

# Alpine Echo

Official Newsletter of Alpine U3A

August 2022

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

## President's Message



We look forward to *Ken Halse's* illustrated talk about his experiences whilst working on the installation of the microwave link across the Nullabor from South Australia to Western Australia in the 1960's. Vastly improved telephone communication was a result of much hard work and sacrifice by the workers. Many members will know Ken from his contribution to the success of Alpine Radio. Come along to our coffee morning on Friday 5<sup>th</sup> August and enjoy his reminiscences of his time working on this important project in the history of Australia's telecommunications. We gather from 10 am. for a 10:30 start of Ken's talk. Masks are recommended.

We thank our July guest speaker *John Hillard* who gave a very informative talk on *Angel Flight Australia* in addition to information on the Mount Beauty Airport development.

The committee welcomes proposals from members regarding guest speakers whom you think would be interesting and approachable to address us at our monthly coffee mornings on the first Friday of the month. And we are still looking to recruit members to the committee, so if you wish to help develop Alpine U3A, please advise our current secretary, *Henry Ziemnicki*.

I use this opportunity to alert members to the next presentation from Upper Kiewa Valley Regional Arts on Saturday August 13<sup>th</sup>. Films from the St Kilda Film Festival, short, award-winning films, will be screened in the Mt Beauty Community Centre at 8 pm. Tickets (\$20) are available from Mt Beauty Hardware and Drapery, at the door, or on-line through [trybooking.com](http://trybooking.com). More information appears in the local paper *This Week*.

This issue has been edited by *Paul L'Huillier* while Ian Cohn is on holidays. Thanks, Paul.

*Rollo Kiek – President*

*We don't stop playing because we grow  
old; we grow old because we stop playing."*

**Neighbourhood Centre Rose Garden Cafe** has closed until further notice. Coffees are available on Tuesdays and Fridays (10am to 2pm). Our *Henry* is the *Coffee King* on Friday so drop in and order one. They are very good.

**Guest Speaker** — This Friday 5th August 10:00 am – Senior Citizens Centre

**Ken Halse**

**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 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 Plain.

Ken’s presentation will include slides and question time.



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## Welcome to New Members

- Sheila Smith (Craft)
- Monica Wurfel (Pilates)
- Susan Guild (Gym)
- Graeme Eggington (French)
- Karen Morton (French)
- Chris Grealy (Table Tennis)
- Ray Connelly (Stretch)

Current membership is 124.

**Member leaving the area** — The committee wish long time member *June Hoffman* all the best as she is leaving Mount Beauty to live in Wodonga.

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## 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(s). If you are interested in attending 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)>.`

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## Annual General Meeting

This is scheduled for **Friday 2<sup>nd</sup> September** at our monthly coffee/guest speaker morning which starts at 10:00 am, with the AGM starting at 10:30 am, followed by the guest speaker. Our current committee comprises five members which is well short of the eight needed. Two members are filling two roles each to keep Alpine U3A functional. Please consider nominating and spreading the work. Let the secretary know if you are interested [secretary@alpineu3a.org.au](mailto:secretary@alpineu3a.org.au).

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## How to Find Meaning in Older Age

*Carry your life purpose into retirement and reap the benefits.*

The **National Ageing Research Institute** asked a group of 23 retirees aged between 69 and 93 what gave them meaning and purpose now and whether this had changed. Most said little had changed, that they'd learnt their core values from their parents and tried to live up to these throughout life. A sense of community was key to them now, whether it's a family, neighbourhood or local group of interest. But by far the most important thing was feeling that they were able to make a contribution, whether by volunteering, caring for others, helping families, doing odd jobs or even looking after themselves so they didn't rely on others.

They said that doing things for people "[satisfies a need within us for being worthwhile](#)" and "[increases our own sense of self and value](#)".

## 5 Ways to Live with Purpose

1. **Find your passion:** In later life, you may have more time to devote to your interests, be they artistic, creative, political, spiritual or recreational.
2. **Plan for it:** Start thinking about how you might like to spend your time when you're older.
3. **Adapt to your circumstances:** If your job or career has given life meaning, perhaps you can volunteer in the same sector or act as a mentor.
4. **Make the best of your situation:** During retirement, you might be thrown into a scenario you never envisaged, such as caring for a parent. It's an opportunity for giving that can be a privilege and provide great satisfaction.
5. **Make a contribution:** Whether it be as a home handyman or soup kitchen volunteer, "*giving back*" benefits everyone.

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## 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).

### Luise Mock – Convenor Profile



I was born in Freudenstadt in the Black Forest in Germany some time ago. I studied Agricultural Science at Hohenheim University, Germany. From 1974 on, I worked as a plant breeder and international business manager for machinery for agricultural research until my marriage and the consequent move to Australia in 1986. I continued to work as a plant breeder at the Mallee Research Station in Walpeup.

I studied, alongside having three children, by distance education at UNE, Armidale, and obtained a Bachelor of Arts degree in German and European cultures and completed my Grad. Diploma of Education for LOTE, (Languages Other Than English), and Agricultural Sciences there in 1999. In 2015 I graduated at Federation University, Ballarat, with a Graduate Certificate of Education (Tertiary Education). This was through a scholarship, obtained through SuniTAFE, Mildura. I have a Certificate IV in Training and Assessment, completed in 2012 at Sunitafe, Mildura.

