



CRESWICK
UNIVERSITY OF THE THIRD AGE

NEWS

Issue 58

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June-July 2020.

From The Committee

This has been a hectic few weeks for the committee. After many years service, Andrew Cossenias has stepped down, Andrew served as treasurer for a few years and did an outstanding job. Andrew was the second longest member on committee and his wisdom will be sorely missed.

Anne Chamberlain has stepped down as Secretary as she is relocating with her partner Robin Philip to Western Australia. Anne had an enormous impact on the running of our U3A and we will always be grateful she chose to settle here.

Colleen Dooley has been appointed Secretary in Anne's place and we know she will do a great job. Not having anything taking place is a hard introduction for Colleen, we all know it is easier to settle in if you are doing actual work rather than learning by theory.

We have had a couple of Zoom meetings preparing to restart as soon as it is safe to do so. Some things will probably change in the early stages.



This hand made wall hanging pot was presented on your behalf to Anne in appreciation of her work .

Anne made a major contribution in the time she was with us . Anne and Robin intend to return in August for a short stay, hopefully we will all have the opportunity to catch up out of lock down.

The frog is representative of the growling grass frog, used in the Creswick logo.

As you know our year runs from 1st July to 30th June and fees fall due for renewal on July 1st. We usually hold a renewal meeting in June. **This year however the committee have decided that there will be no renewal meeting and fees will be held over until the AGM in September.** We are hoping that everything will be back to normal by then.

Even though our fees are currently among the lowest in Victoria we want to help our members while there are no classes being held. **All current memberships will be extended until the AGM.**

Living after Retirement.

Source. Retirement Living.



The day I retired was so exciting. I went to work that day with a smile on my face and after some goodbyes, a cake and some lovely well wishes and gifts, I walked outside with a smile on my face knowing I would never formally work again.

That evening I went home had a glass of wine and watched TV. I was happy – I had so much time on my hands now! For the following fortnight I had a happy routine of going for great walks, catching up with a friend or two for coffee, cleaning the house and doing some baking. I popped into the grandkids once a week as they live a two-hour drive away and I was very happy.

But on the third week something happened. I started to feel like my life was one big rotating wheel. When Mary cancelled on a lunch date one week I realised that it meant this day was filled with absolutely nothing. When I actually got up that day I realised there was nothing to fill my time.

Without realising it, I had lost a massive part of my life and myself when I retired, because I stopped socialising. Every day when I went to work at my job as a bank teller, I would spend the day chatting to a myriad of people. I would catch up on news from my co-workers and there wasn't a minute of my day that was filled with social interaction.

Suddenly, I had very little of it. I began to feel lonely. I would wake up on a day where I didn't have anything planned and I'd want to go back to sleep. I had beautiful friends however they were still working, so my days were long and I actually began to get a little depressed.

I would get so excited to see other people that I almost became anxious about social gatherings like dinners and parties. My son and his wife began to get concerned and encouraged me to move closer to them, but it wasn't until I read a story about a man who retired and experienced rapid cognitive decline, leading to dementia due to a lack of social interaction, that I realised something needed to change. That day I jumped on Google and looked for any kind of classes and social groups in my area. I lived in a small town so there wasn't a whole lot but I signed up for a ballroom dancing class and yoga. I thought the ballroom dancing would be great socially and the yoga would be fantastic to help me regain some balance and happiness.

That week I went to ballroom dancing on a Wednesday night and two yoga classes on Tuesday and Friday morning. On the second week, I walked down to the hospital and asked if they needed volunteers. I did the same at the local school. I applied for a Blue Card (Queensland's "working

with children” approval) and once it arrived I started reading at the primary school two afternoons a week and did the same at the children’s hospital one lunchtime a week.

It took a lot to realise that I needed the change and that I needed purposeful social interaction and it was something I hadn’t ever considered when I made the decision to retire. The social change was something I hadn’t ever anticipated. So I hope that my story can help someone to have a happy and healthy transition into retirement!

[SCAM ALERT] Microsoft Office Ripoffs

On eBay, there are many sellers offering things like “Microsoft Office 2019 (Office 365) Pro Plus,” which is a mash up of search keywords and not even an actual product name. You can’t tell what’s being offered without reading every word of the description. Even then, you can’t trust what you read; you have to use common sense to avoid getting burned. And the prices are ridiculously low.

In January 2019, Security researcher Brian Krebs recounted the experience of one of his readers who paid \$3.97 for one of these “fuzzy” software deals. It turned out to be a subscription to Office 365, not a product key for a copy of the Microsoft Office desktop suite. But even the suspiciously under-priced subscription was sketchy, as the buyer learned when he read the seller’s follow up email.

