

In this issue

- Coffee Morning Report
- Course Submission Deadline
- Christmas Breakup
- Annual Meeting
- Events Group
- Close Encounter
- Digital Photography
- Community Notices
- Fascinating Fact
- English is the only language
- Thursday Writers
- Odd Spot
- Contacts



Helen Smith - Vintage Valiant, U3A Digital Photography

Coffee Morning Report

Friday, September 6th.

Jacqueline Brodie-Hanns, co-owner of The Taproom - Shedshaker Brewing, was a wonderfully engaging presenter at our recent September Coffee morning.

Speaking about the importance of volunteering, it seems she had a great role-model in her mother. Without formal education and having worked in the Aged Care area, her mother eventually became president of her local hospital board, a voluntary position requiring excellent communication and organizational skills and a highly valued role in the community.

It is this valuing of volunteers by acknowledging and celebrating them which was a key message in her presentation. Sharing what we have learnt in these roles can also avoid waste and duplication. It

inspires others and normalizes volunteering as an important form of civic contribution. It can



offer others – including the next generation - something to aspire to and emulate.

Jacqueline certainly embodies this principal and inspired us with her energy and dynamism, not to mention her Calisthenics prowess!

In the 8 years she and her partner Doug have been operating the venue they have transformed it into a community hub, hosting music, literary and art events alongside fundraisers and public forums.

In its next iteration, Shedshaker Brewing is moving 200 metres southbound within their much-loved home at the Castlemaine Mill. The new venue will have the capacity to serve 250 people, with a brand spanking new kitchen and an extended menu of Italian inspired classics.

Thanks to **Margaret Grey** for making the initial suggestion and to the **Events Group** for organising such an inspiring speaker!

Ed.

Course Submissions - 2025 Deadline

We need to receive your proposals and ideas for courses by **Sunday 27th. October.**

We are eagerly anticipating your submissions for course ideas for 2025. Remember, it can be a one-off class, run all year, or anything in between. *All ideas are created equal and all will be given due consideration.*

This year we have had a kaleidoscope of well subscribed courses on offer and have received very positive feedback from participants so a huge thank-you to all our 2024 new and continuing **Class Leaders**.



The process from initial idea to inclusion in our Prospectus takes approximately five weeks. The courses are entered into our UMAS system then converted to Word, then proof read. The printing process can take up to a further week including formatting, styling and again, proof reading. It can be up to 40 pages long hence the need for a long lead time of six weeks in total.

The 2025 Application to Run a Class is available online at tinyurl.com/5df7kcc7, or contact Class Coordinator Anna Macgowan on 0407 925 636 or u3acm.courses@gmail.com.

Looking forward to receiving your course ideas!

Anna Macgowan, Class Coordinator

Christmas Break-Up

Save the date!

Once again our Christmas break-up will be held in the delightful garden room at Buda on **Friday 6th December** at 10.00am. Please bring a plate of festive finger food — savoury is preferred — we do have heating facilities.

John Meir will set the atmosphere with his wonderful clarinet playing, the choir will perform and we HOPE we will have a celebrity newcomer to Castlemaine to introduce. We will also have the new prospectus for you to collect. What a beautiful way to introduce the Christmas season!

Sally Kaptein, Events Coordinator



Annual Meeting

Our U3A Castlemaine Annual Meeting will be held in the Fellowship Room, **10am Friday 11 October**. It would be great to see as many financial members as possible there — **we need 10% of members participating for a formal meeting**.

If you can't make the meeting in person, you can still participate by submitting a Proxy. A proxy can be completed online by going to <https://tinyurl.com/mr2d92ke> and following the prompts.

A printed Proxy Form can be obtained from the rack outside the office at the Manse or by contacting the Secretary (u3acm.secretary@gmail.com).

Events Group

Visit to the Opera

Recently a few of us were introduced to Lyster Opera, Victoria's Regional Touring Opera Company. We greatly enjoyed Rossini's *The Italian Girl in Algiers* in Daylesford's slightly chilly Town Hall.



Since 2018 Lyster Opera has brought some of Melbourne's finest singers, musical directors and designers to country areas. Their country performances have been augmented by performances at various Melbourne venues.

To accommodate different schedules the main roles may have two stars; we were fortunate to

have Alexandra Mathew, an accomplished actress and fine soprano as Isabella.

Overall, with its simple sets, agile piano accompaniment and fine singing, Lyster Opera can be recommended.

