

U3A

## Third Thoughts

Castlemaine Inc (Est. 1988)

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Reg. A0017409G

### MOVIES OF MERIT – WITH JOHN WALDIE

U3A Castlemaine is very pleased to announce a partnership with the Theatre Royal enabling us, at last, to bring you a weekly film experience. This will keep you engaged, thinking and talking!

During my few years in Castlemaine, I have thought our U3A needed some sort of film appreciation group. So, at our May Coffee Morning when John and Janet Waldie joined U3A and John indicated an interest in showing films, I was very quick to act! Finding a suitable venue. We decided quickly to ask David Stretch at the Theatre Royal and were thrilled with his proposal. He will let us use the theatre for "Movies of Merit" free of charge, and he has asked us to promote his films of Opera and Ballet that are in fact of great interest to our various music groups. So a partnership has been agreed.

Here's your chance to see a film every week at the theatre and engage in lively discussion afterwards. John Waldie has a personal collection of over 1,200 to choose from, and only films which are **rated highly** by international reviewers, and which you probably have not seen before, are chosen.

John has been running this course at City of Melbourne for some 3 years now. Some films include *The Tree of Wooden Clogs*, *Together*, *Shower* and *The Return*.

"Movies of Merit" will begin in Castlemaine near the end of July, day and time to be announced. I would hope you would buy a coffee or other beverage at this time. Enrolments can be made at our Coffee Morning or at the U3A office during office hours. Numbers will be limited to 20 in order to ensure that all participate in a 40 minute discussion. Our sincere thanks to John and we wish him a very happy association with U3A Castlemaine!

~ Win Jodell, Course Coordinator

### SPECIAL EVENTS

#### **VISIT TO QUEEN VICTORIA MARKET *AND* THE AQUARIUM – 30<sup>TH</sup> JUNE**

We plan to catch the 8.06 am train from Castlemaine. Market Tour starts at 10 am – 11.30 am. We will meet at the Tour office, Victoria Street (around the corner from the Fish Hall and about half a block up Victoria Street.

The *tour* combines the fascinating history and stories of the Market, with tastings and visits to selected stalls. The tastings (which include coffee/tea) will provide a light refreshment. The tour will be led by a knowledgeable guide who will show you aspects of the Market you may not know.

**Cost \$25**

#### **AQUARIUM – 1PM**

After lunch, those who wish to visit the Aquarium please allow 1 ½ hours. We intend to catch the 3.15 pm train back from Southern Cross, arriving Castlemaine approx. 5 pm

**Cost \$17**

If interested in either or both of these excursions please leave your name at the office or ring Sally Kaptein on 5470 6340 or e-mail:

[walmer@castlemaine.net](mailto:walmer@castlemaine.net)

**It is MANDATORY that people bring the EXACT money for both venues which will be collected and handed over!**

#### ***June Coffee Morning Guest Speaker***

**Dr Chris McAuliffe, Director of the Ian Potter Museum of Art at Melbourne University**

## U3A Castlemaine's information Web Page: [www.u3acastlemaine.com](http://www.u3acastlemaine.com)

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### **U3A OFFICE DETAILS**

The Office is at the Uniting Church Complex,  
Lyttleton Street, Castlemaine

Office Hours are:

Mondays, 1.30 pm – 3.30 pm

Tuesdays, 1.30 pm – 3.30 pm

Wednesdays, 10 am – 12 noon

Phone: 5472 2249

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

### **Current 2011 Subscription Fee**

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

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

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

### **Friday Coffee Morning Roster**

**3<sup>rd</sup> June: Australian History & Ballet**

**1<sup>st</sup> July: Understanding Opera & Cold War**

Coffee Mornings are held on the first  
Friday in the month at 10.00 am  
in the Uniting Church Hall

### **Committee Meetings**

are held on the third  
Tuesday in the month at 1.00 pm  
in the Kindergarten Room,  
at the Uniting Church Complex.

## **From the Course Coordinator ~ Win Jodell**

### **Important Notice – Please Read**

At last I have done something with the piles of **Attendance Sheets** that have been handed in over my almost 2 years in post. The count for **2010** has been done with the help of our wonderful volunteers! I would like to thank the office volunteers for their work on the count so far. And I do hope they will be able to continue with the **Attendance Sheets for 2009** when time allows. There will be fewer I think!

