



UNIVERSITY OF THE THIRD AGE

NEWSLETTER

N0. 21

CRESWICK & DISTRICT U3A INC. A0053344W

President: Keith Robertson

Vice-President: Helen Cook

Secretary: Bill Morrison

Treasurer: Andrew Cossenias

Helen Cossenias. Adele Morrison. Roberta Rice. Claire Southwell.

From The Committee

We hope you had an enjoyable Christmas and a great start to 2014. We hope this will be the best 2014 you ever have.

On December 7TH 57 participants attended the Christmas break up at the Neighbourhood Centre, it was a perfect day under that beautiful oak tree, good food, good company, all in all a relaxing way to get together. A big thank you to all the helpers who made the day such a great success.

This year we are looking to expand our activities and have a number of new activities proposed.

Mark **January 23rd** on your calendar this is our class enrolment meeting at the RSL hall, commencing at 10.00am with a guest speaker from the Creswick Historical Society explaining the Museum collection. This presentation includes some very early photos of the main street. The presentation will be followed by a light lunch. **Please RSVP before January 23rd.**

March 31st we are hosting the Grampians Regional Conference in Ballarat; this may be an opportunity to get to know more about U3AS in our area, their programs and the role of network. A presentation on digital record keeping will be a feature. Lunch is supplied. Usually it takes from 10.00 am to approx. 3.00pm to complete the day. If you would like to attend speak to a committee member. As we are the hosts some extra help would be greatly appreciated even if you cannot stay for the full time.

We are hoping to obtain a grant again this year for another bus trip and some have suggested we go back to Werribee as there was so much to do and see there. Have a think and we will discuss it at our enrolment meeting. Ideas are always welcome.

A reminder that on **Code Red** fire days all classes are automatically cancelled.

Class Co-ordinators Report-

Welcome to our first Newsletter for 2014. While last year was a fantastic year for U3A, with so many classes and short courses, catering for a wide variety of interests, 2014 is set to be another great year with many ongoing, new and 'expression of interest' classes on offer. A sample of these can be read later in this Newsletter. We hope that you find something else that appeals to you, in the classes offered this year.

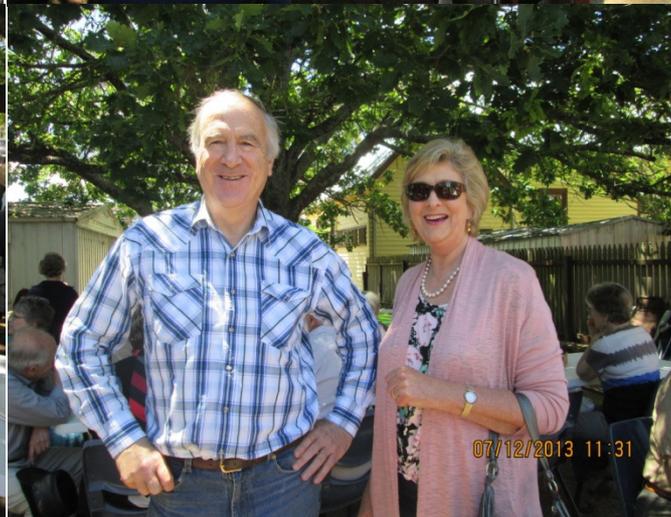
Tutors, again you have done a wonderful job running classes and your hard work is most appreciated. To all of our Members, thank you for your interest, attendance and active participation in your chosen classes during 2013. Feedback received has been positive and great to hear.

Don't forget to **RSVP** by the **16th January**, 2014 for your attendance at the **Enrolment Day Meeting**, at the RSL, on the **23rd January, 2014**. Enrol in the classes you would like to participate in and/or add your name to the 'Expression of Interest' lists for new classes proposed for 2014.

I hope everyone has enjoyed a happy holiday season and look forward to seeing you when U3A classes resume.

Cheers,

Helen Cook



ONGOING U3A CLASSES FOR 2014.

FIRST MONDAY BOOK GROUP

A book group with a difference, we do not all read the same book then discuss it, we meet once a month and chat about a book that we have recently read or enjoyed. It's more an excuse to get together and swap authors and genres, some that we may not have read before.

BACK IN THE GAME

Exercise activities tailored to the needs of the senior without the boredom of repetition, as activities vary from week to week. Developed by the Council on the Aging, in conjunction with Vicfit, it combines low impact activity with high impact fun! If you feel tired or are unable to complete an activity, simply rest until the next one. LYCRA is banned!

