

Alpine Echo

Official Newsletter of Alpine U3A

President – Rollo Kiek Secretary/Treasurer – Henry Ziemnicki Newsletter Editor – Ian Cohn

President's Message



The new committee of Alpine U3A met on Friday 28th January, and discussed the need to fill vacant positions on the committee.

We need a member who is prepared to find guest speakers for our coffee mornings, and a member who will take over the role of finding films and running the Film Nights. Sandra Eldridge, who admirably did this job for several years, is sure to assist a new person to get to grips with procedures involved in obtaining films, and there are several members who are able to operate the projection equipment. You don't have to be a committee member to take on one of these roles.

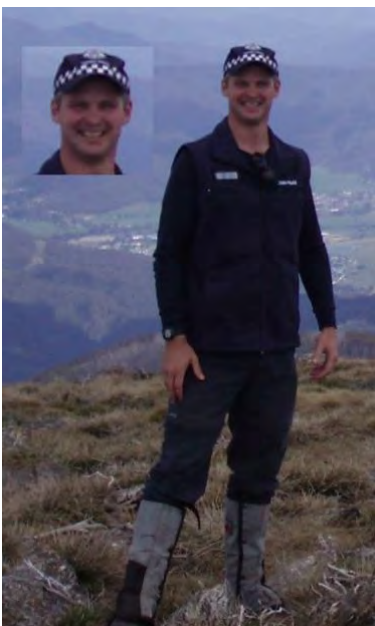
So the call goes out, "Can you help?" Contact Henry Ziemnicki, Paul L'Huillier, Rollo Kiek, Christina Callinan or Luise Mock, the current members of the Committee.

Paul reported that our current membership stands at 81, meaning that there are many members from last year who have not yet re-joined. The number of activities on offer is fewer than last year at this stage. Henry reported that we are in a financially healthy position to the extent that we can transfer further funds into our term deposit account when it matures.

The good news is that we have a guest speaker for our first coffee morning on February 4th, and that new convenors have volunteered to run the *Thursday Walkers* activity (see other parts of this Newsletter).

Rollo Kiek – President.

First 2022 Coffee Morning



The first Coffee Morning for 2022 will be on Friday 4th February at 10:00 am at the Senior Citizens rooms. Speaker at 10:30 am.

The Guest Speaker will be long serving local police officer, **Leading Senior Constable Peter Johns**. He will talk about residential safety (general crime) and cover a number of specific topics such as: burglary, garage/shed security, fraud, e-crime, vehicle safety etc.

Thanks Peter for offering to talk to our members.

Alpine U3A Courses & Activities

COVID Protocols

In order to attend any Alpine U3A course/activity you need to be fully vaccinated or have a medical exemption. Proof must be shown to the Convenor or to a responsible nominated person in the group. **Note** — many would have already done this from Term 4 last year so it is not necessary to do so again, but it is up to Convenors to make sure NEW attendees are fully vaccinated. Masks are to be worn inside the Senior Citizens Centre except for exercise classes.

For Convenors — Attendance List Forms. There is a folder of FORMS beside the photocopier in the foyer of the Senior Citizens Centre. Please use these to record members' names each week and to sign off that a 'Digital COVID Certificate' has been sighted, either on a mobile phone/tablet or a printed version of the certificate, or a valid medical exemption certificate is presented. Convenors are to retain the form for privacy reasons and at the end of each term, place it in the file box in the back storage room.

Courses/Activities - We need more to choose from and convenors to conduct them. We have lost six from 2021 including six convenors. If you have an expertise, passion or hobby in some area that you would like to share with the membership, please contact the Course Co-ordinator: email members@alpineu3a.org.au.

New Activity - THURSDAY WALKERS is active again. Thanks to *Mike and Linda Parkinson* for offering to be the convenors for this popular activity. It is for those members who like flatter terrain and a shorter time frame. Click the link to find out more <https://alpineu3a.org.au/courses-activities/> or view details in the Course/Activity Description List included with this newsletter.

