



Merry Christmas and a Happy New Year from the Committee

President: Doug McCallum; **Vice-President:** Bill Morrison;

Secretary: Anne Chamberlain; **Treasurer:** John Pigott.

Ordinary Members: Elaine Clark, Meg Ford, Colleen Dooley, Kevan Pitcher, Geoff McQueen.

From the Committee

What another great year we have had, it was so important for us after the disruption caused by Covid. Once again our tutors went the extra mile to make our U3A so successful and we are all very grateful. If you could offer a course, speak to Anne and she will help you put it together.

We hope you all have a happy healthy Christmas and New Year and that you stay safe.

11 January is our renewal meeting and you are invited to attend the RSL from 10.00am–12.00pm to renew your membership for 2024, have a cuppa and say hello to each other.

There will be no formal meeting just the chance to socialise after the Christmas break and sign up for your next year's activities.

John will have electronic payment machines for you to pay by card if you wish, or you can pay online.



Our landscape artists' masterpieces, created under the expert tuition of Chris Dobson.

Class Coordinator Report for 2023

The year got off to a good start with six new courses on offer.

Chris Dobson offered a new Art Course each Term which has been very favourably received and well attended. So many of the participants have surprised themselves as they have discovered their previously unknown talent! I'm happy to announce Chris is continuing with a variety of courses in the new year starting with Drawing for Beginners.



Congratulations to Elaine Clark on receiving the Tutor Recognition Award 2023 being offered by U3A Victoria recognising the significant role she has provided to U3A Creswick over the years she has been tutoring our very popular Mosaics class.

I would like to offer recognition and **ACCOLADES** to all of our Tutors who step up each week to lead a class and offer their skills, expertise and support to our members. Without you we would not have our U3A!

Havilah Lodge

Creswick Havilah Lodge is one of the town's oldest organisations. Established in May 1859, it celebrated its 174th anniversary this year.

The name Havilah was chosen for the Lodge by its founding members for the relationship between the gold of Creswick and the gold of the biblical land of Havilah, referred to in the second chapter of Genesis, where it is stated in relation to Havilah, "The gold of that land is good".

For the first 31 years of its existence the Lodge met in the lodge room it shared with other fraternal organisations in Creswick's American Hotel, but in the late 1880s, with increasing numbers of members and overcrowding becoming a problem in the hotel room, the Lodge decided to build its own premises.

Adding an adjacent block of land purchased for £35 to a block donated by one of its members, and with the necessary funds provided by members and a loan from the Miners' Association, tenders were called, a builder was engaged, and construction of the new premises began in March 1890.

The "foundation" stone of the building, and three other commemorative stones, were laid with great masonic ceremony on May 14, 1890, the proceedings then being fully described in the columns of the *Creswick Advertiser*.

Two of the three commemorative stones laid that day support the columns at the front of the building and are readily seen from the footpath, the third is in the southeast corner at the rear, and the true foundation stone, as is traditionally the case, is in the northeast corner.

How many times have we walked past this building unaware of its history?



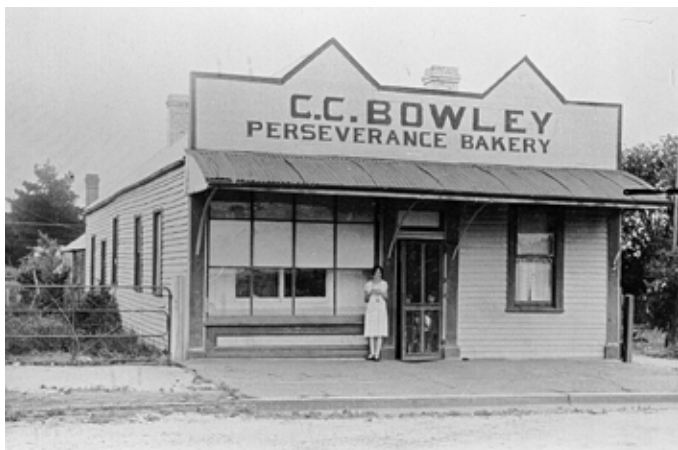
Passers by may be puzzled by the year number visible on the stones at the front of the building. It is shown as AL 5890. AL is an abbreviation for the Latin *anno lucis*, the year of light, an early Christian estimate of the year of the creation, 4000 years before the birth of Christ.

The Lodge moved into its impressive new building, completed at a cost of £650, in August 1890, and has continued to meet in it ever since.

