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Deadline for June 2017 Newsletter - 10th June

From the Committee

The committee is very pleased with our start to the year with new classes, an additional Table Tennis table, a very successful presentation of the First Australians.

Unfortunately line dancing is on hold at the moment due to the Tutor being unavailable through work commitments. Sue is endeavouring to find a replacement, if you know of someone contact Sue.

From time to time we get notices of research into the benefits of activity as we age and recently the benefits of table tennis were highlighted these are listed below..

Develops mental acuity. The speed, spin and placement of the ball are crucial in table tennis, and practiced players are highly skilled in both creating and solving puzzles involving these three attributes.
Improves reflexes. Due to the fast-paced, short-distance nature of the sport, both gross and fine muscle movements are improved. The game is distinguished by bursts of exertion and recovery, leading to fast twitch muscle development.

It's easy on the joints. It's a great way to improve your leg, arm and core strength without overtaxing your joints.
Burns calories. A 150-pound person can burn 272 calories by playing table tennis for an hour. Considering the fact that the sport is entertaining and addictive, it can be a fun and easy way to burn calories.

Offers a social outlet. Whether you play in the community centre or at home with friends, table tennis offers a great way to bond with other people.

Keeps your brain sharp. Alzheimer's Weekly reports a clear increase in motor skills and cognitive awareness from playing table tennis, after a series of preliminary clinical studies in Japan found that table tennis markedly increases the flow of blood to the brain, and could possibly even prevent dementia.

Improves coordination. Following the ping pong ball as it moves quickly toward you, and following its trajectory as your opponent hits it helps improve hand-eye coordination.

Improves balance. Staying balanced and being able to quickly change direction are key to being successful in a ping pong rally. This is especially important for the elderly.

Stimulates various different parts of the brain. By anticipating an opponent's shot, a player uses the prefrontal cortex for strategic

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CRESWICK & DISTRICT U3A Inc

Mobile: 0459 981 066

Website: www.creswicku3a.com

Email: u3a3363@gmail.com

Post: PO Box 434 Creswick 3363

Photography

Ulrich Babst is our photographer, when he snaps your photo it may be included in the newsletter or appear on the Web Site, if you do not want this please advise Ulrich or hide until he leaves.

COMMITTEE

PresidentDoug McCallum

Vice President..... Geoff Parsons

SecretaryBill Morrison

Treasurer Andrew Cossenias

Members.....Helen Cossenias, Sue Cleveland, Adele Morrison, Paul Ford, Earl Ingleby

Cont.: from page 1

planning. The aerobic exercise from the physical activity of the game stimulates the hippocampus, the part of the brain that is responsible for allowing us to form and retain long term facts and events. **Why don't you give it a try?** Friday afternoon at the Neighbourhood centre is the place to be.

Tai Chi and Yoga offer similar benefits and are also on our program.

Our membership continues to grow steadily and it is important to us that you get the most from your membership, we are always endeavouring to broaden and refine our offerings to enable this.

Don't forget to visit your website (www.creswicku3a.com), This month a slightly changed homepage along with changed webmaster page and a new short story by earl

We are starting to plan for next years expo and we could do with some help in the form of a sub committee, this has been our primary window to the community and a major recruitment opportunity. Maybe you could help with planning and running this event.

Planning has also started on our Seniors Festival activity this year, Seniors Festival runs from 1st October to 31st October with free travel 8th -15th.

Mark your calendar now to take advantage of these dates.

In Ireland, the 99-year-old Mother Superior lay quietly. She was dying.

The Nuns had gathered around her bed, laying garlands around her and trying to make her last journey comfortable.

They wanted to give her warm milk to drink but she declined. One of the nuns took the glass back to the kitchen.

Then, remembering a bottle of Irish Whiskey that had been received as a gift the previous Christmas, she opened it and poured a generous amount into the warm milk.

Back at Mother Superior's bed, they lifted her head gently and held the glass to her lips.

The very frail Nun drank a little, then a little more and before they knew it, she had finished the whole glass down to the last drop.