Membership & enrolment information

Currently we have 81 members who have joined for 2022 and enrolled in at least one course/activity. Most of these have enrolled online. Only 10 members attended the enrolment morning scheduled for Thursday 27th January at the Senior Citizens Centre for those not 'digitally competent' to use a device. This is encouraging as it shows a greater confidence in our members' digital abilities.

Follow this link <https://alpineu3a.org.au/2022-membership-enrollment/> which explains how to join and how to select your courses. If, after attempting the process, you cannot join/enrol please telephone **Paul L'Huillier**, the *Course Co-ordinator*, on mobile 0400 056 247, and we will get it done. Alternatively, you could ask a friend who has been through the process for assistance.

Remember, just paying the membership fee of \$25.00 into the Bendigo Bank does not join you up. You must also enrol and select at least ONE course/activity. If you are not sure at this stage, just select the Coffee Morning.

Alpine U3A Courses & Activities offered in 2022

NOTES - Activities are dependent on groups having at least four (4 to 6) active members.

1. If you cannot make a session, please contact your course convenor either by SMS or phone or email. Contact numbers are given with course descriptions.
2. If you wish to withdraw from a course, please inform course convenor.
3. If you are joining a group which does a physical activity, please ensure that you can meet the physical requirements. Talk to your course convenor about what is needed for the safety of yourself and others, [including providing an Emergency Contact](#). Also discuss your personal insurance requirements with your course convenor.
4. Session breaks are at the discretion of course/activity convenors.

Please note: Unless stated otherwise, all courses are held at the Senior Citizens Centre in Tawonga Crescent Mt Beauty.

1. COFFEE MORNING - GUEST SPEAKER – All members welcome. The format includes a social get together, a general meeting and a guest speaker. Arrive from 10:00 am for coffee/tea and a chat.

- **Where:** Senior Citizens Centre, Tawonga Crescent, Mount Beauty.
- **When:** First Friday of the each month from 10:00 am.
- **Convenor:** **Rollo Kiek** (president)

2. CHESS AND GAMES - Learn chess or play a variety of games. All players welcome, whether you are a beginner or an experienced player.

- **When:** Thursday 2:00 - 4:00 pm Requirements: None
- **Course Convenor:** **Laraine Zejbrlik** Ph 5754 4903

3. CRAFTS - Learn or teach knitting, crochet, needle work or other crafts. Our craft group spends time knitting and crocheting items that can be donated to charities in our area, e.g. scarves, gloves, beanies, blankets, toys and baby clothes. We are happy to teach anyone who would like to learn these skills.

- **When:** Thursdays 10am - noon.
- **Requirements:** None really, but you can bring your craft projects.
- **Course Convenor:** **Laraine Zejbrlik** Ph 5754 4903

4. FILM NIGHT - All members welcome. Monthly showing of films from a variety of genres. Film details are advised at Alpine U3A Coffee Mornings and through the newsletter.

- **When:** Monthly (2nd Wednesday of the month) at 7:00 pm.
- **Course Convenor:** **Vacant** (Activity will possibly run later in the year).

5. FRENCH - Beginners & Intermediates - This course is for beginners and intermediates with short excursions into German. Recall, or learn anew, some basic French. Learn how to greet and meet people, get around, read a menu, some poetry, literature and a French linguistic “Soap”. Extend your vocabulary and dare to talk! Students are encouraged to suggest topics they would like to cover.

- **When:** Monday 9 - 10.30 am (large room)
- **Requirements:** Text - Hugo - French in 3 Months (ISBN 9781405332927)
- **Course Convenor:** **Luise Mock** Ph 5754 4051 or 0427 941 388

6. FRENCH - Advanced - We talk, write, listen, revise, laugh, try, make mistakes all in French. We use all sorts of different methods, means and materials to practise our French with the aim of being able to speak and understand. Periodically, we cover some aspect of grammar but overall it is a question of building confidence to be able to ask for what you want in French and to be able to speak socially.

