

## From the Committee

Welcome back to our activities for 2022. There are a number of changes we need to make you aware of.

First of all there are now three walking groups catering from strollers to keen. ‘Bushwalking’ is on the 2nd and 4th Mondays and will be run by Meg Ford. The more advanced longer walks are run by Andrew Hackett on the 1st and 3rd Mondays.

‘Walk and Talk Strollers’ (a new one-hour stroll) is run by Sue Orbach Isles, weekly on Tuesday. This is a relaxed walk through town discussing features of interest and well within the capability of most members.

Exercise classes have changed with the retirement of our long-standing tutor Roberta Rice to whom we are eternally grateful for her efforts.

On Tuesday we have ‘Lets Get Physical’ with Jenny Sewell and ‘Friday Exercise’ is with Jan Smith.

A couple of venue changes have also taken place due to the Town Hall being unavailable. ‘Ballroom Dancing’ has relocated to the Clunes Town Hall and ‘Tai Chi’ is Thursdays at the Senior Citizens rooms.

What used to be ‘Chess for Beginners’ is now ‘Chess’ and you are welcome to come along for a game on Friday afternoons. Maybe you haven’t played for a while and just need a bit of tuition or someone to play against. Everyone’s welcome.

Pages 5 and 6 of this newsletter set out details of all the courses and activities available in 2022 in alphabetical order.

A Tutors meeting will be held at 1.00pm on Thursday 24 February at the Railway Station. Colleen and Anne will run through the UMAS system so that tutors will know how to access all the information they need such as how to check enrolments, to send emails, and answer any questions they may have regarding the UMAS system.



## Government announces new in-home aged care program

### Initiative seeks to make it easier for older Australians to age at home

The federal government has announced plans to create a new in-home aged care super-program to streamline the current system of aged care at home.

The [Support at Home Program](#) (SaHP), an in-home aged care service, is intended to replace a range of programs including the Commonwealth Home Support Program (CHSP), the Home Care Packages (HCP) Program, the Short-Term Restorative Care Program (STRC) and private residential respite programs.

“We will develop this program in consultation with senior Australians and community stakeholders,” a health department spokesperson [says](#). The new mega-program is being created in response to [recommendations](#) made in the final report of the Royal Commission into Aged Care Quality and Safety to allow more older Australians to stay in their homes for longer.

YourLifeChoices’ *Older Australians Wellbeing Survey* found that most retirees want to age at home. Being able to remain in the family home and in a familiar community have been found to enhance feelings of wellbeing.

However, close to 100,000 people were waiting for approved in-home aged care packages to be

delivered before the 2021 Federal Budget. More funds were allocated but tens of thousands are still waiting. The lengthy queue was described as “cruel and discriminatory” in a scathing aged care royal commission report, which found many people were dying while waiting or forced into residential aged care. The government has admitted failures in the existing program. It says in-home aged care currently consists of several programs that have different approaches to assessment, eligibility, service providers, funding and fees.

“The system can lead to inequitable outcomes for senior Australians, as people with the same needs receive different supports, and not enough funding is spent on direct care,” the government says in the paper outlining its proposed new system. “As a result, the system is complicated and can be confusing for senior Australians and their families.”

The government says the SaHP would reform all aspects of the delivery of in-home aged care, including assessment, reablement and restorative care, to individualised support plans, clarity on service inclusions, funding of providers and regulation of the market.

Older Australians would receive individualised services, based on their assessed aged care needs and personal circumstances, rather than being placed in one of the four broad home care package levels.

Access to a new program for goods, equipment, assistive technologies and home modifications needed to live safely and independently would be improved and supported by a new funding model.

Point-of-delivery payments for service providers would be introduced, reducing the need for excessive reporting.

“New assessments would focus on independence, providing senior Australians with guidance and support to delay functional decline,” the government says.

“Senior Australians would have greater choice between providers to deliver their care. A risk-proportionate regulation model is being developed to support care businesses and care workers to participate in the delivery of safe and high-quality aged care services in a home environment.”

