

# THE SMART AGE PAGES

The Mudgee District U3A Newsletter

PO Box 469  
Mudgee, 2850

[www.mudgeedistrictu3a.org.au](http://www.mudgeedistrictu3a.org.au)



August 2018

*Celebrating 20 Years*

Dear U3A Members

The year is flying by & we are now preparing for our AGM to be held on Saturday 1<sup>st</sup> September, commencing 10:00am at Club Mudgee, followed by morning tea.

## IN THIS ISSUE

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## UPDATES from the Committee & Presenters:

### RAFFLE

1<sup>st</sup> Prize – Aspects of Mudgee Quilt – Judy Blackman from Mudgee

2<sup>nd</sup> Prize – Quilt donated by Paula Brunton – Ashleigh Hodgetts from Moolarben.

Sale of Raffle tickets raised \$431 & this has been donated to Rare Cancers Australia. Thank you to Presenters Jacqui Price & Carroll Wall & their merry band of Material Crafters.

### NEW Yoga Class Term 3 - 'Yoga for Seniors – On-Floor Practice'

There are limited places available for this new class which is to be held weekly from Wednesday, 1<sup>st</sup> August at Pioneer House. Chair assistance will be used to safely gain access to the floor. For further information contact,

**Kay Dickinson, Mobile: 0405-182-101**

**A DATE FOR YOUR DIARY - Celebratory 20<sup>th</sup> Anniversary LUNCH** at Mudgee TAFE on Wednesday, 7<sup>th</sup> November. More information coming soon.

**AGM GENERAL BUSINESS** - If you wish to have an item placed on the AGM Agenda, please post your request to:

The Secretary, Mudgee District U3A Inc, PO Box 469, Mudgee NSW 2850, by 5pm Monday, 20<sup>th</sup> August 2018. Late submissions cannot be accepted.

Look forward to seeing you at our AGM.

*Judith Darling*

Mobile: 0431 551 596

Email: [judithdarling@bigpond.com](mailto:judithdarling@bigpond.com)



NOTICE is hereby given that the 2018 Annual General Meeting of the members of  
**MUDGEE DISTRICT U3A Inc**  
 will be held at Club Mudgee (RSL)  
 Cnr Mortimer & Perry Streets, Mudgee on  
**SATURDAY 1<sup>st</sup> September 2018, commencing 10.00am**

### **AGENDA**

1. Welcome from the Chairperson - Judith Darling, President
2. Apologies
3. Confirmation of Minutes of the Nineteenth Annual General Meeting
4. President's Report
5. Treasurer's Report
6. Determination of amount of the Membership Fee for year 2019

***After consultation with the Treasurer, the Committee recommends that the annual subscription for the Year 2019 is \$25 for the full year, joining in Term 2 \$20, joining in Term 3 \$15, joining in Term 4 \$10 & residents of Mudgee District's Aged Care Facilities are free.***

*Proposed by Ray Parle*

*Seconded by*

7. Appointment of an Auditor

***The Committee recommends that Mudgee District U3A continues to have an annual audit of accounts and that Denis Yeo & Associates is retained for the year 2018/2019.***

*Proposed by Ray Parle*

*Seconded by*

7. Presentation of Certificates
9. Election of Office Bearers & Committee Members - Presiding Officer, Marianne Matthews
10. General Business      **If you wish to have an item placed on the AGM Agenda post your request to: The Secretary, Mudgee District U3A Inc, PO Box 469, Mudgee NSW 2850 by 5pm Monday, 20<sup>th</sup> August 2018. *Late submissions cannot be accepted.***

11. Guest Speaker
12. Meeting Closes

**PLEASE JOIN US FOR MORNING TEA**

**Mudgee District U3A Inc**  
**P.O. Box 469, Mudgee 2850**  
www.mudgeedistrictu3a.org.au

### MINUTES OF 19TH ANNUAL GENERAL MEETING held August 19 2017

**Present:** Elizabeth Barnes, Jennifer Bolton, Lurline Brown, Ann Burrows, Ray Burrows,, Nancy Chapman, Sally Colley, Debra Cowan, Steven Cowan, Judith Darling, Geoff Dear, Pat Dickinson, Pamela Dove, Phillip Farmer, David Fry, Vera Hamm, Clare Hayman, Fran Hazell, Moira Hennessy, Margareta Kriks, Bruni Krzysik, Marianne Matthews, Dorothy Munns, Colin Munns, Ray Parle, Jacqui Price, David Price, Gunter Puls, Joyce Purtle, Elly Rands, Jill Roden, Heather Rushton, Val Ryan, Andrea Sauerbier, Barry Wells.

**Apologies:**

Doreen Matthews, Janet Duffy, Kay Brown, Marion Bell, Carolyn Elliott, Nada Fry, Wendy Fuller, Martin Hazell, Josephine Neale, Barry Neale.

