

U3A

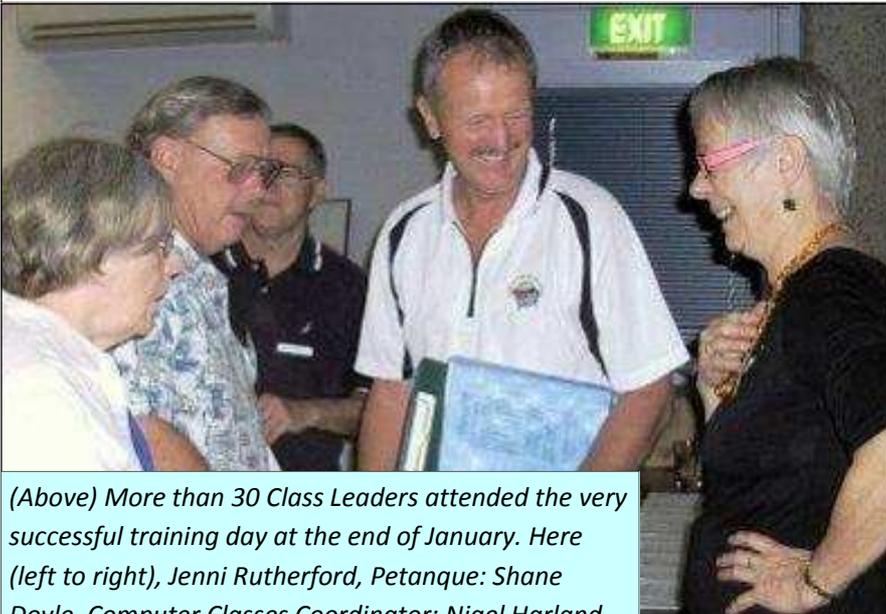
# Third Thoughts

Castlemaine Inc (Est 1988)

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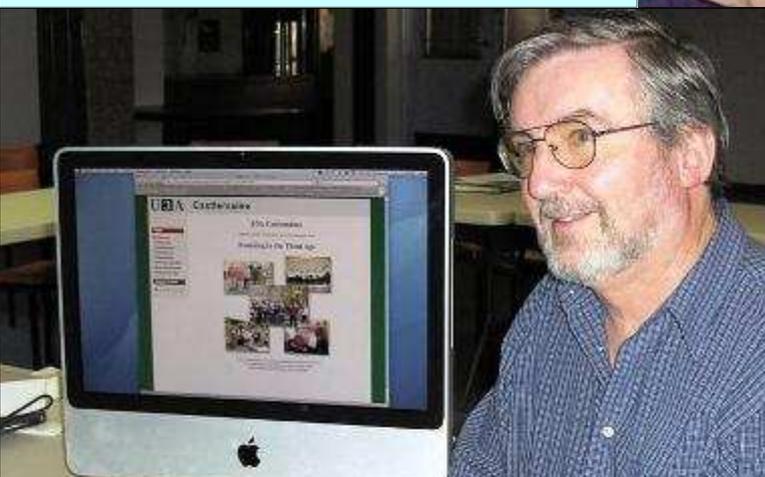
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(Above) More than 30 Class Leaders attended the very successful training day at the end of January. Here (left to right), Jenni Rutherford, Petanque: Shane Doyle, Computer Classes Coordinator: Nigel Harland, Croquet, chat to Win Jodell, Course Coordinator. All recorded record numbers enrolling in their classes. More than 20 put their names down for Petanque, and 17 for Croquet for Beginners which starts in April. Computer enrolments are so great we may have to think about a larger venue!

## DOT IS A WINNER!

(Below) Dorothy Henshall and Tom Comerford enjoy a laugh in Parliament House, where Dot was one of the 10 finalists from around the State of Victoria, and one of the three winners of the Council of the Aged (COTA) Active at all Ages Awards. The award was presented to Dot by the Minister Youth, Sport and Recreation, The Hon James Merlino.



Bruce Carruthers, the U3A Castlemaine webmaster, gave an easy to follow information session at the Class Leaders training day last month. Class Leaders are encouraged to contact Bruce to put material and comments on the website, which is regularly updated and very easy to use. People have told me that friends of their in Holland, Ireland and South Africa have looked us up. Try your knowledge on the history quiz put on by the Dabbling in History Class Leaders, and there is material for the Ancient Rome and Pompeii course. All you have to do is to click on the subject under Courses. Bruce, who also tutors the Apple Mac class, is happy for you to contact him with suggestions and material you'd like to put on the webpage.

bruce@keepingitsimple.com.au

**www.u3acastlemaine.com** The Timetable is listed at the top of the 'Summary of Courses' page, along with the Course Summary sheet.

## CONTACT DETAILS

### ~ Committee Members ~

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**The Committee usually meets on the  
second Tuesday each month.**

**THE APRIL NEWSLETTER DEADLINE IS  
MONDAY 22 MARCH AT 3 p.m.**

Preferably, please email your contributions, including photos to [u3anews@aapt.net.au](mailto:u3anews@aapt.net.au) If this is difficult, leave your article at the office before the deadline.

### FRIDAY COFFEE MORNING ROSTER

5 March Ancient Rome

Apple Mac Computers

Between You and Me

9 April Bridge

Bushwalking

Collectors



### CONTACT U3A

**Web page** [www.u3acastlemaine.com](http://www.u3acastlemaine.com)

Email: [u3acastlemaine@mmnet.com.au](mailto:u3acastlemaine@mmnet.com.au)

Computer courses: [octopus@mmnet.com.au](mailto:octopus@mmnet.com.au)

**Office phone 5472 2249**

#### POSTAL ADDRESS

P O Box 792, Castlemaine, Vic 3450

#### OFFICE ADDRESS

Uniting Church Parish Centre  
12 Lyttleton Street, Castlemaine

#### OFFICE HOURS

Mondays 1.30 - 3.30 pm

Tuesdays 1.30 - 3.30 pm

Wednesdays 10 am - 12 noon.

