



**CRESWICK**  
UNIVERSITY OF THE THIRD AGE

**NEWS**

Issue 55

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October/ November 2019

### From The Committee

**September saw our Annual General Meeting and Expo which were both very successful.**

**Our fees remain at \$25 for the eleventh year.**

Office bearers elected on the day were

**President.** Doug McCallum. **Vice President.** Bill Morrison. **Secretary.** Anne Chamberlain. **Treasurer.** John Piggot.

**Ordinary committee members.** Andrew Cossenias, Paul Ford, Elaine Clark, Adele Morrison, and two new members John Bunn and Wendy Dunton.

Anne is also Class Coordinator and Bill Editor of the newsletter. He is always happy to receive articles about classes or general interest.

We are holding another **Be Connected** event on **October 17<sup>th</sup>, 11.00 am** at the John Curtin this will be computer basics and will be followed by a delicious roast lunch. **Bookings are essential.** This is open to anyone over 55 whether you are a member or not, if you have a friend you think may benefit, invite them along. **Bookings can be made online, by responding to an email or ringing Anne.** Please confirm friends you have invited.

**Our Christmas BBQ will be held on Saturday 7<sup>th</sup> December** at the Neighbourhood Centre if you have not been before it is a great day.

A very reasonable price includes food and beverages, stimulating conversation and good weather.

**Book online, by responding to an email, or ring Anne.**

**Term dates for 2020** for you and your Tutors are as follows

**Term 1** Tuesday 28<sup>th</sup> January - Friday 27<sup>th</sup> March -9 weeks

**Term 2** Tuesday 14<sup>th</sup> April -Friday 26<sup>th</sup> June-11 weeks

**Term 3** Monday 13<sup>th</sup> July - Friday 18<sup>th</sup> September- 10 weeks

**Term 4** Monday 5<sup>th</sup> October- Friday 18<sup>th</sup> December -11 weeks

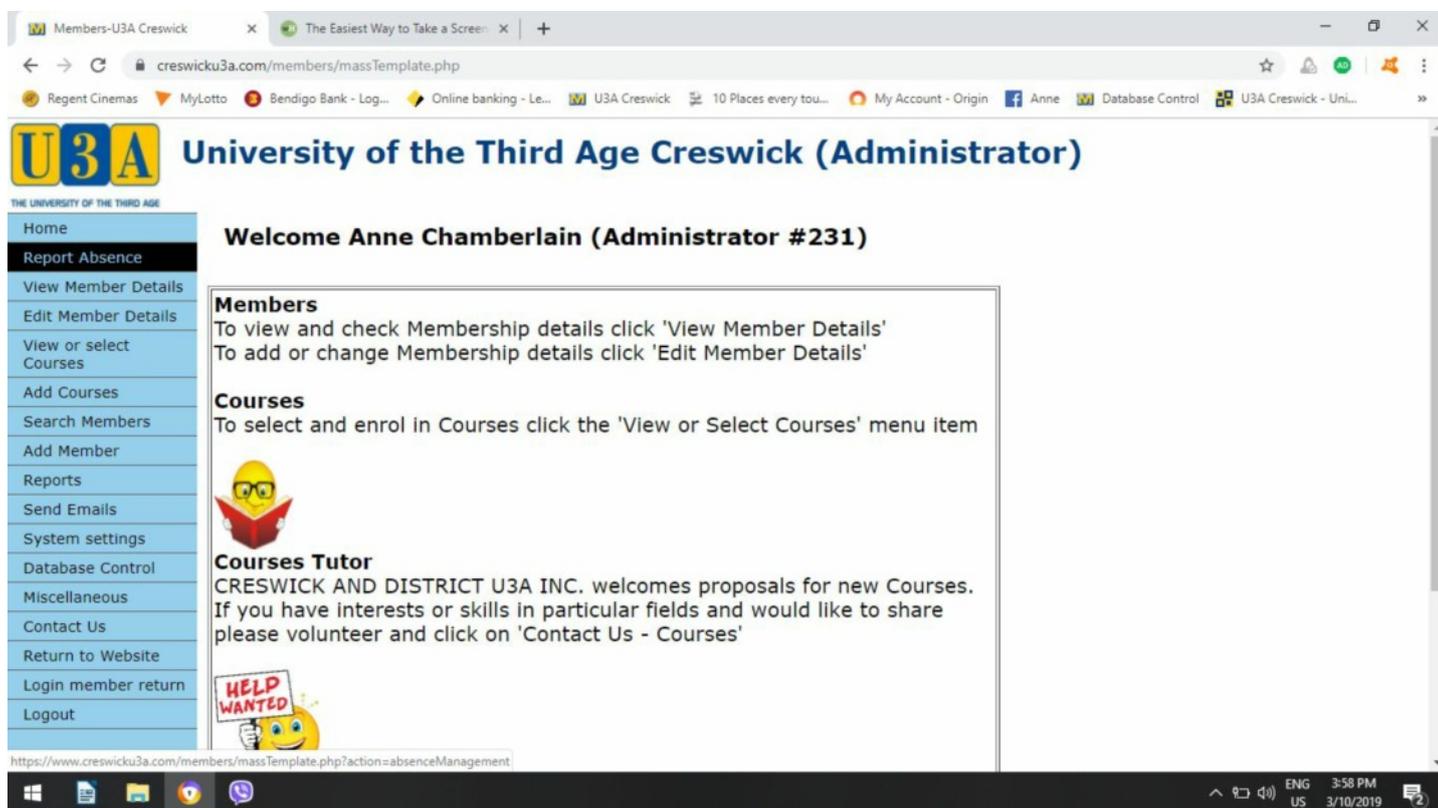
End of year School Holidays 2020 **Saturday 19<sup>th</sup> December - Tuesday 26<sup>th</sup> January 2021.**