Issue	Discussion
<b>1) Welcome</b>	Relieving President Heather Rushton welcomed all to the annual general meeting.
<b>2) Apologies</b>	As above
<b>3) Minutes of previous AGM</b>	Heather moved that the minutes of the last AGM be accepted as an accurate record. Moved: Ann Burrows Seconded: Jacqui Price Carried
<b>4) President's Report</b>	<p><b>Heather Rushton</b> began her report. She thanked the committee that has supported her during her time in office.</p> <p>Heather noted that the vacancies on the committee last year including the role of President. Heather took on this role and commented that the committee worked very well together.</p> <p>Heather stated that the person really running the show was <b>Janet Duffy</b>. Her enthusiasm and interest in making our U3A the best in the region is legendary. Her ability to enthuse others to develop and present courses in a revamped program is particularly noted. Janet has also undertaken roles such as membership secretary, program designer and vice president. Janet introduced the world of online learning to Mudgee U3A and this has become a very popular way of life-long learning. She will be missed on the committee immensely but will continue to present courses in the future.</p> <p><b>Sally Colley</b> will take on the demanding role of Program Coordinator. She will be an asset to the organisation with her sound skills and commitment.</p> <p><b>Ray Parle</b> maintained the position of Treasurer and has ensured that Mudgee U3A is financially sound.</p> <p>Ray also accepted the designation of <b>Honorary Life Member of Mudgee District U3A</b> for his decades of commitment and energy expended.</p> <p><b>Steven Cowan</b> as Secretary who organisation skills have resulted in a streamlined manner of record keeping.</p>

	<p><b>Debra Cowan</b> as Publicity Officer has continued her role of informing the public about Mudgee U3A.</p> <p><b>Dorothy Munns</b> continued as Welfare officer and executive Vice President.</p> <p><b>Ann Burrows</b> continued in the role of events coordinator. Ann informed the meeting of the annual TAFE lunch on October 24.</p> <p><b>Nancy Chapman</b> assisting in events coordination.</p> <p><b>Geoff Dear</b> took the role of Public Officer and Risk Assessment.</p> <p><b>David Price</b> continued to work with the committee to maintain and expand our website, always mindful of the tools to ensure effective communication, challenging us to take on new ways of staying in touch. He is currently revamping the platform so it works efficiently in the 'cloud'. This will allow us to use the site on computers, laptops, tablets and phones. It will be easy to update and even easier to access for potential retired boomers!</p> <p>Current membership is 241 down slightly from 2016.</p> <p>Mudgee U3A has been in somewhat of a holding pattern this year and we will look forward to again growing in the 2017/2018 year. Our U3A will need face challenges in the future to ensure that we remain relevant to an ageing cohort many of whom support through babysitting etc, and find extra spare time hard to find. In addition new baby boomer retirees tend toward a tech savvy environment which brings its challenges for organisations such as ours. The new committee will need to address these challenges in order to grow our organisation.</p> <p>Over 40 Courses were offered this year, covering a diverse range of topics presenting lively, intelligent and interesting groups for members, including 8 new courses.</p> <p><b>Colin Munns, Mary Buckley, Eunice Marskell and Carol Bryant</b> received a <b>Certificate of Appreciation</b> for many years presenting courses in Mudgee U3A.</p> <p>Thanks also to <b>Joan Harris</b> who manages the Adams Street site.</p> <p>Heather noted that she was also stepping down from the committee. She also noted that there is a casual vacancy on the committee and encouraged all to see if they had the space in their lives to join the lively committee.</p> <p>Heather moved her report be accepted. Seconded Judith Darling Accepted</p>
<p><b>5) Treasurer's Report</b></p>	<p>Ray thanked the organisation for the honour of being the Treasurer for such long period of time!</p> <p>He supported strongly the words of Heather in paying credit to the committee members, those continuing and those retiring.</p> <p>Income was reduced in 2017 due to the lowering in membership numbers. Consequently, expenditure was also reduced.</p> <p>Ray Parle presented the Treasurer's report See attached files. Moved by Ray Parle. Seconded by Steven Cowan Accepted</p>

