

From the Committee

Notice of Annual General Meeting

The Annual General Meeting will be held in the RSL Hall on **Thursday 28 September at 10.00am**. At the conclusion there will be a sausage sizzle and a chance to socialise with other members.

Our guest speaker will be Dr Roy Hardman and his topic is *The Aging Brain*, Dr Hardman is a cognitive neuroscientist from the Centre for Mental Health and Brain Sciences Swinburne University and his research has focused on diet and brain health, in particular the Mediterranean style of diet. It is never too early to start eating well and bringing exercise and activity into your life. And for the elderly, the benefits are not only a reduction in stress and depression but an increase in an overall sense of wellbeing and even the potential reduction in mild cognitive impairment and early onset of dementia. This is a great opportunity to hear first hand from an acknowledged expert on dementia and brain health.

How was U3A founded?

In 1972, Dr. Camille Limoges and a group of her colleagues founded the U3A in Paris, France. The

U3A is an acronym for “Université du Troisième Âge” which translates to University of the Third Age. U3A is a unique institution which provides adults over the age of 50 with access to physical, mental and social activities which enrich their life and help prolong the time they spend in their own home and independent of care. In this its 50th year it certainly has a lot to celebrate.

The U3A movement started in Australia when the first U3A was established in Melbourne in 1984. The idea quickly spread to other parts of Australia, and there are now about 300 U3As across the country, with over 100,000 members.

Victoria alone has 104 U3As with almost 40,000 members.

Since 1972, the movement has grown rapidly and there are now U3A organisations in many countries around the world, including Brazil, China, India, South Korea, Turkey, the United States, Britain, Canada, Central and Southern Europe.

Currently there are more than 1035 U3As worldwide with in excess of 400,000 members.



Some of our Tutors

An excellent meeting was held on 4 August with some of our amazing tutors who offer their time and support to ensure our Creswick U3A activities run smoothly and make a major contribution to our success. The opportunity to get together and socialise, compare notes and get to know each other better despite the cold weather was well worthwhile.

Don't be a fringe dweller



Have a look at our program and see what you can take part in or what you can offer.

Post-COVID it is really important to get involved with other members and get out of the house. In surveys undertaken since the onset of the COVID-19 pandemic, just over half (54%) of respondents reported that they felt more lonely since the start of the pandemic. A recent survey by the mental health association showed 1 in 3 Australians experienced feelings of loneliness or social isolation. U3A offers you a way of interacting with others in a safe and caring environment. We care about you and your wellbeing to make sure you are not 1 of the 3.

Our annual **Christmas BBQ** will be held on **Saturday 9 December** at the Neighbourhood Centre. Mark it in your calendar. This is a wonderful event, held under the shade of the oak tree with good food and good company.

The **Film Group** is up and running and last month went to see *Oppenheimer*. All who attended really enjoyed it. There are still vacancies to join; full details on our website.

Want to learn a new game? Why not try **Rummikub**, a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. It is a game which is easy to learn but takes time to master and is very enjoyable. Details on our website or contact Anne.

Member Tina celebrated her 90th birthday recently. Congratulations from all of us. Tina is an example to us all and living proof of how keeping your brain active keeps you young. I have been told she is very hard to beat at Scrabble.



Ulrich and Joy Babst are on the move. Ulrich has been tutor of the Table Tennis group for a long time and ran a Handy person group some years ago.

We thank Ulrich for his service to our U3A and wish them both all the best for the future. Keep in touch both of you.

President Doug has been overseas watching the cricket which was very exciting. Rain played a part in both tests he attended but I am sure he found an alternative activity.

Roma Wiseman also had a birthday recently with a party in the Clunes RSL attended by a large number of her U3A friends. The drag queen who arrived to entertain us was typical of Roma's sense of humour.

The **Basic Drawing Techniques** group of budding artists concentrating on their masterpiece.



And below, our very own **bikie gang** relaxing after a ride at the Olive Grove cafe in Ballarat.



U3A Membership Policy

When a member pays the required membership subscriptions they become a member of Creswick & District U3A and must follow the Terms and Conditions of membership. Listed below are some of these conditions. The complete list of Conditions and Policies is available on the [website](#).

1. Always act in the best interests of the U3A and never do anything to bring the U3A into disrepute.
2. Abide by the terms and conditions of the constitution.
3. Treat fellow members with respect and courtesy at all times.
4. Comply with and support the decisions of the elected Committee.