Have you looked at our UMAS system recently??

There is now a very good option which enables you to advise the tutor of your absence from a course.

It is so simple – just click on the **Report Absence** button in the menu....



**Select your absence dates from and to**

**Choose a course or All** - This will only display your courses ..

Choose a reason and **SUBMIT**.

An email will be sent to the tutor advising them of your absence on the dates you have specified.

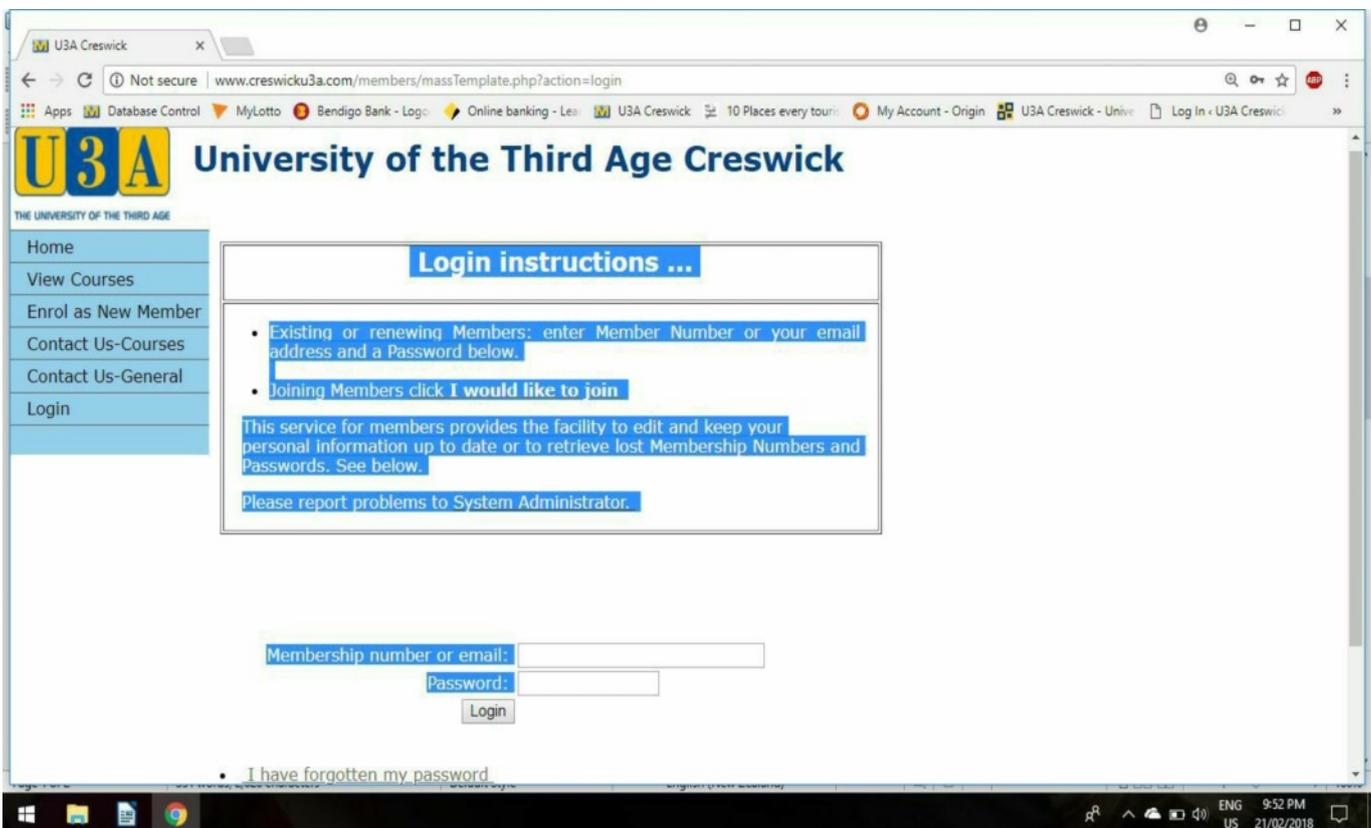
Just in case it's been awhile since you have been into the system below are details to get you there!

