



UNIVERSITY OF THE THIRD AGE

NEWSLETTER

N0.12

CRESWICK & DISTRICT U3A INC. A0053344W

TERM 3 - JULY 16th - SEPTEMBER 21th 2012

President: Bill Morrison

Vice-President: Geoff Rawson

Secretary: Tracey O'Brien

Treasurer: Andrew Cossenias

From the Committee:

Welcome to Term 3. We presume Members will be continuing with their chosen groups as Term 2. If this is not the case please contact Class Co Ordinator Helen Cook on 0438 376513/53 451405.

The U3A year runs from 1ST July - 30th June, so we will be holding a **General Meeting** on Thursday 28th June 2012 10 am-12 noon at the RSL Hall Albert Street Creswick to start a new year. Fees will be due then.



Poker Classes



Bendigo - Grace Kelly exhibition:



Bush Walking

See inside for stories about these great classes and activities

CLASS CO ORDINATOR-

Contact : **Helen Cook** 5345 1405

e-mail: lilymarlene31@hotmail.com

Welcome to TERM 3 of Creswick U3A, to all our existing and new members. We have had a great start to the year with 19 classes being offered, catering for a wide range of interests while enjoyably challenging us , both mentally and physically.

A big “Thank you” goes to our 12 Tutors for giving their time and energy to run classes for us, because without them, there would be no U3A in Creswick.



Poker Classes. We are a small but dedicated lot, so dedicated that sometimes we forget to break for coffee. We play with Monopoly money that we buy in \$1000 lots for two dollars. This money is being used to pay for maintaining the card packs and other incidentals that may arise. The group gets very excited whenever more than two players have a good hand. Everything is in good fun and the two hours pass quickly. Attached you will find a photo of some of the group.

Andrew Cossenias.



Bush Walking. Rain, hail or shine you will find our bushwalking group out striding the surrounding bushland and forests. We recently had a very nice walk from Eaton's dam to Cosgrove Reservoir and around the Reservoir to the far end, we started off with raincoats on and by the end they were slung around our waists. Another challenging walk which Carmel led was on the forest tracks up behind Harvey Street, with some pretty steep hills which Michael Clark conquered with ease. We always enjoy a thermos of coffee or tea and chat after each walk, for anyone who likes to get out into the bush I would welcome a call on 5345 2853.

Leisurely Lunches. This group has a lot of fun and enjoyment. Meeting on the first Saturday of the month at various locations within 45 minutes from Creswick. In January on a beautiful sunny day, we all enjoyed a B.B.Q at the Cossenas home. February we had a great time on a beautiful day, at the refurbished Glenlyon General Store. On a rainy day in March we met at DIG in Newstead which was made memorable by celebrating Herman's birthday !!

Helen Cossenas



Bendigo - Grace Kelly exhibition: On the 24th March, 23 happy travellers left Creswick bound for Bendigo to visit the Grace Kelly exhibition at the Bendigo Gallery. We saw some of the beautiful dresses and outfits that Princess Grace wore in Monaco and on Royal tours. There was some video footage of her as a Princess and playing with the children which fully appreciated her grace and elegance.

Following the exhibition we had a very pleasant lunch at the Gallery Cafe before boarding the bus home on which the Easter bunny passed around chocolate eggs.
Helen Cossenias

Music For The Moment I dropped Adele off at the neighbourhood house last Wednesday, I was amazed at the sound of the most magnificent baritone voice I think I have ever heard. I popped my head in the door to see only a few people enjoying this master of the voice. It was then I noticed the equipment the CD was being played on. It was recording studio, standard. Geoff Fiddian and Keith Robertson outlined the plans they have to take this group a lot further, such as teaching how to download music direct to your computer hard drive which can give far superior sound to a digital input via USB and a Digital Audio Converter such as Cambridge DAC Magic Also how to burn downloaded files to CD using free and very simple software . If you are interested in fine music this is a group you should definitely consider joining.

Bill Morrison.

U3A World Films Term 3

July 5th

"Brazil" is a 1985 British [science fiction fantasy/black comedy film](#) directed by [Terry Gilliam](#). This unusual film is very much appreciated by those who enjoy good , intelligent fun,

July 12th

"Catch-22" is a 1970 American [satirical war](#) film adapted from the [book of the same name](#) by [Joseph Heller](#). Considered a [black comedy](#) revolving around the "lunatic characters" of Heller's satirical anti-war novel

August 2nd.