Existing group members will be given priority for places because they have developed their skills over time and probably wish to continue.

The ability to converse in French at a simple level is required for this course.

- **When:** Monday 9 - 10.30 am (small room)
- **Course Convenor:** **Sandra Eldridge** 0407 250 129

7. GYM FOR SENIORS - This is a strength training program. We have a 10-minute aerobic warm-up followed by a 40-minute circuit, which uses fit balls, TheraBand exercise bands, weights and various machines and is designed to strengthen all parts of the body. We finish with a 10-minute cool down with stretches and balance exercises. Check with your health professional if you have not done a class like this before.

Requirements: Participants in this class must be members of the Neighbourhood Centre. Comfortable clothing and footwear. A floor mat for floor work.

- **Where:** Alex McCullough Hall, Mt Beauty Neighbourhood Centre,
- **When:** Wednesday 4.30 - 5.30 pm.
- **Course Convenor:** **Nola Skey** Ph 5754 1109 or 0456 647 777

8. MAHJONG - Mahjong is a popular tile-based game that originally comes from China and was developed during the Qing Dynasty. The game is typically played with 4 players and is a game of skill and strategy with an element of chance also thrown in for good measure. The course caters for beginners and advanced players.

- **Tuesday 2 - 4 pm. Requirements:** Pen and paper.
- **Course Convenor:** **Helen L'Huillier** 0421 273 699

9. PILATES INTERMEDIATE - This is a floor-based exercise program designed to strengthen the core muscles that help to support the back and to improve posture. We also do stretches to improve spinal flexibility. Check with your health professional if you have not done a class like this before.

- **When:** Tuesday 4.30 - 5.30 pm
- **Requirements:** Comfortable clothing. You will need to bring a personal exercise mat for floor work.
- **Course Convenor:** **Nola Skey** Ph 5754 1109 or 0456 647 777

10. STRETCH - A programme to improve your flexibility from head to toe. For those unable to get up and down from the floor, the exercises are adapted to enable the participant to do them either sitting or standing.

Requirements: Comfortable clothing. For those using the floor, you will need to bring a personal exercise mat for floor work.

- **When:** Monday 3.45 - 4.30 pm
- **When:** Thursday 4:30 - 5:15 pm
- **Convenor:** **Nola Skey** Ph 5754 1109 or 0456 647 777

11. TABLE TENNIS - Table Tennis provides physical exercise and mental agility in a social environment. Members of all standards (from raw beginners to experienced players) are welcomed, and assistance is provided to beginners.

- **Requirements:** Loose, comfortable clothes and footwear. All equipment is provided.
- **When:** Tuesday 9.30 - 11.30 am.
- **Course Convenor:** **Graham Caulfield** Ph 5754 1438

12. BUSHWALKING IN NATIONAL PARKS & SURROUNDS - Walks NOT on the flat for health, fitness and enjoyment. The group meets each Wednesday at 8am in the summer months and 9am in the winter months. We change the meeting time at the start and end of the daylight-saving period.

We share the planning of the walks each week as this allows for members to be absent from time to time. As many of our walks require car transport, we pay \$5, when necessary, per member, into a petrol kitty and drivers are reimbursed.

Each Sunday, prior to Wednesday, an email is sent to group members, stating the planned route, the distance and estimated length of time required, the degree of difficulty, and the type of track or fire track to be walked.

Requirements: Walkers need to be reasonably fit and able to walk up to 15 km on a variety of terrains. \$5 per person each time you attend towards fuel costs.

Equipment: Sturdy walking boots, gaiters, waterproof jacket, backpack, hat, fly net, sunscreen, water bottles.

Some walkers use walking poles. A first aid kit and Emergency Beacon is carried by a group member on each walk.

