



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

2018



Castlemaine Botanic Gardens at night

Photographer: Rodney Marchant
U3A Castlemaine Photography and Digital Imaging Group



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

U3A Castlemaine
30th Anniversary in 2018

Extreme Heat Policy 'In a Nutshell'

All U3A activities (includes all Enrolment days, classes, office attendance, administrative meetings and coffee mornings) must be cancelled when the forecast temperature for **CASTLEMAINE** is:

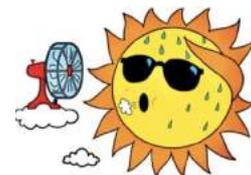
- ◇ 38° or higher at 8pm the night before
- ◇ on a day of extreme or greater fire danger, regardless of the temperature
- The U3A Castlemaine website has a link to the weather forecast and to the Policy. <http://www.u3acastlemaine.com>
- Predicted temperatures for Castlemaine are broadcast on the local 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/map7day.shtml>

Heat kills more Australians than any natural disaster

Activities are cancelled automatically, without any need for Course Leaders to contact the members in their group.

The point of the 'automatic' policy is that:

- ◇ no individual decisions need to be made
- ◇ no one needs to out-guess the forecasters
- ◇ or decide when 'the change' might be coming, and so on



The policy is designed to ensure safety not only during the activity but also travelling there and back – therefore the presence of air conditioning at the venue is irrelevant.

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### Why are we so concerned about extreme heat?

Heat kills more Australians than any natural disaster.

The most common causes of death during extreme heat are related to cardiac conditions; asthma and other respiratory illness; kidney disease; diabetes; nervous system diseases; and cancer. Although heat-related illnesses such as heat cramps, heat exhaustion and heat stroke may occur in hot weather, other conditions are seen to occur far more commonly, such as exacerbation of medical conditions as above, confusion, muscle weakness, unsteadiness and falls due to dehydration and gastroenteritis, mostly due to poor food handling.

- People aged 65 years and over are at increased risk of heat-related illnesses and need special care in hot weather.
- Risk factors include living alone, chronic medical problems and certain drugs.
- Take steps to prevent heat stress on days when the temperature is predicted to rise above 30°C or so.
- Reduce caffeine and alcohol – caffeinated and alcohol drinks have a mild diuretic action. Limit tea, coffee alcohol in hot weather.
- Stay cool – draw your blinds and curtains, turn on your air conditioner and set it to 'cool'. If you do not have an air conditioner, try cool showers or use wet towels and sit in front of an electric fan.

For more information visit the Better Health Channel [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

Call NURSE - ON - CALL on 1300 60 60 24 for 24 - hour health advice or see your doctor if you are unwell. In an emergency call 000.

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***But wait...there's more!***

Other short courses may be added later in the year. Watch out for information in our *Third Thoughts* newsletter, and the notice board on our website.

**Explanation of frequency by week**

Weekly = every week

1<sup>st</sup> and 3<sup>rd</sup> Weeks = the first and third weeks of the month

2<sup>nd</sup> and 4<sup>th</sup> Weeks = the second and fourth weeks of the month

1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Week – the first, second, fourth and fifth weeks of the month.

And so on.

## La Trobe University Lectures

ALL YEAR

We are lucky to have an outstanding university at Bendigo, La Trobe, and luckier still as U3A Castlemaine members are permitted to sit in on lectures with no charge.

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 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 either in the week beginning 5 March (semester one) or the week beginning 30 July (semester two).

To find subjects available, go to:

<http://www.latrobe.edu.au/students/your-course/subjects>

Select the campus Bendigo, and the study mode Day. You can find out the day, time and location of the lectures by putting the subject code into a search on another web page:

<https://allocate.latrobe.edu.au/February018/timetable/#subjects>

Once you have identified a subject, 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 and times, 5 March-28 May and 30 July-28 October

Course Leader: Bridget Leach, (03) 5472 4754

La Trobe University, Flora Hill Bendigo

## Art and Design

### Art Workshop

ALL YEAR

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 visits to 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.

Mondays weekly 10:30am-2:30pm 5 February-17 December

Course Leader: Barbara Guerin, (03) 5472 1994

Leisterville Hall, William 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.

## **Wednesday Painting 'en Plein Air': Autumn**

**SHORT COURSE**

This is a course for everyone: the experienced artist or beginners wanting to learn the basics of painting out doors in a variety of locations. 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'. Introductory process and guidance will be offered.

Wednesdays weekly 9:30am-12:30pm 7 February-25 April

Course Leader: Sandra Finger Lee, 0429 439 015

Meet at the Tea Rooms, Castlemaine Botanical Gardens, 2 Walker Street Castlemaine

# **History**

**See also Latrobe University Courses**

## **Aboriginal History: Our Shared History**

**ALL YEAR**

We monitor current events and investigate the background to them. As well, we focus on the lesser-known aspects of our shared history and show the impacts of colonisation on the lives of Aboriginal people. We listen to Aboriginal voices through extensive use of video and audio material, hear an occasional visitor / expert and /or visit a museum or gallery.

Members are invited to join in discussion, bring a folder and take any notes they wish to keep.

Tuesdays 10am-12pm 1<sup>st</sup> and 3<sup>rd</sup> weeks 6 February-18 December

Course Leader: Vic Say, (03) 5472 1841

Uniting Church Manse, Lyttleton Street Castlemaine

## **Caroline Chisholm**

**TWO SESSIONS**

A review of the contribution of Caroline Chisholm to the welfare of women and children travelling to the Mt. Alexander goldfields, and the identification of the sites where she established accommodation for these women and children.

Wednesdays 3:30pm-4:30pm 7 February and 14 February

Course Leader: Tom Comerford, (03) 5470 6230

Uniting Church Fellowship Room, Lyttleton St Castlemaine

## **Do we blame Napoleon or Bismarck?**

**SHORT COURSE**

This course involves an investigation of how the policies of Napoleon and Bismarck contributed to the rise and fall of the monarchies of Prussia, Austria, Hanover, Saxony, Bavaria and Wurttemberg. Participants must show a willingness to do some minor research and report back to the class.

Wednesdays 3:30pm-5pm weekly 2 May-20 June

Course Leader: Tom Comerford, (03) 5470 6230

Uniting Church Fellowship Room, Lyttleton Street Castlemaine

### **Private Venues**

Where an entry has '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.

## **Double Injustice: The Hillsborough Disaster 1989**

### **SHORT COURSE**

This course examines the Hillsborough Disaster and its aftermath – in which the families of 96 British football fans killed at an FA Cup Semi-Final battle the media, the legal and political establishments, police command and public opinion to establish the truth of what happened at Hillsborough Stadium on 15 April 1989. Almost 30 years after the event, the longest-running inquest in English legal history delivered the victims and their families verdicts that clear the names of an entire community. A gripping modern example of justice at first denied, then delayed, and ultimately achieved. No special skills or requisites.

Fridays 1pm-2:30pm weekly 18 May-29 June

Course Leader: Genevieve Rogers, 0412 536 004

Uniting Church Fellowship Room, Lyttleton Street Castlemaine

## **History of Technology**

### **SHORT COURSE**

This course will examine how technology has influenced and impacted Australia, and the local area where relevant. Each session will commence with a presentation of the general and scientific history of the time to put it into context. It will include demonstrations, working models and will encourage audience participation. Even though the talks are technical, they are accessible to everyone and there are no prerequisites.

The talks will cover:

- Dr. Edward Davy, Mayor of Malmesbury and inventor of the Electrical Renewer (Relay)
- Connecting Australia – the global telegraph network during the gold rush and beyond
- The Radio – history and how it works
- The Telephone – history and how it works

Tuesdays 10am-12pm weekly 7 August-28 August

Course Leader: Michael Stambrey, 0412 811 428

Uniting Church Fellowship Room, Lyttleton Street Castlemaine

## **The Coming to Power of Hitler and the Nazis**

### **SHORT COURSE**

This course will focus on the reasons why the modern civilised nation of Germany turned to such an extreme party as the National Socialists (Nazis) and its leader, Adolf Hitler, in the 1930s. We will look at World War I, the Versailles Treaty, the Weimar republic, the 1930s depression, Hitler's background and personality, the hatred of the Jews and the rise of the party to see if we can find an answer to this question. (We do not go into World War II in detail.) The course is open to anyone. You are welcome if you already have some knowledge of these times from education or personal reading and feel you can contribute to the discussion, or even if you feel you know very little of these times but would like to learn more. The only prerequisite is an interest in early twentieth century history. All members are expected to join in the discussion.

