

**MUDGE  
DISTRICT  
U3A  
2024  
PROGRAM BOOKLET**



*Come and join the journey of life-long learning*



**KILDALLON**  
EDUCATION CENTRE

## **WELCOME**

The 2023-2024 Mudgee District U3A Committee is pleased to present the Program Booklet for 2024.

Our sincere thanks to all the people who have offered their services as Presenters.

Members who enrol prior to classes commencing should assume they are enrolled in their nominated classes unless they hear otherwise.

After the course commencement date, prospective participants need to ensure they are a member of U3A, then contact the Presenter of the course to ascertain whether there is a vacancy before attending any class.

## **Enrolment Day/Showcase Day Saturday, January 13<sup>th</sup>, 2024.**

**Kildallon  
70 Court Street  
Mudgee  
9.30 am to 12 noon.**

**Please bring your Enrolment Form**

**Most Presenters will be available to talk with you about their classes.**

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**ABOUT U3A**

University of the Third Age, now abbreviated to U3A, began in 1968 in France and is a voluntary non-profit organisation which offers low cost educational and social opportunities to retirees or semi retirees.

**MEMBERSHIP GUIDELINES**

Mudgee District U3A connects members from within the Mid-Western Regional Council area.

No entry or exam requirements are necessary to join Mudgee District U3A.

Most classes are held during the day in NSW school terms.

**Membership Fees:** A sliding scale is used to determine cost of enrolment:

<b>Term 1,2,3,4:</b>	\$30
<b>Term 2,3,4:</b>	\$25
<b>Term 3,4:</b>	\$20
<b>Term 4 only:</b>	\$15

Membership fees cover administration, postage and insurance.

There is no charge for residents of Aged Care Facilities.

Insurance is provided through Network NSW, the State’s U3A ‘umbrella’ organisation.

Members can access a copy of the Mudgee District U3A Constitution from the website [www.mudgeedistrictu3a.org.au](http://www.mudgeedistrictu3a.org.au) alternatively the Constitution is available, on request, from the Committee.

Newsletters are delivered to all members either by Australia Post or email. The use of electronic mail is encouraged to help save resources.

Class attendees must have enrolled prior to attending any class.

In some classes provision of your own materials may be necessary and a small fee may apply to cover the cost of class notes or other resources. Courses presented at venues other than Kildallon will require gold coin donation to cover the hire of the venues.

Members receiving printed notes from their class Presenter will be asked to contribute to the cost of photocopying. There is no charge for notes or handouts delivered by email.

Class members are under no obligation to receive notes and may decline the offer of receiving them in either format.

Morning or afternoon tea may be available at no cost in some classes. The kitchen has a Zip water heater, a microwave, a bench top toaster oven, a refrigerator and oven. There are also cups, mugs, plates, cutlery and serving platters. Individual members have the right not to participate.

**There is an expectation that class members keep the Presenter informed as to intended absences or complete withdrawals. Presenters' phone numbers are published in the Program Booklet.**

At the official Enrolment Day on Saturday 13 January 2024 (9.30am - 12 noon at 70 Court Street Mudgee NSW 2850) most class Presenters will be available to answer questions about courses offered.

On Enrolment Day members pay the annual membership fee and enrol in the classes of their choice; however, you may join during the year. A receipt will be issued on payment.

**IF ENROLLING BY MAIL:** Send a completed **Enrolment Form** and **Membership Fee** and if you require a receipt, please include a stamped self-addressed envelope to:

**The Secretary  
Mudgee District U3A  
Kildallon  
70 Court Street  
Mudgee NSW 2850**

**CHEQUES – to be made payable to 'Mudgee District U3A'.**

**DIRECT DEPOSIT –**

<b>Account Name:</b>	<b>Mudgee U3A</b>
<b>BSB:</b>	<b>082-726</b>
<b>Account Number:</b>	<b>396808275</b>

**Your payment reference: Write your own name or phone number.**

**Additional Enrolment forms are available from the Mudgee U3A website or by contacting the Program Coordinator. A vertical filing system is located on the wall outside the Office. It contains enrolment forms and Program Booklets.**

The viability of classes is dependent on sufficient registrations. Some classes have a limit due to the nature of the course or resources available.

