



Jeanne Hallam proudly shows her finished painting to her Tutor, Maree Robinson, at the Sign-On Day

From the President

Hello U3A'ers,

Welcome to term 4 2020. After our very successful sign on morning, I am looking forward to catching up with everyone. On our sign on morning, we had 17 new members enrolled and three returning members. A big welcome to all of you, I am sure you will enjoy your U3A experience.

As we come to the end of a very mixed up year, I would like to say thanks to members for sticking by us and being there through the bad times. The skies are getting bluer every day.

I would like everyone to think about looking forward and bringing new ideas to our committee. This could be suggesting something you would like to learn, volunteering to help our tutors, or even putting your hand up to join a subcommittee. Now we would like some new ideas and input into our end of year function. If you are interested, let me know.

But more importantly, we would appreciate helpers for our *Open Day* in January. If you think you could help, please come forward and let us know. You may be sitting at a table taking names, writing receipts, welcoming people as they come in, giving out information. Nothing too hard, so please put your hand up.

If you are looking for the class schedule, it is on our website u3agympie.com

Both aqua exercise classes will be back in the water for term 4. It has been a long time coming, we may have to start at the beginning to get our muscles working again. Look out summer, here we come.

That's all from me, can't wait to catch up

Evie

Yvonne Artho



Happy Birthday!

Happy birthday to everyone celebrating their birthday this month. We wish you all many happy returns.

Class News

We will be returning to classes this week and the water babies can't wait to start.

We are welcoming over 20 new members this term - I hope you all enjoy our classes and form new friendships.

We need new ideas and new tutors. Susan has already snagged me an IT tutor from our new intake. If you or someone you know has knowledge or skills that could benefit U3A, please contact us.

We are looking for language tutors in French and Spanish and also for a cooking tutor, (Covid-19 permitting) for 2021.

Thank you to all the tutors who were able to attend our sign on day to answer questions about classes.

Stay safe stay well.

Denice.

Smartphones & Tablets:

Classes are now being held at the USC Gympie Campus on Thursdays from 9:30 - 11:00am

Helping Hands

U3A Gympie is seeking volunteers as Tutors, Facilitators and Helping Hands, (who assist the Management Committee).

We are now an approved organisation to provide voluntary work opportunities for eligible job seekers. Our organisation ID is 37917.

Addition information can be found on our website - <https://u3agympie.com/volunteer/> or by contacting Denice McDougall our Class Coordinator (phone: 0490 757 458 or email: classes@u3agympie.com).

Job seekers can also contact our Liaison Officer Mary Inman, (phone: 0417 433 034 or email: u3a@u3agympie.com).

From your Tutors

Line Dance Class, Tutor - Annette

Resumes Thurs 8th Oct 2020, 1pm To 3pm at Nashville Scout Hall, Batchelor Rd, Gympie. Numbers restricted due to COVID 19 rules, so best to enrol early.

Kick up your heels and join us in the fun of dancing away our cares. Please wear sensible shoes (sneakers), bring your own water and hand towel.

Look forward to seeing you there.

Bookmarks Book Club, Tutor - Trudy

Bookmarks Book Club meet on the third Wednesday of each month throughout the year - no holidays from reading for our friendly group!

Our December meeting is held over a lunch at a local venue. Our main discussions are about a book from the Gympie Library Book Club catalogue - and we take turns selecting books. We all agree that reading books in genres we may not otherwise select broadens our reading lives and introduces us to new authors.

Some of our meeting time is often spent discussing other books we may have read individually through the month, or new authors we've discovered. Our aim is to keep our discussions informal as we share our love of books and reading.

**Cheers,
Trudy**

Tai Chi Class, Tutor - Joy

At U3A we are learning Khor style Tai Chi. Khor style, created by Grandmaster Gary Khor, is a variation of "Yang" style. It is a product of a lifetime study and refinement of "Tai Qi Quan."

Khor style takes into account the latest scientific knowledge about body mechanics and functionality, as well as deep studies of traditional Chinese knowledge and the contribution of many practitioners and researchers throughout the world.

