



CASTLEMAINE
UNIVERSITY OF THE THIRD AGE

U3A Castlemaine Inc. Reg. No A0017409G

Established 1988

Encompassing the Shire of Mount Alexander and nearby communities

Ageless Learning Begins with U3A

COURSE PROSPECTUS 2017



Mostyn Street, Castlemaine

Photographer: Russell Annear



- Keep your Prospectus for reference throughout the year
- Pass it on to a friend or family member
- Dispose of thoughtfully – recycle!

U3A Castlemaine Inc.
PO Box 792, Castlemaine 3450

u3acastlemaine@gmail.com

Telephone: 5472 2249

Frequent questions about U3A

Is U3A Castlemaine a University?	No. It is a place where older people are encouraged to share and learn about things of mutual interest.
How old do I have to be to join?	There is no age restriction, but you need to be retired or semi-retired.
Do I need qualifications to join?	No.
How much does it cost to join?	The annual subscription in 2017 is \$50.
Is there a charge for attending classes?	Generally, no. A few classes have a small fee to cover rent or materials used.
How many classes can I attend?	As many, or as few, as you wish – however, please consider your time commitments and the limited numbers for many courses when making your selections.
When are the activities held?	Most activities are held during the day on Mondays to Fridays.
Are classes held in school holidays?	Some classes continue, others are cancelled.
How often do class groups meet?	The Course Leader decides this. Some meet once a month, others on alternate week days of the month and others weekly. There are some 'once off' and short-term activities.
Who are the course leaders?	Some are members with special interests or knowledge from their previous work experience, or from hobbies or recreation. Others lead groups because they enjoy the challenge of learning and sharing with others. Yet others act as 'convenors' using the knowledge and skills available from members of the group.
How do I join a particular class or group?	A prospectus outlining the courses that are to run for the term, semester, or year is issued in December and available from the U3A Castlemaine office, the Visitor Information Centre in the Market building, and the Community Information Centre in the Faulder Watson Hall. Course Selection days are held in conjunction with Membership Subscription Enrolments in mid January. Thereafter, new classes and activities are advertised in the Newsletter, and guidelines for course selection are specified.
Who runs U3A Castlemaine?	A Committee of six elected Office Bearers and five elected members. Class representatives are encouraged to attend Committee meetings.
Who are class representatives?	A class member is asked to be the class representative. Their role is to assist the course leader by ensuring the class roll is signed, collect class fee if applicable and generally assist the course leader in the smooth running of the classes.

Table of Contents

Art and Design		6
Art Workshop		6
Wednesday Painting “en Plein Air”: Autumn	Short Course	6
History		7
Aboriginal History: Our Shared History		7
Anatomy of a Disaster	<i>NEW!</i> Short Course	7
Australian History		7
Italian Scientists of Renown	<i>NEW!</i> One Session	8
Origins of Feminism, The	Short Course	8
Ottoman Empire, The	Short Course	8
Versailles and those who made it	<i>NEW!</i> Short Course	8
Humanities and Literature		9
20th Century Literature		9
Dangerous Liaisons		9
First Tuesday Book Group, The		9
Memoir Writing		9
Modern Australian Usage		10
Non-Book Club, The		10
Plato’s Dialogues: Reading and Conversation	<i>NEW!</i> Short Course	10
Play Watchers		10
Ideas and Opinions		11
Cosmic Philosophy and the ‘Numinous’	<i>NEW!</i> Short Course	11
Mentoring	Short Course	11
Peace Education Program	Short Course	11
Peace Education Program 2	Short Course	12
Languages		13
INDONESIAN		13
Enjoy Your Indonesian Holiday	Short Course	13
FRENCH		13
French		13
French I Part II		13
French II		13
French Language & Literature		14
GERMAN		14
German Through Reading	Short Course	14
ITALIAN		14
Italian		14
Italian 1		14
Italian II		14
Italian Advanced Conversation (prev. Italian III)		15
LATIN		15
Latin		15
Latin I		15
Latin II		15
Latin III		15
Advanced Latin		16
Lifestyle – Indoor activities		17
BRIDGE		17
Bridge for Beginners	Short Course	17

Improve your Bridge	<i>NEW!</i>	17
Bridge Refresher	<i>NEW!</i> Short Course	17
Bridge: Social Rubber Play	<i>NEW!</i> Short Course	18
Chess		18
Coffee, Cake and Conversation		18
Fun with Cryptic Crossword Puzzles	Short Course	18
Intuitive Development through Relaxation		19
Mindfulness Meditation		19
Over Eighties' Luncheon		19
Scrabble for Fun		19
Seasons for Thinking Gardeners	<i>NEW!</i> Short Course	19
Solo Group		20
Solo Whist		20
Table Tennis		20
Tai Chi		20
Tai Chi – seated for arthritis		21
Warm Water Exercise for Arthritis: Friday		21
Warm Water Exercise for Arthritis: Tuesday		21
Bird Watchin	<i>NEW!</i>	22
Bush Rambling		22
Bush Walking		22
Caravan Camping		23
Friday Gardens		23
Golf Croquet – Introduction	Short Course	23
Pétanque		24
Social Dog Walking <i>NEW!</i>		24
Music, Dance and Film		25
MUSIC		25
Adventures in Classical Music		25
Choral : Singing Together		25
Exploring Popular Music		25
Guitar Playing		25
Musicals		26
Music Appreciation		26
Opera: An Occasional Evening Series		26
Playing Ukulele 1		26
Playing Ukulele 2		27
Requiem . . . and then		27
Understanding opera		27
DANCE		27
Ballet Appreciation		27
Circle Dancing 1	Short Course	28
Circle Dancing 2	Short Course	28
Sacred Dance for Sacred Bodies	<i>NEW!</i> Short Course	28
FILM		28
Movies of Merit		28
Photography and Computers		29
Photography and Digital Imaging		29
Politics and Current Affairs		29
Issues of concern		29
Science, Maths and Technology		30
Pathology Basics	<i>NEW!</i> Short Course	30
Some Maths	<i>NEW!</i> Short Course	30
Treasures of the Earth: Geology		30

Travel		31
Camino Walks in Europe	Two Sessions	31
Let's use our Free Travel Vouchers	<i>NEW!</i>	31
Other		32
Exploring the Labyrinth	<i>NEW!</i> Short Course	32
La Trobe University Lectures		32

But wait ... there's more!

In addition to the short courses described in this prospectus, further short courses may be introduced later in the year.

Please watch our monthly *Third Thoughts* newsletter for details.

Extreme Heat Policy - Key Points

Ratified at Committee of Management meeting 20th February 2014

- 1.** U3A activities must be cancelled when the **forecast temperature is 38° or over**. U3A activities include all classes, office attendance, administrative meetings and coffee mornings.
- 2.** Classes must be cancelled on a day of **extreme or greater fire danger, regardless of the temperature**.

Guidelines

- The predicted temperature is for **Castlemaine**.
- Predicted temperatures for Castlemaine are broadcast on the local ABC radio FM 91.1 every morning following the news. It is also available on the Bureau of Meteorology website -
 - <http://www.bom.gov.au/vic/forecasts/map?day.shtml>
- Members are encouraged to take responsibility for being aware of predicted temperatures and **will not be contacted by Course Leaders** when a class is cancelled for reasons of extreme heat or fire danger.

Course Leaders and Class Representatives are encouraged to inform, and reinforce, the policy to class members.

Art and Design

Art Workshop

A weekly meeting of those developing and practising their art-making within a group workshop setting. Participants will decide on areas of focus, share expertise with each other and pursue areas of interest. The course includes inviting guest teachers and visiting galleries/exhibitions. The only prerequisite is a desire to create art, with an interest in any area of art. Members are expected to share knowledge with others.

Monday 10:30am-2:30pm Weekly 30 January-18 December **All year**
Course Leader: Margaret Naughton: 0414 398 829 mn3095@gmail.com
 Leisterville Hall, William Street, Castlemaine

Wednesday Painting “en Plein Air”: Autumn Short Course

This is a course for everyone! Whether you are a beginner who wants to learn the basics of painting outdoors in a variety of locations, or a more experienced artist, this course is for you. You can choose the media you prefer, or experiment with something new. The aim is to enjoy the experience and develop your skills. No prerequisites; just a desire to work outside with like-minded people, some of whom may be new to “Plein Air Painting”, and want to have a go. Guidance will be offered.