In the case of oversubscription in classes with a limit on participants, the Program Coordinators will draw participants' names out of a hat. The remainder will be placed on a waiting list.

You will be notified if you have missed out on a place in the draw and have been placed on a waiting list. If places become available, the waiting list will be activated in the order of the draw, and you will be contacted to advise the availability to join the class.

**TERM DATES 2024**

Term 1	January 30	April 12
Term 2	April 29	July 5
Term 3	July 22	September 27
Term 4`	October 14	December 20

**CLASS VENUES**

Most classes will be held at **KILDALLON: EDUCATION CENTRE**  
 Kildallon is located at 70 Court Street, Mudgee. Some presenters have negotiated for other locations, as shown below. Kildallon is the name of the original Kellett residence on this site. The facility offers two single and two double classrooms, along with storage and an office. There is onsite parking, but members are requested to **not park on grassed areas**. Wifi, power, toilets, and a kitchen, where members have facilities for morning or afternoon tea, are also available.



Other venues are those listed below.

Baptist Church	153 Bruce Road Mudgee
Prince of Wales Opera House	101 Mayne Street Gulgong

## **COURSES**

### **MONDAY**

#### **BALANCE 'n' BONES**

**CC: MBB**

An exercise program for active, mobile, mature aged participants. A fun workout aimed to increase flexibility, balance, coordination, and bone strength. This program is endorsed by NSW Health.

#### **Weekly**

**9.30 am to 10.30 am.**

**Venue: Kildallon**

**Start Date: Monday February 5**

**End date: Monday December 9**

**Maximum Number of Participants: 28**

**Presenter: Sue Grant-Frost**

**0439 697379**

#### **UNDERSTANDING YOUR IPHONE/IPAD**

**CC: MUI**

Learn the basics of using your iPhone or iPad. Nothing is assumed. You will learn how to turn it on, the basics of how to use It, and be introduced to some of the popular Apps. Learn how to take photos, send/receive text messages and all other features of your device. *Course not suitable for non-Apple devices.*

#### **Short Course: 7 Sessions**

**Weekly for 7 weeks**

**3:00pm to 4:00pm**

**Venue: Prince of Wales Opera House – Gulgong**

**Start Dates: Monday February 5**

**End date: Monday March 11**

**Maximum Number of Participants: 15**

**Presenter: Scott Etherington**

**0408 726 722**

## PEOPLE WHO MADE A DIFFERENCE

CC:MPD

We live relatively comfortable lives, but how much do we know about the people whose hard work, persistence and inventiveness led to changes that make our lives easier? This course is an opportunity to explore the lives and impact of some of these people. It largely focuses on changes from Europe in the 18<sup>th</sup> and 19<sup>th</sup> centuries. If you have survived an operation, voted, worn clothing made of woven fabric or read a book then these people have affected your life. Come and learn more about them.

**Weekly during Term 1**

**11:00am – 12:00pm**

**Venue: Kildallon**

**Start Date      Monday 5 February**

**End Date        Monday 8 April**

**Maximum Number of Participants: 20**

**Presenter:     Jen Davies**

**0407 254 524**

## IN PRAISE OF QUIET COURAGE

CC: MQC

History books are full of the stories of ambitious people, kings and queens, military leaders and politicians, many of them lauded as heroes. But those are only some of the stories. Throughout history there are also many people who showed amazing courage without a thought of glory. They are “ordinary” people who make difficult decisions, showed courage or spoke up when others didn’t. Many of these are people we often don’t know a lot about, though we may remember their names. Come and learn more about them.

**Weekly during Term 4**

**11:00 – 12:00**

**Venue: Kildallon**

**Start Date      Monday 14 October**

**End Date        Monday 16 December**

**Maximum Number of Participants: 20**

**Presenter:     Jen Davies**

**0407 254 524**

“Learning is a treasure that will  
follow its owner everywhere”

Chinese proverb



## **A SHORT SPRINT THROUGH HUMANITY'S LONG HISTORY**

**CC:MSS**

What stimulated the West's emergence from the Dark Ages? It could not and did not miraculously "pick itself up by its bootstraps". The West was gifted millennia of civilization in the making - one chapter building on others in the "book" of humanity's development to great an ever-advancing civilization.