### **U3A CASTLEMAINE – 2010 COURSE NUMBERS**

**Prospectus 2010 offered 50+ courses and all of these were sufficiently subscribed to commence.**

**Attendance Sheets returned from 46 Courses (93%)**

**Using these 46 Courses:**

**The total number of sessions/classes = 756**

**Total Course Leader Hours = 1,700 (conservative)**

**Total student contact hours = 12,255 (conservative)**

While it seems not all Attendance Sheets were returned to the office, maybe some were not always accurately filled in, this is somewhat regrettable but perhaps inevitable. A 93% return is probably good. In view of U3A Castlemaine's growth and future need of financial assistance in the form of grants and or rent assistance **I would urge all Course Leaders to keep these sheets and return them to the office for safe keeping.** When you need more sheets either call into the office or phone and leave a message. Keeping these figures will become even more important. Everyone seems to need to know a lot more about everything these days.

In the case of the figures above they do not include attendances for Coffee Mornings – of which there are 11 each year with attendances from 60 to 100. Nor are there figures for Special Events, outings, gatherings, celebrations etc. While I am interested in feedback I don't want to make this job more complex than it needs to be, nor to create more work for everyone. So do get back to me via e-mail or a hand written note.

Further adjustments will need to be made to the Attendance Sheet to include a place for the Course Leader/Tutor to indicate time spent preparing the session. And in the case of classes held at home, the time spent cleaning and tidying!

There is an **Accommodation Sub Committee** who are working hard to gather information before asking for assistance or provision of an office or one permanent room for our classes. **These figures will be an essential part of our lobbying efforts.**

## From the Course Coordinator

**Term II** is underway with some new courses including **Family History** with **Veronica Hurley**. This course has been divided into 3 groups in order for all participants to have computer access. We need to thank Veronica for dedicating a whole day to these 3 groups. Along with her Data Base responsibilities this makes many volunteer hours each week for U3A. Many thanks Veronica.

**Ethics**, also new, with **Karen Mather** has been a great success. Karen came each Thursday from Melbourne to speak to a large and enthusiastic group. Her information about a complex subject was clear and concise. We thanked her and gave her a copy of our book at the final session.

U3A's Wagner devotees have begun their study of the **Ring Cycle**. This group is advised by **Vic Say** and **Peter Morris** of times and venue. Beside listening to CD/recordings there will be DVDs of New York performances.

**Cooking for Men** with **Sue Turner** and **Sally Kaptein** was a positive and creative experience for those taking part. The men left each time having eaten something different and armed with new confidence and recipes to try.

The two **Mindfulness** classes with **Karina de Wolf** will amalgamate and continue for a few more weeks. No new enrolments are being taken.

~ oOo ~

## You be the Judge!

### *Here are the limericks from last month's Mystery Tour*

Graeme and Jane Quinn	Mount Franklin loomed darkly before us
Took U3A for a spin.	The group broke out in a chorus
We travelled the highways	“Siamo in cima” (We're on the top
The lanes and the byways	“Arrivati per prima” and arrived first.)
We hope this Limerick wins.	“Shut up” groaned the others “you bore us”.

~ ~ ~ ~ ~

~ ~ ~ ~ ~

Three maidens from the 'Maine didn't dilly dally  
Up hill and down dale on the car rally  
They did pretty well finding clues for the tally  
Then stopped for lunch to fill up their belly.

~ ~ ~ ~ ~

Into the town of Trentham  
Encouraged our brains to strengthen.  
Told to write a ditty  
Which made us feel quite pippy  
And oh, the relief to see Trentham.

Graeme and Jane  
Have done it again.  
Arranged a perfect day  
Interesting route  
Fair weather to boot  
Thank you I'd like to say.

~ ~ ~ ~ ~

## Aboriginal history – Our shared history

Felicity say 5472 1841

**7<sup>th</sup> JUNE** – For this session, we'll continue to consider the case of Rupert Max Stuart and also another and earlier murder trial from South Australia in 1878, that of a man named Logic.

**21<sup>st</sup> JUNE** – Bob Randall is probably best known for his song “My Brown Skinned Baby They Took Him Away” but today, we'll focus on a programme he made, to explain how he understands the elements of Aboriginal Culture.

