



University of the Third Age

# Newsletter

No. 10

Creswick & District U3A Inc.  
AOO53344W

## **TERM I - February 1<sup>st</sup> - March 30<sup>th</sup> 2012**

---

### **From the Committee:**

The Annual General Meeting was held at 'The Tangled Maze' on the 6<sup>th</sup> October 2011. It was very well attended. Prior to the meeting a 'Ploughman's Lunch' was enjoyed by all .

The newly elected Committee is:

**PRESIDENT:** Bill Morrison      **VICE-PRESIDENT:** Geoff Rawson

**TREASURER:** Andrew Cossenias      **SECRETARY:** Tracey O'Brien

**CLASS CO-ORDINATOR:** Helen Cook

**ORDINARY MEMBERS:** Adele Morrison      Helen Cossenias  
Keith Robertson      Meryl Dawson.

The Committee performs a very important function in setting the direction our U3A will take and we thank them all for volunteering.

---

Creswick U3A hosted the **Grampians Regional Conference** on October 24<sup>th</sup> 2011 at the Tangled Maze. The Guest Speaker was Jodie Ryan from VMIA (Victorian Managed Insurance Agency) The VMIA is a statutory authority set up in 1996 to protect over \$100 billion in assets belonging to the state of Victoria. It reports to the Minister of Finance, is State Guaranteed and funded by the Department of Human Services. We were pleasantly surprised at the cover afforded to Creswick U3A through our policy which provides a range of general insurances, for example, Tutors are covered while conducting classes, even in their own home. Volunteers for the group are also covered. Members are covered for Public liability in the event of personal or property damage arising out of negligence on the part of U3A while participating in an officially sanctioned U3A activity. These are some of the benefits of belonging to the U3A NETWORK which has the ear of Government.

Geoff Rawson will stay on as our Representative for **Network Victoria.**

Bill Morrison will stay on as our **Grampians Region** Representative.

# Introducing Your Committee-



2011 - 2012

**President:**        **Bill Morrison** – After attending the Inaugural Meeting of U3A in 2009 and realizing there was no 4<sup>th</sup> age. I decided to do something. After Volunteering for a Committee position, I found myself as U3A Secretary. This position I held until the 2011 A.G.M. I have enjoyed my time with U3A and have met many members I now classify as friends. However, this does not protect them from my Humour!!

**Vice-President:**    **Geoff Rawson** – I have always thought of myself as a ‘Jack of all Trades and Master of none !’ As a youngster my main concern was to thwart society’s attempts to educate me. Later came, overseas travel, yachting, marriage, and kids. However as a ‘late starter’, I obtained a Diploma in Youth Work and spent many years in the Welfare Field. Some 13 years ago, as a retired youth worker in Melbourne. I looked for a country house not too far from the Big Smoke. I chose Creswick. A village atmosphere, friendly folk and good public facilities. As a founding member of the new U3A Committee and my involvement in community affairs, I will happily spend my retirement here in Creswick. My highlights of U3A are the Philosophy class and ‘Back in the Game’ activities. I know the move to Creswick was the best decision I ever made, and right now, I feel the only way they will get me out of here is in a box.

**Treasurer:**        **Andrew Cossenias** – We relocated to Creswick about 3 years ago, wanting to find a small but vibrant community and of course Creswick provided our needs and much more. My background is in Finance and Administration managing the financial affairs of the Pacific division of a food ingredient company. It took me some time to get involved in local activities and U3A was the avenue to be part of a group that is friendly and keeps us active.

**Secretary:**        **Tracey O’ Brien** – Tracey O’Brien is a founding member of U3A and is the current Secretary. Tracey has lived in Creswick for nearly 6 years. Before moving here she worked for a few years in the health sector in Wodonga after running a B & B in Hepburn Springs for 8 years. Her main career was in university administration at the University of Melbourne. During her restless youth Tracey travelled and lived in North America and Europe and would very much like to win the lottery to do some more travel. Her favourite places to visit have been Italy, Sweden, Canada, Germany and the Netherlands. In the US and Canada she worked in restaurants, bookstores, a cruise line and a farm; a woman with a shallow mastery of many skills. Tracey’s interests include film, art, music, knitting, crime fiction, gardening, computers and discussing knitting, politics and current affairs with friends online. She has been messing about with computers since 1978 and is a gadget magnet. She is Coordinating the Comedy and Humour class in 2012 and will offer computing tuition upon request. Tracey is also the webmeister for the U3A website. In addition to playing with friends in U3A, Tracey is on the board of Hepburn Health Service.