**Weekly during Term 1**

**2:00 pm – 3:30pm**

**Venue: Kildallon**

**Start Date Monday 5 February**

**End Date Monday 8 April**

**Maximum Number of Participants: 30**

**Presenter Louise Windeyer**

**0428 727 882**

## **THE STUARTS**

**CC:MTS**

Following the Tudors came the Stuarts (1603 – 1714). It was a period marked by conflict between the King and Parliament, resulting in a Civil War and a gradual shift in power away from the monarch.

**2:00 pm – 3:30pm**

**Venue: Kildallon**

**Start Date Monday 22 July**

**End Date Monday 23 September**

**Maximum Number of Participants: 30**

**Presenter: Heather Rushton**

**0428 721 244**

## **SMALL CHORAL GROUP FOR WOMEN**

**CC:MCG**

Can you sing? U3As's small choral group for women-Cantobella- is looking for new members, particularly altos. Some previous choir experience is preferable as applicants need to be able to hold a part. The ability to read music is an advantage. We sing mostly three- and four-part harmonies unaccompanied.

**Weekly 4:00pm – 5:30pm**

**Venue: Kildallon**

**Start: Monday 30 January**

**End Date: Monday 16 December**

**Maximum Number of Participants: No maximum**

**Presenter: Jenny Davenport**

**0437 080 900**

## **TUESDAY**

### **YOGA FOR SENIORS**

**CC: TYS**

Seated/standing Yoga for Seniors with health challenges.  
Even though the floor is carpeted grip socks are advised.

#### **Weekly**

**10.00 am to 11.00 am**

**Venue: Kildallon**

**Start Date: Tuesday January 30**

**End Date Tuesday December 10**

**Maximum Number of Participants: 14**

**Presenter: Kay Dickinson 0405 182 101**

### **THE CURIOUS SCIENTIST**

**CC:TCS**

Morning tea focusing on the curious aspects of science. Starting with the eye on 5 March we look at why we can't believe what we see. Other topics will be advised closer to the dates.

#### **One session per term**

**5 March, 7 May, 6 August**

**10:00 – 11:00**

**Venue: Kildallon**

**Start Date Tuesday 5 March**

**Maximum Number of Participants: 500**

**Presenter David McLennan 0429 360 121**

### **PERSIAN PROPHETS\_**

**CC: TPP**

The historical events of the founders of the Baha'i Faith and their early followers. A trip through Eastern and Western history.

**Fortnightly, 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month**

**11.45 am to 1.15 pm**

**Venue: Kildallon**

**Start Date: Tuesday February 6**

**End Date: Tuesday December 12**

**Maximum Number of Participants: 15**

**Presenter: David Bailey 6372 1812**

## **MAH JONG WESTERN STYLE**

**CC: TMJ**

An updated version of the Chinese game. Lots of fun and mental exercise. Beginners are welcome.

### **Weekly**

**2.00 pm to 4.00 pm**

**Venue: Kildallon**

**Start Date: Tuesday February 6**

**End Date: Tuesday December 10**

**Maximum Number of Participants: 20**

**Presenter: Sue Grant-Frost**

**0439 697 379**

## **FORENSIC DOCUMENT EXAMINATION**

**CC:TFD**

This informative two-part talk starts by defining forensic science, then delves into what is forensic science, briefly touching on relevant legal aspects. Part of this discussion considers the role forensic science played and the mistakes made in the original conviction of Lindy Chamberlain and subsequently its overturning by a Royal Commission.

The second part of the talk delves into the field of forensic document examination. It details the types of examinations undertaken by the forensic document examiner and the equipment used in these examinations. A series of case studies will be used to illustrate the different classes of signature examinations, which help facilitate an overview of signature and handwriting examinations. Lastly there will be a brief look at other types of examinations including limitations imposed on an examination using printed and photocopy documents.

**11.00 am to 12.00 am**

**Venue: Kildallon**

**Start Date: Tuesday 23 July**

**End Date: Tuesday 30 July**

**Maximum Number of Participants: 20**

**Presenter: Chris Anderson**

**0418 269 941**

## **WEDNESDAY**

### **FLOOR YOGA**

**CC: WFY**

Floor Yoga with the aid of a chair for strength and balance. Even though the floor is carpeted grip socks may be necessary. A floor mat or towel is also required.