## Australian history

Geoff Walker 5470 6652

Our theme for April and May was the experiences of local Castlemaine folk who were involved in the armed forces during the second world war. John Kenley spoke about life as a radar operator, Lin Macdonald entertained us with stories of her time in the women's air services, and Keith Falconer revealed some of the secrets of his time as a member of the team de-coding the Japanese radio transmissions. These folk were guest speakers and their presentations were very much appreciated by the class members.

During June and July the theme will be centred on the squatting age (1830 – 1850) when the rural industries were established in various regions of the continent. Sessions will be lead by several members of the group and will be held at the home of Geoff and Beth Walker in **June**, on **Monday 13<sup>th</sup>** and **Monday 27<sup>th</sup>** at **2.00pm**. Ring Geoff for directions if you are new to this group. You will be most welcome to join us.

## BALLET APPRECIATION

JOE SCOGLIO 5472 2396

U3A looked into the possibility of a visit to the Melbourne Arts Centre to view Graeme Murphy's new ballet, Romeo and Juliet. It is his version of the story to Prokofiev's wonder music. On **Saturday September 17<sup>th</sup>** there are two shows to choose from, a 1.30 pm matinee and a 7.30 pm evening performance. The bonus that day is a 5.00 pm lecture on the ballet.

The lecture costs \$10 for a general admission seat and there are plenty of seats available for that. However, cheap seats for the matinee performance are gone. There were a few cheap seats left for the evening performance when inquired upon in early May. Because of the choices around seating prices and performance times, it is best if individuals make their own arrangements.

## COMPUTER COURSES

SHANE DOYLE 5472 4017

### **NEW One-off course ~**

Buying and using an e-Book Reader, focusing on the Borders **KOBO** and Amazon **KINDLE** eReaders.

We will cover where and how to buy your eReader. How to use it, and how to get more FREE and paid books for it. We will also cover using Calibre to load content onto the eReader.

Interested students should ring Shane to register.

~ oOo ~

**Deadline for the July Newsletter is 3pm Monday 20<sup>th</sup> June**

## BUSHWALKING

carol Ingersoll 5474 2372

On 27<sup>th</sup> April we visited the Amherst Reef. It was a fine, sunny but cool day. Perfect conditions for walking. The reef is located off the Talbot/Avoca Road. Details given in *The Traveller's Guide to the Goldfields*, page 272. With this good advice, plus a survey visit by the trip leader, we still made a couple of false turns. We walked the last 2km into the reef which led to good views of the quartz outcrop through the trees. One (est) 40 tonne, mini-bus size boulder is balanced on top of the ridge.

*The focal points of the pioneering years of shallow reef mining (mid to late 1850s) were large surface exposures (called 'blows') of gold bearing quartz. These locations, once proven payable, were quickly divided into numerous claims, each worked by a small party of miners, then completely quarried away, ending as open pits. The Amherst quartz blow proved not to be payable, which enabled its survival as a rare geological feature. It was subjected to only one main period of mining. In 1869 the Himalaya Company drove a shaft from the south-west side of the reef with an air vent at the northern end, but were unable to raise capital for full development. It is reputed to be the largest quartz outcrop in the southern hemisphere.*

We walked around all these features and retraced our way back to Talbot for lunch at London House, where an outside sign invited us to "sit, talk much, and laugh a lot." We complied. Talbot appears to be having a revival which may be on-going if the railway station is reactivated as proposed. On a visit there many of us bought plants from the wide range available. The drive home completed an enjoyable outing.

~ Frank Pederick



Our intrepid bushwalkers taking a rest break at the Amherst Reef near Talbot. The other photo refused to slot into this right hand space properly. Sorry. I'll pin them up on the notice board at the Coffee Morning. Mary, thank you for sending them in.



## COOKING FOR MEN

Sue and sally 5470 6340

On three Tuesday mornings in May, half a dozen of us attended Cooking for Men taught by Sue Turner and Sally Kaptein. The venue was Sue's well designed and well stocked kitchen. Most of us were capable of preparing something simple, tasty and nutritious but needed to broaden our skills, learn what is simple to prepare for one or two, and be more confident, creative and imaginative. We were certainly encouraged and stimulated by Sue and Sally's energy, passion and generosity as they created and talked about the four or five dishes prepared in each session, using cook-top, oven and microwave. The recipes and other advice about nutrition and food buying were provided in a folder and a number of the dishes have since been created at home and enjoyed by class members and family. But of course the proof of the pudding, the meat of the matter, the icing on the cake, was, at the end of each class, eating the wonderful meals which had been prepared!

