

The 10<sup>th</sup> Anniversary Dinner was a great success with more than forty attendees and a great social occasion.



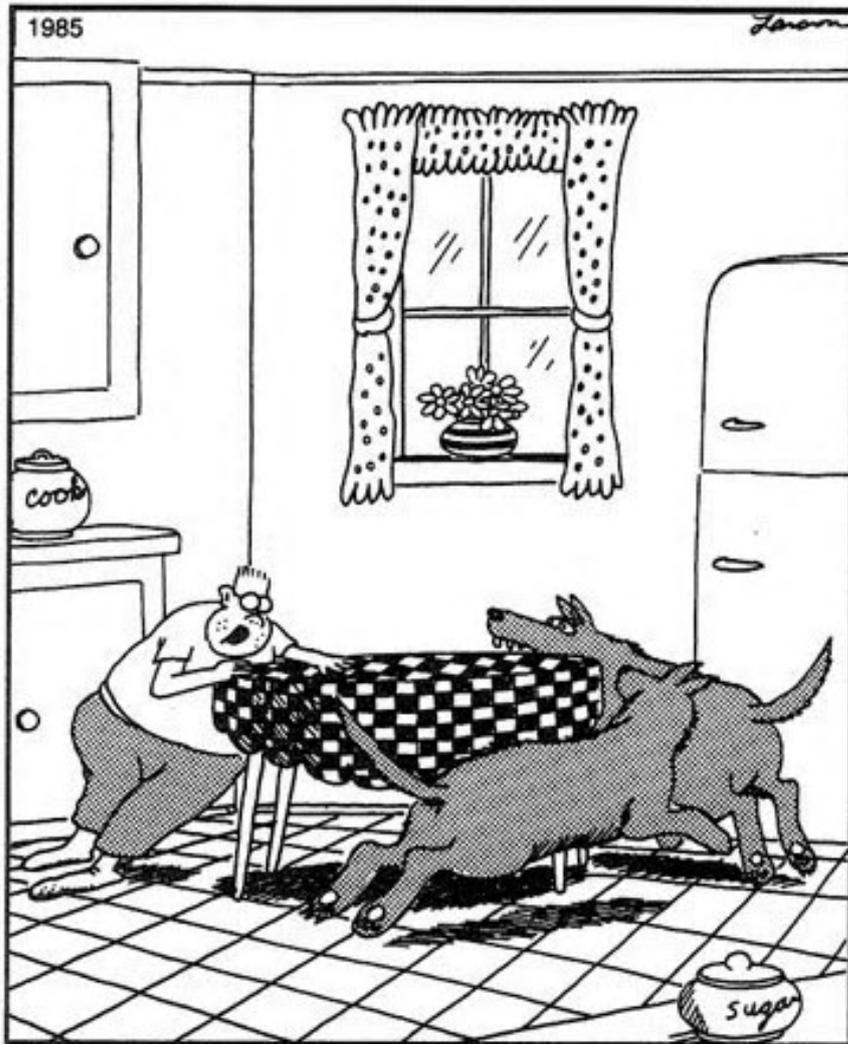
This was our birthday cake, high in cholesterol, full of chocolate and completely lacking in regret.

## Notice of AGM

**Our AGM will be held in the RSL at 11.00am September 19<sup>th</sup> 2019.** Nominations for committee positions are open now.

This will be followed by a sausage sizzle outside the RSL. **The Hearing Bus** will once again be outside the RSL and give you the opportunity to have your hearing tested free of charge.

There will be an **Expo** held in conjunction, in the **Creswick Town Hall from 10.30-2.30.** With displays by our wonderful tutors. It will also include some expressions of interest in proposed courses.



Luposliphobia: The fear of being pursued by timber wolves around a kitchen table while wearing socks on a newly waxed floor.



## **This Life**

### **How could over 50 people make so much noise?**

It almost sounded like a school reunion ,as I heard the feminine laughter amid the deeper timbre of men's voices. A lot of people were milling about, many cheerful greetings were exchanged and palpable pleasure and enthusiasm in the air before we all settled down to the years first session of the long running University of the Third Age's philosophy class.

