

Notice of renewal meeting to be held June 28th RSL Hall 10.00am

As you are aware fees are due July 1st for the 2018-2019 year, we are once again having an **EFTPOS** machine available at the meeting for those who wish to use cards. You can also pay By cheque made out to Creswick & District U3A Inc, and mailed to **PO Box 434, CRESWICK, VIC, 3363**, or By EFT/bank deposit, Bank: Bendigo Bank Ltd **BSB: 633 000 Account Number: 137 271 003** Account Name: Creswick U3A Please use your Full name and Member Number (if available) as reference

Full Member, Membership fee 1 July to 30 June yearly **\$25.00**

Associate Member, Full Member of another U3A **\$15.00**

Administration Fee, **One off Admin payment on joining in addition to fee \$5.00**

Our guest speaker is our own member Wendy Ohlsen, Wendy will speak on mining disasters of Creswick and Surrounds. Light refreshments will be served at the conclusion of the meeting.

From The Committee

Our thoughts are with Vicki, Paul and anyone else on the sick list. We wish you well.

The adoption of UMAS means you no longer have to fill out forms each year, however it is important to advise us of any changes, have you changed address, email address, phone numbers? These can all be updated on line by logging in to UMAS or if you do not have computer by giving Anne a call.

Free travel for Seniors during Seniors Festival is 7th -14th October

You'll be able to travel for free on all public transport in Victoria, including: Melbourne trains, trams and buses V/Line regional trains and coaches and buses Regional town bus services Some private bus operators and airport services are excluded, visit www.ptv.vic.gov.au for more information.

Simply carry your Seniors myki and Victorian Seniors Card with you on public transport, and touch on and off as usual. You won't be charged. On regional services that don't use myki, show your Victorian Seniors Card to the conductor or bus driver.

Last year we had a trip to the Regent Multiplex for their luncheon which was a great success, we are considering a repeat late October early November to see "Lean on Pete" a 2017 British drama . Fifteen-year-old Charley Thompson (Charlie Plummer) arrives in Portland, Oregon with his single father Ray (Travis Fimmel), both of them eager for a fresh start after a series of hard knocks. While Ray descends into personal turmoil, Charley finds acceptance and camaraderie at a local racetrack where he lands a job caring for an aging Quarter Horse named Lean On Pete. The horse's gruff owner Del Montgomery (Steve Buscemi) and his seasoned jockey Bonnie (Chloë Sevigny) help Charley fill the void of his father's absence—until he discovers that Pete is bound for slaughter, prompting him to take extreme measures to spare his new friend's life. Charley and Pete head out into the great unknown, embarking on an odyssey across the new American frontier in search of a loving aunt, Charley hasn't seen in years. They experience adventure and heartbreak in equal measure, but never lose their irrepressible hope and resiliency as they pursue their dream of finding a place they can call home. Winner Marcello Mastroianni Award for Emerging Actor (Charlie Plummer) 2017 Venice Film Festival. The dates we have in mind are either October 25th or November 1st. The price will be only \$19 including a high tea lunch. Those who went last year know how good the food was.

We are still taking expressions of interest for Tarot Cards and Patchwork Quilting. There is a "Drop in Chess" on Fridays between 1-3 pm just call in to the neighbourhood Centre and have a game.

Bill will run a French wine group later this term he calls it Viva La Plonk, make sure you register as places are limited.

Movies for June. Mao's Last Dancer and Casablanca

July. Death in Brunswick and Bridge of Spies

The table tennis group have vacancies, they recently received donations of bats, balls and an extra table so why not call into the hall Friday afternoon at 1.00 pm and enjoy a couple of hours of great fun.

Do you have a special skill you can share? Are there any courses you would like to have run?

As part of our on going commitment to our tutors we will be organising an online first aid course through St Johns ambulance, this will take about an hour to complete and will ensure that all tutors are aware of the basics of first aid. If you do not have access to a computer we can organise one of the committee to help you. Each tutor will be given a personal password to access the course. Tutors are the backbone of U3A and we are very grateful for the service they provide.

The following quote from the network website sums up the satisfaction gained from running a group.

The U3A movement is a unique and exciting organisation which provides, through its U3As, life-enhancing and life-changing opportunities. Retired and semi-retired people come together and learn together, not for qualifications but for its own reward: the sheer joy of discovery!