#### **Weekly**

**10.00 am to 11.00 am.**

**Venue: Kildallon**

**Start Date: Wednesday January 31**

**End Date: Wednesday December 11**

**Maximum Number of Participants: 12**

**Presenter: Kay Dickinson**

**0405 182 101**

### **MINDFULNESS and MEDITATION**

**CC:WMM**

Learn and practise mindfulness techniques for everyday life; breathing, EFT (anxiety relief), Brain Gym, Laughter Yoga and meditation.

Weekly for 6 weeks each term.

T1 7 Feb- 13 March

T2 1 May – 5 June

T3 24 July – 28 August

T4 16 October -20 November

**12 am to 2:00pm**

**Venue: Kildallon**

**Start Date: 7 Feb**

**Maximum Number of Participants: 20**

**Presenters: Loretta Prowse**

**0487 248 955**

### **SIMPLE PAPER FOLDING**

**CC:WCP**

Fold paper to sculpt a piece of art/talking point for your house. Enjoy a couple of hours each week creating works of art through paper folding and moulding.

Projects could include a flower arrangement, a bowl of spheres, balls or pine cones, a free standing (or hanging) folded book, simple paper Christmas ornaments and wreaths.

**10:00 am to 12:00**

**Venue: Kildallon**

**Start Date: 8 May, 15 May, 22May.**

**Maximum Number of Participants: 10**

**Presenters: Jenny Davenport**

**0437 080 900**

## **KNITTING AND CROCHET**

**CC:WKC**

Improve your skills in both knitting and crotchet A course for beginners to experts. All welcome!

**Weekly 2:00 to 4:00**

**Venue: Kildallon**

**Start Date: Wednesday May 1**

**End Date Wednesday September 25**

**Maximum Number of Participants: 10**

**Presenter: Maureen Brummell**

**6373 3302**

## **WATERCOLOUR ART**

**CC: WWA**

Expand your vision through art. Guidance is offered with watercolours, pencil, or acrylics but participants work with a variety of mediums (not oils), depending on personal projects. Enjoy an afternoon of mixing ideas as well as colours. Encouragement is always offered to improve. The following materials will enhance your enjoyment of this course:

- Paper tape to tape the paper to a backing board.
- An old towel to wipe brushes.
- A roll of paper towels for removing excess water from a painting.
- A palette or white china plate. Any dried paint left on these can be reused by applying water.
- A 2B pencil for drawing (don't have to press hard with a 2B)
- A putty eraser to remove the pencil lines (kneaded to keep it clean)
- A spray bottle with a fine spray to keep your painting damp.
- A ruler for marking distances and perspectives.
- A pipette/dropper to add a few drops to your paint.

A gold coin donation to purchase additional materials would be appreciated.

**Weekly**

**2.00 pm to 4.00 pm**

**Venue: Kildallon**

**Start Date: Wednesday February 8**

**End Date: Wednesday December 13**

**Maximum Number of Participants: 20**

**Presenter: Shirley Fisher**

**0402 864 745**

## **CHRISTMAS TABLE DECORATIONS**

**CC:WTD**

A fun three sessions making tree decorations, bonbons and wreaths for Christmas celebrations.

**Short course, weekly three sessions**

**10am – 12pm**

**Venue: Kildallon**

**Dates: November 6**

**November 13**

**November 20**

**Maximum Number of Participants: 10**

**Presenter: Jenny Davenport 0437 080 900**

**Sue Brierty 0488 660 308**

**To cover costs a gold coin donation would be appreciated.**

## **THURSDAY**

### **QUILTING & HANDICRAFTS**

**CC:ThQ**

This course is for the experienced or beginners who are interested in handicrafts such as quilting by hand or machine, sewing, embroidery, crochet etc. Members are encouraged to bring their own projects and UFOs to work on. Knowledge and skills shared in a fun, friendly and informal group.

