



UNIVERSITY OF THE THIRD AGE

NEWSLETTER

N0.16

CRESWICK & DISTRICT U3A INC. A0053344W

TERM 1 – FEBRUARY 4th – MARCH 28th 2013

President: Keith Robertson

Vice-President: Helen Cook

Secretary: Bill Morrison

Treasurer: Andrew Cossenias

'A New Year's Resolution is something that goes in one year, and out the other !'

The U3A is an association of men and women who have retired from fulltime employment and are free to take up leisure and study activities of their choice No experience is necessary nor qualifications given. The subjects covered depend on the choice of the members and the availability of those prepared to share their knowledge with others.

Creswick and District U3A year runs from 1st July – 30th June.

If a person joins January-June ,they pay a half yearly fee.

Contact details for Creswick & District U3A Inc.

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From the Committee

We are very excited by the offerings we have this year. Many U3A'S much larger than us would be delighted to have such a diverse range of groups. The Committee wish you a very Happy New Year and hope you enjoy all the activities throughout 2013.

U.3.A. GENERAL MEETING - for 2013 Class Enrolments, will be held on 24th January 2013, 11.00 a.m. at the Club Rooms, "Doug Lindsay Reserve," Victoria St. Creswick.

A meeting will be held prior, at 10.00 for Tutors and prospective Tutors for a discussion and exchange of ideas for improvement, over a cuppa.

Please wear your Name Tag to all U3A events. This will enable everyone to be able to put names to faces !! also fill in your, In Case of Emergency details.

Come along and register your interest in groups for Term 1 and ask any questions about courses, there are a number of short courses available which depending on interest will be expanded through Terms 2-4 If you don't register for a course you are interested in, it may not proceed through lack of numbers.

Our Tutors give their time and expertise free and put in a lot of effort preparing and delivering the classes, if you cannot attend, an apology is a courtesy they deserve. Please give sufficient notice, as in the case of reducing attendance, classes may be cancelled.

After the meeting the Tutors will get a list of people registered for their group and participants will be advised if groups are not proceeding. **Remember All Groups are automatically cancelled on days of extreme fire danger.**

At the conclusion of the meeting.

"Four Steps for Life" an initiative of Ambulance Victoria will be presented This program teaches the new technique for CPR. Remember the life it saves could be yours; the program takes just 20 minutes.

IMPORTANT Bring a Pillow. The program uses a pillow to teach the technique.

Statistics show 3 out of 4 cardiac arrests occur in the family home.

More than 4,500 people suffer a sudden cardiac arrest in Victoria each year.

If an ambulance is called quickly and CPR applied before paramedics arrive, the patient's chance of survival increases dramatically. This is a most important program. Remember bring a pillow.

At the conclusion we invite you to then join us for a Light Lunch (r.s.v.p for catering by 20th January 2013 by email: u3a3363@gmail.com or by mobile : 0459 981 066)

Hello Everyone,

Happy New Year for 2013 and may your year be a safe, active, happy and healthy one.

Welcome back to all members for another year of U3A activities and for new members, welcome and we hope that you enjoy your classes, socialising and having fun while gaining skills and knowledge.

Below is the list of continuing activities, as well as a list of classes on offer for 2013. We are asking for 'expressions of interest' so if you think you would like to take part in any of classes, let us know.

Don't forget Enrolment Day on the 24th January, 2013 at 11am. The venue this year will be the Doug Lindsay Reserve Football Clubrooms. Hope to see you there.

Helen Cook - Class Coordinator

ONGOING CLASSES FOR 2013

BUSHWALKING

A small group of happy people who enjoy being out in the bush, meet on the 2nd and 4th Monday of each month. We walk for one to one and a half hours in various locations around the local bushland reserves and enjoy a thermos of coffee at the end. We would welcome newcomers who, like us, enjoy being out in the bush.

CRESWICK HISTORY

This U3A group takes the opportunity to roam the district, while seated, to investigate Creswick's rich history; every vein of which remains worthy of research. Careful examination kicks over nuggets, as the ongoing jig-saw of our past is set on the table.

MAHJONG

A group of Mah-jong devotees warn that the game is addictive & say they would not miss the Monday game. Mah-jong is a combination of skill & luck but even if you possess neither, you can have a great time. New players are always welcome.

CRYPTIC CROSSWORDS

Ever wondered how to solve those cryptic crosswords? This group has experienced members & new members who help each other to solve the cryptic clues. Any time is a good time to join & amaze your family with your mastery of the obscure.