Members share their skills and life experiences: the learners teach and the teachers learn, and there is no distinction between them.

Did you know 70% of people 65+ access the Internet daily and 25% of people 65+ access social media at least once a day. Seniors who use social media overwhelmingly choose Facebook.

Bill and Doug attended the Grampians regional meeting and the Network meeting in May, we came out very well with the activities we offer, there was also no one with lower fees. There are now 109 U3A'S in Victoria with membership in excess of 36,000 . The newest member is Myrtleford.

In conjunction with the Neighbourhood Centre we have purchased a new **sound system for the movies** and other presentations in the large room. It will be permanently mounted with surround sound speakers in each corner of the room. We are hoping this will enable the hard of hearing to better enjoy the movies. A lot of research went into all alternatives but in the end this was the most realistically affordable option.

Leisurely Lunches

June 2nd - The Pig and Whistle - East Trentham

July 7th - Ripples on the Res - Maryborough

April 2019 is our tenth anniversary.

Have you any suggestions as to **how** or **where** we should celebrate, its a big event we should all be proud to be part of.

We welcome feedback on the type of celebration you most enjoy, daytime or evening?

Put your thinking caps on so that we can start organising



Australian seniors' advocacy organisation, COTA has welcomed the Federal Budget as a positive step towards preparing for and supporting an older population and capitalising on the opportunities it presents.

COTA Australia Chief Executive Ian Yates said the Government's More Choices for a Longer Life Package will ensure better co-ordination of services across government and more support for Australians at every stage of their life.

“This is the first time we have had a full ageing package that takes a proactive approach to an ageing Australia and takes a life cycle approach that recognizes the need to prepare properly for an ageing population and support all Australians as they move through life.

“The challenge now is to make sure that this is not a one off, so we will be asking the Government to commit to an Ageing Strategy that will tie the Budget measures together, monitor their progress and recommend change and expansion based on experience, making sure the momentum begun tonight carries through for all Australians as they age.

“Every cent spent on supporting independence as we age, keeping people connected to the workforce and community, and on preventative health, is money saved in emergency wards, acute health care and on our already stretched aged care system.

“This Budget goes a significant way towards helping Australians continue to work if they choose to do so, help Australians plan financially for their retirement, and support us all as we get older by improving access to home care and choice in aged care.”

Aged care (home and residential)

“The aged care package is a substantial implementation of the recommendations of the Tune Legislated Review and will change the face of aged care towards greater consumer control.

“The injection of 20,000 high needs home packages in addition to the growth already built into the forward estimates, will ensure more older Australians waiting for home care will receive a package over the next year and the merging of Home Care and Residential funding pools will make more Home Care Packages possible in future.

“We strongly welcome the government's in principle decision to put residential beds in the hands of consumers and funding the development of a plan to achieve this. We need a commitment to a specific date for this change at latest by next year's Budget”.

Until then with residential care allocated to providers, but not in response to consumer demand, older Australians still do not have the ability to choose their nursing home, and good providers are restrained from responding to consumer preferences.

“We also strongly welcome the government's commitment of \$82 million to a new mental health program for residential care, as well as a \$20 million trial of new mental health initiatives in the community, and other support services to keep people connected to community.

“We also welcome increased funds for palliative care in residential aged care, where too many older people now end their life in less than ideal circumstances.

Supporting mature age workers

“We welcome the proactive approach to an ageing Australia that takes a whole of life-cycle approach, which includes some very good measures to support employment opportunities for mature aged workers, particularly the employment and health checkpoint at age 45 backed up by a range of support services.

“It's good to see the government tackling the issue from a number of angles, including support for older entrepreneurs wanting to set up a small business. Investing in growing the productivity of the mature age workforce will pay big dividends over time.

COTA looks forward to working with the government to promote programs and fight ageism in our employment market.”

Retirement Incomes

The Budget includes a welcome range of measures to improve the standard of living of older Australians, including:

Increasing the Pension Work Bonus by \$50 a fortnight so that retirees on the Age Pension can earn up to \$300 per fortnight that’s not taken into account for the pension income test, encouraging them to supplement pension income and stay connected to the workforce

Amending the pension means test to encourage the development and take-up of lifetime retirement income products, supporting the development of Comprehensive Income Products for Retirement (CIPRs)

Dramatically expanding access to the Pension Loan scheme to everyone over pension age and increasing the maximum fortnightly income to 150% to of the Age Pension rate, which will allow older people to access their home equity to supplement retirement income, pay for extra aged care, undertake home modifications, and other needs

We also welcome the measures ‘in the Protecting your Super Package to cap admin fees, ban exit fees, stop people having to have multiple insurance policies, and returning lost super.