<p><b>6) Membership Fees</b></p>	<p>Determination of Membership Fee for the year of 2018.  <i>After consultation with the Treasurer, the Committee recommends that the annual subscription for the Year 2018 is \$25 for the full year, joining in Term 2 \$20, joining in Term 3 \$15 &amp; joining in Term 4 \$10</i>          Moved by Ray Parle. Seconded by Steven Cowan.          Accepted</p>
<p><b>7) Appointment of Auditor</b></p>	<p>Appointment of an Auditor.  <i>The Committee recommends that Mudgee District U3A continues to have an annual audit of accounts and that Denis Yeo &amp; Associates is retained for the year 2017/2018.</i>          Moved by Ray Parle. Seconded by Steven Cowan          Accepted.</p>
<p><b>8) Election of Officer Bearers &amp; Committee members</b></p>	<p>David Price thanked the committee for the honour of being the presiding officer. He thanked the outgoing committee members and those who are continuing on the committee. He commended the energy and commitment shown by all committee members.          He especially noted the succession planning for the position of <b>Program Coordinator</b>. David spoke highly of the role that Janet Duffy played in the organisation. He is looking forward to Janet having more time to spend in the Rural Fire Service Communication Branch this year.</p> <p>Election of Office Bearers &amp; Committee Members – Presiding Office          President – Judith Darling          Treasurer- Ray Parle          VP- Dorothy Munns          VP –Ann Burrows          Secretary- Steven Cowan          Program Co-ordinator- Sally Colley          Publicity Officer- Debra Cowan          Committee members –Nancy Chapman, Geoff Dear, Elly Rands.</p> <p>According to the constitution, the position of Committee Member becomes a Casual Vacancy. David called on members to take on the role of casual vacancy. There were no members willing to take on this role.</p>
<p><b>10) General Business</b>          –</p>	<p>A Certificate of Appreciation was presented to          Mary Buckley          Carol Bryant          Eunice Marksell          Colin Munns.</p> <p>Judith thanked the outgoing committee and looks forward to working positively with the incoming committee.</p> <p>A vote of thanks was moved thanking <b>Heather Rushton</b> not only for her years of service to Mudgee District U3A but for her work this year as Relieving President. Heather is intensely involved in the local community, her U3A commitment but one of many. The meeting showed its appreciation for Heather’s work on the committee.</p> <p>Heather also spoke about the Memory Survey and encouraged members to participate.</p>

<p><b>11) Guest Speaker</b></p>	<p>Presentation by <b>Julie Myer</b> from <b>HammondCare</b>, an independent Christian charity.</p> <p>Julie has worked for HammondCare since 2002. The organisation looks after people in their homes for as long as possible.</p> <p>The organisation has programs in NSW, Victoria and Queensland.</p> <p>Julie outlined a brief history of HammondCare starting with the houses built in Hammondville in the 1940 and 1950s.</p> <p>HammondCare works with a cottage model in caring for people with dementia where the residence appears and operates as much as possible as a real family home.</p> <p>3000 staff and 700 volunteers support over 3300 patients. The organisation researches and trains its staff in the latest strategies in keeping people in their own home, regardless of the complexity of their needs.</p> <p>HammondCare At Home packages use a consultation model for people who wish to remain at home. It includes a coordinated suite of packages that accommodates the needs of each client, be it in the home or in an aged care facility.</p> <p>The suite includes face-to-face meetings, addressing medical and nutrition issues, transport and on call support. There are up to four levels of assistance packages from minimal assistance to a high level of assistance.</p> <p>Financial outlays are negotiated individually with each client depending on the needs of each person.</p> <p>Clients need to be assessed through the My Aged Care organisation, including an ACAT assessment, prior to arranging the appropriate care package.</p> <p>Julie encouraged people to assess their own needs and take control by investigating My Aged Care, as it is this National organisation that controls the wait list. The aged care client decides which provider they want to address their needs.</p> <p>HammondCare receives subsidies from the Australian Government to operate as a charity organisation. The client contributions are means tested and the Government will determine the level of payment.</p> <p>Julie reiterated that she is happy to assist people so that they can receive the appropriate care.</p>
	<p>Meeting Closed 11.10am Invitation to morning tea.</p>

## **NOMINATION OF OFFICE BEARERS AND COMMITTEE MEMBERS 2018-2019**

Nominations must be submitted on the  
**Mudgee District U3A Nomination Form for Office Bearers & Committee Members 2018/2019 Form**  
 and posted to:

**The Secretary, Mudgee District U3A Inc, PO Box 469, Mudgee NSW 2850,  
by 5pm on Friday 17th August 2018.**

**Late nominations will not be accepted.**

Verbal nominations will only be requested at the Annual General Meeting if there are insufficient nominations by the closing date. If, for example, there are only 3 nominations received for General Committee Members, these persons will be elected automatically and 1 additional nomination will be requested from the floor.

