



Alpine U3A
UNIVERSITY OF THE THIRD AGE

— Live, Learn & Enjoy —

President – Rollo Kiek
Course Coordinators – Jane Zagorski and Linda Cohn

Secretary – Henry Ziemnicki

Newsletter Editor - Ian Cohn
Membership – Richard Finette

Alpine Echo

Official Newsletter of Alpine U3A

January 2025

President's Message



Hi Everyone

Seasons Greetings to all U3A members.

In this Newsletter there are my Reports to the recent AGMs of the Senior Citizens and the U3A. The Seniors report contains information regarding the change which will occur in the management of the Seniors Centre in 2025 which should be of interest as we are all members of the Mount Beauty and District Senior Citizens Centre Inc. The second report, to the AGM of Alpine U3A, was not actually delivered on the day due to some oversight. Both AGMs were well-attended.

Change to the way in which Alpine U3A membership data is kept and accessed by Facilitators of activities and by members is occurring ahead of enrolments next year. Jane Zagorski and Linda Cohn, our Course Co-ordinators, and particularly Paul L'Huillier, our database manager, are actively working on the changeover from UMAS to Member Wizard with the assistance of U3A Victoria who initiated this change. Richard Finette, a new Committee member, and a wizard himself in things electronic, has been drafted in to this process as well.

Thanks to all those involved.

I hope that all members enjoy a happy holiday season and a prosperous New Year.

Rollo Kiek. President, Alpine U3A

Your New Committee

From Jane Zagorski

The 2025 Committee was elected at the AGM held on Friday 6th December.



President:	Rollo Kiek
Treasurer & Secretary:	Henry Ziemnicki
Course co-ordinators:	Jane Zagorski, Linda Cohn
Membership:	Richard Finette
General committee:	Luise Mock.

Richard Finette will look after Membership and will introduce and administer the new Membership programme, Wizard. This new database will be ‘coming soon ’and will replace the UMAS system.

It is great to have a new committee member, thank you Richard.

All committees need fresh input and leadership, and we continue to look for a Secretary to relieve Henry of his dual responsibility which is one of many he has in the community. If you feel you could make a contribution to help keep our U3A a vital group, please make contact with one of the committee members or speak to your convenor. It really isn’t an onerous role as U3A runs itself for most of the year with the convenors looking after their own groups.

This is what President Rollo had to say about our U3A AGM in 2024:

PRESIDENT’S REPORT - U3A AGM 6th December 2024

Alpine U3A has had a year of normal activity, with courses and activities conducted by volunteer Facilitators. Many of the activities have been held in the Senior Citizens Centre, and our agreement with Mount Beauty Senior Citizens Inc. has allowed us the use of the Centre for \$5 per member per year. All members of Alpine U3A are automatically joined up as members of the Senior Citizens.

There have only been a few meetings of the Committee this year, as there has been no business that couldn’t be handled by email consultation between Committee members. Things have been running smoothly.

I wish to acknowledge the work that Paul L’Huillier has done since he took on the role of UMAS and website manager. I also thank our Secretary/Treasurer, Henry Ziemnicki, for keeping the Committee informed of matters as they arise. Our Course Co-ordinators, Jane Zagorski and Linda Cohn managed an on-line registration system at the start of the year, with the addition of an opportunity for face-to-face registration. This system will operate again for 2025.

Rollo Kiek, President

Mount Beauty Senior Citizens Centre Inc.

President's Report to Annual General Meeting

Held on 6th December 2024

Early in the year the Alpine Shire informed us that they wanted the management arrangements of the Mount Beauty Seniors Centre to conform with that of other Shire facilities and that the Service Agreement between the Shire and Mount Beauty Senior Citizens Centre Inc. should not continue.