Thursdays 2pm-3:30pm weekly 11 October-15 November

Course Leader: David Boucher, (03) 5472 5410

Uniting Church Fellowship Room, Lyttleton Street Castlemaine

### **Venue changes**

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

## The Russian Revolution

## SHORT COURSE

This course examines the Russian Revolution early in the 20th Century. It begins with an examination of Russia under the Tzars, particularly Nicholas II. We then look at the revolutionary forces that were putting pressure on the Tzar leading to the 1905 Revolution. This will be followed by an examination of the events between 1905 and 1917 followed by a detailed examination of the two revolutions in 1917. Interest in 20th Century history is the only prerequisite. Members are expected to join in discussion.

Wednesdays weekly 1-2.30pm 18 July-22 August

Course Leader: David Boucher (03) 5472 5410; 0468 262 376

Uniting Church Fellowship Room, Lyttleton Street, Castlemaine

# Humanities and Literature

See also LaTrobe University Courses

## English Literature

## ALL YEAR

The course this year will continue to read fiction books of the twentieth century. One book per month will be discussed. We will begin with Margaret Atwood's *The Handmaid's Tale* in February. Other authors will include James Baldwin, D.H. Lawrence, Sylvia Plath, Christina Stead, Vladimir Nabokov and A.S. Byatt. The course is organised like a book group with plenty of opportunity for discussion from participants.

Fridays 2<sup>nd</sup> week 10am-12pm 9 February-14 December

Course Leader: Denise Jepson, (03) 5473 4470

Uniting Church Toy Library, Lyttleton Street Castlemaine

## First Tuesday Book Group, The

## ALL YEAR

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.

**NOTE:** There is a maximum of 10 members for this class which cannot be exceeded.

Tuesdays 1:30pm-3pm 1<sup>st</sup> week 6 February-4 December

Course Leader: Kevin Hurley, (03) 5472 1383

Hurley Home

### Events and excursions

U3A Castlemaine has an Events Working Group who not only organise speakers for our monthly coffee mornings, but excursions and other activities throughout the year. For example, in 2017 we had excursions to *Van Gogh* at the NGV, *the Cinema Museum* at the Salvation Army Heritage Centre in Melbourne, Vic Market, and the State Library among others. Events are publicised in our *Third Thoughts* newsletter well in advance, and on the Noticeboard section of our website –

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

## **Introduction to the teachings of J. Krishnamurti**

**SHORT COURSE**

This course will discuss the teachings of J. Krishnamurti. These follow the assumption that worldwide humanity is not in a good condition. Traditional approaches have not led to an improvement in violence, environmental, educational and other areas of human welfare. Krishnamurti was concerned to free us from all forms of conditioning, thus there is no doctrine or political ideology and the teachings do not fit readily into areas such as religion, politics or philosophy.

The course consists of three sessions:

Understanding the teachings

Points, questions and discussion

Krishnamurti and education: learning in the absence of authority.

Saturdays 2pm-3:30pm 3 February, 24 February and 3 March

Course Leader: David Allan, 0458 350 734

Uniting Church Fellowship Room, Lyttleton Street Castlemaine

## **Just Write – Mostly Memoir**

**ALL YEAR**

This writing group is for beginners and others who wish to further develop their writing skills. While the emphasis will be on memoir, writers of stories, essays and poetry will be encouraged and supported. Sessions will include short writing exercises and reading of participants' work produced in and outside our sessions. Participants need a willingness to write short pieces between our meetings, share their writing with the group, receive and provide constructive feedback and participate in group discussions.

The venue is in Welshmans Reef, 25km from Castlemaine, so group members might like to car pool after the first session. There is plenty of parking close to the house and good accessibility.

Thursdays 1:30pm-4pm 2<sup>nd</sup> and 4<sup>th</sup> weeks, 8 February-13 December

Course Leader: Robin Rebbechi, (03) 5476 2086

Rebbechi home

## **Non-Book Club, The**

**ALL YEAR**

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 an openness to the views of others.

Thursdays 3pm-4:30pm 3<sup>rd</sup> week 15 February-20 December

Course Leader: Win Jodell, (03) 5472 3792

Jodell home

### **Up to date details**

When you join or renew your membership please ensure that your details are up to date – email address, phone numbers, postal address, and emergency contact name and contact number.

## Play Watchers

ALL YEAR

The Play Watchers group is a chance for theatre lovers to talk about plays we've seen. We share information about forthcoming performances, particularly in the local area, and we try to go together when we can. Sometimes members arrange to go together to Melbourne, but our main focus is to support our great, local theatre companies, the theatres in Macedon and Kyneton, and the touring companies that come to Bendigo and Castlemaine. We meet once a month to talk about plays we have seen, and we have found we don't all need to have seen the same plays to have lively discussions.

Tuesdays 4pm-5:30pm 2<sup>nd</sup> week 13 March-11 December

Course Leader: Win Jodell, (03) 5472 3792

Jodell home

## Prose and Poetry of Emily Dickinson

SHORT COURSE

A 19th C New England, USA poet, Emily Dickinson was mostly unpublished in her lifetime. She lived an increasingly reclusive life in Amherst Massachusetts, the younger daughter in a strict, male-dominated household.

As her biographer, Bettina Knapp comments: *To read the poetry and letters of Emily Dickinson is to marvel at the extraordinary modernity and rigor of her ideas, at the courage and strength of her nonconformity, and at the manner in which she overcame patriarchal dominance. It is to be excited and haunted by the mystery of her elusive thought which lies buried in what might be alluded to as the geological folds of her verse.*

We will explore selected Dickinson prose and poetry to test the validity of Ms Knapp's observations as well as to draw our own conclusions. The poet herself and the conditions she found necessary for her creativity are also considered. Enjoyment of poetry and a willingness to keep up with reading and to share observations in class are the only prerequisites.

Wednesdays 11am-1pm weekly 10 October-14 November

Course Leader: Judith Staudte, 0428 230 540

Uniting Church Manse, Lyttleton Street Castlemaine

## The Writing Room

ALL YEAR

This is a course for people who love to write and to share what they have written with others. Any genre is acceptable: memoir, fiction, non-fiction or poetry. Class discussion, a writing exercise and constructive feedback forms part of each session. To be eligible to enrol, participants should have completed the Memoir Writing course conducted in 2017.

Tuesdays 1:30pm-4pm 2<sup>nd</sup> and 4<sup>th</sup> weeks 13 February-11 December

Course Leader: Monique Thomson, 03 5474 2290

Thomson Home

### **Do you have accessibility requirements?**

You sign up for courses on the understanding that the venue will be accessible. Please contact the Course Coordinator, **Russell Annear on 0407 346 334 or email to [u3acm.courses@gmail.com](mailto:u3acm.courses@gmail.com)** if you have concerns regarding accessibility of any of our venues, including private homes.

# Ideas and Opinions

## Cosmic Philosophy

### 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.

Tuesdays 10-11am weekly 6 March-24 April

Course Leader: Julian Hollis, (03) 5470 5002

Hollis home

## International Trade and Transport

### SHORT COURSE

This course involves a description of international trade, its importance in national well-being, and the transport that enables viable trade to occur.

Thursdays 1.30pm-3.30pm weekly 2 August-23 August

Course Leader: John Leavesley, (03) 5472 3182

Uniting Church Fellowship Room, Lyttleton Street Castlemaine

## Peace Education Program

### SHORT COURSE

The Peace Education Program (PEP) is a 10-week DVD-based program focusing 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 program is sponsored by The Prem Rawat Foundation (TPRF). 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.

Fridays 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> weeks 20 April-13 July, 10am-11am

Course Leader: Pam Oakley, (03) 5470 6410

Uniting Church Manse, Lyttleton Street Castlemaine

## Peace Education Program 2

### SHORT COURSE

Description as above.

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.

Fridays 10am-11am 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> weeks 28 September-21 December

Course Leader: Charlie Steel, (03) 5470 6410

Uniting Church Manse, Lyttleton Street Castlemaine

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 Principles ensures that members' personal details are not given to any outside bodies or persons unless required by law.