German Class, Tutor - Heidi

German is a language not so easy to learn. A language where knife, fork, and spoon each have a different gender. Yes, there are three in German. And sometimes you have to add an M, or S or R to the end of a word. Would Russian or Chinese be easier?

Every lesson we do a bit of grammar, add vocabulary, take turns in reading, make time for "conversation", where one tries to find the right words to make sentences from.

Sometimes, by translating, we discover cultural differences that manifest themselves in language: Habits, do's and don't's, etiquette, which adds an extra dimension to the mere process of learning a language, almost like looking into another people's soul.

We have a core of committed U3A students, who take all the rules and regulations of German grammar in their stride. From new recruits, some stay, some find it too confusing, some find that the time commitment is more than they can manage to squeeze in. But slowly the numbers are increasing, to the extent that we now have been "squeezed out" of the comfortable accommodation at the Gallery, with the huge table so handy for all the

books and papers, because no more than 6 people are allowed. Talk about rules and regulations!

Regards,
Heidi

Term 4 finishes on Friday, 11 December 2020

Term 1 starts on Wednesday, 27 January 2021

Tuesday Lunch

at Mt Pleasant Hotel
12.40 every Tuesday

Coffee With Friends

at The Coffee Club
2.30 on the last weekday of the month

Money Matters

Sign On Day, 28 September 2020 - very happy to report that our EFTPOS machine did not stall this time so we will definitely will be continuing to use them for our *Open Day* and future *Sign On Days*.

Thank you to our members who pay by direct credit, as the Bendigo Bank's description is limited, suggest you type in your membership number and then the first three letters of the class or activity you are paying for OR email me at treasurer@u3agympie.com OR text me on 0417 433 034.

I also manage our Mailchimp distribution list so if you are aware of a member who does not receive our monthly newsletters and they have a family member or close friend who is happy to share their email address , could you let them know that I will be able to arrange for our newsletters and other emails to be sent to the nominated email addresses. Thank you.

Bendigo Bank,
Account Name: U3A Gympie Inc. BSB: 633000
Account Number: 156 399 636



U3A members and friends enjoying Coffee with Friends at the Coffee Club. This happens on the last week day of the month every month except December.

Be Connected

Discover the safest way to pay for things online, how to sell online and much more

If you're thinking of downsizing or getting rid of some clutter around the home, we have just the course for you. This month we enter the world of eBay and PayPal and take a look at how to buy and sell things online.

A must do course for anyone looking to downsize or explore all the convenience and opportunities of online shopping. We show you step-by-step how to buy and sell online using eBay, the world's largest online marketplace. We also look at the safest ways to pay for items online, how to set up a Paypal account, and much more. Link to <https://beconnected.esafety.gov.au/topic-library/new>.



Australian Government

Be Connected

Every Australian online.

Dates to Remember

6th Oct - Term 4 starts

6th Oct - Tuesday Lunch

12th Oct - Committee meeting

13th Oct - Tuesday Lunch

20th Oct - Tuesday Lunch

27th Oct - newsletter contributions due

30th Oct - Coffee with Friends



BECOME A MENTAL HEALTH FIRST AIDER

to support friends, family members, colleagues and others

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

STANDARD MHFA TRAINING BENEFITS

KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

CONFIDENCE

Increases confidence in providing first aid.

DE-STIGMATISING

Decreases stigmatising attitudes.

SUPPORT

Increases the support provided to others.

"I enjoyed learning the skills to be an MHFaider. The content was interesting and the facilitators made me feel at ease, even with the more sensitive content." - Georgia



LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or support group.



HOW DO I SIGN UP?

Register via the link below or contact the Gympie Region Volunteer Centre
volunteer@chsn.org.au 0408 992 822
<https://www.eventbrite.com.au/e/mental-health-first-aid-tickets-122350281987>

DATES Monday 12 & 19, October

TIMES 9am/ 4:30pm

COST FREE for volunteers only

VENUE Regional Training Services
37 Nash st, Gympie

FACILITATOR/S
Yaana Tansey

For more information, visit mhfa.com.au/courses



@MHFA_Australia



@mentalhealthfirstaid