Wednesday 9:30am-12pm Weekly 1 March-31 May
Course Leader: Sandra Finger Lee: 5472 5177 gr8sheoak@bigpond.com
 Tea Rooms, Castlemaine Botanical Gardens, 2 Walker Street, Castlemaine

Coffee Mornings

Coffee Mornings are mostly on the first Friday of the month. However at the beginning of the year it is on the *last Friday* in January, followed by the first Friday in March and so on until the end of the year.

The format is usually *Welcome, Introduction and Notices* from the President, news of general interest from members followed by a noteworthy speaker.

The morning is rounded off by a delicious morning tea provided by class members on rotation throughout the year.

These mornings are from 10am to 11.30/12noon, but it's a good idea to come much earlier to look for bargains, plants and home made goodies on the trading table; buy a ticket in the home made cake raffle; and vote in the 'People's Choice' for your favourite photograph by members of the *Digital Imaging and Photography* class.

History

Aboriginal History: Our Shared History

This year the course will focus our attention on the lesser-known aspects of our shared history and show the resultant impact of colonisation on the lives of Aboriginal people. We will listen to the Aboriginal voice through extensive use of video and audio material, hear an occasional visitor / expert and /or visit a museum or gallery. Interest in Australian history is the only prerequisite. Members are expected to join in discussion.

Tuesday 10am-12pm Weeks 1, 2 of month 7 February-19 December **All year**

Course Leader: Vic Say: 5472 1841 sayvf@castlemaine.net

Uniting Church, Manse Room, Lyttleton Street, Castlemaine

Anatomy of a Disaster *NEW!* Short Course

Commemorating 125th anniversary of the Pelican Reef disaster, this course examines the loss of the Mornington football team in a boating tragedy in Port Phillip Bay in May, 1892. The course analyses Australia's worst sporting disaster from original sources – newspapers, inquest and inquiry reports, and contemporary documents.

Friday 1pm-2:30pm Weekly 19 May-9 June

Course Leader: Genevieve Rogers: 0412 536 004 jrogersd@bigpond.com

Uniting Church, Fellowship Room, Lyttleton Street, Castlemaine

Australian History

The study of local/national locations, e.g. Sydney, Castlemaine, Alice Springs, to explore growth from foundation to the present day, examining industries and occupations, sport and entertainment, heritage buildings, and biographical studies of prominent citizens. It is desirable to have an interest in local/national history, and a willingness to take part in discussion and to prepare a presentation.

Monday 2pm-3:30pm Weeks 2, 4 of month 13 February-11 December **All year**

Course Leader: Geoff Walker: 5470 6652 g.bwalker@bigpond.com

Private Home

Explanation of frequency by week

Weekly = every week

Week 1, 3 = the first and third weeks of the month

Week 2, 4 = the second and fourth weeks of the month

Week 1, 2, 4, and 5 – the first, second, fourth and fifth weeks of the month

And so on.

Italian Scientists of Renown *NEW!* One Session

Who would you name as Italian scientists of renown? Most would say Galileo, but there are lots more: Cardano, Torricelli, Galvani, Volta, Fermi... You could probably guess what some of them were up to, but you might be surprised. What about Walter Alvarez, who is still alive? Most of these people have interesting stories about their lives, not all particularly pleasant. If you know a little about Padua, come and learn some more. You are welcome to join one or both sessions.

We will start with a 10 minute DVD on Italian Gardens.

THIS CLASS HAS A BREAK OF 30MINUTES AND RESUMES AT 1PM

Tuesday 11am-1:30pm 21 February

Course Leader: Keith Creed: 5472 2249 keithcreed@netspace.net.au
 Uniting Church, Fellowship Room, Lyttleton Street, Castlemaine

Origins of Feminism, The Short Course

In this course you will discover the historical pathways that have led to the modern day movement of women's bid for equality and freedom. Magical information. This course is for women only.

Wednesday 9:30am-11:30am Weeks 1, 2, 4 and 5 24 May-5 July

Course Leader: Suzanne Ingleton: 0404 098 920 susoulo@bigpond.com
 Uniting Church, Manse Room, Lyttleton Street, Castlemaine

Ottoman Empire, The Short Course

An introduction to the history of the Ottoman Empire c. 1300-1923, and the subsequent history of modern Turkey. This is a slightly expanded version of the course given in 2016.

Tuesday 10am-11:30am Week 2 15 August-28 November

Course Leader: David Cunningham: 5472 4478 dccunningham@netspace.net.au
 Uniting Church, Fellowship Room, Lyttleton Street, Castlemaine

Versailles and those who made it *NEW!* Short Course

In this course we explore how and why a simple hunting lodge evolved into the foremost palace in the Western world. Who were the craftsmen responsible for its transformation – architects, gardeners, and furniture makers, et al.? What role did it play in the rise and fall of the French monarchy? What is its role today?

Tuesday 10am-12pm Week 1 of month 2 May-30 May

Course Leader: Hugh Webb: 5472 5454 hugh.webb@internode.on.net
 Uniting Church, Toy Library, Lyttleton Street, Castlemaine

Do you have accessibility requirements?

You should sign up for courses on the understanding that the venue will be accessible. Please contact the Course Coordinator, John Waldie on **0400 858 581** or email to **u3acm.courses@gmail.com** if your course is timetabled into a private home as we may need to move the course to accommodate you.

Humanities and Literature

20th Century Literature

The class will meet once per month and authors will include Virginia Woolf, Edith Wharton, Aldous Huxley, George Orwell, Katherine Mansfield, Mary McCarthy, D.H. Lawrence and more. It will be organised rather like a book group with plenty of discussion.

Friday 10am-12pm Week 2 of month 10 February-8 December **All year**

Course Leader: Denise Jepson: 5473 4470 denisejepson@bigpond.com
Uniting Church, Toy Library Lyttleton Street, Castlemaine

Dangerous Liaisons

This course will focus on a number of fascinating relationships in great literature. Texts will be chosen from different periods and diverse cultures, and will include novels, drama, short stories and poetry. Participants should have the ability to read carefully and to take part in discussion.

Thursday 1:30pm-4pm Weekly 2 February-21 December **All year**

Course Leader: Vivienne Robertson: 5470 6499 santachiara@mmnet.com.au
Robertson Home

First Tuesday Book Group, The

Members will decide on the reading list at the beginning of the year and will be expected to share ideas and opinions with colleagues. A love of literature is the only prerequisite. Preference will be given to existing members but new members will be welcome as places become available.

Tuesday 1:30pm-3pm Week 1 of month 7 February-5 December **All year**

Course Leader: Kevin Hurley: 5472 1383 vkhurley@bigpond.com
Hurley Home

Memoir Writing

A memoir can be an illuminative picture of life, a device to write about you, for you. If you are interested in writing your memoir, or have memories to write short stories about and would like a comfortable situation in which to share and receive feedback, then you may consider this course. Participants will also take part in writing exercises and discussions that explore various approaches to memoir writing. Participants will require a willingness to present your writing to the class, receive and provide constructive feedback and take part in class discussion.

Tuesday 1:30pm-4pm Weeks 2 & 4 of month 28 March-12 December **All year**

Course Leader: Monique Thomson: 03 5474 2290 make10@bigpond.com
Thomson Home

Modern Australian Usage

Participants discuss aberrant, comic or otherwise interesting usage they have heard, seen or read in the previous month. An interest in language acquisition and use, and preparedness to contribute both to the list of items discussed and the discussion of them is all that is required.

Friday 1pm-3pm Week 1 of month 3 February-1 December **All year**

Course Leader: Nicholas Hudson: 5476 2795 nick12hudson@gmail.com

Uniting Church, Manse Room, Lyttleton Street, Castlemaine

Non-Book Club, The

The Non-Book Club is a social and literary group who share an interest in reading and discussing a diverse range of essays, letters, poems, and short stories. The group will meet once a month to discuss a chosen text, with a view to opening a wider discussion that the work may trigger. The only requirement is an inquiring mind and openness to the views of others.

Thursday 3pm-4:30pm Week 3 of month 16 February-21 December **All year**

Course Leader: Win Jodell: 5472 3792 winjodell@gmail.com

Jodell Home

Plato's Dialogues: Reading and Conversation *NEW!* Short Course

We will read and discuss the Platonic dialogue 'Alcibiades,' consider what Plato is on about and what relevance his words have for us in the 21st Century. There will be some background and historical context, but this is not a history course.

Participants need to be able and willing to read aloud, and be willing both to express their own opinions and to listen to those of others in the group. There needs to be some degree of open-mindedness and a sense of enquiry. Copies of the dialogue can be made available for each session, but it would be better if group members had their own copies in case they wished to refer to them between sessions.