**Extra nomination forms can be obtained from Steven Cowan, Phone: 0435 035 164  
 OR downloaded from our Website, [www.mudgeedistrictu3a.org.au](http://www.mudgeedistrictu3a.org.au) [www.mudgeedistrictu3a.org.au](http://www.mudgeedistrictu3a.org.au)**

### **THE CURRENT COMMITTEE INTENTIONS ARE AS FOLLOWS:**

President	Judith Darling	Prepared to stand for re-election.
Vice President	Ann Burrows	Prepared to stand for re-election.
Vice President	Kay Dickinson	Standing down from this position & prepared to stand for Secretary.
Secretary	Steven Cowan	Standing down.
Treasurer	Ray Parle	Prepared to stand for re-election *Under the 3 year rule.
Publicity Officer	Debra Cowan	Standing down.
Program Coordinator	Sally Colley	Prepared to stand for re-election.
Committee Member	Nancy Chapman	Standing down from this position & prepared to stand for Vice President.
Committee Member	Geoff Dear	Prepared to stand for re-election.
Committee Member	Elly Rands	Standing down from this position & prepared to stand for Publicity Officer
Committee Member	Barry Wells	Standing down.

**\*Under the 3 year rule, members are required to stand down from the Committee  
 but may be re-elected if no other nominations are received.**

**MUDGEE DISTRICT U3A Inc**

**NOMINATION FORM FOR OFFICE BEARERS AND COMMITTEE MEMBERS 2018 – 2019**

We the undersigned financial members of Mudgee District U3A hereby nominate,

..... for the office of .....  
 (Name - Please Print)

Proposer: ..... Signature.....  
 (Name - Please Print)

Seconder: ..... Signature.....  
 (Name - Please Print)

I, ..... **accept this nomination.**  
 (Name of Nominee - Please Print)

**Signature of Nominee:** ..... **Date:** .....

*Any financial member of Mudgee District U3A Inc may be nominated for election by two other financial members.  
 Nominees are invited to submit a short statement or profile with this form in support of their nomination  
 (maximum ½ page).*

**Nominations must be submitted by post to:  
 The Secretary, Mudgee District U3A Inc, PO Box 469 Mudgee NSW 2850,  
 by 5pm, Friday 17th August 2018. Late nominations cannot be accepted.**

**MUDGEE DISTRICT U3A Inc**

**NOMINATION FORM FOR OFFICE BEARERS AND COMMITTEE MEMBERS 2018 – 2019**

We the undersigned financial members of Mudgee District U3A hereby nominate,

..... for the office of .....  
 (Name - Please Print)

..... Signature..... Proposer:  
 (Name - Please Print)

Seconder: ..... Signature.....  
 (Name - Please Print)

I, ..... **accept this nomination.**  
 (Name of Nominee - Please Print)

**Signature of Nominee:** ..... **Date:** .....

*Any financial member of Mudgee District U3A Inc may be nominated for election by two other financial members.  
 Nominees are invited to submit a short statement or profile with this form in support of their nomination  
 (maximum ½ page).*

**Nominations must be submitted by post to:  
 The Secretary, Mudgee District U3A Inc, PO Box 469 Mudgee NSW 2850,  
 by 5pm, Friday 17th August 2018. Late nominations cannot be accepted.**

## FORM OF APPOINTMENT OF PROXY

I, .....

(Print full name)

of.....

(Address)

being a current member of **MUDGEE DISTRICT U3A Inc**, hereby appoint,

**The Mudgee District U3A Secretary**

*(If you wish to nominate another  
current member complete the box on  
the right)*

.....

(Print full name)

.....

(Address)

being a current member of **MUDGEE DISTRICT U3A Inc**, as my proxy to vote for me on my behalf at the Annual General Meeting of the Association, to be held on the 1st day of September 2018.

My proxy is authorised to vote for:

**Office Bearers and Committee Members for 2018 - 2019,**

this includes the following positions,

- President
- 2 Vice Presidents
- Secretary
- Treasurer
- Program Co-ordinator
- Publicity Officer
- 4 Committee Members

.....

(Signature of member appointing proxy)

.....

(Date)

***NB. No financial member may hold more than 5 proxies  
except where the Secretary has been nominated as the proxy.***

**This form must be submitted by post to:  
The Secretary, Mudgee District U3A Inc, PO Box 469 Mudgee NSW 2850,  
and received by 10.00am, Thursday, 30th August 2018.  
Late nominations cannot be accepted.**

**HONORARY LIFE MEMBERSHIP NOMINATION FORM 2018-2019**

Nominations must be submitted to:  
**The Secretary, Mudgee District U3A Inc, PO Box 469, Mudgee NSW 2850,  
by 5pm on Monday 20th August 2018.  
Late nominations will not be accepted.**

We the undersigned members of the Mudgee District U3A wish to nominate the following member for consideration for the award of an Honorary Life Membership.

.....  
*(Print full name)*

**REASONS to support this nomination:**

.....  
.....  
.....

**NOMINATED by:**

Name: .....  
*(Print full name)*

Signature: ..... Date: .....

**SECONDED by:**

Name: .....  
*(Print full name)*

Signature: ..... Date: .....

**ACCEPTANCE by Nominee:**

I, ..... accept this nomination.  
*(Print full name)*

Signature: ..... Date: .....