



Volume 30 No. 8

OCTOBER 2017

Reg. A0017409G

Friday Morning Garden Group

We resumed our garden visits in August, when Tom Comerford took us on a tour of Buda's gardens to see the spring bulbs. We'd been hoping to see the different species species of tulips as well as the daffodils and jonquils but, as we all know, most of our spring plants are late this year, and we missed out on the tulips. Never mind, Tom took us on a great tour and with a burst of sunshine we all enjoyed ourselves.

In September Sue Proeve found us a couple of beautiful local gardens to wander through. Mary's garden, *Tranquillo*, which backs on to Forest Creek, has been open for the Castlemaine Garden Festival previously. It's a different but lovely experience to see it in early Spring.

Lorraine and Rod's garden near the Old Castlemaine Gaol may be only two years old, but it is already beautiful and promises more as it matures. The layout of the garden has both informal and formal elements with plantings to create informal garden rooms.

This month we are off to Daylesford to have a tour of Wombat Hill Botanical Gardens and to visit a small private garden.

Bronwen Stephens

pb.stephens@bigpond.com
5472 3904



U3A Castlemaine Annual General Meeting Friday 6th October @ 10am

October Coffee Morning
Church of Christ, Blakely Road, Castlemaine

Guest Speaker
Darren Fuzzard
CEO, Mount Alexander Shire

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<i>Trading Table</i>	Ruth Wilson	5472 3604	mjjwilson36@gmail.com
	Harvey Jacka	5470 5079	marionandharvey@gmail.com

President's Report

Hello all members,

We are in the closing stages of our formal year with the AGM on 6 October. Darren Fuzzard, CEO of Mount Alexander Shire, is our guest speaker. I look forward to introducing him once again to our members, and giving him the chance to find out more about our circumstances and activities.



Good news! There has been a great response to my plea for volunteers to take up critical positions. Welcome to Tami McVicar and Pam France who have offered to share the Membership Officer position; Pam will be Tami's assistant. This is a role connected with the Secretary and I hope a small Working Group will be formed to include the secretary, the minute taker and membership officers so they can work better together. Our talented and forever light-hearted Phil Fletcher, who has been the minute taker for the Courses Working Group, will now be the minute taker for Committee of Management meetings. Thank you, and welcome to new challenges, Phil!

Courses Working Group member Babs McMillan is going to publicise the end of year events, the launch of the Prospectus and enrolment days in January 2018, (thank you Babs), but we still need someone to oversee Publicity throughout the year.

Earlier in September our usual celebration of Course Leaders was held in the beautiful Garden Room at Buda. Lela catered and the food was excellent as always. The event is to acknowledge and express gratitude to Course Leaders who spend many hours preparing and delivering courses. Of course they are the most important part of our organisation.

By the time you read this, our second Alzheimer's Information day will have taken place. I would like to thank the presenter Carolyn Taplin and Alzheimer's Australia for having been so helpful in getting these information sessions to our membership. And thank you Margaret Pizey for organising morning tea for this session.

It is pleasing to report David Cunningham has made a rapid and complete recovery and his course on the Ottoman Empire will go ahead, commencing 26 September. There are still vacancies if you would like to join this wonderful series of lectures.

Nomination forms are available at our office in Duke Street for those members interested in joining the Committee. There will be at least two vacancies.

The AGM is not a boring affair! You need to be proud of the way U3A Castlemaine Inc. is managed and supported. I hope to see you there, Friday morning 6 October, in our usual coffee morning venue at the Church of Christ in Blakeley Road.

Win Jodell

President U3A Castlemaine Inc

u3acm.pres@gmail.com

0423 423 247

Changes to the U3A Castlemaine Constitution

A short Special General Meeting will be held prior to the Founders Day coffee morning on Friday 3 November. Resolutions will be put to members regarding changing two Rules in the Constitution.

Monique Thomson
Secretary, U3A Committee of Management

Course Coordination Working Group Report

Applications to run a Course 2018 are now open.

The easiest way to ensure that we are able to enter your course details correctly is if you complete the online form available at <https://www.surveymonkey.com/r/BDTCQ8T>. If you prefer, paper forms are available from the office.

