



Alpine U3A
UNIVERSITY OF THE THIRD AGE

— Live, Learn & Enjoy —

President – Rollo Kiek

Secretary/Treasurer – Henry Ziemnicki

Newsletter Editor - Ian Cohn

Alpine Echo

Official Newsletter of Alpine U3A May 2022

President's Message

President Rollo is away overseas and has sent this message.



Hi.

I will be away for 18th April to 24th May, travelling in Europe. I have volunteered to be guest speaker at the U3A coffee morning in June, if required, talking about travel in Europe at this time of Covid 19 restrictions.

I haven't anything to report as President, but here is a photo of us on a previous travel jaunt, September 2018. Barb and I are going first to Spain for two weeks, then taking a cruise around Greece and the eastern Mediterranean for two weeks.

Best wishes.

Rollo Kiek – President



May Coffee Morning – Friday 6th of May: 10:00 am

Guest Speaker – Paul Mock

Alpine Shire Local Laws Officer/Ranger



Paul's talk will centre around the *Alpine Shire Community Local Law document* to provide some context as to where the laws come from and why we have them.

He will also invite questions regarding each law and its application as he goes along.

This is going to be a topic that will invite lot of debate and discussion.

April Coffee Morning

The April Coffee Morning Speaker was *Fiona Miller* from **Kiewa Valley Sports & Spinal Physiotherapy**.

Fiona spoke on the topic of *Balance & Bones*.

Pictured - Fiona being presented with a small gift by President Rollo Kiek.



Balance is a topic close to Fiona's heart – she completed a postgraduate research project into balance and assists people of all ages to improve their balance skills.

So why 'bones and balance'? As we age, bone health and balance performance can gradually decline – but we can definitely fight back!

It's all about reducing your risk of having a slip or trip which might lead to significant injury – falls are the leading cause of injury related hospitalisation in older people. The session covered -

- What influences balance?
- What influences bone density?
- Is it 'age' or something else?
- What can I do about this?
- What can physiotherapists offer to help me?

June Coffee Morning Speaker — Rollo has offered to give us an account of his and Barb's latest overseas travel adventures.

Alpine U3A Topics

Geology sessions offered by Hugh Skey (Expressions of interest needed)



Hugh Skey

A series of approximately six one-hour weekly presentations about **geology** are offered by Hugh Skey in Term 4.

Geology is the hard core of the broader field of Earth Science which now underpins modern human existence. Although the comprehensively illustrated presentations are inevitably linked, each will focus on a particular aspect (though not necessarily in this order) - Earth history, age dating, physical processes and consequences, origins of rock types, economic mineralisation and discovery. If there is interest and the weather is satisfactory then a short tour of the Upper Kiewa Valley by car is possible to view its geomorphology. There is not a diverse range of fascinating rocks to see in this immediate area, but specimens from around Australia and elsewhere may be found in dark cupboard corners and placed on display!"

Background — Before retirement, Hugh was a minerals exploration geologist, and led multi-disciplinary teams searching for base and precious metals, some industrial metals and was peripherally involved in diamonds exploration. His later, more senior, responsibilities included technical, commercial and human resources matters.

This is a very generous offer by Hugh, and the Alpine U3A committee thanks him for it. The sessions would be conducted some time in Term 4 which starts Monday 3rd October and goes through to mid December 2022.

NOTE — We need an **expression of interest** from members for the Geology sessions to happen. **RSVP** — please email members@alpineu3a.org.au by **Tuesday 17th May** indicating that you wish to be placed on the list.

Membership Characteristics

- We have 117 active members for 2022.
- 70% are women and 30% are men.
- Welcome to New Member — *Jeanie Taskis*

Our age distribution is:

51 - 55	1	Male: 0	Female: 1
56 - 60	3	Male: 0	Female: 3
61 - 65	12	Male: 2	Female: 10
66 - 70	26	Male: 9	Female: 17
71 - 75	52	Male: 16	Female: 36
76 - 80	18	Male: 6	Female: 12
81 - 85	3	Male: 1	Female: 2
86 - 90	1	Male: 1	Female: 0
91 +	1	Male: 0	Female: 1
Totals	117	Male: 35	Female: 82

Carpet Bowls – possible new activity

Our U3A has in the past conducted carpet bowls in the Senior Citizen Centre. We have the carpet and 4 bowls sets ready to be used (see photo).