## **Worried About Your Memory?**

**ONE SESSION**

This interactive session will provide an overview of how memory works, the common memory changes that occur with ageing and factors that can impact on memory. It will also explore practical ways of improving memory and looking after the brain, as well as when memory difficulties need to be investigated.

**NOTE: This is not a session about dementia**

At this session you will:

- learn about memory;
- identify common memory changes that occur with ageing;
- learn about factors other than dementia that can impact on memory;
- identify several memory strategies;
- learn to recognise when memory concerns need to be investigated and what to do; and
- hear about the services provided by Dementia Australia Vic.

Wednesday 2 May 2pm-3:30pm

Course Leader: Margaret Griffin, (03) 5472 2855

Uniting Church Hall, Lyttleton Street Castlemaine

# **Languages**

## **French II (Monday)**

**ALL YEAR**

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 repeated on Wednesday.

Mondays 9:30am-10:30am weekly 5 February-17 December

Course Leader: Sue Greed, (03) 5472 5026

Uniting Church Toy Library, Lyttleton Street Castlemaine

## **French II (Wednesday)**

**ALL YEAR**

Description as above.

**NOTE: These are two separate courses.**

Wednesdays 9:30am-10:30am weekly 7 February-19 December

Course Leader: Sue Greed, (03) 5472 5026

Uniting Church Toy Library, Lyttleton Street Castlemaine

## **French Language & Literature**

**ALL YEAR**

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).

Mondays 2pm-3:30pm 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> weeks 5 February-17 December

Course Leader: David Bailie, (03) 5472 3117

Uniting Church Manse, Lyttleton Street Castlemaine

## **Italian 1 level 2**

**ALL YEAR**

This course is the second part of the Introduction to Italian Course for Beginners (Italian I in 2017). The course will continue the study of Italian grammar and usage. The class will use the same text book as last year, *Italian Made Simple* by Christina Mazzoni (Three Rivers Press). As language skills develop, there will be more emphasis on conversation and the practical uses of the language. Students must be prepared to participate fully in class and complete weekly homework exercises.

Prerequisite: Students should have completed the Italian I course or have Italian language skills to a similar level.

Wednesdays 2pm-3pm weekly 31 January-19 December

Course Leader: Jim Blain, (03) 5472 4230

Uniting Church Manse, Lyttleton Street Castlemaine

## **Italian, Intermediate**

**ALL YEAR**

This is a course for people who have been studying Italian for some time. A knowledge of the conjugation of all three verb types, at least in the present tense, is essential. Students will be required to participate in verbal and written exercises, and a small amount of homework will be given each week. Having covered the serious requirements, we don't take ourselves too seriously and a sense of humour is appreciated!

Mondays 12:15pm-1:15pm weekly 5 February-17 December

Course Leader: Lynda Prest, (03) 5472 1973

Uniting Church Manse, Lyttleton Street Castlemaine

## **Italian Advanced Conversation**

**ALL YEAR**

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.

Thursdays weekly 9:30am-11am 1 February-20 December

Course Leader: Gerry Egan, 0407 092 642

Egan Home

## **Latin Advanced**

**ALL YEAR**

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 poetry later in the year. Participants will be expected to have familiarity with Latin equivalent to having completed the five books of the Cambridge Latin Course.

Mondays 10:15am-11:15am 2<sup>nd</sup> and 4<sup>th</sup> weeks, 12 February-10 December

Course Leader: Wilfrid Savage, (03) 5442 1437

Goldfields Library, Barker Street Castlemaine

## Latin I

ALL YEAR

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*.

Wednesdays 11am-12pm 2<sup>nd</sup> and 4<sup>th</sup> weeks, 14 February-12 December

Course Leader: Margaret Monteith, 0439 656 926

Goldfields Library, Barker Street Castlemaine

## Latin II

ALL YEAR

This course is a continuation of Latin I. Participants must have a basic knowledge of Latin. *Cambridge Latin Book 2* takes the class to Britain and Alexandria. Both places are interesting as the reality of life for the Romans and their subjects is revealed. At the end of the year, the class moves on to *Wheelock's Latin* as well as the *Cambridge Grammar*.

Wednesdays 10am-11am 2<sup>nd</sup> and 4<sup>th</sup> weeks, 14 February-12 December

Course Leader: Janet Gilmore, (03) 5472 5176

Goldfields Library, Barker Street Castlemaine

## Latin III

ALL YEAR

*Cambridge Latin 3* and also *Wheelock's Latin* give exposure to the complexity of the language. Much laughter does help the class to cover the difficulties encountered.

Thursdays 10am-11am, 2<sup>nd</sup> and 4<sup>th</sup> weeks, 8 February-13 December

Course Leader: Janet Gilmore, (03) 5472 5176

Goldfields Library, Barker Street Castlemaine

## Latin IV

ALL YEAR

This program closely follows the *Cambridge Latin Course Book 4* 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.

Mondays 11:30am-12:30pm 2<sup>nd</sup> and 4<sup>th</sup> weeks 12 February-10 December

Course Leader: Wilfrid Savage, (03) 5442 1437

Goldfields Library, Barker Street Castlemaine

### Coffee Mornings

Coffee Mornings are held on the first Friday of the month. The format is usually *Welcome, Introduction and Notices* from the President and members, 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 homemade goodies from the trading table, and to buy a ticket in the homemade cake raffle. Come along and meet other members and enjoy each other's company.

# Lifestyle – Indoor activities

## Bridge – How to play the cards

SHORT COURSE

Bridge is the world's premier card game – as challenging as Chess. It is mentally stimulating and when playing it, one is constantly set new problems to solve. The art of bidding in Bridge is important to convey to your partner enough information about your cards so that you end up in the best possible contract to play. But once the play starts and dummy goes on the table, a whole new set of possibilities opens as to what is the best way to play your cards to maximise the result for you and your partner, whether playing a contract as declarer, or defending. Over four weeks, we will review some important techniques and practices. The class suits both those new to Bridge and also, those wanting to further their knowledge.

Wednesdays 1pm-3:30pm weekly 7 March-28 March

Course Leader: Graham Forbes, 0406 346 466

Uniting Church Toy Library, Lyttleton Street Castlemaine

## Bridge Bidding for Beginners or Revision

SHORT COURSE

Contract Bridge is one of the world's most popular interests. It challenges the mind and is played in a social situation with congenial like-minded people. This four-week course will cover the basics of the Standard American Bridge bidding system as used by participants in our Bridge Social Rubber Play Monday mornings throughout the year and our more serious competition Bridge (Duplicate) session Tuesday afternoons throughout the year.

This class does not assume any prior knowledge of Bridge, but familiarity with card games such as 500 or Solo Whist is certainly useful. This course suits either those new to Contract Bridge or those who have played before but would like a refresher on modern Standard American bidding conventions. You do not need to bring a partner. Contact the Class Leader, Graham Forbes, with any questions.

Wednesdays 1pm-3:30pm weekly 7 February-28 February

Course Leader: Graham Forbes, 0406 346 466

Uniting Church Manse, Lyttleton Street Castlemaine

## Bridge Duplicate Competition

ALL YEAR

For those who love playing Contract Bridge, the pinnacle of the game is to play a Duplicate Competition in pairs where the same hands are played multiple times at different tables. The results are compared, and thus give a good indication of the 'skills-based' result. Usually over 20 people gather each Tuesday afternoon in the Castlemaine Health Auditorium to play Duplicate Competition and test their Bridge knowledge and artistry. We play almost every Tuesday throughout the year. A \$3 weekly fee will apply for 2018 to cover room hire cost and outgoings for the group. Partners can be arranged for players. Those without experience of Duplicate play should first refine their skills for a period in our Monday morning Rubber-Play group.

Tuesdays 1:15pm- 4:15pm weekly 30 January-18 December

Course Leader: Graham Forbes, 0406 346 466

Auditorium, Castlemaine Health, Odgers Road Castlemaine

## **Bridge Rubber Play**

**ALL YEAR**

Bridge is the world's premier card game – as challenging as Chess. It is mentally stimulating and when playing it, one is constantly set new problems to solve. We have a small group of congenial and intelligent people playing social Rubber Bridge each Monday morning. You can come on your own, without a partner. No past Bridge experience is necessary, but card playing skill with games like 500 or Solo Whist is valuable. We discuss hands to improve as we play. We meet every Monday throughout the year. The class suits both those who simply want to play social Bridge and, those refining their skills before being ready to join the Tuesday Duplicate competition.

