



## December 2021 Newsletter

### President's Message



Seasons Greetings to all members.

With this first Newsletter in our new Newsletter Editor's hands, I thank Ian Cohn for accepting this role, and wish him every success in producing an interesting and informative Newsletter.

All Newsletter Editors rely on contributions from members, and it seems it is off to a good start with several contributions to this one. A successful Annual General Meeting still leaves the Alpine U3A in need of some Committee members and a Course Co-ordinator and a Guest Speaker Co-ordinator. It is necessary

to have members volunteer to fill these roles. Please contact Henry Ziemnicki, our new Secretary/Treasurer, to indicate your willingness to contribute to the functioning of Alpine U3A in one, or several, of these roles.

We look forward to celebrating our community of seniors active in mind and body which is Alpine U3A, at our annual Christmas lunch on December 16th at noon, this year at West Peak. Details elsewhere in this Newsletter.

Best wishes for Christmas and the New Year.

Rollo Kiek.

### From the Secretary Henry Ziemnicki

#### Christmas Lunch

The U3A Xmas Lunch will be held at West Peak on 16th December 2021 at 12.00pm, cost would normally be \$30 per head. However, with the U3A subsidy, the member cost will be \$15 per head.

Xmas lunch menu will be:-

Mixed Roast Plate with vegetables and for desert Sticky Date Pudding or Pavlova.

Special dietary meal will be Nut Roast and vegetables.

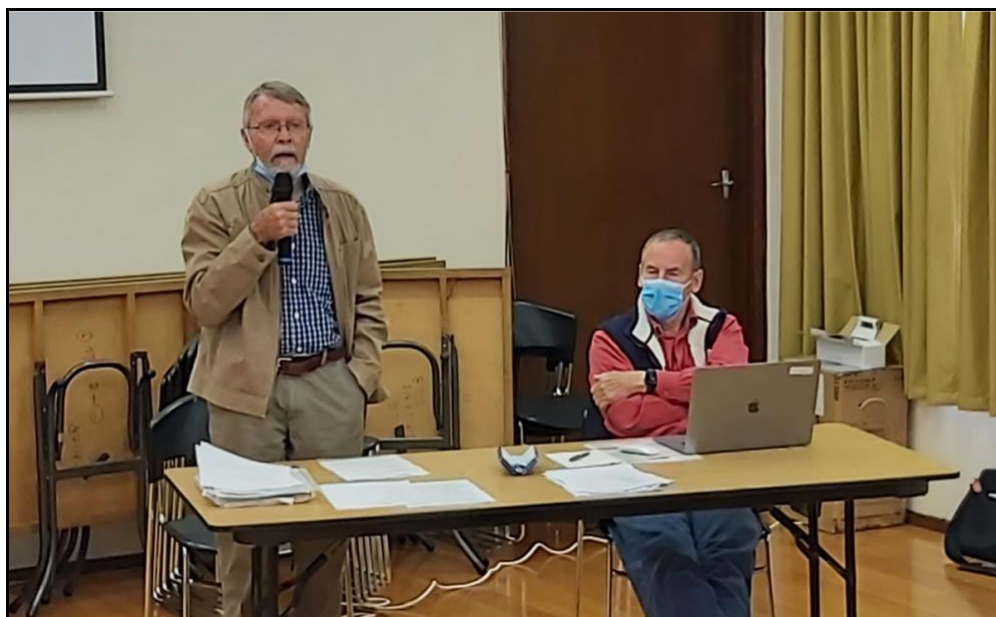
RSVP to the Secretary by 10th December 2021 together with any dietary requirements.

Members are asked to deposit into the U3A bank account BSB 633 000 A/c No 132 758 707 with their names and then email attendance to the Secretary at [secretary@alpineu3a.org.au](mailto:secretary@alpineu3a.org.au)

Members are advised attendance must be pre booked and paid therefore no late comers will be accommodated on the day. This is a firm requirement. A reminder to all members they must be fully vaccinated to attend.

Let's get together and have a celebration for what has been a tough year again.

## AGM Report



President Rollo addresses the AGM

The Alpine U3A Annual General Meeting was held on the 12<sup>th</sup> of November with 20 members present. Rollo paid tribute to David Wood, Life Member of Alpine U3A, who passed away recently.