#### NEWSLETTER EDITOR'S EMAIL

[u3anews@aapt.net.au](mailto:u3anews@aapt.net.au)

**ANNUAL SUBSCRIPTION** \$40.00 plus \$10 if postage of newsletter is required. Payment can be made by cheque or money order payable to U3A Castlemaine Inc. and posted to:

**The Secretary, PO Box 792, Castlemaine, 3450.**

OR paid in U3A office hours at the Office, 12 Lyttleton Street, Castlemaine.

**(Note: cheque or money order only).**

**Reminder! Please let THE OFFICE know  
of any change in your e-mail , postal or  
other contact details. The office  
handles all changes of address details  
- NOT the newsletter editor.**

## ~ PRESIDENT'S REMARKS ~

Our sympathy and thoughts go to Rae Hawkins on the sad occasion of the death of her husband, Don. Rae leads our Singing group and choir. Don had been a constant backstop to Rae and in his own right took some 'once off activities' associated with book binding techniques for our members. I know that Rae can depend on our members for any support she may need.



New Members Afternoon will be held on Tuesday 30 March at the home of Jane and Graeme Quinn. If you have joined U3A Castlemaine between April, 2009 and the present you should receive an invitation in the mail or on email

*~ Tom Comerford*

Congratulations to Win Jodell for her splendid organisation which ensured a smooth start to what is a very exciting Term 1 program. The program for Term 2 is already looking good with two new short term courses, the continuation of Statistics (second Tuesday, in April and then every second month) and the Car Trail organized by Graeme Quinn planned for Friday, 30 April.

Planning for Seniors Week has started. Any offers of U3A involvement will be welcomed. We plan to set up a sub-committee to assist in this Castlemaine activity. Please consider joining one of our sub-committees – see the notice board at the next Coffee Morning.

Val Anderson is not enjoying good health and so she has resigned her position of Office Manager and Membership Officer. This has left a huge gap in our organization. A number of pro-temp measures have been put in place, but I ask members to be patient and understanding if things are not done as efficiently or as effectively as in the past. Our thanks go to Val for the outstanding job she has done in the past and we all wish her a speedy recovery and much better health in the future.

The Secondary College is seeking our support to help with mentoring programs for Years 7, 8 and 9 students. If you would like to be involved or would like more information please put your name on the sheets on the notice board.

### Urgent Wanted: Office Manager Tasks Involved Open to Negotiation



(main tasks shown in bold)

- to draw up a quarterly roster for volunteer office staff and ensure that all staff receive a copy
- to organise the replacement office staff if rostered person is not available to train new office staff
- **to ensure the office is kept in a tidy manner**
- to ensure that supplies are replaced as necessary in the kitchen
- **to ensure adequate supplies of stationery are available**
- **to maintain the photocopier**
- to train members in the office procedures and the use of the photocopier
- to ensure that the Office Manual is kept updated as necessary
- **to report to the Committee of Management from time to time as necessary.**

It would be good if it were possible for you to assist the membership officer in entering and manipulating data on the database (Access .)

**PLEASE NOTE: Times for the sessions with Dr Paul Maher on Brain Function and Ageing have changed. See Page 12 for details of the new times and venues.**

## WELCOME TO OUR NEW MEMBERS in 2010!

Wendy Arthur  
 Janice Bragg  
 Matthew Brownrigg  
 Gabriele Buchanan  
 Sonia Colliccoat  
 Stephen Colliccoat  
 Pam Collins  
 Dianne Compton  
 Delphine Cruikshank  
 Juda Davies  
 Gwen Davey  
 Lorraine De Vecchi  
 Karina De Wolf  
 Susanne Edwards  
 Elizabeth Feast  
 Bernadette Ferguson  
 Myra Frankling  
 Liz Freeman  
 Bonnie Gainger  
 Angela Gibson  
 Barbara Guerin  
 Ken Greed  
 Sue Greed  
 Ellen Hill  
 Terence Hill  
 Jude Jackson  
 Ken Lane  
 Bridget Leach  
 Lorraine Le Plastrier



Ruth Lindsay  
 Jillian McArthur  
 Caroline McKenzie-McHarg  
 Beverley McLean  
 Merion Merry  
 James Millwood  
 Kristine Milton  
 Rex Odgers  
 Doug Owen  
 Jennifer Owen  
 Joanna Parkes  
 Dimity Pettifer  
 Genaifer Pennington Bond  
 Janet Ralston  
 Edna Ravenscroft  
 Robin Rebbechi  
 Frances Scutt  
 Derek Showell  
 Geoffrey Smith  
 Joan Smith  
 Barry Sutton  
 Margaret Sutton  
 Barbara Tadich  
 Wendy Taylor  
 Virginia Turner  
 Denis Upsall  
 Alfred Van Amelsvoort  
 Hugh Webb  
 Lynette Wheeler

## FOR YOUR DIARY: NEW MEMBERS' AFTERNOON

The Committee invites all our new members who have joined U3A since April 2009 to afternoon tea in the delightful surroundings of the Quinns' home .

Sipping tea (or something stronger) and nibbling cucumber sandwiches is just part of the pleasure of the afternoon. Our aim is to introduce you to other members, answer any questions and generally have a chance to get to know each other. Please mark the date and time in your diary. Invitations will be sent out but if, for whatever reason, the post does not arrive, please consider this an invitation!



**For catering purposes, please call the office if you are unable to come.**

## Special Events for your diary



Photo—Peggy Munro

Four U3A members braved rain and thunder to share conversation and enjoy good company while nibbling delicious morsels. The dramatic weather made great viewing from the Rotunda!

We suggest that each Wednesday **in the week following Coffee Morning** we set aside time for our shared meal in the Botanical Gardens – weather permitting! As the weather cools if we decide we still want to meet, we can find a warmer venue.