~ **Geoff Hannon**

**And from Frank Pederick** ~ Cooking for men is what many women do. Sally, the "theoretician" (she seemed very practical to me) and Sue, the scientific practitioner, successfully battled an ancient tradition. Cooking led to the humanising of our primitive forebears because it broke down the structure of food, releasing flavours and aiding digestion. This eventually leading to smaller guts and bigger brains. It also lead to sexual differentiation of roles. Cooking tended to be a feminine role. Modern men could survive with minimal cooking, hunting and gathering for fish 'n chips, roast chickens and other take-aways, supplemented by canned and other prepared food. However this would be at some cost to well-being, nutritionally and socially.

In three sessions Sally and Sue demonstrated how to hygienically prepare a range of tasty nutritious food. We learned how to prepare ingredients, make soup, stock, pastry, and how to use herbs and spices to enliven many recipes. The emphasis was on where, what and how to buy (avoid the middle of the super-market where all the prepared foods await). Good food need not be expensive and local sources are available. I have found cooking difficult because of the timing of parts of the meal. Most recipes could be cooked in a single vessel and where sequence was required it was defined and timed. The effectiveness of the microwave was demonstrated. Most of the food cooked can be refrigerated or frozen for later use.

Mary complains I didn't learn to close drawers below the preparation or cooking areas – it is hard to get rid of some traits. Thank you Sally and Sue for giving us the confidence to be able to prepare good simple food.

## CROQUET FOR BEGINNERS

NIGEL HARLAND 5474 8246

In April of this year, a group of five U3A members commenced a croquet learning program held at the Castlemaine Croquet Club, part of the complex at Castlemaine Bowls Club. Croquet is played in two formats. A traditional game known as Association Croquet, and a newer innovation known as Golf Croquet.

Beginners are taught Golf Croquet in order to learn the basics of the equipment used, the layout of the court, and of course, the aims, rules and how to win the game. Croquet is played with a mallet and four coloured balls that are stroked around the court with the purpose of hitting the balls through six hoops. Golf Croquet is a very social activity and is played by many local clubs in the area, including Newstead, Maldon, Macedon Ranges, Golden Square and Quarry Hill.

This year's new members are being tutored by the Castlemaine club members, Tricia Devlin and Nigel Harland. Tricia is the current Australian Women's Croquet Champion, and recognised as No. 4 in the world. Yet another proud achievement for Castlemaine, both for the Croquet Club and for U3A.

A little more next month on last years U3A Croquet Group. Picture is of the four U3A members learning with Tricia Devlin (second from left in the red sun-hat) on the Croquet Court.

~ *John Leavesley*



L to R: Jenny Morton, Tricia Devlin, Ailsa Longmuir, Peter Morris, Margrite Thyssen and John Brennan

## Friday morning garden group

Shirley Curnow 5472 1729

Our outing in May was to the Central and Northern Victorian Indigenous Nursery and Wildflower Farm in Mandurang. There was a very interesting discussion lead by Ashley, about propagation, planting, maintenance, protection and problems in the development of an indigenous section in our gardens. The time passed very rapidly and after selection of various items the car boots were crammed with, well 'booty'. Everybody reflected on the enjoyment of the morning as we spent some time at lunch at the local One Tree Hill Hotel.

In June we shall visit several gardens in the Campbells Creek area to experience the beauty and atmosphere of the diligent efforts of local gardeners. We meet at **10 am** in the UCA car park on **Friday 17<sup>th</sup> June** (the 3<sup>rd</sup> Friday). Yes, you are most welcome to join us.

~ Geoff Walker

## GARDENING IN CASTLEMAINE HARVEY JACKA 5470 5079

We have made the most of the last of the warmer weather and after visiting Peter and Barry's garden at "Rosebank" in April, this past month we looked at the gardens of Angela Gibson and Penny Garnett who are both members of our group. These are both new gardens and reflect quite different situations and approaches to them. Our thanks to them for the chance to see and enjoy their efforts.

For our next meeting on **7<sup>th</sup> June** we will retreat to the warmth of the kindergarten room where, with all the autumn leaves around and lots of spent perennials and summer vegetables in mind we will look at COMPOST. The traditional compost heap can be a bit daunting these days but there are lots of options available now which make it much easier to recycle our kitchen and garden waste to help make our gardens bloom. We meet at **2.00 pm**, so come and share your garden with us.