Mondays weekly 9.30am-12pm 29 January-17 December

Course Leader: Graham Forbes, 0406 346 466

Uniting Church Manse, Lyttleton Street Castlemaine

## **Chess**

**ALL YEAR**

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 skills needed – just to be able to talk and listen and enjoy.

Thursdays weekly 10am-11:30am, 1 February-20 December

Course Leader: Michael Lane, 0447 751 588

*Panini's Café*, 71 Mostyn Street Castlemaine

## **Coffee, Cake and Conversation**

**ALL YEAR**

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 skills needed – just to be able to talk, listen and enjoy.

Friday 2pm-4pm 3<sup>rd</sup> week, 16 February-21 December

Course Leader: Annie Batten, (03) 5472 3664

Various Venues, Castlemaine

## **How to Maximise Your Pension**

**ONE SESSION**

This class will offer practical ideas for retirees to either gain more age pension or provide an opportunity for totally self-funded retirees to gain some access to the age pension. The class will be convened by a Financial Planner from Vic Super, Bendigo and conducted in Castlemaine.

Friday 20 April, 10am-12pm

Course Leader: Phil Fletcher, 0409 750 947

Uniting Church Fellowship Room, Lyttleton Street Castlemaine

## **Intuitive Development Through Relaxation** **ALL YEAR**

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.

Tuesdays 11am-12pm weekly 6 February-18 December

Course Leader: Michelle Fortuna, 0408 781 567

The Forge, 341 Barker Street Castlemaine

## **Mindfulness Meditation** **ALL YEAR**

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.

Thursdays 10am-11am weekly 1 February-20 December

Course Leader: Karina de Wolf, 0423 306 589

The Forge, 341 Barker Street Castlemaine

## **Over Eighties' Luncheon** **ALL YEAR**

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 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.

Thursdays 12:30pm-2:30pm 2<sup>nd</sup> week, 8 February-13 December

Course Leader: Eileen Park, (03) 5472 5213

Various Venues, Castlemaine

## **Scrabble for Fun** **ALL YEAR**

We enjoy a game or two of Scrabble each session. 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.

Thursdays 3pm-5pm 2<sup>nd</sup> and 4<sup>th</sup> weeks, 8 February-13 December

Course Leader: Helen Edwards, (03) 5472 2281

Edwards home and others, Castlemaine

## **Secret Men's Business** **ALL YEAR**

A Thursday lunch club for guys to enjoy a good feed, a chat and a glass of wine perhaps, once a month. This is an opportunity for men to get together and discuss topics that are relevant to them in a supportive environment. Lunch will be at members' expense.

Approximate cost \$20-\$30 per person per session.

Thursdays 12pm-2pm 3<sup>rd</sup> week, 15 February-20 December

Course Leader: John Pizzey, 0419 118 360

Various Venues, Castlemaine

## Solos Group

ALL YEAR

For people who live on their own and who enjoy meeting with others and enjoy stimulating conversation. BYO lunch. The sessions will occur in various locations as agreed to by the group.

Saturdays 12:30pm-2:30pm 3<sup>rd</sup> week, 17 February-15 December

Course Leader: Eva Haarburger, (03) 5472 3391

Various Venues, Castlemaine

## Solo Whist

ALL YEAR

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.

Thursdays 5pm-7pm 1st, 3rd and 5th, 1 February-20 December

Course Leader: Annie Batten, (03) 5472 3664

Uniting Church Manse, Lyttleton St Castlemaine

## Table Tennis

ALL YEAR

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.

Wednesdays 9:30am-12pm weekly 31 January-19 December

Course Leader: Trevor Wheeler, (03) 5476 2286

Table Tennis Pavilion, Camp Reserve Castlemaine

## Tai Chi

ALL YEAR

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 (C.H.I.R.P.) and therefore, we must conform to their program times and dates. Participants are asked to attend regularly and participate in the exercises to the best of their ability. No special equipment is required except to wear loose clothing and flat comfortable shoes, a hat and water bottle. During winter, classes are held in the Uniting Church Hall. \$4.00 cost weekly.

**There are TWO Classes: 194-01 BEGINNERS GROUP and 194-02 COMMUNITY GROUP**

Mondays 9:30am-10:45am weekly 5 February-17 December

Course Leader: Dorothy Henshall, (03) 5472 5108

Castlemaine Botanical Gardens, 2 Walker Street Castlemaine

### **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 Wear Your Lanyard and Name Badge to U3A Castlemaine**

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

### **Warm Water Exercise for Arthritis: Friday** **ALL YEAR**

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.

Fridays 11am-1:30pm weekly 2 February-21 December

Course Leader: Jenni Rutherford, 0402 776 194

Kyneton Aquatic Centre, 4 Victoria St Kyneton

Meet at U3A Castlemaine Office, Octopus, 4 Duke Street Castlemaine, at 10am to car share.

### **Warm Water Exercise for Arthritis: Tuesday** **ALL YEAR**

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.

Tuesdays 10:30am-1pm weekly 6 February-18 December

Course Leader: Jenni Rutherford, 0402 776 194

Kyneton Aquatic Centre, 4 Victoria St Kyneton

Meet at U3A Castlemaine Office, Octopus, 4 Duke Street Castlemaine, at 9:30am to car share.

### **Wine Appreciation** **ALL YEAR**

This is a course for anyone who enjoys a glass of wine, and would like to learn more about what they're drinking. It will require member participation in the selection of the wines which may cover different vintages, regions, varieties or countries. Each evening, the wines will be accompanied by cheeses and nibbles.

This will be an evening course and is based on a successful format developed over 40 years and run by U3A City of Melbourne. For each evening meeting, there will be a cost typically of \$15 to cover the wine and food.

For this course to be successful, it will require a minimum of 20 members.

Thursdays 7:30pm-9:30pm 1<sup>st</sup> week 1 February-1 November

Course Leader: John Waldie, 0400 858 581

Leisterville Hall, William Street Castlemaine

## **Lifestyle – Outdoor Activities**

### **Bird Watching** **ALL YEAR**

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. Meet at the Octopus in time to leave at 9am SHARP. Binoculars are essential. Clothing and footwear to suit the expected weather. Bring morning tea.

Tuesdays 8:45am-11am 2<sup>nd</sup> week 13 March-11 December **NOT July and August**

Course Leader: Rosemary Turner, (03) 5470 6891

U3A Castlemaine Office, Octopus, 4 Duke Street Castlemaine at 9am to car share.

## **Bush Rambling**

**ALL YEAR**

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.

You need to be able 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.

Wednesdays 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> weeks 7 February-12 December

9.30am-11am, Daylight Saving Time, 10am-11.30am, Winter Time.

Course Leader: Dorothy Henshall, (03) 5472 5108

U3A Castlemaine Office, Octopus, 4 Duke Street Castlemaine to car share.

## **Bush Walking**

**ALL YEAR**

The U3A Castlemaine Bushwalking Group offers a great opportunity to improve your fitness, agility and balance; to enjoy and learn about our local and surrounding area; to make new friends; and to test yourself physically. Our walks are generally between six and ten kms in length, are accurately graded for degree of difficulty and are clearly described including an estimation of the time of return to Castlemaine. Walkers should, however, plan to be away from Castlemaine until 2pm. Most walks require travel with car pooling. We try to enjoy a coffee after each walk. To enjoy the walks, a moderate to good level of fitness is required. If you want more specific information, you are invited to look at our excellent website:

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

Wednesdays 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> weeks 31 January-12 December

8:30am-1:30pm, Daylight Saving Time, 9am-1:30pm, Winter Time

Course Leader: Kevin Vallence, 0497 012 103

U3A Castlemaine Office, Octopus 4, Duke Street Castlemaine for car sharing.

## **Golf Croquet – Introduction**

**SHORT COURSE**

Golf Croquet is a game to train your brain, while enjoying mild exercise! Golf croquet is a popular development of the original game that is generally considered to be easier to learn and more social. The game combines pleasant social interaction with mental stimulation in the outdoors. Croquet is the only sport where men have no advantage over women.