Elder Abuse

“We welcome additional funds for elder abuse initiatives and the Federal Government taking leadership in the development of a national framework and approach, including **a national register of enduring powers of attorney.**

Editors Note. A national register of powers of attorney was a hot topic at last years AGM when our guest speaker from Central Highlands Legal Service spoke on wills and powers of attorney.

This man comes home from work one day to find his dog with the neighbour's pet rabbit in his mouth. The rabbit is very dead and the guy panics.

He thinks the neighbours are going to hate him forever, so he takes the dirty, chewed-up rabbit into the house, gives it a bath, blow-dries its fur, and puts the rabbit back into the cage at the neighbour's house, hoping that they will think it died of natural causes.

A few days later, the neighbour is outside and asks the guy, "Did you hear that Fluffy died?"

The guy stumbles around and says, "Um.. no.. um.. what happened?"

The neighbour replies, "We just found him dead in his cage one day, but the weird thing is that the day after we buried him we went outside and someone had dug him up, given him a bath and put him back into the cage. There must be some real sick people out there!"

A police officer came to my door and asked “Where were you between 5 and 6.

He seemed really annoyed when I replied

Kindergarten

I have a medical condition which prevents me from going on a diet.

I get hungry.

Vini Vidi Vino over two weeks in March in perfect weather, thanks to the generosity of a couple of our members allowing use of their homes, we tasted and learnt of some magnificent Italian wines.



What happens in your brain when you make a memory?

You might imagine memory is a Santa's sack of life events and the first half of jokes. You would be wrong. Neuroscientist Dean Burnett explains.

If you learned something while in a swimming pool, you'll remember it better while in a swimming pool at a later date (they've actually shown this). Illustration: Lauren Humphrey

We all have memories, as far as I can remember. But where do these memories come from and how do they get made?

People often compare the brain to a computer, but the brain doesn't have USB slots that allow you to pick up new information by jamming a flash drive in your ear. That would be convenient, if a little painful.

So where do we get all this information sloshing around in our skulls? You might imagine human memory is a bit like a Santa's sack filled with life events, song lyrics and the first half of jokes. But in truth, "memory" is not one single solid thing. It is a term covering lots of types of recollections that are surprisingly distinct, and used constantly in different combinations by a typical human.

Short-term memory – like writing your name with a sparkler

We've all heard about short-term and long-term memory. While people tend to use the phrase "short-term memory" to refer to our recall of things that happened recently – in the last hour or day – technically speaking, it's actually far more fleeting. Short-term memory typically lasts between 15 and 30 seconds: it's a bit like writing your name in the air with a sparkler. Any memory that can be recalled after that length of time is a long-term memory.

In computer terms, short-term memory is like the RAM – it holds the information we're currently working with or using for cognitive tasks (thinking). This can be new information delivered by our senses, for example, or old information retrieved from the long-term memory. Neuroscientists theorise that all this thinking is supported by patterns of neuron activity in the prefrontal cortex (that bit at the front of your brain). Long-term memory - information becomes a physical 'thing'

Luckily, for memories we actually want to keep, there's also long-term memory. If short-term memory is the RAM of a computer, long-term memory is the hard drive, which keeps everything from your failed screenplays to Minesweeper scores.

Unlike short-term memories, long-term memories have a physical presence in the brain, and aren't dependant purely on specific patterns of activity. Neurons make new physical connections and synapses with each other when a new long-term memory is formed. This connection endures whether it's being used or not.

Long-term memory can be split into explicit and implicit memory. Implicit memories include habits and skills that we can do automatically, such as rolling a cigarette, driving a car, forging your boss's signature on expense forms.

Explicit memories are things we're consciously aware of and are intentionally trying to remember. There are two kinds of explicit memory: episodic and semantic. Episodic memory is memory for things and events that happened to you. Semantic memory is for more general knowledge. Knowing Paris is the capital of France is a semantic memory, remembering being sick on your trip to Paris is an episodic memory.