### **(3) ORDINARY MEMBERS:**

**Adele Morrison** : On handing over the keys to our new home in Creswick, the agent gave us some sound advice. 'Get involved in the Community or in 6 months you will be wanting to leave!' I started with the Walking Group and Art Class at the Creswick Neighbourhood Centre. This followed many years of new friends and interests. During an Open Day at the Centre I was rapt to find , a representative of U3A was talking to the Centre about U3A classes ! Our nearest U3A was Ballarat ! With the formation of "Creswick & District U3A" in 2009 my circle of friends has grown with mature people willing to share their knowledge either in a group or socially, giving us all a chance to keep learning and growing.

**Helen Cook** - I moved from Ballarat to Creswick with my husband Graeme, approximately three years ago, after my retirement. We built a new home and absolutely love living in beautiful Springmount. As the property backs onto the Creswick Forest, it is a real 'Tree Change' for us. Not knowing many people in Creswick. I joined U3A to meet others and to find out more about the history of Creswick. I soon joined other classes and activities and find Creswick has a lot to offer. Recently I was invited to join the U3A Committee and I have taken on the role of Class Co Ordinator for 2012. I am looking forward to fulfilling this role in the New Year and meeting many participants.

**Helen Cossenias** - We moved to Creswick 3 years ago from Melbourne (a tree change ), not knowing anyone in Creswick. I thought the only way to meet people could be to join things. So I joined the Seven Hills Singers, which had only just formed. I then joined U3A which had also recently formed and met a new and much wider group of wonderful people. I love U3A and the many and varied activities available. The only problem is there is not enough days in the week to do all the things that I would like to do. I thought when we owned a business in Melbourne that we were busy – not so it seems !

**Keith Robertson** – I was born in Ballarat and grew up there and left when I joined the RAAF in 1967. I left the service after 6 years, lived and worked in Melbourne. However, because my Mother lived in Ballarat I was in the area pretty much every week. A friend had bought a house with a paddock in Creswick, so I often came to visit. I eventually bought the paddock and built a house in 1982 so have lived here now for almost 30 years. I was of course keen to get a garden going and had planted fruit trees before the house was built. There was an old apple tree at the front of the property which I was told was very old and that it was a Snow Apple. After giving it a prune to try and save it, the tree died. That is when I discovered 'Badger's Keep' and all the wonderful Heritage varieties they were making available. Well I was hooked and just had to have them all and entered a whole new world. I enjoy sharing the knowledge I have picked up and tasting the fruit, etc. with the U3A Heritage Fruit Group. We have lots of fun with a wonderful and happy group of people .

**(4) Meryl Dawson –**

I have been a member of Creswick U3A for nearly 2 years and LOVE it !  
My background is in social welfare. Since retiring I have done voluntary work and travelled. My husband Barry has just retired and we plan to do more of both and quite, a bit of fishing, using our off-road caravan. I believe very strongly in the Social connectedness fostered by U3A and enjoy the groups I attend and being on the Committee. I encourage everyone, at this great time of life, to join a U3A and be a part of it. I believe we all have something to share.

-----  
We would like to thank each of the Committee Members for taking the time to add a profile beside their name.

We welcome 2 new Committee members:

**Helen Cook and Keith Robertson.**

-----  
**Member’s contributions-**

**A Case of Foot in Mouth Disease**

Hello ! How wonderful to see you after so long ! You look so well !  
Doesn’t pregnancy suit you ? And bubby’s due quite soon by the look of you !  
You’re not pregnant ? Well never mind, perhaps you will be next time I see you.  
After all, the good old time-clock does tick on, doesn’t it! Tick ! Tock!  
You’re only 25. Sorry ! Sorry! It’s just that some people look older than you are.  
Not you, of course. Just some people. I didn’t mean to suggest you were overweight or anything, quite the contrary. I mean, look at you you’re rail-thin. Well perhaps not rail-thin, but you’re certainly not obese, just fat. I mean, curvaceous. I love a woman with a bit of curve myself. I don’t mean I fancy women. No, no, I love men. Not all men, some more than others. Which reminds me, how is that gorgeous husband of yours ?Now there’s a slim-as-a-wick stunner if ever I saw one !

He’s done a runner ? Went off with another woman ? Well what a rotter. You’re probably well shot of him To tell you the truth. I never liked him much. Mean little mouth. You’re still in love with him ? You thought he had a sexy mouth and want him back ? Well anyway, the woman he ran off with is bound to be a witch. Ha! Ha!  
He ran off with your sister ?  
Oh, good heavens, is that the time ? .....