A new Community Asset Committee (CAC) was proposed with the same function and responsibilities as the present management body. The new CAC would have a Shire representative, non-voting, on it, and a community representative nominated by the Shire. After several meetings between representatives of the Shire and the current Seniors committee, agreement was reached that such a change-over should occur. The composition of the CAC would, in essence, be the outgoing Seniors Committee, with the additions mentioned above. Financial control, bookings of the centre and other functions of the present committee would remain unchanged. The CAC hasn't yet been formally established by the Alpine Shire, and we await this event before we can wind up the current incorporated body in order to transfer our assets to it.

During the year the clubrooms have been the centre of quite a bit of community activity as the Alpine U3A has conducted many of its activities here. Other community groups such as the Yoga Classes and the Saturday Stitchers are also regular users of the clubrooms. Private functions have also utilized the excellent facilities.

We continue to donate \$200 as a prize for the Mount Beauty Secondary College Student who wins the Award for Citizenship at their Presentation Night in December. The school determines in what form the financial award is given to the student who qualifies for it. We continue to employ Christine Hamilton as a cleaner twice per week, and she does a wonderful job of keeping the rooms spick and span.

I thank the outgoing Committee for its work of overseeing the activities of the Senior Citizens Centre and look forward to continued management of the Seniors Centre by the new Committee until such time as the new Community Asset Committee is established.

Rollo Kiek. President.

If you haven't learnt anything new lately why not try a U3A Course?

Open Information Session

A Saturday morning session at the Senior Citizen's Hall to meet the Convenors of the classes, ask any questions and find out more about what the classes involve.

**February 1st 2025
9.00am -11.30am**

ENROLMENTS OPEN February 1st 2025

ENROL ONLINE OR IF YOU NEED ASSISTANCE ATTEND THE SESSION ON FEBRUARY 1st between 9 -11.30

2025 ANNUAL MEMBERSHIP remains at \$30

There is an opportunity to attend a class prior to joining U3A for 1 session. This can be arranged with the convenor.

Associate membership is not offered at Alpine U3A. Any visitors are asked to join as members.

To all members of Alpine U3A, the committee wishes to advise that a welcome to U3A 2025 gathering will be arranged.

Following the re-enrollment process, we will work on the exact timing for this, but believe it will be the latter half of March 2025.

Henry Ziemnicki
Secretary / Treasurer

Alpine U3A Activities

NEW COURSES IN 2025

We have some new offerings in 2025.

Some short courses:

Curious About Science will run for 6 weeks from March 7th until April 11th on a Friday at 9 - 11 from convened by Mark Zagorski

Cryptic Crosswords will run for 10 weeks beginning on February 3rd at 11.00 – 1.30. This is YouTube based and will be convened by Cryptic Crossword enthusiast Wendy Blake.

Cards – is a new session being added on Tuesday afternoons from 2.00 – 4.00

The convenor is Pat Eldridge.

Happy Feet Dancers have been having so much fun they will be doubling it and will be held on the **2nd and last Saturday of each month. Beginning on February 23rd** and convened by Rachael Finette.

Please note that some classes require minimal numbers for them to go ahead.

Some other ideas are still in the pipeline so ‘watch this space’.

And some regular events are no longer.....the Friday morning Coffee Morning will not be held in 2025. There is the opportunity for this at the Neighbourhood Centre and we saw no benefit in trying to do the same thing on the same day at two different venues.

AND if you have any ideas for courses, or would like to get involved in organising any courses or activities (we have ideas!!) please make contact with your course co-ordinators. Without CONVENORS there can't be courses and if you want to do something LET US KNOW

Linda Cohn 0417 340 599 (SMS msgs)

Jane 0419 509 792

Craft Group



The craft ladies enjoying their Christmas break-up.

French Groups End of Year Event

From Richard Finette

On Monday morning 9th of December, we gathered at Luise's house in Tawonga South for a festive Christmas get-together and a meet-up between the U3A French classes: Beginner French and Casual Conversation. It was such a pleasure to meet everyone, share stories, and enjoy a delightful brunch together.

We had the special opportunity to meet with Eric, a native French speaker, who treated us to a reading from a French book. His engaging reading brought the language to life and was a highlight of the morning, inspiring us all in our French learning journey.

