

U3A BRIGHT DISTRICT

GOOD COMPANY, LIFELONG LEARNING, STAYING ACTIVE



President's Report

Hello Everyone,

What a huge year it has been for Bright U3A! Our membership has grown by nearly 100 since the start of the year and our course offerings have exploded. There are many people to thank for our success. On a personal level, I thank Peter Dredge for his unqualified encouragement, support and practical, hands on assistance with everything I have undertaken as President; Robyn, Helen and Linda for their assistance with my Cuppa, Cake & Conversation sessions and Yvonne & Roy Ward for their delicious cakes. More broadly, thank you to the hardworking volunteers on the U3A Committee of Management, who work tirelessly in the background, ensuring that we can offer the most

positive and constructive opportunities and experiences to all our members. Jan Smith as Social coordinator has added a wonderful new perspective to our organization. And to our dedicated Convenors, whose energy, time and enthusiasm deliver diverse, interesting and fun social experiences for our members, thank you from all of us!

The Alpine Shire Council has been an incredible supporter of Bright U3A this year. They have done the much-needed job of clearing out our gutters; maintained the area surrounding our premises; installed a new air conditioner in Room 1 and supported our application, through the Community Grants Program, to enable us to have the acoustic panels installed in the hall, which has been an outstanding success and really made a difference to the sound quality in that space.



DEC 2023

DATES TO REMEMBER

*End of Year
Christmas Coffee
Morning*

15th December 10am

U3A Main Hall

(please bring SMALL plate)

***MEMBERSHIP
AND COURSES
ENROLMENT
DAY***

8TH January 2024

10am to noon

Main Hall

***AGM, Election of
Office Bearers and
Committee Members***

19th January 2024

10am

*followed by ordinary
meeting*

Duty Group -Casual Cyclists

Bright U3A Contacts.

Treasurer: Robyn Cirulis...members@u3aBright.org.au.

Web Admin/Newsletter: Helen Brecknell.....media@u3abright.org.au

Secretary: Andrew Bird.....info@u3abright.org.au

Courses: Linda Hayes.....courses@u3abright.org.au.

Social Sub-Committee: Jan Smith.....social@u3abright.org.au

The Bright Senior Citizens, lead by Peter Hopper, welcomed us and accommodated our needs, in a mutually beneficial relationship. Although their organization is winding up early next year, we look forward to embracing them as U3A members into the future.

U3A now needs YOUR help to remain this successful & happy place long term. We are on a recruitment drive for Committee members, as there may be several resignations of current members and the membership numbers have grown so much that more hands on deck would be VERY welcome, to organize & manage everything that needs to be done! After stepping up when we were in dire need of a Secretary at the start of this year, Diane Mayorga is no longer able to continue in the role and we thank her for her contribution and wish her well for the future. However, we are again seeking a person to assist Andrew Bird in this crucial role. A Committee Nomination form is attached to the Newsletter.

In a terrific initiative, Hilda Rozitas, co Convenor of our woodworking group, has organized for the sale of their beautiful chopping boards at the Bright Tourist Information Centre. Well done Hilda!

The end of term coffee morning is coming up on Friday 15th December at 10.00am. As most groups enjoy their own Christmas Celebrations together, the Committee has decided to make this coffee morning our general Christmas function, with a short meeting and announcements, followed by Christmas morning tea. The songbirds from Alpine Voices will be entertaining us with 3 Christmas Carols at 10.45 – definitely not to be missed! No duty groups, but if all attendees could please bring a SMALL plate of Christmas goodies to share, accompanied by Kevin Hancock's famous punch, it will be a lovely way to end the year!

Our cleaner, Carmen, who does an outstanding job cleaning and maintaining U3A H.Q., is employed only 2 hours per fortnight. If all users here see something small that needs doing, like emptying a bin or recycling container into the big bins in the back foyer off the kitchen, then please just do it rather than expecting someone else to. In this way we support Carmen and support our members and volunteers by keeping our own place in the best state.

Jan Smith is organizing a "Welcome to 2024 Dinner" on Saturday 10th February. This will be a fully catered function with a delicious menu and vegetarian /gluten free options available. The full cost is \$25 per person but your committee has decided to subsidize the cost for members by \$10, making it \$15. It will be another memorable night!