Their next reasonably local production is Friedrich Von Flotow's *Martha* in Creswick Town Hall, on Saturday 2nd November at 2pm.

Margaret Rees-Jones



Close Encounter...

A regular column where we do a deep dive with a U3A member

This month's encounter is with U3A member, **Bill Wiglesworth**

Which courses are you currently enrolled in/facilitating at U3A?

I am currently enrolled in:

- Bushwalking,
- Latin,
- Secret Men's Business,
- Cryptic Crosswords

What motivated you to become involved with U3A and what do you value most?

I enjoyed meeting so many interesting people who were willing to share their talents in a huge range of activities and courses. I'm a firm believer in lifelong learning and in nurturing friendships with good people. U3A is the perfect vehicle for both values.

What is your background story?

Both of my parents were in the Navy when they met during the war in New York. I was born in Cynthiana, Kentucky, exactly three months before King Charles was born in England. (He does not defer to my seniority). After getting an arts degree in Virginia I worked for 18 months as a social worker in the coal fields of eastern Kentucky---until I had to resign for getting too politically active in the anti-strip mining cause.



(Above) Cowboy Bill with his 3 sisters, 1955

My military draft number did not come up during my year of eligibility for Viet Nam — thankfully — so I headed West, living in my 1954 Chevy panel van for six months until I secured a job in construction and condominium maintenance at Taos Ski Valley, New Mexico—which gave me an exhilarating winter as a “ski bum”.

I deferred/avoided moving into my father's business by earning a masters degree in Adult Education, which I used briefly, until I lucked upon the chance of a lifetime---the opportunity to teach in Australia. So, in August of '75 I left Morehead, Kentucky for Mirboo North, Victoria.

After three delightful years at Mirboo North, I spent 16 months travelling back to the States —mainly to touch base with family and to see if I wanted to settle down in Kentucky. Depressing politics and unfulfilling work experiences there convinced me (easily) to return to Oz in April '82.

I met my lovely wife Deb at Maryvale High School the next year and we married in '84— in spite of her firm resolve not to marry a teacher!

We raised three beautiful children , Daniel, Sophie, and Claire, in West Gippsland, except for the two years we spent in the Cook Islands as Australian Volunteers Abroad. What a magical experience that was!



(Above) Bill outside his eastern Kentucky residence, 1970

The rest of my career was spent in Drouin and Warragul teaching English, History, Outdoor Ed, International Studies, and Woodwork. I didn't get bored.

Since shifting to Castlemaine my activism has focused on support for refugees, reducing litter, and removing graffiti (not street art) from Castlemaine. A cherished benefit of living in Castlemaine is that all our children enjoy visiting us here. We're not shifting.

What experience in your background stands out the most for you?

Living and working in Appalachia in the early 70s opened my eyes to the other America, to the everyday impact of poverty on decent people. It taught me understanding, empathy, and compassion—and anger at the destructive power of unchecked greed and injustice. That background underpinned my 48 year engagement with Amnesty International and long time support for RAR (Rural Australians for Refugees) . Deb and I have been directly involved with refugees from China and Iran and with the Brigidine Asylum Seeker Project.

What brought you to Castlemaine?

After living in Gippsland for over thirty years, I wanted a change. Two visits to Castlemaine convinced me—quaint little historical town, easy access to Melbourne, thriving arts and music scene, friendly people, and more blue sky in the winter. It has everything!

Favourite corner of Castlemaine?

That's a tough one. So many cosy cafes with good coffee to choose from. The Botanic Gardens. The Bridge Hotel, the Taproom, the Maurocco Bar, the Northern Arts all have great live music. They all delight me.

I couldn't live without...

My family, my shed, and a regular run (jog, no, shuffle) through the bush



Above: Bill with his family, 2022.

In an ideal world...

People would simply follow the Golden Rule and treat others the way they'd want to be treated. It'd be a fairer, happier place.

My guilty pleasure ..

Travelling anywhere new with Deb.

Digital Photography

This month the theme was **Vintage**. Here is a small sample of the brilliant photos on offer.



Jill Williams - Photos



Heather Spicer - Ready for the Theatre



Lee McCallum - Constitution Dock



Janet Waldie - Goldfields Steam Train



Mandy Leveratt - Vintage Machine



John Steinfort - Bowser



Pam Connell - Picnic Set



Mick Evans - Sewing Machine



Greg Pridmore - Radio Time



Mary Goodall-Tuohey - Art Deco Service station, Wyuna

Community Notices

1. MARS Update

MARS would like to update you with the exciting news that the refugee family we will be supporting, arrived this week! They are resting and recovering from their travels at their short-term accommodation (we are still looking for a rental!) and are very much looking forward to getting to know the town and community.

