



Hello Everyone

We all know what a struggle it was for the outgoing Committee to find members to volunteer for official positions. Age, health, work or family commitments preclude many of us from volunteering, especially when duties are regular or long-term but for most of us volunteering is "do-able". So why don't we jump at the opportunity? Here are the thoughts that went through my mind when the U3A Committee called for nominations:

- *Fear of commitment* - this is a big fear and to some extent irrational. I thought volunteering will eat into my free time and stop me doing other things. Most times this is not what has happened – volunteering commitments can generally be scheduled around other events and actually give my days discipline, interest and purpose.
- *I can't do the job and certainly not as well as the present incumbent.* I think all of us except the most self-confident have these fears. In reality I have different skills and experience to Tom and I do things in a different way.
- *I've only been in U3A for 5 minutes* - there's nothing like being thrown in the deep end! I've made mistakes simply because I haven't a good knowledge of past events but the world hasn't collapsed around my ears and no-one has bitten my head off.

So what has my experience been? Well the first few weeks were very hectic for me and I suspect for all the new Committee members.



Members of the Memoir Writing group had an early end of the year break up lunch and celebrated a very productive year of writing.

But order was soon established and there is so much good will, support and friendship. I feel that I am part of a group that is doing something valuable and I think so do all the other U3A volunteers.

Volunteers are the lifeblood of U3A and all other community organisations. So if you have an opportunity to volunteer don't automatically stop at the thought 'I can't do it!'. Do yourself justice by thinking long and hard before deciding.

If you have looked at our website you will appreciate how good it is and the talent of Bruce Carruthers our webmaster. Well we are not the only ones to recognise his skill. Bruce has been asked by the Victorian U3A Network to help with website support for all Victorian U3A's. Congratulations Bruce - a well deserved accolade.

As this is my last column for the year I wish everyone a happy and safe holiday period and I hope to see you all at our Christmas break up and in 2011.

-- Peter Stephens  
U3A President



## U3A CONTACT DETAILS

President	Peter Stephens	5472 3904	<a href="mailto:u3acastlemainepresident@gmail.com">u3acastlemainepresident@gmail.com</a>
Vice-President	Pat Milthorpe	5470 5050	<a href="mailto:u3acastlemainevicepresident@gmail.com">u3acastlemainevicepresident@gmail.com</a>
Secretary	Betty Johnson	5472 3834	<a href="mailto:u3acastlemainesecretary@gmail.com">u3acastlemainesecretary@gmail.com</a>
Treasurer	Sue Turner	5472 1015	<a href="mailto:u3acastlemainetreasurer@gmail.com">u3acastlemainetreasurer@gmail.com</a>
Newsletter Editor			<a href="mailto:u3acastlemainenews@gmail.com">u3acastlemainenews@gmail.com</a>
Course Co-ordinator	Win Jodell	5472 3792	<a href="mailto:u3acastlemainecourses@gmail.com">u3acastlemainecourses@gmail.com</a>
Past President	Tom Comerford	5470 6230	<a href="mailto:tomchris@mmnet.com.au">tomchris@mmnet.com.au</a>
C'tee Member	Barbara Bunton	5472 3186	<a href="mailto:bunwilbar@gmail.com">bunwilbar@gmail.com</a>
C'tee Member	Val Case	5472 1656	<a href="mailto:valeriecase37@yahoo.co.uk">valeriecase37@yahoo.co.uk</a>
C'tee Member	Jill Loorham	5474 3206	<a href="mailto:jill_loorham@yahoo.com.au">jill_loorham@yahoo.com.au</a>
C'tee Member	Prue Cole	5472 5054	<a href="mailto:prucole@gcom.net.au">prucole@gcom.net.au</a>
C'tee Member	Elizabeth Rider	5470 5681	<a href="mailto:anneliz123@aapt.net.au">anneliz123@aapt.net.au</a>
Office Manager	Judy Sime	5472 3756	<a href="mailto:daveju@gmail.com">daveju@gmail.com</a>
Network Represent	Sally Kaptein	54706340	<a href="mailto:walmer@castlemaine.net.au">walmer@castlemaine.net.au</a>
Membership	Veronica Hurley	5472 1383	<a href="mailto:vkhurley@bigpond.com">vkhurley@bigpond.com</a>
Computer Convenor	Shane Doyle	5472 4017	<a href="mailto:shanefromcastlemaine@gmail.com">shanefromcastlemaine@gmail.com</a>
ACMI Represent	Felicity Say	54721841	<a href="mailto:sayvf@castlemaine.net.au">sayvf@castlemaine.net.au</a>
Cake Roster/Raffle	Marie Twyford	5474 2739	<a href="mailto:empty@hotmail.com">empty@hotmail.com</a>
Coffee Supplies	Lyn Hall	5472 2316	<a href="mailto:lhall@mmnet.com.au">lhall@mmnet.com.au</a>
Celebrations/Tributes	Barbara Robinson	5474 2121	
Property			
Trading Table	Bev Potter/Marie Twyford/Audrey Richardson	5472 3950	
Webmaster	Bruce Carruthers	5472 3900	<a href="mailto:bruce@keepingitsimple.com.au">bruce@keepingitsimple.com.au</a>
Office	PO BOX 792	5472 2249	<a href="mailto:u3acastlemaine@mmnet.com.au">u3acastlemaine@mmnet.com.au</a>
Octopus		5472 1147	<a href="mailto:octopus@mmnet.com.au">octopus@mmnet.com.au</a>

