

# THE SMART AGE PAGE

## Mudgee District U3A Inc Monthly Update March 2020



### Dear U3A Members

As we face another challenge with the spread of the Coronavirus (COVID19) it is important that our Presenters and Members are reassured that whatever each of you decide to do regarding presenting or attending a class that decision will be respected. Presenters if your class is to be cancelled please advise our Program Coordinator, Chris Smith and your class members and Members please advise your Presenter if you will be absent from any class.

On the following page you will find information from the U3A Network NSW - *CORONAVIRUS (COVID19) PRECAUTIONS*. I have also placed information from the Australian Government Department of Health on the Adams Street Meeting Room noticeboard. Please do not hesitate to contact me if you have any queries or concerns.

A warm welcome is extended to Heather Rushton who has agreed to join our Committee after the death of our respected Committee Member Geoff Dear.

*'Illegal use of mobile phones while driving a car'* was a topic recently discussed in the Current Affairs class. Presenter, Phillip Farmer, reported there was not always consensus about some of the rules! Hence, at his request, you will find answers to 15 questions regarding this topic in the Newsletter.

Be kind to yourself and each other.

*Judith*

Judith Darling, President  
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### UPDATES from Chris Smith, Program Coordinator

- All classes that have been running for a couple of weeks are going well.
- *Arm Chair Travel* due to popular demand was extended for one more week.
- Baptist Church is not available Tuesday 7<sup>th</sup>, Wednesday 8<sup>th</sup> and Thursday 9<sup>th</sup> April for *Yoga* and *Zumba* classes.
- Baptist Church is not available Monday 27<sup>th</sup> April for *Balance 'n' Bones* class.
- *Cooking for One* will not run in term 2 with the current Presenter. To date no alternative Presenter has been found. Course will be cancelled if a new Presenter is not sourced
- Hearing session running 20<sup>th</sup> May at Oak Tree Retirement Village. The information flyer about the talk and free hearing test is with this Newsletter.

***Please don't hesitate to contact me if you have any queries. Mobile: 0412 321 874  
Email [jatz87@bigpond.com](mailto:jatz87@bigpond.com)***

### **2020 U3A NETWORK NSW CONFERENCE**

**29 April – 1 May "Enhancing the Third Age"**

Join us and fellow U3A members in Shellharbour and explore more ways for Enhancing the Third Age, an age we find more fulfilling when learning and sharing with others."

**Further information can be found on the website, [www.nsw.u3anet.org.au](http://www.nsw.u3anet.org.au)**

### **TERM 1 2020**

***Monday 3rd February to Thursday 9th April***

**Committee Meeting** at 12 Adams Street Mudgee on 3rd April. Contact: Judith Darling



## **Information from U3A Network NSW - CORONAVIRUS (COVID19) PRECAUTIONS**

U3A Network NSW is assessing advice on how U3As might best minimise potential risks to our members from the Coronavirus (COVID-19) outbreak that originated in Wuhan in China. While the risk from human-to-human transmission in Australia is currently low, U3As Committees and members share a duty to one and other, to act in a manner that is caring and supportive and as such Network considers it appropriate to recommend some prudent and practical precautions, outlined below.

### **An Awareness**

Both the Australian and NSW Government are publishing on their websites information that is updated daily, at least.

<https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov>

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Facebook users can like and follow NSW Health, on the Facebook feed for regular updates.

Globally The World Health Organisation website:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>

### **Attendance at Courses**

Members should be advised before attending courses or classes.

1. If they have travelled recently from China, Italy, Iran or other countries with infection outbreaks, they should self-isolate at home for two weeks afterwards.
2. If they have upper respiratory symptoms - fever, cough, sneezing, sore throat – they should avoid classes until the nature of their illness is clear and they no longer have such symptoms.

### **Venues including Home based Courses**

1. Update your protocols for venues to ensure the venue remains a safe environment for courses while the current situation continues.
2. Ensure adequate hand washing facilities, soaps and hand sanitizers are available for the predicted attendance. It may be that the U3A will need to provide those facilities.
3. Commercial venues have an obligation to provide a safe environment and a facility fit for purpose. This requirement should be brought to their notice.
4. Monitor the site before and during the course attendance.
5. Ensure the cleanliness of the site including contact surfaces
6. Consider placing signs at venues as to Hand washing/ Contact/ Attendance. These are available from the websites quoted and now commercially.
7. Have good hygiene at food and drink dispensing areas.
8. Consider members bringing their own tea and coffee cups/ mugs.