- **Where:** Meet in the car park opposite the Visitor Information Centre, Kiewa Valley Hwy, Mt Beauty.
- **When:** The group meets each Wednesday at 8am in the summer months and 9am in the winter months.
- **Convenors:** **Steve & Roni McDowell** Mob: 0419 814 240

13. THURSDAY WALKERS - In spring, summer and autumn we walk on the Bogong High Plains and in winter we walk locally. The walk is usually no more than 6 km and no longer than 2 hrs and we finish up with coffee. Walks are conversational strolls. As many of our walks require car transport, we pay \$5, when necessary, per member, into a petrol kitty and drivers are reimbursed.

Requirements: An ability to walk on mostly level ground with the occasional incline, for about one-and-a-half to two hours.

Equipment: Sturdy shoes, comfortable clothing, sunhat, rain jacket (just in case), water. Walk information requires your email address and phone number to advise weekly walk information.

- **Where:** Meet in the car park opposite Visitor Information Centre, Kiewa Valley Hwy.
- **When:** Thursday 9.00 am to 11 am. \$5 per person towards fuel costs when necessary.
- **Course Convenors:** **Mike Parkinson** Mob: 0413 736 145 and **Linda Parkinson** Mob: 0407 091 742

14. BRIDGE - Learn the basics of bridge. Keep your brain active. No partner or experience required.

- **When:** Mondays 2 - 4 pm.
- **Convenor:** **Wendy Blake** 0407 105 811

15. MEDITATION - We will be exploring

- relaxation techniques to let go of tension and emotions held in the body.
- mindfulness trains the mind to be present in the moment without judgement, to focus on one thing at a time and to let go of all but what we are focusing on.
- breathing techniques.
- meditation: training the mind to be still and focussed.
- the difference between mindfulness and meditation.

Meditation involves withdrawing for a specified time and resting the mind. Mindfulness is practised throughout the day, observing what we are doing and how we are being, without complicating and judging things.

- **When:** Monday 7:00 - 8:30 pm
- **Convenor:** **Wendy Blake** 0407 105 811

General course enquiries

Course/Activity Co-ordinator

Paul L'Huillier — Mobile: 0400 056 247 • Email <members@alpineu3a.org.au>

2022 — Alpine U3A Course Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00 – 10.30 Beginner & Intermediate French <i>Luise Mock</i> 0427 041 388 Advanced French (Small Room) <i>Sandra Eldridge</i> 0407 250 129. <i>Beth Smith</i> 0404 0296 050	9.30 – 11.30 Table Tennis <i>Graeme Caulfield</i> 0428 419 208	8 am in Summer & 9 am in Winter Bushwalking in National Parks <i>Roni McDowell</i> 0419 814 240 (Meet in car park opposite Info Centre) 9.00 – 10.30 <i>Mary-Lou's Yoga (non- U3A)</i> Private Hire	9.00 for approximately 2 hrs Thursday walkers <i>Mike Parkinson</i> 0413 736 145 (Meet in car park opposite Info Centre) 10.00 – 12.00 Crafts <i>Laraine Zejbrlik</i> 0488 076 561	10.00 – 12.00 Coffee Morning with guest speaker at 10:30 am. First Friday of each month. <i>Rollo Kiek</i> (president) Mob: 0419 814 240
2.00 – 4.00 Bridge (Small Room) <i>Wendy Blake</i> 0407 105 811 3.45 – 4.30 Stretch (Big Room) <i>Nola Skey</i> 0456 647 777 5.15 – 6.45 <i>Mary-Lou's Yoga (non- U3A)</i> Private Hire 7:00 – 8:30 Meditation <i>Wendy Blake</i> 0407 105 811	2.00 – 4.00 Mahjong (Small Rm) <i>Helen L'Huillier</i> 0421 273 699 4.30 – 5.30 Intermediate Pilates <i>Nola Skey</i> 0456 647 777	4.30 – 5.30 Gym for seniors (Alex McCullough Hall @ Neighbourhood Centre) <i>Nola Skey</i> 0456 647 777 7.00 – 9.00 Film night Films monthly (2 nd Wed of the month) – <u>Check newsletter</u> (Starting date TBA) 4.00 – 5.30 RSL Branch meeting <i>Bob Williams</i> 0427 784 499 (Last Friday of the odd months, Jan, Mar, May, July, Sep, Nov.) Private Hire	2.00 – 4.00 Chess & Games <i>Laraine Zejbrlik</i> 0488 076 561 4.30 – 5.15 Stretch <i>Nola Skey</i> 0456 647 777	10am – 3pm Saturday Stitches (non U3A) Second and third Saturday of each month. Private Hire