"Alexandra's Project" 2003 Staring Gary Sweet and Helen Buday. An Australian film with a theme seldom tackled in commercial film. I thought it very well done and worth seeing.

August 9th

"The secret life of Walter Mitty" 1947 starring Danny Kaye. This very early colour film represents some of the best comedy movies from the heyday of American film making

September 6th

"Perfume: The Story of a Murderer" 2006 set in 18th century France the film tells the story of Jean-Baptiste Grenouille (Ben Whishaw), an olfactory genius, and his homicidal quest for the perfect scent. The film also stars Dustin Hoffman, Alan Rickman and Rachel Hurd-Wood. John Hurt provides narration.

September 13th

"Black Swan" is a 2010 American psychological thriller starring Natalie Portman, Vincent Cassel and Mila Kunis. I felt that it was one of the best films of the year.

A new benefit for our members Creswick & District U3A have joined U3A online.

U3A online offers a range of courses which can be undertaken at home using your own computer. This is the first such undertaking in the world. All the courses are written by experts and are specifically for older learners. Each course consists of up to 100 pages of beautifully illustrated, well presented notes with study questions and numerous links to other information. You can also access broadband for seniors and do a free computer training program at your own pace. Tutors may use this material if a suitable course is available and are authorised to copy the class notes. Many smaller U3A's use these courses as their curriculum. If you see a course among the 43 offered which appeals, contact Bill Morrison to arrange for its use. Course fees apply, \$20.00 per unit except the broadband for seniors. A small group may be able to form and share a course (such as creative writing) with the cost shared between you. Log on to www.u3aonline.org.au and see what is available.

There are now 104 U3A's in Victoria with a combined membership of 25,959 and 242 Australia wide with a membership of 77,003, in a recent survey the volunteer hours given by tutors and committees was estimated to be worth \$21,000,000. We appreciate the time and effort put in by our volunteers and thank them sincerely for it. Why don't you come along to a committee meeting as an observer and see how decisions are made. Meetings are held the fourth Thursday of each month at the library between 3.45 and 5.00pm. Have an idea of improving something? Contact a member of the committee and we will consider it

Note: 4 Newsletters are distributed annually June, September, December & March

Including updated Class Timetable

BOOK REVIEW BY JANE EDMONSON

BLUE FEATHER'S HERBAL by RANDALL WHITE

One of the most popular segments presented by Jane in Gardening Australia was with Randall and the subject was Indian Herbs. He is a native of North America and is known as Blue Feather by his people. In his book he talks about the plants, herbs and shrubs which have played an important part in the life of the native people. Jane enjoyed the book and recommended it as a good read

BBQ Rules

We are about to enter the barbecue season therefore it is important to refresh your memory on the etiquette of this outdoor cooking activity. When a man volunteers to do the barbecue, the following chain of events is put into motion.

Routine.

The woman buys the food.

The woman makes the salad, prepares the vegetables and makes the dessert.

The woman prepares the meat for cooking places it on a tray along with the necessary cooking utensils and sauces and takes it to the man who is lounging beside the grill - beer in hand.

The woman remains outside the compulsory three metre exclusion zone where the exuberance of testosterone and other manly bonding activities can take place without the interference of the woman.

Here comes the important part.

THE MAN PLACES THE MEAT ON THE GRILL.

More routine.

The woman goes inside to organise the plates and cutlery.

The woman comes out to tell the man the meat is looking great. He thanks her and asks if she will bring another beer while he flips the meat.

Important again.

THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN

More routine.

The woman prepares the plates, salad, bread, utensils, napkins, sauces and brings them to the table. After eating the woman clears the table and does the dishes.

And most important of all

EVERYONE PRAISES THE MAN AND THANKS HIM FOR HIS COOKING EFFORTS

The man asks the woman how she enjoyed her night off and upon seeing her annoyed reaction concludes that there is just no pleasing some women.



Depression and anxiety – Not a normal part of getting older

A new *beyondblue* awareness campaign is encouraging seniors across Australia to learn about depression and anxiety, talk about these conditions to help reduce the associated stigma and to seek help if they think they have some of the symptoms.