U3A members have been a fantastic support to MARS, and as a result, we are able to ensure they are comfortable and have everything they need while they settle into their new life in Australia.

Everyone is excited to welcome them to our shire ! Hopefully soon, you will have an opportunity to meet them around the shops or schools, cafes or one of the many community events around Castlemaine and say a huge hello and welcome in person!

We will continue to update you as their settlement, and rental search, progresses!

With much gratitude,
MARS

Peter McKean, MARS Member

2. Fundraising for Lebanon

As you would be aware, thousands of Lebanese people are fleeing their homes in southern and eastern Lebanon to find shelter in Beirut as a result of drastically increased Israeli bombing since Monday. People are displaced with their homes now completely or partially destroyed; many have left with only their children and the clothes they were wearing as the bombing began.

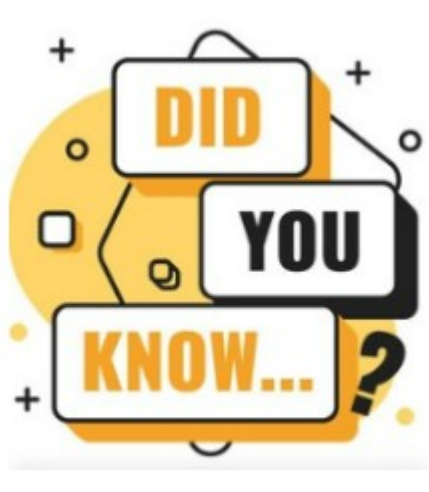
Indi (who is not currently in Lebanon) is involved in a community collection initiative, gathering funds to help people pay rent, access medicines and coordinate the distribution of clothing, pillows, basic medication such as Panadol and supplies for young children (nappies, baby formula etc.). The collection point is a community hub not receiving a lot of attention by other relief initiatives so help is needed!

We are asking you to please assist. Anything is useful and funds will go a long way. The time frame is short. If you would like to donate, could you please ring/message Rob Phillips or email him. His contact details are:

mobile 0412745105 or email:
robwp@aussiebroadband.com.au

Rob Phillips and Sue Bruce

Fascinating Fact



Every month we'll share a fascinating fact with you. If you have one or several to share, please email:

u3acastlemainenews@gmail.com.

Football teams wearing **red** kits play better. The colour of your clothes can affect how you're perceived by others and change how you feel. A review of football matches in the last 55 years, for example, showed that teams wearing a red kit consistently played better in home matches than teams in any other colour.

It would seem Saturday's AFL results belie this theory! Ed.

English is the only language where..

If **GH** is pronounced **P** in **hiccough**,
If **OUGH** is pronounced **O** in **dough**,
If **PHTH** is pronounced **T** is **phthisis**,
If **EIGH** is pronounced **A** in **neighbor**,
If **TTE** is pronounced **T** in **gazette**, and
If **EAU** is pronounced **O** in **plateau**,

Then the correct way to spell potato would be:

GHOUGHPHTHEIGHTTEEAU

Thursday Writers

A recent topic at Thursday Writers was **Cliff**. Here's **Gary Russell's** thought provoking take on the topic.

A fear of heights. Not at all uncommon, and no doubt considerable evolutionary advantage attached to it. I remember on one occasion walking close to the edge of a cliff, and seeing a young child bounding ahead of its parents, towards me, and worryingly towards the precipice. I wondered for a moment how much inherent fear of heights was present at that age, but I certainly wasn't about to test the thesis. But that's another matter. What is also common, apart from the fear of heights, is the uncanny thought that you may actually take the plunge and jump. Not that you'd slip, or lose your balance, or even be contemplating suicidal thoughts, but rather that a paradoxical urge would suddenly overwhelm you, and the next second you would be hurtling through the air towards oblivion.

It's apparently a common sensation, with the French, and their Gallic sensitivities, having a phrase for it: *l'appel du vide*, or "call of the void." Academics have shown it is common, particularly in those with higher levels of anxiety. As an explanation, they suggest that this urge may actually be a survival instinct; the fear of jumping is the body's way of signalling not to jump. Which, from a logical standpoint, seems quite a leap.