At the may coffee morning .....

*Our guest speaker was Lynne Bird from Castlemaine Health. She had a 30 minute film to show us on the gentle progression from, firstly acknowledging that the time had come for entering a Retirement Village, to the happy integration in new surroundings with the company of new friends, acquaintances and full time carers.*

*The Film was funded by the Department of Health and filmed at Port Fairy by a Castlemaine film-maker (whose name escapes me), detailing life at 'Manjana' in Warrnambool for a number of the elderly residents there.*

*With renewed purpose and feelings of self-worth as well as security, often this later stage in a loved ones life brought, not only a sense of relief to family and friends but a fair degree of anguish too. The decision should best be made with agreement on both sides, and the nursing staff who are well aware of the conflicting emotions that are rife for both parties at this time, and who take great pains to see the new resident comfortably settled in.*

*After the film had ended Enid Chapman got up to relate the activities of some of her friends who are resident in Ellery House after the TV coverage of the recent Royal wedding. They dressed in their finest and wore tiaras while being treated to a sumptuous High Tea served by nursing staff dressed as waiters and waitresses. Sounds like a lot of fun was had by all.*

### Tutors Please Note

That due to the College holding exams, the Uniting Church Halls will not be available on  
 Tuesday 14<sup>th</sup> June, Wednesday 15<sup>th</sup> June and Thursday 16th June.



## ISSUES of CONCERN

CAROL DORMAN 5472 4429

The refugee riots at Villawood in April are a result of frustration at the slow pace of processing applications, but is it an excuse for destroying property worth many thousands of dollars. Faster processing is obviously needed, the current level of Immigration staff are not coping with the numbers of refugees. On the other hand a bottleneck does occur if applications have been refused and an alternative country has to be found that is willing to take those whose applications to settle in the country have failed. Not all those whose applications fail can be returned to their country of origin.

The 70<sup>th</sup> anniversary of the Tatura Internment/P.O.W. camps was celebrated recently. The internees cooked the food at these camps and organised classes so boredom and frustration were probably not as prominent as they are at present.

There was a good attendance at Vic Say's talk on Sudan. Southern Sudan will become independent on 9<sup>th</sup> July this year. The task of building a modern country seems insurmountable. There is hardly any development, in fact there is only one sealed main road at present. Health and education programs are slowly being developed, schools and hospitals will be built. The UN is providing aid and assistance in many areas. The border with Northern Sudan is as yet undefined but oil deposits are close to where this undefined border is and sorting this issue out will be difficult to say the least. Vic was arrested for taking a photograph of some fishermen. He was accused of photographing a nearby bridge and spent a few frightening hours in police custody. The people of Southern Sudan have a monumental task ahead of them and we can only wish them well in their endeavours.

.The manner of Osama bin Laden's assassination caused some comment. Did he die a few weeks ago or did he die some time ago and the recent operation in Pakistan was to give the American people psychological closure?

E-Gate is a proposed development at Fisherman's Bend of 20-25 hectares, the equivalent of Silicon Valley in California. It is intended to provide housing for 70,000 people and facilities for businesses in electronics and computer development. Concern was raised about rising tides caused by global warming. It was suggested that in the event of that happening it could be called Silicon Swamp.

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## WRITING WORKSHOP

Elizabeth rider 5470 5681

Members of the two U3A Writing Classes will get together in June. The Memoir Writing class and the Writing My Life class will combine for a writing workshop from 10 am – 4 pm on **9<sup>th</sup> June** in the **Salvation Army Hall, Kennedy Street.**

Dr Sally Berridge, who is the class leader of the Writing My Life, which started this year, will be the presenter at this workshop. Sally was awarded a practice-led PhD in Creative Communication by the University of Canberra in 2006. Her thesis examined the link between autobiography, memory and identity. She used creative non-fiction to write her autobiography and the accompanying exegesis. She is a trained teacher and adult educator, and has spent many years teaching and tutoring both adults and children and is an experienced presenter of workshops.

Our workshop will focus on Creative Non-fiction in general and there will also be a session on Creative Non-fiction in Autobiography/Memoir. Sally and Elizabeth will devise an interesting, interactive program for the day. We'll be doing some writing as well as listening to what others have written.