Monday 11am-12pm Weekly 24 April-26 June

Course Leader: Karina Rowles: 5476 4431 karina.rowles@gmail.com

Uniting Church, Toy Library, Lyttleton Street, Castlemaine

Play Watchers

This is a chance for anyone who enjoys live theatre to meet and talk about what they've seen. Play Watchers meet once a month to talk about plays, and share experiences. We try to go together to attend as many local performances as we can, but we don't all need to see the same plays to have good discussions. We support our great local theatre companies, and we have a number of touring companies that come to Bendigo and Castlemaine.

Tuesday 4pm-5:30pm Week 2 of month 14 February-12 December **All year**

Course Leader: Win Jodell: 5472 3792 winjodell@gmail.com

Jodell Home

Ideas and Opinions

Cosmic Philosophy and the ‘Numinous’ *NEW!* Short Course

We explore the ‘numinous’ through our experiences and those of others, using an open, imaginative, even scientific approach. This is independent of religious belief systems and their expectations, rather being from a spiritual, philosophical perspective. Participants will be encouraged to share their special interests with the group. No prerequisites just an open-minded approach to the mysterious and a freedom to share experiences.

Tuesday 10am-11am Weekly 5 September-19 December

Course Leader: Julian Hollis: 5470 5002 jhollis5002@gmail.com

Hollis Home

Mentoring

Short Course

This is a short course with a practical application, focussing on mentoring people for their career and business – including start-ups, graduates and mid-career people. PLEASE NOTE: this is not intended as a Social Counselling Course. There are no entry requirements for this course except a willingness to listen to somebody else’s story. Some business, corporate and/or Not-for-Profit experience would be helpful.

Tuesday 1:30pm-2:30pm 14 February, 28 February, 14 March, 28 March, 18 April

Course Leader: Glenn Sutherland: 0427 497 803 redbox46@gmail.com

Sutherland Home

Peace Education Program

Short Course

The Peace Education Program (PEP) is a 10 week, DVD-based program focussing on developing inner resources (with themes like hope, appreciation, self-awareness), and sharing reflections with participants. The content of each theme is based on excerpts from Prem Rawat’s international talks, and The Prem Rawat Foundation (TPRF) sponsors the program. It is non-religious and non-sectarian. There are no charges for this course and no prior knowledge or skills are required. Participants are encouraged to attend all 10 sessions, as it is not possible to repeat sessions.

THE COURSE DOES NOT RUN ON THE FRIDAY OF THE MONTHLY COFFEE MORNING.

Friday 10am-11am Weeks 2,3,4 and 5 each month 21 April-14 July

Course Leader: Pam Oakley: 5470 6410 poakley60@gmail.com

Uniting Church, Manse Room, Lyttleton Street, Castlemaine

Private Venues

Where an entry says ‘Private Home’ or the home of the course leader, it means that the course leader will supply the address. If you do not hear from the course leader before the course begins, please contact them.

Peace Education Program 2 Short Course

The Peace Education Program (PEP) is a 10 week DVD - based program focussing on developing inner resources (with themes like hope, appreciation, self-awareness), and sharing reflections with participants. The content of each theme is based on excerpts from Prem Rawat's international talks, and The Prem Rawat Foundation (TPRF) sponsors the program. It is non-religious and non-sectarian. There are no charges for this course and no prior knowledge or skills are required. Participants are encouraged to attend all 10 sessions, as it is not possible to repeat sessions.

THE COURSE DOES NOT RUN ON THE FRIDAY OF THE MONTHLY COFFEE MORNING.

Friday 10am-11am Weeks 2,3,4 and 5 each month 29 September-22 December

Course Leader: Charlie Steel: 5470 6410 poakley60@gmail.com

Uniting Church, Manse Room, Lyttleton Street, Castlemaine

Events and excursions

U3A Castlemaine has an Events Working Group who not only organise speakers for our monthly coffee mornings, but excursions and other events throughout the year. For example, in 2016 we had excursions to the *Vic Market* and the *Johnson Collection* in East Melbourne among others. We also had a trip to Hobart in Tasmania to visit MONA (the Museum of New and Old Art).

These events are publicised in our *Third Thoughts* newsletter well in advance, and also on the Noticeboard section of our website - www.u3acastlemaine.com

Lanyards and name badges

If you are a renewing member you will have already received a blue lanyard and name badge. Your name badge will not be renewed unless lost so please do not discard.

New members will receive a lanyard and name badge with other welcoming material soon after joining.

PLEASE ALWAYS WEAR YOUR LANYARD AND NAME BADGE TO ALL U3A CASTLEMAINE CLASSES AND EVENTS.

This helps to break the ice when meeting new people, *and* to remember names!

Languages

Indonesian

Enjoy Your Indonesian Holiday Short Course

- Basic Indonesian tourist vocabulary.
- Discussion of cultural differences to prevent gaffes.

No previous knowledge is required.

Equipment needed:

1. Notebook and pen;
2. Interest in revising course notes between lessons; and
3. Any basic Indonesian textbook and/or dictionary available from second hand book shops.

Monday 10am-11am Weekly 13 February-10 April

Course Leader: Margaret Grey 5472 3859 gypsy6481@yahoo.com

Grey Home

French

French I Part II

This is an ongoing course for beginners to learn to speak, write and understand French in a relaxed and supportive environment. The textbook is *The Everything Learning French Book*, 2nd Edition, 2007-2008, ISBN 10: 1-59869-412-X. A basic understanding of French is required.

Tuesday 11am-12:15pm Weekly 7 February-5 December **All year**

Course Leader: Jacqui Turnbull: 5472 3630 2jacqmt2@tpg.com.au

Turnbull Home

French II

This is a course for those who already have some knowledge of French and who wish to develop their ability to read, write and speak the French language. A basic knowledge of French grammar is essential. Members are expected to participate in class activities and complete a little homework each week.

The class is run on Monday and repeated on Wednesday. Discussion on how this will be managed will be undertaken during the first week of classes.

Monday & Wednesday 9:30am-10:30am Weekly 30 January-20 December **All year**

Course Leader: Sue Greed: 5472 5026 ksgreed@bigpond.com

Uniting Church, Toy Library, Lyttleton Street, Castlemaine

French Language & Literature

We read and (if necessary) translate a French novel together taking it in turns round the class. Year 12 or equivalent French is advised. Good command of French vocabulary and grammar. Members are expected to have prepared the next ten pages of the text beforehand. A text to be decided on will be provided as needed (cost \$10-\$15)

Monday 2pm-3:30pm Weeks 1,3 & 5 of month 30 January-18 December **All year**

Course Leader: Tony Morton: 5473 4425 tony@morton.net.au

Uniting Church, Manse Room, Lyttleton Street, Castlemaine

German

German Through Reading Short Course

We'll be reading through a graded reader. The level will depend upon the abilities of those who register. Grammar and vocabulary will be dealt with as they arise. An understanding of basic German is required.

Tuesday 10:30am-11:30am Weekly 10 October-19 December

Course Leader: Winifred Belmont: 5472 1048 winifredbelmont@gmail.com

Uniting Church, Toy Library, Lyttleton Street Castlemaine

Italian

Italian 1

This course offers an introduction to Italian for those with no prior knowledge of the language. The course will cover the basics of grammar and pronunciation and will include some simple everyday conversation. Italian studies may be continued in the Italian 2 and Advanced Conversation courses. There are no language prerequisites, but class members are expected to participate fully in classes and complete some simple homework exercises. The course will use the textbook *Italian Made Simple* by Cristina Mazzone, available online from www.bookdepository.com. A Kindle version is also available from www.amazon.com.au. To maximise the benefits of the course class members should purchase their own copy.

Note that this textbook will be carried over into Italian 2.

Wednesday 2pm-3pm Weekly 1 February-20 December **All year**

Course Leader: Jim Blain: 5472 4230 jim.blain@bigpond.com

Uniting Church Toy Library Lyttleton St Castlemaine

Italian II

This is a class for people who have already studied some Italian and wish to further their knowledge of the language, both written and spoken. Students must be able to conjugate all three categories of verbs at least in the present tense and be willing to participate fully in class activities.

Monday 12:15pm-1:15pm Weekly 30 January-18 December **All year**

Course Leader: Lynda Prest: 5472 1973 lyndapr123@gmail.com

Uniting Church, Manse Room, Lyttleton Street, Castlemaine

Italian Advanced Conversation (prev. Italian III)

Members must prepare vocabulary and speak spontaneously on a given subject. Members take turns to nominate a topic, and prepare and lead the class. The goal is to stimulate and encourage all members to participate in a lively and entertaining conversation. The class is conducted in Italian, so each member is expected to have a good knowledge of grammar and vocabulary, to be able to contribute to the discussion and respond to what others say, and to prepare and lead the class occasionally.