Prospective players should be able to move freely over the lawn continuously for about an hour. Players need to wear shoes without heels and to dress for the weather. An eyeshade or hat is a good idea. 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, if they wish, to join the Club and continue to participate.

Mondays and Fridays 10am-12pm weekly 7 May-25 May

Course Leader: Peter Batten (03) 5472 3664

Castlemaine Bowling Club, 27 Berkeley Street Castlemaine

## Mountain Bike Expeditions

### SHORT COURSE

Monthly mountain bike expeditions to explore and interpret local sites of cultural, historical and geographical interest. The Goldfields region is full of such sites and mountain bikes are a fantastic means of accessing many of these, while also providing opportunities for exercise and mobility outcomes. Each expedition will be guided by an expert in local heritage issues and supported by experienced mountain bikers from *Castlemaine Rocky Riders* to provide skills advice and coaching. Each ride will be of a duration of between two and three hours, covering up to 20 kms, and at a social pace with plenty of stops.

Participants require a functional mountain bike suitable for off road riding, a reasonable level of fitness, and a helmet. They will need to carry some basic spare parts, and refreshments. Suitable hire bikes can be arranged via one of the local Castlemaine bike retail outlets. Participants should be confident bicycle riders, but do not need specific mountain biking skills.

Mondays 9am-12pm 1st week 5 February-2 July

Course Leader: Frank Forster, [0414 410 411](tel:0414410411)

U3A Castlemaine Office, Octopus, 4 Duke Street Castlemaine to car share

## Pétanque

### ALL YEAR

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.

Fridays 2pm-4pm weekly 2 February-21 December.

Course Leader: Sue Anne Williams, (03) 5470 6361

Campbells Creek Pisté, gravel behind the playground, Main Road, Campbells Creek.

## Social Dog Walking

### ALL YEAR

This is a social activity for both owners and dogs so your dog needs to enjoy the company of other dogs. At completion of some walks, we will have coffee at a dog friendly café, weather permitting. Participants need to be able to walk for an hour over variable terrain. There will be some travel involved in getting to some of the walks. Meeting point for the first walk for the year will be at the main gates of the Castlemaine Botanic Gardens. Participants shall be advised of the meeting places monthly. Owners must pick up after their dogs and have water available for them in hot weather. Dogs are to remain on lead always.

**Please note: Dogs are not usually allowed at U3A Castlemaine activities and you attend at your own risk.**

Tuesdays 9:30am-10:30am weekly 30 January-18 December.

Course Leader: Jillian Collier, (03) 5474 8232

U3A Castlemaine Office, Octopus, 4 Duke Street Castlemaine to car share.

# Music and Dance and Film

## Exploring Popular Music

ALL YEAR

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.

Thursdays 10am-11.30am weekly 8 February-20 December

Course Leader: Phil Fletcher, 0409 750 947

Uniting Church Manse, Lyttleton Street Castlemaine

## From Ragtime to Rock: A Social History of Popular Music

SHORT COURSE

Popular music was created in the twentieth century. Learn about its beginnings circa 1920 through to the 1960s. In chronological order, each session will address a specific time period exploring the society (politics, economy, etc.) and the music that was produced at that time. Customs associated with music such as fashion and dance will also be presented. There will be use of audio and visual media. Subject to time constraints, questions and comments are encouraged.

Wednesdays 10am-11:45am weekly 4 April-11 July

Course Leader: Peter Stephens, (03) 5472 3904

Uniting Church Manse, Lyttleton Street Castlemaine

## Guitar Playing 1

ALL YEAR

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.

Fridays 2pm-2:45pm weekly 2 February-21 December

Course Leader: Angela Sye, 0434 201 701

Sye Home

## Guitar Playing 2

ALL YEAR

This course requires an ability to read music and experience in playing the instrument.

Tuesdays 1:45pm-2:30pm weekly 30 January-18 December.

Course Leader: Angela Sye, 0434 201 701

Sye Home

## Music Appreciation

ALL YEAR

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.

Wednesdays 9:30am-11:30am 1<sup>st</sup> week 7 February-5 December.

Course Leader: Bruce Baud, (03) 5472 4574

Baud Home

### **Music in the Lounge Room**

**ALL YEAR**

A monthly get-together for people who love to sing with others - with (or without) instrumental accompaniment. Bring your guitars, mandolins, flutes, other instruments (and your voices) for an evening of in-the-round companionship and music. Initially, in a private residence in Castlemaine and later, (if sufficient interest), in an eatery in Castlemaine. Please bring your own beverages, nibbles and songs to share.

Tuesdays 7-9.30pm 2<sup>nd</sup> week 13 February-11 December

Course Leader: Jill Loorham, (03) 5474 3206

Loorham home

### **Musicals**

**ALL YEAR**

This course is an ongoing review of musicals over the years, and this year will start at 1950. 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! 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.

Wednesdays 2pm-4pm, 4<sup>th</sup> week 28 March-28 November.

Course Leader: Peter Morris, (03) 5470 5905

Morris Home

### **Opera: Introduction to**

**SHORT COURSE**

This course is for anyone who would like to have an introduction to the wonderful world of Opera. There is no prerequisite knowledge needed. This short course can be used as a revision for those who already have some knowledge of Opera.

Wednesdays 2pm-4pm weekly 7 February-28 February.

Course Leader: Peter Morris, (03) 5470 5905

Morris Home

### **Opera: An Occasional Evening Series**

**ALL YEAR**

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. We try to include one or two lesser-known works each year, sometimes introducing the group to an unusual work to be presented in Melbourne.

Fridays 7pm-10pm 1<sup>st</sup> week 2 February-7 December.

Course Leader: Vic Say, (03) 5472 1841

Say Home

### **Playing Ukulele 1**

**ALL YEAR**

This is a beginner's 98 course. In this class you will learn to play the ukulele.

No knowledge required. You must have your own ukulele and music stand.

Fridays 1pm-1:45pm weekly 2 February-21 December.

Course Leader: Angela Sye, 0434 201 701

Sye Home

## **Playing Ukulele 2**

**ALL YEAR**

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.

Fridays 3pm-3:45pm weekly 2 February-21 December.

Course Leader: Angela Sye, 0434 201 701

Sye Home

## **Recorder Playing**

**ALL YEAR**

This is a beginner's course. In this class you will learn to play the recorder.

No knowledge required. You must have your own recorder and music stand.

Thursdays 11am-11:45am weekly 1 February-20 December

Course Leader: Angela Sye, 0434 201 701

Sye Home

## **Requiem . . . and then**

**ALL YEAR**

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 ten years. Members share the joys of listening together.

Fridays 1:30pm-3:30pm 1<sup>st</sup> and 3<sup>rd</sup> weeks 2 February-21 December.

Course Leader: Vic Say, (03) 5472 1841

Say Home

## **U3A Castlemaine Choir**

**ALL YEAR**

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.

Tuesdays 3:30pm-5:30pm weekly 30 January-18 December,

Course Leader: Angela Sye, 0434 201 701

Salvation Army Hall, Kennedy Street Castlemaine

## **Understanding Opera**

**ALL YEAR**

An ongoing 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.

Wednesdays 2pm-4pm 2<sup>nd</sup> week 14 March-12 December.

Course Leader: Peter Morris, (03) 5470 5905

Morris Home

## **Ballet Appreciation**

**ALL YEAR**

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 who have influenced ballet. There are no entry requirements. Members are expected to comment and question.

Wednesdays 1:30pm-3pm 3<sup>rd</sup> week 21 February-21 November

Course Leader: Joe Scoglio, (03) 5472 2396

Scoglio Home.

## **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 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.

Wednesdays 10am-12pm 1<sup>st</sup> and 3<sup>rd</sup> weeks 7 February-16 May

Course Leader: Joanne Thompson

Assistant: Anet McDonald, (03) 5470 6497 for all enquiries

Uniting Church Hall, Lyttleton Street Castlemaine

## **Circle Dancing 2**

**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 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.

Wednesdays 10am-12pm, 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> weeks 5 September-5 December.

Course Leader: Joanne Thompson

Assistant: Anet McDonald, (03) 5470 6497 for all enquiries

Uniting Church Hall, Lyttleton Street Castlemaine

## **Find Your Inner Dancer**

**SHORT COURSE**

This half hour of self-inspired movement will begin with a gentle warm-up. Then you have the option of improvising yourself or following the simple moves offered by the teacher. Music to inspire you to move will range from jazz and tango to 17th century French court music and everything in between. If you have trouble standing you may do the torso and arm movements in a chair.