The morning was filled with the joy of learning, connecting, and fostering bonds between the two groups. Events like this remind us of the importance of keeping these connections open and supporting each other in our shared passion for French.

Merci à Luise for hosting and to everyone who joined in making this morning so special.



Here's a couple of translations into French - one easy and the other not. I used AI to help with some phrases.

Ce matin, nous nous sommes réunis chez Luise à Tawonga South pour une rencontre de Noël et une réunion entre les classes de français de l'U3A : Français Débutants et Conversation Informelle. C'était un grand plaisir de rencontrer tout le monde, de partager des histoires et de profiter d'un délicieux brunch ensemble.

Nous avons eu la chance de rencontrer Eric, un francophone natif, qui a lu un extrait d'un livre en français. Sa lecture était très intéressante et a inspiré tout le monde dans notre apprentissage du français.

C'était un moment rempli de joie d'apprendre, de se connecter et de garder des liens entre les deux groupes. Ces rencontres sont importantes pour nous soutenir dans notre passion commune pour la langue française.

Un grand merci à Luise pour son accueil et à tous ceux qui ont participé à ce moment spécial.

Ce matin, nous nous sommes retrouvés chez Luise à Tawonga South pour une chaleureuse rencontre de Noël, réunissant les classes de français de l'U3A : Français Débutants et Conversation Informelle. C'était un immense plaisir de faire la connaissance de chacun, d'échanger des anecdotes (*stories, tales*) et de savourer un brunch exquis (*delicious, refined*).

Nous avons eu le privilège (*privilege*) d'accueillir Eric, un francophone natif, qui a partagé avec nous une lecture captivante (*captivating, engaging*) tirée d'un livre en français. Sa lecture, riche en nuances (*nuances, subtleties*), a insufflé (*breathed, inspired*) une nouvelle énergie à notre apprentissage de la langue.

La matinée fut empreinte (*imbued, filled*) de la joie d'apprendre, de créer des liens (*build connections, ties*), et de renforcer les échanges entre les deux groupes. Ces moments rappellent l'importance de maintenir ces connexions vivantes et de continuer à s'encourager mutuellement (*encourage each other mutually*) dans notre passion commune pour le français.

Un grand merci à Luise pour son hospitalité (*hospitality*) et à tous les participants pour avoir contribué à rendre cette matinée si mémorable.

Traductions et explications des mots plus complexes :

1. **Anecdotes** – Histoires ou récits courts ; en anglais, "stories" ou "tales".
2. **Exquis** – Synonyme de "délicieux", mais plus raffiné ; "delicious" ou "refined".
3. **Privilège** – Avantage spécial ; "privilege".
4. **Captivante** – Très intéressante, qui attire l'attention ; "captivating" ou "engaging".
5. **Nuances** – Petites différences ou subtilités ; "nuances" ou "subtleties".
6. **Insufflé** – Inspiré, donné de l'énergie ou de la vie à quelque chose ; "breathed" ou "inspired".
7. **Empreinte de** – Remplie de quelque chose de particulier (ex. joie, sérénité) ; "imbued with" ou "filled with".
8. **Créer des liens** – Établir des relations ou des connexions ; "build connections" ou "ties".
9. **Mutuellement** – Qui va dans les deux sens, réciproquement ; "mutually".
10. **Hospitalité** – Acte d'accueillir chaleureusement ; "hospitality".

Richard

Alpine U3A Bushwalking Group

Convenors - Roni and Steve McDowell

The Alpine U3A Bushwalking Group meets on Wednesdays most weeks of the year and has a varied program of walks covering everything from easy to challenging. Generally, walks are located locally. However, we also have some interesting walks around Beechworth, Chiltern and Mount Buffalo.



