reading the local paper has always been a given for many who frequent their local eateries, U3A members included. Reading community news, filling in the crossword, checking what your ‘stars’ have foretold - these will only be available on your phone, your tablet or your laptop. Even the larger newspapers will probably go digital within a few years, perhaps less.

Most of us are able to cope with a computer or touch screen, but the pleasure of actually holding a newspaper, turning the pages, checking back on one point or another, will be lost. This sense of touch is a sensory pleasure that will soon be gone forever.

True, there are always magazines to read, but once you remove the royals, the film and television stars and the sensationalism that many of them engender, not much is left other than the weather, stockmarket reports, competitions and recipes.

Gympie Living, the free magazine issued locally, is a godsend. Including highlights of many groups and organisations across the Wide Bay, this monthly publication includes noteworthy accounts and articles from numerous volunteer and charitable groups, U3A included.

Of course, members always have access to our website, u3agympie.com, to check for details and information, but it is not the same as browsing through a newspaper, ink on your fingertips, cuppa at your side. Goodbye, Gympie Times newspaper, you will be missed.

Lynlie Cross

Thank you Gympie Regional Council

U3A Gympie was successful in our request for funding from the Gympie Regional Council Community Assistance Grants Program.

Thank You Gympie Regional Council.
From the President
Hello fellow members,
I hope you have all been keeping well during these difficult times. The good news is that we are hoping to re-open some of our classes next term. Due to ongoing Covid-19 concerns, we have to adhere to social distancing and other government requirements, hence there will be some changes necessary. A committee meeting will be held on 22nd June, and you will be told of decisions made shortly after.
As part of this, we are asking all members to re-sign up for those classes they will attend for the rest of this year.
We are inviting you to sign up on Monday 29th June, between 10am and 12 noon, at Lake Alford Park (the Duck pond), in the rotunda on the highway side. You will be able to see the classes on offer then.
Alternatively, you can inform us of your intentions by email (u3a@u3agympie.com) or by phoning Denice on 0490 757 458.
Thank you all for your understanding over the last few months. It is greatly appreciated by all the committee.
Regards,
Evie

Money Matters
Next month I will be writing about how to keep track of your money and set up budgets. So, if you interested, start keeping your shopping dockets and other records and evidence of your expenses. Members are invited to contact me to discuss this process. My contact details are treasurer@u3agympie.com or 0417 433 034.

Mental Health Workshop
The Black dog institute and GRVC are teaming up to offer you a free online workshop about Mental Health, this Thursday 18 June at 10:30am.
You will meet presenter Peter,
Peter is a self employed business psychology specialist, facilitator and volunteer speaker for the Black Dog Institute. He has a degree in psychology and diploma in professional counselling. Peter considers it a privilege to assist the community and business in understanding the symptoms of mental illness and how and where to seek help
You must register for this online workshop, please follow this link, https://pcplace.webinarninja.com/live-webinars/379676/register?in_tok=685242f8-fe62-4771-a5a4-2dba57bdeefb

UPCYCLING DAY 24TH JUNE
Upcycling is a growing trend that’s still under the radar for some. Simply, it’s all about taking old objects and furniture, and adding your own creativity and craft to make it something new, unique and beautiful.
Upcycling Day is all about celebrating the art of upcycling. However, with that art also comes the focus on sustainable use of household goods, recycling items instead of being wasteful, and the many different ways we can reuse things that we might think are completely useless at first glance.
How to celebrate Upcycling Day
If you want to celebrate Upcycling Day, then getting your hands dirty and actually upcycling something is the easiest way. There are tons of websites and guides that can introduce you to upcycling and show you how to make new furniture, accessories, and even a few handy tools out of things you might otherwise throw away.
Class News

Classes are expected to resume on 13th July following the two week winter vacation period. Although we are no longer in lockdown, Covid-19 is still of concern and there are official guidelines to be followed. Some of these guidelines will mean venue changes, time restrictions, schedule changes and limits on class numbers. Details are still being finalised and will be released shortly after the Committee meets next Monday, 22nd July.

It will be necessary to re-enrol in all your classes. You are invited to do this from 10.00am - 12.00pm on Monday, 29th June at Lake Alford Park, in the rotunda on the highway side.