Thursday 9:30am-11am Weekly 2 February-21 December **All year**

Course Leader: Gerry Egan: 0407 092 642 gegan.castlemaine@gmail.com
Egan Home

Latin

Latin I

The beginning of a journey into appreciating the language and customs of Rome, as well as that of English. This course runs over six years, gradually increasing the knowledge and ability to read classical texts. Some knowledge of English grammar is required.

The text for this course is *Cambridge Latin Course Book 1*.

Wednesday 10am-11am Weeks 2 & 4 of month 8 February-13 December **All year**

Course Leader: Janet Gilmore: 5472 5176 gilmorej@bigpond.com
Goldfields Library, Barker Street, Castlemaine

Latin II

This course is a continuation of Latin I. Participants must have a basic knowledge of Latin. Text used is the *Cambridge Latin Course Book 2*.

Thursday 10:30-11:30am Weeks 2, 4 of month 9 February-14 December **All year**

Course Leader: Janet Gilmore: 5472 5176 gilmorej@bigpond.com
Goldfields Library, Barker Street, Castlemaine

Latin III

This program closely follows the *Cambridge Latin Course Book 3* and presents the language in a lively, interesting and accessible manner. The course also provides lots of background information on Roman history. Some background in Latin is required, and a general grasp of grammar and grammatical terms would help.

Monday 11:30-12:30pm Weeks 2, 4 of month 13 February-11 December **All year**

Course Leader: Wilfrid Savage: 5442 1437 wilfsav@westnet.com.au
Goldfields Library, Barker Street, Castlemaine

Advanced Latin

This program involves participants in the translation of a variety of Latin texts into English. Selections initially will be taken from the Cambridge Latin Anthology, but we will move on to examine other longer passages of Latin prose and Languages poetry later in the year. Participants will be expected to have a familiarity with Latin equivalent to having completed the five books of the Cambridge Latin Course.

Monday 10:15-11:15am Weeks 2, 4 of month 13 February-11 December **All year**
Course Leader: Wilfrid Savage: 5442 1437 wilfsav@westnet.com.au
 Goldfields Library, Barker Street, Castlemaine

Spread the load!

Have you thought about volunteering with U3A Castlemaine?

U3A Castlemaine is a completely voluntary organisation. Volunteer opportunities are many and varied, some asking a little time and some more involved. For example:

- ❖ Staffing the office, currently open from 1.30pm – 3.30pm four days/week. With more volunteers we could open five days/week or for longer hours hence providing a superior service for members, potential members and interested people from the local community.
- ❖ Becoming a member of a working group – Governance, Finance, Course Coordination, Communication, Grants, and Newsletter. Membership of a working group is a great way to contribute your experience and skills and learn more about the organisation.
- ❖ Joining the Committee of Management.
- ❖ Hospitality – assisting with Coffee Mornings, Founders Day lunch, Christmas lunch and other occasional gatherings or celebrations.
- ❖ Setting up for coffee mornings – chairs, equipment, trading table.
- ❖ Becoming a Class Representative in one of the courses you attend. The class representative assists the Course Leader with such things as ensuring the roll is signed, and collecting any fees incurred for the class.
- ❖ Assisting with the annual compilation, printing and distribution of the prospectus.
- ❖ Assisting with printing and distribution of *Third Thoughts* newsletter, and perhaps taking on the Editor's role in 2018.

Lifestyle – Indoor activities

BRIDGE

Bridge

Bridge is the world's premium card game. It keeps the "grey matter" ticking over, relies on skill rather than luck, and is excellent training for the mind. Group play in a friendly environment is ideal for social players seeking to improve their game. Join us for fun and testing times! Previous players are welcome, as are participants from our *Bridge for Beginners*. Some playing experience is a prerequisite. A willingness to improve your Bridge skills will be appreciated. The Standard American bidding system is favoured, and the duplicate system is employed. Members who wish to play other styles are encouraged to join and play their preferred style. Ad hoc partners can usually be found for those without a regular Bridge partner. There is a cost of \$2 per person per session to cover equipment costs.

Tuesday 1:15pm-4:15pm Weekly 31 January-19 December **All year**
Course Leader: Graham Forbes: 0406 346 466 forbesgk@gmail.com
 Auditorium, Castlemaine Health, Odgers Road, Castlemaine

Bridge for Beginners

Short Course

Learn the basics of Bridge bidding and card play. Bridge is the most popular card game in the world. It is easy to play and impossible to master, keeping the brain active for life. All that is required is a desire to play a friendly but competitive card game with like-minded friends.

Wednesday 1:30pm-3:30pm Weekly 1 February-26 April
Course Leader: Denis Upsall: 5473 319 dupsall@gotalk.net.au
 Uniting Church Manse Room Lyttleton St Castlemaine

Improve your Bridge

NEW!

Learn new skills for bidding and card play. This year we will cover play of the cards by declarer. Participants must already have played Bridge and want to improve their skills.

Wednesday 1:30pm-3:30pm Week 1 of month 3 May-1 November **All year**
Course Leader: Denis Upsall: 5473 3190 dupsall@gotalk.net.au
 Uniting Church, Manse Room, Lyttleton Street, Castlemaine

Bridge Refresher

NEW!

Short Course

An overview/refresher course of modern bidding and card play in the game of Bridge. Ideal for those returning to Bridge after an absence or those wanting to step through modern bidding and play of cards in a short course.

Wednesday 1:30pm-3:30pm Weekly 8 February-1 March
Course Leader: Paul Acfield: 0401 928 053 pacfield@gmail.com
 Uniting Church, Fellowship Room, Lyttleton Street, Castlemaine

Bridge: Social Rubber Play *NEW!* Short Course

Like cards? Come along and experience social rubber Bridge. Bridge is the king of card games and mentally stretching as well as fun. Emphasis on play, but some helpful advice will be given. You don't need a partner just come.

No experience of bridge is needed. Some skill at card games is useful. It will be appreciated if participants are willing to learn the Standard American bidding conventions.

Monday 10am-12:30pm Weekly 6 February-22 May

Course Leader: Graham Forbes: 0406 346 466 forbesgk@gmail.com

Uniting Church Hall, Lyttleton Street, Castlemaine

Chess

This class is Chess made simple! It is a chance to learn to play Chess or brush up long neglected skills. This ancient game has devotees playing in clubs and on the Internet all over the world. This introduction may change your life.

No prerequisites; participants are expected to have an active enjoyment in playing, talking and drinking coffee. There is an interesting group already established and new members are invited to join. Please bring a chess set - if possible; one between two people is needed. Please bring cash for your preferred beverage. This is a social activity with no particular skills needed – just to be able to talk and listen and enjoy.

Thursday 10am-11:30am Weekly 2 February-21 December **All year**

Course Leader: Michael Lane: 0447 751 588 michaelrlane@bigpond.com

Panini's Café, 71 Mostyn Street, Castlemaine

Coffee, Cake and Conversation

The name says it all! We aim to meet in various venues; in our favourite, quiet cafés or in private Homes, to meet and chat at length about topics of interest. A social activity with no particular skills needed – just to be able to talk, listen and enjoy.

Friday 3:30pm-5pm Week 3 of month 17 February-15 December **All year**

Course Leader: Annie Batten: 5472 3664 aggieann53@hotmail.com

Various locations agreed by the group

Fun with Cryptic Crossword Puzzles Short Course

Introduction to cryptic crossword puzzle solving. Lots of practice unravelling those cryptic clues then solving puzzles together. There are some puzzles to do at home too, but not compulsory. Lots of lateral thinking. Bring pencil, eraser, scrap paper and Thesaurus if you have one. Wear your lateral thinking caps.

Tuesday 10am-11:30am Weeks 1, 2, 3, and 4 each month 6 June-27 June

Course Leader: Christobel Comerford: 5470 6230 tomchris@mmnet.com.au

Uniting Church, Toy Library, Lyttleton Street, Castlemaine

Intuitive Development through Relaxation

An interesting, evolving group where we share insights and develop our abilities through guided meditation and relaxation. New members welcome. Contact Michelle if you would like to discuss the course. Open to those interested in seated, guided meditation.

Tuesday 11am-12pm Weekly 31 January-19 December **All year**

Course Leader: Michelle Fortuna: 0408 781 567 michellelouisefortuna@gmail.com
The Forge, 341 Barker Street, Castlemaine

Mindfulness Meditation

This is an ongoing Mindfulness Meditation group for people wanting to deepen their meditation and relate mindfulness principles to daily living. The hour comprises 40 minutes meditation, a reading and some discussion. It is for people who have experience of meditation and want to explore it further.