The program is still in a consultation phase, with older Australians being asked to provide

their thoughts on key parts of the plan, including assessment arrangements, provider choice and better support for informal carers.

To participate in the consultation, the government has set up the [Ageing and Aged Care Engagement Hub](#) where older Australians can share their views on how the system should be reformed.

The hub features online surveys and consultations, focus groups and opportunities to share views in writing.

You can enter this address into your search engine and have a say, they their website states. Government wants to hear from you if you’re a senior Australian, a member of their family or a carer. You can help shape aged care reforms to make sure they deliver high quality and safe aged care services.

They want to know how changes might impact you and how services should be designed so they improve access and quality of aged care.



## Leisurely Lunch Venues

- |             |                                      |
|-------------|--------------------------------------|
| 5 February  | Farmers Arms Hotel, Creswick         |
| 5 March     | Lake View Hotel, Ballarat            |
| 2 April     | Quoin Hill Winery, Waubra            |
| 7 May       | Flanagan’s Border Inn, Bacchus Marsh |
| 4 June      | The Railway Hotel, Castlemaine       |
| 2 July      | The Pig and Whistle, Trentham        |
| 6 August    | The Avoca Hotel, Avoca               |
| 3 September | The Boatshed, Ballarat               |
| 1 October   | Alexander Gordon Hotel, Gordon       |
| 5 November  | Royal Mail Hotel, Sebastopol         |
| 3 December  | U3A Christmas BBQ                    |

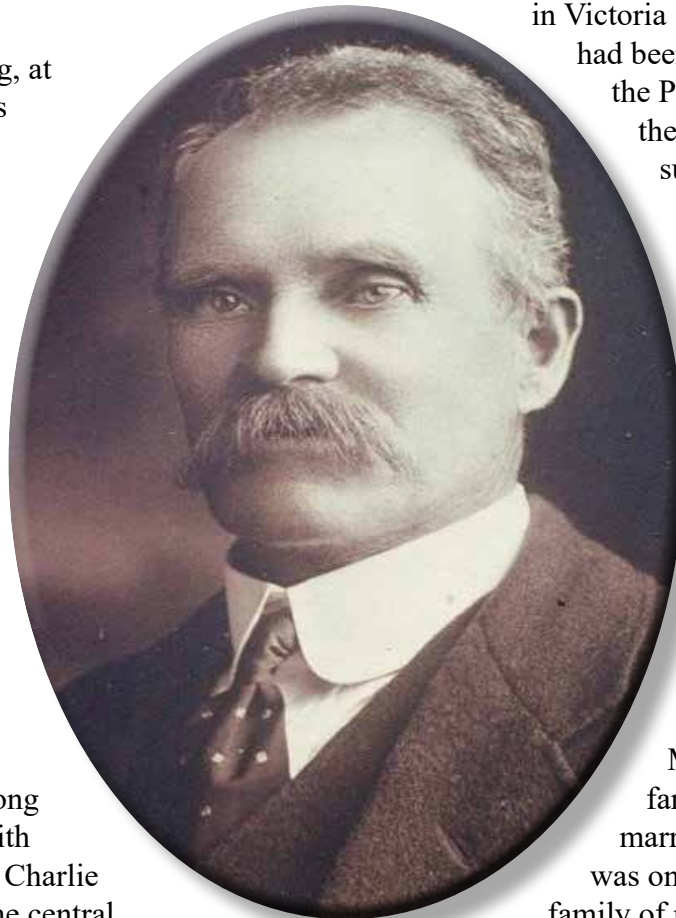
Mark these dates on your calendar.

## Charles Pringle (Charlie) Howie

Charles Pringle Howie was born in Geelong, on 10 December, 1859. He was the second of three children of devout Scottish Presbyterian immigrants who had met and married in Geelong. His father died when he was only two years old, and thereafter his widowed mother struggled to raise the children, relying largely on the charity of her parents, siblings and the congregation of the United Presbyterian Church, which she and her family all attended.