Please submit forms as soon as possible, and spread the word - new courses welcome!

As noted in the President's Report we are pleased that David Cunningham is well enough to present The Ottoman Empire, previously cancelled. It commenced on Tuesday 26 September and will continue on 10, 17 and 24 October. Contact David at dccunningham@netspace.net.au

Places are available in the following courses -

Bridge Tuesdays weekly 1.15-4.15pm all year. Graham Forbes 0406 346 466

Caravan Camping Various. Max Clarke 5475 1220; 0428 824 782

Chess Thursdays weekly 10-11.30am Michael Lane 0447 751 588

Choral - Singing Together Tuesdays weekly 3.30-5.30pm Angela Sye 0434 201 701

Fabulous Friday Flicks Fridays 3rd, 4th, 5th of month 9.30am-12.30pm Bev Orgill 0459 324 455

Movies of Merit Thursdays weekly 10am-1pm. Enrol at *Theatre Royal* Castlemaine

Over Eighties Lunch Wednesdays 12.30-2.30pm Eileen Park 5472 5213; 0478 218 765

Pétanque Fridays weekly 2-3.30pm Sally Kaptein 5470 6340; 0458 245 504

Playing Ukulele 2 Fridays weekly 2-2.45pm Angela Sye 0434 201 701

Table Tennis Wednesdays weekly 9.30am-12pm Trevor Wheeler 5476 2286; 0431 054 120

Warm Water Exercise for Arthritis Tuesdays weekly 10.30am-1pm Jenni Rutherford

Warm Water Exercise for Arthritis Fridays weekly 11am-1.30pm 0402 776 194

German Through Reading Commencing Tuesday 10 October 10.30-11.30am then weekly until 19 December

History Buff Wanted!

Geoff Walker is retiring as course leader of the *Australian History* course. It was one of the original courses 30 years ago when U3A Castlemaine started, and has been run continuously since then. Geoff would really like someone to take over and keep the course active for 2018, and into the future.

Each class member is encouraged to research an item of interest and present to the class for discussion. Classes have traditionally been held in private homes on the second and fourth Monday of the month, February to December. This arrangement may be changed to suit a new course leader.

Interested? Contact Course Coordinator Russell Annear to discuss the possibilities.

0407 346 334

A very big Thank You to
Bronwen and Peter Stephens
on their retirement from
being the voluntary cleaners
of our Manse room for the
last two years!

Thank
you





U3A Castlemaine Art Workshop Exhibition

Phee Broadway Space
Monday October 2
to
Thursday November 2

4,126 emails... 4,127 emails... 4,128 emails... 4,129 ...

Do you have an email account?
Is your inbox FULL?
Get in there and Delete! Delete! Delete!




MURNONG MAMMAS POP-UP CAFE

CAFE OPEN: The last Thursday of every month during school terms from 12:30 pm for lunch at the Continuing Education Centre: 30 Templeton Street Castlemaine.

TEL: 5472 3299 Main Course \$15.00



This group of Aboriginal women, called the Murnong Mamas was formed in 2014 to provide a catering service and pop-up kitchen, providing a fusion of ingredients in nutritious home-style cooking.

For catering contact the Continuing Education Centre: 5472 3299 or melinda.a.harper@icloud.com

The Murnong Mamas are proud to acknowledge the DJA DJA WURRUNG people as the traditional owners of this land.



YogaLiving

with Eliza Terry



A class for students with decreased mobility or those seeking yoga at a gentler pace. We will explore simplified yoga postures utilising the support of a chair as well as breathing exercises and mindfulness meditation.

This class may help students manage stress and pain as well as promoting feelings of well-being and vitality.

If you're curious or just not sure if this class is or isn't for you please contact Eliza to discuss your needs.

Eliza has trained in Mindfulness Meditation as well as Iyengar and Classical Yoga, she has been teaching since 1998.

