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Deadline for October / November 2018 Newsletter

September 29th 2018

From the Committee

Notice of Annual General Meeting

The annual general meeting of Creswick and District U3A will be held Thursday September 20th at 10.00am.

Venue: Lecture Theatre at Melbourne University, 4 Water Street Creswick.

Continue up the hill and park in the main carpark, the lecture theatre is in the administration building directly in front of the carpark.

Guest Speaker: Gerard Mansour - See page 3

Things you will be asked to vote on:

Fees for period 1st July 2019 -30th June 2020.

Office bearers and ordinary members of committee for the period 20th September 2018 until AGM 2019.

Appointment of Auditor for 2019.

Saturday 28th July saw the second new residents meeting for this year 40 people attended (not all new residents) and a number of local community groups were represented.

Seniors Week Event Monday October 1st. This year we have decided to return to the Daylesford Cider Factory which has new owners. We are making the date Monday October 1st to give a bit of space

CRESWICK & DISTRICT U3A Inc

Mobile: 0459 981 066

Website: www.creswicku3a.com

Email: u3a3363@gmail.com

Post: PO Box 434 Creswick 3363

Photography

Our photographers may snap your photo and it may be included in the newsletter or appear on the Website. If you do not want this please advise the photographer or hide until they leave.



between it and our **second event "Lean on Pete" at the Regent Multiplex on October 25th.** At the Cidery we will be treated to a tour of the Cidery, two course meal and a tasting of four different ciders for \$35. The tasting is the equivalent of one standard drink. They have an onsite chef who specialises in local produce. Please go on-line, register your interest and advise any special dietary requirements as soon as possible. Food will be alternate dishes with a vegetarian option available.

Cont. on page 2

COMMITTEE

PresidentDoug McCallum Vice President..... Bill Morrison
SecretaryAnne Chamberlain Treasurer Andrew Cossenias
Members.....Elaine Clark, Adele Morrison, Paul Ford

Cont.: from page 1

If the weather is fine there will be time after lunch to look at the orchard or have a drink outside in the courtyard. This was a favourite last time and all who went really enjoyed the day. The setting is very relaxing as you can see from the photos on page 1. The new owners are a younger couple and very enthusiastic . I think it will be even better than the last trip.

Publicise your event or activity by sending some photos to "u3a3363@gmail.com" for publication in our Newsletter.

STAYING STRONG GROUP

I would like to acknowledge the skillful efforts and time given graciously to the U3A Staying Strong Group by Geoff Rawson. Geoff has willingly offered his time to construct individual wooden steps for the participants in our group.

Many thanks in appreciation Geoff.

Roberta Rice





Gerard Mansour the Commissioner for Senior Victorians has agreed to be our AGM guest speaker.

Gerard Mansour is a highly respected and passionate advocate for the needs of older people.

With over 25 years of leadership experience within the aged and wider community services sectors, Mr Mansour contributed significantly to industry capacity building, policy development and enhancement of services for older Australians.

In 2012, Mr Mansour became the inaugural national CEO of Leading Age Services Australia, the peak national body representing the aged and community care industry across Australia. Prior to this, Mr Mansour was the CEO of Aged and Community Care Victoria for six years. Mr Mansour says a priority is the focus on quality of life, workforce participation and access to services for senior Victorians. This means maximising opportunities for all, including those who are marginalised or disadvantaged. In December 2016, Gerard was appointed as Victoria's Ambassador for Elder Abuse Prevention.

One of the most common and compelling messages I received from senior Victorians is that as we age we all still have a role, purpose and contribution to make. For example, we only have to look within local community organisations across Victoria, such as U3As, to recognise the enormous contribution seniors make to their communities through volunteering, membership of local committees and boards, and supporting charitable, sporting and arts endeavours. Yet, for many the journey of moving through their senior years is marked by fundamental changes in roles and responsibilities, as well as income levels. As people move through their senior years, the nature of their friendships and relationships often change. The roles they have played throughout their life also fundamentally change. If there is one thing that is certain, it is that the journey of life and the journey of ageing are individual and enormously varied life experiences.

For many, the transition into senior years is marked by exciting and interesting opportunity, yet for others it is marked by continuation of challenges present throughout their lives or by new challenges such as social isolation and loneliness. My research has identified that at any point in time approximately 10 percent of Victorian seniors are experiencing chronic isolation and loneliness. Yet there are so many opportunities in communities across Victoria, for both individuals and organisations, to reach out to the older people who live in their community.

Local community groups can ask themselves the question - can we do better in reaching out to disadvantaged seniors our community? Just as there is significant opportunity for local community organisations to think about 'age friendliness', there is also enormous opportunity for each of us to be better prepared and think about the experience of ageing.