Member Story

From Ian Cohn

My World Aviation Records - Chapter 1

In 1992 I was the Senior Performance Engineer for Australian Airlines (previously TAA). Australian Airlines had a contract to provide Engineering and Flight Operations services for a Boeing 737-400 operated by Solomon Airlines. As such it was my job to prepare the Operations Manual for the aircraft in conjunction with the Flight Operations staff of Solomon Airlines and Australian Airlines. The Solomon Airlines B737-400 was a completely new aircraft constructed in Seattle and due for delivery in April/May 1992.



Solomon Airlines wanted to get some publicity for their B737-400 operation and in March 1992 approached Australian Airlines with a proposal that they should establish a world aviation record on the delivery flight between Seattle and Melbourne. The job was handed to me to organise. With one month to go before delivery, I did not have much time, but set about the task enthusiastically.

Generally, for airline aircraft, it is only possible to contemplate records on delivery flights. Normal passenger flights are generally out of the question because you have passengers to worry about, the aircraft are heavily loaded, and the route is pre-determined. The obvious record categories to attempt are distance records and speeds over recognised courses.

For delivery flights over the Pacific Ocean you have to worry about the maximum safe range of the aircraft, and contingencies, mainly the possibility that the destination is closed due to weather.

Suitable alternate landing airfields are difficult to come by in the middle of the Pacific. Due to the fact that airlines are also usually cash strapped, you generally can't deviate much from the great circle from origin to ultimate destination.

With the short time available, I came up with "the longest flight ever by a Boeing 737", possibly a dubious but hard to deny claim, and three official Federation Aeronautique Internationale "speed over a recognised course" world records. The route I came up with was, Seattle to Honolulu, Honolulu to Majuro in the Marshall Islands, and Majuro to Melbourne. The Majuro to Melbourne great circle distance is 5,678 km, and the route had the additional advantage that it passed over Honiara, the capital of the Solomon Islands, giving the opportunity of a radio hookup to the local radio station.

Breaking distance records requires very detailed planning to ensure that your airline's brand spanking new aircraft has a very remote chance of splashing into the sea. So I checked the likely winds, the maximum mass of fuel I could cram into the aircraft, minimised the take-off weight, etc., and carefully estimated the amount of fuel remaining at the destination, Melbourne. Generally, pilots will not accept the plan unless the estimated fuel remaining at destination is more than one hour.

I also had to contact the air traffic control towers along the route to obtain their cooperation in recording and certifying take-off and landing times so that records could be claimed.

I also planned to be on the flight myself to monitor proceedings. I did have a legitimate excuse in that part of my duties was to monitor, for flight planning purposes, the fuel burn of all the aircraft operated/maintained by Australian Airlines. Fuel burns are measured against the manufacturer's data and can vary from that data by five percent or more (usually higher fuel burn depending on the age of the engines and the condition of the airframe), and are very important for ensuring safe but efficient flight operations.

Eventually I was detailed to join the delivery flight at Honolulu. To get maximum range, the fuel uploaded had to have the highest possible density and this was achieved by loading full fuel from Seattle where the local fuel supplied had higher than average density, loading the coolest available fuel at Honolulu by refuelling before dawn, and arriving and refuelling just after dawn at Majuro for the long flight to Melbourne. To get maximum fuel uplift we also had to override the normal maximum fuel shut-off valves and carefully pump fuel into the overflow vents.