Venue: Summer House, Botanical Gardens.

Location: Second car park, travelling from Castlemaine. The Summer House structure is on the southern side of the covered over BBQ area.

Time: 6.15 pm

Bring: Your own meal and good conversation.

Ring: Sally - 5470 6340 or Marion - 5470 5079 with enquiries.  
~ Sally Kaptein

## Thank you, U3A Castlemaine!

The Mount Alexander Shire's East Timor Friendship Group (Friends of Lolotoe) wishes to thank the U3A Castlemaine members for their Christmas donation. As always, your continued generosity and support is appreciated and the money you raised will go towards educational materials for the schools in the Lolotoe community.

~ Marion Oakley, Acting Pres.,  
Friends of Lolotoe

## WHY I AM GLAD I JOINED U3A , or SEND IN THE CAVALRY !

Although gaining greater knowledge is often the aim of belonging to U3A, one of the best spin-offs is the good people you meet in the process.

Background: Marion, Harvey and I first joined forces to attend Renaissance History at La Trobe Uni. How pleasant were the weekly trips to Bendigo shared with such good company. Since then we have shared many good times, learning together, working on the Committee together, watering each other's gardens and we enjoy being in the mutual admiration society for Marion and Harvey's incredible dog, Sam.

Pre Christmas: As soon as Marion and Harvey knew I was having a difficult recovery from an arthroscopy to my left knee they arrived with fresh food, drove me to the doctor, got me crutches and Harvey undertook the Herculean task of mowing my lawn on a stinking hot day.

How thankful I am to know these two great people. It could be that they are members of the U3A informal support group, or simply because they are friends, or a combination of both, that they came to the rescue. What stands out is that when people reach out to others, the wellbeing it creates is immeasurable. That's why I am glad I joined U3A.  
~ Carole Ingersoll

## Don't miss out on this raffle

Thanks to our generous cake-maker, we have **two prizes** at the next Coffee Morning. The winner of the first ticket drawn can choose his/her cake, and then a second winner will be drawn. Tickets are still only 50 cents - definitely a bargain! If you don't get there early you'll still have ten minutes after the meeting finishes to get tickets before we draw the raffle.



## ~ CLASS NOTES ~

### ABORIGINAL HISTORY - OUR SHARED HISTORY

*Felicity Say 5472 1841*

2nd March: What happened to the Aborigines, the Dja Dja Wurrung people, in this region, is a question often asked, particularly by newcomers to the district. An exploration of the Aboriginal Protectorate System, as the name implies, will reveal what efforts were made for their welfare following the invasion of their lands in the late 1830's by the white squatters with their sheep.

16th March: An excursion is planned to the former site of the Mt. Franklin Protectorate Station at Franklinford, just 20 minutes from Castlemaine.

### AUSTRALIAN HISTORY

*Geoff Walker, 5470 6652*

The course for 2010 is the study of the life and work of famous or infamous Australians. In February sessions we heard about the lives of David Syme and Elizabeth Macarthur, prepared by Geoff Walker.

During March Gwenda Beare will give us some more about the Thompson family of Castlemaine fame, and Barbara Robinson will tell us about Alister Clark who, amongst other things, was famous for horse racing and roses.

We gather at the home of Geoff and Beth, 9 Lyttleton Street, at 2.00pm, on Monday 8 March, and Monday 22 March. There are still a few spare chairs!

### BALLET APPRECIATION

*Joe Scoglio 5472 2396*

In the March class we will finish looking at ballet during the Baroque era under the kingships of Louis XIII and XIV. It was a time when ballet was becoming an enterprise of professional dancers and public theatres. We will then continue on into the 18<sup>th</sup> century with the development of the Ballet d'Action where the meaning of a ballet was meant to be expressed in movement and music without the assistance of spoken or sung words.



Members of the Apple Mac class (above) are now enjoying the extra space and carpeted quietness of their new venue in the Salvation Army Hall. ~ Photo and caption sent in by Mike Smith, Class Leader of the Mac Computer Class.

### We're on the right track!

There has been a large response to the physical activities classes this year. Tai Chi has three groups on Monday mornings – a beginners, a more advanced and a Chi gun group, when all participants can choose to join in. Table tennis has 16 enrolled and a good number of these are new players.

Bushwalking 23 long distance walkers! Croquet has nearly 17 applications to join the beginners group.

Recent news items indicating physical exercise is more beneficial than crosswords to keep our brains functioning in turn suggests our U3A members are on the right track!

## ~ CLASS NOTES ~

### ANCIENT ROME AND POMPEII

*Tom Comerford 5470 6230*

*Sally Kaptein 54706340*

After the expected *who am I? I joined this class because I . . . and my favourite*

*piece of music is..!*, our group was presented with the six page exercise "What Do I Know Already" This set the tone for a thought arousal session in which we focused on the Rome of the first Caesar, Augustus.



*Augustus*

By the time you read this we will have investigated a number of Rome towns and travel between them; Vivien Robinson will have told us how to get to Pompeii; we will have examined how the Romans travelled to Pompeii, and seen a database show of Pompeii today and yesterday.

The next Session on Rome on Thursday 11 March will be at Kevin and Veronica Hurley's home, 72 Maldon Road where we shall watch some of the extracts from The ABC program the Grand Tour. We shall then return to the Kindergarten Hall for our remaining sessions.

More information can be obtained by going to the U3A website, clicking subjects then the icon in front of Ancient Rome and Pompeii. Resources are also posted on this site. ~ *Tom Comerford*



### COMPARATIVE RELIGION

*Geoff Walker, 5470 6652*

During March we shall continue to look at something of the history, beliefs and practices of some of the ancient and modern "primitive" type religions. We meet at 10.00am on Thursday 11 and Thursday 25 March, at 9 Lyttleton Street.