---

**Christmas Presents.**

We give the children a present to open on Christmas Eve. It is always a new pair of Pyjamas. They jump into bed so happy and always look so nice, for the photos on Christmas morning ! The children also get a letter from Santa (made by mum) which contains a little packet of ‘Magic Dust ‘ (glitter) which they sprinkle outside the front door on Christmas Eve before they go to bed. This is so the Raindeer can see the Sparkle and know where to stop. Santa only sends “Magic Dust’ to good children. !

-----  
‘The person who said men and women are equal,  
has never seen a man trying to wrap a Christmas present !!’

## **(5) THE CHRISTMAS BIKE**

There are always memories we retain with us all our lives. Memories that mean so much they stick when others fade. Special memories for me of Christmas with Mum, Dad, three sisters and two brothers in 60's and 70's.

Mum and Dad always made Christmas special, decorations made and put up earlier than others , prolonged the excitement. One Christmas has a special meaning to me. I had been dreaming of a bike for months. My older brother wanted one too. I knew this was a tough one to ask. How do you get a bike in a sack ? I didn't give up hope. I wondered about this 'Big Guy', but didn't dare doubt him.

The morning finally arrived. Dawn seemed to take forever. My brothers slept. I tried whistling quietly, louder, then finally shook them. They were awake ! Once or twice we got courage to creep down the hall, we didn't dare go further. I looked out the door again to see Mum in the hall, with Dad close behind her. Dad had that knowing sparkle in his eye which spoke of knowing something which we didn't, but would love. The girls came out of their room rubbing their eyes. They didn't fool me. Mum said she was making a cup of tea ! We could go in the lounge, but not to touch anything. Trev saw the bike straight away. I couldn't believe it ! I just stared. How did they know ? The bike was secondhand but Mum and Dad had spent a lot of time working on it. It was the most beautiful thing I'd seen. Trev and I spent the day learning how to ride it and arguing as to whose turn it was. It was the happiest Christmas I can remember.

It always amazed me how Mum and Dad with 6 kids always managed Christmas and Birthdays we would not forget. No one could ever accuse us of being well to do, but every year they managed wonderful gifts. Having said that, it is not the wonderful gifts I remember , but the magical atmosphere they created around our house and the knowledge we were all loved so much.

It is so hard to describe that warmth and that look in Mum and Dad's eyes as we opened our presents. It was a time we felt safe and everything was fun. It was also so very short. Before we hardly knew it, we were in our own homes with our own families, trying to reproduce what Mum and Dad made to look so easy.

Happy Christmas.

.....

**Redneck home security system:**

1. Buy a pair of size 14-16 Work Boots.
2. Put them on the front porch with a copy of magazine "Guns & Ammo"
3. Put some giant dog dishes next to the boots and magazines.
4. Leave a notice on your door:  
 "Bubba, Me and Bertha went for more ammo and beer. Be back soon.  
 Don't mess with the Dogs. They gave the mailman a real shock this  
 morning. He's in hospital recovering. I locked all 4 of them in the house.  
 You had better wait outside. Be back soon. Love, Coote."

.....  
 'A day without Laughter, is a day lost.. anon. "

**ENROLMENT DAY- Date: Thursday 9<sup>th</sup> February 2012**  
**Venue: R.S.L.Hall Creswick . Time: 10.00a.m- 12 noon**

Welcome to another exciting year with U3A. You will find the last page of your Newsletter is a **Class Timetable for 2012** Take your time to read through this and tick the classes you are interested in. This is to benefit yourself and to help U3A in handling class numbers. You can then place your Class Timetable, e.g. on the fridge, as a handy reminder. If you, or someone you know, is interested in running a class, please contact the committee A.S.A.P.

**A Class Enrolment Form** for each member to fill in their choice of classes, will be available on the day. Please make sure you hand it to

**CLASS CO ORDINATOR Helen Cook** to make sure she has your choice of classes before you leave.

This will enable Helen to co ordinate Attendance sheets for the Tutors. In the case of too many members per class, each Tutor will hold a waiting list. If you find you cannot attend a class, please contact your tutor so the class will not be held up waiting for you. A member may be invited take your place for the day or while you are away.

Your Tutor will inform you when your class is to start in 2012.

Don't forget to wear your Name Tag at U3A Events. Your Tutor will tick the Attendance Form, at each class you attend. This Form is held by the Tutor, for insurance and attendance records. Looking forward to a great year. Have a happy holiday and **Happy New Year.**

.....

**GOVERNMENT HOUSE OPEN DAY**. Thursday 26 January 2012

**THE EVENT**: All Victorians and visitors to the State are invited to visit Government House, Melbourne on **Australia Day 2012**.