The crew was Captains Trevor Ancell and Tony Parrish of Solomon Airlines, Australian Airlines Training Captain Mal Short, a maintenance engineer whose name I can't remember and, for the Honolulu to Melbourne flights, me.

FAI Record File Num #16392 [Direct Link]	
Status:	ratified - current record
Region:	World
Class:	C (Powered Aeroplanes)
Sub-Class:	C-1m (Landplanes: take off weight 45 000 to 60 000 kg)
Category:	Not applicable
Group:	3 : turbo-jet
Type of record:	Speed over a recognised course
Performance:	638.8 km
Date:	1992-04-24
Course/Location:	Seattle, WA (USA) - Honolulu, HI (USA)
Claimant:	David A. Parrish (NZL)
Aeroplane:	Boeing 737-400

The FAI website text is shown. The 638.8 should be km per hour.

The aircraft was flown from Seattle to Honolulu on schedule, setting a "speed over a recognised course" world record that still stands (as at January 2022) as per the extract from the FAI website above. This route is regularly travelled for more modern fuel efficient

B-737 deliveries to Australian operators such as QANTAS and Virgin (not to mention the RAAF) and I am surprised that it has lasted so long. One down, two to go.

After cramming as much fuel as possible into the aircraft, we departed Honolulu on 30th April in the early hours of the morning for Majuro, arriving there on 1st of May, after crossing the international dateline, just after day break. Maximum range altitudes and speeds were used to preserve fuel and cold soak it to obtain maximum fuel density for the leg to Melbourne. We again confirmed with Majuro Air Traffic that we needed certification of the take-off and landing times for our record claims.

FAI Record File Num #16395 [Direct Link]	
Status:	ratified - current record
Region:	World
Class:	C (Powered Aeroplanes)
Sub-Class:	C-1m (Landplanes: take off weight 45 000 to 60 000 kg)
Category:	Not applicable
Group:	3 : turbo-jet
Type of record:	Speed over a recognised course
Performance:	731.5 kmh
Date:	1992-04-30
Course/Location:	Honolulu, HI (USA) - Majuro Atoll (Republic of Marshall Islands)
Claimant	Trevor James Ancell (NZL)
Aeroplane:	Boeing 737-400

After refuelling at Majuro, taking onboard the maximum fuel we could load, including carefully pushing fuel into the overflow vents until they emitted a few drops of fuel, we departed for Melbourne. Climbing to the maximum certified altitude of Flight Level 370, 37,000 ft, we passed over Nauru almost on the equator and proceeded to overhead Honiara. There Trevor Ancell made a hook-up with the local radio station and talked about how it was a wonderful day for the Solomon Islands and generally spruiked Solomon Airlines.

After concluding the radio broadcast, all the flight crew retired to the galley at the rear of the cabin to have morning tea/coffee, leaving me in sole charge in the cockpit for around 10 minutes. The aircraft was on autopilot so there wasn't actually much for me to do except monitor the radio and general progress.

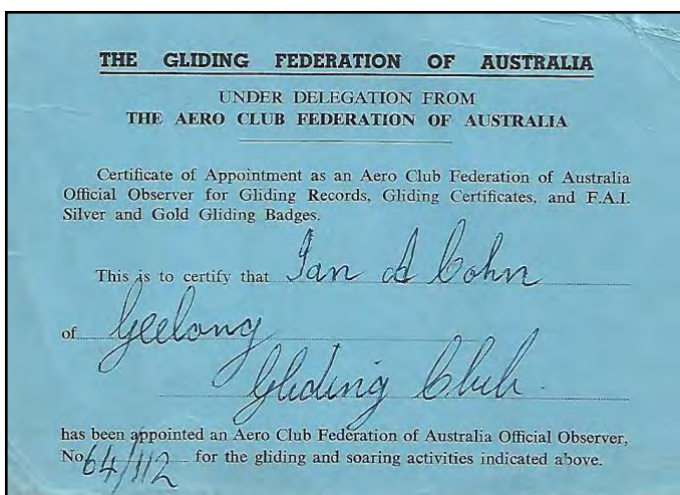
Periodically throughout the flight I had to take readings for the fuel burns which involved taking the autopilot out to stabilise the engine thrust and speed.