The '*Depression and anxiety – It's not a normal part of getting older*' campaign was developed following *beyondblue* research into community attitudes about depression. Generally, the broader community's knowledge of depression has significantly improved since 2002, together with a decrease in stigma, however the same is not true for older people.

beyondblue CEO Kate Carnell said it is concerning that common mental health problems remain an uncomfortable topic for many older people.

"Our research shows that stigma relating to depression and other mental health conditions is very common in people over 65," Ms Carnell said.

"Older people are also more reluctant to share their experiences of depression with others, do not view mental health problems in the same light as physical health problems, and tend to ignore symptoms of depression – only seeking professional help when things reach crisis point.

"This is a real worry. We know that depression and anxiety are common – affecting three million Australians every year. Depression or anxiety is not a sign of weakness, and it's not right for older people to think that it's their lot to experience these illnesses just because they're getting older. Help is available and the good news is, with the right treatment, most people recover."

It is thought that between 10 and 15 per cent of older people experience depression and approximately 10 per cent experience anxiety. The rates of depression among people living in residential aged-care facilities are believed to be considerably higher, around 35 per cent.

“If people have noticed changes in mood, unexplained aches and pains, sleeping problems, changes in weight, or have been feeling generally out-of-sorts for more than two weeks, it’s a good idea to talk about it with your General Practitioner,” said Ms Carnell.

“Unfortunately, depression doesn’t always go away by itself. We really need to get the message out that depression and anxiety disorders are health problems – just like diabetes or high blood pressure – they respond to treatment and can be managed.”

To find out more about the signs and symptoms of depression and anxiety disorders, call the *beyondblue* information line on 1300 22 4636 or visit www.beyondblue.org.au

U3A GENERAL MEETING

When: Thursday 28th June 2012 Time 10am - 12noon
Venue: R.S.L. Hall (next to Chemist) Creswick.

U3A year runs from 1st July – 30th June. The payment of Annual Membership fees are due 1st July 2012. Please pay your fees at the general meeting or if you are not able to attend would you please fill in and return your renewal form with payment A.S.A.P. thank you.

Please be seated by 10am so that meeting can go smoothly. Looking forward to a great U3A year.

Our guest speaker will be Nardia from “**Farm House Cheeses**” A tasting platter will be available. Committee.

Unable to make it:

Pay your fees into the Bendigo Bank

BSB 633 000 Account No. 137 271 003

With your Name in the Reference section of the Deposit slip.

SYDNEY U3A NETWORK held a Poetry Competition in 2011.

Our Congratulations go to 2 of the winning entries and we would like to thank both

Noelle Humphreys and David Reid for giving us permission to share their work with you.

David Reid (Eastern Region, Sydney U3A)

As history slowly turns each page, when time begins to weigh,
When one takes pills and medicines, and hair has turned quite gray
Some movements can be painful, but the brain can still advance,
And having much more time each day, we all now have that chance.
Some years ago, a man in France, arranged to help the old,
To educate, to stimulate, where knowledge can unfold.
He organized the U3A, where lecturers can speak,
Where all retired members can some extra knowledge seek
To broaden their horizon with, say, poetry for a start,
With languages, philosophy and history, life or art.
The courses are so many and the choice is really great.
Each session's carefully researched, as our lecturers collate.
In every State they can be found, throughout the entire nation.
Their time and work they gladly give, for no remuneration.
And when a lecture's half way through, we have a little break,
We stop for tea or coffee, with a biscuit or a cake.
We've something to look forward to, so what more can I say.
We've met and made such lovely friends because of U3A.

Noelle Humphries (Upper North Region, Sydney U3A)

I'm a child of the Depression, and like many of my kind
I missed the opportunity to stretch my youthful mind
I knew some basic Latin, loved the bard (but not "The Dream")
But funds were low, so not for me the Halls of Academe.
I worked for years at mundane tasks, and wasted hours of leisure
With trivial activities, supposed to give me pleasure,
Then came the day for farewell gifts ~ they knew I'd done my best,
They wished me many years of health and well deserved rest.
I felt that I was firmly set upon the downward path.
And wondered what they planned to put upon my epitaph.
Knit one, purl two ~ three hours to fill until it's time for dinner.
Must make an effort ~ doctor says I'm noticeably thinner.
He thinks my dormant brain cells need a little excavation.
I have to find ways to provide some gentle stimulation.
Perhaps I'll try that adult group, whose name I quite forget.
My granddaughter must help me find the details on the Net.
And so she did, and thus you see I've turned my life about,
For many thanks to U3A,
I'm eighty ~ nine, not out!

