



Volume 30 No. 6

JULY 2017

Reg. A0017409G

### Painting en Plein Air – Autumn 2017

Painters en plein air are somewhat like farmers. They are obsessive about the weather: wind, sun, clouds, frost, and flood. Prefer to avoid rain, hail and snow, and sizzling heat.

As a rule, via email, 'en plein air' painters confer a day or two before painting out as to where, when, and whether we would weather the weather for the coming week. In April I had reason to communicate:

*I heard that the leaves flew off the trees at Vaughan during the spirited storm. So much for clumping leaves of rich autumn hues. Looks like we'll be painting and sketching balding trees, or their skeletons. Although, these too have drama or beauty of their own.*

Vaughan was one of our well-loved locations. We had so eagerly been anticipating the magic of autumn in order to capture the old deciduous trunks flirting with branches of colourful sun and fire-toned autumn foliage in contrast with sunlit trunks of scribbling gums, their shadows cast on rocky outcrops, and reflected in the creek.

Three days of painting at Vaughan turned out to be perfect autumn days as we sketched and painted to our heart's delight, also illustrating how nature works for or against you. Regardless of the days, the outcomes become embalmed in your memory bank. As one would correctly surmise, these artful encounters are numerous.

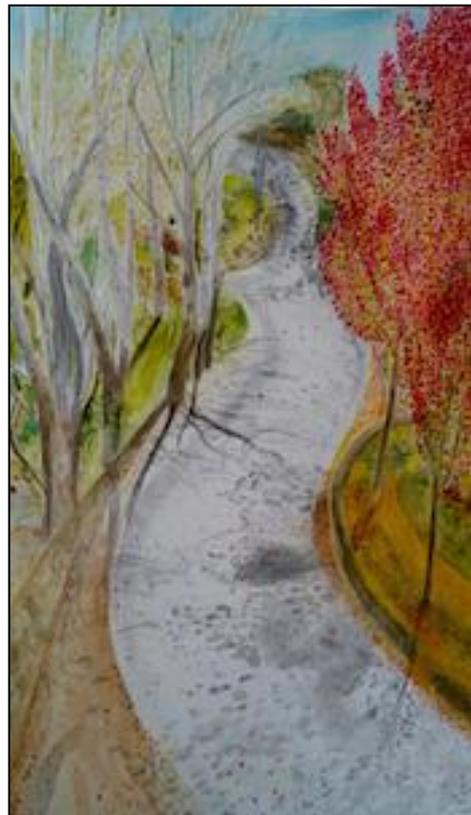
Painting en plein air in autumn you could say is addictive; absorbing. Imagine a group of painters totally engaged, transfixed upon capturing the essence of the subject to interpret those fleeting moments in the day when shadows create abstract patterns in the landscape to reveal chinks of dappled sunlight slicing through, and pools of water that mirror overhanging trees, and brilliant blue skies.

Amid the grandeur of our subjects we were the dwarfs. In gardens, streams, lakes, hills, outcrops of giant boulders we painted in oil, gouache,

watercolour, pastel, and sketched in charcoal, conte, and pencil on various types of paper clipped to an art board, or in visual diaries, and on canvas. Autumn, 2017, was a dream time to work on location in harmony with nature. Pure pleasure. During winter many of our smaller works will be developed into larger compositions.

**Sandra Finger Lee**

[gr8sheoak@bigpond.com](mailto:gr8sheoak@bigpond.com) 0429 439 015



*Vaughan Springs* by Ruth Munro

### Remembering Dorothy Bessant

1930 - 2017

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### U3A Castlemaine Contact Information

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#### U3A Castlemaine Office Details

The Office is located at the 'Octopus' opposite the Castle Motel in Duke Street, Castlemaine

#### Office Hours:

**Monday to Thursday 9.30-11.30am**

**5472 2249**

P.O. Box 792, Castlemaine 3450

[u3acastlemaine@gmail.com](mailto:u3acastlemaine@gmail.com)

**Hilary Beckett is away until end August**

**July contact Vicki Holmes 0428 480 445**

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

**MyU3A:** go to U3A Castlemaine website and click on MY U3A LOGIN At the top of the page

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

**July Speaker:** Darren Fuzzard, CEO,  
Mount Alexander Shire Council

**July Hosts:** *Choral – Singing Together*

**August Speaker:** Judy Coram,  
Medecins Sans Frontieres

**August Hosts:** *Issues of Concern* and  
*First Tuesday Book Club*

**September Speaker:** Michael McMahan, Castlemaine and District Accommodation and Resource Group (CADARG)

Go to our website to read *Third Thoughts* in colour –

**The deadline for the AUGUST issue is FRIDAY 21<sup>st</sup> July**

Send items to [u3acastlemainenews@gmail.com](mailto:u3acastlemainenews@gmail.com)

## President's Report

Hello everyone!