Thursday 10am-11am Weekly 2 February-21 December **All year**

Course Leader: Karina de Wolf: 0423 306 589 karinadewolf@gmail.com
The Forge, 341 Barker Street, Castlemaine

Over Eighties' Luncheon

Members meet for lunch at a restaurant or café, or take a picnic to the Gardens. It is a way of keeping in contact with U3A Castlemaine when not involved in classes, or just to enjoy meeting. You are welcome if you have reached the age of eighty years, or thereabouts. Members are expected to join in and enjoy the company.

Wednesday 12:30pm-2:30pm Week 2 of month 8 February-13 December **All year**

Course Leader: Eileen Park: 5472 5213 deas@mmnet.com.au
Various locations in Castlemaine agreed by the group

Scrabble for Fun

We play to enjoy a game or two of Scrabble each session. Yes, we're always learning some new words and keeping ourselves alert as we add the scores, but we don't play by strict competition rules, and we laugh a lot! We look forward to teaching the game to brand new players. One of our Scrabble sets is designed for players with low vision or who find it easier to move slightly larger pieces.

Thursday 3pm-5pm Weeks 2, 4 of month 9 February-14 December **All year**

Course Leader: Helen Edwards: 5472 2281 edwardsedwards@hotmail.com
Private Home

Seasons for Thinking Gardeners *NEW!* Short Course

How do we build sustainability and enjoyment into our gardens as we become older? All that is required is for participants to be willing to contribute their ideas or special themes. The course will be run with two sessions each season of the year.

Monday 3pm-5pm March 6, 13; June 5, 12; September 4, 11; December 4, 11.

Course Leader: Peggy Munro: 5472 2086 pjm2224@gmail.com
Leisterville, William Street, Castlemaine

Solo Group

For people who live independently and who enjoy stimulating conversation and are open minded. BYO lunch. Sessions will be held in members' homes. A bobble opener essential.

Saturday 12:30pm-2:30pm Week 3 of month 18 February-16 December **All year**

Course Leader: Eva Haarburger: 5472 3391 ehaarburger3450@gmail.com

Various locations agreed by the group

Solo Whist

We play Solo Whist, but not for real money. The object is to teach each other some of the finer points of the game. Be prepared to enjoy playing cards, and to dine afterwards at a pub.

Thursday 5pm-7pm Weeks 1,3 & 5 of month 2 February-21 December **All year**

Course Leader: Annie Batten: 5472 3664 aggieann53@hotmail.com

Uniting Church, Manse Room, Lyttleton Street, Castlemaine

Table Tennis

Come and play table tennis in a friendly non-competitive spirit. Great fun, good exercise and great for hand-eye coordination. No prerequisites. Bats are available and new players are welcome. \$2 cost weekly.

Wednesday 9:30am-12pm Weekly 1 February-20 December **All year**

Course Leader: Trevor Wheeler: 5476 228; trevorpots@gmail.com

Table Tennis Pavilion Camp Reserve Castlemaine

Tai Chi

Tai Chi is a gentle, low impact form of exercise that can benefit the whole body. It improves balance, mobility, flexibility, strength and coordination and is beneficial to one's general health, especially relaxation and posture. Two classes run concurrently – a beginners' group and one for more experienced members. These classes are run in conjunction with Castlemaine District Community Health (CHIRP), and therefore we have to conform to their program times and dates. Participants are asked to attend regularly and participate in the exercises to the best of your ability. No special equipment is required except to wear loose clothing and flat comfortable shoes, a hat and water bottle.

PLEASE NOTE: There is a \$4.00 fee for each weekly class.

Monday 9:30am-10:45am Weekly 30 January-18 December **All year**

Course Leader: Dorothy Henshall 5472 5108 dottiehenshall@outlook.com

Summer (October to April): Castlemaine Botanical Gardens (meet near the Tea Rooms), 2 Walker Street, Castlemaine.

Winter (April to October): Uniting Church Hall, Lyttleton Street, Castlemaine.

Tai Chi – seated for arthritis

Tai Chi for Arthritis is a gentle, low-impact form of exercise that can benefit the whole body. A modified, seated form of Tai Chi, it can be practised safely and enjoyed by people who find standing for long periods difficult. A safe, easy-to-learn program to relieve pain, improve health and quality of life. You need a willingness to learn and participate and to attend regularly.

Friday 10am-11am Weeks 3, 4 & 5 of month 17 February-22 December **All year**
Course Leader: Dorothy Henshall: 5472 5108 dottiehenshall@outlook.com
Henshall Home

Warm Water Exercise for Arthritis: Friday

This is a therapeutic exercise session for those needing to relieve pain and tension caused by chronic arthritis and related conditions. It should improve mobility in such cases. You need the ability to get into and out of a hydrotherapy pool. Please note water temperature is 32 to 34 degrees. Your doctor's approval is required.

Friday 11am-1:30pm Weekly 3 February-22 December **All year**
Course Leader: Jenni Rutherford: 0402 776 194 jenniwren065@gmail.com
Meet at U3A Castlemaine office, the Octopus, 4 Duke Street to carpool to the Kyneton Aquatic Centre, 4 Victoria Street, Kyneton

Warm Water Exercise for Arthritis: Tuesday

Details As Above.

Tuesday 10:30am-1pm Weekly 31 January-19 December **All year**
Course Leader: Jenni Rutherford: 0402 776 194 jenniwren065@gmail.com
Meet at U3A Castlemaine office, the Octopus, 4 Duke Street to carpool to the Kyneton Aquatic Centre, 4 Victoria Street, Kyneton

Keep in touch and up to date!

Regularly check the *Noticeboard* section of our website

<http://www.u3acastlemaine.com/noticeboard.html>

Notices of excursions or events around town and the region that may be of interest to members will be pinned there.

And then there is *Third Thoughts* – this is our monthly newsletter (except January). It is available online –

<http://www.u3acastlemaine.com/newsletters.html>

and at Coffee Mornings, from the U3A Castlemaine office, the Information Centre in the Market Building and various other places around town.

Or for an additional \$15 per year we will mail a copy to you.

Lifestyle – Outdoor activities

Bird Watching

NEW!

A monthly walk/wander in a promising birdy location, usually close to town, to observe, identify and learn about the varied habits and habitats of our bird life. We will meet on the **SECOND TUESDAY** of each month starting in February and leaving the **OCTOPUS AT 9AM SHARP**.

Binoculars are essential. Clothing and footwear to suit the expected weather. Bring morning tea.

Tuesday 8:45am-11am Week 2 of month 14 February-12 December **All year**

Course Leader: Peter Turner: 5470 6891 presturner@ozemail.com.au

Meet at U3A Castlemaine office, the Octopus, 4 Duke Street, to carpool.

Bush Rambling

These walks are designed for people who enjoy walking in the bush, but who no longer have the ability to undertake long, strenuous walks. After driving for 10 to 20 minutes to an area of natural or historical interest, we ramble for about an hour enjoying the wildflowers, bird life, etc., along tracks that are neither too rough nor too steep. Ability to walk slowly along bush tracks for an hour's duration. Bring sun hat, strong walking shoes, water bottle and a raincoat. Meeting point for this is outside the Octopus unless otherwise advised.

Wednesday 9.30am-11am, Daylight Saving Time; 10am-11.30am, Winter Time

Weeks 1, 2 and 4 of month 1 February-13 December **All year**

Course Leader: Dorothy Henshall : 03 5472 5108; dottiehenshall@outlook.com

Meet at U3A Castlemaine office, the Octopus, 4 Duke Street, to carpool.

Bush Walking

Great opportunity to improve fitness, commune with nature and engage with other like-minded people who appreciate our bushland. The walks are generally between five and ten kms and are followed by a coffee somewhere. We usually finish by lunchtime. There will be longer walks organised at times that we consider as "day walks" and for these we usually go further away from Castlemaine to walk.

Reasonable level of fitness, able to walk three km per hour for two to three hours over variable terrain. Good footwear is essential.

Wednesday Weeks 2 and 4 of month 8 February-13 December **All year**

Daylight Saving Time: 8.30am-11.30am Winter time: 9am-12pm

Course Leader: Kevin Vallence: 0427 363 753 vallence@impulse.net.au

Meet at U3A Castlemaine office, the Octopus, 4 Duke Street, to carpool.

Caravan Camping

Members are invited to recommend a campsite location, to provide accurate directions to get there, and we will meet up on the site for afternoon drinks. These sites will hopefully be within a half day's drive, and we'd expect to stay for several nights, but members are free to make their own decisions about length of stay.