## U3A CONTACT DETAILS

The office is at the Uniting Church Complex, Lyttleton Street.

Office Hours are...

Mondays, 1.30 – 3.30

Tuesdays, 1.30 – 3.30

Wednesdays, 10– 12

Phone: 5472 22349.

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

## Friday Coffee Morning Roster

### 3 December ...

Christmas break up

Prospectus 2011 is issued

## PLEASE INFORM THE OFFICE OF ANY CHANGE IN YOUR CONTACT DETAILS

**The Membership Officer keeps the database up to date so we can communicate with all our members and keep you up to date.**

## Meeting Times

### Coffee Mornings

First Friday in the month at 10.00am in the Uniting Church Hall.

### Committee Meetings

2nd Tuesday after the Coffee Morning at 9.30am in the Uniting Church Complex.

Current Subscription Fee

\$40.00 January 2011 + \$10.00 for mailing of newsletter if required.

Members joining after 30th June pay 50% of the subscription rate.

## The Deadline for the February newsletter is...

Monday, 24 January at 3 p.m.

The email address for contributions

[u3acastlemainenews@gmail.com](mailto:u3acastlemainenews@gmail.com)

If this is difficult, leave articles at the office before the deadline.

## Thoughts from the Course Coordinator

Term 4 is continuing without any hitches. Thank you all. The glorious weather after substantial rains have our gardens looking splendid. The glories of the district are apparent.

The U3A Prospectus is in the completion stage. In 2011 more than 60 courses will be offered to members. Many old favourites will continue and new offerings will, I trust, keep us all stimulated and engaged. I am very pleased to advise there will be a category for Science, it will include biology, geology and meteorology courses. There are many other new courses across the categories. Thank you all Course Leaders who have offered your time and skills for the year ahead.

All will be revealed at the December Coffee Morning, Friday 3rd, when the Prospectus will be launched. I look forward to seeing many of you there when we celebrate the end of another successful and action packed year.

-- Win Jodell

## English Literature

Denise Jepson

Our literary year is rapidly drawing to a close, but we have read, enjoyed and dissected a varied collection of fine novels, such as : Mary McCarthy's "The Group", Aldous Huxley's "Brave New World", Simone de Beauvoir's "Memoirs of a Dutiful Daughter", "Things Fall Apart" by Chinua Achebe, "1984" by George Orwell and "Native Son" by Richard Wright.

Always well researched Denise kept us well informed of the authors' backgrounds and always encourages our, at times, spirited discussions of each novel. She tells us that next year we will be reading Australian novels. So we all look forward to that. Thanks Denise from all of us. Another year's "Good Read".

-- Barbara Bunton

## Dabbling in History

Peter Stephens

Our last meeting for the year will be 10 am on Wednesday 1 December in the Uniting Church Hall when we will finally look at the history of our sister country New Zealand.