HERITAGE FRUIT

Heritage Fruit has been going now since Creswick U3A began and is still going strong. We look at all aspects of fruit growing, including many varieties and species of fruit. We hope that this year we can collect enough apples to make some more Apple Cider, as the previous lot is now all gone.

Coming up in 2013 we will be helping and pruning in a private orchard, as we have in the past, near Ballarat. A trip to 'GLENVIEW PARK' Beaufort, where fruit trees are propagated, will include a tour and a picnic lunch. We will also be having a trip to Petty's Orchard on a day when they are open. We will also be involved in working with the 1st age (school children), helping to plant and maintain some fruit trees at a local Primary School. So it looks like we are going to have a busy and fruitful year.

BACK IN THE GAME

An exercise activity which varies each week, developed by the Council on the Aging, in conjunction with Vicfit. It combines low impact activity with high impact fun. Tailored to the needs of the senior, without the boredom of repetition. If you feel tired or unable to complete an activity, rest until the next one. Lycra is banned!

TAI CHI - Another group currently running to capacity, this low impact, peaceful exercise program is ideal for seniors. At the conclusion of the training, a meditation & relaxation component sends you away refreshed & relaxed.

POKER - A group of members get together one a week and spend quality time playing cards. The cost is minimal and for \$2 you get \$1000 of play chips. Unless you are unlucky, the chips could last you the entire year. The beauty of this is each participant treats everything as his own, with the 2 hours passing in no time. So, if you would like to have a couple of hours of fun each week, we would love to see you at Poker. NB We are all beginners.

A MOMENT FOR MUSIC - A Moment for Music is designed to explore & share the finer side of the repertoire, in comfort, with glorious sound. Discussion assists all who seek broader knowledge of this 'path to the soul'.

WORLD MOVIES

As we enter our 3rd year of U3A World Movies, we have finally been able to obtain a movie projector (from a U3A member) rather than having to show movies on data projector. What this means is that in the future, the quality of the movies shown will be far better than in the past.

You are welcome to join us as we show and discuss some of the best movies from Europe, Asia and the Americas, as well as some of the lesser known movies from Australia and New Zealand. We do not restrict ourselves to showing only blockbuster, commercial films but rather seek out those that have proven themselves in the film festivals around the world.

Movies will be shown on the 1st and 2nd Thursday of each month, starting at 1pm and finishing about 3pm at the Creswick Neighbourhood House. As this is a U3A event, there is no cost to members. Hope to see you there.

Details of the movies to be shown each month will be on our website

(<http://home.vicnet.net.au/~creswicku3a/>) or you can phone 5345 2785 or email www.earl@earlssite.com for details.

Term 1, 2013 Thursday, 7th February - "CATS" a 1998 musical film of the long running West End production of Cats, Andrew Lloyd Webber's musical based on 'Old Possum's Book of Practical Cats' by T.S. Eliot. This movie is considered by many to be one of the best musicals ever produced. A fun way to start the year.

Thursday, 14th February, "THE ADJUSTMENT BUREAU" A 2011 American romantic action thriller film, loosely based on the Philip K. Dick short story, 'Adjustment Team'. ". . . even rarer are those films that tackle theological dilemmas, like age-old apparent contradiction of free will vs. determinism. Judaism, Christianity and Islam all believe in an all powerful and all knowing God who controls everything that happens in the world. What then, is the role of our own decisions?" (The Jewish Journal). A strange, fun and intriguing movie, well worth seeing.

AUSTRALIAN HISTORY - We investigate a specific year and talk about the events of that year before viewing Cinesound newsreels of it. These newsreels bring to life the era & bring back memories of its events, watching the actual participants. It is a popular group with a dedicated following; much discussion takes place on memories of the year.

PHILOSOPHY FOR BEGINNERS - We will study topics and discuss how they apply to our own everyday lives. Our own philosophical beliefs will be examined to see how they influence our actions. All with a light hearted approach to reality.

MEDITATION FOR RELAXATION - Feeling the strain of modern life? Learn to block it all out and relax completely. Learn techniques which will help you face problems more easily and cope better.

COFFEE AND CURRENT AFFAIRS - Every Friday morning we meet at the Coco Chy cafe to enjoy a coffee and chat and hypothesize about anything and everything. Come along and join this diverse minded group.

LEISURELY LUNCHES - An ever growing group of enthusiastic people meet on the first Saturday of the month to enjoy the company of like minded people, at a different location each time. Venues are chosen within a 45 minute radius of Creswick and range from cafes to country pubs to restaurants.