Creswick Mechanics' Institute



At the annual meeting of subscribers to the Creswick Mechanics' Institute and free Library, Mr C.F. Henry was appointed president, and the Rev J.J. Walsh vice president. The year started with a credit balance of £14/7/7 and ended with a credit of £9/16. The revenue from the billiard room showed an increase of over £20 compared to the previous year, whilst in connection with the reading room, there was a decrease of over £2. In recognition of his good work during the year the Secretary Mr J James was given a bonus of £3/3/0.

Source Ballarat Courier Saturday 12th January 1918.

Mechanics institutes were a Victorian-era institution set up primarily to provide adult education, particularly in technical subjects, to working-class men, which spread to the corners of the English-speaking world, including the Australian colonies, where they were set up in virtually every colony. In some places, notably throughout the colonies of Queensland and New South Wales, they were often known as schools of arts.

They were also part of a wider 19th-century movement promoting popular education in Britain, at which time co-operative societies, working men's colleges and the university extension movement were established.

The first mechanics' institute in the Australian colonies was established in Hobart in 1827, followed by the Sydney Mechanics School of Arts

in 1833, Newcastle School of Arts in 1835, then the Melbourne Mechanics' Institute established in 1839 (renamed the Melbourne Athenaeum in 1873).

From the 1850s, mechanics' institutes quickly spread throughout Victoria wherever a hall, library or school was needed. Over 1200 mechanics' institutes were built in Victoria but just over 500 remain today.

Most institutes incorporated a library, and many of the old institutes evolved into public lending libraries, while others were converted for other uses or demolished to make way for modern buildings.

Longer-time residents of Creswick will remember the library being located in this building many years ago.

It has been used by the Creswick Brass Band for many years and is a beautiful building with its bluestone base

Have a look at it next time you are down the street and try to imagine how busy it was in the past and just who among our founders may have used its facilities. The Creswick Mechanics Institute and Free Library was deregistered 9 July 1973.



Rise of company mining

Victoria’s gold rush of the 1850s was the basis for much of the state’s economic and social development, but it put enormous strain on our environment. More than 100 tons of gold was mined in the first year alone. Even in the early years some commented on what we would now call the environmental impact of mining:

We have begun to destroy the beauty of this creek. It will no longer run clear between its banks, covered with wattles and tea-trees, and amongst its shallow parts overgrown with foreign-looking shrubs, flags, and cypress-grass. A little while, and its whole course will exhibit nothing but nakedness, and heaps of gravel and mud. We diggers are horribly destructive of the picturesque.

William Howitt

- Deep lead mining involved digging for gold in riverbeds deep below the surface. Miners soon went from small parties of friends to larger cooperatives. Eventually mining companies were the only ones with the resources to follow the deep leads. Reef mining took place across Victoria from the 1850s until World War I, and involved digging deep shafts to find veins of gold-bearing quartz. Steam engines were needed to pump water from deep underground and run the quartz stamp batteries. The quartz was crushed to powder, and chemicals – such as mercury and arsenic – were used to extract the gold dust. The leftover crushed rocks were then dumped over the ground or tipped into creeks.

As miners went deeper underground mining became more dangerous. The disaster at Creswick in 1882 saw the loss of 22 miners when a shaft flooded. More recently in 2006, three gold miners were trapped at Beaconsfield in Tasmania. After two weeks spent more than a kilometre underground, two of the three men were rescued.

