Goodbye Anne

Anne Manson, aka “the badge lady”, needs no introduction to members. Anne has been involved with Gympie U3A for several years, tutoring Computer Classes and also serving as an important and hard working member of the Committee. Over the last several years Anne took on the responsibility of taking the badge ID photos of new and existing members, keeping them catalogued and updated as required. Moving to a new home and with new directions in her life, Anne will continue to fill this role until a replacement can be found. While she’s not leaving U3A, her ready smile, wonderful sense of humour & willingness to lend a hand will be sorely missed at Committee meetings.
Fellow members presented Anne with a small parting gift of a very rich, indulgent Better Food Better You cake mix, accompanied with a packet of icing mixture and sufficient eggs to bake a delicious, chocolate cake.
Enjoy Anne, you deserve it.
Lynlie Cross

Social Activities Resuming Too!

As COVID-19 restrictions lift we are expecting to be able to once more have our regular Tuesday Lunch. This term it will be at Charlie’s Hotel, from 12.30pm.

We are changing Coffee With Friends to an afternoon time slot, to see if that suits more people. This term it will be at the Phoenix Hotel, from 2.30pm.

Members and their guests are all invited to join us and we look forward to seeing you then.
From the President
July 2020

Hello everyone, how exciting is it to be able to get back into our normal routine...nearly. U3A had a great sign on day at the Duckponds. I so enjoyed chatting and getting to know people who I hadn’t met before, and of course greeting old friends.

Hopefully the class schedule will be completed by the time this newsletter goes out, but bare with us about this. It has been a huge job for our class coordinator Denice to find new homes for the classes amid covid 19. Thank you doesn’t say enough about how much I, and the rest of the committee, appreciate the work she does. You are a LEGEND Denice, thank you.

Unfortunately I wont be holding any aqua classes until next term. With social distancing, its just not possible to hold a class safely....plus...its bloody freeing and still dark time in the morning when I have to get up....hahaha. But I so look forward to seeing everyone back in Term 4. Of course, I shall be rather larger, but that gives me a goal to work on. Hang in there and we will be back in Term 4.

I wish you all a happy break, and look forward to catching up with everyone from the 13th July

loves and hugs
Evie
From the Vice President

Hello fellow U3A members, well YAHOOO! we’re back. Classes restart on Monday 13th July. I hope you have let the Class Coordinator know what classes you wish to attend as some venues do not allow us to comply with social distancing rules. If you haven’t, do so ASAP, or you might miss out as some classes need to be capped.

How many of you are like me, at the start of isolation you missed all your activities, but now you are sad it’s over? Maybe none of you feel the same as me, so I will try to explain my feelings. At the beginning I felt lonely and missed everyone and missed my classes, but I decided I needed to clean out cupboards, do all the craft work I had stashed away and read all those books that were stacked on the bookshelf. Well I did clean a couple of cupboards out but started thinking that if we were to be in isolation for 6 months or more, it was no good getting all the work done, I should get it done over the period of time. Well this led me to do more craft and reading or just meditating – doing my own thing (NO, not procrastination).

Now that we are beginning classes, I have not finished cleaning cupboards, reading all those books or made a big enough dent in the stash of craft work. I have to stop doing my own thing (NO, not procrastination), and get out of my trackies, get into the swing of talking to people - and not the cat - and remember to smile and look friendly. It’s become apparent that I like my own company the best. Does this make me a loner? Does this explain why sometimes I feel lonely when in company? Could I be anti-social? Naaah not me!

Aaaah well, here we go – get dressed, brush hair, smile, look friendly. Welcome back to Term 3

Akiko Yoshimoto-Munch & Paul Munch at the Alford Park Rotunda

Helping Hands - Committee Vacancies

There are vacant seats 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.

Wanted to Buy

Old Furniture
Bric a Brac
Pre 1970 vehicles
If you have any such items to sell, please contact Dave on 0424 978 839
Network News

U3A Network Queensland Inc.
Annual General Meeting for 2020

Will be held via Zoom Videoconferencing
1.30pm. Wednesday 26th August 2020

This is the first time we have conducted a general meeting online and we seek your cooperation and understanding of the limitations of the online environment.

Positions to be declared vacant for 2020 are:
President – Policy Portfolio
Treasurer
Committee Member x 3  (Portfolios for the three Committee Members are Network Newsletter Editor, Assistant Network Newsletter Editor and Communication Officer)

Please consider nominating. Nomination forms and other requirements can be obtained from u3a@u3agympie.com, or HERE. If you decide to nominate, please complete and submit the required paperwork by 5pm on 8th July 2020. Late nominations cannot be accepted.

Alison Taylor
Secretary

Newsletter Contributions

Please submit all contributions no later than the 28th of the month. The newsletter is published on the 1st of the following month. Please keep publication dates in mind for any time sensitive contributions.

