



Volume 30 No. 4

MAY 2017

Reg. A0017409G

## Farewell Tony Morton

It was with considerable sadness that we heard of the death recently of Tony Morton. He had been ill for much longer than many realised. Tony has been a significant contributor to U3A Castlemaine over the years; his French Group will miss him, though they do intend to continue, as he would wish. His wife Jenny will take up Tony's annual monologue at the U3A Christmas party, so there will be continuity.

Tony enjoyed an Oxford education, languages being his strong suit. He later taught in Oxfordshire before coming to Australia with his family to take a language teaching position at Melbourne Grammar School. After retirement Tony and Jenny bought their place at historic Vaughan. Jenny worked hard establishing a beautiful garden and Tony continued his reputation as bon vivant, cook, tenor, amateur actor, humourist and of course language teacher for U3A Castlemaine.

The Morton family is very musical, both of their children sing professionally. Tony had a beautiful tenor voice and loved to sing. In our district he had participated in many musical productions over the years.

Entomology was another great passion and at the funeral we were told stories of Tony's butterfly hunting and collecting. In the past he had advised a U3A Garden Group on various species of native butterfly.

Tony's *French Language and Literature* at 2PM on a Monday afternoon will miss him deeply.

Rest well Tony, you have been loved and admired by many in U3A Castlemaine.

**Win Jodell**

## Vale Tony

Tony (D.E.A.) Morton died on 10 April. For many years he had led an enthusiastic band of Francophiles through French literary works from de Maupassant, Camus, Simenon and Zola to the contemporary novelist Alice Ferney. Tony's approach was characterized by warmth and humour, underpinned by a great depth of linguistic, cultural and historical scholarship. The class laughed and learned as he guided us in our collective endeavour. We will miss him.

**David, Ellen, Katharina, Pamela, Joe, Julie, Wilf, Vicki, Penny, David, Sue**  
*French Language and Literature Class*



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#### U3A Castlemaine Office Details

The Office is located at the 'Octopus' opposite the Castle Motel in Duke Street, Castlemaine

#### Office Hours:

**Monday to Thursday 9.30-11.30am**

**5472 2249**

P.O. Box 792, Castlemaine 3450

[u3acastlemaine@gmail.com](mailto:u3acastlemaine@gmail.com)

[www.u3acastlemaine.com](http://www.u3acastlemaine.com)

**MyU3A:** go to U3A Castlemaine website and click on MY U3A LOGIN  
At the top of the page

**Friday Coffee Mornings** are held on the first Friday of the month, unless otherwise advised, 10am at Church of Christ, Blakeley Road, Castlemaine.

**May Speaker:** Remi Rauline (introduced by MASH's Neil Barrett) - *A Castlemaine community eco housing project*

**Hosts:** *Bush Rambling and Tai Chi*

**June Speaker:** Gill Miller – Head Gardener, Castlemaine Botanic Gardens **Hosts:** *Bushwalking and Photography and Digital Imaging*

**July Speaker:** Darren Fuzzard, CEO, Mount Alexander Shire Council

**Go to our website to read *Third Thoughts in colour* –  
The deadline for the JUNE issue is FRIDAY 22<sup>nd</sup> MAY**

Send items to [u3acastlemainenews@gmail.com](mailto:u3acastlemainenews@gmail.com)

## President's Report

Hello members all,

This time, a short report.

**Term Two has commenced** without a hitch; thank you to the new course leaders.

**The Office** is noticeably busier with morning opening times, and so Hilary the Office Coordinator could do with a few more volunteers. It is just two hours once a month. You will be trained, and it is a small but vital contribution to our organisation. The members on the current roster are very much appreciated.

**As we get closer to the time** when some lucky members travel to various parts of the Northern Hemisphere I wish you safe travels and don't forget to tell your class rep or course leader that you will be away. Thank you.

**I am pleased to welcome John Pizzey** to the Committee of Management in the Vice President role. John and his wife Margaret moved to Castlemaine late last year. When John joined our U3A he called me to ask if he could be more involved and subsequently joined the Governance Working Group. Since then John has taken up a part-time position with U3A Network. Harry Dobson, whom some of you will know, has stepped down as Network Regional Development Officer and his job has been divided in two. John will work in Central and Western Victoria. So it's all action and John has assured me he will thrive in both roles. We have asked questions and there appears to be no conflict of interest.