There will be a maximum of 15 participants. Members of the two groups will have first option to attend this workshop, so please give your name to your class leader to book your place. Second preference will be given to U3A members who had put their names down for a Writing Class this year, but have found the classes to be full.

*Memory is a complicated thing, a relative to truth, but not its twin.* ~ Barbara Kingsolver, *Animal Dreams*

## OPERA – AN OCCASIONAL EVENING SERIES

Vic SAY 5472 1841

We plan to explore what three composers have done with the story of *Faust*.

**June 3<sup>rd</sup> 7 pm**, Berlioz *Damnation of Faust* - Berlioz' fascination began in 1828 when he read a translation of Goethe's drama the same year he first encountered the music of Beethoven. The Opera sprang to life after he visited Germany and Goethe's Weimer in the early 1840s

**July 1<sup>st</sup> 7 pm** – Gounod's *Faust* was premiered in 1859 and performed over 300 times between 1859 and 1868.

**August 5<sup>th</sup> 7 pm** – Boito's *Mephistofele* was premiered in 1868.

## requiem and then...?

Vic Say 5472 1841

In May we listened to the gigantic forces brought by Belioz to his Requiem and then spent an afternoon with Ligeti, a challenging work of the 1960s in which the composer seemed to embed in his music every agony suffered by he himself, his family and his Jewish community, first under Hitler and later under Communism – he survived each regime by the 'skin of his teeth'. His music expresses the agony of the hells which Europe suffered and survived.

**June 3<sup>rd</sup>** – Biber's "Requiem a 15 in concerto". Biber was born 1644 in Bohemia and was a famous violinist. In the key of A major, this requiem 'reflects.....through its tonality, textures, and the unique inclusion of two trumpets, a jubilant exultation for a soul that has journeyed to heaven....'

There are a number of passages in which Biber considers the pain of death, however these few passages of intense passion strongly contrast with the overall sense of calm assurance and victory.....a work of great joy and triumph for a life lived in Christian service.

**June 17<sup>th</sup> – Faure**

## Signposts in English: History of English language

DIANA COLLIER 5443 0137

**We meet in the U3A office each 4<sup>th</sup> Tuesday every month at 12 noon – 1.30 pm prompt. Next: June 28<sup>th</sup>**

To slip out of our 'comfort zone' we return to an American approach to historical changes in the English language – the Sound Shift; semantics, contemporary usage and adaption. And we will include a comparative glimpse at the effect of texting and what may be seen as 'ungrammatical' or 'efficient' trends of the present. Spelling as symbols of pronunciation – gone long ago?

In **July** and **August**, the Printing Press and the Dictionary (of earlier centuries and today) – purpose, development, usage, will be discussed as two of the signposts in change, in standards.

New or casual participants welcome.

## Solo group

Betty henchman 5472 2139

Our next get-together will be at the home of Kay Middleton on **Saturday 18<sup>th</sup> June at 1.00 pm**. Please ring Betty Henchman for directions to Kay's home.

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**From your Editor, a plea** – When you send your photos, and I love to get them, could you please send them as an ATTACHMENT to an e-mail as a compressed JPEG file. I cannot use them if they are inserted into the body of the e-mail. Picasa is an easy program to use I'm told and will automatically compress your photos. **Thanks so much, Barb**

## SINGING TOGETHER

RAE HAWKINS 5472 3446

The U3A Choir meets almost every Tuesday afternoon from February to early December. This year, it has been decided to take a half-year break, so there will be no Singing Together on the first two Tuesdays in July.

This last month we have been working hard on John Lennon's lovely song "Imagine" which has some very tricky timing: adding some polish to "Scarborough Fair", and learning "Old Mother Hubbard".

The Australian National Anthem is being added to our already extensive repertoire, as well as Abba's "Thank You for the Music."

Thanks to everyone for their hard work and enthusiasm.

## WAGNER'S RING CYCLE – A SHORT COURSE OVER THREE YEARS

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**Friday June 17<sup>th</sup> at 5 pm** – Die Walkure CD with the libretto if you request it by Friday 3<sup>rd</sup> June. Note: Light meal to share – everyone contributing.

**Ring for directions and bring a torch** also something to share for our light meal **7.30 pm**. Meal break for an hour about half way through the 4 hours of music. **10.30 pm** expect to finish listening – share a cuppa and a nibble.