Our next lunch for 2013 will be on the 2nd February, at Widow Twankey's in Clunes, which has excellent food at reasonable prices. We meet at the rear of the Creswick Information Centre, to car pool at 11.30am.

'EXPRESSIONS OF INTEREST' FOR NEW CLASSES BEING OFFERED IN 2013.

ACMI MOVIES - Borrow movies for your home entertainment or enjoy a movie, as a group, with other U3A members.

BLACK COFFEE- This coffee interest group would meet for 3 in total 2 hour sessions each month. Each session would have a Video presentation, which is in three parts, called Black Coffee. **Part 1: THE IRRESISTIBLE BEAN Part 2: GOLD IN YOUR CUP Part 3: THE PERFECT CUP.** We would also brew coffee using Italian Espresso Machines & other methods of brewing. We would also use coffee in cooking & ice-cream making and roast green coffee beans in a Home Coffee Roaster etc.

BOOKKEEPING - The purpose of this short course is to have the participants understand how the various accounting software packages perform. Also we will explore the basics, so that at the end of the two sessions, we will be more familiar with reports that we need to review.

CHESS FOR BEGINNERS - Have you ever wished that you could play chess? Well now is the time to make it happen. CHESS FOR BEGINNERS, will be conducted over 3 sessions and introduce you to the basics of this fascinating game.

COMPUTER INTEREST GROUP - A Computer Interest group would meet monthly for a coffee and chat about any problems you may be having with your computer, software or any other computer problems. Maybe this could develop into some training for those who are interested in this. For many years I have been involved with a PC users group which meets once a month in Ballarat and have found it to be the most useful thing I have ever done.

DARWIN AND GALAPAGOS ISLANDS - Part 1: Introduces the man, his family and the colleagues who supported him through years of illness, isolation, agonizing self doubt and religious crisis. Part 2: David Attenborough's Charles Darwin and the Tree of Life. This documentary was made to celebrate the 200th anniversary of Darwin's birth & the 150th anniversary of the publication of Origin of Species.

Parts 3 & 4: Galapagos the Islands that Changed the World - examines the wildlife & flora of this fascinating part of the world.

FIRST MONDAY BOOK CLUB - To be held on the 1st Monday of the month, in the library, from 10-12noon. Bring along whatever you are currently reading or something that you have read and wish to share with other keen readers. It is always surprising to be introduced to authors that you have not come across before.

KNITTING CLASS (2hours weekly)

BEGINNERS:- Learn the 2 basic stitches; knit & purl, learn to cast on & off, use a stretchy cast on & bind off and simple increase & decrease. **Textured Scarf Project:** suitable for beginners using patterns of knit & purl.

INTERMEDIATE TO ADVANCED:- Socks: toe-up two at a time on circular needles.

Lace: shawl, stole or scarf in fingerling (4ply) or lace-weight (2ply) yarn.

Blocking & Finishing your projects - Tips & Techniques

Are you already a knitter? Come along & knit on your own project, without guilt, for two hours each week and share your own tips & techniques.

We'll introduce you to Ravelry, the largest knitting group in the world, with over two million members. You can also get advice on the different kinds of tools for your projects.

THE ORIGIN OF FLOWERING PLANTS - Plants can live without us but we cannot survive without them. We might think humans are the most powerful things on earth but it is plants which have set the agenda for life. They are the most powerful evolutionary force on earth. Plants enabled amphibians to leave the water, they had a hand in the rise and fall of the dinosaurs and they ensured the ultimate triumph of the insects, mammals, birds and us. Trace this history with a 3 part DVD 'How to Green a Planet' by professor of Geoscience Communications at Plymouth University. This is a fascinating journey into the plant world and the birth of flowering plants.

Part 1 - Light from Light - How plants harnessed life from the sun.

Part 2 - The Power of Flowers - How the early flowers sculpted the earth.

Part 3 - The Grasses - How grass transformed life in the ocean.

WRITERS GROUP - This friendly, relaxed group will meet once a month, with people who would like to begin to write.

IN CASE OF EMERGENCY. (I C E)

ICE is a standard for In Case of Emergency a procedure paramedics follow at the scene of an accident when they come across your mobile phone.

We may carry mobile phones with names and numbers stored in its memory, but, only we know which belong to our closest family or friends.

If you store emergency contacts under the name ICE then emergency personnel

And hospital staff could quickly contact the right person by simply dialing your ICE Number or numbers.

To enter more than one contact number simply enter- ICE 1, ICE 2 and ICE 3, etc.

This is a good idea which is there for you, not only in a major emergency, but anytime you may get into difficulty e.g. an asthma attack, a fall, etc.

