

**Committee Members**

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**Coffee morning & AGM  
Friday August 3<sup>rd</sup>. 10.00am for  
10.30am sharp**

Once each year we are required to hold the Annual General Meeting (AGM) and this year it will be held coincident with the August Friday Coffee morning. We have a number of nominations for the Committee and office bearers which is good and you can come to the AGM without feeling that you will be “press-ganged” to nominate for the Committee. Naturally you are very welcome to nominate and this is a sign of a healthy club.

So far, we have nominations for President, Secretary, Treasurer, Speaker coordinator and a number of committee positions. We do not yet have nominations for Vice President, Assistant Secretary, Membership Secretary and Assistant Treasurer. Please let me know if you are interested in any of the positions and I will send you a nomination form. Helen L’Huillier and Wendy Blake are leaving the Committee at this time and their contribution over many years has been enormous. When I took over from Wendy as Secretary the job was made very easy by the great care that Wendy had shown in the position. Helen has organised the membership records in an immaculate manner and as members come and go it is easy to amend the records and maintain the files. In addition Helen has paid great attention to our finances and it is very much down to Helen that we are in a very healthy financial position. Thank you, Helen & Wendy.

Whilst a guest speaker has not been arranged for this AGM, the Committee agreed that if there is time I will give a short talk on “Stephen Hawking’s Voice”.

You are no doubt aware that Stephen Hawking had an artificial voice created by a speech synthesiser. Like all good instruments the synthesiser wore out and a new voice had to be created – how was this done and did it suit Stephen? I have been given a strict time limit for such a talk and I will stick to it ..... if time exists for the talk.



Stephen Hawking

**July Coffee morning**

Our guest speaker was Daphne Stitt who is an active member and local artist. She covered many topics including her background in many locations as an artist in residence and she illustrated her talk with some fascinating works.



Daphne speaking at the July Coffee morning

**Film Night – 2<sup>nd</sup> Wednesday of  
each month – Wednesday August  
8<sup>th</sup> at 7.00pm – Seniors Hall – Film:  
“Breathe”.**



In 1958 Britain, Robin Cavendish falls ill from polio at age 28, not long after meeting and marrying his wife Diana. Paralysed from the neck down and unable to breathe without the assistance of a respirator, he is given only three months to live. Initially he is depressed, refusing to see his wife or newborn son Jonathan and wishing to be removed from life support, but Diana is persistent, and slowly his spirits improve. When Diana realizes she can provide for his daily care and suggests they move Robin and the respirator home, Robin brightens considerably. Over the strenuous objections of the hospital's administrator Dr. Entwistle (who tells Diana that he will die if without the ventilator for two minutes) and with the help of some of the other doctors and nurses, Robin is brought home and meets his son.

While Jonathan is playing, he knocks out the plug of the ventilator. Robin sees, but unable to move or speak, he cannot get Diana's attention, so instead makes clicking noises with his tongue. Eventually, Diana finds him and plugs it back in.

Seeing his son push a pram gives Robin the idea for a mobile chair with a built-in respirator, so he enlists the help of his friend Teddy Hall to build one. Using the chair, and with the help of Diana and her two brothers, Robin is able to travel away from home for the first time, and with a specially constructed van, the family begins to venture out further, even flying the van on a cargo plane to Spain.

Teddy makes various improvements to his design over time, and eventually Robin teams up with Don McQueen to produce more of the chairs. After observing a German hospital's prison-like confinement of their severely disabled patients, Robin then appears at a conference and appeals to doctors to treat their patients more humanely, drawing a standing ovation. Robin returns to his original hospital with more of Teddy's chairs, and the rest of the patients in the ward leave with him. Thanks Wikipedia!

Stick with it to the end!!!

## Activity Groups

Many of our members are aware of the variety of activity groups run by the Alpine U3A but knowledge of such groups is often confined to those in which the members participate. I plead guilty to this form of tunnel vision. It is therefore a real delight when attention is drawn to the activities of others.

On Thursday mornings the Alpine U3A Knitting & Craft group are hard at work in the hall and as many as 14 members can be hard at work under the leadership of Laraine Zejbrlik & Patti Fensham.

Recently this group teamed with the Mt Beauty Medical Centre staff and sewed together a number of woolly squares prepared at the

Medical Centre. These transform to rugs which are presented to Kiewa Valley House and are invaluable at this time of the year.

Our picture with the thanks of the "Myrtleford Times" shows Laraine Zejbrlik from the U3A together with Jasmin Panbozzo, Marie Edwards and Penny Cummings from the Medical Centre. The finished rugs are about to be handed over to Kiewa Valley House.



## Senior's Hall Improvement

I am delighted to advise members that the Seniors (we are all members) have contracted and paid for the Men's' Shed to construct and install a bike rack outside the Seniors Hall. The photo below shows Warwick Mitchell from the Men's' Shed checking the level & height of the bar before filling the holes. Unfortunately, the bar was too high and at the time of writing some further work is being done by the worthy warriors of the Men's' Shed.

The rack should be complete very soon and I expect to see many bikes hanging from the rack in the next few days. Remember it is built for bikes and not for wheelchairs!