Saturday 9am-3pm Week 1 of month 4 February-2 December **All year**

Course Leader: Maxwell Clarke: 5475 1220 maxwell.46@bigpond.com

Friday Gardens

We visit gardens and nurseries that are within an hour's travel from Castlemaine. Many hosts will be willing to provide information about their garden, nursery or speciality. Wherever possible we carpool, contribution \$5 for petrol from passengers. Some gardens may charge an entrance fee. Interest in gardening is recommended. Members must be physically able to negotiate their way around gardens (some may be steep or rough) for an hour or two. Members will be encouraged to suggest venues to visit and assist with planning outings.

Friday 10am-12pm Week 3 of month 17 February-15 December **All year**

Course Leader: Bronwen Stephens: 5472 3904; pb.stephens@bigpond.com

Meet at U3A Castlemaine office, the Octopus, 4 Duke Street, to carpool.

Golf Croquet – Introduction

Short Course

Golf Croquet is a game to train your brain! It is a popular development of the original game that is generally considered to be less technically difficult and more social. The game combines pleasant social interaction with mental stimulation in the outdoors. It has been described as a combination of Chess and Billiards played on a lawn and it ticks all the boxes for brain training to minimise intellectual decline. Thinking as well as hand-eye coordination is required. Players need to wear shoes without heels and to dress for the weather. An eyeshade or hat is a good idea. Prospective players should be able to move freely over the lawn continuously for about an hour. Castlemaine Croquet Club will provide all equipment and instruction. These introductory lessons will be free of charge. At the end of the sessions, participants will have the opportunity to continue instruction and join the Club.

Mondays and Fridays 10am-12pm 8 May-26 May Six sessions

Course Leader: Frank Pederick: 5472 1017 frank@thepedericks.com

Bowling Club, Berkeley Street, Castlemaine

Pétanque

Pétanque is a great game to enjoy. We have an ongoing group of keen players - but you don't need any experience to join in. It's played in teams of two or three - and we pick the teams each week at random. We support each other to improve our skills. It's useful to own a set of boules, but not essential as we always have spares to lend. As there is no shade, please bring a hat and water to drink.

Friday 2pm-3.30pm Weekly 31 March-22 December **All year**

Course Leader: Sally Kaptein: 5470 6340 sallykaptein@gmail.com

Campbells Creek Piste, behind playground opposite Thrifty Link on Midland Highway

Social Dog Walking

NEW!

This is a social activity for both owners and dogs so your dog needs to enjoy the company of other dogs. At completion of the walk we will have a coffee, weather permitting, at a dog-friendly cafe. Participants are required to be able to walk 2-3km over variable terrain. Please note: Dogs are not normally allowed at U3A activities and you attend at your own risk. Meeting point is at the main gates of Castlemaine Botanic Gardens unless otherwise advised. Owners to carry bags to pick up after their dogs and have available water. Dogs on leads at all times.

Tuesday 9:30am-10:30am Weekly 31 January-19 December **All year**

Course Leader: Jillian Collier: 5474 8232 collierschocolates@mmnet.com.au

Castlemaine Botanical Gardens, 2 Walker Street, Castlemaine

Renewing members - have you moved or changed your contact details?

Please check your email address and phone numbers to ensure they are up to date so course leaders can contact you.

If you elect to have the newsletter mailed to you please also ensure your address is correct.

Music, Dance and Film

MUSIC

Adventures in Classical Music

Listening to classical music can be fun especially when the items played have an interesting story attached to them. Some new composers and important major works will also be introduced with examples being played and discussed.

Monday 10:30-12pm Week 2 of month 13 February-11 December **All year**

Course Leader: Hans van Gemert: 5472 1082 elouera3@bigpond.com

Uniting Church, Manse Room, Lyttleton Street, Castlemaine

Choral - Singing Together

No auditions. No experience needed. This is for people who enjoy singing together in groups, in harmony and in unison. No knowledge necessary; just a desire to sing in a group.

Tuesday 3:30pm-5:30pm Weekly 31 January-19 December **All year**

Course Leader: Angela Sye: 0434 201 701 angelasye@hotmail.com

Salvation Army Hall, Kennedy Street, Castlemaine

Exploring Popular Music

Explore a wide variety of popular music and performers through discussion and various audio and visual media. Some music will present opportunities to discuss associated social and cultural issues. Members will be encouraged to suggest and present musical themes and share their knowledge, but this is not compulsory.

Simply come along to enjoy the music and the company.

Thursday 10am-11:30am Weekly 2 February-21 December **All year**

Course Leader: Peter Stephens: 5472 3904 pb.stephens@bigpond.com

Uniting Church, Manse Room, Lyttleton Street, Castlemaine

Guitar Playing

Tuition in learning to play the guitar. No knowledge necessary, as this will be a beginners' class. You must have your own guitar and music stand.

Friday 2pm-2:45pm Weekly 3 February-22 December **All year**

Course Leader: Angela Sye: 0434 201 701 angelasye@hotmail.com

Sye Home

Class roll cards

Please sign the roll card at each class. The signed roll cards are needed for insurance purposes, and provide statistics that can be used for grant submissions. Many course leaders will mark the roll electronically on MyU3A.

Musicals

Even if you don't *Sing in the Rain*, go to a *Cabaret*, ride on a *Carousel*, or *Climb Every Mountain*, this might still be the course for you! In this on-going class, you will learn about the broad history of musical theatre from the 1920s until today and focus on certain aspects: some important composers (Gershwin, Porter, Rodgers and Hart), some iconic performers (Noel Coward, Busby Berkeley, Marni Nixon) and historically important shows (e.g. *Showboat*). Participants can relax and enjoy listening to extracts from musical theatre, watching selected performances and discussing interesting topics related to these. No prerequisites; just a desire to enjoy some fabulous moments in musical theatre and to learn a little more about the people who made them all happen.

Wednesday 2pm-4pm Week 4 of month 22 February-22 November **All year**

Course Leader: Peter Morris: 5470 5905 88corella@gmail.com

Morris Home

Music Appreciation

This is primarily about listening to music rather than discussion; the music is the thing! If you like listening to a variety of Baroque, Classical and Romantic music, please join our group and hear a fine selection chosen by the course leader. You need a willingness to just listen to music.

Wednesday 9:30am-11:30am Week 1 of month 1 February-6 December **All year**

Course Leader: Bruce Baud Enquiries: 5472 4574

Baud Home

Opera: An Occasional Evening Series

We share a complete opera by watching a DVD with subtitles, or listening to a CD following the libretto in English and the sung language. Afterwards, we often listen to excerpts by other singers, noting any differences between any new or favourite voices, conductors and productions. Members share the joys of listening together and the emotional journey of the music.

Friday 7pm-10pm Week 1 of month 3 February-1 December **All year**

Course Leader: Vic Say: 5472 1841 sayvf@castlemaine.net

Say Home

Playing Ukulele 1

This is a beginner's course. In this class you will learn to play the ukulele. No knowledge required. You must have your own ukulele and music stand.

Friday 1pm-1:45pm Weekly 3 February-22 December **All year**

Course Leader: Angela Sye: 0434 201 701 angelasye@hotmail.com

Sye Home

Playing Ukulele 2

For this class you must already have the ability to play a few chords and finger pick notes. You must have your own ukulele and music stand.

Friday 3pm-3:45pm Weekly 3 February-22 December **All year**

Course Leader: Angela Sye: 0434 201 701 angelasye@hotmail.com
Sye Home

Requiem . . . and then

We listen to Requiem composed through the ages . . . and then sometimes to other liturgically inspired choral works. Usually we identify tracks that we want to hear again and if anyone has a different recording of the same work we compare performances/ recordings. Of about 70 requiems in our collection there are several we have yet to share. Meanwhile we have listened to over a dozen non-requiem works over eight years. Members share the joy of listening together.

Friday 1:30pm-3:30pm Weeks 1, 2 of month 3 February-15 December **All year**

Course Leader: Vic Say: 5472 1841 sayvf@castlemaine.net
Say Home

Understanding opera

An on-going class in which participants enjoy listening to extracts from opera and are informed, by brief explanations, of the lives and idiosyncrasies of the composers and the performers. No musical ability required, other than an interest in opera.

Wednesday 2pm-4pm Week 2 of month 8 February-13 December **All year**

Course Leader: Peter Morris: 5470 5905 88corella@gmail.com
Morris Home

DANCE

Ballet Appreciation

We will be looking at some DVDs of works given by major ballet companies and DVDs of interesting documentaries on ballet as well as checking out a few of the modern dance choreographers that have influenced ballet. There are no entry requirements. Members are expected to feel free to comment and question.