National Ageing Research Institute (NARI) has for the past four decades been bringing research to life to improve health outcomes and aged care practice as well as to guide policy to invest in solutions for positive ageing for Australia’s older people.

Our vision is a world where older people are respected, healthy and included.

We are a national leader in ageing research, producing work of international significance to apply to real lives, particularly in falls and balance, pain, dementia, physical activity, healthy ageing, psychosocial and mental health, and health systems evaluation. We create and share knowledge to make a difference for older people.

The Institute is not for profit and is fully tax deductible. It mainly relies on competitive, philanthropic, contracted and tendered funding opportunities.

Find out more about NARI on their website: [https://www.nari.net.au/](https://www.nari.net.au/)

National Diabetes Week
12 – 18 July 2020

The focus will be on supporting the emotional and mental health of people living with diabetes. Did you know that people living with diabetes can make up to 180 extra decisions each day covering everything from food to medication to exercise and more just to stay well and healthy? That is a lot of stress to deal with.

Research shows that managing the daily challenges of diabetes can lead to anxiety, distress and depression for one in three people living with the condition. That’s why this National Diabetes Week, we’ll be working to:

~ Raise awareness of the mental and emotional challenges of managing diabetes
~ Highlight the services and support available to the diabetes community
~ Draw attention to gaps in diabetes service and care

[Live Your Life Virtual Expo](https://www.livyourlive.com.au/)

Diabetes Queensland are hosting Live Your Life Virtual EXPO on Saturday 18 July 2020. This free event will showcase the latest information on diabetes for people living with type 1 and type 2 diabetes, their families and carers.

For program details or to register visit the [Live Your Life Expo website](https://www.livyourlive.com.au/).
Writing your own Story

Bob Singleton, from U3A Bathurst in NSW, sent a DVD set to U3A Gympie which he thought may be of interest to our writing groups. Writing Your Own Story is a presentation from Joyce Maynard, (lecturer and author of 17 books), about finding the right perspective when writing your personal story. There are 2 DVD’s with 26 subjects covered and a total run time of approx. 5 hrs. After viewing some of these articles I found them to be interesting and entertaining and Joyce Maynard to be a very watchable presenter.

Celebrating Queensland Seniors

15-23 August
Queensland’s annual celebration of seniors is going virtual. To do this we have made the decision to maintain the week format, celebrating from Saturday 15 – Sunday 23 August 2020.

This year more than ever people need something to celebrate, in the safest way possible. As Covid-19 regulations has seen many older people in self-isolation, never has it been more important to ensure people remain connected and don't become segregated.

To do so, Queensland Seniors Week is thinking outside the box, and are looking to launch a full calendar of events virtually and physically, if allowed.

Using platforms such as Facebook, YouTube, Zoom and Instagram Live, the new-look event, may include fitness, cooking and art demonstrations, entertainment and more.

Do you have a virtual event or performance you would like to share?

Register and events at www.qldseniorsweek.org.au.

Do you have questions? I am here to help. You can reach me on seniorsweek@cotaqld.org.au or by phoning 07 3316 2908.

I can't wait to celebrate with you.
Lisa Hodgkinson
Coordinator

Understanding Dementia MOOC

- Enrolments are now open
- Course opens: 7th July, 2020
- Course duration: 7 weeks
- Estimated effort: 3 hours per week
- Course access: Day or night, on your smart phone, tablet or computer
- Course closes: 18th September, 2020 (content is accessible across 10 weeks)
- Completion certificate?: Yes, there is a personalised certificate on completion
- Cost: FREE

Nearly half a million Australians are currently living with dementia and with the ageing of our population this number will double in the next 30 years. The majority of people with dementia live in the community. We know that the University of the Third Age provides valuable opportunities for learning and social engagement for older people. Some members may be caring for a loved one with dementia, or even experiencing early stage dementia themselves. Educated about this condition, U3A members and volunteers, as well as those in the wider community, can better support those living with dementia, their families and carers.

In response to the need for accessible evidence-based education, the University of Tasmania’s Wicking Dementia Research and Education Centre offers a free online course – The Understanding Dementia MOOC (Massive Open Online Course). The course focuses on the brain diseases that cause dementia, how these brain changes result in cognitive, behavioural and other symptoms, and the latest evidence about what constitutes high quality care.

The Understanding Dementia MOOC is open to everyone and will likely be of interest to your members, volunteers and others in your local community. It would be greatly appreciated if you could let people know about this free course. Ways you can let others know are listed below.
More of what members have been up to during lockdown

Evie has been making no-drama llamas ...

... while Janet has been planting.
I was inspired by the presentation of herbs at our gardening get together so revitalised an old herb garden and had fun filling these quirky plant pots with succulent cuttings.
Like everyone I am looking forward for classes starting once more.
Cheers
Janet Bates
Lynlie’s big clean up is progressing nicely ...

... while Jeanette has been busy drawing