Mondays 2 - 3pm

Starting October 9, 2017

\$15/12 First class FREE

to celebrate Mental Health Week

The Forge Yoga Studio

341 Barker St Castlemaine

0433 782 555

yogalivingcastlemaine@gmail.com



Too often we enjoy the
comfort of opinion
without the discomfort
of thought.

John F. Kennedy,
35th US president (1917-1963)

CAKE RAFFLE NEWS

Two splendid cakes were made for the August and September Coffee Mornings.

Babs McMillan made a Lemon Drizzle cake that was won by Alan Kidd who reported it was delicious.

The September cake was made by Jenni Rutherford. It was a fruit cake won by Esme. She was 'over the moon' when she picked the cake up as she had tasted Jenni's fruit cake at the 2016 Christmas party. She couldn't think of a better surprise win.

Thank you to all those involved in making the raffles such a success.

Beryl Leavesley

5472 3182



We need someone, or two, to take on the cleaning of the Manse room at the Uniting Church, Castlemaine. Contact Win Jodell 0423 423 247

By Popular Request:

A visit to Guilfoyle's Volcano

Royal Botanic Gardens

Monday 30 October

Meet 10.30 - 12 noon approximately at the Information Centre, Botanic Gardens

Cost: \$10.00 for tour

Book and pay by **Monday 16 October** with exact cash or cheque at coffee mornings or at the U3A office.

Transport: 8.06am train from Castlemaine. Tram from Flinders Street (any number except No.1)

A wonderful visit was enjoyed last year with a brilliant guide, and we decided then this year's visit is a must. Guilfoyle's Volcano was built in 1876 and was used to store water for the Botanic Gardens. It has been restored as a part of a significant landscape development project called 'Working Wetlands'.

Its striking landscape design showcases low water use plants. This area is a remarkable feature of the Botanic gardens and is well worth a visit.



Contact Sally Kaptain 0458 245 504
sallykaptein@gmail.com

Age Friendly Communities Project

One of the four groups involved in this project is aimed at improving local transport. Do we need more buses, more often, different routes, etc?

To assist in making informed suggestions and requests, the group needs to know where people want to go, when and how often?

So we ask that you fill out the Survey form complete with the stamped addressed envelopes provided, that will be available at the October Coffee morning, and at the U3A Office.

For more information please contact Eileen Park on 5472 5213



Melbourne Recital Centre
Australian National Academy of Music
(ANAM)

present

Mostly Mozart

Thursday 23 November

Meet 10.15am at Melbourne Recital Centre for complimentary morning tea, which will be served in the ground floor foyer at 10.15am.

Note: The 8.06am train Castlemaine to Southern Cross is perfect for the event starting time.

Cost is \$40.00 to be paid to U3A Castlemaine with correct cash or cheque at Coffee Morning or at the office **by Thursday October 26**. Maximum number of tickets available is 20, and no late bookings can be accepted.

Event time 10.15am to 12.15pm approximately.



Programme

Mozart Piano trio
G major K496

Haydn Symphony 44 "Trauer"

Anthony Marwood Violin/
Director

ANAM Orchestra and
musicians

Mozart composed only six works for the convivial combination of piano, violin and cello, one of the most popular home entertainment genres among the dilettantes of Vienna around the turn of the 19th century. Intended to be played in 'friendly, musical, social circles' according to the composer, our final *Mostly Mozart* concert serves as a fitting occasion. Indeed, the young Mozart and the older Haydn used to play chamber music together. Haydn's 'Trauer' symphony with its tense opening movement with fierce contrasts of dynamics and one of Haydn's most remarkable finales brimming with nervous energy concludes a concert of music at its very finest.

Enquiries: Babs McMillan 0422 986 777

Volunteers needed to make January a lively month!

Many U3A members miss their regular courses in January - but instead, we have a special holiday program of activities, outings and informal get-togethers.

Would you like to organise something? We've already had offers of a variety of word games, walks in the Gardens, and 'pétanque and plonk' in the early evening.

Some of the regular activities (Bridge, Tai Chi and Table Tennis, for example) run during January.

But this is a great time to try out something new - and it can be more enjoyable when shared with other members.



Any ideas? Please contact me before Friday 10 November so the program can go in the December newsletter.

