



Alpine U3A  
UNIVERSITY OF THE THIRD AGE

— Live, Learn & Enjoy —

President – Rollo Kiek

Secretary – Henry Ziernicki

Newsletter Editor - Ian Cohn

# Alpine Echo

## Official Newsletter of Alpine U3A

### July 2022

#### President's Message



*Hi.*

Mount Beauty seems to have come alive again with the advent of the Ski Season. Lots of people in town, and many local businesses enjoying increased customer numbers. Occasional sunny days have alleviated the dreary grey skies, though the cold and wet conditions have kept many of us indoors for much of June. Our intrepid Wednesday Bushwalking Group has hardly missed a beat, however, finding suitable shorter walks not too far from town when inclement weather threatens.

The Seniors Centre is always warm for our Friday Coffee Mornings, and I look forward to a good attendance on Friday 2<sup>nd</sup> July to hear John Hillard present an illustrated talk about Angel Flight Australia, the charity that co-ordinates non-emergency flights to assist country people to access specialist medical treatment. More information about that talk can be found elsewhere in this Newsletter.

You may notice new flyscreens on the windows of the Seniors Centre. Mount Beauty Senior Citizens Inc. has recently commissioned North East Home Improvements to make and install them, and Kel has done a great job. The old screens went to the Mount Beauty Neighbourhood Centre garden group to assist in providing cover for veggies.

You may also notice new taps in the Seniors Centre kitchen. These have been installed to make it easy for seniors to turn them on and off. Try them next time you are in the kitchen.

Let's hope this Friday is fine and sunny to bring us together to socialise and enjoy John's talk.

Rollo Kiek, President

## Coffee Morning Friday 3rd of July

Guest Speaker – John Hillard

Topic - [Angel Flight Australia](#)



John is a pilot for [Angel Flight Australia](#)\*, owns his own plane and volunteers his services as needed. John is an Upper Kiewa Valley local and Alpine U3A member.

His talk will cover what Angel Flight does, who is it for, costs, its history, area it covers, medical protocols, relationship with the RFD Service etc.

John's presentation will include slides and question time.

*\*Angel Flight - a charity that co-ordinates non-emergency flights to assist country people to access specialist medical treatment.*

## Coffee Morning Friday 3rd of June

Guest Speaker - Rollo

Rollo gave an illustrated talk about his recent tour, with Barbara, of the southeast coast of Spain. Travelling by bus with 25 English and Scottish fellow-travellers, he and Barbara traversed the Costa Blanca, Costa Cálida, and Costa del Sol from Valencia to Malaga, staying in three hotels along the way. And it didn't cost a lot. A total of 14 nights in 3 super hotels, some marvelous events experienced along the way, and some wonderful historic places visited. Barbara's great photos will help you enjoy a Covid-free trip where the rain in Spain fell mainly on the plain.



Impromptu street dancing during parade, Albir, Spain.



Rollo and Barb in front of Hadrian's library in Ephesus, Turkey. May 2022

## Alpine U3A Topics

### Future Guest Speakers

**Ken Halse** – August



**Topic** — East-West Microwave Project

There was a need for better telephone communication between Perth (WA) and the rest of Australia. The system that I helped install over a two years period in the late 1960's from Adelaide (SA) to Perth provided 1,296 voice circuits over the existing 28 circuits installed in 1962.

Ken will relate his experience working (and living) on this Project that followed parts of the Transcontinental Railway, the then dirt Highway and across various parts of the Nullabor Plains.

Ken's presentation will include slides and question time.

---

### Welcome to New Members

- Susan Guild
- Graeme Eggington
- Karen Morton

Current membership is 122.

### Tutor Excellence Award 2022

Nola Skey has been nominated by Alpine U3A for the 'U3A Network Victoria Tutor Excellence Award 2022.

### U3A State Conference 2-4 October 2022 hosted by U3A Bendigo.

Alpine U3A needs to be represented at this Conference and will pay the registration fee and accommodation for our representative. If you are interested in being that person please contact the secretary Henry Ziemnicki <[secretary@alpineu3a.org.au](mailto:secretary@alpineu3a.org.au)> ASAP.



## Courses/Activities

### Hugh Skey Geology Talks

In the May Alpine Echo Hugh offered to run a series of talks on Geology in Term 4 provided there was sufficient interest. We had a few members express interest but he is looking for more to make it worthwhile for him to prepare the presentations. There is a bit of work in it.

Anyway Hugh is prepared to keep the offer open until 31<sup>st</sup> October 2022. If he gets sufficient numbers he will conduct the talks in Term 1, 2023.

Please put expressions of interest to Course Co-ordinator <[members@alpineu3a.org.au](mailto:members@alpineu3a.org.au)>.`

---

## 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](mailto:secretary@alpineu3a.org.au), or the Editor at [scsiac@bigpond.com](mailto:scsiac@bigpond.com).