Your U3A Name Tag comes with an ICE form to fill in for your protection

To be used if you are unable to supply details yourself, in case of a mishap.

A QUICK SMILE !

Knowledge is knowing a tomato is a fruit.

Wisdom is not putting it in a fruit salad.

1500's HISTORY-

Most people got married in June because they took their yearly bath in May. By June however, they were starting to smell, so bride's carried a bouquet of flowers to hide the odour. Hence the custom, of the bride carrying a bouquet when getting married.

Baths consisted of 1 tub filled with hot water. The man of the house had the privilege of the hot, clean water. Then followed the sons, other men, women in the house, the children in order of birth and finally the babies.

By then, the water was so dirty you could actually lose somebody in it ! Hence the saying 'Don't throw out the baby with the bath water.'

Houses had thatched roofs-thick straw piled high, with no wood underneath. It was the only place for animals to keep warm, so cats and other small animals (plus mice and bugs) lived in the roof. When it rained, the thatch became slippery. Sometimes the animals would slip and fall from the roof. Hence the saying 'It's raining cat and dogs!'

The deadline for TERM 2 Newsletter is 15th March 2013

Send contributions to - U3A P.O. Box 434 Creswick 3363

This Newsletter will be distributed 25th March 2013.

Please note Easter is early this year. GOOD FRIDAY is on 29th March 2013

EASTER SUNDAY being on 31st March 2013

Tuesday February 4th to Thursday March 28th, 2013

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 Feb 11, 25; Mar 11, 25	Bush Walking	<i>Various Locations</i>	Helen Cossenas 5345 2853 0428 151 208
10-Noon	Second & Fourth Monday Feb 11, 25; Mar 11, 25	Creswick History	<i>Bill Huntly Room</i>	Geoff Fiddian 5345 8295
1-3 pm	Weekly Jan 14 to Mar 25	Mahjong	<i>Bill Huntly Room</i>	Gail Ryan 5345 2360
1-3 pm	1st & 3rd Monday Feb 4, 18; Mar 4, 18	Cryptic Crosswords	<i>Creswick Neighbourhood Cent</i>	

TUESDAY

10-Noon(2 nd week) 1.00-3.00PM (4 th week)	Second & Fourth Tuesday Feb 12, 26 Mar 12, 26	Heritage Fruit	<i>20 Gardiner St</i>	Keith Robertson 5345 8307
3.30-4.30	Weekly Feb 5 to March 26	Back in the Game	<i>Neighbourhood Centre Hall</i>	Bill Morrison 5345 2995
4.40-5.40	Weekly Feb 5 to March 26	Tai Chi	<i>Neighbourhood Centre Hall</i>	<i>Instructor</i> U3A 0459 981 066

WEDNESDAY

10.00-noon	Weekly Feb 6 to Mar 27	Poker	<i>2a Bell St, Creswick</i>	Andrew Cossenas 5345 2853 0428 151 208
10.00-noon	1st & 3rd Wednesday Feb 6, 20; Mar 6, 20	A Moment for Music	<i>121 Napier Street</i>	Geoff Fiddian 5345 8295

THURSDAY

1-3 pm	First & Second Thursday Feb 7,14; Mar 7, 14	World Movies	<i>Creswick Neighbourhood Centre</i>	Earl Ingleby 5345 2785
1-3 pm	Third Thursday Feb 21; Mar 21	Australian History	<i>Library</i>	Bill Morrison 5345 2995
1-3 pm	Fourth Thursday Feb 28; Mar 28	Philosophy for Beginners	<i>Library</i>	Bill Morrison 5345 2995
2-3 pm	Weekly Feb 7 to Mar 28	Meditation for Relaxation	<i>5 Camp St, Creswick</i>	Paul Ford 5345 8280 0412 149 423

FRIDAY

9.30-11 am	Weekly Feb 8 to Mar 22	Coffee & Current Affairs	<i>Cocoa Chy,</i> <i>Albert St, Creswick</i>	Helen Cossenas 5345 2853 0428 151 208
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SATURDAY

11.30 Info Centre Car Pk	Monthly 1st Saturday Feb 2 nd March 2nd	Leisurely Lunches	<i>Various Locations</i> <i>(see below)</i>	Helen Cossenas 5345 2853 0428 151 208
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* **Saturday 2nd February, 2013 - Widow Twankey's in Clunes.**

* **Saturday 2nd March, 2013 - The Mill Cottage, Ballan.**

* **Saturday 6th April, 2013 - Buninyong Golf Club.**