Who Invented The E-mail?

Raymond Samuel Tomlinson or famously known as Ray Tomlinson is credited with having invented the e-mail in 1971. Although a system of sharing data between two or more computers existed before; it was a rather complex system. Ray not only simplified it but also invented the symbol '@' to separate the name of the users from that of the system being used to send e-mails. The E-mail was developed (or invented) before the internet and it contributed to the development of internet.

The E-mail, like many other inventions, was not the result of a one-night stand by a single inventor. It evolved over the years from the research of a number of scientists and technicians. It all began when computers became powerful enough to run more than one program at a time. It was then that it was speculated if this increased capacity could also be employed to ease human communications. Ray Tomlinson was one of the technicians working on computers in those days. He was working on ARPANET (predecessor to the internet) when he came up with a program which could be used to transfer data from one computer to another. The 'user host' notion used by him set the standards which are still in place. Tomlinson also divided an e-mail into two parts: the header (which includes address, subject etc) and the main body (which contains the main text).



The next major breakthrough came when John Vital developed software in 1975, which could organize e-mails. In the early 1980s, the SMTP protocol was created and this made it possible to send a single message to more than one addressee. Then Lawrence Roberts, the director of ARPA, designed a new program which allowed users to sort e-mails headers by subject and date. The developments continued and in 1995 Sabeer Bhatia and Jack Smith founded 'Hotmail'. This allowed a user from any corner of the world to send e-mails using the World Wide

Web. Microsoft was quick to realize the potential of this service and it was not long before Microsoft decided to acquire Hotmail. The developments were quick after that and according to the available data; there are currently more than 6 billion email accounts in the world – approximately one for each person!

Article printed from The Gemini Geek.

<http://www.thegeminigeek.com/who-invented-the-e-mail>

MOUTHS OF BABES

During a school excursion to the beach a young girl was seen collecting star fish which had been washed up on the sand and throwing them back into the sea, "Why are you doing this?" Asked her teacher "there are hundreds washed up on the beach and millions in the sea, you won't make any difference". The young girl pick up another star fish and placed it in the water. "No miss, but I made a difference to that one!"

TECH. SUPPORT

A "Dell" customer called to say he couldn't get his computer to Fax anything. After 40 minutes of troubleshooting. The technician discovered the man was trying to Fax a piece of paper holding it in front of the monitor screen and hitting the "Send" key!

PAYMENT OF FEES BY DIRECT DEPOSIT

We are pleased to see a number of our members are using this convenient method of payment. Just pop into the Bendigo Bank and the friendly staff will help you fill in a payment form which will go directly into the U3A account.

Deposit directly to: **Bendigo Bank BSB 633 000 Account No. 137 271 003** with your name on the pay information.

U3A Name tags are to be worn at any U3A Event. If you do not have a name tag contact the Committee.

U3A Meetings are held on 4th Thursday of each month. If you have anything to add , for discussion at the meetings, Please contact through any address' below.

Creswick & District U3A are hoping to welcome more members from the surrounding areas Clunes etc. If you have a transport problem, would like to join, receive the Newsletter, etc. Please contact us through address' below.

Creswick & District U3A Inc.

P. O. Box 434 Creswick 3363

Mobile : 0459 981066

email : u3a3363@gmail.com

Receipt No.....MemberNo.....

Creswick & District U3A Inc. (A0053344W)

Application for Membership or Renewal of Membership

Title: Mr. Mrs. Miss. Ms. Dr. Other.....

Last Name.....First Name.....

Telephone.....Mobile.....

Email.....

Address.....Postcode.....

Mailing Address if different.....

Would you like your newsletter sent by post or e-mail ?.....

The following information is required to support funding applications to Government:

Please circle your age bracket: 50-60 61-70 71-80 81-90 91 or over.....

Previous Employment.....

How did you hear about U3A ?.....

What type of class or activity are you interested in ?.....

Would you like to offer a subject as a future course for U3A ? yes / no

As all U3A's are run entirely by volunteers. Any assistance offered is made very welcome

Declaration: I (print name).....agree to abide by the rules
And principles of Creswick & District U3A Inc.