**Late in May there is a Dementia/Alzheimer's presentation** and discussion with Course Leaders. While many of us might already experience 'senior moments' we can also become aware of changed or erratic behaviour by other members. I am interested in finding some techniques so that changes of behaviour can be dealt with in a kind and confident manner in our groups/classes. If the session proves to be of great interest I hope to have further sessions open to the wider membership.

**Along with many other U3A Castlemaine members I attended Tony Morton's funeral** on Friday 21<sup>st</sup> April. It was a fine occasion with recordings of Tony singing, his children also sang, we sang and finally we left to *The Lord of the Dance*, feeling we wanted to dance. It was Tony's final bit of fun with us all despite it being a sad occasion. (See separate notices.)

I look forward to catching up with some of you at Coffee Morning on Friday 5<sup>th</sup> May when we will hear a presentation about a new sustainable housing project in Castlemaine. This is a subject close to my heart so please try to join us.

### Win Jodell

u3acm.pres@gmail.com

0423 423 247 or 5472 3792



## Death of MyU3A Developer – Ken Steel

I am saddened by the news of the demise of Ken Steel due to a stroke at Easter. He has been both a mentor and support for me and I will miss his strange sense of humour, which often had us both laughing.

Ken was a long time member of U3A Geelong and used his IT skills to develop the MyU3A online membership management system. There are approximately 39 U3A groups in Victoria and New South Wales using the system.

### Hazel Annear



Castlemaine Health is facing some issues in delivering the same health services, in the same way, into the future. We'd like you to help us create a new health service for the future. RSVP to [www.engage.vic.gov.au/castlemaine-health](http://www.engage.vic.gov.au/castlemaine-health) or 5471 1505.

**Harcourt** 6pm Wed 17<sup>th</sup> May Goldfieds Track Cafe

**Castlemaine** 10am Thurs 25<sup>th</sup> May Uniting Church

1pm Sunday 4<sup>th</sup> June Ray Bradfield Room

2pm Wed 14<sup>th</sup> June Senioir Citizens

3pm Wed 5<sup>th</sup> July Salvation Army Building

**Maldon** 5.30pm Wed 31<sup>st</sup> May Maldon Community Ctr

## Course Coordination Working Group Report

# You're invited To Join Us

Our numbers have diminished, so we're looking for new members to join our working group. Course coordination is at the heart of our organisation. Briefly the role of the group includes liaising with course leaders, both current and prospective; organising courses/classes each year; ensuring courses data is entered into the MYU3A online system; monitoring venue usage and providing rental information to the treasurer. We meet monthly for two hours, usually at the Manse room.

We need a variety of skills/talents in the group – ideas, ability to organise, communicate effectively, write well, computer literacy. We don't expect to find all this, and more in the one person that's why we need a few new members. Sometimes it's enough for someone just to be able to contribute ideas or discuss issues.

**Our next meeting is Monday 8<sup>th</sup> May, 10.30am** in the Manse room, Uniting Church complex, Lyttleton Street, Castlemaine. Call in and have a chat about the group with us.

### **Robyn Yeoman**

On behalf of the Course Coordination Working Group

Contact: [u3acm.courses@gmail.com](mailto:u3acm.courses@gmail.com)

### **Places are still available in the following courses -**

*Anatomy of a Disaster* – Commencing Friday 19<sup>th</sup> May to 16<sup>th</sup> June, 1-2.30pm

*Armchair Travel* – Mondays weekly 4 -5.30pm until 18<sup>th</sup> December

*Bridge for Beginners* - Wednesdays weekly 1.30 to 3.30pm until 12<sup>th</sup> July

*Bridge* - Tuesdays weekly 1.15 to 4.15pm year long

*Chess* - Thursdays weekly 10 to 11.30am year long

*Choral: Singing Together* – Tuesdays weekly 3.30-5.30pm year long

*Fabulous Friday Flicks* - Fridays weekly 9.30am to 12.30pm all year

*Golf Croquet: Introduction* - Mondays and Fridays 8<sup>th</sup> to 26<sup>th</sup> May 10am to 12noon