Mondays 10am-10:30am 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> weeks 12 February-26 March

Course Leader: Joe Scoglio, 0425 801 038

Uniting Church Fellowship Room, Lyttleton Street Castlemaine

**Please inform the Course Leader if you are unable to attend a class or will be away for an extended 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'*

## **Fabulous Friday Flicks**

**ALL YEAR**

A selection of movies from around the world will be introduced, shown and discussed. Generally, films will be arranged thematically and most will involve reading subtitles. A wide variety of directors, stars, styles, genres and countries will be represented. Occasionally, guests or class members will be invited to present films or lectures to the class.

2018's topics and themes may include some or all of the following:

- \* Australia on Film;
- \* Comedy – what makes us laugh?
- \* Animation – it's not just for kids;
- \* Documentaries of note; and
- \* All things Italian!

There are no formal requirements, EXCEPT all class members MUST have a current email address and easy access to a computer. This is essential as this course will involve some online learning from time to time. *Fabulous Friday Flicks* members are expected to have an open mind, a sense of humour, an interest in or love of film, and a willingness to share and develop ideas, experience and knowledge about film.

Fridays 9:30am-12:30pm 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> weeks 16 February-21 December

Course Leader: Beverley Orgill, 0459 324 455

Castlemaine Health Auditorium, Odgers Road Castlemaine

**Movies of Merit** as it has been for the past seven years will not be offered in 2018. However, the *Theatre Royal* will have a program for Arthouse Movie lovers later in the year. Announcements will be published in *Third Thoughts* (our U3A newsletter) and U3A Castlemaine members will invited to join.

# **Photography and Computers**

## **Photography and Digital Imaging**

**ALL YEAR**

A working knowledge of your own digital camera and reasonable level of computer skills is highly desirable. The course teaching will include technical information on operating digital cameras with the main aim of studying and obtaining well composed images for electronic versions and printing. Post-production skills using *Lightroom*, *Photoshop*, *ON1* etc will be discussed. Excursions and practical activities will be arranged during the year with a basic guide being the theme of the month. Each month's efforts will be reviewed and discussed by the group at the end of the month.

Thursdays 1:30pm-3:30pm weekly 8 February-20 December

Course Leader: William Michael Forsyth, 0467 505 113

Uniting Church Manse, Lyttleton Street Castlemaine.

# Politics and Current Affairs

## China – the Emerging Giant

SHORT COURSE

*Let China sleep, for when she wakes, she will shake the world*

Napoleon Bonaparte, circa 1800

We will examine why China is now awakening, and in the last of the four two hour sessions look at the possible consequences for Australia and the rest of the developed world. But to fully understand the recent dramatic 30 year awakening, one must examine the interplay of geography and resulting unique culture on China's 5000 year history.

Over the last year China's President, Xi Jinping, has openly stated that he wants China to once again be respected throughout the world. But can this be achieved when many in the West fear such a rise?

Obviously, we must adopt a very broad brush approach in answering this question, but with the aid of a 2016 video – *History of China* – this can be attempted.

Thursdays 10am-12pm, 31/5, 7/6, 14/6, and 21/6

Course Leader: Alan Harris, (03) 5472 5372

Uniting Church Fellowship Room, Castlemaine

## Issues of Concern

ALL YEAR

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.

Fridays 1:30pm-3:30pm 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> weeks 9 February-21 December.

Course Leader: Carol Dorman, (03) 5472 4429

Uniting Church Toy Library, Lyttleton Street Castlemaine

# Science, Maths and Technology

## Australian Nobel Prize Winners

ONE SESSION

This session will have a Science bias due to the nature of the awards, but Patrick White (Literature) will be included! What is meant by 'Australian' (ask a parliamentarian!) leads to some variation in these lists. This session will focus on four lists and will include biographical details about 13 Award winners on all lists and about four who are only on some lists. Would you include the writer J M Coetzee on a list? This depends on how much you know about him! Can you name the most recent Australian winner, the first one, the father/son winners, the youngest ever prize winner? What makes this topic interesting is the biographical details about these people.

Thursday 12:30pm-2pm 22 March

Course Leader: Keith Creed

Uniting Church Fellowship Room, Lyttleton Street Castlemaine

## **Energy Efficiency in the Home – A Practical Guide**

### **SHORT COURSE**

Participants will be given the necessary information to enable them to: (1) increase the level of comfort in their homes, (2) reduce their energy bills and (3) benefit the environment by reducing greenhouse gas emissions. There is some flexibility in structuring the course to meet the expectations of participants and deal with individual situations. A science background is not required and notes will be provided on all technical aspects to be discussed. Some equipment will be demonstrated and at least one field excursion will be included. This course will only be run if we receive at least 10 enrolments.

Thursdays 1:30pm-3:30pm 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> weeks 19 April-31 May

Course Leader: Hans van Gemert, (03) 5472 1082

Uniting Church Fellowship Room, Lyttleton Street Castlemaine

## **Pathology Basics**

### **SHORT COURSE**

The course will look at the structure and function of some organs, some common laboratory tests used in diagnosis, and the basic scientific principles and methods used in those lab tests. We will also look at blood groups and transfusion. Although there will be a little basic chemistry occasionally, no prior knowledge is assumed or necessary to do this course.

Tuesdays 10am-11am weekly 17 April-29 May

Course Leader: Kate Coultie, 0419 010 609

Uniting Church Toy Library, Lyttleton Street Castlemaine

## **Science Helping to Feed the World**

### **SHORT COURSE**

Examination of the role of international agricultural research in feeding the increasing world population sustainably. The system of international agricultural research institutions will be outlined and issues relating to its past achievements and prospects discussed. Broader issues such as funding through aid payments, food and water security and the efforts to reduce absolute poverty will be examined.

No prior knowledge required, simply an interest in international issues relating to food supply.

Wednesdays 10am-12pm weekly 1-22 August

Course Leader: John Brennan, (03) 5472 2760

Uniting Church Fellowship Room, Lyttleton Street Castlemaine

## **Trigonometry Plus**

### **SHORT COURSE**

We will start each class with a non-trigonometry problem, then we will do trig. You may find it intellectually satisfying. You may get a sense of achievement. Don't expect to find it useful. No Prerequisites. Calculator with trig functions needed.

Tuesdays 2pm-3:30pm 1<sup>st</sup> and 3<sup>rd</sup> weeks, 1 May-17 July.

Course Leader: Barry Thompson, (03) 5472 1610

Uniting Church Manse, Lyttleton Street Castlemaine

# Travel

## Armchair Travel

ALL YEAR

This course aims to give class members an opportunity to learn a little more about people, places, cultures and other travel-related information from people who have been there and done it in many ways – on foot, by bike, by train, by car or by plane or boat. In a group or alone. With family and friends or with strangers. Lots of different places, people and ways of enjoying travel will be shared. At most classes, guests or class members will be invited to talk about their travels or present to the class.

There are no formal requirements, just an interest in travel and a desire to learn more about the wonderful world in which we live.

Mondays 4pm-5:30pm, 4<sup>th</sup> week 26 February-17 December.

Course Leader: Beverley Orgill, 0459 324 455

Uniting Church Fellowship Room, Lyttleton Street Castlemaine

## Camino Walks in Europe

SHORT COURSE

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 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.

Tuesdays 2pm-3:30pm 6 February and 13 February.

Course Leader: Sue Tomkinson, 0411 806 339

Uniting Church Manse, Lyttleton Street Castlemaine

## Northern Tasmania Garden Tour

SHORT COURSE

Northern Tasmania has many magnificent gardens, both private and open to the public, looking their best in spring. This tour aims to showcase the best of these, including *Kaydale Lodge*, *Wychwood*, *Old Wesley Dale*, *Emu Valley Rhododendron Gardens*, *Annsleigh*, *Villarett*, *Woolmers National Rose Garden*, and *Culzean*. As well, the beauty of northern Tasmania's mountains, fertile farmlands and spring colours will be constantly on display. We hope to reduce the cost by home hosting in Deloraine and using private transport, giving participants an unforgettable experience. Participants could fly in just for this event, or bring their car on the ferry and stay on to enjoy a longer vacation in Tasmania. Numbers and cost are yet to be determined, but acceptance will be strictly on a 'first in first served' basis. Details will unfold during the year.

