



CASTLEMAINE

UNIVERSITY OF THE THIRD AGE

U3A Castlemaine Inc A0017409G

Established 1988

Third Thoughts

November 2018

Volume 30, Number 10

DATES FOR YOUR DIARY

NOVEMBER

Mon 26th: DEADLINE- Newsletter Submissions

Tues 27th: 2019 Membership Subscription opens

DECEMBER

Friday 7th: 10am—Coffee Morning

* U3A Christmas Lunch

* Launch of Course Prospectus

JANUARY

Tues 15th: Course Enrolments Open at 9am

Mon 21st: Course Leaders Information Session
at Church of Christ, 9.30am

January Office Hours— See December newsletter

No Coffee Morning or Newsletter in January

FEBRUARY -

Friday 1st: U3A Coffee Morning

U3A OFFICE (Mon-Thurs, 9.30-11.30am)
Closed public/school holidays



'The Octopus'
4 Duke St Castlemaine
5472 2249

www.u3acastlemaine.com
(January Office hours for enrolment—in
December newsletter)

Christmas Cake Raffle

It's on again... it's a tradition... the raffle for Christobel Comerford's magnificent Christmas cake. The tickets for this raffle are \$1 (instead of the usual 50cents) and will be on sale at the November Coffee Morning. So do bring your gold coins. Good luck!



Friday Coffee Morning - November 2nd

(on first Friday of the month)

Happy 30th Birthday
U3A Castlemaine

Founders Day

Guest Speaker: Robyn Annear
'All Things Second-hand'.

10am at Church of Christ, 66 Blakeley Rd.

KITCHEN DUTY: Circle Dancing 2.

ALL WELCOME!

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Newsletter DEADLINE - Monday 26 November

From the President

Hello everyone out there in U3A Land. What a fantastic AGM we had on 5th October. Thank you so much to everyone who turned up for that very important event in U3A Castlemaine's calendar. For those of you who may not already know, we were able to fill all four executive positions, plus four more ordinary Committee positions. (See page 3 of this newsletter for details.) And a huge thanks to everyone who has approached members of the Committee with their warm congratulations and good wishes. We have a very eclectic mix of wise experience and 'youthful' exuberance, and I'm really stoked about the year ahead.

We have welcomed two new Committee members this term, both of whom take on executive positions. Trevor Lloyd is now Vice President and Moira Kean is our new Treasurer. A huge thank you to them both for their willingness to undertake those very important responsibilities.

I would like to take this opportunity also to thank John Waldie for the excellent manner in which he ran our AGM. John wasn't enjoying the best of health, but put that aside to march seemingly effortlessly through the lengthy process. As I said afterwards, it's efforts like John's that epitomise why this organisation is as good as it is.

Phil Fletcher

2019 COURSES UPDATE

We have had a wonderful response from members to provide courses for next year. We currently have 92 courses that will be offered covering a wide variety of subjects.

Many of our regular courses will continue and we have some interesting and exciting new courses including:-

- After Dark Social
- E-Bikes and Touring
- Two new cooking courses
- Two gardening courses
- Economics of Hope
- Exploring the Third Age
- Two courses involving the Steiner Philosophy
- Visions of Utopia
- Understanding Hoarding Behaviours
- The Human Journey
- And many more...

I would like to thank all Course Leaders for their generosity and dedication in providing these courses for the benefit of all our members.

Remember that Course Enrolment Day will be Tuesday 15th January and that enrolments will open at 9.00am online and at the Uniting Church.

Russell Annear
Course Co-ordinator

Extreme Heat Policy

To eliminate the health and safety risks to our members and visitors on days of extreme heat, all U3A Castlemaine activities including classes, office attendance, meetings, coffee mornings and enrolment days must be cancelled on a day when the forecast temperature for Castlemaine is **38 degrees or over**. Or, on a day of **extreme or greater fire danger**, regardless of the temperature.

The predicted temperature for Castlemaine is available on local **ABC radio FM91** after the news during the mornings, and on the Bureau of Meteorology website:

www.bom.gov.au/vic/forecasts/map7day.shtml

The U3A website, www.u3acastlemaine.com has a very useful direct link to the weather forecast.



Course leaders are encouraged to inform and reinforce the policy to members.

