

THE SMART AGE PAGE

Mudgee District U3A Inc in Wiradjuri Country

Monthly Update November 2021



Dear Mudgee District U3A Members

At last, restrictions have eased and most classes have been able to resume, however there are still disruptions to normal operations as the Baptist Church Hall is off limits until December 3rd during the HSC. Alternative venues have been arranged for some classes, while other classes have been suspended for the time being.

The long-delayed AGM was finally held on October 30th and the new Committee was elected. At the end of the meeting the position of Secretary was unfilled, but we are very grateful to Kay Dickinson who was 'persuaded' to fill the casual vacancy and to take on that role.

The Committee for 2021-22 is as follows:

President	Heather Rushton	(0428 721 244)
Vice President	Barbara Vickary	(0404 921 639)
Secretary	Kay Dickinson	(0405 182 101)
Treasurer	Janet Duffy	(0419 989 322)
Program Coordinator(s)	Cheryl Russell	(0407 915 277)
	Barbara Vickary	(0404 921 639)
Publicity	Debrah McGarrigle	(0402 037 181)
Committee members	Nancy Chapman	(0490 058 362)
	Kaisa Giles	(0438 004 018)
	Marianne Matthews	(0419 218 648)
	Susanne Scholes	(6373 1394)



Absent - Kay Dickinson

At the AGM the motion was passed that the annual membership fee be increased to \$30 (full year) was passed. The Acting Treasurer, Janet, reported that for many years the fee has remained unchanged, but in the last two years Adams St has been largely unavailable and we have had to pay for other premises to conduct classes. Despite your \$2 contributions, this has proved to be very costly for the association.

From next year this problem will be solved as we move to Kildallon, (the former TAFE site) but of course, there will be expenses associated with the relocation. The increased membership fee will be used to pay the rent and to assist with the furnishing/equipping of the new premises.

Work on the former TAFE site is continuing and we are hoping that we will be able to move in during January. Although we may not be able to hold Enrolment Day (15th January) at the site, we WILL be ready for the commencement of Term 1 2022.

Having access to the classrooms and grounds of the facility will give us greater flexibility in terms of the number of classes that can run and the timing of those classes. It also gives the opportunity for different classes to operate. We are limited only by the willingness to share your skills and knowledge! The Presenter Course Form is attached, but this needs to be returned to the Program Coordinators promptly as the 2022 Program Booklet needs to be prepared.

While most of the 2022 classes will be located at Kildallon, Line Dancing will remain at the Baptist Church and we will continue our Community Partnerships with the Mudgee Library and Pioneer House. On that topic, **we are looking for someone to lead the Sunday Afternoon Movie sessions at Pioneer House**. If you are interested, please contact Program Coordinators Cheryl or Barbara.

To celebrate another year of U3A learning and companionship, you are invited to our **End of Year Morning Tea** to be held at Club Mudgee 10.30am 17th December (see the attached invitation). If you would like to attend, either place your booking form and money into an envelope and drop it into **The Book Nest**, Church St Mudgee, or email your acceptance to me and pay directly into the U3A account.

Heather

For more information about this trial, view <https://youtu.be/g5EfX0dcGDs> or the website: <https://www.homesidestudy.eu/about>



Do you live with dementia, or care for someone living with dementia?
Recruiting participants across Australia now for this **free telehealth trial**

HOMESIDE is an international study investigating the effects of **music** and **reading** activities for people living with dementia and their family caregivers.

“... the opportunity to experience shared meaningful time together”

In partnership with

  

Please click here to register your interest

Extracts from MUDGEE DISTRICT U3A PRESIDENT'S REPORT FOR 2021 AGM

It has been another stop/start year for Mudgee District U3A - a year of confusion and of loss, but once again, the membership has shown great resilience and despite the setbacks, we are still here. I would like to thank the Committee for the hard work they have put into keeping Mudgee District U3A operating, the Presenters for giving their time and effort (and being prepared to take risks) and the members for their continuing support.