We need a Convenor. Once determined a day and time will be advertised.

Expression of interest as a Convenor required by Monday 16th May.

Please email Course Co-ordinator
<members@alpineu3a.org.au>



Committee Meeting – 14th April 2022

The committee met on 14th April with the following items of interest discussed.

1. A possible *Christmas in July* social function with entertainment.
2. Carpet Bowls as a possible new activity
3. A number of committee positions are still vacant. We may have one new addition to the committee (watch this space!).
4. Having a representative at the *State U3A Conference* in Bendigo in October.
5. *Membership* lagging behind the past couple of years. Why?
6. A fall incident during table tennis.
7. *Guest speakers* for future Coffee Mornings. We are OK for May and June.
8. *Policy reviews* and establishing new ones.
9. *Insurance* – normal members **are not covered** for *Personal Accident* BUT Convenors and Committee are.
10. Financially the organisation is in a sound position.

2022 — Alpine U3A Course Timetable				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9.00 – 10.30 Beginner & Intermediate French Luise Mock 0427 041 388</p> <p>Advanced French (Small Room) Sandra Eldridge 0407 250 129. Beth Smith 0404 296 050</p>	<p>9.30 – 11.30 Table Tennis Graeme Caulfield 0428 419 208</p> <p>Also on Sundays – Contact Sandra Eldridge 0407 250 129</p>	<p>8 am in Summer & 9 am in Winter Bushwalking in National Parks Roni McDowell 0419 814 240 (Meet in car park opposite Info Centre)</p> <p>9.00 – 10.30 Mary-Lou's Yoga (non- U3A) Private Hire</p>	<p>10.00 – 12.00 Crafts Laraine Zejbrlik 0488 076 561</p>	<p>10.00 – 12.00 Coffee Morning with guest speaker at 10:30 am. First Friday of each month. Rollo Kiek (president) Mob: 0419 814 240</p>
<p>2.00 – 4.00 Bridge (Small Room) Wendy Blake 0407 105 811</p> <p>3.45 – 4.30 Stretch (Big Room) Nola Skey 0456 647 777</p> <p>5.15 – 6.45 Mary-Lou's Yoga (non- U3A) Private Hire</p>	<p>4.30 – 5.30 Intermediate Pilates Nola Skey 0456 647 777</p>	<p>4.30 – 5.30 Gym for seniors (Alex McCullough Hall @ Neighbourhood Centre) Nola Skey 0456 647 777</p> <p>7.00 – 9.00 Film night Films monthly (2nd Wed of the month) – <u>Check newsletter</u> (Starting date TBA)</p> <p>4.00 – 5.30 RSL Branch meeting Bob Williams 0427 784 499 (Last Friday of the odd months, Jan, Mar, May, July, Sep, Nov.) Private Hire</p>	<p>2.00 – 4.00 Chess & Games Laraine Zejbrlik 0488 076 561</p> <p>4.30 – 5.15 Stretch Nola Skey 0456 647 777</p>	<p>10am – 3pm Saturday Stitchers (non U3A) Second and third Saturday of each month. Private Hire</p>

PEAK Study - Osteoarthritis research

Dear University of the Third Age (U3A)

I am a researcher at the University of Melbourne, Department of Physiotherapy. I am reaching out to you with a request for your assistance (if possible) in alerting your members to a current study run by our centre.



PHYSIOTHERAPY & EXERCISE STUDY FOR KNEE PAIN

Volunteers will receive 5 x free physiotherapy consultations, educational resources and an activity tracker!

Find out more and register at:
www.peakstudy.com.au


THE UNIVERSITY OF MELBOURNE

The study is called the PEAK Study: **P**hysiotherapy, **E**xercise and physical **A**ctivity for **K**nee osteoarthritis. This study is comparing two methods of delivery of physiotherapy on the pain and function levels of people with knee osteoarthritis. Knee osteoarthritis is a common condition in adults, causing pain and reduced quality of life. Findings from this study will help inform physiotherapists and health service providers about the most effective methods of delivering physiotherapy services to people with osteoarthritis.

