



Third Thoughts

U3A
CASTLEMAINE
UNIVERSITY OF THE THIRD AGE

February 2018

Welcome back...
to an exciting new year of
courses with Castlemaine U3A.
And a BIG welcome to
all our new members!

2018 Prospectus

The 2018 prospectus is available from:

- ◆ U3A Castlemaine website
- ◆ Office, Visitors Centre and Library



COURSES

The first term is fast approaching and we are gearing up for the start of a very busy and exciting year.

We currently have 93 classes and 69 tutors.

A huge thankyou to all Class Leaders for offering to conduct a course this year. It is your commitment and involvement which allows our organisation to continue and grow.

NEW COURSES

There are 4 new classes that do not appear in the printed prospectus but are available on the website. **Please enrol on-line or at the Office**

Seasonal Gardening

Participants in this course will share ideas and resources and perhaps practical activities such as making items from garden materials, wreaths, posies, potting up, dividing, grafting and any ideas the group sees fit.

There will be 4 sessions during the year at the change of season and there may also be

spontaneous meetings or outings such as garden visits, speakers or movies and DVDs.

A mailing/email list of members will communicate such events and members will be encouraged to offer suggestions throughout the year.

The course will run 4 times a year at the change of the season : 5th March, 4th June, 3rd September, 3rd December from 3 - 5 pm.

Italian 1

This course offers an introduction to Italian for those with no prior knowledge of the language.

The course will cover the basics of grammar and pronunciation and will include some simple everyday conversation. There are no prerequisites but class members are expected to participate fully in classes and complete some simple homework exercises.

Class members will be asked to purchase a text book.

The course will run on the 2nd, 3rd, 4th and 5th Fridays of each month from 10 -11am.

French 1

French 1 is for beginners who would like to explore the basics of French in a relaxed and supportive environment.

We will focus on listening and speaking, backed up by writing and reading.

The textbook is Bruce Sallee and David Herbert (2007) 'The Everything Learning French Book', 2nd Edition, ISBN 9781598694123 available online at Booko : <https://booko.com.au/>. Their best price in January was \$25.18 from Angus and Robertson including postage and a CD.

The course will run on the 2nd and 4th Mondays from 2 - 3 pm.

Australian History

This long-running course will be held on the second (2nd) Wednesday of each month at the home of Clive Carmichael, from 2pm.

If you require more information please call **Clive** on: **5472 5136**.

Thanks to Deb Wigglesworth, Joe Scoglio, Clive Carmichael and Julie Bradshaw for taking on these popular and long running courses.

Course Wait Listings

There are some classes that have been over-subscribed but we have been working with the class leaders to reduce the wait lists as much as possible and in some cases eliminate them.

I would like to thank the leaders for sometimes increasing the numbers or agreeing to change to a different venue so we can accommodate as many people as possible.

If you were originally placed on a wait list please check those classes as you may now have been accepted.

Everyone should check their classes prior to the first day to make sure the venue has not changed.

Exciting News!!

We have been able to secure 2 additional rooms at the Manse for the exclusive use of our classes.

The rooms in the Manse will now be called Manse 1, 2 and 3 and signs will be erected to identify each one.

This has allowed us to consolidate many classes into the Manse and we hope it will become more of a home for us.

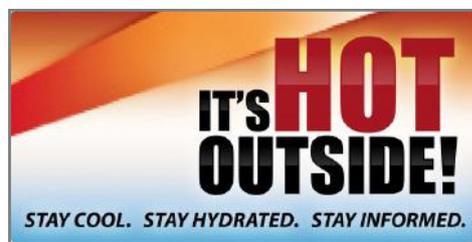
To all users of Manse 1, 2 and 3:

Please ensure that the outer door is locked at all times. An outside buzzer for each room is to be installed for admittance to the individual rooms.

We hope everyone has a very successful year learning, communicating and socialising.

Russell Annear (Course Coordinator)

Elizabeth Brown (Venues Coordinator)



Extreme Heat Policy 'In a Nutshell'

All U3A activities (includes all Enrolment days, classes, office attendance, administrative meetings and coffee mornings) must be cancelled when the forecast temperature for **CASTLEMAINE** is:

- ◇ 38° or higher at 8pm the night before
- ◇ on a day of extreme or greater fire danger regardless of the temperature
- ◇ The U3A Castlemaine website has a link to the weather forecast and to the Policy <http://www.u3acastlemaine.com>
- ◇ Predicted temperatures for Castlemaine are broadcast on the local ABC radio FM 91.1 every morning following the news. It is also available on the Bureau of Meteorology website <http://www.bom.gov.au/vic/forecasts/map7day.shtml>
- ◇ **Heat kills more Australians than any natural disaster**

Activities are cancelled automatically, without any need for Course Leaders to contact the members in their group.