Cliffs, voids and vertigo have long been ripe pickings for philosophers. Soren Kierkegaard didn't have a great relationship with the Danish Church, despite his surname ('churchyard' in his native Danish). He developed a philosophy of the individual, who rather than regarding him or herself as primarily being a small part of the grand sweep of history, was more a free, anxious mortal trying to find purpose in an absurd, tragic existence. In *The Concept of Anxiety* (1844), he differentiated fear—concern about external threats—from anxiety, which he sees as relating to what threatens us from within.

In particular, he describes an anxious person as being concerned about what he might choose, given his freedom to choose. Which sounds about like me at the chocolate shop.

By way of illustration, Kierkegaard gives the example of a man standing on the edge of a tall building or a cliff. He feels fear—that he might fall, or lose his balance, or the guardrail or ground might give way, or someone might push him off. He also has anxiety, however, knowing he's free to jump if he decides to, and that he must maintain continuously choose not to jump, given that he is free to change his mind at any moment. The giddiness or vertigo often accompanying this sensation led Kierkegaard to the term "the dizziness of freedom."



Unfinished portrait of Kierkegaard by his cousin (Wikipedia).

The scene of the anxious person standing on a cliff has persisted in existentialist writing. A century after Kierkegaard, Jean-Paul Sartre, heavily influenced by the Dane, developed similar themes. Sartre described the "vertigo of possibility", explaining that consciousness is frightened by its own spontaneity. He illustrates this in *Being and Nothingness* (1943) through a thought experiment, imagining himself walking along a narrow cliff path with no guard rail. As the fear of falling sets in, he takes evasive action, watching his step, and walking as far from the edge as

possible. But as he continues he becomes increasingly aware that there's no guarantee he will continue to choose to do the right thing. He may lose concentration, break into a run, or simply decide to step over the edge. Sartre concludes that it's the dread of these possibilities that results in his vertigo—his 'vertigo of possibility' aligning very closely with Kierkegaard's 'dizziness of freedom.'

Kierkegaard found all this choice and anxiety rather exciting. "To exist," he wrote, "and therefore to have a relationship with the infinite, is like riding a wild stallion." He didn't, however, think his fellow Danes were up to the challenge, adding, "Unfortunately most people 'exist' on their journey through life as though they'd fallen asleep in a hay wagon."

To which, I guess, many of those folk would respond: "Don't overthink it."

Odd Spot

To Be Pacific

Why do you always go off on a tandem,
say goodbye without further adieu?
It's time you climbed down from your pedal stool –
this is not a phrase you're going through,

when antidotal evidence suggests
you've been freewheeling right from the start.
Or rather, *from the gecko*, as you might say.
You're always upsetting the apple tart.

I can't be asked to correct you these days:
it takes two to tangle, I won't deny it.
But when push comes to shovel and all's set and done,
I just want a little piece of quiet,