Next year we are holding a dedicated ENROLMENT MORNING on Monday 8th January here at HQ for anyone who wants assistance with membership and course enrolments. More details in this newsletter.

There is also more information in the pages following on the SHINGLES vaccine SHINGRIX, the ACRC (Alpine Community Recovery Centre), information from our last guest speaker, Michelle Stark, Alpine Shire's Sustainability officer, on recycling and what's on offer from the Social committee for 2024.

Until next time, I'll leave you with this...

Merry Christmas and a Happy New Year to you all!

Marianne Dredge

Do you have any ideas for courses you would like to see U3A run next year?

We have about 100 new members since last year and many groups are getting full.

We have lots of spaces in the new building when there is nothing on.

Send us your ideas to courses@u3abright.org.au and we will try to organise it.

- **Casual walking group**
- **Crosswords**
- **Card or board games**
- **?????**

U3A DINNER

10 FEBRUARY 2024



5.30pm Saturday 10th February 2024
Bright U3A centre (Bright Senior Citizens Centre)
2 Cobden Street Bright
Marianne Dredge . marianne20_dredge@hotmail.com

TWO COURSE ROAST BUFFET

herbed **roast chicken**

honey + rosemary **leg of lamb**

mustard crusted **beef rump**

roast **potatoes**

minted **peas**

honey + parsley **carrots**

corn on the cob

homemade **gravy**

fresh **dinner roll** with butter

pavlova topped w/ fresh cream + berries

fresh **fruit salad**



quote is for minimum of 60 guests

vegetarian + other dietary requirements can be catered for

\$25pp

ENROLMENT DAY U3A BRIGHT

In response to many requests from the membership, we are introducing an ENROLMENT DAY at the beginning of the year.

With the growing numbers of members and so many activities reaching their limit, it has been decided that UMAS will be **OPEN** for online enrolment at **10am on the 8th January 2024**. If you are comfortable to enrol yourself on line for your activities for 2024, you will not be able to do so prior to this time.

In person enrolment will be available at the U3A centre, 2 Cobden St from **10am on the 8th January 2024**.

If you need assistance in enrolling please come in as there will be several members available to help you enrol in your activities.

Please have your list of activities with you to facilitate this process.

Also please remember that if you enrol but don't attend then you may run the risk of being taken off the course - especially if there is a wait list.

Payment of your membership - which remains at \$30 for the year - can be done anytime.

Changes to the shingles vaccine available under the National Immunisation Program (NIP) came into effect from 1 November 2023. The shingles vaccine Shingrix has replaced Zostavax on the NIP

[Shingles \(also called herpes zoster\) is the disease caused when the chickenpox virus reactivates. Shingles can cause severe pain that can last for months.](#)

Vaccination is a safe and effective way to protect yourself from serious disease caused by shingles.

Who should get vaccinated against shingles

Free shingles vaccination under the National Immunisation Program (NIP) is available for eligible people most at risk of complications from shingles.

A 2-dose course of Shingrix is available for free for:

- people aged 65 years and over
- First Nations people aged 50 years and over
- immunocompromised people aged 18 years and over with the following medical conditions:
 - haematopoietic stem cell transplant
 - solid organ transplant
 - haematological malignancy
 - advanced or untreated HIV.
 -

If you previously received a free Zostavax shingles vaccine under the NIP, you are not eligible for a free Shingrix vaccine for at least 5 years.

If you purchased the Zostavax vaccine privately, you can receive Shingrix for free under the program if you're eligible.

You should wait at least 12 months between receiving Zostavax and getting the Shingrix vaccine.

Shingrix vaccine does not contain the live virus and is safe for people with immunocompromise. Discuss with your health professional whether this vaccine is right for you and about your eligibility for the free shingles vaccine today.

TOXIC WASTE IN ALPINE SHIRE

How do we dispose of containers that contained toxic chemicals?

There is a free disposal service annually called Detox Your Home, details can be found here: <https://www.sustainability.vic.gov.au/recycling-and-reducing-waste/at-home/dispose-of-household-chemicals-detox-your-home>.

