

THE SMART AGE PAGES

The Mudgee District U3A Newsletter

May 2019

PO Box 469
Mudgee 2850
www.mudgeedistrictu3a.org.au

Dear U3A Members



Mudgee District U3A

A warm welcome to Term 2 and I hope you will enjoy participating in many of the interesting classes on offer.

On behalf of the Committee and Members I wish to sincerely thank all our Term 1 Presenters for volunteering their time and skills. Nominations for the 2019 NSW Volunteer awards are now open so please consider submitting a nomination.

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This year our Annual General Meeting will be held on Saturday 31st August commencing 10.00am at Club Mudgee (RSL). Several members of our current committee will be standing down so we need more volunteers to join the management team. If you would like to consider joining this great group of people, please phone me and we can have a chat about what is involved.

Continue to enjoy your year as a member of Mudgee District U3A.



Judith Darling

Mobile: 0431 551 596

Email: judithdarling@bigpond.com



NSW Volunteer of the Year Awards Principal Partners

Your local club

2019 NSW Volunteer of the Year Awards Nomination Form - Information for Nominators

The NSW Volunteer of the Year Awards is an annual program launched in 2007 by The Centre for Volunteering to recognise the outstanding efforts of the 2 million+ volunteers in NSW, and to promote the importance of volunteering to the community. In 2018, the Awards program recognised over 112,000 volunteers across NSW.

Before you get started on the nomination form, please read the following information to ensure that you have all of the necessary details to complete the form.

As all certificates / awards will be printed as per the details supplied on the nomination form, please ensure that you double check the spelling of the nominee's name / team name / organisation etc. before submitting. Please also double check the email address, as all invitations to the regional ceremonies are sent by email only.

All nominations MUST be completed and submitted online via The Centre for Volunteering's website -

<http://www.volunteering.com.au/volunteer-awards/> by Friday 12 July, 2019.

Volunteers / Volunteer Managers are not permitted to nominate themselves.

Program Co-ordinator's Updates

Sally Colley

Books to Movies

This term we have seen the films

- Light Between Oceans – This was a great suggestion from Michelle Maunder from Mid-Western Regional Library. It was true to the novel on which it was based and contained lots of beautiful scenery which contrasted with the harrowing plot.
- Fried Green Tomatoes – a tale of friendships over generations, set in the American south. While made in 1992, its themes are still relevant and valuable.
- Jane Eyre – This dark story was a childhood favourite of mine, so I was pleased to compare this more modern [2011] depiction of the story, with the 1943 film which inspired my initial reading of Charlotte Brontë's novel. I also recently read Jean Rhys's novel "Wide Sargasso Sea" which offers a back-story of Mr Rochester's first marriage.

Since most of the films we've watched take about 2 hours to show (and everyone has constraints on their time – especially in terms of car parking!), we have not had the opportunity to discuss the films themselves, nor the books on which they were based. Don't feel that this course requires reading the book, watching the movie and discussing one or the other. It is more than enough to come along and see the show and hopefully enjoy it.

Has anyone read these three books? I'd love to hear what people think.

Cryptic Crosswords

course is now completed. A small group of six or seven would-be cryptic solvers met each week and were introduced to a different type of clue, and the pointers used to indicate which clue was being used by the puzzle constructor.

It was good fun bouncing ideas off one another to arrive at the correct answers – and often just as much fun working out how the various parts of the clue, broken down, actually provided the answers. It all seemed so easy working as a group, but now we are back to puzzling as individuals, and it is a case of practising using the pointers and knowledge of clue types as we approach cryptic crosswords on our own.

Repurposing Old books Into Art

As previously indicated, Jenny Davenport will now be conducting this course over Terms 2 and 3 rather than Term 4 as indicated in the program. Jenny has contacted the people who expressed interest in doing this course and has organised which term they will be attending. Anyone else interested should contact Jenny directly.