### COLLECTORS GROUP (THE BOWER BIRDS)

*Merlyn Pritchard 5472 4434*

Our first meeting for the year was a great success with six members present and three apologies. Each member brought along a treasure of interest and told its story which often included tales of faraway places, as many of us accumulate as we travel. We viewed some paintings by Australian artists, silver bookmarks, favourite animals including a big hare (ceramic not stuffed), small containers and a lovely set of Dresden plate, saucer & cup. Our next meeting is Wednesday 10 March at Barbara Bunton's home, 5472 3186, so ring her for directions and come along with a mystery treasure or some old heirloom you'd like to talk about. See you there!

### DABBLING IN HISTORY

*Peter Stephens 5472 3904*

At our second meeting Kevin Hurley lead an examination of the life of Gandhi and the struggle for independence in India. There was lively discussion particularly about the legacy the teachings and practices of Gandhi have left in India and the wider world.

At our 3rd March meeting Fred Van Amelsvort will be looking at Smyrna in 1922 (modern Izmir) and the expulsion of the Greeks by the Turks and then on 17 March Mollie Angel will tackle the giant topic of pre-revolutionary Russia.

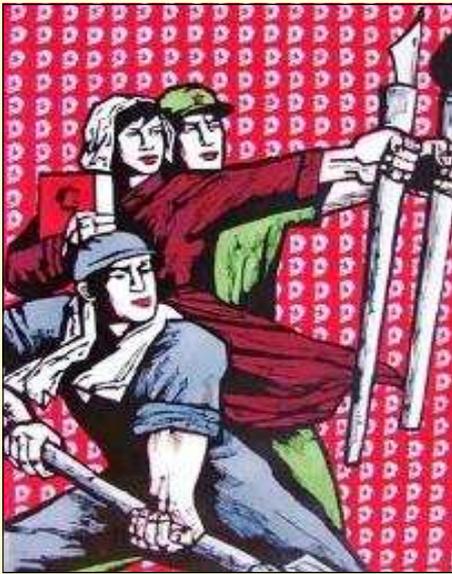
Topics for future study will be put on the U3A website. For some brain teasing, go to the website and test yourself on the 20 question history quiz put there by the group.

**A Reminder** If you cannot attend a class please ring your apology through to the class convenor. This is common courtesy and helps the Class Leader in preparing material. It is also possible that, at the start of the year, you may have forgotten classes you have enrolled in – so do check!

## Short Course: CULTURAL REVOLUTION – PEOPLES’ REPUBLIC OF CHINA 1969/69 –

*Diana Collier 5443 0137*

Experiences of 57 third year university students on an educational tour in 1968, organised by the National Union of Australian University Students, will be presented with slides by one of the participants. The Peoples’ Republic was not recognised by Australia until 1973. One of the students on this tour, Steve Fitzgerald, became the first Australian ambassador to China. He spoke Peking dialect fluently, now renamed Mandarin. A DVD that he and two others took of Chinese peasants discussing the politics of the day will be shown.



The visiting students spent their days visiting and meeting the locals on farms, in industries, temples-become colleges, historic sites, schools, homes, and navy and army quarters.

Evenings were devoted to studying the Little Red Book and the Cultural Revolution. Concerts, film and theatre were an important part of the program and the visiting students met some of the Viet Cong and the Peoples’ Liberation Army.

“The tour took place during the Anti-Vietnam war demonstrations in Australia and in China, we were listening to the running description of the most decisive battles. Exciting times!”

Date: Wednesdays, 14, 21 and 28 April at 2 pm.

Venue: U3A Castlemaine office.

## HISTORY OF THE ENGLISH LANGUAGE

*Diana Collier 5443 0137*

We are looking at early communication, sources of language and the development of symbols for sounds and sometimes shapes into a graphic/ written system. This includes visual examples such as the early social history and ‘written’ records on clay tablets in Mesopotamia. The westward spread of Indo-European languages from early Aryan and Sanskrit divided into the main language groups we know there today.

Various reasons affected the pronunciation of sounds that began as one, and these developed into dialects and finally independent languages. Movement of people and invasions affected ways of speaking, particularly where settlement occurred. We will see comparisons of words in different languages current today, having the same meaning in each, but with different pronunciation and therefore different symbols/letters, that is languages.

The push westward reached the land known today as Britain. The earlier Celtic languages slowly gave way to the dominant invaders’ cultures, such as Germanic and Norman. We will examine samples and accounts of Early English. The slow change from an inflected language to an analytical one where syntax is important will be shown. DVDs will provide a visual social background for the sessions. Classes are on the second and fourth Thursday each month, 10 -11.45 am in the U3A Office.

## GARDENING AT U3A

*Cath Polinelli 5476 2402*

On 19 February the group met to make up an interesting 2010 program that includes giving gardening help to other U3A members in need. At our first outing to Forest Creek Nursery on Tuesday, 19 March, 10 am, Tim will tell us how to look after our ferns.

## ISSUES THAT CONCERN

*Carol Dorman 5472 4429*

We began another year of discussion and learning by welcoming five new members to our group. Topics opened for discussion include:

- \* Products labelled 'green' meaning they are environmentally friendly may not be so "green" after all. These products may contain items that are not listed on the label such as nanoparticles. Nanoparticles are used in some sunscreens, cosmetics and foods and raise concerns because it is not known if and how they might affect human health. The Issues group would like to know more and is looking for a speaker. Can anyone in U3A tell us more about nanotechnology?
- \* State funding for a program that taught disadvantaged students trade skills has been withdrawn, which may lead to some of these young people "going off the rails".
- \* Clearing land for the production of palm oil for

USA consumption has meant that areas of Bangladesh which were forested before World War 11 have now mostly been mostly cleared, leading to environmental problems.

