

WELCOME

The 2024 -2025 Mudgee District U3A Committee is pleased to present the Program Booklet for 2025.

Our sincere thanks to all the people who have offered their services as Presenters and those who have volunteered to be a contact person for the coming year.

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 or contact person of the course to ascertain whether there is a vacancy before attending any class.

Enrolment Day/Showcase Day

Saturday January 11 2025

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 members are from all parts of 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:

Term 1,2,3,4 \$30

Term 2,3,4: \$25

Term 3,4: \$20

Term 4 only: \$15

Membership fees cover administration, postage and insurance. There is no charge for residents of Aged Care Facilities.

Insurance is provided through U3A 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, 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 may require a gold coin donation to cover hire costs.

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.

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 11th January 2025, 9.30am - 12 noon 70 Court Street Mudgee, 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. 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 – Account Name: Mudgee U3A

BSB: 082-726

Account Number: 396808275

Your payment reference: Write your name.

Additional Enrolment forms are available from the Mudgee U3A website or by contacting the Program Coordinators. 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 with an enrolment update.

TERM DATES 2025

Term 1	Feb 3	April 11
Term 2	April 28	July 4
Term 3	July 21	September 26
Term 4	October 13	December 19

CLASS VENUES

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

Other venues are those listed below

PCYC 50 Market Street Mudgee

Gulgong Library 109 Herbert St Gulgong

Country Universities Centre (CUC) 70 Court St Mudgee (on the grounds of Kildallon)

Enrolment Day/Showcase Day

Saturday, January 11 2025

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.

MONDAY

BALANCE 'n' BONES

CC: MBB

Gentle video led exercise involving balance, weights and aerobics. This program is endorsed by NSW Health.

Maximum number of participants 40

Weekly

9.30am to 10.30am

Venue: Kildallon

Start Date: February 10

End date: December 15

Presenters: Sue Grant-Frost 0413 848 910

Debrah McGarrigle 0402 037 181

MOVEMENT AND MINDFULNESS FOR MEN

CC: MMM

Breathing exercises and gentle yoga-style movement combined to offer benefits to the mind and body. No prior experience necessary/required. Option of chair/floor.

Maximum number of participants 15

Weekly from Term 2

10.00am to 10.45am

Venue: Country University Centre at Kildallon 70 Court St Mudgee

Start Date: April 28

End date: December 15

Presenter: Yash Godbole 0478 953 031

**Live as if you were to die tomorrow.
Learn as if you were to live forever.
Mahatma Gandhi**

MORE QUIET COURAGE**CC: MQC**

The people in this exploration of courage responded to what life presented in extraordinary ways. Some were shaped by war, others by personal struggles while others responded to a flawed institution or society which they tried to fix. Learn about the courage they displayed.

Maximum number of participants 20.

Six weeks during Term 1

11.00am – 12.00pm

Venue: Kildallon

Start Date: February 3

End Date March 15

Presenter: Jen Davies 0407 254 524

MORE PEOPLE WHO MADE A DIFFERENCE**CC: MPD**

Have you wondered about the people behind the seismic changes to our world? If so, join us for the second installment and learn about people whose actions have impacted on your life. Many will be people you've heard of, some will be unfamiliar.

Maximum number of participants 20

Weekly during Term 4

11.00am – 12.00pm

Venue: Kildallon

Start Date: October 13

End Date December 15

Presenter: Jen Davies 0407 254 524

ARMCHAIR TRAVELLER**CC: MAT**

Travel vicariously to locations both exotic and more familiar. Destinations will include the Philippines, Indonesia and locations within Australia.

5 sessions during Term 1

2:00pm to 3:00pm

Venue: Kildallon

Start February 10

End Date: March 10

Presenter: Heather Rushton 0428 721 244

HANOVERS (1714 – 1837)**CC: MMH**

Continuing our investigation of British Monarchs, we now look at the Hanovers – George I - IV and William IV. This was a time of colonial expansion, the American War of Independence, the colonisation of Australia and the Napoleonic Wars. Interesting times, indeed.

5 sessions during Term 2

2.00pm to 3.00pm

Venue: Kildallon

Start Date: April 28

End Date: May 26

Presenter: Heather Rushton 0428 721 244

DEIR EL MEDINA The story of the people who built the Pharaoh's tombs CC: DEM

This course will explore the remarkable story of the workers who walked everyday to the Valley of the Kings to build and decorate the tombs. We will look into their houses, families, work, religion and more.

2.00pm to 3.00pm

Venue: Kildallon

Start Date: July 28

End Date: September 15

Presenter: Clarissa Mort 0429 343 433

CANTABELLA – WOMEN'S CHORAL GROUP**CC: MCG**

Some previous choir experience is preferable as applicants need to be able to hold a part. Cantabella sings three and four part harmonies, mostly unaccompanied. The ability to read music, while not compulsory, is an advantage.

