



Newsletter January 2024

Greetings all, and best wishes for a “*Happy New Year!*”

A few key points for our members:

- Our formal start back will be 12 February but some will start sooner. The Ukelele group and the Scrabble group, for example, tend to keep running after the Christmas break and throughout January. The Legana Bookclub, and the Legana Mahjong group will likewise meet in January.
- Your Committee has been busy, and has some new software up and running for office procedures like enrolment, which will make things more simple for the Office Manager. Thanks especially to Viv and Martin, among others, who have worked on this. The new procedures are on the website, so check in and see how easy it is!
- Our Webpage has also been updated. (Thanks to our Webmaster, Allison).
- The Course brochure is complete and is available on the website.

Phone the U3A number if any queries in the New Year.... **0411 150 378**

New Year’s Resolutions...Do people still do these?

As your Newsletter Editor, I am certainly resolving to have the Newsletters ready to go out on the month they are due! We will see how I progress as the year unfolds.

The next Newsletter is due in June, then September and December. As always, any U3A members are welcome to submit interesting articles or photos for the Newsletter, contact Anne on 0402 582 402 or email to annebrelsford@hotmail.com

If you are in the mood for a New Year's resolution, here are 10 Japanese habits to improve your life!

Don't be put off by the Japanese words! Lots of sensible tips here!

Implementing Japanese habits leads to improved well-being through:

- Discovering your “ikigai”- your reason for living, your life purpose, what gives you a sense of meaning.
- Embracing “wabi-sabi” – appreciating simplicity and accepting imperfections.
- Striving for progress via “kaizen”- continuous improvement through steady incremental steps.
- Deepening bonds with “Omotenashi” hospitality -selfless hospitality, being swift to identify and fulfill needs of others.
- Relaxing through “shinrin-yoku” - forest bathing, getting back to nature.
- Repairing fractures via “kintsugi” gold – embracing damage as an opportunity to repair with beauty in mind.
- Practicing mindfulness with “ikebana” flower arranging – mindfulness through flower arrangement, to emphasize different colours, graceful lines and pleasing aromas.
- Slowing down over “chado” tea rituals – mindfulness in the preparation and sharing of tea in harmony with guests.
- Following “washoku” guidelines – this refers to Japanese dietary guidelines, but can be thought of as being careful to eat nourishing food in reasonable portions, without stress or hurry.
- Reducing waste through “mottainai” – the word conveys regret when something valuable is wasted, a reminder to minimize excess, to repurpose and recycle to avoid waste.

You can Google the full article by Julianna Summers from New Trader University.

We need more support for the Committee!

Our Committee unfortunately lost several good members towards the end of 2023. If anyone out there has the capacity to help, that would be much appreciated! We meet once every 2 months for a couple of hours, and try to share out extra tasks so no-one carries the full load, so *please....give some thought to helping out if you have some time available!!*

Fire permits required statewide

Fire permits remain in place for all of Tasmania, including all eight northern council areas. A permit is required for all vegetation burns - you will need to notify the Tasmania Fire Service when you intend to light your fire. Permits are free. [Click here](#) for details about fire permits or contact your local Fire Permit Officer on 1800 000 699.

For the gardeners in our midst: A little giggle

- My gardener talked to me about edible herbs I can grow

It was sage advice.

- Did you hear about the gardener who went crazy?

He was hearing voices in his shed

- I stood in my garden early yesterday morning wondering where the sun had gone

Then it dawned on me.

- So my neighbour sees me kneeling down, busy in my garden and asks what I'm doing

"I'm putting all my plants in alphabetical order"

"Really?! I don't know how you find the time!"

"It's right next to the sage"