The results of the Election of Office Bearers for 2022, conducted by Hugh Skey, were as follows:-

President –	Rollo Kiek
Vice president –	Vacant
Secretary/Treasurer –	Henry Ziemnicki
Committee members –	Christina Callinan, Luise Mock, and Paul L’Huillier — Two vacant positions.

Portfolio positions — These can be filled by committee members or volunteers (ex-officio members of the Committee) and include:

Newsletter editor –	Ian Cohn
• U-MAS /Membership & Website administrator –	Paul L’Huillier
• Course co-ordinator –	vacant
• Guest speaker co-ordinator –	vacant
• Trips/Events co-ordinator –	vacant

Motions were put to the members to vote on.

1. Couple-membership category be removed and all members join as individuals — Passed.
2. All convenors for 2022 will have their membership fee waived — Passed
3. That the individual fee for 2022 remain as for 2021 i.e. \$25.00 — Passed.

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## Bridge

From Convener Wendy Blake

I am happy to continue with Beginners Bridge in 2022 (if I can remember the game as COVID has robbed me of practice!!).

The best I can offer about the game is to quote Eddie Kantar, a grand master in the World Bridge Federation:

*Bridge, quite simply, is the best card game ever. No other game comes close.*

\* *Bridge is a social game. You play with a partner and two opponents. Bridge is not an “I” game - it is a “we” game.*

\* *Bridge is a challenging game. Each hand is an adventure. Each hand presents a unique set of conditions that you react to and solve. You have to do a little thinking. Studies have proven that playing bridge keeps the brain cells active, which is helpful when you get a bit older.*

\*. *Bridge is fun. Hours become minutes! Playing bridge can mean endless hours of pleasure, new friends, and many laughs.*

I am also interested in starting a meditation group if there is sufficient interest and a suitable time can be found. Committee willing of course.

Wendy

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## Intermediate French Class

From Convenor Luise Mock



Thank you to the Tawonga Fire Brigade for hosting us for the last few weeks. CFA Member Harry Ryder has made us ever so welcome!

Everyone indeed in this class contributes to the learning, we have come a long way and can rightfully call ourselves “Intermediaires”.

Still, for 2022, beginners are welcome, and even those who did not like their French or German teacher way back!

I won't run a German course myself in 2022, but maybe someone might come along and runs it, if there is enough interest.

We shall endeavor to make cross references to German and English grammar (yes, English has grammar as well), and

simply enjoy learning together!

Thanks is due to Nola Skey for lending us a French Scrabble set!!! Absolutely fabulous!

Merci

Luise

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The Editor looks forward to receiving news from other Alpine U3A groups for inclusion in the next Newsletter which is scheduled for publication in early February 2022. Send any contributions to the Editor at [scsiac@bigpond.com](mailto:scsiac@bigpond.com) . This is your newsletter so it would be good to get contributions. Group activities stories and member personal stories are most welcome. As they say, pictures are worth a thousand words, so pictures of U3A group activities would be most welcome.

## Paul's Topics

**What is U3A?** – *where did the name come from?*

The **First Age** is that of childhood and youthful dependence, leading to the **Second Age** of independence, maturity, work and home building. Next comes the **Third Age**, the age of active retirement. This description, with the inclusion of the adjective active, seems to many to be not only a useful way of describing a significant part of the lives of many people, but one which has a ring of optimism about it. And then, in this scheme comes (for some) the **Fourth Age** of final dependence and decrepitude.

### Enrolments for 2022

This is a heads up on enrolment for 2022. With the introduction of **U-MAS (Membership Administration System)** this year, enrolments will be required to be done ONLINE for 2022. All 20 new members for 2021 enrolled online, and the system works well.

Those members who don't have access to a computer, or the digital skills to do that, will still be able to enrol, of course. A date and time will be given in January 2022 when members can visit the SC Centre where there will be volunteers sitting at a computer who can enrol for them.

**Membership fees** in cash will not be accepted on enrolment, but need to be paid via bank transfer or paying over the counter at the Bendigo Bank. **Note** there is only *individual membership* for 2022. The couple membership was dropped at the AGM. Also it was passed at the AGM that *all convenors for 2022 would have their membership fee waived*.