Monday 22 October - 26 October

Course Leader: Richard Mack, 0411 244 103

Mack Home, Deloraine, Tasmania

## Courses by Day

| <b>Monday</b>                             | <b>Start</b> | <b>Day</b> | <b>Time</b> | <b>Page</b> |  |
|-------------------------------------------|--------------|------------|-------------|-------------|--|
| Mountain Bike Expeditions                 | 5 Feb        | Mon        | 0900-1200   | 22          |  |
| French II (Monday)                        | 5 Feb        | Mon        | 0930-1030   | 13          |  |
| Tai Chi                                   | 5 Feb        | Mon        | 0930-1045   | 19          |  |
| Bridge Rubber Play                        | 29 Jan       | Mon        | 0930-1200   | 17          |  |
| Find Your Inner Dancer                    | 12 Feb       | Mon        | 1000-1030   | 26          |  |
| Golf Croquet: Introduction                | 7 May        | Mon, Fri   | 1000-1200   | 21          |  |
| Latin Advanced                            | 12 Feb       | Mon        | 1015-1115   | 14          |  |
| Art Workshop                              | 5 Feb        | Mon        | 1030-1430   | 6           |  |
| Latin IV                                  | 12 Feb       | Mon        | 1130-1230   | 15          |  |
| Italian, Intermediate                     | 5 Feb        | Mon        | 1215-1315   | 14          |  |
| French Language & Literature              | 5 Feb        | Mon        | 1400-1530   | 13          |  |
| Armchair Travel                           | 26 Feb       | Mon        | 1600-1730   | 30          |  |
| <b>Tuesday</b>                            | <b>Start</b> | <b>Day</b> | <b>Time</b> | <b>Page</b> |  |
| Bird Watching                             | 13 Mar       | Tue        | 0845-1100   | 20          |  |
| Music in the Lounge Room                  | 13 Feb       | Tue        | 1900-2130   | 24          |  |
| Social Dog Walking                        | 30 Jan       | Tue        | 0930-1030   | 22          |  |
| Cosmic Philosophy                         | 6 Mar        | Tue        | 1000-1100   | 12          |  |
| Aboriginal History: Our Shared History    | 6 Feb        | Tue        | 1000-1200   | 6           |  |
| History of Technology                     | 7 Aug        | Tue        | 1000-1200   | 8           |  |
| Warm Water Exercise for Arthritis         | 6 Feb        | Tue        | 1030-1300   | 19          |  |
| Intuitive Development through Relaxation  | 6 Feb        | Tue        | 1100-1200   | 18          |  |
| Pathology Basics                          | 17 Apr       | Tue        | 1000-1100   | 29          |  |
| Bridge Duplicate Competition              | 30 Jan       | Tue        | 1315-1615   | 16          |  |
| First Tuesday Book Group, The             | 6 Feb        | Tue        | 1330-1500   | 9           |  |
| The Writing Room                          | 13 Feb       | Tue        | 1330-1600   | 11          |  |
| Guitar Playing 2                          | 30 Jan       | Tue        | 1345-1430   | 23          |  |
| Camino Walks in Europe                    | 6 Feb        | Tue        | 1400-1530   | 30          |  |
| Trigonometry Plus                         | 1 May        | Tue        | 1400-1530   | 29          |  |
| U3A Castlemaine Choir                     | 30 Jan       | Tue        | 1530-1730   | 25          |  |
| Play Watchers                             | 13 Mar       | Tue        | 1600-1730   | 11          |  |
| <b>Wednesday</b>                          | <b>Start</b> | <b>Day</b> | <b>Time</b> | <b>Page</b> |  |
| Bush Walking                              | 31 Jan       | Wed        | 0830-1130   | 21          |  |
| French II (Wednesday)                     | 7 Feb        | Wed        | 0930-1030   | 13          |  |
| Bush Rambling                             | 7 Feb        | Wed        | 0930-1100   | 21          |  |
| Music Appreciation                        | 7 Feb        | Wed        | 0930-1130   | 23          |  |
| Table Tennis                              | 31 Jan       | Wed        | 0930-1200   | 19          |  |
| Wednesday Painting "en Plein Air": Autumn | 7 Feb        | Wed        | 0930-1230   | 7           |  |
| Latin II                                  | 14 Feb       | Wed        | 1000-1100   | 15          |  |
| From Ragtime to Rock                      | 4 Apr        | Wed        | 1000-1145   | 23          |  |
| Circle Dancing 1                          | 7 Feb        | Wed        | 1000-1200   | 26          |  |
| Circle Dancing 2                          | 5 Sep        | Wed        | 1000-1200   | 26          |  |
| The Russian Revolution                    | 18 July      | Wed        | 1300-1430   | 9           |  |
| Science Helping to Feed the World         | 1 Aug        | Wed        | 1000-1200   | 29          |  |
| Latin I                                   | 14 Feb       | Wed        | 1100-1200   | 15          |  |
| Prose & Poetry of Emily Dickinson         | 10 Oct       | Wed        | 1100-1300   | 11          |  |
| Bridge Bidding for Beginners or Revision  | 7 Feb        | Wed        | 1300-1530   | 16          |  |
| Bridge: How to play the cards             | 7 Mar        | Wed        | 1300-1530   | 16          |  |

## Courses by Day

|                                              |              |            |             |             |  |
|----------------------------------------------|--------------|------------|-------------|-------------|--|
| Ballet Appreciation                          | 21 Feb       | Wed        | 1330-1500   | 26          |  |
| Italian 1 Level 2                            | 31 Jan       | Wed        | 1400-1500   | 14          |  |
| Worried about your Memory?                   | 2 May        | Wed        | 1400-1530   | 13          |  |
| Musicals                                     | 28 Mar       | Wed        | 1400-1600   | 25          |  |
| Opera, Introduction to                       | 7 Feb        | Wed        | 1400-1600   | 24          |  |
| Understanding Opera                          | 14 Mar       | Wed        | 1400-1600   | 25          |  |
| Caroline Chisholm                            | 7 Feb        | Wed        | 1530-1630   | 7           |  |
| Do we blame Napoleon or Bismarck?            | 2 May        | Wed        | 1530-1700   | 7           |  |
| <b>Thursday</b>                              | <b>Start</b> | <b>Day</b> | <b>Time</b> | <b>Page</b> |  |
| Italian Advanced Conversation                | 1 Feb        | Thu        | 0930-1100   | 14          |  |
| Exploring Popular Music                      | 8 Feb        | Thu        | 1000-1100   | 23          |  |
| Latin III                                    | 8 Feb        | Thu        | 1000-1100   | 15          |  |
| Mindfulness Meditation                       | 1 Feb        | Thu        | 1000-1100   | 18          |  |
| Chess                                        | 1 Feb        | Thu        | 1000-1130   | 17          |  |
| Recorder Playing                             | 1 Feb        | Thu        | 1100-1145   | 25          |  |
| Secret Men's Business                        | 15 Feb       | Thu        | 1200-1400   | 18          |  |
| Over Eighties' Luncheon                      | 8 Feb        | Thu        | 1230-1430   | 18          |  |
| Australian Nobel Prize Winners               | 22 Mar       | Thu        | 1230-1400   | 28          |  |
| China – the Emerging Giant                   | 31 May       | Thu        | 1000-1200   | 28          |  |
| International Trade and Transport            | 2 Aug        | Thu        | 1300-1530   | 12          |  |
| Energy Efficiency in the Home                | 19 Apr       | Thu        | 1330-1530   | 29          |  |
| Photography and Digital Imaging              | 8 Feb        | Thu        | 1330-1530   | 27          |  |
| Just Write – Mostly Memoir                   | 8 Feb        | Thu        | 1330-1600   | 10          |  |
| Coming to Power of Hitler and the Nazis      | 11 Oct       | Thu        | 1400-1530   | 8           |  |
| Non-Book Club, The                           | 15 Feb       | Thu        | 1500-1630   | 10          |  |
| Scrabble for Fun                             | 8 Feb        | Thu        | 1500-1700   | 18          |  |
| Solo Whist                                   | 1 Feb        | Thu        | 1700-1900   | 19          |  |
| Wine Appreciation                            | 1 Feb        | Thu        | 1930-2130   | 20          |  |
| <b>Friday</b>                                | <b>Start</b> | <b>Day</b> | <b>Time</b> | <b>Page</b> |  |
| Fabulous Friday Flicks                       | 16 Feb       | Fri        | 0930-1230   | 27          |  |
| Peace Education Program                      | 20 Apr       | Fri        | 1000-1100   | 12          |  |
| Peace Education Program 2                    | 28 Sep       | Fri        | 1000-1100   | 12          |  |
| English Literature                           | 9 Feb        | Fri        | 1000-1200   | 9           |  |
| How to Maximise Your Pension                 | 20 Apr       | Fri        | 1000-1200   | 17          |  |
| Warm Water Exercise for Arthritis            | 2 Feb        | Fri        | 1100-1330   | 20          |  |
| Playing Ukulele 1                            | 2 Feb        | Fri        | 1300-1345   | 24          |  |
| Double Injustice: Hillsborough disaster 1989 | 18 May       | Fri        | 1300-1430   | 8           |  |
| Issues of Concern                            | 9 Feb        | Fri        | 1330-1530   | 28          |  |
| Requiem . . . and then                       | 2 Feb        | Fri        | 1330-1530   | 25          |  |
| Guitar Playing 1                             | 2 Feb        | Fri        | 1400-1445   | 23          |  |
| Coffee, Cake and Conversation                | 16 Feb       | Fri        | 1400-1600   | 17          |  |
| Pétanque                                     | 2 Feb        | Fri        | 1400-1600   | 22          |  |
| Playing Ukulele 2                            | 2 Feb        | Fri        | 1500-1545   | 25          |  |
| Opera: An Occasional Evening Series          | 2 Feb        | Fri        | 1900-2200   | 24          |  |
| <b>Saturday</b>                              | <b>Start</b> | <b>Day</b> | <b>Time</b> | <b>Page</b> |  |
| Solos Group                                  | 17 Feb       | Sat        | 1230-1430   | 19          |  |
| Intro to the Teachings of Krishnamurti       | 3 Feb        | Sat        | 1400-1530   | 10          |  |
| <b>Other</b>                                 | <b>Start</b> | <b>Day</b> | <b>Time</b> | <b>Page</b> |  |
| La Trobe University Lectures                 | 5 Mar        | Various    |             | 6           |  |
| Northern Tasmania Garden Tour                | 22 Oct       | Various    |             | 30          |  |