To what degree do each of us, as we move towards and through our senior years, commit to finding our 'purpose in life' as our life circumstances change. Sometimes this will require a willingness to take risks, make new friends, put ourselves in new situations or being willing to experiment. I congratulate the many thousands of people across Victoria who ensure that local community groups continue to provide exciting opportunities for social participation and learning. I would also encourage each group to ask whether there are opportunities to reach out to those seniors who are more vulnerable or disadvantaged, including those experiencing isolation and loneliness.

Book early to hear this most important speaker as on August 20th we will be inviting outside people involved in aged care, the general public and representatives from other U3A'S in our area.

Bookings will only be by RSVP online or phone 0459 981 066.

There will be time for questions of a general nature. The Commissioner's role is not individual advocacy or for resolving complaints about government services for seniors. These are handled by separate offices which are all individually listed on www.seniorsonline.vic.gov.au as are a number of reports into ageing compiled by Gerard.

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 and is 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 - Bill Morrison - 0459 981 066 u3a3363@gmail.com

Membership/Name Tags - Anne Chamberlain - anne.chamberlain55@gmail.com

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

Webmaster- Anne Chamberlain - anne.chamberlain55@gmail.com - 0490 444 519

Office Bearers - President: Doug McCallum. Vice President: Bill Morrison.
Secretary: Anne Chamberlain. Treasurer: Andrew Cossenias.

Dementia: reduce your risk

It's thought that simple lifestyle changes could prevent dementia in some cases.

We ask experts for the evidence.

Charmaine Yabsley July 2018 Dementia, a group of symptoms that causes progressive damage to the brain, affects 1 in 10 Australians over the age of 65.

For people with dementia it can be confusing and debilitating.

For their loved ones it can be both frustrating and heartbreaking.

But a recent study says that 1 in 3 cases of dementia is preventable with easy lifestyle changes. The study, the first of its kind by the Lancet Commission on Dementia Prevention and Care, reported the risk factors are: hearing loss low levels of education (researchers believe this reduces cognitive reserve or resilience) smoking type 2 diabetes social isolation high blood pressure untreated depression obesity physical inactivity.

In the study, these risk factors, which are described as potentially modifiable, add up to 35%. The other 65% of dementia risk is thought to be non-modifiable, such as ageing and family history.

Lifestyle changes to make The good news, says Associate Professor Michael Woodward, chief medical advisor for Dementia Australia in Victoria, is that the recommended adjustments to your life to reduce your risk of dementia are part of overall healthy living. "You don't want to assume that you won't get dementia, but you'll reduce your risk," he says. Follow a Mediterranean diet: In 2017, an analysis of the Health and Retirement Study in the US found that nearly 6,000 older people who followed a Mediterranean diet had a 30–35% lower risk of brain decline (such as memory loss). "Your diet should not be too full of dairy, sugar or red meat," says Assoc Prof Woodward.

Instead, eat more fruit, vegetables, whole grains and olive oil. Move as much as possible: "Moving for 30–60 minutes, 3 times a week as a minimum, is advised," he says. "Whether you're jogging, walking, swimming, cycling or some other sport which gets your heart rate up, you need to commit to this. But you should also remain active on the other days. Don't just go to the gym for 3 days and spend the rest of the time in front of the television." Do some gardening, go for an easy walk or a gentle swim – these are all good ways to get moving on your 'rest' days.

Avoid high blood pressure: "Looking after cholesterol and blood pressure are ways to help reduce your risk of dementia," agrees Woodward. If you're worried about your blood pressure, speak to your doctor for ways to manage it.

Be social: Keeping socially and mentally active keeps your brain stimulated, and could also reduce risk of dementia. "Keep in touch with society by going to group activities, volunteering or having regular meetups." Symptoms of dementia Dementia Australia reports that the following symptoms could indicate dementia.

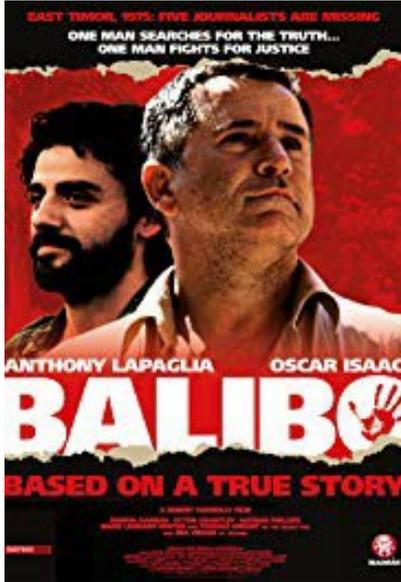
If you or a loved one are experiencing memory loss, or are concerned about any of the following, speak to your GP. difficulty performing familiar tasks difficulty finding words loss of initiative misplacing things regularly changes in moods or behaviour disorientation of time and place problems with abstract thinking (e.g. paying bills or making decisions) poor or decreased judgment.