Signature:Date.....

Membership Fees	Joining Fee (once only)	\$5.00
	Full year: 1 st July to 30 th June	\$25.00
	Half year: 1 st Jan. to 30 th June	\$12.50
Associate Fee per annum (if already a member of another U3A		\$10.00
	Total enclosed:	

If returning by mail, please send to Creswick & District U3A Inc. PO Box 434 Creswick 3363 or
Deposit directly to: **Bendigo Bank BSB 633 000 Account No. 137 271 003** with your name on the
pay information.

Monday July 16th to Friday September 21st, 2012

Class Co-ordinator: Helen Cook, Ph: 5345 1405, or email – u3a3363@gmail.com

MONDAY

<i>Time</i>	<i>Date</i>	<i>Subject</i>	<i>Venue</i>	<i>Convenor</i>
9-11 am	Second & Fourth Monday Jul 23; Aug 13, 27; Sep 10	Bush Walking	<i>Various</i>	Carmel Roads 5345 2071 0400 049 670
10-Noon	Second & Fourth Monday Jul 23; Aug 13, 27; Sep 10	Creswick History	<i>Bill Huntly Room</i>	Geoff Fiddian 5345 8295
1-3 pm	Weekly Jul 16 to Sep 17	Mahjong	<i>Bill Huntly Room</i>	Gail Ryan 5345 2360
1-3 pm	First & Third Monday Jul 16; Aug 6,20; Sep 3, 17	Cryptic Crosswords	<i>Creswick Neighbourhood Cent</i>	Keith Luxford 5345 7326

TUESDAY

10-Noon(2 nd week) 1.00-3.00PM (4 th week)	Second & Fourth Tuesday Jul 24; Aug 14, 28; Sep 11	Heritage Fruit	<i>20 Gardiner St</i>	Keith Robertson 5345 8307
3.30-4.30	Weekly Jul 17 to Sep 18	Back in the Game	<i>Neighbourhood Centre Hall</i>	Bill Morrison 5345 2995
4.40-5.40	Weekly Jul 17 to Sep 18	Tai Chi	<i>Neighbourhood Centre Hall</i>	<i>Instructor Bill Mioch</i> U3A 0459 981 066

WEDNESDAY

10.00-noon	Weekly Postponed till 4 th Term	Poker		Andrew Cossenas,
10.30-noon	Second Wednesday Aug 8; Sep 12	Comedy & Humor	<i>Creswick Neighbourhood Centre</i>	Tracey O'Brien 0407 323 316
10.00-noon	1st & 3rd Wednesday Jul 18; Aug 1, 15; Sep 5, 19	Music for the Moment	<i>Creswick Neighbourhood Centre</i>	Geoff Fiddian 5345 8295
1-3 pm	1st & 3rd Wednesday Jul 18; Aug 1, 15; Sep 5, 19	Ancient History	<i>2A Bell St</i>	Roma Wiseman 5345 4037

THURSDAY

9.30-11 am	First Thursday Aug 2; Sep 6	Armchair Travel	<i>Library</i>	Elizabeth Robinson 0459 644 221
1-3 pm	First & Second Thursday Jul 5, 12; Aug 2, 9; Sep 6, 13	World Movies	<i>Creswick Neighbourhood Centre</i>	Earl Ingleby 5345 2785
1-3 pm	Third Thursday Jul 19; Aug 16; Sep 20	Australian History	<i>Library</i>	Bill Morrison 5345 2995
1-3 pm	Fourth Thursday Jul 26; Aug 23;	Philosophy for Beginners	<i>Library</i>	Bill Morrison 5345 2995
2-3 pm	Weekly Jul 19 to Sep 20	Meditation for Relaxation	<i>5 Camp St, Creswick</i>	Paul Ford 5345 8280 0412 149 423

FRIDAY

9.30-11 am	Weekly Jul 20 to Sep 21	Coffee & Current Affairs	<i>Cocoa Chy, Albert St, Creswick</i>	
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SATURDAY

11.30 Info Centre Car Pk	Monthly First Saturday	Leisurely Lunches	<i>Various Locations (see below)</i>	Carmel Roads 5345 2071 0400 049 670
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- July 7 – Maryborough Station Cafe, Maryborough
- Aug 4 – While the Billy Boils, Gordon
- Sep 1 – Novatel, Creswick