Train Your Brain

This course, being presented by Janet Duffy, assisted by Marianne Matthews, is starting this term.

There were quite a few people who put their names down for this course and there could well be a waiting list. Anyone interested should contact Janet for details.

Hand Drumming

This course has been discontinued in the time slot and location listed in our program. The presenter, Simone Gough, is still coming to Mudgee regularly, and will probably be offering hand drumming lessons at other times. Anyone interested should speak directly with Simone Gough 0427 471 696

Cooking for One – Update

We have a couple of possible venues for this course. Our presenter, Pamela Matheson, will be unavailable for some of May so we are holding off starting the course until after May. Those people who nominated to attend the Cooking for One Class will be contacted directly to be told the starting date, location and costs when they have been finalised.

New Courses

Do you have any suggestions for courses you would like to attend through U3A? Let us know your thoughts and we will endeavour to follow them up.

Someone suggested Chess as a possibility. Would anyone with Chess knowledge/skills/interest like to offer their time and expertise? We would love to hear from you.

We are only at the end of Term One, but is never too soon to think about future offerings – what you'd like to see offered, or what you would like to share with others. Please think about becoming a Committee Member and offering your valued services to the community.

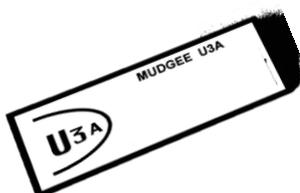
***NAME BADGES help us to get to know
the people in our class.***

If you wish to purchase a Mudgee U3A name badge, please contact our Secretary for advice about cost. You can obtain a 'Request for Name Badge' form from the Secretary, a Presenter or the Adams Street Communication Box that is in front of the Mudgee U3A noticeboard.

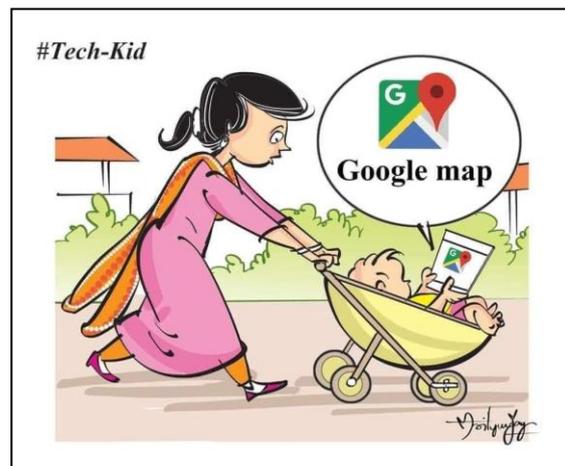
Kay Dickinson

Phone: 0405 182 101

kayd999@hotmail.com



Thank you Steve Csuba for this contribution.



Presenters' Page

THE NEWEST JUST JAZZ

Colin Munns

After a rather lengthy lay-off due to ill health, I decided to try and resume my jazz presentations with Mudgee U3A, as my condition seemed to have stabilised. I canvassed former class members, and received such a positive response; I once again put this course on our annual programme.

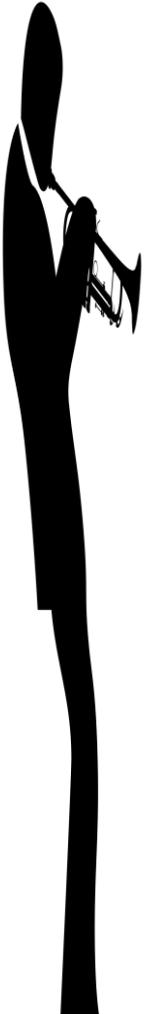
At enrolment day, 12 people signed up for a twelve-month course, to meet monthly in the Munns' lounge room. This makes things a bit "squeezy", but everyone seems to like being together again, appreciating the music we grew up with, per medium of my new modest, but nicely sounding playing system.