Although dementia symptoms can differ for each person, usually the onset is gradual and, in the early stages, this can make the symptoms difficult to confirm. "There are some you can't do anything about, but you can still make changes," says Woodward. For instance, he says, if you didn't finish education you can still go back to study and remain motivated. Overall, it's mostly important to stay healthy and have regular medical checks.

Reprinted from HCF My Health July 2018.

Exploring World Cinema

Balibo Thursday September 6th



This 2009 Movie stars Anthony Lapaglia and covers the death of the Balibo 5 in Indonesia in 1975.

This film won 8 AFI awards. The Balibo Five were a group of journalists who were captured and killed while reporting on activities just prior to the Indonesian invasion of East Timor in 1975. While historically accurate, the film is loosely based on the book *Cover-Up* by Jill Jolliffe, an Australian journalist who met the men before they were killed. Roger East, 53, an Australian AAP-Reuters journalist, travelled to East Timor to investigate the deaths of the five men. East was captured in Dili by the Indonesian military on 7 December 1975, the day of the invasion, and executed by firing squad on the morning of 8 December with his body being disposed of in the ocean. He has been referred to as the forgotten sixth member of the Balibo Five. In my opinion it is a story of one incredible woman, Shirley

Shackleton; launched into an unexpected life as a human rights activist following the killing of her journalist husband Greg, after more than thirty years, in 2007, Shirley's efforts led to an inquest that revealed the Australian government's cover-up and found that the Balibo Five were murdered to stop them exposing Indonesia's invasion of East Timor

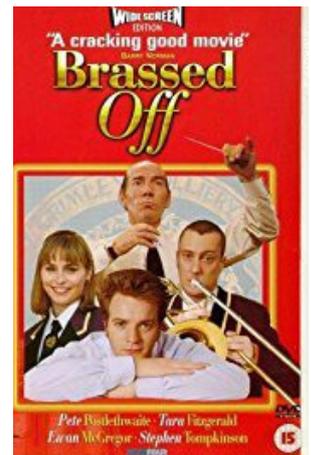
Brassed Off September 13th

In existence for a hundred years, Grimley Colliery Brass band is as old as the mine. But the miners are now deciding whether to fight to keep the pit open, and the future for town and band looks bleak.

Although the arrival of flugelhorn player Gloria injects some life into the players, and bandleader Danny continues to exhort them to continue in the national competition, frictions and pressures are all too evident.

The film is set ten years after the year-long strike in 1984–85 by the National Union of Mineworkers in Britain. Before the privatisation of British Coal, a wave of pit closures took place.

In contrast to the militancy of 1984 - 5, the miners put up little resistance. Many had been in debt ever since the long strike, and were prepared to take redundancy money whilst it was on offer.



The National Coal Board arranged private ballots between closing a pit immediately with compulsory redundancies (which were relatively generous) or taking a pit to a review procedure to determine whether a profit could be made in the private sector (where any redundancy money would have probably been much lower). Although miners had a tradition of fighting for their jobs, the risk of losing the redundancy money on offer by going forwards to privatisation swung the votes in most ballots to be in favour of pit closure and redundancy. The loss of hope, pride and fighting spirit in what were previously proud mining communities was the basis for the idea of being "brassed off".

The soundtrack for the film was provided by the Grimethorpe Colliery Band, and the plot is based on Grimethorpe's own struggles against pit closures.

Check out and like our Facebook page, U3A Creswick

Exploring World Cinema, Creswick Neighbourhood House 1st and 2nd Thursday each month



DATES TO REMEMBER

September 2018

- 1st - *Leisurely Lunch - The Railway Café - Maryborough Railway Station*
- 6th - *Exploring World Cinema - Balibo*
- 13th - *Exploring World Cinema - Brassed Off*

October 2018

- 4th - *Exploring World Cinema*
- 6th - *Leisurely Lunch - The Yacht Club - Ballarat*
- 11th - *Exploring World Cinema*

November 2018

- 1st - *Exploring World Cinema*
- 3rd - *Leisurely Lunch - The Bread and Circus Provedore - Clunes*
- 8th - *Exploring World Cinema*

December 2018

- 1st December U3A Christmas BBQ

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

Are you aware??????

In your Name Tag Holder is an "In Case of Emergency" form that maybe of benefit if it's filled out.