*Memoir Writing* with Robin Rebecchi - Thursdays 2nd and 4th weeks of the month 1.30 to 4pm to 14<sup>th</sup> December

*Movies of Merit* - Thursdays weekly 10am to 1pm all year – **enrol at the Theatre Royal any Thursday**

*Pathology Basics* - Wednesdays weekly 10<sup>th</sup> to 31<sup>st</sup> May 3 to 4pm

*Tai Chi* (two groups) - Mondays weekly 9.30 to 10.45am all year

*Warm Water Exercise for Arthritis* - Tuesdays and Fridays weekly 11am to 1.30pm all year (separate groups)

*Writing Aerobics* - Tuesdays 11am to 1.30pm 9<sup>th</sup> May to 25<sup>th</sup> July

*La Trobe University Lectures* - enrol now for Semester two. See page 5 for information

### **Terms 3 and 4 -**

*Cosmic Philosophy and the 'Numinous'*

*The Ottoman Empire*

*Treasures of the Earth: Geology*

**Log on to MyU3A to enrol in any of these courses, or to obtain contact details for the Course Leader.**

# Around the classes 2017

## Choir: Singing Together

Despite the disruptions of the Castlemaine State Festival, School Holidays and Anzac Day we have managed to keep on singing and have fun as well, thanks to Angela and John. We will be performing for Aged Care and Maldon Hospital patients this term so we are practising some suitable songs. Most of the songs we are working on are popular songs, including work from the Beatles, and we sing some songs in unison and others in parts. We are also practising two Aboriginal songs that sound beautiful when sung in harmony.

We have good numbers of singers in the choir, but we still have room for more. If you are a bass singer you are particularly welcome, as at present we only have two basses. You don't have to audition or be able to read music, so if you enjoy singing and want to exercise your brain in a fun way, **contact Angela Sye on 0434 201 701** or [angelasye@hotmail.com](mailto:angelasye@hotmail.com). We meet at the Salvation Army Hall in Kennedy Street on Tuesdays from 3.30pm to 5.30pm and that includes afternoon tea.

**Judy Sime**

## Solo Group

This month we will meet at the home of Anne Lodge on Saturday 20<sup>th</sup> May. For the address and other queries please phone me.

**Eva Haarbarger** 54705915

## Fabulous Friday Flicks

We are well into our sessions for the year and still working through our "the films of Ken Loach" theme.

In March it was *Raining Stones* and *Looking for Eric* and in April we saw *Sweet 16*.

Also, in April, in his honour, we had our own John Clarke tribute session.

Vintage Fred Dagg clips were shown and the 1990 Aussie classic *Death in Brunswick* was screened. Vale John Clarke. You are already sorely missed.

**Beverly Orgill** 0459 324 455

## Garden Group

We visited three local gardens this month. Despite the rain we had a great time - three very different gardens ... I love the infinite variety and combinations of plants that we can see within such a short distance.

Our thanks to the owners - Heather, Peter and Jo who welcomed us to share their experience and creative talent.

Next month we are going to Rosalind's for a tour of her renovated garden and a slide show of before and after shots.

**Bronwen Stephens** 5472 3904  
[pb.stephens@bigpond.com](mailto:pb.stephens@bigpond.com)

## Australian History

At our April gatherings we had two very interesting presentations that raised much discussion. Helen gave us the story of Broome from the time of William Dampier to the present day, with all the times of progress and tumult. Lynette outlined the history of the Tasmanian Aborigines, with the sadness that came with the end of their time. However, there are still some of their descendants who are making strides in the restoration of their story.

In May, on Monday 8<sup>th</sup> Clive will trace the happenings of the Chinese "invasion" in the 1850s of the gold diggers from southeast South Australia, and the long term effects on Victorian society. On Monday 22<sup>nd</sup> May Jan will reveal the intriguing insight into the work of the architect Willhein Vahland, and the magnificent buildings that still stand in the heart of Bendigo. The sessions start at 2pm, and you are invited to be present.

**Geoff Walker** 5470 6652

## Over Eighties Luncheon

In May we will meet at the Theatre Royal in Hargraves Street on Wednesday 10<sup>th</sup> May at 12.30pm. Apologies to the number below.

**Eileen Park** 5472 5213

## Photography and Digital Imaging

It was a very pleasant surprise to have my photo chosen in the March competition. Thank you to those who voted it through.