What a broad and interesting look at history we have managed this year. We have gazed at the stars and tried to fathom our place in the universe with everyone from the ancient Egyptians to Newton. We have travelled to Santiago De Compostela in Spain with pilgrims ancient and modern. Also in Europe we have looked at the causes of the Spanish Civil War and that awful inter war period of the 1930s. We have shaken hands with two impossible saints Gandhi and Tolstoy and got to know a slew of early Australian feminists. And that's probably only half of it!

Special thanks to all contributors to the class. I hope to see you all plus a few new faces next year.

-- cheers Peter

Last month's programme (October) was all Handel and Bach. We began with Handel's Anthem "Zadock the Priest", composed for the Coronation of George 2. This anthem has been used at coronations ever since, it certainly is stirring music. Next came a minuet from Handel's Opera 'Berenice', first performed in 1737 the same year as Arminio. Arminio was a success but Berenice had a very short session. Handel composed more than 40 operas so he had to have a few fizzes. Handel wrote a set of orchestral works called Concerto Grossi, he wrote 18 in all, which included the work we were to enjoy. Concerto Grosso Opus 3 No2 composed in 1734. The first 6 Grossi were scored for flutes, oboes, bassoons and strings, and the last 12 for Strings only. The next piece of Handel was the well known 'Harmonius Blacksmith' played on the piano.

We then had a change of composer with the J S Bach Violin Concerto in E Major, BWV1042 with Yehudi Menuhin. This was composed sometime before 1730, a lot of Bach's music is difficult to accurately date as a good deal of his music was not published. We heard Bach again with The Magnificat in D' composed around 1723. Then came Mozart's Rondo 'Allaturca' from his Sonataal 1. We heard this piece first on the harpsichord and then on the piano, and interesting contrast but I do prefer the piano. The morning concluded with 2 further Bach Works. Firstly the Toccata in F Major, played by Michael Murray on the great organ at Methven, Massachusetts, USA. The organ is a story in its self, housed in a building purpose built for the organ. We completed the morning with The Suite in C for Orchestra BWV1066. It was a great morning, music contrasting the styles of the much travelled Handel and the 'stay at home' Bach.

Our first composer was Serge/ Rachmaninov (1873-1943) born in Russia, he wrote four very good piano concertos . We listened to No 3, first performed by the composer in New York on the 2nd of November 1909. This concerto is very technically demanding and exciting to listen to. Next came Kenneth McKellar, a Scottish tenor (23/6/27 - 9/4/ 2010). He first studied forestry and worked for the Scottish Forestry Commission. It was noticed that he had a voice worth developing so he then trained at the Royal College of Music as an opera singer. He was a singer of huge popularity, and the songs that we heard were The Lewis Bridal Song, and My Love is Like a Red Red Rose. Mozart (1756-1791) completed the second half of the mornings music, with two works, firstly his Concerto for Flute and Harp in C Major K299, a delightful concerto.

This concerto was written for Ducde Guines, an amateur flautist, and his harpist cdaughter. Unfortunately payment for this commission was slow to come from the Duk^ . The final work was the Sinfonia Concertante in E Flat Major K297b, written in Paris in April 1778 for the Mannheim Musicians- Wendling, Ramm and Ritter, (flautist, oboist ancf bassoonist) and virtuoso horn player Johann Stich. A wonderful work which was played accidentally as it was intended that the other Sinfonia Concertante K 364 for violin viola and orchestra be played. It turned out to be a very pleasing mistake which ended a fine mornings music.

-- Brian Willis

**A group of Chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour the manager came out of his office and asked them to disperse. "But why?" they asked as they moved off. "Because" said the manager "I can't stand chess-nuts boasting in an open foyer!"**

## Singing Together

Rae Hawkins

Rae Hawkins Looking back over the years since the Castlemaine USA choir began, I am amazed at the way we have grown. From the six members when we began, plus a seventh person who joined at the end of our first year, we can now boast a total of twenty-one, including four of the original seven. When you consider that there are no auditions, it is remarkable how lucky we are in the way our voices blend.

With the busy lives we all lead, it is not surprising that not everyone can come along every week, and I treasure the comment made by one of our members- "I wouldn't miss it for quids." Sadly some people have had to drop out because of health problems, or other commitments, and we miss them all.