A few years ago , when I retired, I was asked what I would do with all that time on my hands. This of course is one of the assumptions about retirement, when time, in reality, turns out to be more fleeting than abundant, and all becomes not much. When my answer became a reference to joining the University of the Third Age, the response was ' Why do you want to hang around with old people? They will be complaining about their health all the time. And worse you'll make friends and they will no longer be there".Actually the words used were more direct, but I still don't know whether I should have been flattered that I was seemingly not considered to be old, a moaner, or in danger of disappearing in the near future.

Three years later, I am still a member of the U3A philosophy class I had joined at the end of 2009 , and was one of the many noisy people at the first session in February this year.

There are many aspects of the class that appeal to me. To begin with, the topic is both vast and on a minutely human scale as there is nothing in life that cannot be viewed through a philosophical prism, from the ethics of financial markets to science as the new philosophy. Additionally, the encounter with the clash of ideas of philosophers through the ages, each era repudiating or building on the preceding generations thinkers, is illuminating. There are no definite answers. In philosophy all we can expect is a different perspective on the essential questions-questions whose core does not alter much,though their outer appearance may differ significantly through time.

To understand why the tutor, with his enthusiasm for philosophy from its beginning to its contemporary incarnations [ and his respect for different opinions] is greatly appreciated, you need to remember that the members and the tutors of the many U3A'S across Australia are volunteers and not young in years. Some arrive with their sticks, some don't hear too well and some attend only sporadically. but others go on excursions and take long bike rides, dance and are fierce bridge players, or, whizzes with technology, share their knowledge and help the less technology literate members.

The vast programs, year long or short, wholly organised by them, range from Spain's golden age to brain research, from languages to photography and much more. The members of my philosophy class are well informed and live in the present. They are irrepressible, opinionated, lively and possibly more engaged than they ever were in their youth, and many have participated in the class for several years. When new faces appear it is fun to watch them take measure of the class to see how quickly they feel comfortable enough to join in the debates. Unobtrusive concern for others, generosity in sharing the wisdom and knowledge gained in the past and an openness to the new,enrich each of us and make this class a delight.

Long may it continue.

**Written by Lilli Lipa and published in The Australian July 27<sup>th</sup> 2013**

Editors Note. This article embodies the spirit of U3A and could apply to any class in any U3A anywhere.

## What is a 'Tutor'?

Without tutors there would be no U3A. All of our tutors volunteer their skills and time. If you have a skill or passion that you would like to share please consider offering a class.

The term 'Tutor' applies to anyone who manages a U3A group in any activity listed as a 'Course'.

Tutors may offer tuition, or their role may be to lead or facilitate participants in a group activity.

The concept of 'self-help' groups, where participants all contribute to the learning, is now established in U3A; however, someone needs to agree to be designated 'Tutor' within the course coordination system.

The same applies to organisers of excursions, or presenters of one-off information sessions.

You can call your role whatever you feel is appropriate in conversation – just bear in mind that the database knows you only as 'Tutor', and your activity as a 'Course'.

No formal qualifications are needed for you to tutor in U3A. However, you are expected to be enthusiastic, reliable, and committed to providing your class members with a satisfying learning and/or social experience, and treat your students accordingly.

Manage class discussion sensitively so that all students feel respected at all times. Ensure students do not put themselves at risk (e.g. by lifting tables single handedly). Help to maintain a safe environment and report any concerns to the class coordinator.

In the event of an accident or incident the Secretary should be informed immediately, to advise insurance and other interested parties. This is essential as a claim in the future will not be valid unless they are aware of it.

Keep in mind that time tabling and allocating rooms is an immensely complicated process (undertaken by the Course Coordinator]. It is essential that any changes you wish to make are discussed with the class coordinator who is the responsible authority to negotiate with the venue.