BUSHWALKING

Ever fancied a walk in the bush followed by a nice hot thermos of tea/coffee, well we may have the group for you. Twice a month we meet and go to different spots in the bushland surrounding Creswick, do an hour or so of moderate walking (some hills), then return for that nice hot cuppa.

COFFEE AND CURRENT AFFAIRS

Why not join with a few friends on a Friday morning and chat, discuss or argue good naturedly about all kind of topics. There is no agenda, notes, qualifications etc. required, just the ability to mingle and drink coffee or tea and maybe indulge in a little something sweet to eat.

COMPUTER INTEREST GROUP

The Computer Interest group meets monthly for a coffee and chat about any problems you may be having with your computer, software or any other computer related problems. Maybe you have some expertise to share or just find out how computers work. This is the group for you.

CRESWICK HISTORY

At the recent launch of a book centered on years past, the author expressed an opinion that a definitive history of any place or subject is impossible. One never knows what will turn up from an abandoned shaft, under a piece of quartz casually kicked along a walkers' track, or in a prison cell. Chinese Whispers and perpetrated inaccuracies also require correction, with the result that U3A's CRESWICK HISTORY gatherings are neither dull nor worthless ? Challengers welcome, more so as we plan to take to the bush during the year.

CRYPTIC CROSSWORDS

The Cryptic Crossword group meets in the Neighbourhood Centre on the first and third Monday of each month, from 1pm to 3pm. This is a small but enthusiastic group who delight in taking on the challenge issued by the devious crossword compilers in our daily papers. Lively discussion in solving these problems (and sometimes those of the rest of the world!) is the order of the day. New members either experienced or novices are always welcome.

HERITAGE FRUIT

This group has been going since U3A began and is still going strong. We look at all aspects of fruit growing, including many varieties and species of fruit.

During 2014 we will be doing all the usual things however we are going to study Cider making, now that we have the equipment to make it. The book we will use is 'Sweet & Hard Cider making it, using it & enjoying it. We also hope to make some fruit wines as well.

KNITTING - The Sock Report

Eight socks have been made and finished and, surprisingly, fitted four sets of feet. We've all learned

some new tricks: Judy's magic cast-on, the surprisingly stretchy bind-off, the mystery of the SSK and the backward loop, both right and left.

The current project is the *Make It Up As You Go* vest made on circular needles.

During the course of the program we have also learned a lot about cats, buses, yarn shops, neighbours, quality yarn, trees and Star Trek.

If you'd like to join us, it's every Wednesday, 1.30 to 3.30 at the Neighbourhood Centre.

LEISURELY LUNCHESES

What can I say; this group has grown from 6 members, five years ago, to 30 regular attendees. We lunch at a variety of cafes, restaurants and hotels in a radius of Creswick of up to 45 minutes' drive. We meet on the first Saturday of the month, the next lunch being 4th January, 2014. We all spend a most enjoyable Saturday afternoon, once a month, among friends.

MAH-JONG

Mah-jong, a game that originated in China, now has a large following in Western countries. The game is played using small tiles and is usually played by 4 players. Mah-jong is a combination of skill and luck; however, if you possess neither, you can still have a great time. New players are always most welcome **BUT** be warned, the game is addictive. MONDAY – 1.00-3.00pm John Curtin Hostel.

MEDITATION

Feeling the strain of modern living? Learn to block it all out and relax completely. Learn techniques which will help you face problems more easily and cope.

MOSAICS

Most of us will be familiar with mosaic as an art form, seen in public places, on buildings, in parks or in private homes and gardens. Some of the most amazing pieces of mosaic have been created by people without any formal art training, using 'scrounged' crockery, glass or tiles. Even if you are not 'Arty' you can still create items of beauty, so why not join our friendly group and try your hand at this ancient art.

PHILOSOPHY

This long running group explore the meaning of life with practical, humorous and occasionally serious endeavour. Discussion is always lively and respectful, with all participants contributing lifetime experiences. Luckily, in Philosophy there are no correct answers but hopefully we learn to ask better questions. Looking for the deepest study of the Ancient, Modern and European philosophers? Then this group is not for you. Looking for a pleasant couple of hours where you leave with something to think about? Then give it a try.

POKER GAME

A group of dedicated members get together on Wednesday mornings to enjoy a game of Poker without breaking their budget. For \$2.00 we get \$1,000 worth of chips and have fun trying to win a game or two or three. We are always looking to obtain new members so that we can increase the tables from one to two.