- \* A life insurance company is offering its customers cut-price DNA tests as a way of managing their health, but the small print reveals that customers who have the tests may have to reveal the results therefore affecting their premiums or their chances of being given insurance.
- \* Australia's efforts at care for the disabled and their families were discussed after a Four Corners program revealed the superior facilities available in the UK.
- \* Gunns have finally been convinced to use plantation timbers instead of native forest trees for their pulp mill in the Tamar Valley, Tasmania. ~ Carol Dorman.

## HORTICULTURE *Peggy Munro 5472 2086*

Our first session for 2010 was well attended and we worked together to establish the basic format for our year. We plan to visit a few gardens and nurseries and to have everyone contribute to the sessions by sharing all activities and presenting different parts of the program.

For March Faye will give us a list of seasonal garden jobs to do; that should generate some discussion! She will also give some information about what vegies to plant now. Barbara will do the same for us in April.

In each session we hope to have sufficient time for a show-and-tell segment and for questions. We'll have a monthly showcase plant, starting with Edward and Joan leading a discussion on roses.

A quick survey established the topics everyone would like to cover during the year and we are starting with the popular choice of the productive garden, covering soil, compost, manures and

sustainability. I guess this is a very important area for discussion so anticipate that it will carry over to the next month too. This will be the major part of the session so we hope that everyone will be able to do some research and contribute to the overall learning experience – experienced gardeners sharing with beginning gardeners.

Autumn is the best time to propagate many plants and if you would like to pot some up for yourself or the trading table, the plants to operate on now are Abelia, Abutilon, Aucuba, English Box, Ceanothus, Cistus, Daphne, Escolonia, Hebe, Jasmine, Lavender, Honeysuckle, Juniper, Oleander, Philadelphus, Spirea, Snowberry, Tibouchina, and



Weigela.

When we start on time we should accomplish a lot. We look forward to new people, so join us if you're interested. Looking forward to seeing everyone on Friday, 19 March at 1.30 pm in the Kindergarten Room.

## ITALIAN

2010 is shaping up to be a busy one for our Italian learners. Owing to a growing interest in the language we have made some adjustments. Hopefully they will give a clearer idea of our levels and the standards required to join each class.

We are very pleased to welcome Jill Kromcamp on board to take a beginners class as the previous beginners are now too advanced to be called beginners. To avoid confusion we have also renamed the classes.

**THIS NEW FORMAT NOW BOOSTS OUR NUMBERS FROM ABOUT 16 TO 28.**

Italian 1, run by Jill Kromcamp is for beginners. No prior knowledge of the language is necessary - apart from recognition of spaghetti, ravioli, pizza, zucchini, macchiato - how many Italian words do you already know? The class limit is six participants. Ring Jill on 5473 4191.

Italian 2, run by Norma Rantall, is for people who already have a reasonable vocabulary base and understand simple verb construction. It also involves basic conversation. Because this class has grown to 12 it is being run as two classes of six and attendance is fortnightly. Each group is limited to six. Ring Norma on 5472 4125

Italian 3, run by Vivienne Robertson, is an advanced class for people who have a good knowledge of more complex grammar and are prepared for more advanced conversation and discussion. The classes are conducted in Italian. The class limit is ten participants. Ring Vivienne on 5470 6499

A big "Benvenuto" to all of the new class members who have joined this year. We hope you enjoy the classes and see progress as you tackle one of the most beautiful languages.

~ Norma Rantall



Contact: Sally Kaptein  
5470 6340

Four of our members have enrolled in courses for the start of the year. Subjects chosen were: Landscape and the Human World, World Cinema, Gender Relations in Australian History and Art and Visual Culture.

We look forward to hearing progress reports on these interesting sounding subjects as the term progresses.



## MUSIC APPRECIATION

Bruce Baud 5472 4574

In February we enjoyed an all Schubert program. As Bruce pointed out, Schubert is famous for his songs which have been recorded by some of the greatest singers.

The morning's music included two songs and two pieces of chamber music. Our first work was the *String Quintet in C Major D956*, scored in four movements and quite long for a chamber work - fifty seven minutes. This is a beautiful piece of music not heard on radio too often, possibly because of its length and being overshadowed by the *Trout Quintet*. The work was composed in 1828.

Our next piece was one of the huge number of songs titled *To Music D 547*, composed in 1817 and recorded by Ian Partridge, tenor, with Jennifer Partridge at the piano.

The next expected work was the *Piano Trio D898*, but there was a mix up of discs. We weren't sold short as we had *D929* instead which gave us five more minutes than intended.

We finished with another song titled *Serenade D 920* composed in 1827. The singer, English baritone John Shirley-Quirk, completed a fine morning of Schubert. ~ Brian Willis, 54721429

## OPERA - AN OCCASIONAL EVENING SERIES (Fridays as notified - 7pm)

*Vic Say 5472 1841*

**\*Berlioz'** *Damnation of Faust*, March 5, 7 pm.

**\*Puccini's** *Tosca* April 9, 7 pm.

The *Damnation of Faust* is a nightmare generated by frustration at the failure of learning, of easy companionship, of God, of nature, of love, and the consequent journey into an ever more terrible isolation, whipped by the devil who cannot be escaped because he is within.

Berlioz described it as an opera without decor or costumes. It is "too dramatic for the concert hall, insufficiently stage-worthy for the opera house" - or to quote a different authority, "It is an opera of the mind's eye. This dramatic legend was first produced as a concert piece in 1846. The work was adapted for the operatic stage and produced in that form in 1893 by Raoul Gunsbourg.

*Faust* was a preoccupation of Berlioz from 1828, the same year he encountered the music of Beethoven. It became his "Bible" and inspired various compositions. Then in the early 1840s Berlioz went to Germany, visited Goethe's Weimar, and *La Damnation de Faust* sprang into life.

Regarded by some as one of his most brilliant scores, it can be so dazzling that "we can miss the logic that binds it, and the deadly seriousness underlying (it)". The suffering of the central character echoes Berlioz' own experience that he was dramatising.