U3A Bush Walking Group at Big Hill 2024

U3A Bushwalking in National Parks: Latest News

The Wednesday Bushwalkers have been going strong as usual. We had a great roll up for our latest walk, which was planned to be a trip to Edmondson's Hut followed by an overnight camp at Roper Hut for a subgroup of walkers. Unfortunately, we met the big truck mishap, which must have happened just before we went past Cranky Charlie, so we had to change our plans. We decided to head up the dirt road to the Big Hill Lookout (Bench 5), then we walked to the top of Big Hill which has the best view of the Kiewa Valley you will find anywhere. For those who don't know the area, there are a couple of large communications towers on the summit.

Later, the intrepid campers drove on along the West Kiewa Logging Track all the way to the Diamantina Horse Yards Campsite where we spent a very peaceful overnight without carrying the packs any further than 20m from the car. We did two short walks – Blairs Hut and the Red Robin Battery. The Battery site includes lots of interesting old mining equipment. Hopefully we will get to overnight at Roper Hut next year.

Geoff's Health Hints

From Geoff Steinicke

Good news for coffee drinkers: the health benefits outweigh the risks

Australians like you and I drink coffee every day. The caffeine in coffee helps us stay alert, but coffee may also have other health benefits that will surprise you. A few studies suggest that decaffeinated coffee also has health benefits.

What Are the Health Benefits of Drinking Coffee?



For years medical experts advised people to drink less coffee, mostly because of research suggesting coffee might increase the risk of heart disease, but studies have shown that regular coffee consumption is associated with a decreased risk of developing hypertension, heart failure and atrial fibrillation. However, results are inconsistent with regard to coffee consumption and risk of developing coronary heart disease.

- Studies show the type of coffee you drink may influence its health benefits; a very large study from the UK published in 2022 found that adults who drank larger quantities of unsweetened or sugar-sweetened coffee

were less likely to die from cancer in the subsequent 7 years, and also less likely to die from any cause during that time frame. However, drinking artificially sweetened coffee had no impact on cancer or other deaths.

- The results of a very large trial suggest that drinking about four or more cups of coffee per day may reduce the chances of getting colorectal cancer by 11-24% and endometrial cancer by 25%.
- One study found people who drank one or two cups of coffee per day had a slightly lower risk of getting the most common type of liver cancer compared to non-drinkers, but people who drank three or four cups of coffee were about half as likely as non-drinkers to get this kind of liver cancer.
- Similarly, a study in Japan found a 76% decrease in the risk of that type of liver cancer in people who drank at least five cups of coffee per day compared to those who did not drink coffee.
- In Norway, a 17-year study of 51,000 citizens found that those who drank two or more cups of coffee per day were 40% less likely to develop cirrhosis compared to those who did not consume coffee.
- People in Finland consume more coffee than almost any other nation, and a study of 14,000 people over 12 years found that men who drank 10 or more cups of coffee daily had a 55% lower risk of developing type 2 diabetes than men who drank 2 cups of coffee a day or fewer. Even more dramatic, women who drank 10 or more cups per day had a 79% lower risk of developing type 2 diabetes than those who drank fewer than 2 cups daily.

Good news for coffee drinkers continued

- A study of more than 8,000 Japanese-American men found that men who did not drink coffee at all were three to five times more likely to develop Parkinson's disease within 30 years than men who drank four and a half cups or more of coffee per day.
- A study of 676 healthy men born between 1930 and 1950 suggested that coffee helped with information processing and slowed the cognitive decline typical of aging.

Take Home Message The main findings were the following: first, the consumption of up to 400 mg/day of caffeine (1-4 cups per day) is safe. Secondly coffee may contribute to the prevention of inflammatory and oxidative stress-related diseases, such as obesity, metabolic syndrome and type 2 diabetes, and coffee consumption seems to be associated with a lower incidence of several types of cancer and a reduction in the risk of all-cause mortality.

Abstracts from Pubmed

Geoff

The Editor's Epistle

Thank you to all our contributors for this edition.

The Editor wishes all our readers compliments of the season and a Happy New Year.

The Editor

Impiorum requies



Vive l'Ukraine

The Alpine U3A website is at [Alpine U3A – University of the Third Age](#).