### **What should I do if I would like to offer a course?**

Think about some of these issues:

the class that you would like to offer – the title and content

the maximum and minimum number of students

your preferred time/s

preferred day/s

the length of the course (a short course or full year)

do you want to suspend the class at any time/s during the year eg school holidays, your winter break etc

any equipment or special facilities that you might need



**Everyone who works in our U3A is a volunteer. We have no paid staff.**

**Not**

**by Erin Hanson**

You are not your age, nor the size of clothes you wear,

You are not a weight, or the colour of your hair.

You are not your name, or the dimples in your cheeks.

You are all the books you read, and all the words you speak.

You are your croaky morning voice, and the smiles you try to hide.

You're the sweetness in your laughter, and every tear you've cried.

You're the songs you sing so loudly when you know you're all alone.

You're the places that you've been to, and the one that you call home.

You're the things that you believe in, and the people whom you love.

You're the photos in your bedroom, and the future you dream of.

You're made of so much beauty, but it seems that you forgot

When you decided that you were defined by all the things you're not.

Erin Hanson [poet] was born in Brisbane June 22<sup>nd</sup> 1995.

### **Its not just us**

**U3A Uk** is a movement which brings those in their 'third age' — those who are retired, semi-retired or no longer with parental responsibility — together to form new friendships, develop their interests and discover the benefits of lifelong learning.

Started more than 35 years ago the national charity has now grown to become one of the largest volunteer-led organisations in the country, with 1043 U3As and 425,000 members.

**Australia's** first U3A began in Melbourne in 1984 and has grown to 250 U3As nationally with approximately 85,000 Members. These are based in metropolitan, regional and rural areas, and follow the British model of teaching and learning over a wide range of subject areas, dependent upon the membership's own expertise, knowledge and skills.

## **Creswick & District U3A Inc. A0053344W**

**Notice of: U.3.A. Annual General Meeting 2019**

**Date : Thursday 19<sup>th</sup> September 2019**

**Time : 11.00 a.m.**

**Venue : Creswick R.S.L. Hall.**

## You're having a **heart** attack; why not ask for help?



Date: May 28, 2019

Source: European Society of Cardiology

A perceived inability to act on symptoms could signify a life-threatening situation, according to research published today in the European Journal of Cardiovascular Nursing, a journal of the European Society of Cardiology (ESC).

Most deaths from heart attack occur in the first few hours after the start of symptoms. Quick treatment is crucial to restore blood flow to blocked arteries and save lives. The time it takes for patients to interpret and respond to symptoms is the main reason for delays in getting to a hospital and the care they need.

The study enrolled 326 patients undergoing acute treatment for a first or second heart attack. Participants completed the validated questionnaire "Patients' appraisal, emotions and action tendencies preceding care-seeking in acute myocardial infarction" (PA-AMI).

Patients in the study waited a median of three hours before seeking medical help. Some delayed for more than 24 hours. So what went through their minds during that period? This study, for the first time, identified two general reactions.

A perceived inability to act had a significant impact on patients who waited more than 12 hours. These patients said: "I lost all power to act when my symptoms began"; "I did not know what to do when I got my symptoms"; "my symptoms paralysed me"; and "I felt I had lost control of myself when I got my symptoms."

"This immobilisation during ongoing heart attack symptoms has not been shown or studied before," said study author Dr Carolin Nymark, of Karolinska University Hospital, Stockholm, Sweden. "At the moment we don't know why some patients react in this way. It is possibly linked to fear or anxiety. This should be a novel element in educating people about what to do when they have heart attack symptoms."

Inaccurate symptom appraisal also affected those who delayed for more than twelve hours. These patients said it took a long time to understand their symptoms; they thought the symptoms would pass; they thought the symptoms were not serious enough to seek medical care; and they thought it would be difficult to seek medical care.

Conversely, patients who accurately identified their heart attack symptoms and sought medical help quickly had a wish to seek care, knew the symptoms were serious and where they should go to get help, and did not try to divert their thoughts away from the symptoms.

"Our previous research has shown that some patients believe their symptoms aren't serious enough to call an ambulance," said Dr Nymark. "Others think the intensive care unit is closed in the middle of the night, perhaps because they do not think clearly during the event."