THE COMMITTEE

At last year's AGM the following people were elected to the Committee. Returning members Margaret Brennan (Vice President and Assistant Program Coordinator), Ray Parle (elected as Treasurer for the nth time), Nancy Chapman (who was meant to be stepping down but decided to continue as Welfare Officer) and myself while David Price remained our webmaster. We also welcomed new members Debrah McGarrigle (Publicity Officer and Events Coordinator), Kaisa Giles (Membership Enquiries), Susanne Scholes and Barbara Vickary (Assistant Events Coordinator and Assistant Treasurer).

Sadly, the positions of Secretary and Program Coordinator were not filled, but by the end of the AGM Janet Duffy had kindly offered to fill a casual vacancy, taking on the role of Program Coordinator, shared with Margaret.

As the year progressed, we were joined by two more volunteers, Cheryl Russell who became the Minutes Secretary and the very capable Marianne Matthews who took on responsibility of Secretary.

The Committee has worked well together and has faced the challenges of 2020/21 with equanimity, good humour and determination. While I would like to thank all of the Committee for their commitment, it's those who saw a need and put themselves forward to meet that need who deserve special mention.

Margaret, our Vice President, fits the definition of a 'quiet achiever'. She's not one to make a fuss, but if help is needed, Margaret is there. When Chris Smith unexpectedly had to resign as Program Coordinator last year, Margaret shouldered that responsibility with Judith until the AGM. She has continued in that position this year, supporting Janet in that demanding role. Furthermore, she has become "Mrs COVID", buying and supplying classes with the cleaning materials needed to comply with COVID requirements. We thank her for her valuable contribution to Committee over the past three years and to Mudgee District U3A in general.

When Marianne joined the Committee, she stepped straight into the role of Secretary, but she stipulated it was 'only until the AGM'. With the postponement of the AGM, her time in office has been a little longer than anticipated. I thank her greatly for the work she has done as Secretary and for her sound advice, especially in these difficult times.

Janet must also be thanked enormously. The role of Program Coordinator is probably the most important for our association as without it, there would be no courses. It involves finding Presenters, locating venues, preparing the Program, supervising enrolment, compiling class lists, monitoring the progress of classes and sorting out any issues arising. Along with Margaret, Janet has adeptly done all of this and more as since the end of April, she has also taken on the role of Acting Treasurer.

The transfer of financial duties to Janet was necessitated by the untimely death of our long time Treasurer, technical guru, Presenter and all round 'good bloke', Ray Parle. Ray was far more than our 'token male' on the Committee. His understanding of monetary matters was sound and his bookkeeping meticulous. On Committee we miss Ray's sensible contributions to discussions and his dry wit.

Sadly, Ray is not the only one we have lost since the last AGM. I'd like to recognise the contributions to Mudgee District U3A of former presenter Phillip Farmer, former Committee member Rob Waller and members Doreen Matthews, Elizabeth Barnes, Robyn Chapman, Valda Meyer and Bruni Krzysik. I'd also like to thank the estate of Doreen Matthews for the donation to Mudgee District U3A of Mah Jong tables, a donation made in recognition of the enjoyment Doreen had from being part of that group.



COURSES/ACTIVITIES/EVENTS

We began the year aware that the COVID threat was real but hopeful that the disruptions of 2020 were behind us. Unfortunately, this was not to be the case.

The restrictions imposed when Sydney went into lockdown at the end of June seriously impacted the viability of some classes (4sq m rule, capping class sizes and mask wearing). There were valiant attempts to accommodate these restrictions and to get classes going again at the start of August, but these efforts were thwarted when Mudgee went into lockdown for the next six weeks.

Probably because of the inherent vulnerability of our 'clientele', our membership has declined this year (204 people in August). We hope that people will feel safer next year and our numbers will recover.

Our Program for this year comprised 24 courses with an interesting mixture of continuing and new groups. Once again, I would like to thank the Presenters for volunteering to share their skills/ expertise.

The importance of U3A. If there is one thing we have learnt from the past two years, it's the importance of social interaction for a sense of well-being. U3A is perfectly placed to provide that to seniors who, through the pandemic, have been shown to have suffered greatly from social isolation. Mudgee District U3A offers opportunities to participate in activities that promote both physical and mental health. It gives a sense of purpose and participants know that they belong to a caring community.

