

Special COVID Bulletin No 3 June 29th 2020

One of the inspiring community organisations in the North East

Management Committee Members

President: Rollo Kiek (0419814240) Vice-president: Tien Meakin(0408802665)
Secretary: Judith Falle (0428755701) Courses: Sue Woods (0409700678)
Speakers: Christina Callinan (0447761110) Treasurer: Henry Ziemnicki(0407931129)
Assist. Treas.: Karin Ziemnicki (0407615808) Web Site: Linda Parkinson (0407091742)
Committee: Luise Mock, Christel Willems, Sandy Sutherland
Newsletter: (co-opted): David Wood (0419514399)
Contact the Secretary: secretary@alpineu3a.org.au

Alpine U3A Committee of Management – June Meeting

The Committee met last week and the following matters arose:

- It was confirmed that we had been successful with a Federal grant application for funding new chairs for use in the Seniors Hall. This grant involved an application via our Federal MP, Helen Haines, with grant applications going to all Australian constituencies. Two grants were awarded to Indi and one was for our new chairs. The old chairs belong to the Seniors and some will be stored whilst others will be available for members and various organisations on request.
- We will be moving to a new digitised membership system called UMAS. This system will make enrolments and course record keeping easier and Judith Falle, Linda Parkinson and Sue Woods have attended Network U3A workshops to learn the finer techniques associated with UMAS. We will still have an enrolment day but data collection and amendments should be more straightforward.
- Future activities for 2020 were discussed and obviously even though the Seniors Hall is open there can be no coffee mornings at present. Some courses (activities) were approved for commencement in the Seniors Hall with close attention to the COVID19 restrictions which had been distributed by the Seniors Committee. Courses which operate outside are already underway. David will include a timetable of courses in this Bulletin/Newsletter
- The next regional Network meeting which was to be hosted by Alpine U3A has been cancelled due to the COVID19 pandemic.
- The Alpine U3A AGM is scheduled for August 8th but given the current COVID19 situation it will be reconsidered at the next Committee meeting.

From the Secretary

Occasionally members need to purchase materials for activities and the Committee has now approved a procedure for such purchases. It is as follows:

Expenses of \$50 or less

Requests for reimbursement of expenses of \$50 or less can be made by the presentation of receipts to the treasurer. The receipts need to clearly indicate:

- the nature of the expenditure; and,
- by whom

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Expenditure over \$50

Expenditure over \$50 needs to be approved by the Committee of Management of Alpine U3A.

Requests need to be in writing/email to the secretary and include:

- a description of the item(s)/materials;
- a brief explanation of their use and by which members; and,
- two quotes from potential suppliers, with an indication of any preference.

The committee meets monthly (third/fourth Thursdays) so it is worth timing requests for more or less immediate attention.

The secretary's email is: secretary@alpineu3a.org.au

Hello everyone – Reflections from the editor

At last some COVID19 restrictions have been eased but for those of you who have travelled to the larger towns and also to Melbourne its as if “Social Distancing” did not exist! Fortunately, I have only needed to go to Albury & Wodonga for medical appointments and then I have rapidly retreated to my isolation of Tawonga.

I apologise fore the very late production of this Bulletin but on several occasions after commencing the production, something has “come up” and the inevitable delay occurs. Anyway, the good news is that the Seniors Hall is once again available for use subject to a number of COVID protocols and this means that some U3A activities have already commenced with others commencing in term 3 from July 13th. Only the large room of the Seniors Hall is available due to the need for strict disinfection requirements and members using the hall must take their own refreshments if they require sustenance. The Government restrictions that still apply can be seen at <https://www.dhhs.vic.gov.au/community-services-restrictions-covid-19> .

The Alpine U3A activities that are commencing can be seen on the amended timetable attached to the email with this Bulletin. Please keep in touch with your activity coordinator to find out when and if your activity can commence.

Of course, many of our members have been very active over the past few weeks and this is really good news. They are participating in “Social Walking” on a Thursday - Local walks ... Physically distanced... but enjoyable all the same. In addition, whilst not a U3A activity, I understand that the “Highland Court Table Tennis” for “married couples” is a very popular activity. The challenging walks on Wednesdays are also proceeding.



“Highland Court Table Tennis...

Married Couples physically distanced by the table”



Walking or “sightseeing?”