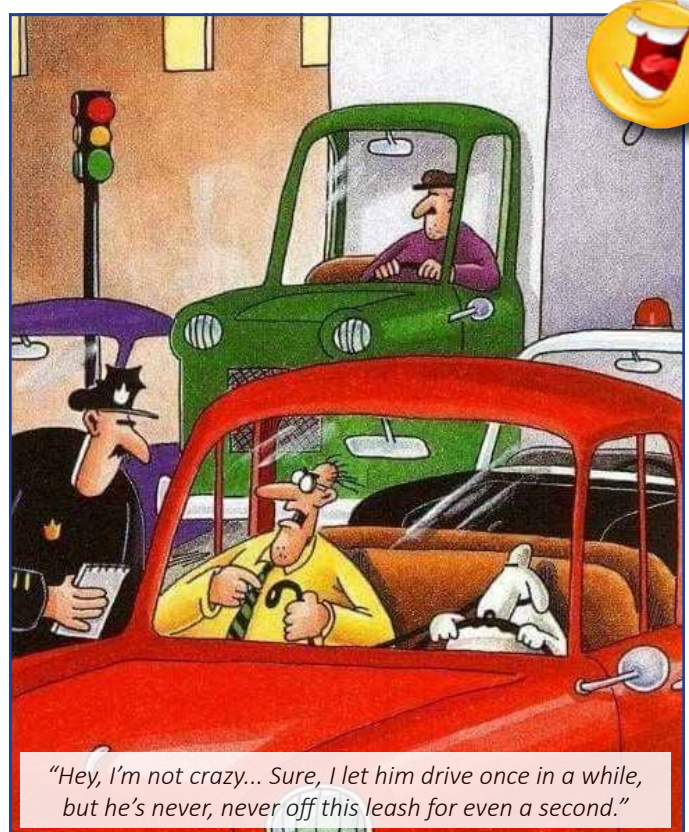


- Sluice mining was carried out until the 1950s, and involved firing a stream of high-pressure water against riverbanks or any other ground where there was gold. The water washed away soil, rocks and vegetation, and left behind vast areas of land polluted with the toxic chemicals used to extract the finer gold particles. Huge areas, such as the Thompson River dam in Gippsland, were mined in this way.

Gold recovery is one of the most intensive mining processes in the world. Mining can be profitable even if only a few grams are present in each ton of rock. Huge open-pit mines, like Western Australia’s ‘Super Pit’ in Kalgoorlie, now dominate the industry and make Australia one of the top five gold producers in the world.

- Gold mining has many economic benefits for the state, and is undergoing a revival in regional Victoria. But more than a century of mining has taken its toll on the Victorian landscape, and these economic benefits must be weighed against the potential dangers to our environment. Worldwide, concerns for the environment have led to a ‘No Dirty Gold’ campaign, pointing out the waste of processing up to 250 tons of ore to extract the gold required for a single wedding ring.

Source: [State Library of Victoria](#)





Dunny Do Over fun in WA

The new Donnybrook U3A in WA, supported by the Donnybrook Community Resource Centre and U3A Bunbury continues to flourish.

In February, the group entered in the Masters Donnybrook Dunny Do Over challenge. This is a community arts project to enhance the town’s amenities and in particular the town toilet block.

The Donnybrook U3A entry “The Seat of All Knowledge”, consisted of Margaret as sitting member, Dieter and Alan as pushers, with Maddie, Liz and others egging them on from the sidelines.

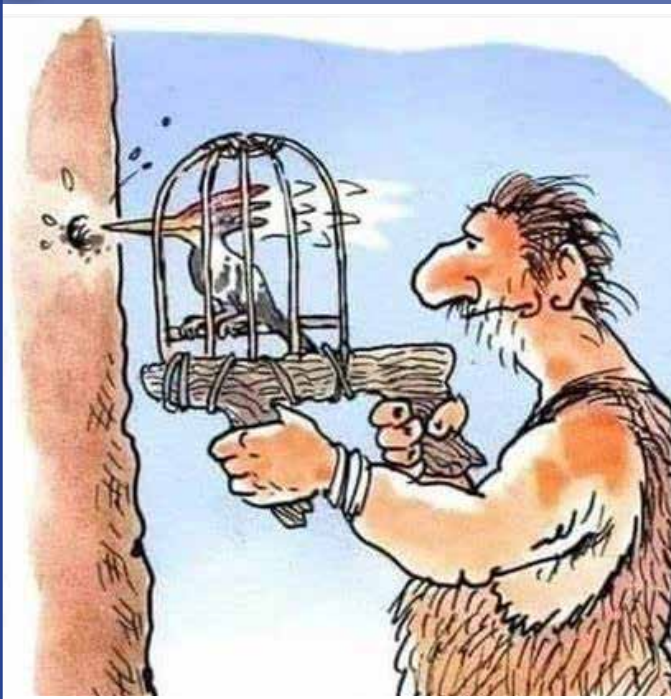


All started well, but it wasn’t long before disaster struck and the steering rope broke. No matter, the U3A team finished the race and had a lot of fun along the way.

Competition for the event was fierce amongst the various teams including the Mad Cowz, The Bog Buggy, Op Shop Long Drop and Chariots on Fire.



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