However, members need to **take responsibility for being aware of predicted temperatures** and will not be contacted by course leaders when a class must be cancelled for reasons of extreme heat or fire danger.

2018 Annual General Meeting held in October



Kitchen preparation beforehand-
Julie Roberts & Marie Twyford



Waiting for proceedings-
Margaret Harris & Alan Kidd



Incoming President, Phil Fletcher (left)
and outgoing Equipment and Property
Officer, Jim Blain



Top: Terry, Monique & Russell
Bottom: Elizabeth, Moira & Trevor

The newly elected Committee of Management

Phil Fletcher: President Trevor Lloyd: Vice President
Terry Murphy: Secretary Moira Kean: Treasurer
Russell Annear: Course Coordinator
Elizabeth Brown: Venues Coordinator
John Waldie: MyU3A Coordinator:
Monique Thomson : Newsletter Editor



John Waldie
chaired
the AGM

The eighteen changes to the **Statement and Purposes of the Constitution** proposed by the Committee of Management, circulated to members and made available at the Office for three weeks prior to the AGM, were put to a single vote. As there was no dissent the changes have been adopted.

The **Annual Report for 2018** informed us that U3A Castlemaine is in excellent health with membership remaining stable at 542 members who responded with 1,475 separate course enrolments. Around 100 courses were offered by 63 volunteer tutors.

Retiring committee members Jo Thompson (treasurer) Hilary Beckett (newsletter editor) and Win Jodell (president and past president) were thanked for their significant contributions.

WINNER of the October Coffee Morning cake-affle was Alan Kidd. The delicious spiced apple cake was baked by Sue Turner.



Can you assist with food at the December Coffee Morning?

The Events Committee is asking for volunteers to help in the kitchen and/or contribute a plate of food for 4 to 6 people at the December Xmas break up. And don't forget to put your name on the back of your plate to ensure recovery!

If you can assist please indicate on the sheet at the November Coffee Morning. Many thanks.

"A thought is just a thought and not necessarily a fact."

Getting to Know our Volunteers

President, Phil Fletcher & Secretary, Terry Murphy

Phil

Q. What don't people know about you?

A. I write poetry - Well let's say poems. Not poetry in the classical sense - more like stories in verse form. And it's only as a result of joining the U3A class, *The Writing Room* that I discovered I had a bit of a knack.

Q. If you had extra time what would you do with it?

A. I generally don't find lack of time an issue. I'm very fortunate in that I'm able to adjust my life according to its requirements. During my busiest times I find I become quite well organised. (My wife, Sue would say 'anal'!)

Q. Which famous person do you admire and why?

A. I quite admire Warren Mundine. His ability to cut through the politically correct eyes of the general media and say what he believes about the advancement of Aborigines is really refreshing. His ability to see, understand and call out the extent of Aboriginal child abuse that exists in the north of Australia in particular can only result in serving his people well. He is vilified from all quarters but still has the courage to say and do what he believes is right.

Q. One of the best things about U3A is...

A. Friendship, friendship, friendship! There are some wonderful people in U3A Castlemaine, and I'm glad to be able to say that I know many of them.

Q. Good advice you would give to friends

A. When you retire stay busy, busy, busy. When I retired in 2012 I didn't even know that U3A existed. I was home on my own (Sue still works full time.) and became quite depressed, especially during the winter months when I couldn't get into the garden - Even my dog wouldn't talk to me! So even if it's not something formal, have something structured in your life that forces you to have a commitment. It makes a huge difference.



Phil

Terry

Terry

Q. What don't people know about you?

A. People don't know that I (very) occasionally drink Cabernet Sauvignon ('cause every time I mention wine I say Shiraz!)

Q. If you had extra time, what would you do with it?

A. Play golf, write a great novel, learn to play guitar.

Q. Which famous person do you admire and why?

A. Barack Obama for his compassion

Q. One of the best things about U3A is ...

A. People's generosity of time, knowledge and expertise

Q. Good advice you would give to friends

A. Do as I say and not what I do!

Welcome! New Office Co-ordinator, Liz Sharplin



**Outgoing Office
Co-ordinator Annie
Batten** (right)
handing over to
Liz Sharplin.

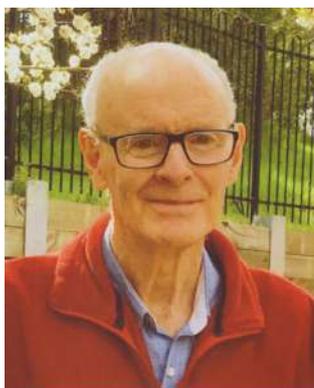
Thank you Annie
for your much
appreciated time
and effort, and Liz
for taking on this
important role.