TABLE TENNIS

This game is not for the faint hearted and somewhat 'advanced?' players that gather on Friday afternoons. We usually play in round robin pairs and enjoy each other's company. Again as always we look forward to new members joining us. In 2014 we hope to have 2 tables going.

TAI CHI

Tai Chi is a low impact, peaceful exercise program, ideal for seniors. Sessions are held weekly – one week with a professional instructor, the following week is a practice session.

WORLD MOVIES

This year U3A World Movies will continue to take members through time and space via film, from 1920's Germany (Fritz Lang's masterpiece 'Metropolis') to current releases from Europe, Asia, America and Australia. No one genre is given predominance and members can expect a broad range of experiences from comedy, surrealism, drama, thriller and romance, as well as movies impossible to fit into any category. Many of these movies have not yet been released in Australia. Join us on the 1st and 2nd Thursday of each month, at 1pm in the Creswick Community Centre.

WRITERS GROUP

Would you like to try your hand at writing? Why not join this friendly, relaxed group who meet once a month and experiment and share, as we learn together.

500 CARD GAME

Wednesday afternoon is taken up with two hours of playing 500, with two tables already in use. The rules we follow are the same as per instructions that come with the Playing card packs. Not a session passes without the laughter that follows, when one or a team wins.

“Expressions of Interest”

A FINE MUSIC LISTENING GROUP

A **Fine Music Listening Group** - expressions of interest are sought from those who delight in escapism by listening to the works of Bach, Beethoven, Brahms, and the others of that crowd. We're not into an analysis of either work or performance, but the pure pleasure of sounds that permeate, and relax, the grey matter between our ears; via said orifices. Again, knowledge is not necessary, purely an opportunity to relax and possibly learn. Beginners welcome; although we're not into the clatter of false teeth. Experience has proved that such is discordant in relation to music.

BADMINTON

Are you a Badminton player or would you like to learn how to play? If we get enough people interested, we can organise games, using courts at the local primary school, in Creswick. Experienced to beginners welcome.

HOME HANDYMAN

A series of workshops, possibly 6 with a duration of 2 hours per lesson, is intended to answer the problems that many of us have experienced at home. Topics such as:-

- * What drill should I use for my job?
- * How much do these tools cost?
- * What is the best way to tackle it?
- * Do I need professional advice or can I do it?
- * Terminology used when purchasing timber.
- * What other tools are available to do my job
- * How do I get a good result?
- * Safety, using power tools.

MICE - Melbourne International Coffee Expo

AUSTRALIA'S COFFEE SHOW

Following the overwhelming success of the 2013 Melbourne International coffee Expo, the 2014 show is set to continue as the largest and most dynamic coffee event for the coffee industry in the Australasian region. MICE2014 will again bring the industry together, officially commencing with the Global Coffee Review Leaders Symposium, where the industry's most influential voices gather from around the globe to discuss pressing issues around the growth and development of the international coffee industry.

SATURDAY 17TH MAY

Train from Creswick to Melbourne then to the Show Grounds and then returning by Train again. Tickets can be purchased online then picked up at the venue.

10am - 6pm (open to public)



SCRABBLE

Next year we hope to have a new group for Scrabble. Experienced players or beginners – All welcome. 1.30pm – 4.30pm at John Curtin Hostel, every Tuesday.

STAR TREK AND SCI-FI GROUP

We are seeking expressions of interest in having a **Star Trek** and **sci-fi group**. All the Star Trek series are available plus Firefly and a bunch of other series. Contact Tracey on 0407 323 316.

TRIVIA

I am thinking of holding TRIVIA sessions in 2014 if there is enough interest. The proposal is that the sessions would be held, in the daytime, bi-weekly or monthly and be of a duration of 1 -2 hours, in a venue to be determined by the number of participants. This would be a non-competitive event with general knowledge questions aimed at the over 50s. I suggest that people would bring their own refreshments and nibbles.

“One!” for the Irish?

An Irishman applied for a job in an English warehouse.

“What can you do?” asked the foreman.

“Anything, to be sure. Just anything,” replied the hopeful man.

“Well,” drawled the foreman, thinking he would have some fun with the newcomer. “You look like a hard working man, could you wheel out a barrow of smoke?”

“To be sure!” exclaimed the Irishman.

“If you just fill it up for me!”

NAME TAGS - are to be worn at all U3A events. If it is not convenient to wear your name tag, e.g. playing table tennis, please keep your Tag with **In Case of Emergency** details filled in, handy.

If you do not have a Name Tag, please contact a Committee member.

CODE RED .

On Code Red days, all U3A activities are cancelled. In the case of a **U3A GENERAL MEETING** contact U3A by mobile or email.