After rudimentary schooling, at about the age of 13, Charles (more familiarly known as Charlie) was apprenticed to a pharmacist; however because the pharmacist ill-treated him, after a few months his mother had him apprenticed to a plumber instead. His meager apprentice's wages provided her with her first regular income since her husband's death. Plumbing was then the trade Charlie followed for some fifty-five years, until 1934 when he was seventy-five. After spending his youth in Geelong where he played football with the Geelong Football Club, Charlie decided to try his luck on the central Victorian goldfields where the expanding mines and mining towns promised to generate more work for plumbers.

He arrived in Creswick in 1882 at the age of 22. At first he worked for another plumber but in 1884 he set up business in a shopfront with attached residence at 64 Albert Street, taking over the premises from its previous owner, a fishmonger. The building is the still-to-be-opened Red Heap Cafe. He developed the land behind his shopfront into large, beautiful and productive flower and vegetable gardens with an orchard at the rear and a worm farm to provide the bait for his fishing expeditions.



In the year Charlie Howie settled in Creswick, he took part in the rescue effort during the Australasian Mine disaster in North Creswick in December, 1882. As a plumber he had the task of maintaining and operating the pumps hastily installed to pump out the flooded mine. About this time Charlie also made the life-changing decision to quit the congregation of the Creswick Presbyterian

Church and attend the Wesleyan Church in Victoria Street instead. He felt he had been "cold-shouldered" by the Presbyterians and that they considered themselves superior to everyone else.

Comprising mostly the families of members of the professions, they looked down on blue-collar workers like Charlie Howie, the young plumber from Geelong.

At the Victoria Street Wesleyan Church he soon met the demure teenage Annie Harris. She was one of a family of six, and her father had recently run off to Melbourne, leaving his family. Annie and Charlie married in 1884 when she was only seventeen and raised a

family of nine children, six of whom survived into adulthood. All were educated

at the Creswick State School and did well in life as a result of their upbringing. Annie and Charlie's involvement in the Victoria Street Church continued for the rest of their lives, fifty-one years in her case and fifty-seven in his. He taught Sunday School for fifty-four years, sang in and conducted the choir and served on the church councils and committees. He also undertook the maintenance and repairs at the church, usually at his own expense. The Howie's raised their children to be committed Methodists.

Charlie was also a civic-minded fellow with active membership in various community organisations. These included a term on the town council;



membership of the Creswick Hospital board, on which he served two terms as Chairman in 1902 and 1935. He was also a member of the local fire brigade volunteers, of which he was Captain and for which he received a long service award.

He had as well, many years membership and a term in 1905 as Master of the Havilah Masonic lodge. He had a term as President of the Creswick branch of the Australian Natives Association, the pre-Federation lobby group and medical benefits society.

During World War 1, in which three of his sons served overseas with the AIF, he became President of the local Creswick branch of the Soldier's Fathers Association, a patriotic organisation formed to rally support for armed service personnel sent to overseas theatres of war. His wife Annie became the local President of the corresponding women's organization, the Soldiers Mothers and Wives Association. After the war, Charles was Secretary to the committee which had the war memorial constructed. Through such voluntary effort he did much to foster community development in the Creswick district.

As a master plumber and gasfitter, Charles Howie trained many apprentices in the 52 years he practiced his trade. He was also responsible for installing important parts of the town's and district's infrastructure. After the Creswick gasworks was

constructed he won the contract for laying the pipes to, and connecting subscribers' homes to the supply. He also won contracts for laying the water pipelines from local reservoirs such as Russell's Dam to the town, and for reticulating the supply to households. He also installed the water pipes and air ducts for some of the deep lead mines. He also made and supplied water tanks and installed and maintained many of the windmills on the farms of the district.

Charlie Howie was a short, nuggetty man, only five feet five inches (1.65M) tall but within his family circle he was a strict pater familias of the Victorian era in which he grew up. A man of strong convictions, he had firm views in most matters, but he was also kindly and generous, had a wide circle of friends and was greatly respected within the wider Creswick community.