The Vietnamese seller sent a username and password, and told the buyer to log in at the Office.com site. Who sends log-in credentials via unencrypted email? That’s a big red flag right there, but not the only one. The buyer was instructed to change his password after logging in. He also wanted to change his username but found that was locked by the “administrator.” Red flag two (or three if you count the absurdly low price).

More importantly, the email address associated with the Office 365 account could not be changed. Whoever owns that email address has control over the account and all documents that are stored on its One Drive space. Although the buyer’s password change may lock out the original user, the email address enables him to recover control of the account. I’ve lost count of the red flags at this point.

“This merchant appears to be reselling access to existing Microsoft Office accounts...” opines Krebs. The user credentials might have been obtained by hacking a business server where they were stored, or it could be an inside job.

“This is clearly a rogue sysadmin selling accounts for an enterprise licensing...” says a comment on Krebs’ article. An admin of a 1000-seat Microsoft 365 enterprise or academic license could sell unused seats on the sly. He might not get caught until the company audited its software licenses. He might set up accounts with fake email addresses, and/or sell accounts that have been abandoned, perhaps by employees who have left the company.

Sixteen months later, these offers are still all over eBay. I saw one today offering "Instant Microsoft Office 365 2016 Pro Plus Lifetime Account" for USD \$2.17. In the fine print, the seller (based in France) says: "No license key or serial code or CD Provided. The license is a business license which forms part of an academic license." That tells you everything you need to know -- stay away.

In addition to the unpleasant likelihood that this "rogue sysadmin" can access all of your documents, what happens if that person gets caught? Right... you lose your account AND your documents. The same caution applies to Microsoft Windows, Photoshop, or any popular software that's being offered at prices that seem too good to be true

But wait, there's no good reason to pay for Microsoft Office at all! There are plenty of alternatives that work just as well, and are file-compatible with Office

Libre Office, for example, is a free, open source office suite for Windows, Macintosh and Linux, that gives you six applications: Writer, Calc, Impress, Draw, Math and Base. Libre Office's native format is the Open Document Format (ODF), but it supports a variety of other formats, including Microsoft Office. That means you can open your existing Word (DOCX) or Excel (XLSX) files in Libre Office, or create new files in Office formats.

If you prefer a free cloud-based office suite, Google Docs is the best-known name in cloud-based office software. It includes word processing, spreadsheets, and presentations. Multiple users can collaborate on the same document simultaneously. Google Docs supports ODF, Office, and other formats, and is noted for its collaborative capabilities. Because it's browser-based, there is no software to download, install or update. .

REGENT CINEMAS FILM LUNCHEON SCONE RECIPE-----



INGREDIENTS

6 CUPS (1080G) SR FLOUR

500 ML OF CREAM

500 ML OF LEMONADE

METHOD

PLACE ALL INGREDIENTS INTO A LARGE BOWL AND MIX UNTIL INGREDIENTS ARE COMBINED.

PLACE MIXTURE ONTO A FLOURED BENCH AND USING A ROLLING PIN, ROLL MIXTURE UNTIL ABOUT 1 INCH THICK.

CUT WITH A LARGE ROUND SCONE CUTTER.

PLACE CUT SCONES ONTO A TRAY LINED WITH BAKING PAPER.

BAKE IN OVEN FOR 15 - 20 MINS AT 200C UNTIL RISEN AND GOLDEN BROWN.

Coming to the Regent Multiplex

"GET BACK" THE BEATLES DOCUMENTARY.

DIRECTED BY SIR PETER JACKSON.

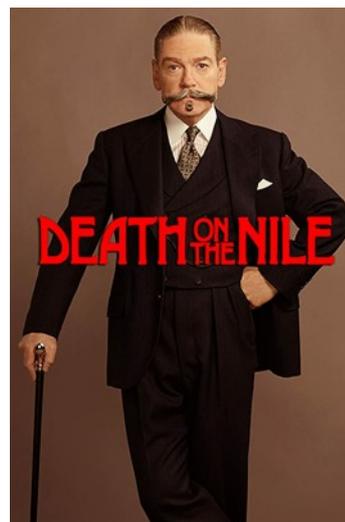
RELEASE DATE: 3RD SEPTEMBER 2020.



DEATH ON THE NILE.

DIRECTED BY SIR KENNETH BRANAGH.

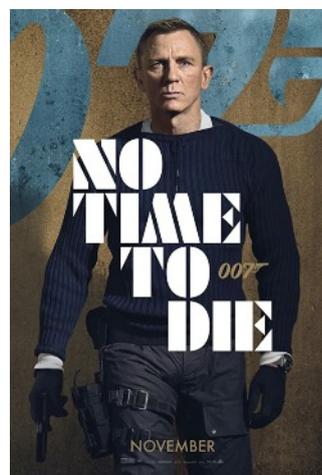
RELEASE DATE: 8TH OCTOBER 2020.