**Go to**

**<http://www.creswicku3a.com/>**

**Paste the address above into your internet browser to take you to the [Creswick U3A website](#) – select **Membership Login****

**This will take you into the UMAS system as displayed below.**



**If you need any assistance please email [info@creswicku3a.com](mailto:info@creswicku3a.com) or call Anne on 0459 981 066**



Three old Grandmas were sitting on a bench outside the nursing home when an old Grandpa walked by.

One of the old Grandmas yelled out, 'Hey, we bet we can tell exactly how old you are!'

The old man said, 'There is no way you can guess my age!'

One of the Grandmas said, 'Sure we can! Just drop your pants and underpants and we can tell your exact age.'

Embarrassed, but anxious to prove they couldn't do it, he dropped his drawers.

The Grandmas asked him to first turn around a couple of times and then jump up and down several times.

Determined to prove them wrong, he did it.

Then they all said in unison, 'You're 87-years-old!'

Standing with his pants down around his ankles, the old gent asked, 'How in the world did you guess my age?'

Slapping their knees, high-fiving and grinning from ear to ear, the three old ladies happily crowed.....

'We were at your birthday party yesterday.'

## **Vast majority of dietary supplements don't improve heart health or put off death, study finds**

In a massive new analysis of findings from 277 clinical trials using 24 different interventions, Johns Hopkins Medicine researchers say they have found that almost all vitamin, mineral and other nutrient supplements or diets cannot be linked to longer life or protection from heart disease.

Although they found that most of the supplements or diets were not associated with any harm, the analysis showed possible health benefits only from a low-salt diet, omega-3 fatty acid supplements and possibly folic acid supplements for some people. Researchers also found that supplements combining calcium and vitamin D may in fact be linked to a slightly increased stroke risk.

Results of the analysis were published on July 8 in *Annals of Internal Medicine*.

Surveys by the Centres for Disease Control and Prevention show that 52% of Americans take a least one vitamin or other dietary/nutritional supplement daily. As a nation, Americans spend \$31 billion each year on such over-the-counter products. An increasing number of studies -- including this new one from Johns Hopkins -- have failed to prove health benefits from most of them.

"The panacea or magic bullet that people keep searching for in dietary supplements isn't there," says senior author of the study Erin D. Michos, M.D., M.H.S., associate director of preventive cardiology at the Ciccarone Center for the Prevention of Cardiovascular Disease and associate professor of medicine at the Johns Hopkins University School of Medicine. "People should focus on getting their nutrients from a heart-healthy diet, because the data increasingly show that the majority of healthy adults don't need to take supplements."

For the current study, the researchers used data from 277 randomised clinical trials that evaluated 16 vitamins or other supplements and eight diets for their association with mortality or heart conditions including coronary heart disease, stroke, and heart attack. All together they included data gathered on 992,129 research participants worldwide.

The vitamin and other supplements reviewed included: antioxidants, -carotene, vitamin B-complex, multivitamins, selenium, vitamin A, vitamin B3/niacin, vitamin B6, vitamin C, vitamin E, vitamin D alone, calcium alone, calcium and vitamin D together, folic acid, iron and omega-3 fatty acid (fish oil). The diets reviewed were a Mediterranean diet, a reduced saturated fat (less fats from meat and dairy) diet, modified dietary fat intake (less saturated fat or replacing calories with more unsaturated fats or carbohydrates), a reduced fat diet, a reduced salt diet in healthy people and those with high blood pressure, increased alpha linolenic acid (ALA) diet (nuts, seeds and vegetable oils), and increased omega-6 fatty acid diet (nuts, seeds and vegetable oils). Each intervention was also ranked by the strength of the evidence as high, moderate, low or very low risk impact.

The majority of the supplements including multivitamins, selenium, vitamin A, vitamin B6, vitamin C, vitamin E, vitamin D alone, calcium alone and iron showed no link to increased or decreased risk of death or heart health.

In the three studies of 3,518 people that looked at a low-salt diet in people with healthy blood pressure, there were 79 deaths. The researchers say that they found a 10% decrease in the risk of death in these people, which they classified as a moderate associated impact.

Of the five studies in which 3,680 participants with high blood pressure were put on a low-salt diet, they found that the risk of death due to heart disease decreased by 33%, as there were 674 heart disease deaths during the study periods. They also classified this intervention as moderate evidence of an impact.