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For much of the past 4 weeks I have spent time involved in webinars, mainly scientific, but all quite fascinating. I missed one last week due to a medical appointment but a colleague provided me with a summary of the talk and it was given by a book reviewer who is involved in the Royal Society of Chemistry. He listed some chemistry books dating back to the 19th Century, one of which involved “a tussle over who first ‘invented’ the Periodic Table between Mendeleev and a very prominent German, Lothar Meyer.” As we know this battle was won by Mendeleev who was celebrated last year in the international year of the periodic table. Another book that I am looking forward to reading is “*Secret science: a century of poison warfare and human experiments*” – sounds fascinating and more material for some lectures!

Three webinars attended last week included one on the future hydrogen economy with reticulated hydrogen servicing many Australian homes, offices and industries. The second webinar focussed on the chemistry of various packaging surfaces and how the COVID19 virus survives on such surfaces. Using excellent visual aids, the speaker showed how the simple soap molecule dissolves the lipid fat layer which enclosed the COVID virus thereby rendering the virus incapable of entering the body cells. Yes, soap and water are far better than sanitiser! The final webinar last week discussed the removal of Carbon Dioxide, CO₂, from waste gases leaving industrial plants used for making major everyday products such as steel, aluminium, plastics and many others. It is interesting to note that there is more CO₂ generated in these plants than that which leaves coal fired power stations. A chemical engineer from the University of Melbourne has invented a novel membrane which separates CO₂ from other gases and the separated CO₂ can then be sequestered back into old oil & gas wells where it will be trapped for thousands of years eventually forming rock material. This is an excellent process for combating climate warming and with coal fired power stations becoming uneconomical compared with the use of renewable energy for electricity generation, this will help Australia achieve tougher targets than we now have for combating climate warming.

More about “Life beyond the Corona Virus”

In previous bulletins I have included links to various Web sites some of which are video presentations of a panel discussion from the University of Melbourne Experts. There have been 6 Panel discussions altogether and I have not included all 6 but the last (6th) has just been recorded and in my view is one of the best. Hence, I urge you to watch it. The panel includes:

- **Peter Doherty** the Nobel Prize winner and former Australian of the Year.
- **Professor Shitij Kapur** (Dean, Faculty of Medicine, Dentistry and Health Sciences; Assistant Vice-Chancellor (Health), University of Melbourne
- **Professor Sharon Lewin** AO Director, Peter Doherty Institute for Infection and Immunity at the University of Melbourne,
- **Professor Brett Sutton** Chief Health Officer, Department of Health and Human Services, Victoria
- **Associate Professor Tom Gerald Daly** Deputy Director, Melbourne School of Government, Melbourne Law School, University of Melbourne; Director, Democratic Decay & Renewal (DEM-DEC)

The link is: <https://pursuit.unimelb.edu.au/articles/watch-episode-6-life-beyond-coronavirus-preventing-the-next-pandemic>

If you click on this it will open the site and you can watch the final panel discussion. You will not be disappointed.

New Alpine U3A activity and course timetable where the Seniors Hall is used.

This is as shown on the following page and the full timetable involving other venues is attached to the email with this Bulletin

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Day →	Monday	Tuesday	Wednesday	Thursday	Friday
am	9-10.30 Advanced French (Sandra)	Vacant	9.30-11.00 Yoga (Mary-Lou)	8.30-9.30 Pilates with a kick (Mary)	Vacant
am	10.45-12.15 Beginners French (Louise)	Vacant	Vacant	10.00-12.00 Crafts (Laraine)	Vacant
pm	Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime
pm	3.45-4.30 Stretch (Nola) Commences on 22 nd June	Vacant	3.00-5.00 Hall hired for last Wednesday of each odd month	2.00-4.00 Vacant	Vacant
pm	4.30-5.15 Vacant	4.30-5.30 Intermediate Pilates (Nola) Commences on 30 th June	5.00-6.30 Vacant	4.30-5.15 Stretch (Nola) Commences on 25 th June	Vacant
pm	5.15-6.30 Yoga (Mary-Lou)	Vacant	5.00-6.30 Vacant	5.15-6.30 Vacant	Vacant
pm	Evening Vacant	Evening Vacant	Evening Vacant	Evening Vacant	Evening Vacant

Hall hired

All classes commence on the week commencing 13th July (3rd term) except where otherwise noted.

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Finally, some “Funnies” to help you pass the day! (with help from Rollo)



Meanwhile, keep safe, well & happy

David Wood (Newsletter editor) 28th June 2020