On arrival over Brisbane we started to fly into increasing headwinds that were higher than forecast but had sufficient fuel not to worry about landing reserves at Melbourne where we landed after a seven hours 55 minutes flight. In fact, we had sufficient reserve fuel to have flown on to Hobart.

Landing at Melbourne was not the end of the story. I had to get certifications from the Air Traffic centres before completing the record applications and submitting them to Harry Walton, Executive Director of the Royal Federation of Aero Clubs as Australian representative of the Federation Aeronautique Internationale. Seattle, Honolulu and

Melbourne were all very cooperative but I could not get anything from the Marshall Islands Majuro.

After weeks of trying it became obvious that I was not going to get anywhere. So I hatched another plan. I held appointment as an Official Observer for the Federation Aeronautique Internationale issued by the Gliding Federation of Australia (normally only used to certify gliding flights) and



applied to the Royal Federation of Aero Clubs to be allowed to use my status as a gliding Official Observer to certify the landing and take-off times at Majuro.

The Royal Federation of Aero Clubs agreed to this and in due course the three “speed over a recognised course” world records were ratified by the Federation Aeronautique Internationale. Later I found out that the Air Traffic controller on duty at Majuro when we were there, was a disgruntled released, i.e. sacked, former employee of Solomon Airlines, which helped to explain his lack of cooperation.

So ended my first tilt at aviation World Records. I nevertheless kept thinking about an absolute world distance record, which would be much more significant than “speed over a recognised course” records.

Member stories. This is your newsletter and we need your stories. U3A members have interesting lives and experiences. So members are requested to submit anecdotes and stories for inclusion in the Member Story section for future Newsletters. Send your story with photographs to the *Secretary* at secretary@alpineu3a.org.au or the *Editor* at scsiac@bigpond.com .

Ian Cohn – Editor

The Cruise Ship

From the ABC RN program *Blueprint For Living* with Colin Bisset
https://abcmedia.akamaized.net/rn/podcast/2021/11/bfl_20211106_0955.mp3



The world's first cruise ship was launched in Germany in 1900. It was the brainchild of Albert Ballin, the general director of the Hamburg-Atlantic shipping company, who had tested the waters, so to speak, with a Mediterranean cruise a few years earlier using one of his company's large ocean liners. Very few people thought it would catch on given that this was a time when large ships were used to get you from A to B, the liners being built for speed and practicality. What Ballin came

up with was a ship that looked like a private yacht with 120 luxurious cabins serving only a single First Class clientele. In 1900, the SS Prinzessin Victoria Luise was launched.

It was beautiful, with a long, rakish hull ornamented with gold, and with a carved figure of the Princess herself, the daughter of the Kaiser, and a lengthy bowsprit adding to the streamlined elegance. The whole thing was painted white with its two tall funnels in a soft cream. The enterprise had the support of the Kaiser, although he was supposedly put-out that this new ship was a touch longer than the royal yacht. The Kaiser's support was significant, though, not least because Ballin was Jewish, and anti-Semitism was on the rise throughout Europe, meaning that Ballin was often excluded from Hamburg's high society.

The ship was significant, too, because it was totally unlike the great ocean liners. It had more deck space for promenading as well as a grand ballroom and a library, and different spaces in which to eat. There was even a gymnasium. Its engines were powerful enough for cruises as far afield as the Caribbean, with organised excursions from many of the ports they visited. It was a huge success but it didn't last. In 1906, the Victoria Luisa ran aground in Jamaica, wrecking its engines. No one was hurt but the captain was so shamed by his mistake that he took his own life.