As her eyes brightened, the nuns thought it would be a good opportunity to have one last talk with their spiritual leader..

"Mother," the nuns asked earnestly, "Please give us some of your wisdom before you leave us."

She raised herself up very slowly in the bed on one elbow, looked at them and said:

"DON'T SELL THAT COW."

U3A Name Tags: Members are asked to wear their Name Tags to all U3A activities. To help facilitate members getting to know one another and a proof of financial membership. In the interests of safety please fill in the I.C.E (In Case of Emergency) form supplied.

U3A Committee Meetings: Are held on the 4th Thursday of each month from 3.30 p.m. – 5.00 p.m. sharp ! At the Creswick Neighbourhood Centre. Members are welcome to attend.

Newsletter Contributions: Are always very welcome. We would love to share in the travels of members who have been lucky (or wise) enough to travel during the winter months, Photos welcome. Send to P.O. Box or Email.

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.

Payment of Fees by Direct Deposit:

We are pleased to see members are using this convenient method of payment. The Bendigo Bank staff will assist you if needed. Just fill in a payment form which will go directly into the U3A Creswick Bank Account. Make sure **your NAME** is in the reference panel.

Deposit directly to: Bendigo Bank BSB 633 000 Account No. 137 271 003

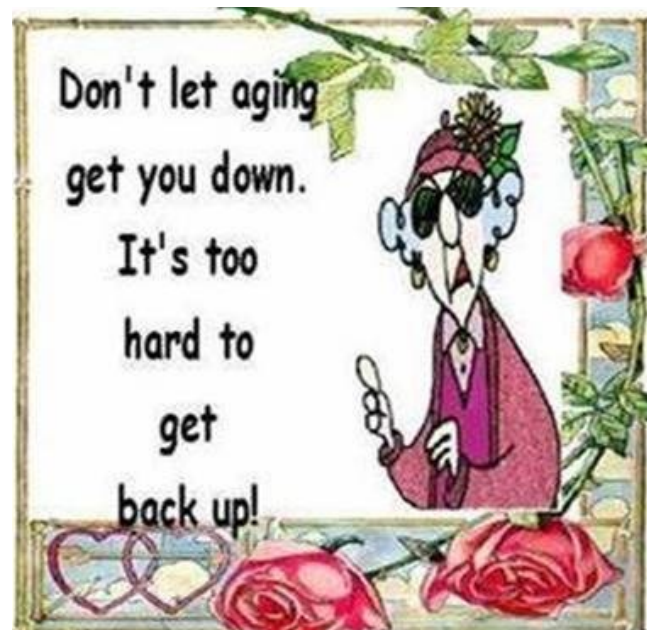
Important Notice to All Members of "U3A Creswick & District Inc."

The New Policies and Procedures set out by U3A NETWORK require each member to fill in a new Membership Form, supplying accurate (legible) information required for GRANTS, U3A NETWORK, etc.

All New and Renewing Members are required to complete this Form. returning it with their Fees (\$25 - 1st July 2016 - 30th June 2017)

THE INSIDE JOKE

**I DON'T HAVE AN
ATTITUDE I HAVE A
PERSONALITY YOU
CAN'T HANDLE**



Important- Please read and keep for reference.

“Creswick & District U3A Inc.”

Creswick & District U3A do not have an office at this time.

Contact is made by- Mobile phone- 0459 981 066

Email - u3a3363@gmail.com

P.O.Box 434 Creswick. 3363

Website – www.creswicku3a.com

Committee members and Tutors are happy to receive your enquiries.

Membership Fees.

\$ 5. 00 Administration Fee (once only) is paid by all New Members.

\$25.00 Annual Membership Fee is for the period from 1st July- 30th June each year.

\$15.00 Half year – From 1st January each year.

\$10.00 Associate Member. (Being a current full member of another U3A.)

A General Meeting is held in June each year for Renewal of Membership Fees.

Fees and other monies can be paid at the meeting or by-

Direct Deposit at the Bendigo Bank BSB 633 000 Account Number 137 271 003

By Post- P.O. Box 434. CRESWICK 3363 or paid to a Committee Member.