While the winter solstice has occurred and the days now begin to lengthen, there is still a lot of wintry weather before us. I do wish for you all to be warm and comfortable and to continue to be able to attend your chosen classes and group activities. Rug up!

Many committee members have escaped to warmer places. There were only five of us at the June Committee meeting – enough for a quorum, and enough to deal with a long agenda and get a lot done. Janet Gilmore from the Governance Working Group attended and spoke of the importance of good governance. Thank you Janet.

I am very pleased to welcome two new volunteers who have joined working groups. Thank you to Judith Beaumaris who has joined the Governance Working Group and Babs McKinnon who has joined the Courses Working Group.

And thank you to volunteers who are looking after our Office in Hilary Beckett's absence. The Office in Duke Street is the public face of U3A and the volunteer workers there are our ambassadors. Please check your diary and keep your commitment to the Office Roster. See separate notice on page 2 for Office contacts during Hilary's absence.

There has been a serious issue with the key safe to the Manse Room. **It is essential to put in the code again when returning the keys.** Trying to bang the unit shut had caused damage to the expensive key safe. Fortunately Jim Blain was able to mend the safe but Elizabeth Brown needed to come in from Maldon to return the keys in the evening. Thank you both for attending to that recent emergency. For me the highlight of the month was excellent presentation of information to course leaders by Carolyn Taplin from Alzheimer's Australia. Carolyn, an accomplished presenter, illustrated her talk with a wealth of pertinent stories. Over 25 of our course leaders attended this Information Session and will now have a much better idea of understanding and coping with members who are showing signs of changed behaviour and who might be developing Alzheimer's or other forms of dementia. Discussion was lively and feedback was positive. It is clearly an issue within our courses and activities. Course leaders and other members are keen to respond both positively and kindly to ensure that affected members are able to participate safely and with minimal distress to them and others. I've asked for another session, open to the general membership. You will be advised by email of the date and time, probably a Saturday morning.

Apparently some members are having difficulty with the hearing loop at Coffee Mornings. I would ask those concerned to check **how to switch their aid on** to use the hearing loop. Modern hearing aids are quite complex/sophisticated and few are the same. Jim Blain is aware of the problem and will be around to help you at coffee morning if needed.

There are some terrific events and outings being planned by the Events Working Group in the weeks and months to come. See notices in this and following Newsletters. I look forward to catching up with some of you on these occasions.

**Win Jodell**

u3acm.pres@gmail.com

0423 423 247 or 5472 3792



### **POSITION VACANT COURSE COORDINATOR**

**Are you an organiser?**

**Can you work within a team?**

**Are you computer literate?**

**Would you like to be part of a vital  
component of U3A Castlemaine?**



**Could This Be You?**

**Would you like to know more about the  
position?**

**Then contact Win Jodell as above**

## Course Coordination Working Group

We are pleased to welcome Babs MckInnon to the working group, but sad to farewell Deidre McDougall. Deidre has a long rehabilitation ahead following her most recent hip surgery and is not sure when she will be able to return to an 'active' life. We wish her all the best for her recovery.

Our July meeting will see us commencing planning for 2018 courses, membership and enrolments. If you are interested in leading a course next year, or know of someone who would be interested in leading a course, this is the time to think it through. Applications to run a course will be sent out in the next few weeks. The months ahead will be a busy time for our working group and a few more members to cover this period would be very welcome. If you think you could assist with some of the tasks please contact us on the email address below.

**Places are still available in the following courses – courses in bold are new and commence in third or fourth term**

- *Armchair Travel* – Mondays 4<sup>th</sup> monthly, commencing again in August, 4-5.30pm all year
- *Bridge* - Tuesdays weekly 1.15-4.15pm year long
- *Chess* - Thursdays weekly 10-11.30am year long
- *Choral: Singing Together* – Tuesdays weekly 3.30-5.30pm all year
- ***Cosmic Philosophy and the 'Numinous'*** - Tuesdays 3<sup>rd</sup> and 4<sup>th</sup> monthly 10-11am 5<sup>th</sup> September to 19<sup>th</sup> December
- *Fabulous Friday Flicks* - Fridays 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> of month, commencing again in August, 9.30-12.30pm
- *German Through Reading* – Tuesdays 4<sup>th</sup> monthly 10.30-11.30am 10<sup>th</sup> Oct to 19<sup>th</sup> Dec
- *Movies of Merit* - Thursdays weekly 10am-1pm all year – **enrol at the Theatre Royal any Thursday.**
- ***Ottoman Empire*** – Tuesdays 3<sup>rd</sup> and 4<sup>th</sup> monthly 10-11.30am 15<sup>th</sup> Aug to 28<sup>th</sup> Nov
- ***Peace Education Program 2*** Fridays weekly 10-11am 29<sup>th</sup> Sept to 22<sup>nd</sup> Dec
- *Tai Chi* (two groups) - Mondays weekly 9.30-10.45am all year
- ***Treasures of the Earth: Geology*** - Thursdays weekly 10-11am 7<sup>th</sup> Sept to 21<sup>st</sup> Dec
- *Warm Water Exercise for Arthritis* - Tuesdays and Fridays weekly 11-1.30pm all year

