

From the Committee

Our annual general meeting was held on 28 September at the RSL and was a very pleasant day. The newly elected committee is:

- President: Doug McCallum
- Vice President: Bill Morrison
- Secretary: Anne Chamberlain
- Treasurer: John Pigott
- Ordinary Members: Elaine Clark, Colleen Dooley, Meg Ford, Kevan Pitcher and Geoff McQueen.

We thank those retiring members for their service and welcome the new committee.

The guest speaker Dr Roy Hardman had us all spellbound with his knowledge and easy presentation style. The information on diet and Alzheimer's was very enlightening and represented

extensive research in aged care centres throughout Melbourne and surrounds. The research was not funded by any interest group and centred solely on the results for each individual participant.

At the meeting it was voted to maintain current full membership fees at \$25.00 with a once off joining fee of \$5.00 and to set associate Fees at \$20.00 per annum with a one off joining fee of \$5.00. Half yearly fees are \$15.00

A reminder that our year runs from January 1st to December 30th .

A general meeting is held in January each year for renewal of fees. Our membership system is active from January 1 for renewal online [access via the website]. Monies can be electronic funds transfer to the U3A Creswick bank account BSB 633000, Account number 137 271 003.

2024 Christmas Party



Mark your calendar for our Christmas party this year Saturday 9 December at the Neighbourhood Centre, 12.00 pm start.

Join us under the spreading oak tree for what is sure to be another wonderful day. This will be a fully catered function. BYO drinks except for tea, coffee and some juice.

So far the weather has always been kind and remember sometimes being with your friends is the best therapy you can get.



Are you interested in Scrapbooking?

One of our members is happy to run a course on Scrapbooking in 2024.

The idea behind scrapbooking is to create a photo album (= scrapbook) of memories. This involves sticking pictures in an album and decorating them with stickers, fonts and other cute things. This is how memories are to be captured through the crafting of an album. Scrapbooking is therefore a creative DIY hobby.

If you're interested give Ann Chamberlain a call on 0490 444 519.



*Thank you to all the members of Creswick U3A for making my 90th birthday the tremendous success it was.
Love to all. Tina*

Kingston Avenue of Honour

Tree Planting Day was held four months after the Shire President, Captain Parkin, presided at a public meeting, in early 1918, to discuss 'The Avenue' suggestion from State Recruitment Committee of Victorian municipalities. A second meeting, on April 27, agreed to set the Avenue along the road to Springmount rather than from Picken's Corner to Kingston, or south from the Showgrounds to Kingston.

A Committee was formed of representatives from Allendale, Broomfield, Cabbage Tree, Campbelltown, Dean, Eastern Hill, Greenhill, Hollinwood, Kangaroo Hills, Kingston, Kooroocheang, Mollongghip, Moorookyle, Mount Prospect, Newlyn, Rocky Lead, Smeaton, and Ullina, and the Presidents of all Red Cross Branches in the Shire.

Working bees occupied several Saturdays, digging holes to take trees seven feet high. Tree guards, three-foot square, were transported from the railway station, and erected.

On August 9, The Creswick Advertiser drew attention to the following day's monumental activity, urging a solid attendance. The August 15 report occupied four and a half columns and reported 1,000 people planted 225 trees, drains dug, tree guards and name plates installed.

The weather had been excellent, a large crowd attended, Sir Alex Peacock declared the day open and commented that, "The Avenue should be a very fine one in time to come".

Captain Thomas Parkin organised the planting groups. Afterwards a Red Cross afternoon tea was provided in a large marquee set up on Cr Leishman's property.

The prediction that the trees would have a lifespan of 40 years has been proven wrong, helped by their recent restoration by Kingston Friends of the Avenue, the local community and the Hepburn Shire Council.

One hundred years later, the Shire of Creswick's Avenue of Honour at Kingston stands as a living memorial that honours men and women who ventured into World War I. It is a locale for reflection for descendants and for all of us. The Avenue is



also a testament to the community endeavour involved in its establishment and to the community efforts to preserve it. The Avenue's 100 years and the Armistice Centenary were commemorated and celebrated on Sunday 11 November 2018 at Kingston.

Postscript: The planting of the Avenue was a remarkable effort considering the population of the Shire was approximately 5,000 at that time. In excess of 1,000 were serving overseas or had died in the War. The holes and drains were dug with shovels and 'elbow grease'. Bullock and horse drawn drays transported guards and trees from the Kingston Railway Station.

On 24 August 1918 another 25 trees were planted but the Avenue was not complete until 9 August 1919 when the last 36 went in to make up the total of 286 trees. The Avenue was planted 'on that long dusty road' in Kingston because the Creswick Shire Offices were there.

When you attend the Creswick Market buy something from our members manning the fund raising table for the Avenue.



This is a very worthy cause and they have some very interesting plants, all cultivated and cared for by their members.

Some of the content is reprinted from the CDN of September 2018 written by Julie Baulch.

Packing for an Emergency Evacuation

What to prepare, what to do and what to pack ...

This year is predicted to be a bad one for bushfires and being prepared is your best defence.

Recently, like many other Australians across the country, I had a knock on the front door from a policeman telling me it was time to go! I had to evacuate the house as soon as possible. This was a first for me and not really something I had ever seriously considered a possibility.

I blundered around for a while, grabbed a few things, stopped and tried to make a rough list, wondered what my partner would need (she was away for the afternoon), stuffed a bag or two, picked up my laptop, locked the door and was gone.