Maximum number of participants 20

Weekly

4:00pm to 5.30pm

Venue: Kildallon

Start: February 3

End Date: December 15

Presenter: Jenny Phillips 0428 379 769

WEAVING FROM NATURE

CC: MWN

Term 1: Learn to weave a birdhouse from vines and decorate with gumnuts, twigs, leaves etc.

Term 3: Learn to coil a basket, bowl or wall art from native tussock grass, stitched with coloured raffia.

Cost \$20 to cover raffia, needle and gauge.

Maximum number of participants 10

Term 1 and Term 3 full day workshops

10.00am to 3.00pm

Venue: Kildallon

Term 1 Date: March 3

Term 3 Date: September 1

Presenter: Margaret Rookledge 0428 294 047

Check out U3A online

It is a website which is a virtual U3A group where everything is done online. All you need to study online is access to a computer, tablet or other device with an internet connection.

There is a wide variety of informal courses ... world affairs and history; nature; writing and creativity; lifestyle; science.

Website: u3aonline.org.au

TUESDAY

YOGA FOR SENIORS

CC: TYS

Seated/standing Yoga for Seniors with health challenges.

Grip socks are advised.

Maximum number of participants 14

Weekly

10.00am to 11.00am

Venue: Kildallon

Start Date: February 4

End Date: December 9

Presenter: Kay Dickinson 0405 182 101

CLASSICAL GUITAR

CC: TCG

A small group session to learn the classical guitar. There will be a maximum of five participants.

A cost of \$10 per session per person. You will need your own guitar. If there are only two participants the cost will be \$15 per person.

Maximum number of participants 5

Weekly

10.00am – 10.30am

Venue: Kildallon

Start Date: February 4

End Date: December 16

Presenter: David McLennan 0429 360 121

MUDGEES RAILWAY

CC: TMR

Session 1: History of Mudgee Railway

Session 2: Efforts to return the railway

11:15am – 12.15pm

Venue: Kildallon

Session 1: February 4

Session 2: February 11 Presenter: Mike Sweeney 0427 731 248

FRUIT TREES AND VINES - CARE, PRUNING, MAINTENANCE**CC: TFT**

Four 2 hour mornings on site of members or associate's trees.

Summary handouts for pruning workshop. Bring your own tools,

Maximum number of participants 8

10:30am – 12:30pm

Venue: various

Start date: June 3

End date: June 24

Presenter: Mike Sweeney 0427 731 248

THE CURIOUS SCIENTIST**CC: TCS**

A morning of interesting science, with the added bonus of morning tea. This is a series of four lectures, starting with “why do planes fly and boats not sink?”.

This is an interesting series for curious people. It will open up your understanding of so much we take for granted.

Minimum number of participants 15

10.00am – 11.00am

Venue: Kildallon

Start Date: Term 1 February 18

Term 2 May 13

Term 3 August 5

Term 4 October 28

Presenter: David McLennan 0429 360 121

**Never let formal education get in the way of
your learning.**

Mark Twain

PERSIAN PROPHETS OF THE 19TH CENTURY

CC: TPP

The historical events of the founders of the Babi and Baha'i Faiths and their early followers – becoming the most diverse religion in the world.

Fortnightly, 2nd and 4th Tuesday of each month.

12.30pm to 2.00pm

Venue: Kildallon 70 Court St Mudgee

Start Date: February 11

End Date: December 12

Presenter: David Bailey 0488 721 812

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. Using a series of case studies to illustrate the different classes of signature examinations helps facilitate an overview of signature and handwriting examinations. Lastly there will be a brief look at other types of examinations including the limitations imposed on an examination using printed and photocopied documents.

Two sessions in Term 3

11.15am – 12.15pm

Venue: Kildallon 70 Court Street Mudgee

Session One July 22

Session Two July 29

Presenter: Chris Anderson 0418 269 941

**Learn as if you were not reaching your goal and
as though you were scared of missing it.**

Confucius

MAH JONG**CC: TMJ**

Mah Jong is a tile based game of skill and chance and aids in mental exercise. Play is in a Western Style but introduction to Eastern Style will commence this year. All welcome.

Maximum number of participants 20

Weekly

2.00pm to 4.00pm

Venue: Kildallon 70 Court St Mudgee

Start Date: February 4

End Date: December 16

Presenter: Susanne Scholes 0421 416 439

susannescholes@hotmail.com

Wisdom is not a product of schooling
but of the lifelong attempt to acquire it
Albert Einstein

It's what you learn after you know it all
that counts.

Harry S Truman

WEDNESDAY

FLOOR YOGA

CC: WFY

Floor Yoga with the aid of a chair for strength and balance.

Grip socks, mat or towel required.

Maximum number of participants 10

Weekly

10.00am to 11.00am

Venue: Kildallon

Start Date: February 5

End Date: December 10

Presenter: Kay Dickinson 0405 182 101

TAI CHI BEGINNERS

CC: WTB

Tai Chi is good for overall health especially balance, slowing the mind and relaxation. Patricia has 12 years of experience teaching Tai Chi.