"Volunteers wanted **please** for office duties or to go on the 'buddy' occasional-fill-in list." Liz

Contact Liz Sharplin on 0403 567 940

Volunteers are
Vital to U3A





VALE ALAN BULL

12/12/1930—30/09/2018

As we reflect on Alan's life we remember not only his gentleness but also his gentlemanliness. He was a loyal friend and quietly spoken but held strong and carefully thought-out opinions on the many issues that concerned him. He was passionate about the environment, Aboriginal rights, our government's refugee policy and justice for all.

After coming from Maldon to live in Castlemaine he and his beloved wife Lenore quickly became part of the community, especially the Uniting Church in Harcourt and U3A Castlemaine, where he participated as long as he could. He was a member of the Peace Choir and loved the practice sessions.

Alan was a keen cyclist and even when he became a resident of Penhall he rode almost daily to spend times of quiet reflection at Lenore's graveside. He could be seen cycling around Castlemaine and sometimes as far afield as Maldon, Daylesford or Sutton Grange. When the bicycle was no longer an option he would push his walker around the streets and up the hill past the hospital.

More recently he moved to Thompson House gradually becoming frailer and spending more time in his room surrounded by photographs of his treasured family. Visitors were always welcomed with a ready smile of recognition, his face shone and his eyes lit up.

This is how we remember him.

The Comerfords and the Hurleys.



VALE BRUCE BAUD

20/8/1927—23/10/2018

On October 23rd U3A Castlemaine lost one of our founding members. Bruce not only headed the fledgling organisation as one of the first presidents but ran his course, Music Appreciation, from his home until he moved into Ellery House early this year. Even then he took an active interest and kept an eye as Diana planned the program.

Those attending this course were always delighted with his choice of Classical music. For some of us an introduction and for others a refresher. Bruce will be greatly missed and we thank him and Diana for their generosity in sharing their home over the past thirty years and Bruce for his knowledge and his extensive music collection.

Veronica Hurley

A Message to you from Course Leaders

Dear Course Participants,

We the course leaders love to bring you the courses which many of you enjoy. But we now have a request. We ask that you please make every effort to arrive at class on time and if for some reason you must be late, please enter quietly, don't chat to people or interrupt as it is can be quite difficult for us who are running the session. Also, it can be disruptive and annoying to other class members. And please remember to let us know if you will be an apology or if you are unable to continue attending so that we can invite another member who is on the waitlist. We know you mean well, but unfortunately this is a very necessary reminder. Thank you.

Please help brighten up January!

Summer Holiday Program

January can be quiet and dull for many of us. Could you organise an activity, outing or informal get-together for our 'summer holiday program'? We've already had offers of singing together, a variety of tabletop word games, and 'pétanque and plonk' in the early evening. Some of the regular activities (tai chi, table tennis, and chess) continue during January. But because so much closes down at this time of year, it can be a great time to try out something with other members. And if you'd like to run something new and don't want to commit to a full course, why not put it in the summer program?

Any ideas? Please contact me before **Friday 9 November** so the program can go in the December newsletter.



Bridget Leach,

Phone: 0434 971 451

Email: bridgetleach@live.co.uk

My Health Record

This year you will get a My Health Record unless you opt out. If you don't want a My Health Record, **complete the online process by 15 November 2018**. You will need your Medicare card and driver licence (or other identification) to complete the opt-out process. For more information, go to:

www.myhealthrecord.gov.au/for-you-your-family/opt-out-my-health-record

My Health Record Opt-Out Period Extended



Be internet savvy and safe

Visit the Be Connected site to learn new computer skills and to register for our **free online safety presentations**.

beconnected.esafety.gov.au/bookings

Our Digital Age...

I heard what I thought was light rain on the roof and told my partner I would go outside and investigate. "Don't worry about getting up," was the reply. "I'll look it up on the laptop."