**La Trobe University Lectures – Last chance to register for Semester two!**

**Log on to MyU3A to enrol in any of these courses, or to obtain contact details for the Course Leader.**

**Robyn Yeoman**

On behalf of the Course Coordination Working Group

[u3acm.courses@gmail.com](mailto:u3acm.courses@gmail.com)

## **The Final Frontier: Neuroscience Research at the Florey**

Series 2 of four daytime lectures will be held from August to November continuing our introduction to the world of neuroscience research at the Florey.

**Time:** 11am - 12.15pm

**Where:** Ian Potter Auditorium, Melbourne Brain Centre, 30 Royal Parade, Parkville.

**How to get there:**

**Public Transport:** Tram 19, stop 11 (opposite Royal Melbourne Hospital) right outside the Melbourne Brain Centre. Look for the Dr Dax cafe sign, enter foyer on the left and you are there.

**Car:** Parking, including many disabled spaces, is available under the building with li0 access to the foyer/auditorium. **Cost:** Free

**Bookings Essential:** book online for each talk via the Florey's Eventbrite booking website. These websites will not open from the newsletter, so copy and paste into your Internet search.

Alternatively go to [www.eventbrite.com.au](http://www.eventbrite.com.au) and search for the course. We recommend that you book promptly because seats are limited.

### **Addiction and the Obesity Epidemic**

**Tuesday 8<sup>th</sup> August** Dr Robyn Brown

What does the latest addiction research tell us about the increasing obesity epidemic? Could fat and sugar be as addictive as cocaine?

[https://www.eventbrite.com.au/Florey>Addiction and the Obesity Epidemic.](https://www.eventbrite.com.au/Florey>Addiction+and+the+Obesity+Epidemic)

### **Imaging**

**Tuesday 22<sup>nd</sup> August** Prof Graeme Jackson

Imaging the pathways in the living brain – from opera singers and musicians to epileptic teens.

[https://www.eventbrite.com.au/Florey Imaging](https://www.eventbrite.com.au/Florey+Imaging)

### **The Healthy Brain Project**

**Tuesday 12<sup>th</sup> September** Dr Yen Ying Lim

The Healthy Brain Project: an overview of the Florey's online study of people with a family history of dementia.

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## Dorothy Bessant

Farewell to Dorothy, long time member of U3A Castlemaine.

I picture her getting out of her bottle-green car, usually late, a slight, frail figure, full of determination that nothing would stop her, wearing those unique clothes, surely chosen with an artist's eye. (Did she ever wear the same thing twice?)

Her family gave her a wonderful 80th birthday party in her house on that impossibly steep, rocky hillside overlooking Campbell's Creek- a house full of her own artwork and precious things gathered from her long life.

She wrote a long account of her childhood for *As if it Were Yesterday*, but never mentioned the months she spent in hospital as a child. And she had many visits to hospital in her latter years, before the final days in Maldon hospital with a broken hip.

There was a time when she damaged her hand badly playing Lifeball with U3A, and another time on an outing to the Grampians, when she fell ill and some members waited anxiously at 2am for the ambulance to find its way to the hostel.

She was the first leader of the Short Walks group, (now the Ramblers) and produced a wonderful map of their excursions for the Governor's visit. She sang in the choir and came to OBE (Over Bloody Eighty) monthly lunches, though not always finding it easy to hear what was being said. She was very concerned for Aboriginals and Refugees.

At times there were concerts, poetry, a Book Group, where she often had unusual and controversial judgments. There was a conversation group weekly in fluent French, (she was a former teacher) and wildflower walks in spring with the Field Naturalists.

Someone said, 'The last of the Bohemians'.

Her greeting was apt to be '*Hullo there*'.

Now, from her many friends it has to be '*Goodbye there*'.

**Penny Garnett**



## Eucalypts in Autumn

Seven years I've lived here seventy more  
in all yet never before

seen this

this gentle rain of pale gold blossom  
falling down from a cloudless heaven  
falling like snowflakes

drifting through the windless air

settling slowly

settling silently

till at length they lie

whorl upon whorl upon whorl

a galaxy of Van Gogh stars

shining in a sky of leaves

That I should chance to be

sitting here

on this veranda

in this old cane chair!