**For current and prospective convenors** — If you intend to conduct a course or activity in 2022, it would be helpful if you could indicate this to the **Course Co-ordinator by mid-December**. The course or activity information that was publicised this year for your course or activity can be viewed on the website <<https://alpineu3a.org.au/courses-activities/>>. If it is the same then just indicate that to the Course Co-ordinator — email <[members@alpineu3a.org.au](mailto:members@alpineu3a.org.au)> or note any changes or additions so that details can be updated into the system in preparation for ONLINE enrolments starting in early January 2022.

U3A activities would still start at the usual time i.e. approximately the start of the first school term Monday 7<sup>th</sup> February 2022.

The first Coffee Morning for the year would be Friday 5<sup>th</sup> February 2022.

Course co-ordinator would appreciate an early response to this request.

**Note** — To enrol in any course or activity for 2022 members will need to be double vaccinated.

### Alpine U3A now has two email addresses

**The Secretary** <[secretary@alpineu3a.org.au](mailto:secretary@alpineu3a.org.au)>

**Membership & Enrolments** <[members@alpineu3a.org.au](mailto:members@alpineu3a.org.au)>

### Other Matters

1. **Coffee Mornings** — These are usually the first Friday of the month and are associated with a guest speaker. We have no guest speaker for Friday 3<sup>rd</sup> December that I am aware of so this will not happen.
2. **A trial name for the newsletter**. It has been suggested that our Newsletter needs to have a relevant name. What can you members come up with? Send in your suggestions to the Committee.

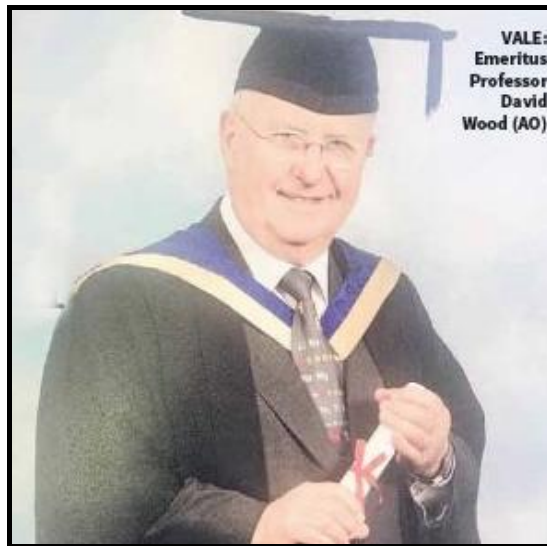
That's about it from me.

*Paul L'Huillier*

*Mob: 0400 056 247*

## David Wood 15.12.1937 to 26.10.2021

From The.Alpine Observer By Fay Mason



### **A brilliant mind with a heart of gold**

The sad passing of Professor David Wood last month, aged 83, has left a huge space in the communities of Tawonga and Mt Beauty. A very active member of the community, David will be sorely missed. He always had a twinkle in his eyes and a smile on his face, was always willing to put his hand up to participate in organisations like the U3A and Probus, holding executive positions. His chemistry classes at U3A were not only educational, but entertaining as well. David's wife Elene said that "whether you were a toddler or a centurion, David would make you feel like you were the most important person in the world".

David was born in Tilbury, London, and grew up in Corringham Essex. As a young man he was on the books for the Tottenham Hot Spurs soccer club, having to make a choice between soccer and university. He decided on university because he felt to be a star footballer you had to be in the top one percent.

In 1964 David came to Australia after being interviewed for a position with the CSIRO. In 1965 he joined a small department at Melbourne University, that graduated just 15 students a year. Over the years David went on to teach across the entire chemical engineering program. Then he started his research career. Among his students were Prof. Robin Batterham, who went on to become Australia's chief scientist. David provided direct assistance to Dr John Schubert, Prof. Geoff Stevens, Prof Sandra Kentish and Prof David Shallcross. He mentored numerous students and staff members in the department, graduating more than 25 PhD students and developed new patented technologies for minerals and coal. During the 1970s and 1980s David served as chairman of the Australian National Committee of the Institute of Chemical Engineers, later becoming the international vice president. He was editor of "*Chemical Engineering in Australia*"; a quarterly magazine serving the profession.