Creswick & District U3A Committee Meetings are held on the 4th Thursday of each month 3.30 p.m.-5.00p.m. Sharp, at the Creswick Neighbourhood Centre. Members are welcome to attend.

New Members are accepted and new Name Tags are ordered at Committee Meetings.

NAME TAGS are requested to be worn at all U3A activities.

Please fill in your emergency medical details on the I.C.E (In Case of Emergency.) card.

Bring your name tag with you. Some members leave Name Tags in the Glove Box for easy access.

NEWSLETTER is distributed by –

Email. Printed in colour. Also available on the website-www.creswicku3a.com

if you have an Email address, all updates/information will be forwarded to your Email as received.

POST. Printed in black and white. Please allow a week for postal delivery.

You may have a friend who has Email access, happy to pass on any distributed information to you.

Or we can link you up with a member who has Email access.

Newsletter – Paul Ford. 0412 149 423 paulmeg@initialsolutions.com.au

Class Co Ordinator- Sue Cleveland. 0407 825 628 sue.cleveland@bigpond.com

Membership/Name Tags. Adele Morrison. 5345 2995 u3a3363@gmail.com

Events Co Ordinator. Helen Cossen. 0428 151 208 helen44@southernphone.com.au

Webmaster- Earl Ingleby. 0447 617 570 earl@earlssite.com

Office Bearers - President: Doug McCallum. Vice President: Geoff Parsons.

Secretary: Bill Morrison. Treasurer: Andrew Cossen.

U3A Creswick Exploring World Cinema program for May June, July 2017

The Unfinished Sky: May 4th

is a 2007 drama film written and directed by Peter Duncan. It is based on the 1998 Dutch film *De Poolse bruid*. *Unfinished Sky* was filmed on location in Boonah and Beaudesert. The film is a story about an Outback farmer (William McInnes) who takes in an Afghani woman (Monic Hendrickx) after she escapes from a brothel. The film was nominated for 10 Australian Film Institute Awards at its 2008 ceremony. It won three, including Best Screenplay, Best Actress (Monic Hendrickx) and Best Actor (William McInnes). *Unfinished Sky* was screened at the opening night of the 2008 Dungog Film Festival.



The Innocents: May 11th

is a 1961 British film directed and produced in CinemaScope by Jack Clayton, and starring Deborah Kerr, Michael Redgrave and Megs Jenkins. Based on the novella "The Turn of the Screw" by Henry James, the plot follows a governess who watches over two children and comes to fear that the house is haunted by ghosts and that the two children are being possessed. The film achieves its effects through lighting, music and direction rather than conventional shocks.

The Eye of the Storm: June 1st

is an Australian drama film directed by Fred Schepisi. It is an adaptation of Patrick White's 1973 novel of the same name. It stars Geoffrey Rush, Charlotte Rampling and Judy Davis. It won the critics award for best Australian feature at the 2011 Melbourne International Film Festival and had a September 2011 theatrical release.



Still Alice: June 8th

had its world premiere at the 2014 Toronto International Film Festival on September 8, 2014. It received critical acclaim, particularly for Moore's performance, who won awards including the Academy Award for Best Actress, the BAFTA Award for Best Actress in a Leading Role, the Golden Globe for Best Actress in a Motion Picture – Drama, the SAG Award for Outstanding Performance by a Female Actor in a Leading Role and the Critics' Choice Movie Award for Best Actress.

Sirens: July 6th

The film, set between the wars, is seen mostly through the eyes of a shy Anglican clergyman named Anthony Campion (Hugh Grant), who has been asked by his bishop to look in on Norman Lindsay during a visit to Australia. The painter is rumored to have painted a blasphemous portrait, and the bishop hopes perhaps a word to the wise will prevent a scandal.

Campion and his wife Estella (Tara Fitzgerald) arrive at the painter's sprawling estate to find a warm welcome, a guest cottage of their own, and a very gradual seduction process under way.