It is great to have this means of sharing our work each month and I'm sure you are aware of how we are all improving as we learn to use our cameras with more efficiency and style. It is getting more difficult to "pick a favourite".

I put this photo into the competition because of the texture on the leather that shows up so well in low light. All look well-used and well-loved.

They live in a darkish corner of my lounge room, so I had to use a tripod and a shutter speed of 1 second or a little more.

It was taken using an Olympus OMD



**Norma Rantall**

## Aboriginal History - Our shared history

Our class chose to meet during the Castlemaine State Festival at the Market Building / Information Centre to explore together the North-East Arnhem Land exhibition of prints, a rewarding time to spend together.

A visit to the exhibition on a separate occasion was Felicity's last venture out of our home, revisiting some prints we had seen hanging in the forest at the Garma Festival several years ago and seeing many more from the now long history of print making in the local art centre.

Each year a representative cross section of the year's output, often developing a particular theme and / or a new printing technique, are hung on a cluster of paperbark trees, the trunks of which have been painted white. One moves slowly along a lamp lit path in the night to be introduced to them in the most magical way.

Some members of the class are planning to visit the North East Arnhem Land Garma Festival later this year.

**Vic Say 5472 1841**

Below: The Aboriginal History class

## Armchair Travel

In March we visited Cuba with guest presenter Steven Breheny, and in April it was "Ole!" and off to Mexico with Deb and Bill Wigglesworth.

Both sessions were great. There was lots of information, some terrific pictures and many souvenirs on show.

Thank you Steven, Bill and Deb.

Next month, on Monday 22<sup>nd</sup> May, we'll be going to Poland and Romania with guest presenters Izi and Eti Murmur.

**Beverly Orgill**  
0459 324 455



## Australia Day's Survival Day Gathering 2017

Australia Day included a Survival Day gathering in Victory Park as part of the official Mount Alexander Shire program this year for the first time.

Several members of U3A Castlemaine's *Aboriginal History - our shared history* class joined program leader, Vic Say and local elders Aunty Julie McHale and Uncle Rick Nelson and members of the Aboriginal community, both students and parents, along with other community members in an informal get together in the shade under the trees. The chance to share a casual yarn and talk about what Australia Day means within Aboriginal and Torres Strait Islander communities and how different individuals within those communities approach the day, was taken up by interested community members.



Vic Say left and far right, Aunty Julie McHale, 2016 Castlemaine Citizen of the Year and speaker at the 2017 Australia Day\ Survival Day gathering in Victory Park on January 26th.

In Castlemaine this year Uncle Rick again welcomed all present to Dja Dja Wurrung Traditional Country and then separately welcomed each new citizen after they had taken the oath and been presented with their citizenship certificate. The Shire CEO pointed out the Survival Day gathering as part of his introduction to the day as MC and Aunty Julie spoke of what the invitation to accept the award last year had meant to her. Julie outlined the way she had questioned herself and her ideas as she considered accepting the award and shared the answers she had come to in an interesting and frank discussion of the decision she finally made.

**Vic Say**

## Memorable Memorial Service for Felicity Say

On the 8th April a memorial service was held for Felicity at Buda Garden Room. The large room was decorated with huge banners for Aboriginal Reconciliation and many photos and scrapbooks made over Felicity's life time.

Through a number of speakers we heard of Felicity's career at ABC radio as a classical music announcer. We heard of her whirl-wind romance with Vic - coming to live in Castlemaine, Vic's home town, to a large house with no garden. Vic spoke of Felicity's passion for her garden and over 40+ years it is now a fabulous magic place.

Close lifelong friends, Geoff and Geraldine Harris shared many holidays with the Says and later their shared passion for the opera, travelling to Melbourne together for operas and classical music concerts.

Rebecca, Vic and Felicity's daughter, representing her brothers Mark and Andrew, spoke eloquently and with great pride and passion of a mother who was inspirational in her passions - her love of learning, her belief in justice, her life long devotion to music, gardening and family.

The service ended with a recording of Felicity introducing a classical piece for ABC radio. Fabulous to hear her lovely young voice.

I met Felicity when joining the Aboriginal History class. Seventeen years of teaching in the Manse room. Never repeating a class, always fascinating and often her students moved to tears.