The point of the 'automatic' policy is that:

- ◇ no individual decisions need to be made;
- ◇ no one needs to out-guess the forecasters; or
- ◇ decide when 'the change' might be coming, and so on

The policy is designed to ensure safety not only during the activity but also travelling there and back – and therefore the presence of air conditioning at the venue is irrelevant.

For up to date information :

You can subscribe to heat health alerts by clicking [here](#) or accessing <https://www2.health.vic.gov.au/> for 'alerts'.

MEMBERSHIP SUBSCRIPTION

2018: Join or Renew \$60 p.a.

CUT-OFF DATE FOR NEWSLETTER SUBMISSIONS : **23rd February**



Committee of Management January Report to the U3A Membership

Hello everybody.

This New Year I am sorry to begin with the disappointing news that as a result of disagreements between himself and the Governance Working Group, the President, John Pizzey, offered his resignation on 9th January. The Committee of Management has since accepted this with regret.

There has not been a Vice President for several months, so the Committee of Management has agreed to rotate the tasks of President for the time being. The rotation will work well so membership will get to know a number of the Committee members over the next months. The Committee will ensure that obligations such as attending Regional meetings continue to be undertaken.

For those of you who are alarmed at the prospect of our U3A having no President, let me assure you that under the Rules of Incorporation it is essential that we have a Secretary who is also the Public Officer. There are no rules about other Committee members – and although we are very aware of the need for a President, it is not urgent to fill the post at this time.

Meanwhile, our U3A has burst into the New Year with as much vitality as is expected of us. Already membership is about 400, with 280 women and 120 men, so women currently make up 69.3% of the membership. We would like these percentages to be more equal.

The number of courses for 2018 is a startling 94 – and all are going ahead. Thank you to tutors who have recently volunteered to take language classes at beginner level. The details are on the website.

The Committee of Management thanks the following Working Groups for getting the year off to this great start:

- ◆ Courses and Venues Working Group
- ◆ Finance Working Group and the Membership Officers
- ◆ IT and Communications Working Group
- ◆ The U3A Office Volunteers, who staff our important street front presence in Duke Street, the Octopus.

Welcome to all new members and welcome back to all returning members. We hope you enjoy the courses and activities you have chosen.

I'll take this opportunity to remind you it is good manners to advise your Course Leader when you will be absent. There will be more about that next month. Meantime take care in the heat and remember no classes or activities when the temperature is predicted to be above 38 degrees. See notice on page 2 of this Newsletter.

New members or returning members might like to think about joining one of our working groups so as to support the work of the Committee. It is a very good way to be involved, and very enjoyable to work with other members. Lively Working Groups are the key to a successful organisation.

Further good news is that the Uniting Church has offered us two more rooms in the Manse building. They are only suitable for our smaller classes, but they are full of light. Classes will be timetabled into Manse rooms 2 and 3 as soon as we have the necessary tables and chairs, good heating for winter and secure windows we can open for ventilation. The Finance Working Group and the Committee have approved the purchase of tables and chairs. A report on the final amount spent will be published in March Newsletter.

I do hope members have noticed that our website has been updated by our talented Internet & Communications Technology Working Group in conjunction with Bruce Carruthers, who has been our volunteer Webmaster for ten years. Please give them feedback on the new look website.

I am pleased to report that \$200 was collected and paid to our chosen Christmas charity, Orphfund, a 100% volunteer powered organisation in Uganda. Thank you to contributors.

Win Jodell (on behalf of the Committee of Management)



Friday Coffee Morning

When: Friday, **2nd February 2018**

Time: 10.00 am

Where:

Church of Christ 66 Blakeley Road Castlemaine

February Guest Speaker

Denise Jepson from FOCAL (Friends of Castlemaine Library) will speak about the various activities they are up to.

Hosted by: Table Tennis, Monday and Tuesday Bridge



MARCH Friday Coffee Morning

When: Friday, **2nd March 2018**

Time: 10.00 am

Where:

Church of Christ 66 Blakeley Road Castlemaine

March Guest Speaker

Ingrid Gaiotto will speak about her founding a company taking boutique and off-the-beaten track tours to Italy and about her interest in the rehabilitation of vernacular and historical Italian villages, particularly within the context of Slow Tourism"



Hosted by : Fabulous Friday Flicks/Armchair Travel



The new website for Castlemaine U3A is now available for viewing!

The Website Review Team have changed the look and feel and although most of the things you might have been used to seeing are still there, they could be in a slightly different place. The most important ones being:

- ◆ MyU3A Login : there are no changes to this system and the login is still in the same place
- ◆ The current Newsletter is under the "News" page on the menu bar

There are also a few new innovative things which are not obvious, but will become more apparent as time goes by.

Massive thanks to Bruce Carruthers for the prompt and professional way he responded to the review teams many requests in the development of the new site.