Our current recruitment drive has the goal of finding volunteers aged over 45 years who have knee pain. All

treatments are provided to the participants with no charge, and we have physios located across metro and regional Queensland and Victoria. More information on the study can be found at www.peakstudy.com.au or by contacting Penny Campbell at Penelope.campbell@unimelb.edu.au

I understand the nature of confidentiality with your members at the University of the Third Age but would greatly appreciate any help you could provide in getting this information to your members.

Please feel free to email or call me if you have any questions or feedback.

Kind regards,

Bridget Graham

Bridget Graham | Physiotherapist | Research Assistant

Centre for Health, Exercise and Sports Medicine | Department of Physiotherapy

Level 7, Alan Gilbert Building, 161 Barry Street

The University of Melbourne, Victoria 3010 Australia

T: +61 3 8344 0061 E: bjgraham@unimelb.edu.au

unimelb.edu.au | facebook.com/CHESMunimelb | twitter.com/CHESM_unimelb

I acknowledge the Traditional Owners of the land on which I work, and pay my respects to the Elders, past and present.



Coaching you through tough times

If you're feeling overwhelmed and can't see a way out, consider NewAccess.

Developed by Beyond Blue and delivered by Wellways, **NewAccess** is a free mental health coaching program for anyone who feels stressed, anxious or overwhelmed about everyday life challenges, such as work, study, relationships, health and loneliness.

Wellways delivers the program to:

- People aged 12+ throughout Gippsland in Victoria.
- People aged 16+ living in North East Victoria in the Mansfield, Alpine, Wangaratta, Indigo, Towong and Wodonga Local Government Areas.
- People aged 12+ living South Eastern NSW, from Helensburgh in the north to the Victorian border, and across to Yass and the Snowy Mountains.

We offer a wide range of individually tailored services designed to support people with disabilities or experiencing mental health issues, as well as their families, friends and carers.

Our experienced, local staff will help you take charge of your wellbeing, connect with others and participate in your community.

Reach out today, don't downplay what's playing on your mind, a local coach is here to listen and support you.

For more information call **1300 921 535**. Website enquiry form
<<https://www.wellways.org/newaccess>>

Member stories

Alpine Echo is your newsletter and we really 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, if possible, to the Secretary at secretary@alpineu3a.org.au, or the Editor at scsiac@bigpond.com.

Ian Cohn
The Editor

Mt Beauty Christmas Tree Report

From Member *Sandra Eldridge*

This time last year we were plaguing the life out of the community about a Christmas Tree.

A thousand thanks were given to the thousand plus forms of support that we received. But we have never really given a satisfactory breakdown of just what our community did to make the tree happen. In terms of donations the community and its service groups raised \$8915.00 and that was huge. In terms of visible and tangible and moral support ... Well! that was immeasurable.

The two things together gave us enormous assistance in grant applications. We received 2.. Bushfire Victoria and a Community Grant from the Shire.

The Bushfire Grant Victoria awarded us with the cost exactly of the Christmas Tree and it's decorations. \$12,999.00

The Shire Community Grant awarded us \$9330.00.

In all we spent \$20,894.00. That was the whole lot... The tree. The fence. The decorations. Insurance. Transport. Delivery. Extra decorations. Extra delivery. Reindeer and every other little thing.

We ended up with too much money and a portion of the Community grant was repaid to the Shire. HOWEVER, the Shire was more than helpful and generous and jumped around with incredible speed and assistance and provided us with a base and power supply for the tree for now and the future.

After the repayment we still had funds that allowed us to buy the reindeer and a second set of decorations for the future. Whatever the providing company does they cannot stop the effects of our powerful sun and all decorations fade in a few years. Our other ongoing costs are insurance and storage.

There were multitudinous individuals who "did" things for us to assist with our success.

The Community (Bendigo) Bank in all sorts of ways. Ron Crawford for the free use of his machine to put up the tree. Pierre Azemat for lots of things. Campbell for pegs for the reindeers. Bruce Adinsall for help with storage. Take Out. Elene Wood for the fantastic cake we raffled. Mardi Lucas for a fabulous raffle prize. Rick Cappellari for offering to help with storage if needed. James Taylor for a heap of organisational and construction help plus of course the team of construction helpers. Jenny Corser for endless assistance with the grant (make sure you have all of your little ducks in a row.). Will Jeremy(Shire) for loads of help with Alpine Shire liaison and support. Michael Buckley(Shire) for all that help with tree location under impossible time constraints. Adam Clarke(Shire) who made all of those constraints seem negligible and got the jobs done. Alex Gardiner for our coordination with street decoration and tree 'putting up'. Who did I miss?