**Saturday June 25<sup>th</sup> at 11.30 am & Sunday 26<sup>th</sup> at 1.00 pm** – Die Walkure at the Theatre Royal. Details to be confirmed with the Theatre – Continuation of the Met production started last year.

**Friday July 15<sup>th</sup>** – Das Rheingold DVD at Peter and Barry's new address: **7.00 pm start**.

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## U3A Movies

### Theatre Royal Partnership

**In late July (at a date soon to be announced) U3A Castlemaine will be screening weekly "Movies of Merit" at Theatre Royal.**

**These sessions will be hosted by John Waldie.**

**Following the film there will be coffee and discussion for 40 minutes.**

**U3As Ballet Appreciation group supports the Theatre Royal and advises members "Copellia" from L'Opera National de Paris will be shown June 18 and 19.**

**U3As Understanding Opera, and Occasional Opera, reminds members of the New York MET season at the Royal: Verdi's Il Travatore June 4 and 5, Wagner's Die Walkerie June 25 & 26**

**There is now a Noticeboard on our U3A Website. Click on the page/link for details of the performances above.**

## Do You Suffer From Persistent Knee Pain?

Whether its from simply getting up out of bed in the morning, gardening, walking the dog, driving the car, or sitting down for too long, knee pain is a common and debilitating problem for many people.

Osteoarthritis is the most common cause of knee pain in people over 50 years of age. It is the third leading cause of disability in Australia after depression and dementia. In 2007, osteoarthritis was estimated to affect over 1.62 million people (7.8% of the total population) and 0.72 million older adults (>65 years, 25.7% of this population). This disease alone costs the nation at least \$2.32 billion in total health expenditure, and with the aging population, the number of OA sufferers is projected to increase to 3.14 million or 10.7% in Australia by 2050.

People with osteoarthritis have more difficulty doing everyday things and they take longer doing them.

Osteoarthritis leads eventually to total joint replacement. Conventional treatment is palliative and costly, and currently there are no effective medical remedies for osteoarthritis. As part of self-management, many sufferers of osteoarthritis supplement their diet with micro or macro-nutrients, or take natural remedies. However, evidence for the effectiveness of these supplements and natural remedies is often lacking and further research is needed to validate their benefit.

Vitamin D deficiency is very common in older people and has been linked with osteoporosis and falls in both older women and men. Emerging data suggests that it also plays an important role in the pathogenesis of knee OA.

Researchers at the Menzies Research Tasmania and Monash University, led by Associate Professor Changhai Ding, have reported that men and women with vitamin D deficiency had severe knee osteoarthritis and were more likely to experience knee pain than patients with normal vitamin D levels, and patients with vitamin D deficiency had greater cartilage loss over 3 years.

These results suggest that vitamin D deficiency plays an important role in knee osteoarthritis and achieving vitamin D sufficiency in osteoarthritis patients could significantly delay cartilage loss and the need for total knee replacement.

Researchers at the Menzies Research Institute Tasmania and Monash University have begun a new participant-based study that investigates the benefits of vitamin D in managing the progression of osteoarthritis.

“With limited current treatments, we have set up this study to determine if vitamin D is actually an effective therapy for osteoarthritis,” says chief investigator, Associate Professor Changai Ding.

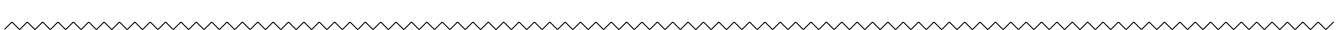
“We are currently looking for people who suffer osteoarthritis-related knee pain and would be interested in taking part in this study.”

Volunteers need to be aged between 50 – 79 years old, suffer from knee pain on most days, and able to have an MRI scan on the knee. Volunteers for this study will be asked to undertake a simple, free, blood test for vitamin D deficiency.

If you are interested contact:

Judy Hankin or Alice Noone on (03) 9903 0553

e-mail [judy.hankin@monash.edu](mailto:judy.hankin@monash.edu) or [alice.noone@monash.edu](mailto:alice.noone@monash.edu)



**Please note** – the above is taken from an incoming e-mail to our Committee and is in no way endorsed by them. It is included here by way of balance to the accompanying brochure, as a request for inclusion in this month’s newsletter. -- Ed.