Felicity, loved and admired by all who knew her.

**Margot Ryan**

**Van Gogh  
and the Seasons**  
*Winter Masterpieces*  
at the  
National Gallery of Victoria  
St Kilda Road, Melbourne  
**Tuesday, May 30<sup>th</sup>**

The visit will begin with an introductory lecture at 12 noon, after which you will be able to see the exhibition at your own pace.

**Cost:** \$35 per person for the lecture and the exhibition, **to be paid at the U3A Castlemaine office or at a coffee morning by Monday, May 15<sup>th</sup>.**

**Please have the correct money, as change cannot be given.**

You can pick up your ticket from the U3A Castlemaine office from May 22<sup>nd</sup> to 25<sup>th</sup> between 9.30 and 11.30am.

There are no refunds.

If you pay and find that you cannot go, you will need to find a replacement for yourself.

**Meeting Place:** 11.45am at the information desk inside the NGV.

**Transport:** Please make your own way to the NGV. The 9.08am train from Castlemaine should get you to Southern Cross Station by 10.43am, in time to get a tram to Swanston Street, and then another to the gallery, leaving time for a snack at the gallery before the noon lecture.

**Enquiries:** Colleen Smith  
[smithac2@bigpond.com](mailto:smithac2@bigpond.com)

**Cinema Museum  
at The Salvation Army's**

Heritage Centre  
69 Bourke Street, Melbourne

**Friday, June 30th at 10am**

The Castlemaine 8.06 train gets to Southern Cross Station at 9.28, enough time to get a tram along Bourke Street to the Centre, where we will meet.

**Free entry**, although a donation would be welcome on leaving.



**For enquiries contact Max Clarke, 5475 1220  
or [mnc3463@gmail.com](mailto:mnc3463@gmail.com)**

*A man may die, nations may rise and fall, but an  
idea lives on.*

*John F. Kennedy*



**Time for something new?  
Try a subject at La Trobe  
Semester two runs  
24 July–20 October 2017**

U3A Castlemaine members are entitled to sit in on lectures at La Trobe University in Bendigo. The second semester of the year runs from 25 July to the end of October, and brings heaps of new subjects in history, literature, education, planning, environmental studies – plenty to choose from.

Most subjects have a one- or two-hour lecture each week. This link shows the subjects available:

<http://www.latrobe.edu.au/students/subjects>

and this link is where you search for day and time: <https://allocate.latrobe.edu.au/2017/timetable/-subjects>

Find out about each subject by clicking on the red subject code next to its title. You cannot choose a course in which studio sessions, seminars, tutorials, workshops or field visits form the major component of the teaching as we are not permitted to attend those. If you would like to attend, please complete the appropriate form. It can be obtained from the U3A office, or you can download from the U3A website. Click on the link 'All forms'. Completed forms need to be returned to the U3A office by Monday 17 July 2017.

If you have any queries, please **do not** contact La Trobe University. All communication should go through our link coordinator, Bridget Leach. Email: [bridgetleach@live.co.uk](mailto:bridgetleach@live.co.uk)

## STATE LIBRARY VICTORIA

### Free journals, databases and ebooks

Victorian Library members enjoy free online access to the extensive range of subscription ejournals, databases, ebooks and other resources. Chill out to music from Naxos, download an ebook, read today's newspaper or explore Gale NewsVault's 400 years of news stories from yesteryear. You can also find that all-important journal article on JSTOR or browse the American Vogue Archive.

Browse by subject area or go to our full listing of A–Z Databases.

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As a Library member, you can access over two million books, photos, artworks, documents, maps, manuscripts and more when you visit State Library Victoria. Members can also log in to thousands of online databases, journals, magazines, ebooks and newspapers from around the world.

While the rarity of our collection means that you are not able to borrow items, you can browse many popular and recently published books and journals in our public reading rooms, and many items are available for interlibrary loan.

Join a vibrant and engaged community of more than 60,000 active library users. You can enjoy a range of member-only benefits, programs and services by signing up now.

<https://psr.slv.vic.gov.au>

Watch our video to learn more about Library membership benefits.

<https://www.youtube.com/watch?v=hUmDTveUPyw>

Library members have free online access to thousands of online databases, journals, newspapers, magazines and ebooks.