He was the head of the Engineering department at the University of Melbourne from 1982 until 1996. The department was now graduating more than 80 students per year. He had a central role in the development of Discovery Day, now known as Open Day. He was chair for the 6th World Congress of Chemical Engineers, and was awarded the CHEMECA and Arnold Greene medals in recognition for his outstanding service to the chemical engineers profession in Australia.

As a community here in the Upper Kiewa Valley, we were fortunate to have David Wood among us. He leaves wife Elene, children Michael and Alison, grandchildren Rachel, Joshua, Rhiannon, Lucy and Kymberley and his siblings John and Audrey and brother in law Con.

# Human Rights Week 2021

Commissioner for Senior Victorians action

From Paul L'Hillier

## Area of focus: Ageism

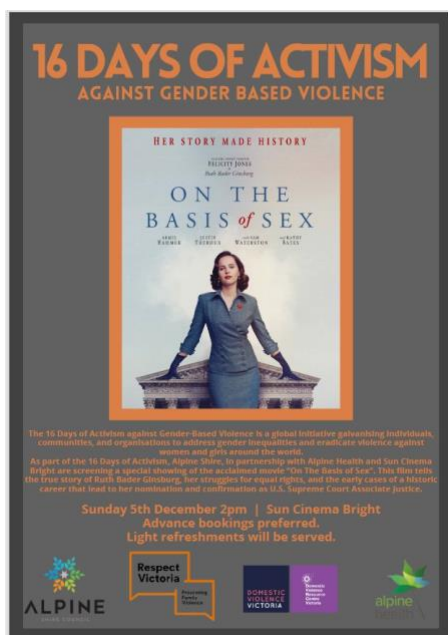
Date of Ageism action — Thursday 9 December 2021

### Age does not define us

- It's time to tackle ageism. Ageism affects everyone, but it's not well known or understood.
- Age is a protected characteristic under Victoria's Equal Opportunity Act.
- Age discrimination can happen at any point in life, but it's most likely to happen to older and younger people.
- In 2021, we marked Australia's first ever Ageism Awareness Day to coincide with the UN's International Day of Older Persons.
- Assumptions or stereotypes about age can impact all areas of our lives – our confidence, career choices and job prospects, health, quality of life and our control over life decisions.
- Every life is of equal value and everyone deserves to be valued and respected for who they are.
- People of every age should have every opportunity to participate in our communities. Our diversity should be seen and celebrated.
- We challenge you see beyond age and to learn about ageism.
- Age is a number and it doesn't define us.

Follow this link <<https://www.humanrights.vic.gov.au/about-us/human-rights-week/>> for more details on **Human Rights Week 2021**.

## 16 Days of Activism



I am sending you a poster regarding a special screening of the critically acclaimed movie, "On the Basis of Sex", showing at the Sun Cinema Bright on Sunday 5<sup>th</sup> December.

The 25<sup>th</sup> November to 10<sup>th</sup> of December, marks the 16 days of activism against gender based violence and often a picture speaks a thousand words, so if you could please forward this to you members and networks, it would be greatly appreciated.

Thank you for your support and we hope to see you.

Thank You.



**Helen Hunter** Development Officer (Communities)

(03) 5755 0555

[www.alpineshire.vic.gov.au](http://www.alpineshire.vic.gov.au)

My working days are Tue-Thu

## Electronic Copy Board



Alpine U3A's new Electronic Copy Board has arrived.

Brian Rochford assembled it - Thanks Brian a top job. We obtained grant funds to purchase it. It will be available for Convenors to use as appropriate. Paul L'Huillier is presently working out how to operate it. Convenors who wish use will be given instruction.

Advantages are that what is on the board can be printed out and also a USB Memory Stick can be plugged in and details copied onto that. Participants then have class notes to take away.

Note - it is on caster wheels that only go forward or back so if you are moving it, there needs to be a few 'turning points' to do so. It will not roll on the 'small room' carpet. It can be lifted to move it but requires two people and it is heavy.