***"The success or failure of a U3A group is strongly related to the skills and energy of its leadership. The overwhelming majority of U3A office bearers in both countries come from highly skilled/credentialed backgrounds."***

***This is one of the several findings in a study, the largest undertaken of U3As in Australia and New Zealand. It was devised and executed by a team of U3A researchers and leaders and funded by U3AOnline. [www.u3aonline.com.au](http://www.u3aonline.com.au) is a webpage full of fascinating information and links us to U3As in the rest of the world.***



## PETANQUE

*Jenni Rutherford 5472 3468*

In the very comfortable setting at Skydancers the petanque sessions got under way. This is just a three week course but the hope is that participants will become so keen they will want to continue. The venue has been generously offered for ongoing games.

For those who did not come to the first session please remember to bring water to drink, a chair and if you have boules, bring them too.

Any enquiries ring Jenni Rutherford 5472 3468 or Sally Kaptein 54706340.

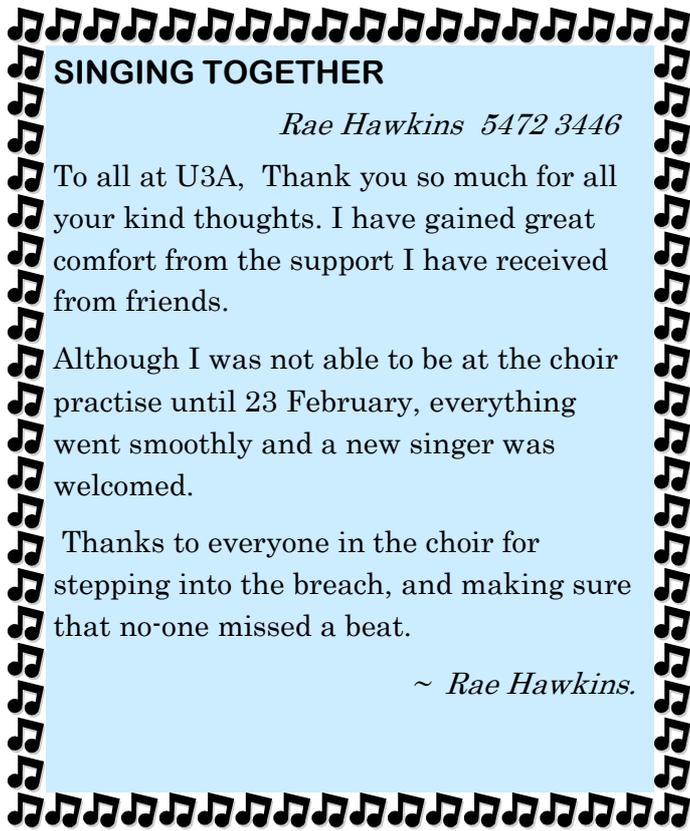


## PHILOSOPHY *Geoff Walker, 5470 6652*

At the first session in February we spent some time getting to know each other and looked at world affairs as a result of the interrogation of Tony Blair. At the second meeting we looked at the views of the nuclear physicist, J. R. Oppenheimer. We are not sure whether the world is such a pleasant place to be living in.

This will be sorted out because during March Fred van Amelsvoort will enlighten us about the ideas of the early 20th century Japanese psychiatrist, Shoma Morita.

Join us at 2 pm on Thursdays, 11 and 25 March, at 9 Lyttleton Street.



## SINGING TOGETHER

*Rae Hawkins 5472 3446*

To all at U3A, Thank you so much for all your kind thoughts. I have gained great comfort from the support I have received from friends.

Although I was not able to be at the choir practise until 23 February, everything went smoothly and a new singer was welcomed.

Thanks to everyone in the choir for stepping into the breach, and making sure that no-one missed a beat.

*~ Rae Hawkins.*

## THE SOLO GROUP

In March we will meet at the home of Eva Haarbarger, 93 Duke Street, Castlemaine, on Saturday, 20 March at 1 pm. Phone: 5472 3391 Please bring your own lunch. Tea and coffee will be provided.

## SUDAN: ONE MAN'S REFUGEE EXPERIENCE

*Vic Say 5472 1841*

This presentation by a young Sudanese man offers extraordinary insight into some of the experiences which he is willing to share. Just nine years old when he ran for his life, he dreams of returning to Sudan after a 23 year absence to see surviving family members. Remarkably these include his father, both his grandmothers. One younger sibling who didn't run quickly enough was captured and taken as a slave to the north. He was released after the peace agreement five years ago. Armed militias killed about 200 people in the attack from which he escaped. What followed is a story of courage, resilience, luck, death, starvation, thirst, disease - and Castlemaine.

I will email or phone members who are listed as interested, so contact me now. The session will probably be around April.

## DESTINATION UNKNOWN 2010 ANNUAL MOTOR TOUR 30 APRIL

*Our annual motoring event will be on Friday, 30 April, starting at 9 am from the United Church car park. We look forward to seeing you on the day. The tour has been a very enjoyable and popular event in the past.*

*Members who have participated in the past will find that the format of the event remains the same. Those who have not joined us in the past will find the tour is a gentle drive through our local scenic and historic areas. We finish at a pleasant spot not too far from Castlemaine.*

*There is no serious navigation involved.*

*This year we suggest you bring a picnic lunch or the ingredients for a BBQ, as there will be facilities available for burning the odd chop or two. As usual there will be wine available if you need a lubricant to assist the digestion.*

*Contact **GRAEME QUINN**, 5474 2320 (email [gandjquinn@bigpond.com](mailto:gandjquinn@bigpond.com)) who will provide an entry form and any further details you may need.*



## UPDATE

### Brain Function and Ageing with Dr Paul Maher

**There will be two sessions only. Q & As will occur at the end of each session due to the large number of members enrolled.**

**First session: Friday 9 April, 11 am in Uniting Church Hall after Coffee morning**

**Second session: Friday 16 April, 10 am in the Uniting Church Hall.**

## U3A SUNSHINE COAST INC. WRITING COMPETITION 2010

Once again we are holding a Writing Competition. The one held last year was a great success and entrants appreciated the comments sent following the judging. The categories are similar but the Challenge this year is to write: **One thing I don't want to tell my grandchildren.** This bit of fiction should challenge the imagination!