Wednesday 1:30-3pm Week 3 of month 5 February-15 November **All year**

Course Leader: Joseph Scoglio: 5472 2396 scoglio@internode.on.net
Scoglio Home

The U3A Castlemaine Constitution requires that a **Register of Members** be kept. To ensure that our records are kept up to date members must complete a Membership Application annually. The Membership Officer is responsible for the Register of Members. Our commitment to Privacy legislation ensures that members' personal details are not given to any outside bodies or persons unless required by law.

Circle Dancing 1

Short Course

Circle dance is a gentle workout for brain and body, for both men and women. No partners required. Dances are from around the world, some gentle and flowing, others are more lively. Learn the steps in a relaxed, friendly manner and feel the joy of the music and rhythm. No dancing experience necessary. A willingness to come along, have a go and have fun.

Wednesday 10am-12pm Weeks 1, 2 each month 1 February-17 May

Course Leader: Anet McDonald: 5470 6497 anetandme@gmail.com

Uniting Church Hall, Lyttleton Street, Castlemaine

Circle Dancing 2

Short Course

Details as above for Circle Dancing 1

Wednesday 10am-12:pm Weeks 1,3 and 5 each month 6 September-6 December

Course Leader: Anet McDonald: 5470 6497 anetandme@gmail.com

Uniting Church Hall, Lyttleton Street, Castlemaine

Sacred Dance for Sacred Bodies

NEW!

Short Course

Movement to sooth and heal when your body says one thing and your mind, another. Created for people who would like to dance, but are coping with physical limitations (for example, a chronic condition, weary bones, lack of puff, etc.). Enjoy and appreciate the stillness and sense of connection through dancing with others. No prior dance experience is expected. You need to feel comfortable about holding hands when dancing. You set your own pace.

Thursday 11am-12:30pm Weekly 4 May-8 June

Course Leader: Judi Appleby: 0431 180 105 judiappleby@gmail.com

Uniting Church Hall. Lyttleton Street, Castlemaine

FILM

Movies of Merit

This course is designed for those with an interest in quality film and especially the “technical” aspects of filmmaking. We will watch a complete film, discuss it in small groups and rate it. This is NOT an opportunity to watch films on a casual basis, and the course requires a yearlong commitment by enrollees. The numbers will be limited to ensure there is enough space on the discussion tables, and absences without apologies will be monitored. Film titles will not be advertised in advance, but only universally respected films will be shown, many from non-English speaking countries. No prerequisites, other than an interest in what constitutes a “movie of merit”. This course will commence in Term 2 and will cost \$5 per session.

Monday 10:30am-1:30pm Weekly 24 April-18 December

Course Leader: John Waldie: 5472 5411 papajohn3002@gmail.com

Location to be advised

Photography and Computers

Photography and Digital Imaging

In this course, you will improve and expand your photographic skills in the company of like-minded people. Learning through a mixture of field trips (mostly local), in-house talks and demonstrations, and advice from the more experienced members in the group, you will improve your ability to take your photos from snaps to an art form. You will need a camera of any type, regardless of cost, as long as it is possible to download your photos to a memory stick or computer. Anybody can join, with or without any knowledge of photography.

Thursday 1:30pm-3:30pm Weekly 2 February-21 December **All year**

Course Leader: Norma Rantall: 5472 4125 rantall@gcom.net.au

Uniting Church, Manse Room, Lyttleton Street, Castlemaine

Politics and Current Affairs

Issues of concern

A current affairs discussion group. Subjects may include developments in politics, finance, health, education, human rights, science, business, agriculture, environment – just about anything appearing in the media that interests the participants. An interest in current affairs is recommended. Basic level computer skills and an internet connection will aid communication between participants. Members are encouraged to present subjects for discussion, have tolerance of other points of view and a sense of humour.

Friday 1:30pm-3:30pm Weeks 2,3,4, 5 of month 10 February-22 December **All year**

Course Leader: Carol Dorman: 5472 4429 cadorm@gmail.com

Uniting Church, Toy Library, Lyttleton Street, Castlemaine

Finances

U3A Castlemaine finances its operation through members' subscriptions, Government grants and informal fundraising activities. From time to time grants are obtained from various sources in response to applications for specific purposes.

Science, Maths and Technology

Pathology Basics

NEW!

Short Course

This course covers the basics of medical pathology. Topics covered are: Components of blood; how do blood tests reflect body status; how are analytes measured; blood groups and genetics. Please note that there will be no discussion of any individual's test results.

Wednesday 10am-11am Weekly 10 May-7 June

Course Leader: Kate Coultie: 0419 010 609 kate.coultie@gmail.com

Uniting Church, Fellowship Room, Lyttleton Street, Castlemaine

Some Maths

NEW!

Short Course

The final shape of the course depends on the wishes of the participants. Subject to that, there will be a chance to re-visit some school maths. There will be puzzles with a maths flavour. We will use maths to illuminate the news and current affairs.

Thursday 10am-11:30am Weekly 2 February-30 March

Course Leader: Barry Thompson: 5472 1610 barrythompson15@hotmail.com

Uniting Church, Fellowship Room, Lyttleton Street, Castlemaine

Treasures of the Earth: Geology

During our eight sessions, we will cover a broad spectrum of geology, particularly as it relates to our local area. This is very much about the aesthetics of our ancient history through rocks, minerals and fossils. We will start with the big picture through meteorites, our space connections, then review what we know so far, from the evolutionary record of life. Be open to many surprises! No need for any special attributes or expectations, just an open and honestly enquiring mind!

Thursday 10am-11am Weekly 7 September-21 December

Course Leader: Julian Hollis: 03 5470 5002 jhollis5002@gmail.com

Hollis Home

Venue changes

Please be aware that a venue may be changed depending on enrolment numbers.

Travel

Camino Walks in Europe Two Sessions

Discover where and what Camino Walks are, from someone who has walked and cycled eight different pilgrimages. The ups and downs, and what you might expect from the journeys, are all included. Learn what you need to consider if you want to walk a Camino, how to prepare once you have decided to go, and what you will need along the way.

No entry requirements; just bring along your sense of adventure or just a wish to do something differently. Much of the course requires the ability to search the Internet, but this skill is not essential to learn and enjoy some parts of the course.

Tuesday 2pm-3:30pm Weekly (two sessions) 7 February-14 February

Course Leader: Sue Tomkinson: 0411 806 339 sue_tom2@hotmail.com

Uniting Church Manse Room Lyttleton St Castlemaine

Let's use our Free Travel Vouchers New!

Let's use our travel vouchers before they expire each December with either day or short trips within Victoria. The only requirement is a free travel voucher or Myki card. There will be six trips in 2017 and they will be announced in the newsletter *Third Thoughts*. The meeting point will be Castlemaine Railway station. We will meet on **Friday 10th February at 4pm at The Uniting Church Toy Library** for a quick discussion and maybe plan the first few trips.

Please read the newsletter for trip dates.

Some Fridays 10 February-15 December

All year

Course Leader: Maxwell Clarke: 03 5475 1220

maxwell.46@bigpond.com

Emergency contact Information

It is essential that you have an emergency contact, and that the person is recorded on your Membership form.

You will not be able to join online without giving one, and we will not be able to register you online without one if you submit a paper Membership form (rather than joining online).

Apart from this it is very important that you write the details of your emergency contact on the back of your name badge. This is necessary so that we know who to contact if you become ill or have an accident while attending a U3A Castlemaine class or event.

Other

Exploring the Labyrinth

New!

Short Course

Walking the Labyrinth is an ancient meditation, but the history and deeper mystical meanings of the Labyrinth go back thousands of years. Join me in this exploration. Learn how to draw and to make a labyrinth. No prerequisites just an interest in ancient magic and history.

Wednesday 9:30am-11:30am Weekly 19 April-28 June

Course Leader: Suzanne Ingleton: 0404 098 920 susoulo@bigpond.com

Uniting Church, Manse Room, Lyttleton Street, Castlemaine

La Trobe University Lectures

U3A Castlemaine members are permitted to sit in on lectures at La Trobe University in Bendigo. You are sure to find a stimulating course to suit you: history, literature, planning, environmental studies – plenty to choose from. You may only attend lectures, not tutorials, field visits or practicals – and of course you don't have to do any assessed work. This means you can just listen and do as much, or as little, of the recommended reading as you feel like. There are many courses which make no assumptions about your previous knowledge, or for which your life experiences are preparation enough. And if you went to university in the past, this is a great way to pick up something new, or to see what's changed.