Bridget Leach

Phone: 0434 971 451

Email: bridgetleach@live.co.uk

The love of one's country is a splendid thing, but why should love stop at the border.

Pablo Casals, cellist, conductor, and composer (1876-1973)

Around the Classes 2017

Friday Flicks

Style icon, Edith Head was a long time, multi awarded Hollywood designer who dressed many of the stars of the Golden Years of Hollywood. Mae West, Barbara Stanwyck, Elizabeth Taylor, Audrey Hepburn and Grace Kelly - to name but a few.

She won eight Academy Awards and was nominated for Oscars for another 33 films. She was highly sought after by many directors such as Alfred Hitchcock and William Wyler.



Edith left a wonderful legacy, on screen and off, for us all to enjoy and a wonderful exhibition has recently started at Bendigo Art Gallery - *Edith Head: Hollywood Designer*. It is on for the next few months. A must see for all.

Prior to our visit there, we Friday Flicksters have been enjoying and working our way through many Edith Head classics.

So far, we have enjoyed *All About Eve*, *Sunset Boulevard*, *The Sting*, *The Man Who Shot Liberty Valence*.

Other gems such as *Rear Window*, *Roman Holiday*, *A Place in the Sun*, *The Heiress* and others are to be screened later in the course.

Guest Presenters - Jill Barclay, Colleen Smith and Philip Orgill - offered some terrific sessions in my absence. A big thank you to all of them.

Bev Orgill 0459 324 455
philandbev@hotmail.com

Ukulele and Guitar Playing

We are learning more songs and playing together regularly to improve our skills. Some of us have jamming sessions in between our regular classes on Fridays and do enjoy playing together - if we make mistakes, Angela is not there to hear them, so we feel relaxed to play together to improve.

On Friday, 22nd September, we are meeting at the home of George and Rosalind Gray to play together with all the groups and have a social tea to close the term.

Then next term it's down to serious work to prepare for a performance for the December Christmas Lunch.

Angela Sye 0434 201 701
angelasye@hotmail.com

Over Eighty Lunch

OBE October Lunch group will meet at *Togs Cafe* in Lyttleton Street, Castlemaine.

Wednesday October 11th at 12.30 pm.

Apologies to **Eileen Park** on 5472 5313



Solo Group

The next Solo lunch will be held at the home of Ann Lodge on

Saturday 21 October at 12.30 to 2pm.

Ann Lodge 5470 5915

Apologies to

Eva Haarburger on 5472 3391

Armchair Travel

Our class continues to "travel the world". In August, Judy Beaumaris took us to very different place: Taiwan. A country steeped in very interesting geographical features. A place most of us have never been to. Thank you, Judy. It was terrific.

Our class in September had to be cancelled and rescheduled. Apologies for that.

However, in October, Maxwell Clarke will share family travel videos and tell us all about his big trip from Australia to London, via many, many out of the way places.

Coming up in November and December we will be off on a wildflower trip with Sally and then to Sicily and Wales with Bob.

Places are still available in our class if you would like to enrol and join us.

Bev Orgill 0459 324 455
Armchair Travel Guide

Recorder Playing

This is a very new group, having started at the beginning of the third term. Well we have made some strange noises as we try to blow correctly, but luckily we have not cleared the residents out of the cabin park, where we have our classes.

On Friday 22 September, we are joining up with the guitar and ukulele players at the home of George and Rosalind Gray to play a few tunes and enjoy the social afternoon with the other groups.

Angela Sye 0434 201 701
angelasye@hotmail.com



Choir: Singing Together

The choir is still working hard learning the three songs we are to perform at the Choir Extravaganza at the Castlemaine Town Hall on October 12th. So far we have learnt to sing two of our songs acappella, so that we can practise when our wonderful accompanist John is unable to attend our singing classes. We are also learning to sing all of the three songs without looking at the words so we can concentrate on the conductor. This is all very good exercise for our brains, and we are still having fun.

Choir numbers have been a bit low during the colder weather due to illness, but hopefully numbers will start to build up again now that the weather is improving. However, we do need more Altos and Bases as the numbers have dwindled during the year.