Please explore the new site and send us some constructive feedback if you would like to : u3acm.wrt@gmail.com

Members of the Website Review team will be available at the February coffee morning to answer any questions you might have.

We are lucky to have an outstanding university at Bendigo, La Trobe, and luckier still as U3A Castlemaine members to be permitted to sit in on lectures at no charge. This great arrangement was set up around 2008 when two of our former presidents, Tom Comerford and Sally Kaptein, approached La Trobe.

Under the agreement, attendance by our members should not generate extra work or costs for the university, so we can only attend lectures, but not tutorials, field visits or practicals – and of course we don't have to do any assessed work. This means we can just listen and do as much, or as little, of the recommended reading as we feel like.

Other students on the campus have been welcoming to our members, and some have shared notes and online material which is not accessible to us. Some lecturers have also relaxed the rules on extra events. One of our members ended up in the State Archives reading to a blind student and a young student who couldn't 'read that old writing'.

Choosing a Subject

There are a great variety of stimulating subjects – critical thinking, planning, biology of the cell, environmental studies, rural and regional issues in justice – the list goes on. Many courses make no assumptions about previous knowledge, or for which life experiences are preparation enough. And if you went to university in the past, this is a great way to pick up something new, or to see what's changed.

Lectures in Media and Visual Arts are closely related to workshops and studio elements, and as such aren't suitable for U3A members. Other courses are being delivered in 'blended mode' – courses delivered face-to-face to Melbourne students while those at other campuses watch on screen. Humanities and Social Sciences, Planning and Education have lecturers at Bendigo and some blended courses have lectures in Bendigo screened at the other campuses. The U3A member who liaises with La Trobe, Bridget Leach, will help to check the arrangements for courses in which you are interested. If you indicate your interest in La Trobe by signing up in MyU3A, you



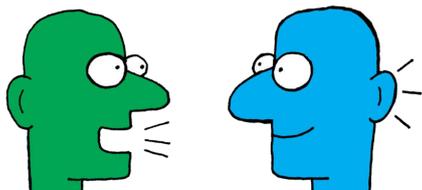
can choose specific subjects later.

Most subjects are run on a semester basis and have a one or two-hour lecture each week for 12 weeks, starting either in the week beginning 5 March (Semester 1) or the week beginning 30 July (Semester 2).

There is more information, and a guide to finding subjects, on the U3A website; follow the La Trobe link from the home page.

Help

For further help or information please contact Bridget Leach, who liaises with La Trobe.
Phone 0434 971451



Armchair Travel

We are off on our Armchair Travels again and we start with Dubai and the United Arab Emirates. Later we'll be off to the Cook Islands, Outback Australia, Russia, Cruising the High Seas and many more exciting and interesting places, compliments of the people in our class. It should be a terrific year.

Fabulous Friday Flicks

We are back - and ready to go with another great year of Friday Flicks.

Our themes throughout this year are Animation, Comedy, Italian, Australian and Documentary.

In February, we'll start with documentaries and a couple of terrific very recent films will be screened - one on a topic very rarely talked about and the other by a famous movie star.

Over Eighties Luncheon

Our first meeting will be at the North Kitchen, Rear 325 Barker Street, Castlemaine, (opposite the North School) on Thursday, February 8th at 12.30pm. Please Note: if you have enrolled in this class, it is expected that you will attend or send an apology 3 days prior, as booking is required by most venues, so ring Eileen Park on 5472 5213

Play Watchers

We are at the start of a great year for local theatre. Castlemaine's theatre companies have announced productions for 2018, including a musical at the Old Gaol and a Shakespeare at the Phee Broadway.

Members of the Play Watchers group are also looking forward to plays at Macedon performed by the outstanding Mountview Players whose work we have been enjoying

over the last few seasons.

Bendigo's Capital Theatre has major productions at Ulumbarra including a Bell Shakespeare (Julius Caesar) and Hannie Rayson's classic 'Hotel Sorrento', as well as a series of smaller touring shows at the Engine Room.

If you would enjoy seeing plays like these with other U3A members, sharing transport when they are out of town, and discussing them afterwards, there are still a few places in our Play Watchers group.

Solo

Our first get-together for 2018 will be on Saturday the 17th of February 12.30 - 2.30 at the home of Eva Haarbarger Ph: 5472 3391

BYO Lunch

U3A Choir & Music Makers

I hope you have all enjoyed the break and Christmas and New Year festivities, as I have done catching up with my families spread around the country, which involves travelling great distances.

We are all preparing to more learning and improving our musical skills, both vocally and instrumentally. I visited a music shop in Bendigo early January and, naturally, came out financially poorer with a supply of percussion instruments, to add to our choir items and instrumental presentations. The plan is to add rhythms to our songs that we sing and include percussion in our instrumental classes. "Never a dull moment" in the music world I say.