### Member Profile — U3A Course Presenter Nola Skey



After visiting the UKV area for skiing for a number of years, in 1990 we bought land and built a holiday house which we planned to rent out at certain times of the year. That didn't happen, as we were spending every weekend here at all times of the year. It seemed like a good idea to spend our retirement here, so we extended the holiday house and moved up here permanently in January 2000.

I trained as a secondary school teacher in Adelaide and taught maths, science and geography before getting married and moving to NSW 2 years later. Because of husband, Hugh's, job, we couldn't guarantee how long we would live in an area, so I was able to do only casual teaching which included woodwork, metalwork (theory only), commerce, agriculture and English.

However, a common thread for over 20 years was Maths tutoring in S.A., W.A. and Victoria. While living in Tasmania, with 2 small children, I ran, with others, a playgroup. I worked for a year as a teacher/librarian at a Catholic boys school in Kalgoorlie and as a volunteer at a High School library in Melbourne for 8 years on a part time basis.



Nola's Stretch Class.

I love reading (almost anything), playing in the community band, travelling, both here and overseas. I enjoy exercise of many kinds, and am interested in its effects on physical and mental health. I'm also passionate about archaeology.

Why do I love living here? I love the options - outdoor pursuits (skiing, cycling, bush walking, fishing, etc etc), the availability of educational, social and entertainment activities through the Mt Beauty

Neighbourhood Centre, U3A, UKVRA and others.

I love the demographic - a great mix of young and old, especially more recently. We have great facilities.

Most of all I have made great friends here. And I don't think I'd like to change anything about the place.

When we have visitors from outside the area, we have a number of go-to places that depend on the age and physical abilities of our guests. The young kids love the playground and the skate park. Everyone enjoys the local walks - the Gorge Walk, the Pebble Beach/River Walk, the Pondage Walk, Rockpool and Mermaid Beach. We also take them to Bogong Village, the Arboretum and Falls Creek. Further afield there's Harrierville, Wandiligong and the Bright Gorge Walk to showcase the old mining industry. The migrant experience at Bonegilla is also a popular attraction. For the bike riders, there are numerous rail trails for "safe" riding and the mountain bike park. For the horsey people there are trail rides, both short and multi-day. At night, there's now our nightly light show and at Christmas, our Christmas lights. Last, but definitely not least, are the wonderful eateries here in the Kiewa Valley (and not too much further afield) and a number of first class wineries.

Here endeth the epistle.

*Cheers, Nola*

## **Member Story.**

### **A BIRD IN THE HAND.....**

From Christina Callinan

We were eating our lunch in the kitchen last Friday when it happened. There was a squawk, a lot of scratching against metal, a slither and then thump.

We had a bird in our wood stove chimney. What do we do to get it out?

I made a phone call to our neighbour, Kevin, who happens to be a Ranger and left a SOS message for him. Richard disappeared to the airfield leaving me to deal with this latest wild life happening.

Rang the local Council next. No, too difficult for them. What about trying Danny of Wild Life, Myrtleford, they said.

Danny was very sympathetic but couldn't help as she was delivering two possums to the zoo in Werribee. She gave me the phone number of Wild Life Victoria. Does everyone take Friday's off, I thought as I left yet another message for some help.

I admired the spirit of our captured bird in the chimney. It made many attempts to climb back to the outside world but it only made it to the top of the stove pipe.

Kevin sent me a text with two local Volunteer wild life workers' names and phone numbers. More messages were left.

By the time Richard returned for dinner all was quiet. We went to bed feeling pretty bad about the situation. I think he must have died, I muttered to Richard over our morning coffee. But no, the scratching and scraping started up again.

It was Voting Day. We had to visit our holiday house to do outside work on it and Richard had an appointment with Pauline Cash for alterations to his new pair of jeans. So we left our 7 bears to deal with the trapped bird.

I rang our plumber, Scott, who is a worker of miracles. His wife said he was out on a job and she would pass the message on. Scott rang back eventually and said he would try to contact a closer

plumber for us. Three local plumbers later and no one could come to our aid. Richard decided he would have to take apart the heater and release the bird ourselves. I had great visions of getting it out from the roof but that would be too difficult.

Go find the fire manual, said Richard. Page 43 showed how to take apart the innards of the wood fire stove. I spread plenty of Herald-Sun around the stove, found the torch and a large green plastic bag for the bird and my darling husband laid on the ground in front of the stove.

Read those instructions out again, Richard said. How our stove was set up and what the instructions said didn't match. His hands grew blacker from the soot and our despair was starting to show.

Hold on little bird, I said, we are coming to rescue you. At that stage our torch went out.

Richard pushed some more and one of the internal bricks of the stove moved and out popped the bird. He took one look at Richard, scrambled over his shoulder, flew over the couch and landed at the back door looking very dazed and scared. It was a juvenile dark green feathered bird.

The plastic bag did the job and Richard released it on the grass. It bypassed the bowl of water I had left on the lawn and flew into a bush never to be seen again.

Do you know how to get the fire back together again, I asked cautiously. Of course I do, said Richard but I need a light. The torch was a recharging one but the recharger was not to be found.

I am crossing my fingers that we manage to get the fire lighted this week as the bears on the couch are starting to complain of the cold.