The Discreet Charm of the Bourgeoisie: July 13th

is a 1972 surrealist film directed by Luis Buñuel[1] and written by Jean-Claude Carrière in collaboration with the director.[2] The film was made in France and is mainly in French, with some dialogue in Spanish. The narrative concerns a group of upper middle class people attempting - despite continual interruptions - to dine together. The film received the Academy Award for Best Foreign Language Film and a nomination for Best Original Screenplay.

Creswick Neighbourhood House 1st and 2nd Thursday each month

Calambeen? Creswick?

A very brief look at the Durid (or Tureet) Balug Language People



For more than ten thousand years the area now known as Creswick was peopled by members of the tribal group that spoke a language called "Durid Balug", Generally translated this means "People of Durid"

They in turn were united with about fifteen other groups within the tribal group now known as "Djadja Wurrung", Although a number of these groups spoke different dialects they were united through trade, marriage, ceremonial, linguistics and cultural affinities.

The area covered by the Djadja Wurrung went from Kyneton to just south of Creswick to Mount Avoca and up past Donald in the north, The boundary then ran across to Boort before moving southwards to near Bendigo and down to Kyneton.

A definite trading relationship existed between the southern Djadja Wurrung and their neighbour tribes to the west, south and south-west and Calambeen was one of the major trading areas.

Europeans arrived in the area now covered by the Hepburn Shire in 1838 and the land was soon occupied by pastoral runs forcing the original land owners into unproductive areas. While this was happening new problems were arriving, white men brought new virulent diseases from Europe that devastated the original owners. Most all of the Djadja Wurrung people died in a very short time period, It wasn't bullets that killed these people, it was dispossession , disease and despair.

With the discovery of gold in Clunes in 1851 the Djadja Wurrung were in demand as station workers. On pastoral properties and on the fringes of the mining towns they fell to prostitution and an easy access to alcohol. The population continued to decrease dramatically. By 1862 just one member of the Gunangara balug remained.

A census taken in 1863 indicated that only a handful of Creswick, Daylesford, Smeaton and Yandoit people were among 23 Aborigines living within 40 kilometres of mount Franklin. On 20th June 1864 the last 4 adults and 6 children resident on local farms around Franklinford were compulsorily transferred to Coranderrk.

A monument in the tiny Coranderrk cemetery indicated that members of the Djadja Wurrung tribe are buried along with representatives of other groups. To the best of my knowledge there are no direct descendents of the Durid Balug people.

This short article is strongly based on the work of John Morris PhD. as published in the monograph "A people no longer with us" published September 1999.

Any mistakes are mine.

Earl Ingleby

Creswick Ballroom Group and Creswick Neighbourhood Centre

TEA DANCE

At The
Creswick
Neighbourhood
Centre Hall

Saturday 6th May, 2017
Commencing at 2.00pm

Entry \$5.00

Victoria Street, Creswick

For further details please contact

Elizabeth on 0402 777 852

A plate of Afternoon Tea to share.

Join us for an afternoon of dancing

and fine music

All proceeds to Local Community Groups.



DATES TO REMEMBER

April 2017

13th - Exploring World Cinema

May 2017

4th - Exploring World Cinema

6th - Leisurely Lunch - The Avoca Hotel, Avoca

11th - Exploring World Cinema

June 2017

1st - Exploring World Cinema

3rd - Leisurely Lunch - Da U Day, Ballarat

8th - Exploring World Cinema



July 2017

1st - Leisurely Lunch - The Wallace Hotel, Wallace

6th - Exploring World Cinema

13th - Exploring World Cinema

August 2017

3rd - Exploring World Cinema

5th - Leisurely Lunch - Sebastopol Bowling Club, Sebastopol

10th - Exploring World Cinema

September 2017

2nd - Leisurely Lunch - Five Flags Hotel, Campbell Creek Castlemaine

7th - Exploring World Cinema

14th - Exploring World Cinema

October 2017

1st - 31st - Seniors Festival

5th - Exploring World Cinema

7th - Leisurely Lunch - Ripples on the Res Maryborough

12th - Exploring World Cinema



Leisurely Lunch venues may occasionally change due to circumstances out of our control