Anonymous Member



Office of the
eSafety Commissioner

MEMBER SATISFACTION SURVEY



One thing we never take for granted is your enjoyment of U3A Castlemaine. To that end you will be receiving a survey shortly which will enable you to tell us what you think of the organisation and where you would like to see improvements or changes. Please use the opportunity to provide your own input into the running of your U3A. Phil

Thank you to Hilary Beckett

...for all your hard work in producing the attractive, 'friendly' and informative newsletters during your term as Editor. I'm sure this comes from all the members. And thank you from me for your terrific support and training. Monique Thomson,

Positions Vacant

As you'll have seen from reports of the AGM, people have stepped up to fill our Executive roles and we're looking in pretty good shape for 2019.

There is one gap looming though, that we'd very much like to fill. Our excellent Property and Equipment Officer, Jim Blain, is calling it a day to focus on other things on his life.

If you have a little bit of a flair for the technical and a little bit of time, you could be just the person we're looking for. Attendance at monthly coffee mornings is almost mandatory and there's plenty of support to help you get to know all the bits and bytes of the role.

For more information, contact:

Terry Murphy at u3acm.secretary@gmail.com

Or 0425 712 362.



Membership Subscriptions open on Tuesday November 27th

Many members find it convenient to pay the subscription early and before course enrolments open in January.

1. Visit: **www.u3acastlemaine/come.au/MyU3A** Login. Pay by credit card or with a debit card that is set up to be used like a credit card. If renewing, you will need your **MyU3A login ID and password.**

OR

2. Complete **Membership Application form**, attached cash/cheque and drop into U3A Office. Or you can post it to PO Box 792, Castlemaine 3450.

Course Enrolment Day on Tuesday 15th January, 9am till 12 noon.

Enrolments into courses open online on 15th January at 9am. For those of you who choose not to enrol online at home you can attend at the **Uniting Church Hall in Lyttleton St** during the above times, where if required you can receive assistance.

Disabled parking will be provided near the hall entrance

IMPORTANT THINGS TO REMEMBER:

1. Please bring your **MyU3A login ID** and **password** to ensure that you have access.
2. If paying your subscription by card, do check that your debit card can be used in the same manner as a **credit card**. Problems occurred last year when members tried to pay with their debit cards.

You can also enrol at the U3A Office during the special January office hours.

Class Notes

Over Eighties Lunch

APOLOGY! Our meeting will be on the second **Thursday**, the 8th of November at 12.30 pm at the Five Flags Hotel in Campbell s Creek.

Apologies to **Eileen Park on 4411 5770**.

Solos Group

Our get-together for the month of November will be at the home of Eva on the 17th of the month, which will be our last meeting for the year. We have decided to forgo a Christmas Party but meet again in January (as we did last year) and celebrate the New Year--all refreshed and full of news to share. Keep well and happy. **Eva 5472 3391**

Armchair Travel



Janet Gilmore took us all to Uzbekistan for our October session. Scenes of magical places like Bukhara, Samarkand and Tashkent were shown from along the Silk Road (minus Joanna Lumley!) and lots of details and stories were shared. Thank you, Janet. You certainly whetted our appetite for some travel to that country.



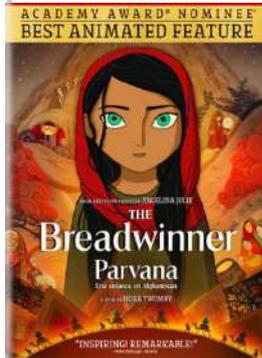
Uzbek Mosque

Next month, Tom Comerford will be speaking about a wonderful trip, especially designed for garden lovers, that he took. It promises to be another very informative class. This really is an excellent and less stressful way to see the World: from an armchair! Places are still available in the group.

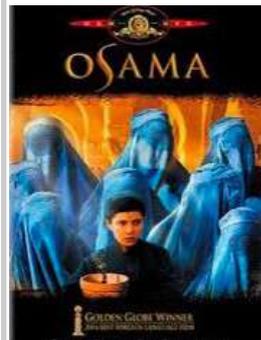
Contact the tutor, **Bev Orgill on 0459 324 455** if you'd like to come along for the ride.

Fabulous Friday Flicks

Afghanistan was our topic for October and we viewed two quite different movies. Both of which we enjoyed, if "enjoyed" is the right word here.



