

From: **Alpine U3A** secretary@alpineu3a.org.au
Subject: News Bulletin – May (Guest speaker, movie, COVID vaccinations, membership)
Date: 2 May 2021 at 3:08 pm
To: Paul L'Huillier secretary@alpineu3a.org.au



Guest Speaker – Friday 7th May

A 50 Year Love Affair With All Things Cake

Our speaker will be **Elene Wood** from Tawonga who runs her own very successful business called **Studio E Cakes**. Website www.studioecakes.com.au/, email hello@studioecakes.com.au and mobile: 0409 673 192.

The presentation will commence from the humble beginnings of making a packet mix cake to the skills required for creating, baking and decorating a bespoke custom cake, and operating a successful business in Covid times. **Topics will cover** the changing trends in cakes, the highs & lows, the disasters and how to correct them.

Will there be free samples? You will just have to stay until the end to find out!

Thanks to *Fay Mason* (guest speaker coordinator) for arranging for Elene to speak at our coffee morning.





Elene Wood on the job!

Best wishes to *David Wood* as he undergoes further Chemo.

Film Night – Wednesday 12th May

The third screening of the year will be held on **Wednesday 12 May starting at 7:00 pm at the Senior Citizens Centre, Tawonga Crescent, Mount Beauty**. The movie is called '**Fisherman's Friends**'.

The film is based on a true story about Fisherman's Friends, a group of ten Cornish fishermen from Port Isaac who were signed by Universal Records and achieved a top 10 hit with their debut album of traditional sea shanties.

The Plot — A fast living, cynical London music executive, Danny, reluctantly heads to Cornwall on his colleague Henry's stag weekend, where he's pranked by his boss, Troy, into trying to sign a group of shanty-singing fishermen. Danny becomes the ultimate 'fish out of water' struggling to gain the respect and enthusiasm of the unlikely boy band that consists of Jim, Jago, Leadville and Rowan, who all value friendship and community over fame and fortune. Attempting to overcome the fishermen's skepticism about the music business, Danny finds himself drawn into the community, has his integrity tested and ultimately is shown the meaning of loyalty, love and friendship. This forces Danny to re-evaluate what really matters in life; ultimately giving him the chance of a different kind of success which leads to him falling in love with Jim's daughter, Alwyn.

View the **Trailer**. Click [\[HERE\]](#). It is a very funny movie.

Please support this U3A initiative and bring a friend. They can be a guest.

Remember Film Nights are always on the *second Wednesday of the month* and start at 7:00 pm at the Senior Citizens Centre.

Thank you to *Sandra Eldridge* who convenes the Film Night, orders the films and arranges for supper at the interval.

Nordic Pole Walking (New Activity) – starts Wed 5th May

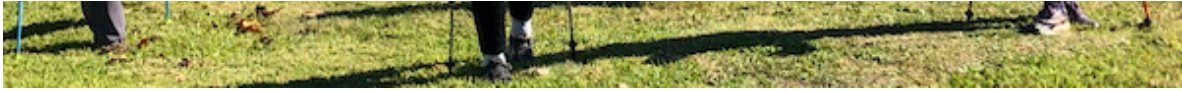
Linda Parkinson conducted a very successful '*Come and Try It*' pole walking session last week and has now placed it on our course/activity list <<https://alpineu3a.org.au/courses-activities/>>. Click on 'Wednesday' and the activity to see all the details.

As a member, you will need to enrol in the class. Enrolling in a class was explained in an email sent to all members on 21st April which contained your **Membership No** (needed for enrolment). *The Membership No can also be found now on the front door of the Senior Citizens Centre and on the inside noticeboard.*

Click this link <<https://members.u3avictoria.com.au/Alpine/login>> to take you to a login page where you can enrol. If you have not already logged in to check your profile (a previous request) you will need to '**reset your password**'. On the page you logged into under the HELP LINKs click 'Reset Password'.

Help is available, just ask. Paul mob: 0400 056 247 or Linda mob: 0407 091 742. **Note** – assistance can also be found on the website <www.alpineu3a.org.au> under Membership and Courses.





Contact Linda and give it a go.

New Convenors

Thank you to **Doug Hamilton** (Ukulele Players) and **Linda Parkinson** (Nordic Pole Walking) for offering to convene these new activities.

For your information, Alpine U3A now offers **19 courses/activities** not including the coffee morning/guest speaker and film night. We have *16 Convenors* who share their passion and interest with the membership and we thank them all for that.

Membership

Thank you to all those members that have logged onto the website and checked the correctness of their membership personal profile. The take-up has been 35% of memberships so far.

The committee is working hard to introduce this new ONLINE system (U-MAS) to the membership and would like many more to do as requested. Check out the HOW TO... in the email sent to all members on 21st April (it contains your membership number). There are Guides on the website to assist you as well.

Your **Membership No** can also be found now on the front door of the Senior Citizens Centre and on the inside noticeboard.

Please visit our website <www.alpineu3a.org.au> to learn more about U-MAS and what courses/activities are on offer and don't forget to tell others about what U3A is about and refer them to the website to JOIN up.

COVID Vaccination – Where to get it...

Helen L'Huillier has done some research on where to get a COVID vaccination locally.

There are at least two ways to get a vaccination now. Mt Beauty Medical Centre has only received an initial 50 doses at the time of writing, and they are advising their Over-70 patients to go elsewhere if they can, rather than wait up to several months to get it here.

1. Ring the Vic Coronavirus Hotline on 1800 675 398 to make an appointment at the Wodonga hub in the old Coles building in High St. You will need your medicare card when you ring, and if you want to make an appointment for your partner at the same time, he/she will need to be there to give verbal consent.

At this stage, they are only taking bookings for one week ahead.

They only have the Pfizer vaccine at the Wodonga hub, and not Astra Zeneca, and the second Pfizer shot has to be taken 3 - 4 weeks after the first shot, so you need to be available at that time.

2. Book at a private practice in Wodonga. The one I went to is called Hospital Street Doctors, which is a private medical centre: <www.hospitalstreetdoctors.com.au> telephone (02) 6056 1166, opposite the Wodonga hospital. They are providing only the Astra Zeneca vaccine, with the second dose being given 12 weeks later.

The whole thing is booked online so you can sign up your partner too - no verbal acknowledgment required.

You can download a smartphone or tablet app called "HotDoc" which is supposedly easier for bookings and for checking in on arrival, or you can just go to the [website](#) on a computer.

First, you book a Covid Vaccination appointment for the first dose and another appointment for 12 weeks later. Then you have to sign up as a "New Patient", and put in all your details.

After your vaccination, you will be required to wait 15 minutes to ensure you don't have a reaction, just like the local flu shots. Before you leave the centre, you are given a card with the details of the vaccine used and the date of your next vaccination.

There are other large private practices in Wodonga that appear to have plenty of vaccines.

Another option is the **Central Medical Group** – Wodonga – telephone (02) 0624 3233.

Anyway, if any of the above helps you in any way, go for it.

Good luck

GOOD LUCK.

Helen

Alpine U3A Facebook Page

Join our Alpine U3A Facebook Group to keep up to date with the latest news. [Logon to your Facebook Page](#), search for [Alpine U3A](#) and *join the public group*.

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