Library members can log in and use our digital online copying service. You can order digital copies and extracts of Library collection items from any location, at any time.

Only a small fraction of the Library's extensive collection is available on the shelves. To access the significant portion of the collection that is not on the shelves, including books, journals, newspapers, music, images, maps, manuscripts and more, you need to be a Library member.

Library members can log in and save searches, provide comments and tags, and share searches with other members.

You can become a Library member online or by phoning 03 8664 7004; membership renewals can be made over the phone or in response to an email. If you provide your email address when you become a member, we will send you a courtesy email four weeks before your Library card expires to ask if you'd like to renew it. You can choose to receive your Library card by post or pick it up in person.

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We also process memberships and provide Library cards on the spot – see a member of staff at our Customer Service Point at Level 2 (ground), near the foyer entrance. Please bring proof of your identity and Victorian address.

### For children at the State Library - **Play Pod**

Play Pod is the Library's program for children aged under eight years, packed with activities to read, create and play.

**Date: until 31<sup>st</sup> December 2017**

**Cost: FREE**

**Bookings not required**

**Venue: The Courtyard**

**Has wheelchair access**

With a new theme every season, Play Pod is always changing, fun and interactive, so children are free to explore and engage with the support of their parents and carers.

The Play Pod is open 10am–4pm daily.

### Where is the green sheep? — 1 March to 6 June

If you were the green sheep, where would you hide? Inspired by Mem Fox and Judy Horacek's *Where is the green sheep?*, discover the star sheep, the moon sheep, the car sheep and the train sheep – but most importantly, help us find the green sheep!

### **CASTLEMAINE LIBRARY**

#### **Adult Spelling Bee**

Thursday, May 18, 2017 from 5:30pm to 7pm



Are you a spelling extraordinaire? Test your skills against some tough words at our 2nd Annual Adult Spelling Bee! Hosted by the king of hard words, Adam Ford,

this event assures brain-bending hilarity!  
Ages 15+ years. FREE - BOOKINGS REQUIRED

### **Last Words: The Hanging of Ronald Ryan - Barry Dickins**

**Thursday 25<sup>th</sup> May 2017 2pm to 3pm**

Castlemaine Library continued

Fifty years ago, Ronald Ryan became the last

man hanged in Australia. Author Barry Dickins tells his story in his newly published book *Last Words*, which is as much about the hanged man as it is about the trauma his family endured, and the political opportunism behind the decision to proceed with the hanging.

#### **Newsletter**

Keep up to date with what's on, what's new and important information about Goldfields Libraries services. Receive the Castlemaine Library email newsletters in your inbox at the beginning of each month, plus special newsletters from time to time.

Register online at <http://vic.us3.list-manage.com/subscribe?u=e7dd933ceb199323fc84d45fc&id=850564fe52>



**Castlemaine  
Art Museum**

#### **John Nixon: EPW to 25th June**

John Nixon (b. 1949, Sydney) is one of Australia's foremost artists. Since his first solo exhibition in Melbourne in 1973, Nixon has mounted hundreds of exhibitions in Australia, New Zealand, Europe, and the United States, and his work is included in public and private collections worldwide.

This exhibition presents a recent selection from Nixon's Experimental Painting Workshop (EPW), a project that began in London in 1978 and continues to this day. Rejecting narrative, realism and pictorialism which he sees as limitations on painting, Nixon's EPW proposes an expanded, and expanding, definition via the principles of modernist non-objectivity, specifically, the monochrome, Minimalism and Constructivism, and dynamic approaches to their exhibition. In his employment of the ready-made object, made famous by Marcel Duchamp in the early 20th century, Nixon demonstrates an intuitive method of collecting, rationalizing and repurposing the everyday into otherwise abstract works.

The *en masse* presentation of this exhibition is a hallmark of the EPW, offering both a spectacular experience of the whole, while also giving emphasis to individual works as evidence of the progression of Nixon's thesis on the open-ended possibilities for painting.

<http://www.castlemainegallery.com>

## Friends of Lolotoe

A Friendship Agreement est. 2009

Mount Alexander Shire community & Lolotoe (Timor Leste)

Mount Alexander / Friends of Lolotoe (East Timor) is now into its ninth year. Some of the current members of U3A Castlemaine were integral in the development of this little organization that works to promote friendship and support, through practical projects, between the communities of Mount Alexander and the sub-district of Lolotoe in remote East Timor.