Visitors will be able to view the State Apartments, the Private Apartments and the Governor's Study. Many of these rooms are not normally open to the public

**ACTIVITIES**: Visitors are invited to tour the House and picnic in the grounds. Refreshments will be available to purchase. Children's entertainment includes a magician, face painting and storytelling. The Victoria Police Band, Code One and the Bendigo Youth Choir will perform on the day.

**WHERE**: Government House Drive, Melbourne. Melways Map Reference 2G. A11  
Parking: Birdwood Avenue and St.Kilda Road.

**Admission : Free**- Gates open at 10.00a.m- 3.00p.m. Ease of access for people with disabilities. A condition of entry : Present bags for inspection for security.

**FOR FURTHER INFORMATION, CONTACT:**

Wendy Heintz. Telephone: 9655 4211 or [wendy.heintz@govhouse.vic.gov.au](mailto:wendy.heintz@govhouse.vic.gov.au)

**(7) Back in the Game:**                      **Compulsory home exercise-**

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5 kg. potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute then relax.

Each day you will find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10 kg. bags.

Then try 20 kg. bags and eventually try to get where you can lift a 50 kg potato bag in each hand and hold your arms straight for more than a full minute. ( I'm at this level.)

After you feel confident at that level, put a potato in each bag. Good Luck !!!

-----

**Back in the Game: In 2012** will move to Tuesdays .

Starting from - Tuesday 7<sup>th</sup>. February 2012. Time – 4.40 p.m. – 5.40 p.m.

**Tai Chi:** This is now our most popular course with 27 registered members participating. Fortunately they do not all turn up at once.

**Movies from around the World :** Earl Ingleby's , Film Classics are getting rave reviews from all those who attend.  
Here is an opportunity to see some limited release films not generally seen.

**Creswick History:** ‘Do you have specific interests in Creswick History, or are just curious about the months and years after gold first set this district alight ? Creswick has a unique history, some of which is still emerging. What shall we discuss, or explore?’ Geoff Fiddian.

**Australian History:** Has moved into the 1950's and memories are flooding back as most of us remember events such as Korea, Melbourne Olympic Games, Black and White T.V. The death of Stalin and the launch of the first Satellite. Why don't you come along and see what you remember ?

**Philosophy:** This group of stalwarts has come to expect the unexpected as we explore the philosophy of such diverse scholars as Aristotle, Plato, Ali G. Spike Milligan and The Blues Brothers. Topics are hotly debated, conclusions are rare, in this unique blend of science, fact, fiction and fun.

**Armchair Travel:** Sit back and have a relaxing tour around the world, or, you may be surprised to discover what is at your own backdoor !! Enjoy the lively conversation, peruse, photos, souvenirs and find out about many places/events you have never heard of. Share your travels with others or sit back and be transported.

## **(8) EXPRESSIONS OF INTEREST :**

**Music for the Moment.** ‘While music hath charms to calm the savage beast’, delving into the repertoire not only broadens appreciation but can bring elation, contemplation, meditation, or just an inner peace. Never underestimate the clout of fine music. Creswick will never possess a world-class concert hall and symphony orchestra, or opportunities to hear, here, in person, the outstanding soloists of the classical realm. Yes we can gather and, with recordings, share the listening experience; also introducing, and discussing personal favourites’. Geoff Fiddian.

### **Poker.**

Learn to play POKER with Andrew Cossen.  
Both of these classes are being offered for 2012.

---



Creswick & District Inc. Newsletters, are distributed before the end of each Term, containing the following Term's Class Timetable. There are 4 Newsletters per year. The Deadline for the next Newsletter is : Friday 9<sup>th</sup> March 2012

Joining fee: \$5.00 . Membership fee: \$25.00 – 1<sup>st</sup>. July 2011 to 30<sup>th</sup>. June 2012

**Please note: No classes are held on 'Code Red' fire days.**

-----

**From the Committee :**

2011 has been a very busy and exciting year. A bus trip to The Bendigo Art Gallery. The introduction of 'Back in the Game', Tai Chi, World Movies & Bushwalking.

We would like to thank Bill Morrison, who has worked tirelessly to obtain Grants to run activities, buy equipment for classes , and funding for the U3A Events at

The Tangled Maze.

We were proud to offer 'The Tangled Maze' as our venue for hosting the 'U3A Grampians Regional Conference'. The attendee's were very impressed. The AGM was also held there with great entertainment by 'KEN PRATO'.

U3A has certainly grown this year and with your involvement will continue to do so.

We welcome any suggestions and look forward to another exciting year of activities.