Just a few hints: Remember that your name must only appear on the Entry Form. We give each entry a number to identify it so no judge knows who the author is.

Be sure you put your entry in the correct category. If you are unsure, please ask for advice! Be careful with editing. It is a very important part of writing.

We hope you will send an entry. Please tell your friends. They do not have to be members of U3A but do have to be retired or semi-retired.

**Queries?** Jenny: jenbill@westnet.com.au

**Someone has to win the prizes!**

**Why not you?**

## U3A ONLINE offers a huge choice of Independent Study Courses

Independent study courses allow you to work at your own rate whenever it suits you. You can enrol at any time during the year. You will remain enrolled until your membership expires.

There is a large number and wide range of subjects and skill courses on offer, which you can do free, either completely independently, or some with the help of an online tutor. Subjects range from astronomy, history, writing of various kinds, art, family history and many more.

We hope the next issue of *Third Thoughts* will include more detail on the U3AOnline courses, and hope to invite members who have studied in this way, to write and tell of their experience.

It is well worth visiting the U3AOnline webpage, which is managed by Griffith University.



### WANTED: STAMPS AND CORKS

**Please give your used stamps and corks to Marie Twyford, who is usually at the trading table every Coffee Morning. Thanks to those U3A members who already save these items.**

**Save your stamps and corks. They can be sold to assist others. Stamps are passed on to the Uniting Church "Sammy Stamp" appeal, where they are sorted and sold to collectors. Proceeds are used for charitable works (and not just church charities). It is important to leave at least 2cm around the stamp, or if it is more convenient, tear the envelope in two and pass on the stamped portion.**

**Corks go to Guides Victoria, where they are sold to a cork recycler to raise funds for Guides in our State.**

**From the Editor** Thank you to members who have sent in contributions for this month's *Third Thoughts*.

I only wish we could fit them all in to our newsletter. This month I have managed to use Frank Pederick's interesting travel piece on the Tasmanian wilderness. Next month I hope to treat you to another witty contribution from our resident insomniac, Vivienne Robertson.

It was a privilege to be with Dot Henshall at Parliament House when she was given the prestigious Active at All Ages award by COTA (Council on the Ageing). We're proud of you, Dot!

Thanks for Proofreading Narelle and Anne!

~ Elizabeth Rider

## PORT DAVEY, TASMANIAN WILDERNESS AREA - By Frank Pederick

I recently decided to visit the S-W of Tasmania, one of the few remaining temperate wilderness areas. Much of Tasmania was familiar from a number of visits and on a trip to Macquarie Harbour and the Franklin River. Pt Davey and Bathurst Harbour became an interesting possibility, but was never investigated. A small square-rigged ship that visits this region on an eight-day tour, was rejected as too spartan. However, there is a one day trip by air to Melaleuca with a boat tour of the Harbour and Pt Davey. February - March was likely to provide the best weather, so a lookout led to the selection of the 6 February with a predicted nice fat high over S-W Tasmania.

Our Norman Britten aircraft took off from Cambridge airport at 0900 travelling over the Derwent estuary and D'Entrecasteau Channel giving views of Hobart and the hinterland on one side and Bruny Island on the other. Reaching the most southerly point of Tas we continued along the coast with the pilot pointing out features of interest. One of the Tasmanian tribes is believed to have settled permanently in this area living mainly on fish, abalone and seals from the evidence in middens and caves. This tribe visited the Maatsuyker Island group seasonally.

Turning inland at these islands we landed at Melaleuca, which owes its existence to the great 20th century bushman "Deny" King. King has been the subject of at least two books but briefly in the words of Christobel Mattingley, *"Charles Denison (Deny) King (1909-91), legendary bushman, tin miner, naturalist, artist, environmentalist, lived for fifty years in the remote south-west. His love for the magnificent region and concern for its protection resulted in proclamation of Port Davey's foreshore and islands as scenic reserves (1961-62), and eventual recognition as a world heritage area (1982). Notable among his scientific discoveries are the world's oldest known plant clone, King's Holly, Lomatia tasmanica; 38,000 year old*

*Banksia kingii, now extinct; and Euphrasia kingii. He also rediscovered the rare orchid Prasophyllum buftonianum. His concern for the diminishing numbers of orange-bellied parrots led to a recovery programme and protection for this highly endangered species. Renowned worldwide for hospitality to bushwalkers, he was often interviewed by journalists, and featured on Australian, German and French television."*

King had only one year of formal schooling, at age 6, but was tutored by his parents who encouraged independence and enquiry, while living in the remote Huon Valley.

We visited the Melaleuca lagoon then walked about 1 km to the Melaleuca Creek and boarded a boat for the main part of the tour. The tide was out and the thickness of the peat which supports the extensive button-grass plains in the area could be appreciated along with the stunted melaleucas along the creek.

Once out into Bathurst Harbour we were able to travel at about 20 knots enjoying the scenery with peaks jutting out of the plains with larger trees delineating the gullies cutting into the slopes. Our pilot/guide said the "celery top (pine) islands" had never been burned in the occasional bushfires and were probably undisturbed since the last Ice Age. Three yachts were in the harbour.

Port Davey extends into Bathurst Harbour through a narrow channel, both are ancient inundated river valleys. At the narrows we saw a small boat left above the tidal level on each side. Walkers on the Pt Davey track cross by paddling across with their gear, depositing it, then returning towing the boat from that side back. After stowing it safely they return to continue the walk.