## U3A Castlemaine 2018 Dates

**Membership for 2018** will be open on line from Monday 27 November 2017.

**Course selection and enrolment** is available from 9am Tuesday 9 January.  
**Enrolling on line** is the quickest and most effective way to obtain a place in your choice of courses.

**Enrolment Day** – 9am to 1pm Tuesday January 9 at Uniting Church Hall, Castlemaine

**January Office Opening Hours** –

Wednesday 10, Thursday 11 and Friday 12 from 9am till 12pm

**Extreme Heat arrangements** – enrolment day will be Wednesday January 10 and the office will open on Monday 15 and Tuesday 16

**Course Leaders Information Session** – Tuesday 23 January

**Coffee Mornings** – first Friday of the month from February to December.

## OFFICIAL HOLIDAYS 2018

### SCHOOL TERMS AND HOLIDAYS

**Term 1:** Tuesday January 30 – Thursday March 29 (9 weeks)

School Holidays: Friday March 30 to Sunday April 15

**Term 2:** Monday April 16 – Friday June 29 (11 weeks)

School Holidays: Saturday June 30 to Sunday July 15

**Term 3:** Monday July 16 – Friday September 21 (10 weeks)

School Holidays: Saturday September 22 to Sunday October 7

**Term 4:** Monday October 8 – Friday 21 December (11 weeks)

Summer 2018/19 School Holidays: Saturday December 22 to Tuesday January 29, 2019

### PUBLIC HOLIDAYS

January 1 Monday New Year's Day

January 26 Friday Australia Day

March 12 Monday Labour Day

March 30 Friday Good

March 31 Saturday Easter

April 1 Sunday Easter

April 2 Monday Easter

April 25 Wednesday ANZAC Day

June 11 Monday Queen's Birthday

TBC September AFL Grand Final Holiday

November 6 Tuesday Melbourne Cup

December 25 Tuesday Christmas Day

December 26 Wednesday Boxing Day

**Daylight Saving 2019:** Ends Sunday April 18 Starts Sunday October 7

### **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 entering an emergency contact, and we will not be able to register you online without one if you submit a paper Membership form (rather than joining online).

**It is also 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.

### **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 9.30pm - 11.30pm 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, Information Technology 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 completed, and collecting any fees incurred for the class.
- ❖ Assisting with printing and distribution of *Third Thoughts* newsletter, and perhaps taking on the Editor's role when it becomes vacant.
- ❖ Assisting with the annual compilation, printing and distribution of the prospectus.



Castlemaine  
Community  
Health

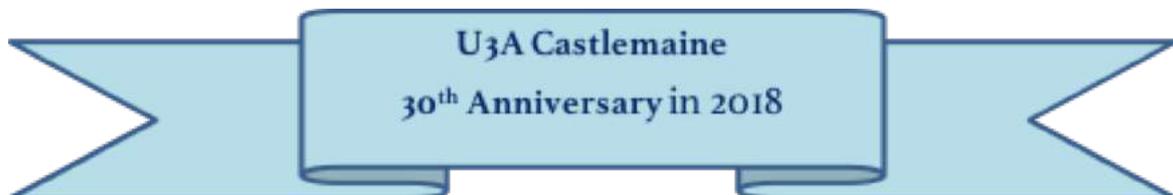
**THEATRE ROYAL**  
SINCE  1854  
**CASTLEMAINE**



**Castlemaine Mail**



**U3A Castlemaine acknowledges with thanks the ongoing support of our community partners.**



## Frequent questions about U3A

|                                                            |                                                                                                                                                                                                                                                                                                                                                                                          |
|------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Is U3A Castlemaine a University?</b>                    | No. It is a place where older people are encouraged to share and learn about things of mutual interest.                                                                                                                                                                                                                                                                                  |
| <b>How old do I have to be to join?</b>                    | There is no age restriction, but you need to be retired or semi-retired.                                                                                                                                                                                                                                                                                                                 |
| <b>Do I need qualifications to join?</b>                   | No.                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>How much does it cost to join?</b>                      | The annual subscription in 2018 is \$60.                                                                                                                                                                                                                                                                                                                                                 |
| <b>Is there a charge for attending classes?</b>            | Generally, no. A few classes have a small fee to cover rent or materials used.                                                                                                                                                                                                                                                                                                           |
| <b>How many classes can I attend?</b>                      | 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.                                                                                                                                                                                                                                   |
| <b>When are the activities held?</b>                       | Most activities are held during the day on Mondays to Fridays.                                                                                                                                                                                                                                                                                                                           |
| <b>Are classes held in school holidays?</b>                | Some classes continue, others are cancelled.                                                                                                                                                                                                                                                                                                                                             |
| <b>How often do class groups meet?</b>                     | 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.                                                                                                                                                                                                               |
| <b>Who are the course leaders?</b>                         | 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.                                                                      |
| <b>How do I find out about the courses and activities?</b> | 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. Thereafter, new classes and activities are advertised in our monthly newsletter, <i>Third Thoughts</i> . |
| <b>How do I join a class or group?</b>                     | Visit our website <a href="http://www.u3acastlemaine.com">www.u3acastlemaine.com</a> and select MyU3A login. Then follow the instructions to become a member and enrol in courses or activities.<br>Course Selection days are held in conjunction with Membership Subscription Enrolments in mid-January.                                                                                |
| <b>Who runs U3A Castlemaine?</b>                           | A Committee of six elected Office Bearers and five elected members. Class representatives are encouraged to attend Committee meetings.                                                                                                                                                                                                                                                   |
| <b>Who are class representatives?</b>                      | 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.                                                                                                                                     |

U3A Castlemaine Inc.  
PO Box 792, Castlemaine 3450  
4 Duke Street Castlemaine (opposite Motel)

[www.u3acastlemaine.com](http://www.u3acastlemaine.com)  
[u3acastlemaine@gmail.com](mailto:u3acastlemaine@gmail.com)  
**Telephone: 03 5472 2249**