All things come

to those who wait it's said

and this thing

most well-come

is to me

this to see

in autumn

in my seventy-seventh year

© Dorothy Bessant

Winters come and I am glum

And that's a lovely thing.

It sweeps away the sheer dismay

That human beings bring.

Winter please, just make me freeze

And ease my burning brain:

My overheated, much repeated

Existential pain.

Make me feel intensely real

And lash me as you choose

So I won't dwell upon the hell

Of people in the news.

Leunig



**New Chewton Community Website  
launched: <http://chewton.net>**

NB: the link does not work from the newsletter, however the web address should work from your Internet browser.

**Getting to know you ...  
meet Vice President  
John Pizzey**



I was born in August 1944 in Slough UK during an air raid, it would appear that Mr Hitler was less than pleased with my arrival in this world, but we survived and post war returned to the family home in Fulham in SW London where I grew up.

I met my Australian born wife Margaret in Bristol and after a whirlwind courtship we flew to Australia to meet her parents and to marry in Tamworth NSW.

During my working life I have been in the printing trade, sales and marketing of printing machinery in the UK and Australia, our own franchised printing business, and caravan sales. I was a director of the Franchise Council of Australia.

When we were ready for a final retirement after much research we decided on Castlemaine and so we bought an old Art Deco house in Berkeley Street and moved in September last year and we are loving it! Moving to a new town is not easy, it's important to make new friends in your new town and we decided that U3A was an excellent place to start this process, Marg had experience of U3A in NSW and had enjoyed it so why not in Castlemaine. We both signed up soon after arriving here and it has proved to be everything we expected, Marg is enjoying new friends and experiences through Rambling and Gardening and I have been learning Bridge, Petanque, and honing my mentoring skills whilst making a bunch of new friends.

But I cannot be in any organisation without becoming totally involved and in true John Pizzey fashion I also offered my services to U3A as a volunteer on a working group, Win Jodell asked me to be part of the Governance group where she saw my business experience as beneficial and I was soon an enthusiastic part of the team. I also learnt that there was a major hole in the Committee, we had no Vice President and despite seeking a suitable volunteer for this important role for many months nobody was prepared to take it on. Without a Vice President there is no plan for the future management of the organisation and it was vital that somebody accept this responsibility, so after much consideration I have agreed to accept the role.

I am new to Castlemaine and it's a wonderful U3A organisation that provides such a great facility to an ageing community. I am enthusiastic to see it progress and to offer even more courses and lifestyle activities. I will be working with your Committee to achieve this, but I will need help and I ask anybody who thinks they have something to offer in making our U3A the best in Australia to contact us through the U3A Castlemaine office so that we can get together and work out how best you can help.

I look forward to hearing from you soon.

**John Pizzey 0491 118 360**

**NB: this is an abridged version of John's story. The full text is on our website notice board.**

**Cryptic Crossword Solving**

As requested by the enthusiastic members of Cryptic Crossword Solving who attended the final session, here is the solution to the last challenge.



I hope that all participants found the course helpful, stimulating and good fun.

**Christobel Comerford**

**Coffee Morning Cake Raffle Update**

**The March cake** was cooked by Lynda Prest and won by Eileen Park. Eileen said she froze it until her family visited. They were surprised to find a homemade cake for afternoon tea. It didn't last long!

**The April cake** was one of Sally Kaptein's masterpieces and was won by Sue Proeve.

**The May cake** was the creation of Helen Morris and won by Joe Scoglio. It was his birthday so as we handed the cake over to him we sang Happy Birthday. A great start to his special day!

Thank you to the cake makers and thank you to all those who buy tickets or just donate a dollar or two.

Our usual ticket sellers Betty and Enid have both had health problems. Best wishes for a good recovery. I hope they will be back selling the tickets for the July cake raffle.

**Beryl Leavesely**  
berylleavesely@hotmail.com



## Visit to State Library Victoria

328 Swanston Street, Melbourne (Cnr Latrobe Street)

### **Mirror of the World : books and ideas**

An exhibit of old and rare books - discover the many rare and beautiful books held in the collections.



A dialogue, or, rather a parley between Prince Ruperts dogge whose name is Puddle and Tobias dog whose name is Pepper (detail), London, 1643, John Emmerson collection

**Friday, July 28<sup>th</sup>**

This involves a one hour guided tour of the exhibit after which people are free to wander around other exhibitions.