It's never too late to learn something new, make friends and have fun.

Thank you to all who have helped make Mudgee District U3A such a vibrant and valued asset in our community and we look forward to the new chapter when we move to our new premises next year.

Heather Rushton
President, 2020/2021

Postcard Size - A6 105x148



Gaye MacFarlane was catapulted into an international career in music theatre after singing the role of Eva Peron in the Australian production of *Evita* directed by Hal Prince. She has since played leading roles in Australia, Switzerland, Austria, France and Germany. With musicals such as *Song and Dance*, and *Barnum* under her belt, she has performed title roles alongside Hildegard Knef and Eartha Kitt.

Gaye devised *Stay a While with Weill* with pianist Greg Crease to trace the life and work of composer Kurt Weill (1900-1950), whose popular songs *Mac the Knife* and *September Song* have been sung by famous singers e-verywhere: from Lotte Lenya who was Kurt Weill's wife, to Bobby Darin, Ella Fitzgerald and Frank Sinatra

Sunday 28th November 2021
Running time 60 Minutes
Tickets \$30
www.trybooking.com/BUOBL
Proof of vaccination at door.

Join us after the show at the Rusty Owl next door to the theatre. Cheese platter and a glass of red, white or sparkling wine for \$20pp, other options available.
Pre-order with a credit card by calling Michael on 0422 187 108 and your order will be waiting for you when you arrive.

MUDGEE DISTRICT U3A 2022 PRESENTER COURSE FORM

Program Coordinators-

Cheryl Russell Ph: 0407 915 277 Email: chezza2229@gmail.com

Barbara Vickary Ph:0404 921 639 Email: barb48.bv@gmail.com

Name:.....

Email:.....

Phone/s:.....

Emergency Contact:

- Name.....
- Contact number.....

Course name:.....

Brief course description.....

Time required for class: 1 hour 1.5 hours 2hours Other.....

Preferred start and finish time:.....

NSW Government School Term Dates

TERM 1	TERM 2	TERM 3	TERM 4
Jan 28 to 8 April	26 April to 1 July	18 July to 23 September	10 Oct to 20 December
10 weeks	10 weeks	10 weeks	10 weeks

Preferences:

Start Date:.....

Frequency: Weekly, Fortnightly, Monthly, Other..... Circle preference.

End date:.....

Location: All classes to be held at the former TAFE site, 70 Court Street Mudgee, unless otherwise negotiated with the Program Coordinators. Facilities include two single and two double classrooms, onsite parking, wifi , power and toilets.



MUDGEE DISTRICT U3A Inc

END OF YEAR GATHERING FOR U3A MEMBERS & PARTNERS

Events Coordinator, Debrah McGarrigle Phone: 0402 037 181



Come and join us for an end of year Morning Tea

on Friday, 17th December 2021

at the Starlight Room, Club Mudgee, Mortimer St, Mudgee

Commencing at 10:30am, Cost \$10 per person

Please note, at Club Mudgee you will be required to sign in, prove vaccination status and observe current social distancing regulations

Place your **BOOKING FORM & PAYMENT** in an envelope and take it to

The Book Nest

90 Church Street, Mudgee (opposite the Shell garage)

Alternatively, fill in the form below then email it to Heather sanheath79@gmail.com

and pay by direct deposit to

Mudgee U3A, BSB 082 726, Acct 396808275

Please use your name as the payment reference

(No telephone bookings will be taken)

BOOKINGS CLOSE: Friday 10th December 2021

You will be contacted only if the event is cancelled.

BOOKING FORM

Morning Tea at Club Mudgee, Friday 17th December 2021. Cost \$10.00 per person. Name/s:

.....

Phone: Do you require a Diabetic [] or Gluten Free Option []?

This booking is for person/people. Enclosed payment \$

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



Mudgee District U3A

MUDGEE DISTRICT U3A Inc

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www.mudgeedistrictu3a.org.au