NO TIME TO DIE. THE RETURN OF 007.

STARRING DANIEL CRAIG.

RELEASE DATE: 12TH NOVEMBER 2020.



Cinemas in Australia are aiming to reopen on July 16th, with exhibitors describing the scheduled worldwide release of Christopher Nolan's big-budget film Tenet as a "totem" guiding them towards re-emergence from the coronavirus shutdown.

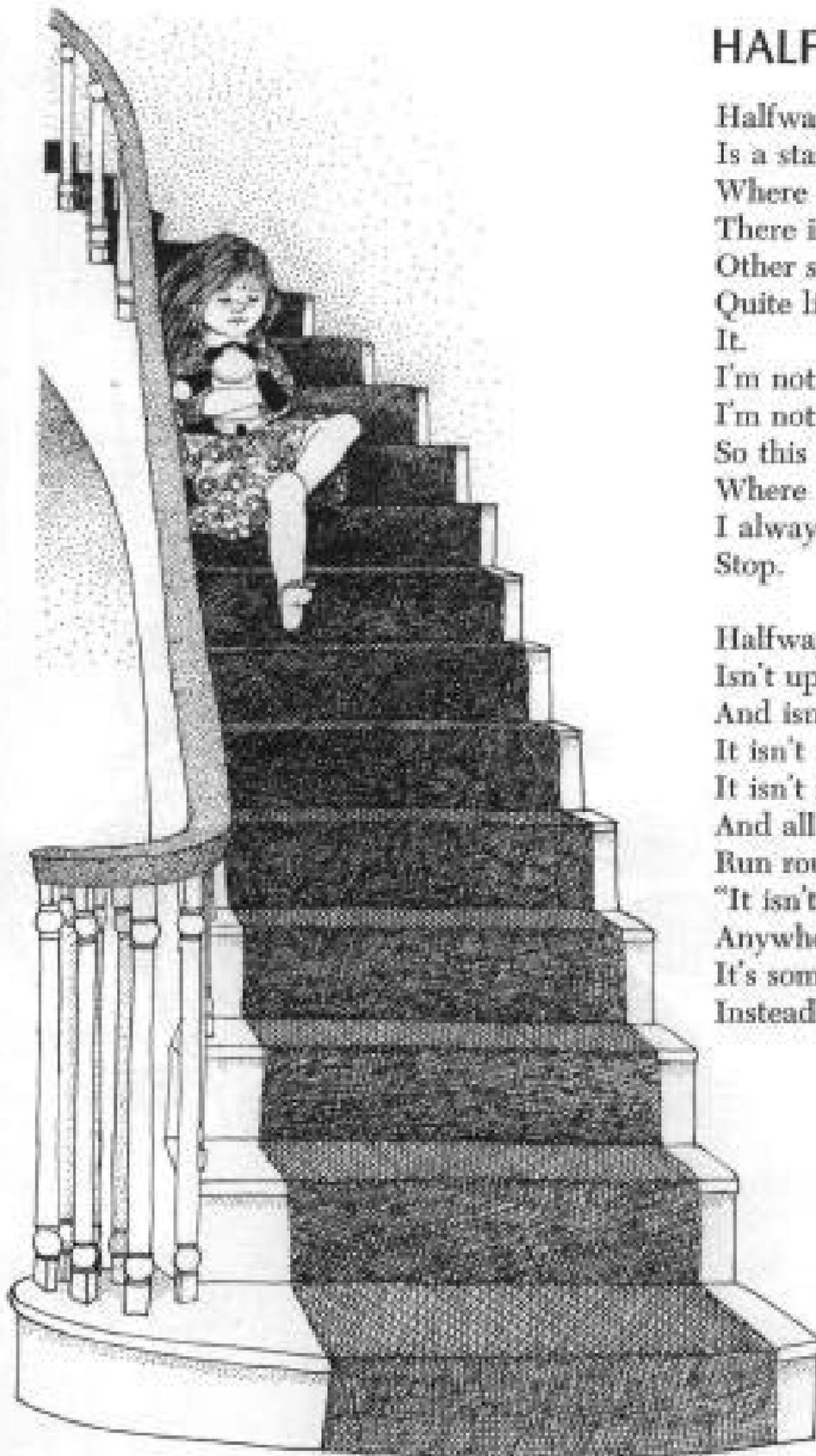
The National Association of Cinema Operators, which represents the major chains, issued a statement late on Tuesday that said it was "enthusiastic about the prospect of reopening and is hopeful of conditions enabling it to do so in July".