Our events are at the start of the year at our transfer stations in the Alpine Shire.

What plastics recycling numbers can we recycle in our yellow bins?

This is different for each area (determined by the recycling material processor). Currently Halve Waste is advising that in our area we can be guided by what they advise on their website, which specifies the types of items that can be recycled not the numbers <https://halvewaste.com.au/recycling-waste/>.

There is sorting at the MRF (Materials Recycling Facility) to account for plastics being included that can't be recycled. Planet ark are bringing in a new labelling system that will tell you where each part of the packaging goes, to facilitate a move away from the numbers system.

They have all the information on their website. <https://recyclingnearyou.com.au/ar/>

If U3A members would like tips on how to avoid buying plastics I would be happy to send those through. While looking on the Halve Waste website, I also found this information about the soft plastics recycling trial that might be of interest:

<https://halvewaste.com.au/soft-plastic-recycling/>

Michelle Stark, Alpine Shire Sustainability Officer, MON - THURS (03) 5755 0555.

Following recent Bushfires, floods and other extreme weather incidents, it was determined that all helpful and relevant community safety information was available, but scattered over so many official sources that people didn't know where to seek guidance and life saving assistance. With this Public Safety & well being paramount in the minds of Emergency Services personnel and agencies, it was decided to put this information in one place and make it readily available to communities.

The Alpine Community Recovery Centre(ACRC) is a group collating and distributing essential and emergency services information via Our Community Connector Network. Bright U3A has become part of this network and Jan Mock will email me "The Loop" newsletter every 2 weeks, which will be added to our U3A website.

All the information in "The Loop" is supplied by Emergency Management agencies and is accurate and trusted.

I encourage you to read it and follow the links for further information on how to protect and keep yourself , families, neighbours and communities as safe as possible.

Letter from the Editor

Another year is nearly over and what an exciting year it has been! Our membership has more than doubled what it was at the beginning of Covid and the courses on offer has grown incredibly, from those running all year, to some very interesting short courses running for only a few weeks.

For myself, I am now on the U3A Network (Vic) Website support team where I offer assistance to nearly 30 other U3A's around the state and do regular training sessions for those who do their own U3A's website administration. I am also on the support team for UMAS (U3A Membership Administration System), but here I still have my training wheels on!

In my role for Bright U3A I look after our own website and the UMAS system. I am the Newsletter Editor too!

I'm that bothersome individual who is constantly taking photos at our events, some ending up in the newsletter or on the website.

We are on the hunt for more committee members, so if you would like to contribute to the running of Bright U3A, there is a nomination form on the last page. AGM in January.

It is very pleasing to hear that there are more courses being planned for next year and Jan Smith, our Social Activities manager has some exciting events lined up.

It is my responsibility to make sure that our membership is aware when these new events and courses are planned, so I would like to ask those who are planning a short or long course or even a one off to send me details so that I can get the appropriate publicity happening. Linda Hayes our Course Coordinator ensures that these are in the UMAS system but it is up to me to do the publicity for them.

When you have organised your event with Linda please send me the details so I can put on the website - sometimes on the home page!

You can send your information to: media@u3abright.org.au

Merry Christmas and Happy New Year !

Helen Brecknell (Website Management and Media)



Jan Smith is organising a cornucopia of social events and activities in 2024

The February Welcome Dinner is just the start, with Social Golf on a monthly basis; evening social tennis with a small cost to cover court hire & nibbles; an introduction to Croquet evening with hamburger & salad meal to follow for \$20 and a Friday or Saturday Games Night including Bridge, Canasta, 500 & any other card games participants would like to play.

Jan is really keen to hear your ideas for other social events.
Email her at social@u3abright.org.au

Nomination Form for Committee Positions

Return to the Secretary, Bright U3A Inc, PO Box 458, Bright 3741
by 12th January 2024 or hand in at the AGM 19th January 2024

Bright District



Bright District U3A Inc. Reg A0043327J

Nomination for 2024 Committee

I nominate.....(name) for the position of.....

Proposer..... Seconder.....

Print name

Print name

Signature.....Signature.....

Iaccept the nomination. Signature.....

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