It wasn't until several hours later that I started remembering all the things I should have taken and should have done before I left the house. I was one of the lucky ones as I could stay with friends who lived nearby and passed a very pleasant night in a comfortable bed so did not feel the loss of the items I should have taken – many of my neighbours were not so blessed.

A day or so later after we were allowed home, I decided to create a checklist – maybe even the ultimate emergency Grab Bag checklist. I did a little Internet research and soon discovered I wasn't the only one with this bright idea. The list below is a compilation of my ideas and the thoughts of many others.

I have broken it down into sections – and with each section have posed a few questions you might want to consider when deciding what to take.



Preparation

Things to do so you are ready in case you need to evacuate.

- Scan all your important paperwork and store online and on a USB stick – insurance, passports, bank details, drivers' licence, personal contacts, birth certificate, will, irreplaceable photos (ie deceased parents) and so on.
- Take photos of the rooms in your house – they may be useful if you need to replace all that is lost. (Store online as well)
- Identify what is important to you – the personal things you don't want to leave behind. (If an emergency evacuation is likely consider moving those items to a safer location beforehand or, if possible, bag them up ready to go)
- Get cash from the bank – you may not be able to access an ATM or use your cards during the emergency.
- Get a battery pack for your phone – you may not be able to charge it during an emergency. (Consider spare batteries for other necessary devices like hearing aids.)

Other things to consider before you need to evacuate

- You may have to travel some distance to safely evacuate and you may not be able to return to home for several days. (Fill up the car while you still can)
- You may have to stay in a communal shelter or evacuation centre (Do you have friends you could visit instead?)
- Alerting your friends and family about what is happening – they will have seen the news and will be concerned. Status updates on Facebook or your favourite social media platform work well.

Essentials

- Keys (and a spare set)
- Wallet (licence, cards and cash)
- Passport
- Identification
- Water bottle
- Duffle bag / grip / backpack / wheelie
- Daypack
- Briefcase (for the technology?)
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- Daypack
- Briefcase (for the technology?)
- Phone & charger
- Laptop & charger
- Kindle & charger
- Headphones
- USB Stick (scanned documents, contacts ...)
- Toilet bag
- Medications
- Towel
- Ear plugs
- Face mask (or suitable bandanna)
- Sunglasses
- Insect repellent
- First aid kit
- Glasses (and a spare)
- Pocket Knife / multitool
- Torch
- Umbrella
- Notepad & pen
- Books, playing cards – toys for the children
- Pets & supplies (food, leash, carry cage ...)
- Sufficient for time away – 2-3 changes
- Think warm, water proof, light weight and sturdy.
- Bowl
- Takeaway food container (reusable)
- Keep Cup
- Knife, fork & spoon
- Can opener
- Will you be fed at the shelter?
- Water
- Non- perishable food
- Snacks
- Esky and freezer blocks (only useful for a short time)

- Pillow
- Blanket(s)
- Sleeping bag / sheet / pillowcase
- Sleeping mat
- Rubbish bag
- Whistle
- Gaffer tape
- Radio
- Folding chair
- Tent
- Cooker & fuel

And there will be other things that I have yet to remember and things that you know you can't do without – pack them too! I do hope you never have to go through an evacuation but if you do, maybe this article will help.

Good luck!

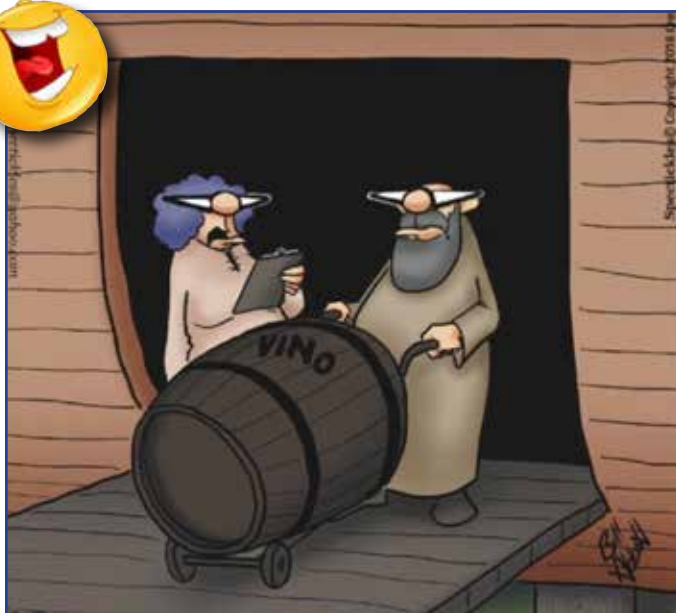
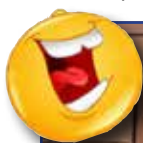
Mark Squires, Outdoors Queensland

Learn how to interpret your dreams

Russell has offered to run his “How to Interpret your Dreams” course again next Term commencing early February. If you would like to attend please let Anne know so we can gauge interest.”

Everyone has dreams, but their meaning is often a mystery. Russell has been studying dreams and presenting courses on their interpretation for over 40 years. Topics will include enhancing dream recall, repetitive dreams, precognitive dreams, puns (plays on words), and common symbols represented by animals, cars and houses.

If you're interested give Anne Chamberlain a call on 0490 444 519



“It’s either another barrel of wine or the unicorns, Noah. There isn’t enough room for both, so choose wisely.”

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.