# Geoff's Health Hints

From Geoff Steinicke

## Kindness and the Mental Health Connection

The earliest signs of kindness, which you can see pretty soon after birth, are the glimmerings of empathy and compassion - pain at the pain of others. Once they're capable of coordinated movement, babies will often try to soothe others who are suffering, by patting and stroking.

Psychologically, acts of kindness make us feel grateful, empathetic, and compassionate. These are feelings that have a positive effect on mental health.



## The Case for Kindness

Kindness means actions that are selfless or a mindset that puts others' well-being before our own. "Kind actions can boost our mental and spiritual happiness," says Karina Arias, a licensed clinical social worker at UK's PIH Health's Psychiatry and Behavioral Health Clinic. "If you help a friend through a tough time or help a stranger solve a problem, you will feel a sense of purpose and will be aware of your own good fortune in relation to others." "As a result, kindness makes us feel like we belong to a community. Knowing we are connected with those with whom we live and work wards off feelings of loneliness that can bring down our mood."

While being kind benefits us socially, there are also biological reasons why kindness improves our mental health. Our brains reward us when we do kind things. If you comfort someone who has lost a loved one, your brain helps us bond with others. We become more trusting, generous, and friendly. Additionally, kind actions signal our brains involvement in creating a beneficial feeling and lessening pain, depression, and anxiety.

## Small Acts to Kindness

Everyone is capable of being kinder in their day-to-day lives, where even small acts of goodwill can be to call a friend or family member you haven't spoken to in a while; helping others with small chores; volunteering or forgiving someone who may have hurt you or who you may have had a falling out with.

## Research

Kindness is an area of research which is rapidly expanding with neuroscientists examining its impact on the brain. Psychologists are researching what prompts us to behave kindly - and what can prevent us from being kind - and political scientists are studying its application to politics. "No act of kindness, no matter how small, is ever wasted", Aesop said in his fable of *The Lion and the Mouse*

Geoff

Geoff Steinicke is a prominent Melbourne Rotary Member.



## Internet Links

### Benefits Finder



Find out benefits rebates and concessions you may be eligible for at Commonwealth Bank Benefits Finder

<https://www.commbank.com.au/digital-banking/benefits-finder>

### \$250 One-off Power Saving Bonus



You may be eligible for the Victorian Government \$250 One-off Power Saving Bonus.

Check at <https://compare.energy.vic.gov.au>

### 2021 Virtual Hoppet Video



Some of our U3A members took part in the 2021 Virtual Hoppet. You can see them at

<https://fb.watch/9mpulEISv-/>

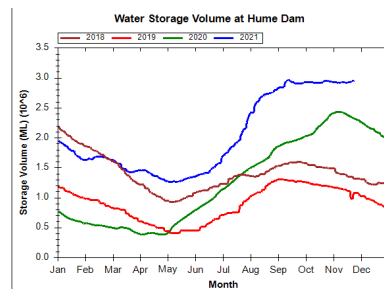
### Alpine Radio



Alpine Radio now streams live on the internet at

[www.alpineradio.com.au](http://www.alpineradio.com.au)

### Hume Dam History



[www.g-mwater.com.au/water-resources/catchments/storages/murray/humedam](http://www.g-mwater.com.au/water-resources/catchments/storages/murray/humedam)

### The Heavens



The planets Venus, Saturn and Jupiter are currently lined up and are easily visible with the naked eye in the west just after sunset.

Also see International Space Stations transit predictions at:-

[www.heavens-above.com](http://www.heavens-above.com)

# The Editor's Epistle

## The Percy Report



The Simmonds Creek Road friendly neighbourhood Peacock, Lonely Percy, has decided that spring has sprung and that he should show off his feathered finery.

Percy usually crosses Simmonds Creek Road at about 1.4 km from the Kiewa Valley Highway late in the afternoon so please be careful driving on Simmonds Creek Road around dusk.

## Trivia



Santa needs collision avoidance equipment!!!!

### FAMOUS TOPICS IN ART HISTORY:



**HERCULES ATTEMPTING TO GIVE HIS CAT A PILL**

The compliments of the season.

Your Editor  
*Impiorum requies*