Warning signs of a heart attack include moderate to severe discomfort such as pain in the chest, throat, neck, back, stomach or shoulders that lasts for more than 15 minutes. It often comes with nausea, cold sweat, weakness, shortness of breath, or fear. "Another red flag is feeling you have no power to act on your symptoms," said Dr Nymark. "This may indicate a real health threat and the need to call an ambulance."

Dr Nymark said this new signal could be discussed in outpatient appointments for those with cardiovascular risk factors and in cardiac rehabilitation programmes for heart attack survivors. The study questionnaire could be used to identify patients who previously experienced an inability to act or poor symptom appraisal.

"Our findings are worrying because even a small reduction in delay would save heart muscle and lives," said Dr Nymark. "Reducing patient delays appears to be a complex task and we need to find innovative ways to inform and educate patients and the public."

Dr Nymark concluded: "If you have symptoms that may be caused by a heart attack, don't ignore them. Call for help immediately. It is better to be wrong about the symptoms than dead."

A London Solicitor parked his brand new Porsche in front of the office to show it off to his colleagues. As he was getting out of the car, a truck came speeding along too close to the kerb and took off the door before zooming off.

More than a little distraught, the Solicitor grabbed his mobile and called the police.

Five minutes later, the police arrive..

Before the policeman had a chance to ask any questions, the man started screaming hysterically:

"My Porsche, my beautiful silver Porsche is ruined.

No matter how long it's at the panel beaters, it'll simply never be the same again!"

After the man finally finished his rant, the policeman shook his head in disgust.

"I can't believe how materialistic you Solicitors are." he said.

"You lot are so focused on your possessions that you don't notice anything else in your life."

"How can you say such a thing at a time like this?" sobbed the Porsche owner.

The policeman replied: "Didn't you realise that your arm was torn off when the truck hit you?"

The Solicitor looked down in horror.

He screamed. "Where's my Rolex ?????"



## How to Take Great Smart phone Pictures



The ubiquitous smart phone seems to have replaced dedicated cameras among all but professionals and photography hobbyists. And the Android operating system powers 88% of all smart phones. So here are some tips for taking great photos with an Android smart phone. (Actually most of them apply to iPhones and old-school DSLR cameras as well.)

### Tips For Smart phone Photographers

A picture is worth 1,000 words, and that exchange rate seems to apply to social media companies, too. Text-based Twitter is struggling, while photo-centric Snapchat and Pinterest are soaring. Experts estimate we now upload 2 billion photos per day to the Internet. Photography is the currency of social media.

My first tip is a simple but important one. Keep the lens clean. Phones spend a lot of time in pockets and purses gathering dust and lint. Fingerprints easily cover camera lenses when phones are pulled out hastily. A dirty lens will result in cloudy photos. Use a microfibre cloth to gently clean the lens. A cotton swab moistened with water can remove stubborn specks.

Next, use the “rule of thirds,” a basic photography tip. The rule is based on the theory that images look more interesting when their subject straddles imaginary lines that divide the field of view into thirds, horizontally and vertically.

The points at which the imaginary lines intersect are also important in photo composition because viewers’ eyes are naturally drawn to those points.

Lighting is the most important aspect of photography. The direction, colour, and intensity of lighting can have dramatic effects on a photo. Most smart phone photos are taken under conditions that give the photographer little control over lighting. But you can move around to get the light at your back and on your subject. Try different angles to see how light and shadows affect the composition.

These next two tips were given to me by a professional photographer. He advised me to avoid using a smart phone's flash. Due to the size constraints of phones, a built-in flash is always too close to the lens, resulting in overwhelming glare, washed-out patches of skin, and the infamous “red-eye” effect. Use natural light whenever possible. If necessary, consider a detached LED lamp with adjustable intensity.

And never use digital zoom. Optical zoom works by physically moving the lens closer to the subject. Digital zoom is a software trick that enlarges pixels, which makes the image look larger but blurrier. The best way to make objects look bigger is to get closer to them, unless the object is a lion or alligator.