Features of the building include the depictions of the working tools of an operative mason moulded across its façade, the impressive plaster ceiling added to the lodge room at a cost of £53 shortly after it was opened, and the highly decorated walls of the Lodge room, displaying masonic motifs and symbols, painted in 1895 at a cost of £26.5.0.

With almost a thousand men having been members of the Lodge since its inception, it is inevitable that some of these will have been notable in public life. Amongst these are a number who have served in government at the federal, state or local level, the most prominent one of them being Sir Alexander Peacock, a former Premier of Victoria and Minister in a number of State Governments, who was a member of the lodge throughout his public life and Grand Master of Victorian Freemasons from 1900 to 1905.





This picture was taken in 1930. Can you recognise the location?



Calembeen Park in 1958.

Do you know about "Good Sam"?

Could you help?



Cardiac arrest is often unexpected. For every minute a patient doesn't get CPR/defibrillation, their chances of survival fall by 10%.

GoodSAM (Smartphone Activated Medic) connects responders to patients in those first critical minutes of cardiac arrest while paramedics are on the way.

How can you help a stranger in cardiac arrest? It's easier than you think.

A Triple Zero call (000) triggers an alert to be sent to a GoodSAM Responder.

The responder is told the location of the patient and the nearest available defibrillator (AED).

At the same time, the closest available ambulance is simultaneously sent to the patient, and in some parts of Victoria, the fire brigade is also dispatched.

Meanwhile, the GoodSAM Responder can provide CPR and, if possible, make use of the nearest available defibrillator. This gives the patient a greater chance of survival.

You are not expected to travel long distances as your proximity to the patient is of paramount importance mostly within walking distance. Have a look at the video on the website to see how it works.

If you want further details go to www.ambulance.vic.gov.au/goodsam.

Scam Alert

On July 1st the government set up a new department through the ACCC to combat cyber crime. This is the National Anti-Scam Centre and has been funded for the next three years. Make sure you are not a victim over the holidays, below is an extract from their website. If you look on Scamwatch you will find a lot of information on current scams.

Scams are getting harder to spot. Australians reported a record \$3.1 billion lost to scams last year. That's 80% more than the year before.

Behind the growing numbers are everyday Australians who lost money to scams – sometimes their life savings. And the true cost of scams is more than a dollar figure. Scams can have a devastating impact on victims' lives.

As scammers become increasingly sophisticated in their tactics, we need to better coordinate our efforts to stop them.

The National Anti-Scam Centre has been set up to coordinate government, law enforcement and the private sector to combat scams. It builds on the work of the ACCC's Scamwatch service.



Together we will make Australia a harder target for scammers.

Top 10 tips to protect yourself

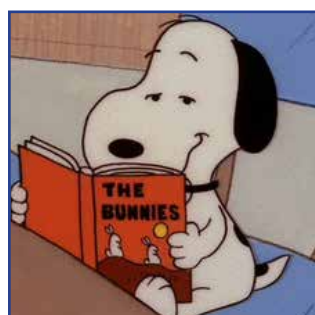
Beware of unsolicited calls. Let calls from phone numbers you don't recognise go to voicemail.

Beware of emails that use scare tactics. Check the display name and email address. Do they match? For

example, the 'From' field displays Amazon Support but the email address is amazonsupport830@gmail.com

Stop and think before you provide personal or financial details over unsolicited communications. Ask yourself: could it be fake?

- Don't trust a text message just because it appears in the same thread as other messages from an organisation you know. It could still be a scam message.
- If you're unsure about a message or call you've received, contact the organisation it claims to be from. Get in touch via their official website or secure app on your smartphone or tablet.
- Never tap on links in text messages. While it's possible for some to be harmless, it's best to play it safe. Same goes for attachments and links in emails unless you are certain about the sender.
- Never provide your password, PIN, or one-time code to anyone over the phone, even if they claim to be from your bank or a government agency and they read out information about your account.
- Never log into your online accounts via a link in an email or text. Instead, enter the company's URL into your web browser or use their secure app to access your account.
- Never follow instructions from an unsolicited caller who wants you to download an app or install software that provides them with access to your device. Hang up immediately.
- Before making a payment online, always check the website's URL (is it the official site?), look for unusual payment methods and poorly worded or missing information in the About Us, Shipping and Returns and other sections found at the bottom of the website.
- If you're ever in doubt, do a search online by entering the name of the organisation or website in question and the word 'scam'.



"No problem is so big or so complicated that it can't be run away from!"

Charles M. Schulz, The Complete Peanuts, 1959-1962



Boot Camp

Jan has offered to run BOOT CAMP sessions at the Doug Lindsay Oval for a couple of weeks in January 2024.