The animated feature, "The Breadwinner" (2017) used many different types of animation to tell the story of two quests: Sulayman's quest to retrieve the villagers' bag of seed and to vanquish the Elephant King and Parvana searching for her father, taken by the Taliban. It dealt with themes like family, loyalty, love, friendship, survival and achievement against all odds.



The second film, "Osama" (2003) by Siddiq Barmak, was the first movie made entirely in Afghanistan after the fall of the Taliban. Set in Kabul it tells the story of "Osama", a 12 year old girl who must masquerade as a boy in order to provide for her women-only family who are forbidden under the Taliban to work, to be educated and to leave the house without a male chaperone. It was a grim watch but an excellent film, with beautiful camerawork, fine acting from a large cast of street children and adult non-actors and an engrossing story based on a real life event.

Our next Friday Flicks class will be Friday 16th November and we will be revisiting some vintage Australian classics.

There are still places available in our group. Contact the tutor, **Bev Orgill on 0459 324 455**, if you'd like to join us in the back stalls.

U3A Digital Photography Group

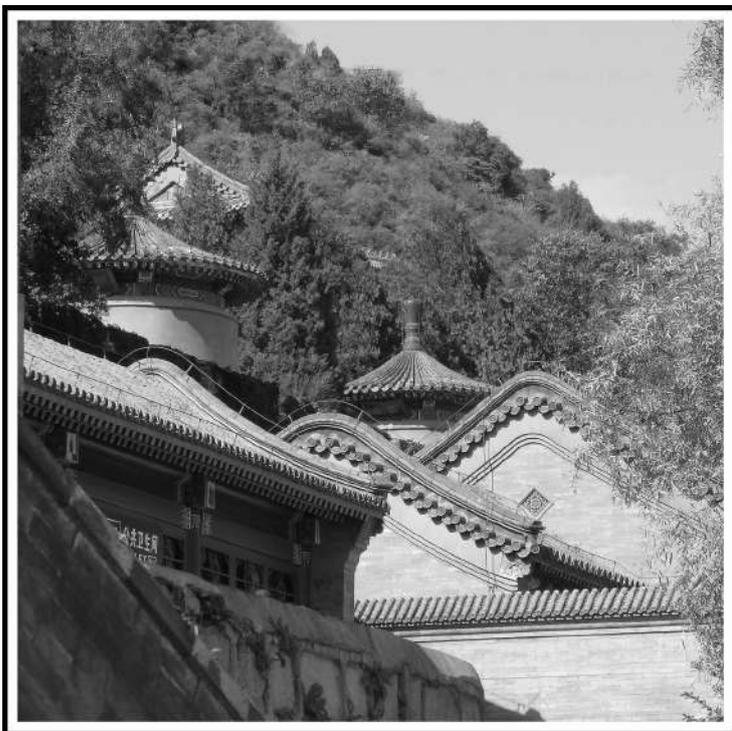
Monthly Review Winners of the theme – Black and White



'Rosalind Park Fountain' print version by Mike Forsyth



'Rope Knot' digital version by Mick Evans



'Chines Temple' print version by Heather Spicer

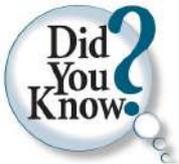
The U3A Digital Photography Group winners of the group's voting for the monthly review of the theme of Black and White: Heather Spicer's scene of the Chinese Temple and Mike Forsyth's Rosalind Park Fountain were the equal winners of the print version of the review and Mick Evans was the outright winner of the Rope Knot for the digital version. The group enjoyed selecting the subjects to photograph for the B&W theme. Most people used techniques of photographing in the RAW mode and converting post-production to B&W to produce jpg files rather than setting the camera menu to shoot B&W jpgs. Commonly used post-production programs are Photoshop, Lightroom and On1 RAW.

Mike Forsyth
Course Leader

Promoting U3A for Seniors



Ann Bowditch and Anet McDonald on duty at the Castlemaine Market building where U3A had an eye-catching promotional display for Seniors Week in October.



U3A—Where it all began in Australia



U3A is worldwide, but in Australia it began in Melbourne in 1984 and rapidly spread to other parts of the country. U3As were established as autonomous groups with their own administration and curriculum according to the needs and interests of each group. There are now about 300 U3As in Australia with about 100,000 members.

