



Weekly Bulletin

Friday 22 January 2021

CLUB CLIPBOARD

TIMETABLE

Monday 25 January – Sunday 31 January

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 25 Jan	9.30 am	Bolivia (cards) - GC
	2.00 pm	Social Bridge - GC
	5.15 pm	Yoga - TSC
Tues 26 Jan	9.00 am	AUSTRALIA DAY BRUNCH
Wed 27 Jan	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	1.00 pm	K-nit 'n' K-natter - GC
	1.30 pm	Line Dancing-Beg -TSC
	2.45 pm	Line Dancing-Imp - TSC
	3.30 pm	Beginners Bridge - CG
Thurs 28 Jan	9.30 am	500 (cards)- GC
	1.00 pm	Mah-jong - GC
	1.15 pm	Lawn Bowls
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
Fri 29 Jan	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC
	4.15 pm	Uke 55 - TSC
Sun 31 Jan	5.00 pm	Walking Group

PRESIDENT'S UPDATE

Welcome back to the 2021 Club year and I hope that you all had an enjoyable break albeit under COVID restrictions.

The newest addition to the activity calendar, Euchre, had a good start on Tuesday and has been added to the popular card games that are played each week.

The Waterview Lounge had a makeover this week with the installation of a built-in bookshelf designed to consolidate the growing number of books in a more accessible area. I would like to thank our 'librarians' Cheryl and Bronwen and their husbands Laurie and John who worked tirelessly this afternoon to re shelf the books.

The long-awaited cementing of the carpark garden areas is scheduled this weekend. The entrance tiling at the front door that has lifted and has become dangerous and will be replaced.

As always, I am at the Club throughout the week and welcome any comments or suggestions that you may have.

Phil Burns President



THERE ARE MANY 'BIG' THINGS IN AUSTRALIA

Do you know where the following attractions can be found?



1. The Big Banana
2. The Big Bull
3. The Big Gold Pick & Pan
4. The Big Hammer
5. The Big Murray Cod
6. The Big Prawn
7. The Big Avocado
8. The Big Bowl
9. The Big Pineapple
10. The Big Ugg Boots

(Answers next week's Bulletin)

CLUB ACTIVITIES

TUESDAYS ACTIVE EXERCISE CLASSES RETURN

FROM 2 FEBRUARY



I am delighted to announce that Duncan Craig is the Club's new exercise instructor for the Tuesday classes.

Duncan is a registered personal trainer and fitness instructor with Fitness Australia and has been highly recommended by Jackie as her replacement for the Tuesday classes.

Booking is still required with the links below:

Men's Exercise – Tuesday - 8.00 am

<https://www.eventbrite.com.au/e/mens-active-exercise-class-with-duncan-craig-tickets-126385220597>

Women's Active Exercise - Tuesday – 9.10 am

<https://www.eventbrite.com.au/e/ladies-active-exercise-class-with-duncan-craig-tickets-126385840451>

Please note that the cost of each class is \$7.00 and with all online class bookings, we ask you please not to book more than 1 or 2 weeks in advance.

This class is an active one, so please remember this when you book.

We are still working on a chair-based Wednesday Exercise class with a possible addition of another class on Friday – information to come!



ONLINE LINKS



The links for other active activities that are booked online are below.

Please note that the cost of each class is \$7.00 and with all online class bookings, we ask you please not to book more than 1 or 2 weeks in advance.

ZUMBA GOLD – MONDAYS 9.30 am

<https://dance4fitnessfun4fitnessschedule.as.me/Tugg55plus20211>

LINE DANCING

- Line Dancing - Beginners - Wednesday – 1.30 pm – 2.30 pm

<https://www.eventbrite.com.au/e/line-dancing-beginners-tickets-117484855365>

- Line Dancing – Improvers – Wednesday – 2.45 pm – 3.45 pm

<https://www.eventbrite.com.au/e/line-dancing-improvers-tickets-117485878425>

ACT BUSHFIRE MEMORIAL – 15 years on.....

“This memorial was dedicated on 18 January 2006 by Mr Jon Stanhope MLA, ACT Chief Minister.

On Saturday 18 January 2003, the bushfires which had been burning in the hills to the west and south-west of Canberra for more than a week reached the perimeter of the city. Four people lost their lives, nearly five hundred homes were destroyed, countless pets and other animals were killed, and there was widespread damage to rural properties, parks, forests, gardens and urban infrastructure.

This Memorial has been commissioned by the ACT Government to acknowledge the impact of the 2003 bushfires, mark the process of recovery, and thank the many organisations and individuals who played crucial roles in the fire fighting and recovery efforts.

The memorial is designed by Canberra artists, Tess Horwitz Tony Steel and Martyn Jolly and incorporates elements requested by the ACT community. It is a journey from the day of the fire, through the process of recovery, to the honouring of memory.

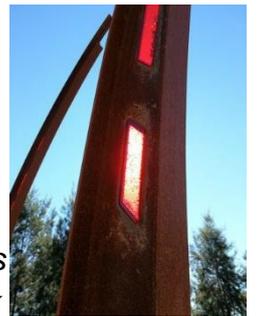


The entrance memorial walls (picture 1) are made from the community’s salvaged and inscribed bricks (picture 2) which contain messages of grief and gratitude.



Beyond the walls, a site framed by a grove of casuarinas contains red glass and metal forms (pictures 3 and 4) that refer to the force of the firestorm and the lightning strikes that sparked the main fires.

An avenue leads to an amphitheatre enclosing a pond and bubbling spring. The glass columns bordering the pond (picture 5,6 and 7) contain details from photos provided by the community which speak of memory and human resilience. “



The design of the surrounding landscape and the stream are an integral part of the memorial. Most of the plant species selected by the artists are native, many indigenous to the surrounding area.