**Cost of entry:** Free

**Meeting place:** The front foyer of the State Library, Swanston Street, Melbourne

**Time of the tour:** 10.30 – 11.30am

**Transport:** The 8.06am Castlemaine train should get one to Melbourne in time to catch a tram up Collins or Bourke Street and then a tram along Swanston Street. Maximum tour numbers: 25 people

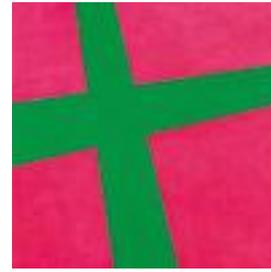
Enquires: Babs McMillan [cybasy@gmail.com](mailto:cybasy@gmail.com)

### **Castlemaine Documentary Film Festival (CDOC) returns to the iconic Theatre Royal this July 21<sup>st</sup> to 23<sup>rd</sup>**

Opening the Festival is **Tabloid** by Errol Morris—a hilarious, highly original and topical examination of how truth, lies and deception have become so interchangeable in today's media saturated world. We will follow this riveting film with an audience Q&A and a lively panel debating **Truth and the Media in our post-fact age**. In a time where anyone can now say anything, has truth finally been sacrificed on the altar of spin, image and presentation? Details and bookings at [www.cdccff.com.au](http://www.cdccff.com.au). **Geoffrey Smith**

## Heide Museum of Modern Art

Exhibitions: Albert Tucker and Fred Williams, the Boyd family, Sidney Nolan, *Constructivism and Australian Art*



1. Gunter Christmann, Red/Green Cross 1966, oil on composition board, 122 x 122 cm, National Gallery of Victoria, Melbourne, Purchased 1992 © Estate of Gunter Christmann and Niagara Galleries, Melbourne

**Tuesday 15<sup>th</sup> August 2017**

We will be using community buses. Therefore, there is a maximum of 24 people, including volunteer drivers. This excursion is dependent on a volunteer (with a car licence) to drive each of the two buses. Volunteer drivers will have their \$15 refunded.

**Cost of transport:** \$15 (to be paid when signing on – **pay deadline is Monday, Aug 7**)

**Cost of entry:** \$18 adult, \$16 senior, \$14 pensioner (to be paid at the museum)

**Meeting place and time:** 8.30am in the Uniting Church car park. Leave Heide at 2pm and arrive home around 4pm.

**Enquires: Joe Scoglio**  
[u3acm.events@gmail.com](mailto:u3acm.events@gmail.com)

### **Florey Lectures** from Page 4

Perhaps you will sign-up?  
[www.eventbrite.com.au/FloreyTheHealthyBrainProject](http://www.eventbrite.com.au/FloreyTheHealthyBrainProject)

#### **Genetics**

**Tuesday 14<sup>th</sup> November** Ass Prof Jus/n Rubio  
Genetics - what impact do genes have on our future brain health and how do we measure their effects?

[www.eventbrite.com.au/FloreyGene5cs](http://www.eventbrite.com.au/FloreyGene5cs) and our Future Health

# Around the classes 2017

## Fabulous Friday Flicks

In May and June the Friday Flicks class rounded out their portrait of director Kenneth Loach with screenings and discussions of *Sweet 16*, *Riff Raff* and *I, Daniel Blake*. Previously, *Raining Stones* and *Looking for Eric* had been seen along with the excellent 2016 documentary entitled *Versus: the Life and Work of Ken Loach*.

For a bit of lighter relief and to complement our theme, *Happy Go Lucky* and *Topsy Turvy*, two films by Loach's fellow British director Mike Leigh were also shown.

Please note that there are **no screenings** in July for Friday Flicks and our next classes together will be Fridays 18 and 25 August when we begin a new theme to explore.

There are still places available in this class and new members are welcome.

For more details contact the class leader, Bev Orgill on email [philandbev@hotmail.com](mailto:philandbev@hotmail.com).

## Solo Group

The July group will meet on **Saturday the 15<sup>th</sup>** of the month at the **home of Fran Scutt**.

Phone: 0408 183 407

Hope you can make it...the days are getting longer, not quite warmer...but great fun catching up.

**Eva Haarbarger** 5472 3391

## Playing Ukulele and Guitar Playing

We are thoroughly enjoying our weekly classes and some members meet to play together in between classes, enjoying the company and time playing together.

On 30<sup>th</sup> May four members visited Langley Primary School to entertain the 45 pupils and staff. We had a very happy hour with the children and were able to encourage them to clap, sing and march in time to our playing. The senior pupils baked delicious brownies and blueberry muffins to enjoy with tea and coffee before we left. We are looking forward to more outings in the future.

**Angela Sye** 0434 201 701

## Singing Together – The Choir

### JULY

Wintry days may bring on the doldrums, but not if you belong to the U3A choir. Singing really does lift your spirits. Our afternoon begins with class leader Angela asking us to stand and breathe. (At this point my silent irreverent comment is *I thought I was!*) Seriously though, breathing deeply feels so good.