When classes do resume, it must be stressed that all members must take individual responsibility for their own health.

1. Stay home if you’re sick. If you have any symptoms, get tested.
2. Clean your hands regularly with soap and water or alcohol-based hand rubs.
3. Cover your nose and mouth with a tissue or bent elbow when coughing or sneezing.
4. Avoid touching your face, nose and mouth. And avoid shaking hands.
5. Keep 1.5 metres away from others as much as you can — think two big steps.
6. If you are in a higher risk group, you should consider carefully whether you should attend class.

The following table shows symptoms of Covid-19 compared with those of common cold and flu. People may also experience other symptoms that are different to what is in the table below, such as loss of smell, loss of taste, nausea or vomiting, or a loss of appetite. Symptoms can vary depending on each case.

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**SYMPTOMS OF novel coronavirus (COVID-19), a cold and the flu**

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>COVID-19 Symptoms range from mild to severe</th>
<th>COLD Gradual onset of symptoms</th>
<th>FLU Abrupt onset of symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Common</td>
<td>Rare</td>
<td>Common</td>
</tr>
<tr>
<td>Cough</td>
<td>Common</td>
<td>Common</td>
<td>Common</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Sometimes</td>
<td>Common</td>
<td>Common</td>
</tr>
<tr>
<td>Shortness of breath</td>
<td>Sometimes</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Sometimes</td>
<td>Sometimes</td>
<td>Common</td>
</tr>
<tr>
<td>Aches and pains</td>
<td>Sometimes</td>
<td>No</td>
<td>Common</td>
</tr>
<tr>
<td>Headaches</td>
<td>Sometimes</td>
<td>Common</td>
<td>Common</td>
</tr>
<tr>
<td>Runny or stuffy nose</td>
<td>Sometimes</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Rare</td>
<td>No</td>
<td>Sometimes especially for children</td>
</tr>
<tr>
<td>Sneezing</td>
<td>No</td>
<td>Common</td>
<td>No</td>
</tr>
</tbody>
</table>


Adapted from material produced by WHO, Centers for Disease Control and Prevention.
During Lockdown members have been up to a variety of things ...

Denice, Anne, Susan & Evie practiced their social distancing skills while enjoying an impromptu lunch at Lake Alford.

Lockdown Labours

While we’ve all been isolating at home, twiddling our thumbs, reading, watching TV, catching up with emails, doing small chores, gardening, washing windows, trying out new recipes, or whatever, I’ve taken to “de-cluttering” my home. It’s been a difficult journey as much of what had been accumulated over the last fifty years are things that my late husband and I collected and enjoyed. But there comes a time when it has to go. After three weeks, with the help of a friend here in Widgee, I’ve completely emptied a 20 foot shipping container. Boxes of paperwork as old as the hills, bits and pieces of memorabilia, old clothing and linen that “just might come in handy one day” are gone. Thankfully the thrift shops have re-opened and donations distributed. One person’s trash is another person’s treasure so I hope some of it can be of use.

With time on our hands it’s the perfect opportunity to de-clutter and I appreciate having the chance to dispose of what my offspring refers to as “junk”. Somehow, our children never really seem to appreciate those bits of glassware and crystal, the fine china or even the silverware; the postcards, birthday cards, or Christmas cards from as far back as the 70s.

After emptying the container it was into the Garage which can hold four cars plus myriad bits & bobs of clutter and items of excess furniture. What to do with it all? Don’t know where it’s come from. Must have been the “little people” (I must be part Irish). Anyway, I’m part way through, thank goodness, and hope to be finished before the next newsletter is out. One thing I know for sure, I never, ever, have to buy decorations again. With 10 plus cartons of assorted Christmas knick-knacks, I’m over the “can’t resist a bargain” attitude. Tinsel anyone?

Lynlie Cross
Ann has been learning something new. Ann completed the MOOC Preventing Dementia course that was recommended in Gympie U3A’s last Newsletter. “I found it so interesting I have enrolled for the Understanding Dementia course which starts in July. I now believe that in the case of dementia, ignorance can definitely be bliss!”

What have you been up to?

Linda and Greg have been drawing...

... while Susan and Natalie have been busy with the crochet hook and knitting needles...

... and Ann has been learning something new.