John, our former accompanist for the choir, is taking a much needed break, so we are looking for a volunteer to step in and play for us, or help with conducting, if possible. If anyone is willing to assist, please contact me.

Yours musically, Angela Sye M: 0434 201 701



Life's Like That

Do you have some great moments to share? We'd love to put some of them in the next newsletter... do send them in!!

"I came across some well-worn and dusty encyclopaedia, treasured from my childhood, when clearing out a cupboard.

Reluctant to throw them away, I put them on a shelf in the shed, where my grandchildren found them and spent many happy hours looking at the pictures.



Imagine my horror when, during afternoon tea with a local clergy-man, an infant voice piped up, "Grandpa, can we go down the garden and have a look at those dirty books you keep in the shed?"



Chinese New Year begins on February 16 ... The Year of the Earth Dog. And to inspire you perhaps, in the Year of the Earth Dog, all zodiac signs will want to pay special attention to their health. Year 2018 is the ideal time to start eating healthy, doing sports and getting rid of bad habits.

Free fitness chart

If you're just starting out then what you need to conquer first is your mindset.



So just do one small thing every day, like eating a bit better, until it becomes a habit and you feel like it's something you want to do, rather than have to do.

If you would like to make fitness part of your daily habit the good news is you don't even need to leave the front door. Just pull up a chair, print out our wall chart, and you're on your way. Go to 'Seniors Online' or

[Download fitness chart HERE](#)

Participants 65 Years & Over

Principal Researcher:
Kylie Miller
PH: 0477 550 670
Kyliemiller@students.federation.edu.au

Federation UNIVERSITY AUSTRALIA

You are invited to participate in a 20 minute research questionnaire to enter the draw to win a \$100 gift card and take part in academic research that will be used to improve the quality of life of older Australians.



This research is investigating the role of exercise as a protective factor against depression in seniors aged 65 and over. The 20 minute questionnaire asks questions related to your background (age, gender, etc.), exercise behaviours, mental health, and personality/social characteristics. All information is anonymous.

For more information or to begin the questionnaire, scan the QR Code or enter the link posted below into your web browser.

www.Surveymonkey.com/r/FedUniResearch

Victorian Tech Savvy Seniors is a Seniors Card Age Friendly Partners Program. It is designed to give older people, particularly those located in regional and rural areas of Victoria, the opportunity to develop skills to use technology for socialising, accessing important services, or conducting personal business.

Victorian Tech Savvy Seniors is:

- Giving seniors access to a series of **free online educational training resources and self-teach videos**
- Making training videos (on DVDs) available for loan through libraries across Victoria
- Watch the free **self-teach training videos** now to learn or build on your technology know-how
- Click on the links above, or go to:
<https://www.seniorsonline.vic.gov.au/seniors-card/age-friendly-partners-program/tech-savvy-seniors>

Special Event Cinema Returns to Castlemaine



The team at Theatre Royal Castlemaine are thrilled to announce the return of Special Event Cinema to their big screen.

The Theatre Royal will present the National Theatre production of Follies™ in full HD cinema

Stephen Sondheim's legendary musical is staged for the first time at the National Theatre and broadcast captured live to cinemas.

◆ **Saturday 17 February 7.30pm**

◆ **Sunday 18 February 1.30pm**

“A first look at the plans for **Victoria's first Regional Centre for Culture** reveals an unprecedented showcase of local creativity set for four municipalities in central Victoria in 2018.

<https://creative.vic.gov.au/news/2017/local-creativity-at-the-heart-of-victorias-first-regional-centre-for-culture>

“Officially kicking off on Valentine's Day with Love Letters to the Heart of Victoria, a big public event in Bendigo's Rosalind Park, the year-long celebration of culture in all its forms will offer plenty to get hearts pumping and communities involved.

From circus in a public swimming pool and surprise performances in farmers markets to an art installation at a flour mill and an all-singing town hall crawl, everyday places will be transformed through music, dance, projections, art, festivals, podcasts and more.

Grants totalling more than \$500,000 were announced for 36 new projects by local artists and groups that will be presented across the region in 2018.”

Some of the supported commissions and projects in Castlemaine ...

- To work within local prisons to capture the stories of inmates through their letters
- To create a series of photographic artworks that document the Old Castlemaine Goal
- In collaboration with the Dja Dja Wurrung Clan, the Victorian Aboriginal Weaving Collective and Durumu Arts Aboriginal Corporation, Lot 19 artspace in Castlemaine will invite members from Aboriginal communities across Victoria to work in residence on site and learn from weavers from the Peppimenarti community of the Northern Territory
- Community members will be invited to workshops at the neighbourhood centre to learn about the flora and fauna of the Maldon area and to create a series of sculptures that celebrate local species
- For a visual arts project that will bring local contemporary artists together with young people from the region to create a series of murals



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