*Christina Callinan*      *22<sup>nd</sup> May 2022*

---

## Geoff's Health Hints

**From Geoff Steinicke**

### **The Blue and White Jar's Secret**

I was very young when I first saw this unusual blue and white ceramic jar sitting on the mantelpiece in the dining room of our home. I remember my mother told me that she obtained it from a Chinese herbalist who resided in Woodhouse Grove, Box Hill. I was told the jar was from China, and it contained a 'medicine' that was very rare.

The jar just seemed to be a decoration because I never saw the medicine being used, but of course it was for pregnant women like my mother at that time, seeking relief when she needed it most.

We all know that Buderim, the ginger capital of Australia produces a host of products made from the ginger root grown in the area.

Ginger is used in many different ways and for various reasons.

For instance, we all enjoy the spicy taste of ginger in soft drinks, and then there was the home brew and the joy of making ginger beer, and the dangers associated with exploding glass fermenting vessels, however, these days, with the introduction of Asian and Indian cooking, ginger's primary use is a spice.

But there are also other lesser known medical uses apart from the afore-mentioned nausea common with pregnancy, and as an ingredient in Asian and Indian recipes.



Travel sickness. Ginger is used as an alternative medication to prevent motion sickness. The mechanism of its action, however, is unknown. As a hypothesis it is suggested that ginger prevents the development of gastric dysrhythmias.

Relief from chemotherapy-induced nausea. Nausea and vomiting are often associated with chemotherapy. As reported in Cancer Nursing Jnl Oct 2018, the natural anti-emetic effects of ginger can provide a safe means of support.

Ginger treats migraines as effectively as a prescription. Overall, ginger's demonstrated efficacy at treating migraines is statistically comparable to sumatriptan, and safer.

Ginger eases the symptoms of allergic rhinitis, eg, hay fever. In this study, we investigated the anti-allergic effects of ginger and 6-gingerol, a major compound of ginger, using a mouse allergy model and primary/cell line culture system. Our results demonstrate that 6-gingerol alleviates allergic rhinitis symptoms.

Ginger helps manage blood sugar levels in pregnant or breastfeeding women, smokers, or people with high blood pressure, liver or heart type 2 diabetes. A recent, 2020 study published in the Intl Jnl of Food Science revealed that ginger can be a safe and effective treatment for patients with high blood sugar and cholesterol levels.

Ginger significantly improves symptoms of rheumatoid arthritis: Thanks to ginger's reputation as an anti-inflammatory agent researchers investigated the effects of ginger on inflammation and immune response in patients with active cases of rheumatoid arthritis. A University of Miami study concluded that ginger extract could one day be a substitute to nonsteroidal anti-inflammatory drugs (NSAIDs).

Geoff

---

## The Editor's Epistle

Lonely Percy Famous in "This Week"

### FALL LINES

#### Percy the Peacock

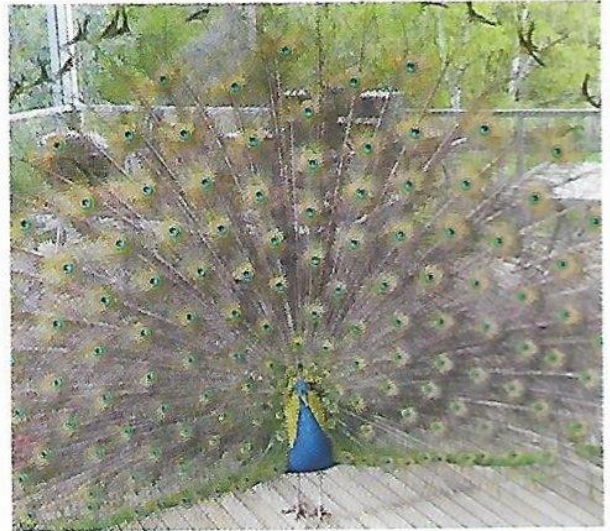
Lonely Percy turned up at our place in Simmonds Creek Road around 2008. He stayed for a few months but we must have offended him because he moved over the road to stay with Val and Brian or Maryanne and Stewart.

While we often heard him when he squawked he did not return briefly very often.

However, around 2017 he crossed back over the road and started browsing on my silver beet. So to divert him from that we started feeding him wild bird seed.

Now he tends to cross the road around dusk to scoff a few seeds and returns back over the road just before dark. Generally, drivers are very good at slowing down and giving Percy right-of-way. But I don't want to end up with a flat Peacock, so I have started petitioning Alpine Shire staff to put in "Peacocks Cross here" road signs.

Percy produces a new set of tail feathers each year but drops the old ones around the end of



*A magnificent display of tail feathers by Simmonds Creek Road's Percy the Peacock.  
Pic – Courtesy Ian Cohn*

February. So he is currently producing a new set. He should have a magnificent new set of tail feathers operating by about October.

Percy flaps high up into a big gum tree to spend the night and this probably explains why he has not been eaten by a fox. •

Your Editor  
Impiorum requies



Vive l'Ukraine