After five long, slow breaths we see how long we can hold the breath while counting for as long as possible, and the competition is fierce. At the moment, we are working on some enjoyable music including two gentle Aboriginal songs and the challenging John Denver song *Take me home country roads*. I'm sure that when we leave for home, we all feel a lot better than when we started.

**Fran Scutt**

### JULY

The U3A choir has been busy over the last month practising for a performance at Castlemaine Health's Ellery House on the 28<sup>th</sup> June. Angela, the choir leader, has chosen lots of old time favourites that many of the residents will know and will be able to sing along to. Also in the mix are a few Beatle hits, *Michelle*, *Hey Jude* and *Yesterday* that we hope will be enjoyed.

The choir has also been hard at work on a complex piece called *You Light Up My Life*, which I am sure some of you will remember from the movie of the same name. It's a challenging work and John, our pianist, has been patiently assisting us all to learn our parts.

If you like to sing, the choir has plenty of room for newcomers and you would be very welcome. The choir meets on a Tuesday from 3:30-5:30pm at the Salvation Army Headquarters in Kennedy Street.

**Narelle Thomason**

## OBE Lunch Group

We will meet at the *Five Flags Hotel* in Campbell's Creek at

**12.30pm**

on

**Wednesday 12<sup>th</sup> July**

**Apologies to Eileen Park on 5472 5213**

## Popular Music

We've had a whole lot of variety during these past few weeks, including doo-wop, US West Coast music, songs that tell stories, a celebration of George Harrison, covers of songs written by Tom Waites, and so much more. And the best part is that different class members have presented each one of the themes.

On a down side though, Peter Stephens who started the class three and a half years ago, has decided to take a step back and become an ordinary class member. We totally respect and understand his decision. It's just really good to know that he will stay on and continue to astonish us all with his broad and insightful musical knowledge.

Pete started this class in 2014 and fully expected it to last for one year, yet we have enough themes lined up to fill the rest of this year plus kick off 2018.

Well done Pete. Thanks for a fantastic concept and a whole lot of fun.

**Phil Fletcher** 0409 750 947  
Wombat.fletch@gmail.com

## Armchair Travel

In May we were off on a fascinating trip to Poland. Izi Marmur gave us all an insightful look at his birthplace - historically, geographically and pictorially. We all left feeling much more well-informed and keen to add Poland to our list of must see holiday destinations. Thank you, Izi. We loved it!

In June we headed in the opposite direction – to New Zealand with Helen Hewertson and Ken Richards. After a brief tour of the main NZ tourist sights, the talk focussed on the city of Christchurch. We were given a graphic firsthand account of the recent earthquakes from two people who were there. This was another terrific session. Thanks, Ken and Helen.

Please note that there is **no Armchair Travel class in July** and our next session together will be Monday 28 August when Judy Beaumaris will whisk us all off to Taiwan.

There are still places available in this class and new members are welcome.

For more details contact the class leader, Bev Orgill on email [philandbev@hotmail.com](mailto:philandbev@hotmail.com).

## Dog Walking Group

Our dog walking has been an exploration of Castlemaine and surrounds. We have discovered many different walking areas thanks to the input of group members - *The Red, White and Blue Mine* area complete with picnic tables and barbecues, *Malmsbury Botanic Gardens*, the *Oak Forest* at Harcourt. An unfortunate event occurred whilst waiting in the road below the *Burke and Wills* monument. A large boulder tumbled from a front end loader of the contractors landscaping the Burke and Wills site and ended up damaging Janet's car. Sad for Janet and her car, but if it had continued down the road the result could have been far worse.



Red White and Blue Mine



After the Queen's Birthday weekend a small group of us walked past *Badgers' Keep* over the *Troll Bridge* and instead of turning left beside the pine forest (one of our favourite walks) we turned right and ended up at *Manchester Reef*. The tunnel cut into the sheer rock face with a shaft just inside and appropriately a warning sign at the entrance. At the completion of our walk we returned to the Chewton store for a coffee. and all agreed it was the best Dog Walk we had been on.

**Jill Collier** 5474 8232

## Do you attend the U3A Castlemaine Coffee Mornings and enjoy talking to other members?

Then the Trading Table is the place for you!

We need someone to be on call in case one of the regular helpers is unable to attend.

If interested, please ring either Ruth on 0438 258 115 or Jill on 0419 519 413

Many Thanks  
Jill Bryan

## Photography and Digital Imaging

The subject for the month of May was 'Portraits' and the winner of the 'peoples choice award' went to Greg Pridmore for his photo of Bill Priestley.