If you are interested you don't have to read music or audition, just contact Angela Sye on 0434 201 701, or email: angelasye@hotmail.com

We meet at the Salvation Army Hall in Kennedy Street on Tuesdays at 3.30pm to 5.30pm.

Judy Sime

**LA TROBE
ART
INSTITUTE**

Punctum caesum

Mici Boxell: 2016 Winner, Julie Miller Markoff Visual Arts Award until 15 October 2017

Exhibition by La Trobe University Creative Arts Honours student and winner of the 2016 Julie Miller Markoff Visual Arts Award, Mici Boxell.

As an adult, Mici was found to have prosopagnosia, or face blindness, which causes her to have difficulty recognising people, especially without external cues such as voice or gesture. Mici explores her condition through her photographic artwork, which presents images in different and unusual forms.

Opposite - Image: Mici Boxell, *Cowboy Hats and Hands*, 2017 (detail) digital print, courtesy of the artist

Social Dog Walking

Two new members and their dogs, Archie and Bob, have been welcomed to the group as we said goodbye to two of the original members and wished them well.

August saw us walking again in the area of the Red White and Blue Mine. The next walk was to be in the Campbells Creek area, but the inclement weather meant only two participants, so we elected to walk in the Botanic Gardens so we could seek shelter quickly. We rewarded ourselves with a hot drink at the Dove Café.

For the next walk we drove to the end of Martin Street and walked a section of the Castlemaine Maldon Rail Trail. On the 29th we returned to Newstead to walk beside the Loddon River. We stopped to admire a huge old river red and debate its age. Ambrose our loveable Labrador member makes the most of these walks as he can't resist water, even a puddle.

September 5th we walked in the Castlemaine Botanic Flora Reserve- lots of wattles but a bit early for wildflowers. Next we met at the Chewton Store for a drive to the Garfield Wheel. No wheel but the stone structure is impressive and you can visualise how it must have looked even without referring to the information board.

We commenced the walk on the Garfield track and then onto Dirty Dick's Heritage Walk. Who was Dirty Dick? A great walk - wildflowers emerging, remains of a Blacksmiths Hut, another stone building and a puddling area.

Our next walk we met at the old Gower School site. There are many choices of walks here so am sure we will do a return visit. We are fortunate to have a member who is able to identify many of the now blooming wildflowers- a great time to be walking in the bush for people and dogs.

Jill Collier 5474 8232

Landscape in Winter

Our topics for last month were *Landscapes* and *Visit to Melville Caves*. A small group visited Melville Caves, and thoroughly enjoyed the trip.

Rod organised the day out with maps and planning of the trip. We took packed lunches and drinks, as there were no suitable facilities to buy lunch and coffee. The formation of the caves in the rocks were fascinating and we managed to photograph many different shapes of rocks and caves on the excursion.



Winning photo by Mick Evans

Landscapes in winter are very different to those in spring, naturally, and we have taken some interesting photos of the countryside in winter. Some of these photos will be displayed in the window in the Octopus.

Our topic for the coming month is *forests, bush and woodlands*, so we are photographing at Maldon, Tarrangower and Mount Alexander.

It is most enjoyable to go in groups to take photos and discuss what we have taken as we travel together in the cars.

Angela Sye



Good coffee is a pleasure & Good friends are a treasure!