Forty-one studies with 134,034 participants evaluated the possible impact of omega-3 fatty acid supplements. In this group, 10,707 people had events such as a heart attack or stroke indicating heart disease. Overall, these studies suggested that supplement use was linked to an 8 percent reduction in heart

attack risk and a 7 percent reduction in coronary heart disease compared to those not on the supplements. The researchers ranked evidence for a beneficial link to this intervention as low.

Based on 25 studies in 25,580 healthy people, data also showed that folic acid was linked to a 20 percent reduced risk of stroke. Some 877 participants had strokes during the trials. The authors graded evidence for a link to beneficial effects as low.

The authors point out that the studies suggesting the greatest impact of folic acid supplementation on reducing stroke risk took place in China, where cereals and grains aren't fortified with folic acid like they are in the U.S. Thus, they say, this apparent protective effect may not be applicable in regions where most people get enough folic acid in their diet.

Twenty studies evaluated the combination of calcium with vitamin D in a supplement. Of the 42,072 research participants, 3,690 had strokes during the trials, and taken together the researchers say this suggests a 17% increased risk for stroke. The risk evidence was ranked as moderate. There was no evidence that calcium or vitamin D taken alone had any health risks or benefits.

"Our analysis carries a simple message that although there may be some evidence that a few interventions have an impact on death and cardiovascular health, the vast majority of multivitamins, minerals and different types of diets had no measurable effect on survival or cardiovascular disease risk reduction," says lead author Safi U. Khan, M.D., an assistant professor of Medicine at West Virginia University.

Other authors include Muhammad U. Khan and Shahul Valavoor of West Virginia University; Haris Riaz of Cleveland Clinic; Di Zhao, Michael J. Blaha and Eliseo Guallar of Johns Hopkins; Lauren Vaughan and Victor Okunrintemi of East Carolina University; Irbaz Bin Riaz and M. Hassan Murad of Mayo Clinic; Muhammad Shahzeb Khan of the John H. Stroger Jr. Hospital of Cook County; and Edo Kaluski of the Guthrie Health System.

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Story Source: Materials provided by Johns Hopkins Medicine.

“You can't stay in your corner of the Forest waiting for others to come to you.

A. A. Milne Winnie the Pooh

.“It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like

"What about lunch?"

— A. A. Milne, Winnie-the-Pooh

“Why did you do all this for me?’ he asked. ‘I don't deserve it. I've never done anything for you.

‘You have been my friend,’ replied Charlotte. ‘That in itself is a tremendous thing.”

— E.B. White, Charlotte's Web

“Wilbur never forgot Charlotte. Although he loved her children and grandchildren dearly, none of the new spiders ever quite took her place in his heart. She was in a class by herself. It is not often that someone comes along who is a true friend and a good writer. Charlotte was both.”

— E.B. White, Charlotte's Web

You can't go back and change the beginning, but you can start where you are and change the ending.

C. S. Lewis



## **U3A New Zealand**

U3A is quite new in New Zealand. The first group was established in Auckland in June 1989. Since then it has spread throughout the country but few groups have been going more than two years. Each group is independent and is modelled on the U.K. self-help approach. Accordingly, the groups remain responsive to the needs of the local community.

Although the courses are basically educational, the great majority are run in private homes so groups tend to be small and friendly, and participants get to know each other well. About 15 is the preferred class size. Some of the more popular classes may attract 20 or more, however, not many homes can accommodate such large groups in comfort.

The study program is flexible and covers a wide variety of teaching and learning styles and preferences. Some courses are academically quite demanding, others are more of a recreational nature. In addition to the regular academic program many groups hold monthly general meetings in suitable halls, and these often feature an invited speaker.

The group meetings are popular and well attended, and help build a sense of belonging to a diverse and growing organization.



**October 2019**

- 3<sup>rd</sup> October**                    **Movie Wide Open Sky Neighbourhood Centre 1.00 pm**
- 5<sup>th</sup> October**                    **Leisurely Lunch**
- 10<sup>th</sup> October**                    **Downton Abbey the Movie and High Tea Lunch Regent Multiplex**
- 17<sup>th</sup> October**                    **Get Online event John Curtin 11.00 am- 1.00 pm Lunch provided.**

**November 2019**

- 2<sup>nd</sup> November**                    **The Supreme Court Bar/Restaurant – Maryborough Leisurely Lunch**
- November 7<sup>th</sup>**                    **Movie Phar Lap Neighbourhood Centre 1.00 pm**
- November 14<sup>th</sup>**                    **Movie Tinker Tailor Soldier Spy Neighbourhood Centre 1.00pm.**

**December 2019**

- 5<sup>th</sup> December**                    **Movie Storm Boy Neighbourhood Centre 1.00pm**
- 7<sup>th</sup> December**                    **U3A Xmas BBQ**
- 14<sup>th</sup> December**                    **Movie Murder on the Orient Express Neighbourhood Centre 1.00 pm**