

U3A BRIGHT DISTRICT

UNIVERSITY OF THE THIRD AGE

good company lifelong learning staying active



Newsflash Apr 2023

U3A SOCIAL 9 HOLES GOLF

WHEN: Friday 12th May

TIME: 9.30am. Please arrive at 9.15am

WHERE: Bright Golf Club

COST: \$25 for 9 holes or less if you're a member

FORMAT: Casual relaxed fun game.

No handicap required.

SOCIAL drinks and/or lunch at a local cafe after the game

BRING: Golf clubs

CONTACT: Jan Smith by 10th May

michaelandjansmith@gmail.com



On behalf of Bright District U3A, President Marianne Dredge and Committee Member Ron Milne, pay respects to our fallen men and women at the ANZAC Day ceremony. A donation will also be made to Hume Veterans Centre.

Bright U3A Committee Contacts

Secretary: Dianne Mayorga.....info@u3abright.org.au
Courses: Linda Hayes.....courses@u3abright.org.au

Treasurer: Robyn Cirulis.....members@u3aBright.org.au
Web Admin/Newsletter: Helen Brecknell.....jhcw@bigpond.com

CELEBRATION DINNER



On Friday 14th April, at our new U3A Headquarters, 60 members and guests enjoyed a fun, social three course dinner.

The hall and tables were superbly decorated by Helen Carlson and her team of Lorraine Pearce, Tony Strachan, Rob Reidy, Hugh Jolowicz and Roger Carlson, creating a Wow factor when the ribbons were cut by Marianne and the event officially opened.

Joe Kenwright, Andrew Bird and Mike Smith clipped, mowed and prepared the gardens, lawns and surrounding areas as well as cleaning the BBQ in readiness for the BBQ main course.

Jan Smith and her chief advisor and vegetarian chef, Sue Tighe, led a wonderful team of volunteers who made salads, desserts and pita bread crisps. A big thank you to Lorraine Shennan, Jan Bird, Cathy Eldred, Rosie Withers, Jenny Swaneveld and Monica Omodei. Dennis Lambert raided his garden to supply our salad vegetables.

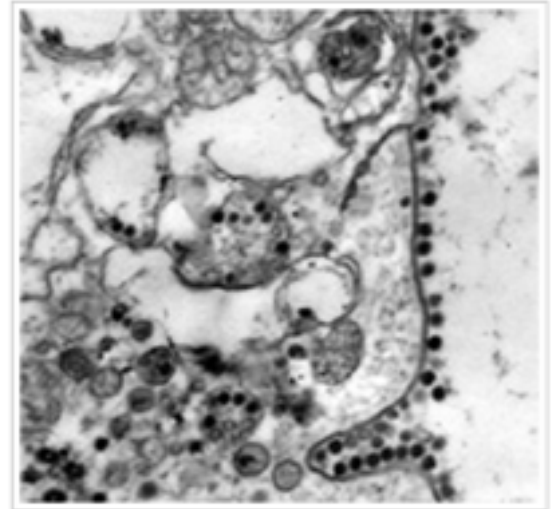
Jenni McFadyen donated bread rolls and Kevin Hancock made a delicious punch.

Thanks to all those members who pitched in to help during and after the event.

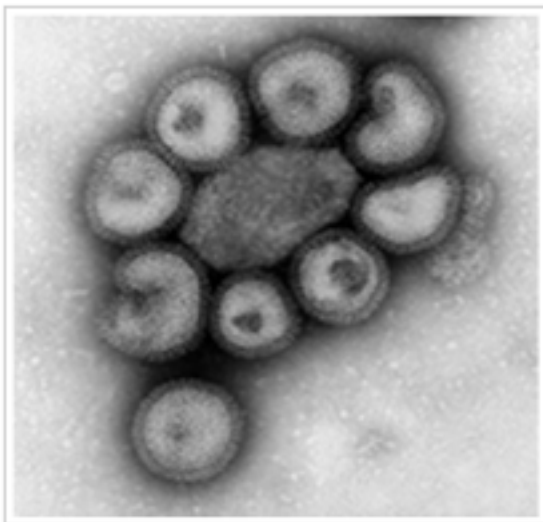
"Viruses and Health" - Dr Brett Lidbury.

Thank you to the Bright U3A executive for the invitation to speak on my virology research at the 31st March coffee meeting.

For reasons we all understand, viruses have been at the forefront of our collective thinking over recent time. The reason is the "rebel" COVID-19 (SARS-CoV-2) virus has caused significant death and disability globally, with the impact continuing for some in the form of long COVID, as well as at a society level for health services, employment and the wider economy.



Coronaviruses



Influenza virus

The "rebel" tag comes from the fact that many viruses live within us, and other animals, without causing harm. In fact, in some circumstances they are helpful. Viruses, for example measles, have been jumping across the species barrier into humans forever, with COVID-19 as a recent example. As an unknown antigen to our immune system, severe health issues can arise, as we have seen.

Molecular biology, immunology and biochemistry has helped us understand that for a "simple" biological entity, viruses have remarkable abilities to manipulate our cellular defences and promote infection. These insights will assist our understanding of longer term sequelae like long COVID.

CASUAL CUPPA, CAKE AND CONVERSATION

FRIDAY, 5TH MAY 10.30 AM

MAIN HALL, 2 COBDEN ST

JUST COME ALONG AND *ENJOY!*



PRESENTS:

COSY HOMES, CHEAPER BILLS, CLIMATE READY!

**SUNDAY APRIL 30, 1-3PM
BRIGHT COMMUNITY CENTRE**



Join us for an informative and engaging event on energy efficiency and climate-friendliness in your home.

Featuring knowledgeable speakers, home efficiency products for sale, and valuable insights on how to save money on energy bills.

**FREE
ENTRY**

FOR MORE INFO VISIT:

 [sustainableupperovens](https://www.facebook.com/sustainableupperovens)

 [sustainableupperovens.org.au](https://www.sustainableupperovens.org.au)



Please RSVP for the event if you plan to attend via email to info@sustainableupperovens.org.au