U3A Committee Meetings are held on 4th Thursday of the month at the Creswick Library. 3.30p.m. – 5.00p.m. sharp!

Newsletter contributions are very welcome.

The deadline for Newsletter Number 22 is 31st March 2014, For distribution on 7th April 2014. As this will cover Easter, and Anzac Day, maybe you have an article to contribute?

Contact details for Creswick & District U3A Inc.

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Email : u3a3363@gmail.com Website : <http://home.vicnet.net.au/~creswicku3a>



CRESWICK
UNIVERSITY OF THE THIRD AGE

Jan 28th to Apr 7th, 2014Class Co-ordinator Helen Cook - Ph: 5345 1405 or u3a3363@gmail.com**MONDAY****28th Jan – 7th Apr, 20114**

<i>Time</i>	<i>Date</i>	<i>Subject</i>	<i>Venue</i>	<i>Convenor</i>
10-12	First Monday of Each Month Feb 3; Mar 3; Apr 7	First Monday Book Club	<i>Library</i>	Helen Cossenass 0428 151 208
9-11 am	Second & Fourth Monday Feb 10, 24; Mar 10,24; Apr 14,28	Bush Walking	<i>Various Locations</i>	Helen Cossenass 5345 2853
10-12	Second & Fourth Monday Feb 10,24; Mar 10,24; Apr 14	Creswick History	<i>Library</i>	Geoff Fiddian 5345 8295
10-12	Third Monday of each Month Feb 17; Mar 17	Writers Group	<i>Library</i>	Rhonda Fawcett 5476 6227
1-3 pm	Weekly Jan 13 to Apr 7th	Mahjong	<i>Bill Huntly Room</i>	Gail Ryan 53452360
1-3 pm	1st & 3rd Monday Feb 3, 17; Mar 3,17; Apr 7th	Cryptic Crosswords	<i>C'wick N'hood Centre</i>	Malcolm Mitchell 5345 2568

TUESDAY

10-12(2 nd) 1-3 (4 th wk)	Second & Fourth Tuesday Feb 11,25; Mar 11,25; Apr 8th	<u>Heritage Fruit</u>	<i>20 Gardiner St C'wick</i>	Keith Robertson
1.00 – 3.00	Tuesday	<u>MOSAICS</u>	<i>20 Ford St, Creswick</i>	Elaine Clark 5345 1161
3.30-4.30	Weekly Jan 28 to Apr 8th	Back in the Game	<i>N'hood Centre Hall</i>	Bill Morrison
4.40-6.10	Weekly Jan 28 to Apr 8th	Tai Chi	<i>N'hood Centre Hall</i>	U3A 0459 981 066

WEDNESDAY

10.00 - 12	Weekly Jan 8 th to Apr 9th	Poker	<i>2a Bell Street, C'wick</i>	Andrew Cossenass 5345 2853
1.00-3.00	Weekly Jan 8 th to Apr 9th	500 Card Game	<i>2a Bell St, Creswick</i>	Andrew Cossenass 5345 2853
1.00-3.00	Weekly Jan 29 to Apr 9th	Knitting Group	<i>Neighbourhood Centre</i>	Tracey O'Brien 5345 2313

THURSDAY

1-3 pm	First & Second Thursday Feb 6 th , 13th	World Movies	<i>Creswick Neighbourhood Centre</i>	Earl Ingleby 5345 2785
1-3 pm	Fourth Thursday Feb 27 th ; Mar 27th	Philosophy for Beginners	<i>Library</i>	Bill Morrison 5345 2995
2-3 pm	Weekly Jan to April	Meditation for Relaxation	<i>5 Camp St, Creswick</i>	Paul Ford 5345 8280 0412 149 423

FRIDAY

9.30-11 am	Weekly Feb 7 th to Apr 4th	Coffee & Current Affairs		Helen Cossenass 5345 2853
2.00-3.00	Weekly Jan 10 th to Apr 4th	Table Tennis	<i>1 Carter St, Broomfield</i>	Andrew C -5345 2853
2.00-3.00	4th Friday of Month Feb 28 th ; Mar 28th	Computer Interest Group	<i>20 Gardiner St, C'wick</i>	Keith Robertson

SATURDAY

11.30 Info Ctre Car Pk	Monthly 1st Saturday 4 th Jan; 1 st Feb	Leisurely Lunches	<i>Various Locations (see below)</i>	Helen Cossenass 0428 151 208
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* Jan 4th - Amphitheatre Hotel* Feb 1st – Avoca Hotel