I have taught Science and German at many rural schools throughout the Mallee: Patchewollock Group School, Hopetoun PS, Walpeup PS, Underbool PS, Tempy PS and St. Joseph's Catholic PS in Hopetoun and Hopetoun SC. I was a "roving" LOTE teacher, covering easily 1000 km per week going from school to school. I also ran an Adult Literacy Course at Sunitafe, Ouyen Campus, for several years. Also I taught German and French TAFE evening classes at the Mildura campus of SuniTAFE for a few years.

I specialise in integrated studies, using Science, Music, Sport, Geography, History and Domestic Science in my German program. I created a German program for Primary and early years Secondary schools, which can be used as a guide/cookbook for teaching LOTE in a school cluster situation using online facilities from school to school.



I retired in December 2013 and came to live in Tawonga South and got to know U3A straight away and never looked back!

At the moment I teach **French at the University of the Third Age (U3A)** in Mt. Beauty and am on the **committee**.

I still teach very often as a Casual Relief Teacher (CRT) at the Mount Beauty Secondary and Primary schools. I enjoy that very much for the diversity of subjects I get to teach or try to teach!

*For ever learning is my motto.*

**Now the rest:** I love the place, it looks a bit like home, the Black Forest!

### **Any changes for Mount Beauty**

None, really, maybe more young people around, affordable houses, more solar panels and batteries. And permanent positions for teachers, not just limited contracts!

As for **hobbies and interests** I love teaching old and young, cross country skiing, reading, knitting, crocheting, afternoon napping and exchanging relevant social information with friends. **Some call it gossip, and it is really a rather holy word**, as the Oxford dictionary tells us:

Here I quote:

*Old English godsibb, 'godfather, godmother, baptismal sponsor', literally 'a person related to one in God', from god 'God' + sibb 'a relative' (see sib). In Middle English the sense was 'a close friend, a person with whom one gossips', hence 'a person who gossips', later (early 19th century) 'idle talk' (from the verb, which dates from the early 17th century).*

As for **showing off the area:** Rockpool and Survey Track and the ever relaxing East Kiewa River Walk. Or simply sit and look up to the mountain from anywhere it pleases you!!

*Cheers, Luise*

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## **Geoff Reid**



I was born at home on the farm. I was the 6<sup>th</sup> child in the family, four born at home, however my oldest sister was born in Yackandandah after a two day trip in a buggy, a week or so wait there, then a bumpy two day trip home.

When I was four, I became ill with rheumatic fever and spent about 3 months in bed, after so long I had to learn to walk again. All my siblings were at school and Mum home schooled me as she had been a teacher. I started school at Mullindolingong PS (near Cemetery Lane) at age 10.

The school was on the triangle at the beginning of Cemetery Lane and was 3 miles from our home on Reid's Lane. I rode a horse, a bike or walked. Our mail box, bread box and cream stand were at the beginning of Sullivans Lane so sometimes I had to go the long way home by horse to collect the bread and mail.

Before the Kiewa Scheme controlled the river the floods were bigger. One time after a big flood I forced my horse to cross, but unfortunately the usually safe crossing point had been washed deeper.

Luckily the horse was a good swimmer as we were washed downstream about 60 metres until he scrambled out with me still on his back. We didn't get the mail or fresh bread that day! Another time my horse suddenly started 'pigrooting' and bucked me off. Unfortunately my left foot was hooked in the stirrup and I was dragged along on my back until the stirrup leather broke. I just ended up with a sprained ankle.

I spent two years at Portland High School, boarding with relations, then one year at Wangaratta where I lived at the Church of England Boys' Hostel with 50 other mainly country boys. My first taste of freedom!

At age 16 I returned to the family farm to work with my older brother Philip and Parents. At that time most local farmers milked 40 or 50 cows, separated the cream and ran a few pigs to use the skim milk. The first project was to build a new bigger dairy and build up the dairy herd. Over several years we improved the farm and eventually milked 196 cows, the biggest herd in the area at that time. On my 19<sup>th</sup> birthday I went to Puckapunyal for National Service where I learned to march straight, shoot straight and drive a tank!

In 1958 Shirley and I married and between us we finished off our "lock up stage house" while living in it. That would not be allowed now.

We raised 2 adopted children. We did several trips as a family, then after a trip to Fiji in 1973 and travelling to most parts of Australia, we really got going! We have been to all continents except the Antarctic and visited over 50 countries and islands. Our last trip was cancelled because of Covid. We milked cows for about 40 years, then ran beef cattle for several years before selling the farm. We retired to Mount Beauty in 2012.

Over the years my main hobbies included reading, playing cards, table-tennis, keeping bees and wood turning.

After giving up milking, Shirley and I became keen lawn bowlers. I spent several years as greenkeeper at Tawonga before transferring to Mt Beauty club.

Shirley and I have been members of U3A for over 20 years. For several years Shirley organised three-day trips away, and I and other members drove the 20 seater hire bus. We are still keen members.

*Cheers, Geoff*

**Editor's Note** — Geoff is a very keen bridge player. His wife Shirley was secretary of U3A for three years from 2002 to 2005.

## Other News

INFORMATION FOR CUSTOMERS

### Australian Government Mobile Service Centre



#### Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

#### Wednesday, 10 August 2022

9 am to 3 pm

Neighbourhood Centre car park, Tennis Court Avenue

MOUNT BEAUTY