We shall be having our Christmas Break-up at the Uniting Church Hall on Tuesday December 7<sup>th</sup>. Beginning at the usual time of 3.30pm, we shall sing for one hour, and then have afternoon tea together. We would welcome the company of past choir members.

My heartfelt thanks go to everyone in the choir for all their help. I couldn't do it on my own. A special thank you to our accompanist and occasional singer John, who has made my job so much easier.

PS: From all of the Singing group Rae, we wish you a very happy 80th birthday this month, and look forward to another year "in fine voice", with new songs and challenges for 2011.

--The U3A Singing Group

## Australian History

Geoff Walker

Our study sessions for 2010 are now completed. In November Geoff gave an account of the life of Henry Bastow, the architect who designed over 1500 schools after the Education Act of 1872, and who retired as an apple orchardist to Harcourt. Graeme Quinn presented a fascinating view of Malcolm Fraser, a former Prime Minister, who is still expressing his views on Australian life.

Our studies for the past two years have been biographical insights into the lives of great, infamous, notable Australians. In 2011 we will change things a little, and look at periods of Australian History, and consider such issues as notable individuals, economic issues, development of infrastructure, government involvement, etc. Such periods as the Macquarie governorship, the squatting age, the gold rushes, Australians at war, will be considered. We are looking forward to welcoming you into the group.

On Tuesday 7th December we shall gather at Lisa's home for a time of enjoyable recreation! Please contact Geoff for details - 5470 6652

## Gardening Group

Geoff Walker

Our final gathering for this year was a visit to the home of Cath Polinelli at Newstead in order to ramble through the wildflowers in the bush within a couple of hundred metres of Cath's home; and what an inspiring experience it was to walk through the variety of different native plants and the brilliant variety of colours.

Cath is retiring as the convenor of this group after 22 years of dedicated service that started with the birth of USA in Castlemaine in 1988. We must thank her for the effort that she has put into this group, for the variety of gardening experiences that we have all enjoyed, and for the lasting friendships that have been made. Thank you Cath! Cath and Jack hope to be moving to Bendigo in the New Year.

The group will be meeting for a celebration luncheon on Friday 14th December; details still have to be finalised. Group members will be contacted - if you don't hear, contact Cath on 5476 2402, or Geoff on 5470 6652.

## Kaptein's Table Full Of Goodness

Were she to write one, Sally Kaptein might name her autobiography *My Life in Food*.

The former Royal Melbourne Institute of Technology consumer science lecturer, now resident near Castlemaine, has spent her life studying and teaching others how to budget for, buy, choose, prepare and cook food.

In the nine years since retiring from RMIT, the almost 70-year-old has established the Castlemaine Farmers' Market, started a small-scale home cordial production, has been active in her local food tourism group. The Taste of Gold, and continues publishing cook books of a very different kind.

The latest is simply called *Lifestyle Easy Cook 5*.

The A3-sized book is the fifth in a series aimed at the intellectually disabled, those with learning difficulties and those who have lost abilities through accidents.

The books, developed with colleagues Joy Graves and Michael Carter, allow the most challenged of users to buy and cook their own food, thus affirming their ability to live independently.

The first in the series, published in 1983, sold 15,000 copies. The second and the third were equally popular.

Each recipe in this latest book is made in six to eight steps.

Each also includes a picture of all the ingredients and a photo of every stage, plus a list of ingredients and images of things needed to make it.

The book comes with cards for each recipe that can be taken to the shop and pointed at to communicate what the user needs to buy.

Sally says the books have found a growing market, not only among the intellectually disabled, but also with those with brain injuries, rookie cooks, non-English speakers and the elderly.

"They're all about promoting independent living," says Sally.

"We road test the recipes in centres with the intellectually disabled and adapt them. We make sure all the ingredients are available in Australia, that the food is low-fat and nutritional.

"The idea is to encourage a balanced diet, food that tastes wonderful, uses fresh ingredients and encourages people to eat the right amount."

Recently the books' rights were sold to the

US where they will be published with imperial measurements and local ingredients.

It's a big vindication for Sally, who first trained in home economics at Otago University in Wellington, New Zealand, 50 years ago.