Most subjects have a one- or two-hour lecture each week for 12 weeks, starting from 27 February (semester one) or late July (semester two). The online timetable shows lecture times etc. Go to:

<http://www.latrobe.edu.au/timetable/timetable.php?y=2017&c=BE>

You must complete a special form, which is on the U3A Castlemaine website, in the U3A Castlemaine office and available at the Enrolment Days. Enrol in January **only for semester one** courses. There will be a notice in the newsletter when it's time to register for semester two.

Various days 9am-4pm Weekly 27 February-17 December **All year**

Course Leader: Bridget Leach: 5472 4754; bridgeteleach@gmail.com

La Trobe University, Flora Hill, Bendigo

Please inform the Course Leader if you are unable to attend a class or will be away for a period time.

You can also record absences in your MyU3A record: log in using your Member ID and password. From the 'Class Status' screen, find the 'Apologies' section near the bottom of the page. Enter the start date and finishing date of the period you're unavailable. Click the 'Apologise' button. *Then click 'Commit'*

INDEX (Courses by day)

Monday Morning	Start	Day	Time	Page	✓
French II	30 Jan	Mon, Wed	0930-1030	13	
Tai Chi	30 Jan	Mon	0930-1045	20	
Enjoy Your Indonesian Holiday	13 Feb	Mon	1000-1100	13	
Golf Croquet: Introduction	8 May	Mon, Fri	1000-1200	23	
Bridge: Social Rubber Play	6 Feb	Mon	1000-1230	18	
Advanced Latin	13 Feb	Mon	1015-1115	16	
Adventures in Classical Music	13 Feb	Mon	1030-1200	25	
Movies of Merit	24 Apr	Mon	1030-1330	28	
Art Workshop	30 Jan	Mon	1030-1430	6	
Plato's Dialogues: Reading and Conversation	24 Apr	Mon	1100-1200	10	
Latin III	13 Feb	Mon	1130-1230	15	
Monday Afternoon	Start	Day	Time	Page	✓
Italian II	30 Jan	Mon	1215-1315	14	
Australian History	13 Feb	Mon	1400-1530	7	
French Language & Literature	30 Jan	Mon	1400-1530	14	
Seasons for Thinking Gardeners	6 Mar	Mon	1500-1700	19	
Tuesday Morning	Start	Day	Time		✓
Bird Watching	14 Feb	Tue	0845-1100	22	
Social Dog Walking	31 Jan	Tue	0930-1030	24	
Cosmic Philosophy and the 'Numinous'	5 Sep	Tue	1000-1100	11	
Fun with Cryptic Crossword Puzzles	6 Jun	Tue	1000-1130	18	
Ottoman Empire, The	15 Aug	Tue	1000-1130	8	
Aboriginal History: Our Shared History	7 Feb	Tue	1000-1200	7	
Versailles and those who made it	2 May	Tue	1000-1200	8	
German Through Reading	10 Oct	Tue	1030-1130	14	
Warm Water Exercise for Arthritis	31 Jan	Tue	1030-1300	21	
Intuitive Development through Relaxation	31 Jan	Tue	1100-1200	19	
French I, Part II	7 Feb	Tue	1100-1215	13	
Italian Scientists of Renown	21 Feb	Tue	1100-1330	8	
Tuesday Afternoon	Start	Day	Time		✓
Bridge	31 Jan	Tue	1315-1615	17	
Mentoring	14 Feb	Tue	1330-1430	11	
First Tuesday Book Group, The	7 Feb	Tue	1330-1500	9	
Memoir Writing	28 Mar	Tue	1330-1600	9	
Camino Walks in Europe	7 Feb	Tue	1400-1530	31	
Choral: Singing Together	31 Jan	Tue	1530-1730	25	
Play Watchers	14 Feb	Tue	1600-1730	10	

Wednesday Morning	Start	Day	Time		✓
Bush Walking	8 Feb	Wed	0830-1130	22	
Bush Rambling	1 Feb	Wed	0930-1100	22	
Exploring the Labyrinth	17 Apr	Wed	0930-1130	32	
Music Appreciation	1 Feb	Wed	0930-1130	26	
Origins of Feminism, The	24May	Wed	0930-1130	8	
Table Tennis	1 Feb	Wed	0930-1200	20	
Wednesday Painting "en Plein Air": Autumn	1 Mar	Wed	0930-1200	6	
Latin I	8 Feb	Wed	1000-1100	15	
Pathology Basics	10 May	Wed	1000-1100	30	
Circle Dancing 1	1 Feb	Wed	1000-1200	28	
Circle Dancing 2	6 Sep	Wed	1000-1200	28	
Wednesday Afternoon	Start	Day	Time	Page	✓
Over Eighties' Luncheon	8 Feb	Wed	1230-1430	19	
Ballet Appreciation	15 Feb	Wed	1330-1500	27	
Bridge for Beginners	1 Feb	Wed	1330-1530	17	
Bridge Refresher	8 Feb	Wed	1330-1530	17	
Improve your Bridge	3 May	Wed	1330-1530	17	
Italian 1	1 Feb	Wed	1400-1500	14	
Musicals	22 Feb	Wed	1400-1600	26	
Understanding Opera	8 Feb	Wed	1400-1600	27	
Thursday Morning	Start	Day	Time	Page	✓
Italian Advanced Conversation	2 Feb	Thu	0930-1100	15	
Mindfulness Meditation	2 Feb	Thu	1000-1100	19	
Treasures of the Earth: Geology	7 Sep	Thu	1000-1100	30	
Chess	2 Feb	Thu	1000-1130	18	
Exploring Popular Music	2 Feb	Thu	1000-1130	25	
Some Maths	2 Feb	Thu	1000-1130	30	
Latin II	9 Feb	Thu	1030-1130	15	
Sacred Dance for Sacred Bodies	4 May	Thu	1100-1230	28	
Thursday Afternoon	Start	Day	Time	Page	✓
Photography and Digital Imaging	2 Feb	Thu	1330-1530	29	
Dangerous Liaisons	2 Feb	Thu	1330-1600	9	
Non-Book Club, The	16 Feb	Thu	1500-1630	10	
Scrabble for Fun	9 Feb	Thu	1500-1700	19	
Solo Whist	2 Feb	Thu	1700-1900	20	
Friday Morning	Start	Day	Time	Page	✓
Peace Education Program	21 Apr	Fri	1000-1100	11	
Peace Education Program 2	29 Sep	Fri	1000-1100	12	
Tai Chi: seated for arthritis	17 Feb	Fri	1000-1100	21	
20th Century Literature	10 Feb	Fri	1000-1200	9	
Friday Gardens	17 Feb	Fri	1000-1200	23	
Warm Water Exercise for Arthritis	3 Feb	Fri	1100-1330	21	

Friday Afternoon	Start	Day	Time	Page	✓
Playing Ukulele 1	3 Feb	Fri	1300-1345	26	
Anatomy of a Disaster	19 May	Fri	1300-1430	7	
Modern Australian Usage	3 Feb	Fri	1300-1500	10	
Issues of Concern	10 Feb	Fri	1330-1530	29	
Requiem . . . and then	3 Feb	Fri	1330-1530	27	
Guitar Playing	3 Feb	Fri	1400-1445	25	
Pétanque	31 Mar	Fri	1400-1530	24	
Playing Ukulele 2	3 Feb	Fri	1500-1545	27	
Coffee, Cake and Conversation	17 Feb	Fri	1530-1700	18	
Let's use our Free Travel Vouchers	10 Feb	Fri	1530-1700	31	
Opera: An Occasional Evening Series	3 Feb	Fri	1900-2200	26	
Saturday	Start	Day	Time		✓
Solo Group	18 Feb	Sat	1230-1430	20	
Other	Start	Day	Time		✓
La Trobe University Lectures	27 Feb	Various		32	
Caravan Camping	4 Feb	Various		23	

You may like to use the right side column, with the tick (✓) to record your choice of courses for later reference.

Official Holidays in 2017

School Holidays

1 April to 17 April

1 July to 16 July

23 September - 8 October 2017

Public Holidays

Australia Day : Thursday 26 January

Labour Day : Monday 13 March

Good Friday : 14 April

Easter Monday : 17 April

Anzac Day : Tuesday 25 April

Queen's Birthday : Monday 12 June

Friday before the AFL Grand Final : 29 September

Melbourne Cup Day : Tuesday 7 November

Castlemaine State Festival - Friday 17 to Sunday 26 March 2017

The 2016-2017 daylight saving period will commence in Victoria on Sunday, 2 October 2016, when clocks will go forward one hour at 2am and will conclude on Sunday, 2 April 2017, when clocks will go backwards one hour at 3am.