This accident changed people's attitude to taking ships just for pleasure. It wasn't helped when the Titanic sank in 1912, and then the Lusitania was torpedoed when the Great War broke out. When

the war ended in 1918, the three largest liners of the Hamburg-Atlantic line were confiscated as part of war reparations. The magnificent SS Bismarck, for instance, became the British RMS Majestic. Ballin was devastated and when his friend, the Kaiser abdicated, Ballin took his own life.

The cruise industry took time to re-establish itself, only gathering momentum when cheap air travel arrived in the late 1960s. It has grown ever since. And while some of today's cruise ships are as bulky and graceless as factories, many of the smaller vessels follow a similar blueprint to the ship that Ballin launched, giving a hint of life on a luxurious private yacht. The SS Prinzessin Victoria Luisa lives on in spirit, and Ballin is now known as the father of modern cruising.

Editor's Note – Albert Ballin was a nephew of my great grandmother Henriette (nee Ballin).

Geoff's Health Hints

From Geoff Steinicke

That Morning Coffee is Good for Your Liver

With coffee assuming the mantle of Australia's most popular beverage, you will be pleased to know that a massive review of the scientific literature has found that drinking three to four cups of coffee a day provides the most health benefits.

The study, published in the *British Medical Journal*, found benefits such as, reducing the risk for heart disease, multiple sclerosis, type 2 diabetes, liver disease, prostate cancer, Alzheimer's, and all cause mortality. This study was supported by research published in *Medscape Medical News 2021*.



In another study recently published in *Clinical Gastroenterology and Hepatology*, the researchers established that drinking three cups a day was associated with less liver stiffness. It was reported that this study was the most rigorous to look at the benefits of coffee on liver health.

Liver Disease

- Coffee drinkers not only significantly decrease their risk of developing non-alcoholic liver disease, but they are better protected against liver fibrosis.

Neurological and Psychiatric Effects

- In a first wide-ranging study of the effects of coffee consumption on human brain networks, investigators reported that coffee drinkers exhibited functional changes indicative of enhanced concentration and improved motor control and alertness, when compared with non-coffee drinkers.

Alzheimer's Disease

- There is evidence that compounds in roasted coffee may be responsible for preventing the build-up of brain plaque. Brain plaque is believed to cause Alzheimer's disease.

Parkinson's Disease

- From a report in the *Archives of Neurology*, an article from research out of Sweden revealed that drinking coffee reduces the risk of Parkinson's Disease even when genetic factors are taken into consideration.

Multiple Sclerosis: Research published in the Journal of Neurology, Neurosurgery & Psychiatry revealed that drinking at least 4 cups a day may help protect against the development and recurrence of Multiple Sclerosis.

Type 2 Diabetes

- Research on coffee from the [Harvard School of Medicine](#) showed the risk of developing type 2 Diabetes was lowered by 9% for each daily cup of coffee consumed.
- Research conducted by the [University Medical Centre Rotterdam](#) more recently supported a 4-6% reduction in individual risk in developing type 2 diabetes on consuming one cup of coffee a day.

All-Cause Mortality

- The last decade has seen convincing data from several large-scale population analyses that shows drinking coffee reduces all-cause mortality.

Internet Links

U3A On line www.u3aonline.org.au



U3A Network Victoria



[Activities for Retired Seniors](#) | [Retirement Clubs for Seniors](#) | [U3A Network Victoria](#) (u3avictoria.org.au)

Hot Water System Rebates

Victorian Energy Upgrades program

www.victorianenergysaver.vic.gov.au [Victorian Energy Saver - Victorian Energy Saver](#)

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>

Alpine Radio



Alpine Radio now streams live on the internet at

www.alpineradio.com.au

The Heavens

Determine the positions of the planets and stars. Also see International Space Stations transit predictions and other cosmic phenomena at:-

www.heavens-above.com