Encoding – a terrifyingly complex tapestry in real time

When we actually want to learn something, it is long-term memories we are interested in. So how are they formed? The first step is to encode a piece of information – otherwise it quickly disappears, like breath on a mirror.

Information is channelled to the hippocampus, the brain region crucial for the formation of new memories and one of the only places in the brain where brand new neurons are regularly generated. The hippocampus

links all of the relevant information together and encodes it into a new memory by forming new synapses. It's basically like someone knitting a terrifyingly complex tapestry in real time.

But not all information is equal in the eyes of the hippocampus. "Important" things are encoded more readily and effectively than routine or incomprehensible things, like an uneventful daily commute, or the lyrics of a dance song in a language you don't recognise. The hippocampus will prioritise those that have been rehearsed repeatedly in the short-term memory, or those with a strong emotional component. The hippocampus is selective because it is very busy.

Long-term memories have an actual physical presence in the brain. Neurons make new physical connections and synapses with each other when a new long-term memory is formed. Finding a home for your memories

Coding a memory is all well and good, but it is useless if it has nowhere to go. Finding a storage place is the next step.

Newer memories, once consolidated, appear to reside in the hippocampus for a while. But as more memories are formed, the neurons that represent a specific memory migrate further into the cortex. As a result, memories are stored throughout the brain. It's a bit like the internet, which is made of information spread all across the planet and accessed via countless connections.

Similar memories tend to clump together – spoken memories near the language centres, visual memories near the visual cortex – and there's a lot of redundancy too; you can have several memories for the same thing. Every time they are activated they are strengthened. Human memories aren't stored like books in a library; they're constantly being updated and tweaked.

Recalling memories you've forgotten you forgot

So how do you go about getting the bits you need out of this weird, ever-shifting library of information? It might seem as though lots of the so-called long-term memories have actually turned to dust because there are plenty of things you've forgotten: old addresses, passwords, deadlines for articles about the memory system that you promised to write.

The problem here is not that it has disappeared, but rather that you can't recall it. It's a bit like losing a glove – you still own a glove, it's in your home somewhere, but you can't use it.

Recall is a very impressive but slightly mysterious process. When we want to access a memory from the dark recesses of our brain, signals from our frontal cortex link to that memory via uncertain means, and the memory is reconstructed from the information available. The more often you use the memory, the easier it is to find.

Revising and remembering is a crucial part of the learning process. And there are things you can do to make it easier – some stranger than others. Being in the presence of some of the elements from the original memory helps retrieval. For example, if you learned something while in a swimming pool, you'll remember it better while in a swimming pool at a later date (they've actually shown this).

Is there such a thing as too many memories? Maybe. Ever tried to learn a new phone number and then found it impossible to remember the old one, even though you had it for years? Constantly updating memories can supposedly "supplant" existing ones, so you end up remembering things differently. This is known as "interference" and can lead to forgetting. As far as I can recall.

Reprinted from The Guardian.

He had a photographic memory but it never developed.

Two old friends met by chance on the street. After chatting for some time, one said to the other, "I'm terribly sorry, but I've forgotten your name. You'll need to tell me."

The other stared at him thoughtfully for a long time, then replied, "How soon do you need to know?"

Membership Renewal - 1 July 2018 to 30 June 2019

A meeting will be held at the RSL at 10.00am on Thursday 28 June 2018.

The membership system will be available online from 9.00am on Tuesday 26 June 2018.

Please complete your enrolment online .

Access to the membership system is via our website
<http://www.creswicku3a.com/> .

select Membership Login and follow the prompts.

Please ensure you update your record if you have changes.

If you require assistance please call Anne on 04 90 444 519.

When you have selected the courses you wish to attend an invoice will be generated .

Payment can be made online, at the meeting on the 28 June (we will have an EFTPOS machine available) or at the Bendigo Bank. BSB 633 000 a/c No 137 271 003

Please ensure your payment is referenced with your name and/or membership number.

Membership fees

Full Member Membership fee 1 July to 30 June yearly \$25.00

Associate Member - Full Member of another U3A \$15.00



“If we learn from our mistakes, shouldn't I try to make as many mistakes as possible?”



“It's not called 'plagiarism' anymore. It's 'pre-packaged originality'.”

I just hate it when I go to buy organic vegetables and when I get home they are just doughnuts.