### **Everyone's Personal Conduct**

1. It is the personal responsibility of members to see to their own health, and morally to those with whom they connect.
2. As with a normal flu season minimise or avoid hand- shaking, friendly hugs and kissing.
3. Regularly wash hands for 20 seconds with appropriate sanitisers or soap and water. Carry a personal sanitiser pack and avoid touching your face if possible.
4. Follow the other good practice of covering your mouth and nose with a tissue when you cough or sneeze and dispose in a rubbish bin immediately and wash hands with soap or appropriate sanitiser.

**Mobile Phone use for unrestricted licence holders (drivers and motorcyclists) and bicycle riders,  
from the Transport for NSW Website 28 February 2020.**

From 1 March 2020 mobile phone detection cameras will be enforcing illegal use of mobile phones while driving or riding. The penalty for offending drivers is five demerit points and a \$344 fine (\$457 in a school zone). The penalty increases to 10 demerit points during double-demerit periods.

**1. Can I hold and use my phone?**

*No. It's illegal to hold and use your phone while stationary at traffic lights or stuck in traffic.*

**2. Can I touch my phone if it is in a cradle?**

*If your phone is secured in a cradle, you can only touch your phone:*

- *To make or receive a phone call;*
- *For audio playing functions; or*
- *For using a driver's aid (such as navigation).*

*Using a mobile phone legally can still be distracting. Consider the traffic conditions before using your phone.*

**3. Can I dial a number if my mobile phone is in a cradle?**

*Yes. You can use a mobile phone to make or receive audio phone calls if it is secured in a mounting (i.e. cradle) fixed to the vehicle. Using a mobile phone legally can still be distracting. Please consider if the call is urgent and the traffic conditions before using your phone.*

**4. What do I need to do to use other functions of my mobile phone (e.g. texting, emailing, social media)?**

*If you would like to use your phone for any of these functions, your vehicle must be parked out of the line of traffic.*

**5. Do I need to be parked with my ignition off to use my phone?**

*To use a mobile phone, you must be parked out of the line of traffic. However, the ignition does not need to be turned off.*

**6. If I have a Digital Driver Licence and I'm pulled over by NSW Police, when is it OK to pick up my phone to show my licence?**

*You can only handle and use your mobile phone to access your Digital Driver Licence after being requested to do so by a police officer. It's illegal to touch your phone before a police officer instructs you to do so. For more information on the Digital Driver Licence, please visit the [Service NSW website](#).*

**7. Am I able to access my mobile phone wallet functions if my vehicle is stationary and off the road?**

*Yes, if you are required to use a mobile phone wallet function to make a transaction, show a coupon or access an area, then you may do so providing your vehicle is stationary and off the road, such as in a carpark, driveway or drive thru.*

**8. Can I have my mobile phone in my pocket if I'm using Bluetooth to make or receive a call?**

*Yes. You can use a mobile phone to make or receive calls if it is in your pocket and it does not require you to touch the phone in any way.*

**9. I'm a ride share driver. Can I use the dispatch system app on my phone if it's mounted in a cradle?**

*Yes. You can use a mobile phone as a dispatch system as long as it is secured in a mounting fixed to the vehicle and doesn't obscure your view of the road.*

**10. Can I use a GPS device that is not a phone?**

*Yes. A GPS device that is not a mobile phone is permitted for all drivers, as long as the device is secured in a mounting fixed to the vehicle and does not obscure the driver's view of the road.*

*Warning letters were issued for the first three months (from 1 December, 2019), during which time drivers caught using their phone illegally by a mobile phone detection camera were issued with a warning letter to encourage them to change their behaviour.*



**11. Where can I attach a cradle to my vehicle?**

*The cradle (also known as a mounting) must be fixed to the vehicle in a manner intended by the manufacturer. It must not obscure your view of the road (in front and to each side). Find more information in our [Windscreen mounted phones and GPS fact sheet \(PDF, 56Kb\)](#).*

**12. Will the introduction of mobile phone detection cameras affect me?**

*Yes, unrestricted licence holders are not permitted to hold and use their phone while driving or riding. Mobile phone detection cameras enforce illegal mobile phone use anywhere, anytime across the NSW road network.*

**13. Was there a warning period for the start of the mobile phone detection camera program?**

*Warning letters were issued for the first three months (from 1 December, 2019), during which time drivers caught using their phone illegally by a mobile phone detection camera were issued with a warning letter to encourage them to change their behaviour.*

**14. What is the penalty for being caught for illegal mobile phone use?**

*The fine for illegal mobile phone use is \$344, or \$457 if detected in a school zone. There is a five demerit point penalty for illegal mobile phone use, which increases to 10 demerit points during double demerit periods.*

*These fines and demerit point penalties apply to both camera-detected offences and infringements issued by NSW Police.*

**15. Do double demerits apply for mobile phone offences detected by a mobile phone detection camera?**

*Yes, double demerits apply to mobile phone offences during double demerit periods, during which the penalty increases to 10 demerit points.*

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