**Fortnightly 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month**

**10am – 12.30pm**

**Venue: Kildallon**

**Start Date: Thursday 22 February**

**End Date: November 28**

**Maximum Number of Participants: 10**

**Presenter Kaisa Giles 0438 004 018**

## LINE DANCING

CC:ThL

Easy physical exercise to a range of music. Good exercise for the mind too! Great for beginners or more experienced dancers. Comfortable, closed in shoes necessary and remember to bring water. \$2 weekly donation towards hall hire is requested.

### Weekly.

**10 am to 12 noon**      **Beginners until 11 am**  
**Venue:**                **Mudgee Baptist Church**  
**Start Date:**         **Thursday February 1**  
**End Date:**            **Thursday December 19**  
**Maximum Number of Participants: 37**

**Presenter:**            **Libby Dorahy**            **0409 605 802**

*“Develop a passion for learning. If  
you do you will never cease to  
grow”*

*Anthony J. D’Angelo*

## **WHAT DO YOU KNOW ABOUT?...**

**CC:ThWD**

Continuing our interactive social history-based sessions. We may investigate megafauna or renaissance or Tahiti or .....

**Short course in weeks 2 and 3 of Terms 1, 2 and 4**

**2pm – 3.30pm**

**Venue: Kildallon**

**Dates : March 14 & 21**

**June 13 & 21**

**November 14 & 21**

**Maximum Number of Participants: 73**

**Presenters: Janet Duffy 0419 989 322**

## **WEAVING FROM NATURE**

**ThW**

Create baskets, wall art or wreaths from grass, leaves and vines. A small charge of \$3 to cover needles and raffia, everything else is supplied. Just bring your Imagination.

**Weekly 2:00pm – 4:00pm**

**Venue: Kildallon**

**Start Date: 8 February**

**End Date: 29 February**

**Maximum Number of Participants: 8**

**Presenter: Margaret Rookledge 0428 294 047**

## **A JOURNEY FROM POLAND TO MUDGEES**

**ThJP**

My Polish parent's experiences during World War 2, their immigration to Australia, their lives in Sydney. My husband, Stan's arrival in Australia, our experiences with The Department of Immigration, our life in Sydney and arrival in Mudgee.

**Once only Presentation**

**10:00 – 11:00**

**Venue: Kildallon**

**Start Date: 5 September 2024**

**Maximum Number of Participants: 20**

**Presenter: Erica Wojciechowski 0419 406 865**



## **BOOK GROUPS**

Each month, read a book and then get together, perhaps over a relaxing coffee or tea to discuss your thoughts and opinions.

- Participants need to be a member of the Mid-Western Regional Council Library (no charge).
- A Mudgee Library borrowing fee of \$5 is payable to the Library for each book borrowed from their Book Group sets.
- Numbers are restricted to 10 participants in each group because of the number of books available.

### **Book Group 2 CC: Th2**

**Monthly 3<sup>rd</sup> Thursday of the month**

**11am to 12:00 pm**

**Venue: Kildallon**

**Start Date: Thursday February 15**

**End date: Thursday November 21**

**Maximum Number of Participants: 10**

**Presenter: Barbara Vickary**

**0404 921 639**

### **Book Group 3 CC:Th3**

**Monthly 4<sup>th</sup> Thursday of the month**

**2.00 pm to 3.00 pm**

**Venue: Kildallon**

**Start Date: Thursday February 5**

**End Date: Thursday November 21**

**Maximum Number of Participants:10**

**Presenter: Sue Brierty**

**0488 660 308**

*“The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live” .*

## **FRIDAY**

### **TAI CHI Beginners**

**CC:FTB**

Tai Chi is good for overall health especially balance, slowing the mind and relaxation. Patricia has 11 years of experience teaching Tai Chi.

**Weekly: 11:00 am – 12 pm**

**Venue: Kildallon**

**Start date: 2 February.**

**End date: 13 December**

**Maximum Number of Participants: 15**

**Presenter: Patricia Robinson 0478 397 357**

### **TAI CHI Advanced**

**CC:FTA**

Tai Chi is a form of slow exercise and relaxation.

**Weekly: 9:30 am – 10:30 am**

**Venue: Kildallon**

**Start date: 2 February.**

**End date: 13 December**

**Maximum Number of Participants: 15**

**Presenter: Patricia Robinson 0478 397 357**

### **THE WONDERFUL WORLD OF THE COLOURED PENCIL CONTINUES**

**CC:FCP**

Explore the world of coloured pencils and their special qualities. Bring your own pencils. We will be completing one work per session.