However, the association said operators will not reopen until the government advises it is safe to do so, and are likely to do so with reduced seating capacity because of social distancing measures.

If they do open in July, Australian cinemas will operate under very different conditions than pre-virus.

Precautionary measures to be introduced will include staggered session times and spaced seating, contactless and cashless transactions, sanitisation stations and increased frequency of cleaning cinemas.

The Sydney Morning Herald.



HALFWAY DOWN

Halfway down the stairs
Is a stair
Where I sit.
There isn't any
Other stair
Quite like
It.
I'm not at the bottom,
I'm not at the top;
So this is the stair
Where
I always
Stop.

Halfway up the stairs
Isn't up,
And isn't down.
It isn't in the nursery,
It isn't in the town.
And all sorts of funny thoughts
Run round my head:
"It isn't really
Anywhere!
It's somewhere else
Instead!"

A. A. MILNE

Thoughts

How come they put a man on the moon before they figured out wheels on luggage was a good idea?

What did cured ham have wrong with it.

Age-old deficiency

IT'S about time the authorities did something about older drivers on our roads.

For far too long older drivers have caused havoc as they hog the left lane, stick to the speed limits (even the road work limits) and stop at stop signs, causing great inconvenience and often preventing others from doing whatever they like.

Another major concern is that by avoiding fines and demerit points, they are not doing their bit for the revenue of our state, and are therefore placing a further burden on younger drivers.

Until older drivers can prove that they are proficient at weaving in and out of traffic, driving while texting, tailgating, using drugs or doing burnouts, they must be banned from holding a licence.

Doug Money, Oak Park



"Mix me up another four quarts of this coffee. Think I'll try it in my transmission."

HERMAN®

by Jim Unger



"Hey, it's good to see you again. That medicine must have worked!"



"Is this the 54-year-old limbo dancer?"

9 Table Tennis Tips and Tricks you should know

Mix up serves of different length and spin. Some examples of advanced serves include medium-long, deep, short, down-the-line, pure spin, pure speed, etc. Serves to the elbow tend to be very effective, since the receiver must quickly decide (and often does not in time) to use a forehand or backhand.

Develop a third-ball attack. This is where you serve, the receiver receives, and you nail one in for a winner. An example is a short backspin serve, followed by a long push, then a powerful loop.

Attack whenever you can, primarily on a long serve. It has been proven that the player to open the offence most often usually wins point, set, and match.

Keep your eyes mostly on the opponent's paddle when receiving a serve. If you have ever seen former World Champion Jan-Ove Waldner play, you can see that he makes a quick glimpse at how high the ball is tossed, then watches back down to the racket. If you keep your eyes on the ball, the server will baffle you with his deceptions.

Mix up your returns when receiving. Most players too often tend to push, allowing their opponents to start the offence. Mixing up loops, drives, pushes, chops, etc. provides for excellent variation and a bewildered opponent.

Choose your equipment wisely. If you are ready for table tennis equipment, begin with a medium-fast blade (rather than fast). A medium-fast blade allows you to rely more on technique than on equipment to get the ball over the net. It will also provide optimum control. The most important consideration for a blade, however, is that it provides good "feeling." As for rubber try to get the "beginner" kinds for the beginning. The reason for this is because beginner rubbers are designed with less spin and speed, and this translates into easier returns of spinny balls. Trying to return a sidespin serve will be a hair-pulling experience for a beginner if he/she uses an overly spinny rubber.

Forehands are the way to go. To hit forehands wherever you are on the table, you will need to develop good side-to-side footwork. But it never hurts to work extra on your backhand so that your opponent won't know what hit him/her when you blast that down the line backhand smash! The best players are always two-winged, or being able to attack almost equally well on both hands.

Find some cool serves to experiment with. Examples include a high, heavy backspin serve that bounces on your side near the net, on the opponent's side near the net, and goes back over to your side. Or you can go about 20 feet to the side of the table and, standing sideways, nail the ball on the side so that it arcs back to the table and opponent. Not only is it a heck of a lot of fun, trying these serves also promotes the development of 'touch' and spin.

Control your temper. When you are losing in a match, or have missed several shots in a row, don't get mad, get even. Ask yourself what needs to be done in order to beat the problem that is plaguing your game. Then try the solution. If it doesn't work, do it again. Until the match is over, you should never give up. If it is your turn to serve, then you are allotted a reasonable amount of time per serve to wait and think things over before you toss the ball. Take advantage of it.

Our Table tennis group meets Fridays in the Neighbourhood Centre Hall between 2-4 PM

There are vacancies at the moment which gives a chance to join this friendly group.

Register online for when we restart.