However, we should especially mention Trish at the Neighbourhood Centre. In the very beginning she agreed to auspice us and give us the opportunity to pursue this venture for the community.

We are now our own legal entity with our own ABN and do not need to be auspiced.

We have funds to keep us going but will need to raise some money each year for insurance and storage . Stand by!...

Our aim now is to purchase a different coloured set of decorations. All in good time and when the Community has recovered from last year's onslaught!

If anybody is genuinely interested in the precise figures on any part of the Christmas Tree process you are very welcome to contact Sandra Eldridge (0407250129) to inspect the very simple accounts.

Geoff's Health Hints

From Geoff Steinicke

Replace Butter with Avocado and Lower your Risk of CHD by 21%



In a 30 year study of more than 68,780 women (ages 30 to 55 years) and more than 41,700 men (ages 40 to 75 years) it was found that participants who ate at least two servings of avocado a week had a lower risk of cardiovascular disease compared to those who rarely ate avocados.

“Our study provides further evidence that the intake of plant-sourced unsaturated fats can improve diet quality and is an important component in cardiovascular disease prevention,” said Lorena S. Pacheco, Ph.D., M.P.H., R.D.N., lead author of the study and a postdoctoral research fellow in the nutrition department at the Harvard T.H. Chan School of Public Health in Boston.

The analysis found, after considering a wide range of cardiovascular risk factors and overall diet, study participants who ate at least **two servings of avocado each week had a 16% lower risk of cardiovascular disease (CVD) and a 21% lower risk of coronary heart disease (CHD)**, compared to those who never or rarely ate avocados.

Researchers believe this is the first, large, prospective study to support the positive association between higher avocado consumption and lower cardiovascular events, such as coronary heart disease and stroke.

Avocados contain dietary fiber, unsaturated fats especially monounsaturated fat (healthy fats) and other favorable components that have been associated with good cardiovascular health. Clinical trials have previously found avocados have a positive impact on cardiovascular risk factors including high cholesterol.

The current research added to earlier research has shown that consumption of saturated fats like those in butter, cheese and processed meats are bad for the heart.

The study aligns with the [guidance to follow the Mediterranean diet](#) – a dietary pattern focused on fruits, vegetables, grains, beans, fish and other healthy foods and plant-based oils such as olive, canola, sesame that are rich in monounsaturated fats.

Geoff

The Editor's Epistle

Pale Blue Dot

Keith Pike and Your Editor are now running [Alpine Radio's](#) fortnightly Environment Program entitled “**Pale Blue Dot**” on Wednesdays at 3pm. Programs are repeated the following Wednesday.

“**Pale Blue Dot**” will cover practical ways to minimise adverse environmental impact on our precious earth and other environmental news. “**Pale Blue Dot**” is a pretentious reference to Carl Sagan's famous arrangement in 1990 to photograph Earth (The Pale Blue Dot) from the Voyager 1 spacecraft at a distance of 6 billion km as it was leaving the solar system. The Pale Blue Dot is our home, the only one we have.

See the [NASA website](#) and [Wikipedia](#).

The first Pale Blue Dot program mp3 file is available for download and listening at <https://drive.google.com/file/d/1TMi8QzKfFM4FFnTS8EdykGuGXID0ydUk/view?usp=sharing>

The second Pale Blue Dot program mp3 file is available for download at <https://drive.google.com/file/d/1czhoESP9AMM-5b2W6OxY8rSpvF6ZOaEa/view?usp=sharing>

Note: For Apple users, the Safari and Firefox Browsers will not play these files but the Google Chrome Browser will. So first download them. Click on the download icon top right of the window that appears when you click the links above. Then play the .mp3 file on your music/audio app.

Keith and I are looking for relevant interesting content ideas. If you have any that we could pursue for future Pale Blue Dot programs, we would be very pleased to hear from you. Please send in any topics that you want to have covered to manager@alpinerradio.com.au.

Your Editor — Impiorum requies — *no rest for the wicked*



Vive l'Ukraine

Humour