How it began in Castlemaine

With U3A Castlemaine turning 30 this year, newer members may wonder about how it began. In 1987 friends attending a Ballarat U3A class decided that Castlemaine should have its own U3A. An advertised public meeting attracted only two people but not to be daunted and after much word-of-mouth publicity, founders were happy to welcome 40 people at a subsequent meeting, who then agreed to form a U3A in Castlemaine.



In June 1988 the first Committee was elected and soon five classes were established. The first newsletter launched in August was a one-page production to be produced quarterly. For more information read *25 Years and Counting, A History of U3A Castlemaine*, available at the U3A Office.



New Members' Day in 2003

***Elitism is the slur directed at merit
by mediocrity***

Sydney J. Harris, journalist (1917-1986)

The above quote has been submitted by a U3A member in response to a perception among some people in the community that U3A is elitist.

Opera: November @ourTheatreRoyal

After good support for the October screenings of Verdi's *Aida* from our U3A members and many others, in November we will share Saint-Saëns':

SAMSON ET DALILA

SUN 11 NOV - 1PM

THU 15 NOV - 1PM

SAT 17 NOV - 1PM

Camille Saint-Saëns's biblical epic *Samson et Dalila* stars **Elina Garanča** and **Roberto Alagna** in the title roles. **Darko Tresnjak**, the Tony Award-winning director of *A Gentleman's Guide to Love & Murder*, makes his Met debut directing the first new Met production of the opera in 20 years. **Sir Mark Elder** conducts.

Approx. Runtime: 3:29 (2 Intermissions)

Vic Say and Peter Morris



La Trobe Art Institute

121 View St Bendigo



Tues 13th November, 12am until Sat 22 December, 12am

Support Structure assembles the work of artists who paint with a sculptural sensibility. Acknowledging the physicality of paintings, these artists produce artwork that blurs the boundary between media, offering ways of rethinking the nature of contemporary painting.



U3A

Christmas Lunch

At the **December Friday Coffee Morning** we'll enjoy the usual sumptuous Christmas lunch.

It will be an opportunity to thank our volunteers who all make U3A Castlemaine possible.

And, the launch of the much-awaited **2019 Course Prospectus**.

So, we'll see you there at **10am on Friday 7th December** at the Church of Christ, 66 Blakeley Rd. Castlemaine.

Because your
brain doesn't want
to retire



CASTLEMAINE
UNIVERSITY OF THE THIRD AGE
U3A Castlemaine Inc A0017409G

Contact Information

Committee of Management

| | | | |
|----------------------------|-----------------|--------------|--|
| President | Phil Fletcher | 0409 750 947 | u3acm.pres@gmail.com |
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| Treasurer | Moira Kean | 0412 323 422 | u3acm.treas@gmail.com |
| Courses Coordinator | Russell Annear | 0407 346 334 | u3acm.courses@gmail.com |
| Venues Coordinator | Elizabeth Brown | 0433 548 777 | u3acmvenues17@gmail.com |
| Newsletter Editor: | Monique Thomson | 5474 2290 | u3acastlemainenews@gmail.com |
| MyU3A Coordinator | John Waldie | 0400 858 581 | papajohn3002@gmail.com |

**Member Services
Coordinator** **POSITION VACANT**

| | | | |
|--------------------------------------|------------------------|--------------|--|
| Events Coordinator | Joe Scoglio | 5472 2396 | u3a.events@gmail.com |
| Office Coordinator | Liz Sharplin | 0403 567 940 | u3acm.office@gmail.com |
| Assistant Treasurer | Sue Murphy | 0425 712 363 | u3acm.asstreas@gmail.com |
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| Membership Officer | Tami McVicar | 0400 606 856 | u3acm.members@gmail.com |
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| Website Management | Website Review Team | | u3acm.wrt@gmail.com |
| Website Event Submissions | Brier Johnson | | u3acm.wrt@gmail.com |
| Equipment & Property | POSITION VACANT | | |
| IT Support | David Sime | 0418 242 977 | u3acm.it@gmail.com |
| Kitchen | Marie Twyford | 5472 5450 | mltwyford@gmail.com |
| Celebrations/Tributes | Barbara Bunton | 5472 3186 | bunwilbar@gmail.com |
| Cake/Roster/Raffle | Beryl Leavesley | 5472 3182 | berylleavesley@hotmail.com |
| MYU3A Support/Help | | | myu3ahelp@gmail.com |

Newsletter DEADLINE - Monday 26th November