She taught at Melbourne's Emily Macpherson College for Domestic Economy, before it was absorbed into RMIT. Today, food, or the sharing or its health value, is Sally's preoccupation.

She misses Melbourne's food markets and was surprised when she first 'came bush' at the lack of access to food from farmers.

"In the country I was supposedly closer to the farmers but where was the



Recipe for success: Sally Kaptein.

food?

That's when I started the farmers' market," she says.

The cordials she and her friend, Catherine Coventry, make and sell under their Coventry Fare label are designed to "add diversity to the farmers' market".

They make lavender and lemon, lemon, mandarin and lemon and fresh ginger. In her spare time, Sally studies Aboriginal history at Castlemaine's University of the Third Age and maintains her 4ha idyll of olive trees and rosemary bushes, which she shares with her partner, Jack, just north of the central Victorian town.

• **Lifestyle Easy Cook 5 is available from Independent Living Skills on (03)98367040.**

-- Genevieve Barlow

## Photography / Digital Image

Our group has a display of our current work 'Catching the Light'' in two venues- Pannini's Café and the Market building for October and November. Thanks to the Mount Alexander Shire Council for their support for the exhibition. We gained new knowledge in editing, printing, cutting mounts and framing our work.

Anne planned our 'wildflowers' excursion this month. The flowers in this area were the best for many years. Our proposed excursion for the second Thursday of November is the Butterfly House.

We have a small library. All U3A members are welcome to borrow magazines and photography books, CD copies may be burnt, the original CDs are not for loan.

As almost everyone these days has a camera, the digital photo magazine and CD -tutorials of camera techniques and photo editing can be helpful.

-- Trevor Wheeler



## Italian

## Vivienne Robertson

Our numbers have increased this year and with the division of *nostro gruppo* into three levels (Italian I, II and III) 5 everyone has been able to progress at his or her own rate. Recently we have been privileged to have two highly skilled Italian speakers give their time to speak to us *in italiano* and to discuss various aspects of *la lingua* and *la cultura*. This kind of exposure to the language is extremely important and we thank Margarita and Dugald for their assistance.

Later this month we will celebrate a successful year with *uno cena italiana* at the Albion — that well-known local centre of *la cultura italiana* and meeting place of *gli italianisti*.

Requiem and then . . . . ?

Vic Say 5472 1841

Friday 3 December: and then . . . .

Saint-Saens' Oratorio de Noel

Fridays, at 1-30 after the U3A coffee morning and again two weeks later



These photos were taken at Ros Coffey's garden at Kitto Cottage.  
A really lovely English garden.  
Unfortunately it was a little early for the roses at that time.

-- Val



## Memoirs Writing Class

The group has had a challenging and stimulating year and all members now have produced quite an impressive body of work. The encouragement and suggestions of Elizabeth Rider have been invaluable and each of us has grown in confidence and writing ability as a result. We have also come to know each other simply by sharing aspects of our lives and are constantly amazed at the skills and insights evident in the writing of others.

We look forward to next year when we shall continue along the same lines and also perhaps branch out into other fields of writing.

## Castlemaine Labyrinth

How many U3A members know about the beautiful spiritual icon that has slowly been taking shape in Castlemaine, under the guiding hand & watchful eye of ex-drama instructor, [ JCU -QLD ], & Guildford resident , Lisa Mitchell , ably assisted by artist Diane Thomson from Newstead ?

The Castlemaine Labyrinth is already on an international register, a true community endeavour. It's first phase saw about 30 members of the local community taking part in a workshop run by Lisa, Diane, & another local artist Vanessa, to produce the mosaics expressing the loss & griefs in their lives that had shaped their spiritual journey. This workshop itself became a metaphor for the labyrinth, as the participants were expertly guided in the expression of their joys & sadnesses through art.

We came to understand the freedom that can bring such peace to the soul in the simple pleasure of making something beautiful together, of laughing & chattering as we learned.

Now it has entered phase two; the actual physical building of that classic journey to the centre of one's being, that has been replicated throughout the world over millions of years.

Lisa has finally managed to bring together the funding & the people who will do the construction. Again it involves people from around these parts; young and old sharing & learning together. Skills, services have been freely donated by many, and it is hoped that we will see something rising soon from the ash of the old tennis court up on Agitation Hill; a tangible result for all the frustrations, the compromises, that inevitably accompany such a big undertaking.