Our guide commented several times on our good fortune with the weather and this became obvious as we approached the entrance to Pt Davey. We cruised inside the Breaksea Rocks which protect the entrance from south-west



Franklin River scenery

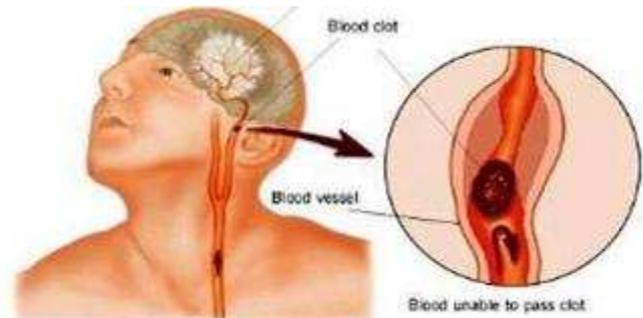
weather and experienced the gentle 1.5m swell of the open ocean enough to realise the potential effect of a gale. The mile wide main entrance north of the Rocks is dominated by Mt Rugby which rises abruptly to 800m.

We cruised back to Balmoral Beach, where with the boat nosed ashore we wandered into the bush and then lunched in perfect conditions on the beach. The trip back passed quickly and after a brief look around the area of the airstrip we boarded for the return flight to Hobart. The late afternoon visibility remained excellent and we could see the wilderness areas from lakes St Clair and Pedder in the north. The major ranges and peaks were visible and south of our track were many glacial lakes and valleys leading to the sea. Passing out of the protected areas the effect of timber extraction became obvious. There are efforts at reforestation, but the result is nothing like the original.

A smooth touch down at Cambridge made for a fine ending to great outing.



Doctors say a bystander can recognize a stroke by asking three simple questions: **S T R** - the first three letters of **STROKE**.



- S** - Ask the individual to **SMILE**.
- T** - Ask the person to **TALK** and **SPEAK A SIMPLE SENTENCE** coherently (e.g. It is sunny out today.)
- R** - Ask her/him to **RAISE BOTH ARMS**.

If he or she has trouble with **ANY ONE** of these call emergency number immediately and describe the symptoms to the dispatcher. Another indication: Ask the person to stick out her/his tongue. If the tongue is crooked i.e. if it goes to one side or the other, that is also an indication of stroke.

*~ Sent in by Grace McCauey*

Advance Notice

**CASTLEMAINE HIGH SCHOOL 100<sup>TH</sup>  
ANNIVERSARY BACK TO SCHOOL  
CELEBRATIONS**

This year marks the anniversary of the start of the High School in Castlemaine, where a significant number of our members went to school. To celebrate achievements of past students and acknowledge the school's rich history, there will be a program of activities in September 2010.

**Saturday 18 September**

1 - 4 pm: **BACK TO SCHOOL ACTIVITIES**

- Visit the "Old High School" site.

6.30 - 10.30 pm - **HIGH SCHOOL**

**REUNION DINNER** in the Town Hall.

**Sunday 19 September**

12.30 - 3.00 pm - **BBQ LUNCH FOR PAST STAFF.**

## Technology Bits & Bytes

### Windows Computers

#### *Windows 7 – a Blessing and a Pain*

Over the past 2 weeks I've had to really jump in and get involved with Windows 7. Initially I had to AGAIN completely rebuild my old faithful Pentium 4 desktop PC with Windows XP Pro, due to an impossible to eradicate problem. I took the opportunity to also install a Release Candidate version of Windows 7 Ultimate to another partition on the disk, so I had a dual boot Windows XP/Windows 7 setup. This little exercise highlighted some looming problems if I moved to Win7 – incompatibility with my older peripherals such as printers, scanner and my SB Live sound card. It's always a risk when moving to a newer operating system that there are no drivers released for the older equipment you might have.

A week later after much agonising over the "Apple iMac vs Windows 7" question, I wound up replacing my desktop with a new laptop running Windows 7 Professional. This gave me a solution to the "no drivers" problem as the Win7 Pro and Ultimate versions have a feature called "Windows XP mode" whereby a copy of Windows XP is run inside a Virtual PC created within the Win7 environment. This feature depends on the computer's Processor having what is called "Intel VT" capability – older processors don't have this.

Windows 7 Home Premium does not have Windows XP Mode enabled, so if you are buying a new laptop or desktop, and you have an older printer and/or a scanner, it may be worth while going for the higher Windows 7 Professional version for the XP mode capability.

#### *Windows 7 "How To" Tutorials*

There's quite a few useful "How to do it" tutorial articles at the link below:

<http://www.sevenforums.com/tutorials/257-windows-7-tutorial-index.html>

Well, I hope you are having fun at your computer class by now. ~ Shane Doyle

### Apple Mac Computers *(the following advice also applies to Windows laptops)*

#### *Battery Maintenance*

To maximise the useful life of your laptop battery, Apple recommends that you "recalibrate" it regularly. It is not difficult to do. Here is the basic rundown on how to go about this important maintenance routine:-

- 1] Fully charge the battery and then disconnect the laptop from its power adapter.
- 2] Keep the computer awake and running until the low battery warning appears. Keep the computer on until it either goes to sleep or shuts off. After it does so, wait five more hours.
- 3] You can now recharge the battery as normal. If your battery still fails to hold a decent charge, you need to replace it.

Adding to this is the following article taken from the Web:

#### **Standard Maintenance**

For proper maintenance of a lithium-based battery, it's important to keep the electrons in it moving occasionally. Apple does not recommend leaving your portable plugged in all the time. An ideal use would be a commuter who uses her MacBook Pro on the train, then plugs it in at the office to charge. This keeps the battery juices flowing. If on the other hand, you use a desktop computer at work, and save a notebook for infrequent travel, Apple recommends charging and discharging its battery at least once per month. Need a reminder? Add an event to your desktop's iCal.