Lolotoe is 186 km south west of the capital, Dili. It takes two days of travel to reach Lolotoe due to the very poor condition of the roads.

Representatives from the Mount Alexander Shire have made the trip over the years to strengthen bonds between the two communities as well as hosting representatives from Lolotoe in the Shire in 2014.

In July 2016, Louise Cook -Tonkin (International Development), Jeni Foster (Horticulturalist) and Chris Sertori (Teacher) made the trip to Lolotoe to help re-establish the Grupu Amizade committee and learn more about the current needs and goals of the people in the area.

As a result of the visit and with the full endorsement of the East Timor committee it has been decided that the future direction for Friends of Lolotoe is the support of Micro-Enterprises (sewing groups, formal hire business for the youth, village chicken production), Agriculture/ Permaculture (the development of school gardens for food production) and training programs (training of a chosen candidate to run the library in the village of Opa). Individuals or organizations are still able to donate to educational scholarships for university or training programs.

**From 15<sup>th</sup> – 27<sup>th</sup> May Friends of Lolotoe will be holding their major fundraiser for the year. Coffee Fortnight involves generous local cafes and businesses promoting and selling bags of Wild Timor Coffee.**

In early 2012, four Australian soldiers were sent as part of a peacekeeping force to help with the stabilisation of East Timor. After 30 years of neglect, coffee that was originally planted by the Portuguese some 200 years ago was discovered by the peacekeepers in remote villages, as they patrolled the area. The now 'wild' coffee is thriving. The former soldiers have helped local growers harvest the coffee independently, receive

a fair and equitable price for their product and support their local community. Funds raised from the sale of coffee over these two weeks will help support the programs in Lolotoe.

**On Saturday May 27<sup>th</sup>** Friends of Lolotoe with the support of Mark Anstey from Lot 19 will be hosting **Taste of East Timor**. This will be an exciting afternoon/ evening event where guests will have the opportunity to learn more about East Timor from a range of different perspectives. Come along and enjoy the interesting speakers, delicious food and reflective music of Sime Nugent.

Tickets will be available on trybooking.com or at the Castlemaine Visitor Information Centre from early May. For any enquiries contact: [friendsofjolotoe@gmail.com](mailto:friendsofjolotoe@gmail.com)



## Power of Attorney What do you need to know?

A Power of Attorney is a formal document giving another person the authority to make legally binding decisions on your behalf.

Trent McGregor, local solicitor from legal firm Robertson Hyetts will help you understand more about 'Powers of Attorney' in the first of a series of legal workshops being run by Castlemaine Community House this year.

**Wednesday 31<sup>st</sup> May 2017  
10 – 11.30am  
This workshop is FREE**

**Call reception to book your place  
or call in during office hours**

65 Templeton Street, Castlemaine  
5472 4842

[bookings@cch.org.au](mailto:bookings@cch.org.au)

[www.cch.org.au](http://www.cch.org.au)



**CASTLEMAINE  
COMMUNITY  
HOUSE**

## News from U3A Matters

Network Victoria University of the Third Age

### Steady increase in male members of U3A

Figures from Chris Reidy at DHHS show a steady increase in the proportion of male U3A members over the last three years. In 2015 71% of members were female and 29% male. By 2017 68% were female and 32% were male.

[www.cota.org.au](http://www.cota.org.au) is the Council on the Ageing (COTA) website. This advocacy group for older people displays a wealth of useful links and information from listing government services to the best deals on gas and electricity.

### Sing it loud

#### Singing and Mental Health

Numerous studies have found when we sing or play music the brain releases endorphins, which make us feel happy, and also reduce stress. In a recent article the statement was made that 'a number of people who suffer depression, anxiety, or negative thoughts feel better if they sing'. Thank you to all our Choral leaders for helping many of our members feel better by just belonging and singing in a U3A choir.

## New Members Welcome Party



Babs McMillan and Jeanette Johnson of the Events Working Group who supplied the wonderful spread on offer



Marion Downe and Win Jodell



Jim and Sue Sheehy



Graham Forbes, Carol Dorman, John Waldie