*From Creswick Historical Society Honour Roll.*

## Creswick & District hosts sought for Cresfest performers

Still moving ahead with their planning for the weekend of 1-3 April, the CresFest committee are reaching out to people in our area who have space and inclination to host musicians coming for the weekend.

Perhaps you have a spare bedroom, a cottage or a sleepout?

Our musicians would be grateful for your support and you would receive a weekend festival pass plus reduced price tickets to all CresFest Special Events. If interested please fill out the quick survey at the link below and our accommodation co-ordinator (Ballarat U3A member Pam Harris) will be in touch. <https://www.surveymonkey.com/r/WKLNQC7>



"Man, these pups today with all their fancy balls and whatnot... Why, back in our day, we had to play with a half-rotted cat's head."



**2022 COURSES\***

ACTIVITY	VENUE / DAY / TIME	DESCRIPTION
<b>BALLROOM DANCING – BEGINNERS</b>	*Clunes Town Hall, 98 Bailey Street every Tuesday at 10:00–11:30am	Having a dance partner is not essential. Everyone who wants to dance is welcome. BEGINNERS are taught slowly and steadily. We start with simple sequence dances; only tackling more complex dances over time.
<b>BALLROOM DANCING – IMPROVERS</b>	*Clunes Town Hall, every Tuesday at 11.30am–1:30pm	Our aim is to have fun, make friends, improve our dancing, support each other to learn and increase our repertoire. The IMPROVERS class revises and adds to the dance repertoire.
<b>BOOK CLUB</b>	Creswick Railway Station, 3rd Monday of the month at 10:00am	If you have a diverse taste in books join us for a stimulating discussion.
<b>BUSH WALKING</b>	Visitor Information Centre carpark, 2nd and 4th Mondays at 8.30am	Join the group for a 1½ hr walk in bush areas around Creswick and then enjoy a cuppa and a chat. Meet in the carpark at the Creswick Visitor Information Centre at 8:15am.
<b>CANASTA</b>	Creswick Railway Station, every Friday at 10:30am	Canasta (Spanish for 'basket') is a card game of the rummy family of games believed to be a variant of 500 Rum. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards. Players attempt to make melds of seven cards of the same rank and 'go out' by playing all cards in their hand.
<b>CHESS GROUP</b>	Creswick Railway Station, every Friday at 1:30pm	Our Chess for Beginners course was very successful and has now become an ongoing Chess Group meeting every Friday. If possible please bring your own chess set.
<b>COFFEE &amp; CURRENT AFFAIRS</b>	Red Fox Cafe, Albert Street, Creswick every Friday at 9:30am	Why not join a few friends on a Friday morning and chat, discuss or argue good naturedly about all kinds of topics. There is no agenda, notes, qualifications, etc, required. Just the ability to mingle and drink coffee or tea and maybe indulge in a little something sweet.
<b>CRESWICK HISTORY</b>	Creswick Railway Station, 2nd & 4th Mondays at 10:00am	Explore Creswick's rich and fascinating history as you uncover truths or challenge inaccuracies.
<b>CROQUET</b>	Doug Lindsay Reserve, every Friday at 9:30am	We welcome U3A members regardless of their croquet skills and are happy to help newcomers learn the basic skills required. Come along on play day in flat shoes and be prepared to have fun! Please note - start time has changed for the summer to commencing 9.00am.
<b>CRYPTIC CROSSWORDS</b>	Neighbourhood Centre, 1st & 3rd Mondays, at 1:00pm	Join an enthusiastic group who delight in taking on the challenge issued by devious compilers.
<b>500 CARD GAME</b>	Creswick Railway Station, every Wednesday at 1:00pm	Enjoy a Wednesday afternoon playing 500 together with a chat and laughter.

\*Clunes Town Hall is a temporary venue for Ballroom Dancing until further notice while the Creswick Town Hall is being used as a storm/flood crisis centre and while renovations are carried out. Ballroom Dancing will return to the Creswick Town Hall as soon as it becomes available.