**Short course: 10:00 am – 11:30 am**

**Venue: Kildallon**

**Start date: 1 March**

**End Date: 22 March**

**Maximum Number of Participants: 12**

**Presenter: Marianne Matthews 0419 218 648**

## **ARTISTS WHO CHANGED OUR WORLD**

**CC:FAC**

A look at twelve (12) artists who changed the way we see our world. We will investigate form, paint, expression, and message. Is an adventure in the wonderful world of visual arts history.

**Weekly**                      **10:00 am – 11:00 am**  
**Venue:**                    **Kildallon**  
**Start Date:**            **May 3**  
**End date:**              **May 24**  
**Maximum Number of Participants: 20**  
**Presenter:**            **Marianne Matthews 0419 218 648**

## **TRIVIA**

**CC: FTR**

Fancy yourself to be a trivia buff? It's time to test your knowledge with fun trivia questions of a wide range of categories from geography, history, health, cooking, animals, society and culture, games and riddles to music and literature. Form a team or play by yourself. There may be prizes!

**Fortnightly during Term 2**

**2pm to 3pm**

**Venue:**                    **Kildallon**  
**Start Date**            **Friday 3 May**  
**End Date**              **Friday 5 July**  
**Maximum Number of Participants: 20**

**Presenter:**            **Cheryl Russell**                      **0407 915 277**

## **LOCAL HISTORY**

**CC:FLH**

Local Mudgee History – come along to learn about and discuss the town and its surroundings, the people and events that have made it what it is today. We are currently negotiating the hire of a minibus to enable Barry to show us points of interest in Mudgee, eg hotels, bridges, significant residences and locations. There may be a small cost involved and will be held on one of the dates below (advice will be provided ASAP).

**Monthly**      **3rd Friday of the month.**  
Term 1 – 16 February, 15 March  
Term 2 – 17 May, 21 June  
Term 3 – 16 August, 20 September  
Term 4 – 18 October 15 November

**Time:**      **2.00 pm – 3.30 pm**  
**Venue:**      **Kildallon**

**Presenter:**    **Barry Wells**    **6373 3857**

## **FRIDAY NIGHT QUILTING/PATCHWORK**

**CC:FNP**

**Come together and share skills and knowledge.**

**Weekly**      **4:30 -8:00**  
**Venue:**      **Kildallon**  
**Start Date**    **Friday 2 February**  
**End Date**      **13 December**  
**Maximum Number of Participants: 12**

**Presenter**      **Maree Barnes**    **0437 894 250**

**Virtual Courses can be found at:**

**U3A Network NSW Inc.**

*Supporting our Members for over 30 years*

**<https://nsw.u3anet.org.au/>**

**Enrolment Day/Showcase Day  
Saturday, January 13<sup>th</sup> 2024.**

**Kildallon  
70 Court Street  
Mudgee  
9.30 am to 12 noon.**

**Please bring your Enrolment Form**

**Most Presenters will be available to talk with you about their classes.**

***Please park in defined spaces NOT THE GRASS***

***For further information please contact:***

***Erica [emw.slw@gmail.com](mailto:emw.slw@gmail.com)***

***Cheryl [chezza2229@gmail.com](mailto:chezza2229@gmail.com)***

**U3A COMMITTEE 2024**

President	Heather Rushton	0428 721 244
Vice President	Marianne Matthews	0419 218 648
Secretary	Stephen Russell	0414 327 858
Minutes Secretary	Marianne Matthews	0419 218 648
Treasurer	Janet Duffy	0419 989 322
Assistant Treasurer	Susanne Scholes	6373 1394
Program Coordinators	Cheryl Russell Erica Wojciechowski	0407 915 277 0419 406 865
Publicity Officer	Liz McNamara	0434 400 815
Events Coordinator	Debrah McGarrigle	0402 037 181
Welfare Officer		
Membership Enquiries	Erica Wojciechowski	0419 406 865

Website Manager David Price  
[www.mudgeedistrictu3a.org.au](http://www.mudgeedistrictu3a.org.au)