This term I am featuring some outstanding jazz CD's that I imported from the US last year. So far, we have heard from one of the genre's leading piano players, Ralph Sutton, followed by that leading bass player, Milt Hinton and his unusual trio.

We discovered 2019 represented big milestones for two couples associated with our group – Dorothy and my Diamond Wedding Anniversary, and the Golden Wedding of Jill and John Novak.

I came up with the idea of a presentation to honour both these wonderful occasions, - to be called "Happy 110th". Suitable jazz numbers were chosen – the main offering naturally being Woody Herman's "Golden Wedding".

We organised a special cake to be made for the celebrations, and Publicity Officer Elly Rands, arranged for Sam Potts from the "Guardian" be present. Sam took a few photos and did a special piece for the paper. This resulted in some valuable publicity for our organisation.



SOME INTERESTING INFORMATION..... courtesy Steve Csuba

If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

Zero is the only number that cannot be represented by Roman numerals.

Kites were used in the American Civil War to deliver letters and newspapers.

Drinking water after eating reduces the acid in your mouth by 61 percent. Drinking a glass of water before you eat may help digestion and curb appetite.

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

MUDGEES DISTRICT U3A LUNCH & GUEST SPEAKER

Events Co-ordinator, Ann Burrows. Phone: 0401 359 305

Thursday 20th June 2019

12:00 for 12:30pm

Grattai CWA Hall

Cnr Grattai & Windeyer Roads

GRATTAI

MAIN COURSE – alternate serves

Beef Stroganoff with Pasta OR

Chicken & Vegetable Casserole

DESSERT – alternate serves

Apple Crumble & Cream OR

Bread & Butter Pudding

TEA or COFFEE

BYO other drinks

BOOKINGS OPEN: NOW

BOOKINGS CLOSE: Friday, 31st May 2019

Minimum 20 people for this event.

*You will be contacted **only** if your booking is unsuccessful and you are on a standby list.*

BOOKING & PAYMENT

Complete '**Booking Form**' and return in a sealed envelope with full payment to:

Ann Burrow's home (not mailbox)

20 Spring Road, Mudgee

OR

Judith Darling's locked mailbox at

Unit 3, 6 Market Street, Mudgee



BOOKING FORM

Lunch at the Grattai CWA Hall, Thursday 20th June 2019. Cost \$25.00 per person.

Name/s:

Phone:

Address:

Special Dietary Requirements?

This booking is for people. Enclosed payment \$

Cheques should be made payable to 'Mudgee District U3A'. Receipts will be issued on the day.



MUDGE DISTRICT U3A 2019/2020 COMMITTEE VOLUNTEERS WANTED TO:

Attend Monthly Meetings

Assist at our AGM

Assist at Enrolment/Showcase Day

Be a part of a supportive team

**If you would like to volunteer and become a committee member
of Mudgee District U3A during 2019/2020**

Please contact Judith Darling

Mobile: 0431 551 596

Email: judithdarling@bigpond.com

Diary Updates Term 2 begins Monday 29th April 2019

DATE	TIME	EVENT	VENUE	QUERIES
Monday 13 th May	11:00am	Committee Meeting	Oak Tree Retirement Village 15 Meramie Street Caerleon Estate. Mudgee	Judith Darling Ph: 0431 551 596
Monday 10 th June	11:00am	Committee Meeting	Meeting Room 12 Adams Street. Mudgee	Judith Darling Ph: 0431 551 596
Monday 8 th July	11:00am	Committee Meeting	Meeting Room 12 Adams Street. Mudgee	Judith Darling Ph: 0431 551 596
Thursday 20 th June	12 noon for 12:30pm	Term 2 Lunch	Grattai CWA Hall Cnr Grattai & Windeyer Roads Grattai	Ann Burrows. Ph: 0401 359 305

Term 2 ends Friday 5th July 2019

PLEASE BE AWARE THAT INFORMATION RELATING TO THE CALENDAR OF EVENTS MAY CHANGE.