Commencing Monday 8 January through to Friday 19 January, Jan will put you through your paces for a brisk half hour exercise session from 9.30am to 10am, weekly Monday, Wednesday and Friday.

There will be only 15 spaces per session and enrolment will be available from 1 January 2024 if you are keen.



"I like old bookstores, the smell of coffee brewing, rainy day naps, farmhouse porches, and sunsets.

I like the sweet, simple things that remind me that life doesn't have to be complicated to be beautiful."

Brooke Hampton

The Origins of the Aussie Christmas



A Charles Henry Hunt Christmas Card (1881) shows a worker in the bush being offered tea by a young girl. (National Library of Australia: nla.pic-an9029097-1)

Why do we celebrate Christmas like we do in Australia?

ABC News Online reader Warren Argus says he spends the day “with family and friends, getting drunk, eating lots of food, listening to good music and keeping it cool in or near water”.

Another ABC reader, Manuela Benson, says it is all about “pressies in the morning from Santa, drinks and dinners with friends and although environmentally incorrect, the sprinkler goes on for the kids to splash in the backyard”.

Australians get into the festive spirit in a variety ways, but there are some staples of an Aussie Christmas: a non-stop food fest, possibly an outdoor activity and a necessary nana nap in the afternoon.

One senior historian says this style of Christmas has its roots in the mid-1800s, when early settlers longed for home but made do with what they had here.

“One of the strong forms of Christmas, from about the early 1850s onwards, was a community or family picnic out in the open air. Outdoor sports start being associated with Christmas or Boxing Day,” Dr Brown, a senior research fellow in the Australian National University’s History Program, said.

“From very early on Christmas in Australia was a secular festival and about family; it focused on the outdoors, on recreation.”

He says Christmas, as we now know it, dates back to mid-19th century Britain.

“Queen Victoria, or rather her husband Prince Albert, seems responsible for introducing the Christmas tree into England in the 1840s- essentially

a German custom,” Dr Brown, who is also a senior research fellow at the National Museum of Australia’s Centre for Historical Research,” he said.

“The first Christmas cards were introduced in that period too.

“The notion of Christmas as a family gathering celebrated around those icons and as a way to celebrating family values, childhood, sentimentality was very much a product of the nineteenth century.

Ham and cockatoo pie

Dr Brown says even though Australia was largely influenced by this Victorian English Christmas, the local celebrations quickly took on a unique flavour.

“There’s a lot of attempt to having something as close to a British Christmas as you can, but it also started to be tinged by ‘well, we’re in Australia,’” he said.

“The first Christmas cards of the 1850s have Santa Claus being pulled by a kangaroo and it’s striking because we’re painted into the corner of thinking it’s a very British derived tradition.

“Australians started to, from the 1850s onwards, go out into the bush, cut down a fairly big swag of green leaves, eucalypts or the Christmas bush around Sydney, and tie them to the house, to the roof, verandah posts.

“You get Australians trying to do fairly repulsive things in terms of our palette in trying to replicate good old Christmas fair. You get recipes for ham and

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.

cockatoo pie or recipes on how to cook a black swan so it tastes like a goose.

“It became a real characteristic of Australian Christmas to bring in some local flora and eat the local fauna.”

‘Isolation and distance’

But Dr Brown says even though Australians adapted Christmas to their surroundings, there was still “a strong sense of absence”.

“A lot of the early imagery of Christmas in Australia is related to isolation and distance,” he said.



“You’ve got the Sydney Mail in 1879 saying ‘The revels of Christmas tide cannot endure the ordeal of immigration’. It’s that sense that it’s alien here and we’re so conscious of being away from family and that figures very prominently in the imagery of Christmas back in that time.

“[Imagery of] people receiving letters from back home, settlers looking out of doors out onto blazing



hot landscapes thinking about where they ought to be. They will often have farmers battling bushfires or drought then realising ‘hey, it’s Christmas’.”

Which brings us to another unforgettable influence on shaping the Aussie Christmas: weather.

“Early on, Christmas became part of a holiday season, partly because it’s in summer,” Dr Brown said.

“Christmas for us is very much about opening into a golden summer.”

Sarah Collerton

(Originally published on ABC News website in December 2009.)

One of the first settlers to arrive in Adelaide in 1836, Mary Thomas, wrote that she had celebrated Christmas according to custom with plum pudding. But the main dish had a more colonial flavour – ham and parrot pie. The colony of South Australia was proclaimed three days after Christmas.