Here's what Greg had to say about his photograph:

### **Portrait Of Bill Priestly**

*Normally I have a big aversion to taking portraits of people as they usually look too posed or strained and it is very difficult to catch the true character of the person.*

*Our portrait workshop in the hall proved to be a great success and a lot of fun, with seven of us taking turns to pose, with hats, scarves etc as props.*

*Bill took a good while to relax and many early shots were too bright and Bill not relaxed.*

*Barb's lighting equipment, borrowed from the Castlemaine Camera Club, was of great assistance in enabling us to manipulate the light conditions.*

*This shot worked as Bill was fully relaxed and looking very natural, peering over the top of his specs, obviously taking an intent interest in what the photographer was up to. This all combined to provide great eye contact and good facial expression, capturing Bill's character.*

*By cropping in hard and having low side light and a dark background, his facial expression and highlights have been emphasised.*

*There is nothing else in the shot to distract from Bill's face and the observer is drawn straight to Bill's eyes between the cap and the specs.*



(Photo details: 1/4 sec, f5, iso 100, 62mm)

That was the last of a long series of displays from the photography group at coffee mornings. We have instead put up an exhibit at The Octopus. The two windows to the right of the doors contain a variety of photos taken by various

members. The displays will be changed every six - eight weeks so please have a browse when you're passing by or waiting for groups to assemble for other U3A activities. We hope you'll enjoy them, along with art work from the Monday morning art group in adjacent windows.

June's theme has been 'Motion' so if you've seen anybody loitering in the streets photographing passing cars or trucks etc that'll be us trying to capture the feeling of motion by introducing deliberate 'creative' blur in part of the photo. We had a session attempting to 'pan' running dogs - the idea being that tracking the dogs with the camera results in the dogs in focus with the background blurred. That, I can attest, is much easier said than done.

It will be interesting to see what other ways in which the idea of movement has been captured and as always we look forward to the last session of the month where we see each others efforts. This is always interesting and often very amusing too...

**Pam Connell** pamconnell27@icloud.com

### **Gill Miller's talk at June U3A Coffee Morning**

Gill Miller, head gardener from the Castlemaine Botanical Gardens, has been working at the Gardens for six years now and before that had worked for 13 years at Melbourne Zoo. Her talk reaffirmed for many of us how fortunate we are to have the Botanical Gardens in Castlemaine, and also to appreciate the enthusiasm and expertise of those who care for it.

The site for the Gardens was first established in 1860 but it was the first curator of the Gardens, Phillip Duran (curator 1866-1913), who essentially designed the site and established the major plantings. During that time prisoners from the gaol dug Lake Joanna by hand and Duran got plants from the Melbourne Botanic Gardens. Gill gave an outline of some of the ongoing challenges and creative activities inherent in her job. In 2014 for instance there were 761 significant trees listed in the Gardens, 20 of those on the Victorian Heritage listing. Of those, four had to be taken out last year for safety reasons and two of the trees were next to the Tea Rooms. One of these has now been totally removed but the other one still has part of its trunk remaining as it was discovered to be a habitat for wildlife. Her job also involves monitoring the risk of branches falling and pruning any dead wood. Recently they pruned 15% of the branches of the

Continued Page 12

## ***Finding and Keeping Tutors - Strategies for Success U3A Network Vic Workshop***

Hazel Annear, Phil Fletcher and Monique Thomson attended the workshop on behalf of U3A Castlemaine. Their report follows.

The workshop was hosted by U3A Bendigo and was well attended by U3A members from as far away as Warnambool and as close as Castlemaine. All the reasons for belonging to an organisation such as ours were reinforced; to improve and maintain our minds, bodies and souls by having regular contact with other people and being challenged by different views and activities; having fun, passing on our knowledge. We learnt also that there is a wide variety of abilities and needs that we are challenged to meet and we do this by talking with our members.

We talked about Networking and online courses such as TED Talks (Technology, Education and Development) and MOOCs (Massive, Open, Online Courses) as alternatives to class based courses.

A few interesting strategies from other U3As regarding tutors/course leaders were noted:

- Quarterly informal meetings with course leaders and working group/CoM
- Formal communications to course leaders regarding benefits of leading courses, eg. mental wellbeing
- Summer Program - apply for Council grant and promote it to the whole community
- Regular communications to members to remind about policies & procedures such as heat policy, recording absences, etc.
- Course leader training to include – difficult people, principles of adult learning, conflict issues and resolution strategies
- U3A people attending all council meetings to make a visible presence
- Become member of Senior Citizens (can use rooms)
- Local hotel meeting rooms for venues
- A Class Facilitator (as opposed to the Course Coordinator) mentoring new tutors in the early days and becoming the ongoing contact person for any issues
- Sourcing course leaders from outside U3A – advertising for a course leader for a specific topic
- Making special provision for course leaders who do not have computers or computer skills.