Looking forward to meeting again on 9<sup>th</sup>. February 2012 (Enrolment Day)

All the best of Good Wishes for a –

**MERRY CHRISTMAS & HAPPY NEW YEAR.**

**Creswick & District U3A Inc.** A0053344W

P.O. Box 434 Creswick 3363 email: [u3a3363@gmail.com](mailto:u3a3363@gmail.com) mobile: 0459 981066

## Creswick & District U3A Inc.

### Class Timetable Term 1 2012

Wednesday 1st February - 30th March 2012

For more information always contact the Class Tutor

Day	Time	Dates	Subject	Venue	Tutor	Tick Choice
<b>Monday</b>	9 - 11am	2nd & 4th Monday Feb 13th, 27th: Mar 12th, 26th	Bushwalking	Various locations	Helen Cossenenas 5345 2853 0428 151 208	
	10 - Noon	3rd Monday Feb 20 Mar 19	3rd Monday Book Club	Library	Helen Cossenenas 5345 2853 0428 151 208	
	10 - noon	2nd & 4th Monday Feb 13th, 27th Mar 12th, 26th	Creswick History	Bill Huntly Room	Geoff Fiddian 5345 8395	
	1 - 3pm	Weekly Feb 6th - Mar 26th	Mahjong	Bill Huntly Room	Gail Ryan 5345 2360	
	1 - 3pm	1st & 3rd Monday Feb 6th, 20th: Mar 5th, 19th	Cryptic crosswords	Creswick N'hood Centre	Keith Luxford 5345 7326	
<b>Tuesday</b>	10 - noon, 2nd week 2 - 4pm, 4th week	2nd & 4th Tuesday Feb 14th, 28th: Mar 13th, 27th	Heritage Fruit	20 Gardiner Street	Keith Robertson 5345 8307	
	3.30 - 4.30pm	Weekly Feb 7th - Mar 27th	Tai Chi and Me	Creswick N'hood Hall	Bill Mioch Instructor Contact U3A 0459 981 066	
	4.40 - 5.40pm	Weekly Feb 7th - Mar 27th	Back in the Game	Creswick N'hood Hall	Bill Morrison 53452995	
<b>Wednesday</b>	10.30 - noon	2nd Wednesday Feb 8th: Mar 14th	Comedy & Humour	Creswick N'hood Centre	Tracey O'Brien 0407 323 316	
	10.00 - Noon	Weekly Feb 8th - Mar 28th	Poker	2A Bell Street	Andrew Cossenenas 5345 2853	
	10 - Noon	1st & 3rd Wednesday Feb 1, 15 Mar 7, 21	Music for the Moment	Creswick N'hood Centre	Geoff Fiddian 5345 8395	
	1 - 3pm	2nd & 4th Wednesday Feb 14th, 28th: Mar 13th, 27th	Ancient History	2A Bell Street	Roma Wiseman 5345 4037	
<b>Thursday</b>	9.30 - 11.00am	1st Thursday Feb 2nd Mar 1st	Armchair Travel	Library	Elizabeth Robinson 0459644221	
	1 - 3pm	3rd Thursday Feb 16th, Mar 15th	Australian History	Library	Bill Morrison 5345 2995	
	1 - 3 pm	1st & 2nd Thursday Feb 2, 9 Mar 1, 8	World Movies (Cinema Group)	Creswick N'hood Centre	Earl Ingleby 5345 2785	
	1 - 3pm	4th Thursday Feb 23rd Mar 22nd	Philosophy for Beginners	Library	Bill Morrison 5345 2995	
	2 - 3pm	Weekly Feb 2nd - Mar 29th	Meditation for Relaxation	5 Camp Street Creswick	Paul Ford 5345 8280 0412 149 423	
<b>Friday</b>	9.30 - 11am	Weekly	Coffee & Current Affairs	Cocoa Chy Albert St. Creswick	Helen Cossenenas 5345 2853	
<b>Saturday</b>	11.30 Info Ctre Car Park	Monthly 1st Sat	Leisurely Lunches	Jan 7, 2A Bell St. BYO BBQ Feb 4, Glenlyon Gen Store, Mar 3, DIG at Newstead	Helen Cossenenas 5345 2853	

All enquiries about classes & enrolments should be made directly to the Class Tutors

Remember!  
Enrolment Session  
Thursday 9th Feb, 2012  
10am - Noon RSL

Venues: \* Bill Huntly Room, John Curtin Aged Care, Cushing St, Creswick. \* 5 Camp St, Creswick.  
\* Creswick Library, Albert St, Creswick. \* 2A Bell Street, Creswick.  
\* Creswick Learning Centre, Victoria St, Creswick.  
\* Cocoa Chy, Albert St, Creswick (opposite Post Office)

**Expressions of Interest: War History - Michael Clark**