### Experimenting With Camera Settings

Every modern smart phone packs a pretty powerful digital camera these days. Understand Camera Modes. Using Android’s default Camera app, you’ll notice that various modes are available. Most people just leave their Android camera in “auto” mode, letting it select the best setting for each shot as best it can. But choosing the right mode can yield a much more interesting photo.

Try browsing through your camera’s settings and experimenting with its various modes. Some phones will show a small arrow on the left side of the camera screen, which will reveal a variety of settings and options. Others have a gear icon to access settings. You can always delete shots you don’t like. Try different filters to add subtle or slapstick effects.

If you have trouble keeping the phone steady when clicking the button to snap a photo, turn on voice controls. This will allow you to get your subject in focus, and take a picture by saying "shoot."

HDR, or High Dynamic Range, is an important mode. It is a form of image processing that balances lights and darks in images, and helps them look more like the way the human eye would see the photo's object. HDR actually takes three photos very rapidly - light, medium, and dark - then mashes them together to yield an image that includes all the highs and lows of a scene. As you might imagine, HDR works best with still scenes like landscapes, while moving objects will appear blurry.

If available, panorama mode lets you pan across a wide scene and capture it one wide-angle photo. In most cases, you'll want to hold your phone horizontally when taking pictures or videos. Panorama mode is the exception. Holding the phone vertically will increase your depth and result in a better image. It's important to keep the phone level while sweeping across the scene. If your phone doesn't have panorama mode, check the Google Play store for an app to add that functionality.

Some high-end phones with the latest Android version provide advanced simulations of professional photography features, such as aperture priority, shutter priority, and full manual, as well as ISO (sensitivity) and white balance. Most casual shutterbugs will find these settings overkill, but they can come in handy at times if you take the trouble to learn them.

If your Android camera has a RAW image option, you can save images in uncompressed (raw) format instead of JPG. RAW gives you better editing options and yields sharper photos.

Backup photos automatically. Oceans of tears have been shed over lost memories when phones and their SD cards are lost or damaged. Google Photos provides unlimited free cloud storage for photos and videos as long as they're no bigger than 16 Mpixels (photos) or 1080p HD (videos). Larger files are either compressed or counted against your Google account's cloud storage limit.

You don't need a Google account to use Google Photos. By simply activating the Backup & Sync function on an Android or IOS-based smart phone or tablet, Google Photos automatically saves all photos and videos stored on all the devices a user owns, as well as any taken in the future.

### **Information from Technical Expert Bob Rankin.**



When your down at the sea and a fish bites your Knee

That's a Moray

when he bites on your thumb, takes a chunk of your bum,

that's a Moray

when you reach in his cave, he's all bravo and brave

he's a Moray

And if it's not how it feels, and you know you have eels,

that's a Moray....

scuzza me, but you see, let them be, or you'll see

lotsa Morays.....



### **August 2019**

- 1<sup>st</sup> August**            **Movie** Looking for Alibrandi            1,00 pm Neighbourhood centre
- 3rd August**            **Talbot Provedore** – Talbot. Leisurely Lunch
- 8<sup>th</sup> August**            **Movie** The land beyond the pines    1.00pm Neighbourhood Centre.

### **September 2019**

- 5 th September**        **Movie** The Dish                            1.00 pm Neighbourhood Centre.
- 7th September**        **The Railway Hotel** – Castlemaine Leisurely Lunch.
- 12<sup>th</sup> September**        **Movie** The Bookshop                    1,00pm Neighbourhood Centre
- 19<sup>th</sup> September**        **AGM 11.00 am RSL**            **Expo 10.30 -2.30pm**

### **October 2019**

- 5th October**            **Leisurely Lunch Venue to be advised**
- 10<sup>th</sup> October**            **Downton Abbey the Movie Regent Multiplex**

### **November 2019**

- 2nd November**        **The Supreme Court Bar/Restaurant** – Maryborough Leisurely Lunch

### **December 2019**

- 7th December**        **U3A Xmas BBQ**