The original memorial did not contain the names of the four people who died in the fires. Bushfire-affected families subsequently took it upon themselves to add their own heartfelt addition to the Memorial – a small plain white plaque with just the four names thereon. This you can see just outside the entrance walls.

The memorial is tasteful and appropriate to what happened in Canberra in 2003 and is one of the best of Canberra’s abundant memorials; a beautiful place to drop in and reflect.

The Memorial’s actual location is close to the intersection of Cotter and Uriarra roads. Take the Uriarra Road at this intersection for about 100 metres and turn left into a small car park at Mr Stromlo Forest Park. It is about a 20-metres walk from the car park.



COVID-19 VACCINE – WHEN AND HOW WILL IT WORK FOR SENIORS?



The rollout of the Pfizer vaccine begins in mid- to late February and will be given first to workers dealing with international arrivals or quarantine facilities, frontline health workers and those living in aged care or with a disability.

How many vaccines?

The first vaccine doses were initially planned for March, but the rollout has been brought forward, pending the Therapeutic Goods Administration's approval of the Pfizer vaccine, anticipated by the end of January. While the Pfizer vaccine will be first, because of the initial availability of supplies, most Australians will end up receiving the AstraZeneca vaccine, which is being made in Melbourne. Australia has secured 10 million doses of the Pfizer vaccine and 53.8 million of the AstraZeneca vaccine.

Is it mandatory?

While the Australian Government supports immunisation, it is not mandatory and individuals maintain the option to choose not to vaccinate.

Who will receive a vaccine?

Doses will initially be limited, and access will be made available to the highest priority groups as determined by the Australian Technical Advisory Group on Immunisation (ATAGI):

- those who have an increased risk of developing severe disease (older Australians especially with chronic conditions)
- those at risk of exposure, being infected with and transmitting the virus
- those working in services critical to society functioning.

Is it safe?

Before a COVID-19 vaccine is approved for use in Australia, it must pass the Therapeutic Goods Administration's (TGA) rigorous assessment and approval processes. This includes assessment of its safety, quality and effectiveness.

The TGA is actively monitoring COVID-19 vaccine development both in Australia and around the world and is also part of a network of international regulators that meet regularly to discuss the development of COVID-19 vaccines.

The TGA is engaging early with vaccine developers, undertaking a thorough and efficient review of vaccine candidates and discussing the application process. Early engagement will not affect the comprehensive review process that clinical trial results are subject to in Australia.

First off the rank

Aged care staff then aged care and disability residents (pop: 190,000) will get the vaccine first. They will be followed by people aged 80-plus (1,045,000), followed by those aged 70-79 years (1,858,000).

Those aged 60-69 years (2,650,000) are next followed by 50–59-year-olds (3,080,000). The balance of the population and young people will follow.

How the vaccine will be distributed

The Australian Government is currently consulting with the states and territories, and medical experts on how a safe and effective COVID-19 vaccine will be distributed.

This includes setting out the roles and responsibilities of the Commonwealth and state and territory governments to implement a COVID-19 vaccine program in Australia in 2021.

The rollout program will depend on the nature and test results of the vaccines approved for use. It will also take into account current outbreaks, available public health information

and advice from the experts including ATAGI. Further information on the vaccine program rollout will be provided in the coming months.

Big logistical challenge

Two doses of the vaccine are needed for it to be effective, applied 21 days apart and 28 days for AstraZeneca Oxford.

Mary-Louise McLaws, Professor of Epidemiology Healthcare Infection and Infectious Diseases Control at the University of NSW says the rollout will require NASA-like logistics.

Writing for *The Conversation*, Professor McLaws says the delivery of Pfizer's vaccine requires an ultra-cold chain of -70°C. Each "shipper box" holds 975 vials, each containing five doses.

"According to Pfizer, once opened, a box requires dry ice every five days, delivered within 60 seconds of lifting the lid, to maintain its temperature. From the first opening of a box, the full contents of 4,875 doses must be injected within 30 days.

"The next challenge is to have the right number of recipients at each vaccination session, arriving at the right time. Each vial takes between 30 minutes and 2 hours to defrost at room temperature, or 2-3 hours at normal refrigeration temperatures of 2-8°C. Defrosted vials must be used within 84 hours.

The vaccine must be diluted with sodium chloride and then injected within 6 hours.

"Before receiving the vaccine, each person must be pre-screened to rule out serious adverse reactions, medications, food allergies or other medical indications that might preclude them from receiving the injection. Pfizer also requires patients to give informed consent, having been advised of any risks, however small, associated with the vaccine."

Vaccine hubs

The government says it will provide more information about how and where the vaccine will be delivered.

Federal Health Minister, Greg Hunt, says Australia initially will deliver one type of vaccine.

"So, we don't have any confusion about which vaccine is available at which site. Each hub, each vaccination site will only deliver one type of vaccine. We've seen already some parts of the world where there might be some confusion about which dose of which vaccine you get. We want, because we're in this luxurious position of being pretty COVID free at the moment with a good COVID response, we want to vaccinate our population properly with the right dosage interval and give them two doses of the same vaccine according to the best possible protocols.

"Those hub locations will be determined by the states and territories in partnership with the Commonwealth, and they will deliver some vaccines to those frontline border workers, quarantine workers, frontline health care workers and become a distribution site for the outreach teams that will go into residential aged care and into disability care to deliver those vaccines to that initial priority population."

<https://nationalseniors.com.au/news/connect-enewsletter>

14 January 2021

