



Newsletter

Term 4 October 10 – December 22 2011

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DATES FOR YOUR DIARY

Thursday 6 October AGM at the Tangled Maze RSVP by September 30
Saturday 3rd December Christmas Break-up BBQ at the Creswick Neighbourhood Centre

Christmas Break-Up

Saturday, December 3

at the Creswick Neighbourhood Centre commencing at 11 am

We will have a Barbeque, the same as last year, with a charge of \$10 per person. All the members who attended last year had a terrific day – it was sunny, social and great fun – nobody wanted to leave.

RSVP by November 19 2011.

From the Committee

We are pleased to present our 4th Term Newsletter. Our Vice-President, Meryl, and husband, Barry, are off on a four-week jaunt visiting Lightning Ridge, Innamincka and Flinders Rangers, stopping wherever it takes their fancy. We wish them both a safe and happy trip and I'm sure 'Armchair Travel' would love to hear all about it when they return. We thank Sue Orbach Iles for her assistance in typing this Newsletter.

If you would like to join the team, or contribute to the Newsletter, please contact us (details above).

Many 3rd Term Newsletters were emailed instead of posted. Please advise whether you would prefer your Newsletter by mail or email.

As we are now offering more Physical Activities to members, Helen Cossenias has just completed a First Aid Course.

Annual General Meeting

This will be held at the Tangled Maze on Thursday 6 October starting at 10.30. Our guest speaker is Ken Prato, an ex-shearer, builder, poet, author and raconteur. He will talk of his life and use poetry and song to highlight the entertainment. Ken is currently entertaining in England at a Folk Festival.

A light lunch will be provided by U3A, followed by our Annual General Meeting. At the conclusion of the AGM you are invited to tour the Maze at a 50% discount off the normal price.

RSVP by September 30 for Catering Purposes.

Committee Election

All positions on the Committee are declared vacant and a new Committee will be elected. One member will not seek re-election. We are looking for new nominations and would love to have some new Committee Members, so give some thought to joining.

Grampians Regional Meeting

We are part of the Grampians Region of U3A and have been asked to host the Regional Meeting in October. Forty delegates, representing in excess of 1200 members of U3As in our Region will attend - not a bad accolade for a 2-year-old organization.

Activities

Tai Chi

Tai chi has been an outstanding success, with all participants reporting some benefit. This class will continue next term.

Film from Around the World

Earl Ingleby has a classic film group "Movies from around the world" held on the first and second Thursday of the month from 1-3 pm. at the Creswick Neighbourhood Centre. Feedback has been very positive with some very interesting movies to be shown. Here is your chance, free admission, no popcorn. Contact Earl 5345 2785 or come and enjoy.

Bush Walking

We have now done three walks. The first was the La Gerche Track & the LandCare Walk. The second walk commenced at Hammon Park then along the forest tracks to St. Georges Lake, around the lake and home via the Bicentennial Creek Track. The third was a loop walk commencing at Blue Waters and along part of the Goldfields Track.

We would welcome new members. The walks commence at 9am from a designated point and

we finish around 11am then enjoy a thermos of coffee and chat together.

Back in the Game

Don't forget this program, developed as a safe way to play familiar games indoors using modified equipment, smaller playing areas and no physical contact. The types of games include tennis, cricket, hockey, badminton, bocce, tenpin bowling, carpet bowls, balloon volley ball, dance options, strength options and many others. On 8th September *Try out day* 16 members joined in with plenty of fun and laughter. The vote was "see you next week!" The games change each week to provide a social activity of fun and variety.

This program, held at the Creswick Neighbourhood Centre Hall, will continue on Tuesday afternoons, after Tai Chi, 4.30 to 5.30 from September 13 for 4 weeks.

It will then revert back to Thursdays 12.00 - 1pm until the end of the year. We need the numbers to justify the expense of running this program – so come along and enjoy. If you don't feel like playing, feel free to watch the antics.

You may soon have the itch to join in!! All enquiries 0459 981 066

Newsletter Contributions: (True story.)

The day dawned cold and miserable. As I dressed quickly in the morning for the City, I looked longingly at my still-warm bed. The rain lashed the windows as I lingered over breakfast. Leaving the house, I hurried along the street determined not to get too wet. As I looked ahead at the traffic lights, I noticed a man with a white stick on the kerbside. His head turned hesitantly from the heavy traffic to the tram stop in the centre of the road. Seeing a break in the traffic, I ran to the man, grabbed his arm and propelled him to the tram stop. He protested loudly and tried to pull away. "It's OK," I said, "I'll get you there."

Reaching the stop, he finally shook me off saying "What do you think you're doing?" I looked at his white stick and replied, "I was just helping you get to the tram".

"I'm not blind, you idiot," he replied. "This is a curtain rod!"

Anon member

Travellers' Aid Society - Medical Companion

Take the worry out of travelling to Melbourne. Approximately 50,000 regional Victorians travel to Melbourne each year for medical treatment. While many rely on others to drive or accompany them, others do not have this assistance.

Travellers' Aid Society trained volunteers will meet medical travellers and accompany them by public transport to and from their appointment in Central Melbourne. They assist people able to travel independently, but who are unfamiliar with Melbourne, or feel anxious using public transport alone. The service is:

- free
- can be booked by calling 1300 700 399

- available to regional and metropolitan travellers
- must be booked in advance
- a minimum 24 hours' notice is required
- travellers must purchase their own transport ticket, but the companion's ticket is covered

You can also request this service on-line at least 48 hours in advance of your appointment. You will be contacted to confirm your request when the booking has been made. The service operates Monday to Friday 8 am to 6 pm. Weekend or out-of-hour services can be requested depending on volunteer availability. The service is available at both Flinders Street and Southern Cross Stations.

Bus Trip to Ararat Art Gallery



Pictured above are the happy members who enjoyed the trip to Ararat.

The day commenced with a lovely lunch at the Vines Café followed by a visit to the Annemieke Mein Exhibition and Blue Pyrenees Winery. The echoed comments of, "it was a really great day!" says it all.

"I've had a lot of worries in my life-
and I've never worried about any of them"

Jack Locket, Bendigo. 1891-2002 (111 years)

"Minds are like parachutes they work best when open."

The Newsletter for Term 1 2012 will be ready the first week in December 2011