**Hazel, Monique, and Phil**

## **Queen Victoria Market**

**'The Ultimate Foodie Tour'**



**When:** Friday 29<sup>th</sup> September

**Meeting:** 10.15am outside the Meat & Fish Hall on Elizabeth Street

**NOTE: Catching the 8.06 train from Castlemaine is perfect for the tour starting time.**

**Time of tour:** 10.30 - 12.30pm (approx)

**Cost:** \$40 to be paid to U3A by September 14  
**(\*Pay with correct cash or cheque at the office or at coffee morning)**

This is great value (next year the price is set to rise by 50%!) and in fact we are able to offer a price that is \$9.00 less than we paid last year. So we recommend that this is the year to enjoy the visit!

Immerse yourself in the sounds and stories of this historic market – certainly an icon for Melbourne and one of the most varied and interesting markets in the world. The diversity of produce reflects our multi cultural population and tastes in food.

You will be offered many tastings that will cover lunch and as well there are very interesting items in the show bag you are given at the start.

Those who visited the market on this tour last year will agree that there is so much to learn about that even two or three tours would still only scratch the surface. Finding out about the source of the produce is one aspect of the tour, but also learning the history of the market and meeting some of the families and personalities in charge of the stalls all make for a fascinating experience.

**Further info: contact Sally on [sallykaptein@gmail.com](mailto:sallykaptein@gmail.com)**

Left to right –  
Monique,  
Phil, Hazel



## Reconciliation Stone unveiled during Reconciliation Week

An 18 year-long project came to fruition during Reconciliation Week after much quiet thought and discussion about how to best reflect the energy of reconciliation in our shared community, how best to recognise the Dja Dja Wurrung Traditional Owners and how best to constructively spend about \$8,000 after the initial fund raising efforts by U3A member Jacqui Turnbull on behalf of the local reconciliation group back in 1999/2000.

After years of quiet discussion it was when Uncle Rick Nelson said *If it is to be a 'stone' it should be a 'Reconciliation Stone'*, that complete unity was immediately arrived at because it speaks equally of the past, present action and future partnerships in equal measure, and to place it along-side the Aboriginal flag pole outside the Civic Centre was a suggestion welcomed by all.

**Reconciliation Stone**  
Commemorating the commitment of  
Mount Alexander Shire Council  
And the local Indigenous and non-Indigenous  
communities, led by local Traditional Owners, to  
work together towards a stronger, healthier, shared  
future.  
Commissioned May 2017  
In acknowledgement of our shared history.

The plaque unveiled during Reconciliation Week:

Wording to be added on a "story board" next to the Reconciliation Stone will read:

*This Reconciliation Stone stands as an expression of sorrow for the brutal impacts of colonisation on the Dja Dja Wurrung peoples of this region and for the ongoing legacies of that trauma, acknowledging all who perished and those 18 ancestors whose descendants make up the Jaara community today.*

*The grinding grooves sculpted into the surface of the Reconciliation Stone are modelled on ancient Dja Dja Wurrung stone heritage found within the Shire. These grinding grooves express respect for the Traditional Owners of the past, the present and the future.*

*This Reconciliation Stone marks the 50<sup>th</sup> anniversary of the 1967 Referendum, the 25<sup>th</sup> anniversary of the 1992 Mabo decision and the 20<sup>th</sup> anniversary of the 'Bringing Them Home' report and celebrates all willing to work together to strengthen Reconciliation.*

*Sculptor: Glenn Braybrook.*

**Vic Say & Jacqui Turnbull**



At the unveiling ceremony: from the left Uncle Rick Nelson local elder, Glenn Braybrook (sculptor), Kane Nelson (Uncle Rick's younger brother), Vic Say, Mayor Sharon Telford and Jacqui Turnbull, unfortunately Felicity could only be present in spirit.

### Gill Miller's Talk From Page 10

oak trees that are near the playground though this wouldn't be obvious as those trees are massive.

The amount of work that goes on to maintain the Gardens is quite impressive. In their annual displays there might be 2000 to 4000 plants put in, and twice a year they dig up, compost and rotary hoe all the garden beds. In 1963 the rose garden was laid out with different varieties of roses planted in alphabetical order. In 2016 91 roses were added of which 48 were stolen. The 2016 flood did not do damage except for sand and gravel from the pathways being washed away in places. The popular children's playground has also recently been extended with a nature play area on the south side. Bales of straw, pinecones and acorns alongside other imaginative forms create an unstructured play area that has proven to have both physical and mental health benefits for children.

Future ideas in the master plan include further irrigation in the southern area, renovation of the garden beds at the entrance with development of a theme and an effective labelling of all the trees. Plans exist to beautify around the lake so the boulders for erosion prevention could be made more attractive.

All in all, Gill Miller's talk provided us with a clear insight into the very special contribution her work in the Gardens makes to our town and to us.

We are very lucky to have such a place to explore, appreciate and rest within.

**Julia Scoglio**