Castlemaine Senior Citizens Events Calendar

- **Old Time Dance**
Where: Newstead Community Centre
When: Sunday the 8 October
Time: 1 - 5pm
Cost: \$8, Contact Laurie Diss on 5422 1388 for more information.
- **Free Hearing checks**
Where: IGA car park, in front of Ray Bradfield Rooms
When: Monday the 9 October
Time: 10:30 am - 3:30 pm
Cost: Free
- **Elder Rights Advocacy**
Where: Ray Bradfield Rooms
When: Monday 9 October
Time: 1pm - 2pm
- **Friendly games of tennis on synthetic grass court**
Where: Castlemaine Lawn Tennis Club, 2 Hargraves Street, Castlemaine
When: Tuesday, Wednesday, and Thursday, the 10, 11 and 12 October
Time: 9:30 am - 12 noon
Cost: Free, Contact Sally Kaptein on 5470 6340 for more information.
- **Lunch and Movie**
Where: Metcalfe Senior Citizens Hall
When: Tuesday the 10 October
Time: 11:30 am
Cost: \$10, Bookings essential - contact Dot Smith on 5423 2635
- **Collaborative Housing for Seniors**
Where: Ray Bradfield Rooms
When: Wednesday the 11 October
Time: 10:30 am - 12:30 pm
Cost: Free. Contact Anitra Nelson for more details on 0426 766 755
- **Music and afternoon tea in Maldon**
Where: Maldon Hospital Activity Room
When: Wednesday the 11 October
Time: 2 - 3:30 pm
Cost: Free, No RSVP required
- **Free Community Concert**
Where: Castlemaine Town Hall, 25 Lyttleton Street, Castlemaine
When: Wednesday the 11 October
Time: 2pm
Cost: Free
- **BBQ and musical entertainment in Chewton**
When: Monday 9 October,
Time: 1pm - 2pm
Where: Ray Bradfield Rooms
Cost: Free
- **Central Vic Radio Enthusiasts Display**
Where: Ray Bradfield Rooms
When: Saturday 14 October
Time: 10am - 4pm
Cost: Free, Contact Tony Falla on 0413 690 025 for more details
- **Maldon Neighbourhood Centre with Maldon & Baringhup Agricultural Show**
Where: Maldon Showgrounds
When: Sunday 15 October
Time: 10am - 3pm
Cost: \$5 entry to show, \$20 Family tickets
- **Chair Yoga**
Where: Castlemaine Community House
When: Wednesday the 18 & 25 October (A four week course continuing on the next two Wednesdays in November)
Time: 10am - 11am
Cost: Free, Bookings required. Please contact reception on 5472 4842 or email community@cch.org.au as places are limited.
- **Guided Historical Walking Tour**
Where: Meet at Castlemaine Historical Society, 7 Goldsmith Crescent, Castlemaine.
When: Wednesday the 25 October
Time: 10 - 11am
Cost: Free

<http://www.cch.org.au/regular-activities/seniors-festival-2017/october-senior-citizens-events-calendar/>

New and Renewing Members

September

Beverley Bloxham

Joy Mitchell

Peter Struthers

Steve Proeve

Welcome! and enjoy your time with
U3A Castlemaine

I dislike arguments of any kind.
They are always vulgar and often
convincing.

Oscar Wilde - Irish writer and poet
(1854-1900)

Handing over

I'm handing over *Third Thoughts* to Hilary Beckett after this issue.

Thank you to all the course leaders and members who have contributed to our newsletter over the last two years. Without your efforts there would not be a newsletter.

A special thank you to the team who have made my time so easy.

Robyn Weeden - Proof Reader

Pat Robbins - Newsletter printing and member mail out

Phil Fletcher - Pick up from shire office and folding the bulk of the newsletters, delivering to coffee morning venue and distributing around town.

And thank you to the reception staff at Mount Alexander Shire who print the bulk of our newsletters every month.

Robyn Yeoman

U3A Castlemaine Office Details

The office is located at the 'Octopus' opposite the Castle Motel in Duke Street

Office Hours:

Monday to Thursday

9.30am to 11.30am

5472 2249

P.O. Box 792, Castlemaine 3450

u3acastlemaine@gmail.com

www.u3acastlemaine.com

MyU3A: go to U3A Castlemaine website click on MY U3A Login - top of the page

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

October Annual General Meeting

Speaker: Darren Buzzard

CEO Mount Alexander Shire

Hosts: *Italian 1, Italian 2, Latin 1 and Latin 2*

November - Founders' Day Lunch

Speaker: Helen Bodycomb, Mosaicist

Hosts: *Coffee, Cake and Conversation, and Solo Whist*

Go to our website to read *Third Thoughts* in colour - www.u3acastlemaine.com

The deadline for the November issue is FRIDAY 20 OCTOBER