Log onto our website [www.creswicku3a.com](http://www.creswicku3a.com) for information on joining Creswick & District U3A or email enquiries to [info@creswicku3a.com](mailto:info@creswicku3a.com)

<b>FRIDAY EXERCISE</b>	Neighbourhood Centre Hall, every Friday at 9:00am and 10:00am	An exercise group that encourages the maintenance and enhancement of strength, balance and flexibility all in a fun and friendly group suitable for both men and women. Wear comfortable clothing. If possible bring your own weights otherwise some weights will be available for use.
<b>KNITTING GROUP</b>	Neighbourhood Centre, every Wednesday at 1.00pm	Our knitters enjoy a congenial and uninterrupted two hours each week. Bring your own projects or learn new skills and techniques. Popular projects have included toe-up socks, magic loop using circular needles, knitting in the round, pattern adaptations and use of texture. Those interested in Crochet are also welcome.
<b>LEISURELY LUNCHES</b>	Various venues, usually within a 45-minute drive of Creswick	We lunch at a variety of cafes, restaurants and hotels within a 45-minute drive radius of Creswick, spending a most enjoyable Saturday afternoon among friends. Carpooling is available.
<b>LET'S GET PHYSICAL</b>	Neighbourhood Centre Hall, every Tuesday at 9.00am	This scientifically proven strength training programme can replace fat with muscle, reverse bone loss and improve agility and balance, all in a fun and friendly group suitable for both men and women. Wear comfortable clothing. If possible bring your own weights otherwise some weights will be available for use.
<b>MAH-JONG</b>	Creswick Railway Station, every Monday at 1.00pm	A game which originated in China is played with small tiles and is a combination of skill and luck.
<b>MOSAICS</b>	Creswick Railway Station, 3rd Tuesday of the month at 10:00am	Most of us will be familiar with mosaic as an art form, seen in public places, on buildings, in parks or in private homes and gardens. Some of the most amazing pieces of mosaic have been created by people without any formal art training, using "scrounged" crockery, glass or tiles. Even if you are not 'arty' you can still create items of beauty, so why not join our friendly group and try your hand at this ancient art.
<b>POKER</b>	Creswick Railway Station, every Wednesday at 10.00am	A group of dedicated members get together on Wednesday mornings to enjoy a game of Poker without breaking their budget. For \$2 you get \$1000 of chips and have fun trying to win a game or two or three. We are always looking to welcome new members.
<b>RAMBLERS WALK</b>	Visitor Information Centre carpark, 1st and 3rd Mondays at 8.30am	Ramblers is for medium to fast paced walkers capable of walking a distance of at least 6-7kms or more. The walks will be a minimum of two hours and could be local or further afield which will require traveling by car to the start destination. After the walk we meet back at the designated Coffee Shop for a cuppa and a chat.
<b>RANDOM ACTS OF CORKAGE</b>	Creswick Scout Hall, 3rd Thursday of the month at 1.00pm	Random Acts of Corkage will cover different wines, vineyards, varieties or vigneron, and sample one wine per month. Cost is only \$5.00 per session.
<b>SCRABBLE</b>	Neighbourhood Centre, every Tuesday at 1:00pm	These classes cater for beginners or experienced players so why not join us for an afternoon of fun and challenge.
<b>TABLE TENNIS</b>	Creswick Neighbourhood Centre Hall, every Friday at 2:00pm	Try out our new tables and enjoy a couple of hours of exercise and fun. Haven't played for awhile? Don't worry, all standards are catered for and beginners are most welcome.
<b>TAI CHI</b>	Creswick Senior Citizens, Water Street, every Thursday at 3:00pm	A low impact peaceful exercise program ideal for seniors. Suitable for beginners to advanced.
<b>WALK &amp; TALK STROLLERS</b>	IGA car park, every Tuesday at 9.00am	Join us for an hour on a relaxing stroll around town, exploring historical sites at a leisurely pace.

\*Courses and activities are correct at 2 February 2022 but are subject to change at any time. All activities are conducted under COVID-safe guidelines and regulations. The number of participants is dictated by the social distancing limits in place at the time and are subject to change.