Hopefully, soon, we will be celebrating!  
That will be phase three!

-- Eleanor King



After attending "outside" events for two consecutive sessions we were back in the U3A office for "normal" discussions.

Research has shown that the age of nursing home entrants is higher among middle to high income recipients than those who receive lower incomes. Those of lower socio-economic status can be in their 60's when they enter nursing home care. The elderly were also shown to be becoming addicted to prescription drugs which suggests that drug reviews of the elderly need to be carried out regularly. Amongst the young the use of ecstasy has increased as the price of alcohol has risen. Three thousand deaths a year in Australia are attributable to alcohol with only a quarter of the revenue from alcohol sales being spent on dealing with alcohol abuse and misuse.

At a recent debate of an important bill in parliament the lack of attendance by our representatives was abysmal. It was doubtful if a quorum was present. The Speaker cannot declare the lack of a quorum without a Member of the House drawing attention to the State of the House. This was not done on this occasion and is not being done whenever this situation arises. It would seem our politicians are ignorant of correct procedure.

The Victorian Coalition's decision to put the Green Party last on their how to vote cards caused some comment. The Coalition are depending on the "donkey" vote to render the Green Party irrelevant. It may backfire if voters make their own decisions when voting rather than blindly follow a how to vote card. We can only hope!

A new book by John Quiggin on the recent global financial crisis "Zombie Economics: How Dead Ideas Still Walk Among Us" dissects the economic theories - or mythologies that were used to justify turning to "market liberalism". Among these is "Privatisation" - how did economists convince politicians that the private sector could provide services more efficiently when evidence to the contrary proved otherwise?

The Federal government's refusal to support an immediate expansion of mental health services for young people is misguided. Research has show that early intervention can reduce the severity of some mental illnesses.

In the US A a new film "Gaslands" has revealed the environmental damage done by the use of hydraulic fracturing of rock to release natural gas. The chemically treated water used in the process has polluted rivers, farmland and drinking water.

There is now a Coffee Party to counteract the Tea Party in US politics. It is a non-partisan movement that promotes co-operation in government.

The final session of Issues of Concern will be on Friday December 10th to celebrate another year of discussion and learning.

-- Carol Dorman

Adventure of English: History of English Language

In the Elizabethan and Jacobean periods, trading and exploration spread far afield from Britain and so did the English language and the reverse - also many new words from foreign languages entered Britain. Dialects and different ways of speaking continued to flourish in written and oral forms, despite the powerful influence of the now printed word and books so much more available. The varieties of English sparked a concern amongst a group of gentlemen, who became known as The Grammarians anxious to "tidy up" English expression. These variations and the concerns of the Grammarians, "what is grammar, is there a general meaning, is there a specific application?", will be discussed and Melvyn Bragg's relevant dvd will be shown.

Convenor : Diana Collier 5443 0137 [collierd@vic.chariot.net.au](mailto:collierd@vic.chariot.net.au)  
Meeting : Thursday 2<sup>nd</sup> & 4<sup>th</sup> in month and 5<sup>th</sup> when it occurs  
Time : 10am - 11.45/12.00  
Venue : U3A Office

### **Government House Open Day**

26<sup>th</sup> January, 2011- On this day Professor David de Kretser AC, Governor of Victoria and Patron of U3A Victoria, invite all citizens of Victoria and visitors to the State, to an Open Day at Government House.

Open day is completely free, and U3A Network Victoria has been requested to make our members aware of this event.

The furnishings and art works of Government House are quite remarkable and the gardens are certainly worth exploring. Visitors will be able to view the State Apartments, the Private Apartments and the Governor's study. Many of these rooms are not normally open to the public.

# **U3A Registration Days 2011**

**Tuesday 11<sup>th</sup> January  
Wednesday 12<sup>th</sup> January  
10 am – 12 midday**

**in the**

**Uniting Church Hall**

**Fees can be collected on these days also**

**To all our U3A members  
the Committee wish you an  
enjoyable Christmas and look  
forward to seeing you all back  
for a happy New Year of  
learning in 2011**



*Christmas joy warms the heart*