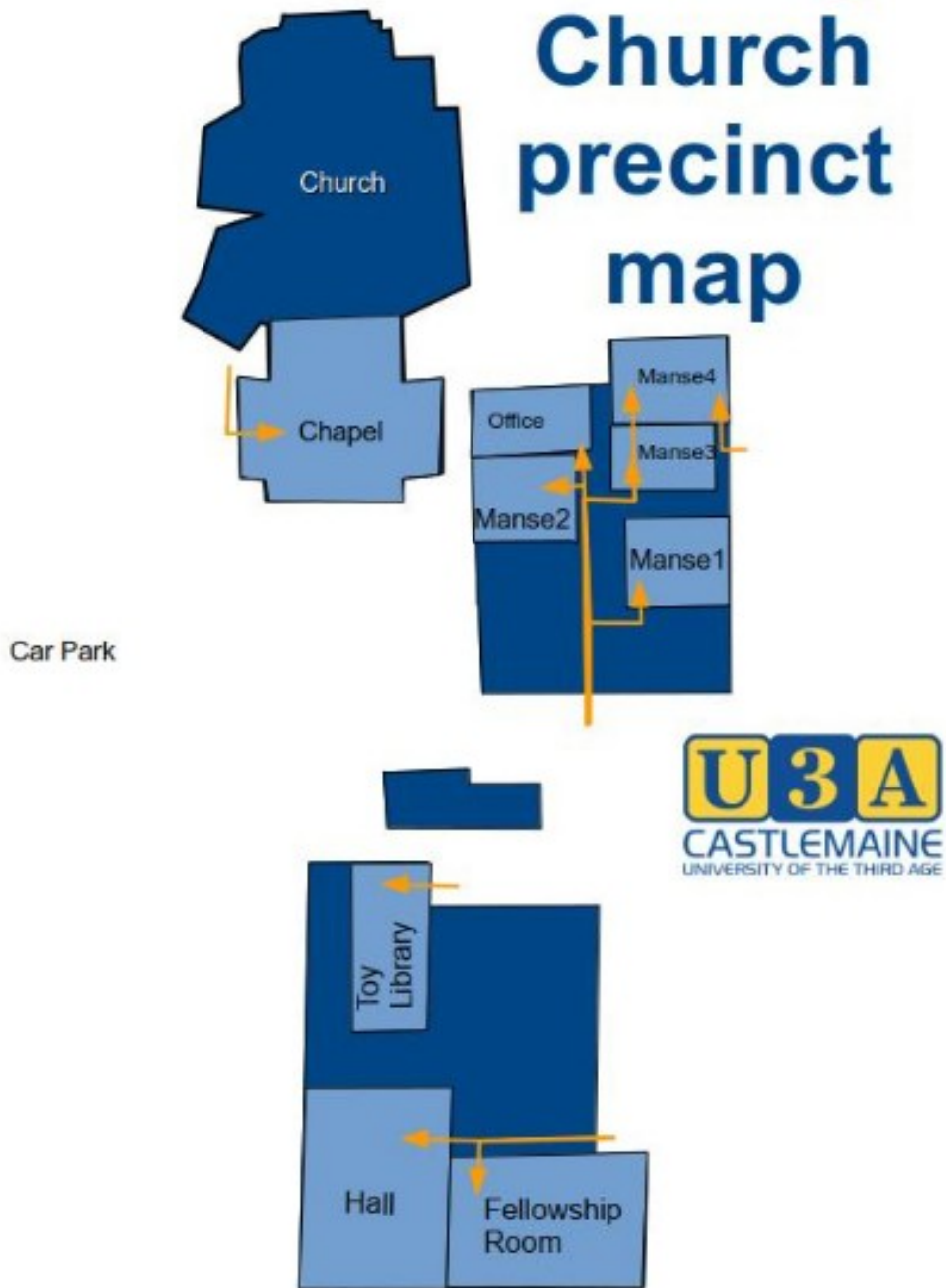
to curl myself up in the feeble position
so I can give my poor ears some rest bite
from these sayings which do not pass mustard,
the flaws in the ointment you cite.

You're no escape goat or social leopard;
I don't regard you as a hapless case.
But be aware there are reaper cushions
when you cut off your nose despite your face.

Brian Bilston

Lyttleton St

Uniting Church precinct map



Car Park



Mostyn St



Committee of Management

President	Janet Cropley	0419 539 142	u3acm.pres@gmail.com
Vice President	Vacant		
Secretary	Lynne Fairservice	0413 763521	u3acm.secretary@gmail.com
Treasurer	Vacant		u3acm.treas@gmail.com
Class Coordinator	Anna Macgowan	0407 925 636	u3acm.courses@gmail.com
Venues Coordinator	Phil Hopley	0425 768 559	u3acmvenues17@gmail.com
Assistant Treasurer	Kel Dattner		kerendattner@gmail.com
General Members	Terry Murphy	0425 712362	murphy.terry@bigpond.com
	David Dean	0408 112 200	dcdean@gmail.com

Other contacts

UMAS administrator	Terry Murphy	0425 712 362	sysadmin@u3acastlemaine.org.au
UMAS Help Desk			umas-help@u3acastlemaine.org.au
Member Services	Janet Cropley	0419 539 142	janetc@ozemail.com.au
Newsletter Editor	Annie Ryall	0409 435 905	u3acastlemainenews@gmail.com
Events Coordinator	Sally Kaptein	0401 662 871	u3acm.events@gmail.com
Office Coordinator	Liz Sharplin	0403 398 764	u3acm.office@gmail.com
Membership Officer	David Watkins		u3acm.members@gmail.com
Celebrations/Tributes	Liz Sharplin	0403 398 764	elizabethsharplin@outlook.com
Cake Roster/Raffle	Deb Wiglesworth	5474 2325	dwigles.dw@gmail.com

Working Groups

Class Coordination Working Group			u3acm.courses@gmail.com
Events Working Group			u3acm.events@gmail.com
Information & Communication Technologies WG			u3acm.ictwg@gmail.com
U3A Castlemaine website			u3acastlemaine.org.au
General email			u3acastlemaine@gmail.com