Maximum number of participants 15

Weekly

10:00am – 11:00am

Venue: Kildallon

Start date: February 5

End date: December 17

Presenter: Patricia Robinson 0478 397 357

**If knowledge is a power, then learning is
a superpower.**

Jim Kwik

SENIORS RIGHTS SERVICE SEMINAR**CC: WSS**

The Senior Rights Service is a non-profit community organisation dedicated to ensuring older people in NSW are safe and properly cared for. The service is available for anyone seeking to access aged care services including services in your own home as well as residential aged care homes for yourself or family members.

This service can address issues such as helping you understand the system, how to contact the right people and what options are available to you.

10.00am – 11.00am

One session

Venue: Kildallon

Date: August 6

Presenter: Valder Boyd, Aged Care Advocate – Southern Western Team

Further information contact Janet Duffy 0419 989 322

KNITTING AND CROCHET**CC: WKC**

Casual and structured involvement in knitting and crochet. Suitable for beginners and experts.

Maximum number of participants 15

Weekly in Terms 2 and 3

2:00pm to 4:00pm

Venue: Kildallon

Start Date: April 30

End Date: September 24

Presenter: Maureen Brummell 0413 487 835

**Spoon feeding in the long run teaches
us nothing but the shape of the spoon.**

E. M. Forster

WATERCOLOUR and ACRYLICS**CC: WWA**

Helping people to understand watercolour and its beauty.

Maximum number of participants many

Fortnightly

2.00pm to 4.00pm

Venue: Kildallon

Start Date: February 5

End date: December 10

Presenter: Shirley Fisher 0402 864 745

RESEARCHING AUSTRALIAN ANCESTORS ONLINE**CC: WRA**

An overview of the many freely available websites you can access to research your family history in Australia, plus some tips and tricks to aid your searching. Run by the Curator of “Gulgong History” archive and Facebook page.

One session

2.00pm – 3.30pm

Venue: Kildallon

Date: April 23

Presenter: Voren O’Brien 0448 605 127

**He who would learn to fly one day
must first learn to stand and walk and
run and climb and dance; one cannot
fly into flying.**

Friedrich Nietzsche

THURSDAY

WALKING FOR RELAXATION

CC: ThW

Slow walking group utilising council walking paths around the river. Walk length 2.5 to 3 kilometres – speed 3 to 4 kilometres per hour. Temperature 3 degrees to 27 degrees. We will walk in light rain/ drizzle. Leader will have small dog. Chemical free group: no insect repellent or perfume.

Maximum number of participants 10

Weekly from Term 2

9.00am– 9.45am

Venue: Meet at the suspension bridge over the river

Start Date: May 1

End Date: December 18

Presenter: Amanda Whiles 0411 571 539

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.

A \$20 yearly membership fee payable to the PCYC is required.

Maximum number of participants 37

Weekly

10:00am to 12pm

Beginners until 11 am

Venue: Mudgee PCYC 50 Market Street Mudgee

Start Date: February 6

End date: December 18

Presenter: Libby Dorahy 0409 605 802

One learns from books and example only that certain things can be done. Actual learning requires that you do those things.

Frank Herbert

HEALTH FOR OLD FARTS

CC: ThF

A look at men's health. How it works. What makes it better? What can make it worse?

Presented in illustration form with the odd experiment. This is a one-off session with a view to follow up if successful.

10.00am – 11.00am

Venue: Kildallon

Date: February 6

Presenter: Rob O'Connor 0428 741 202

BOOK GROUPS

Each month, read a book and then get together 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.

Maximum number of participants 10

Book Group 2

CC: Th2

Monthly 3rd Thursday of the month

11.00am to 12:00pm

Venue: Kildallon

Start Date: February 20

End date: November 21

Presenters: Maureen and Joe Allemann 0447 404 036

Book Group 3

CC: Th3

Monthly 4th Thursday of the month

2.00pm to 3.00pm

Venue: Kildallon

Start Date: February 27

End date: November 28

Presenter: Sue Brierty 0488 660 308

SIT DOWN, SHUT UP AND WRITE – WRITER’S GROUP**CC: ThS**

Fortnightly writing sessions, beginning with prompts to enhance creativity followed by 1.5 hours of writing. Closing with feedback for and from willing participants.

Maximum number of participants 20

Sessions will alternate between Gulgong Library and Kildallon. It is anticipated that participants will attend either of these fortnightly sessions.

10.00am – 12.00pm

Venue: Kildallon

Start Date: February 6

End Date: December 18

Venue: Gulgong Library

Start Date: February 13

End Date: December 11

Presenter: Eila Jameson-Avey 0402 346 788

A QUICK SPRINT THROUGH HUMANITY’S LONG HISTORY OF ACCUMULATING KNOWLEDGE, INVENTIONS AND DISCOVERIES**CC: ThQ**

What stimulated the West’s emergence from the Dark Ages? It could not and did not miraculously “pick itself by its bootstraps”. The West was gifted millennia of civilisation in the making – one chapter building on others in the “book” of humanity’s creation of an ever advancing civilisation.

Weekly Term 1 and 2

2.00pm – 3.15pm

Venue: Kildallon

Start Date: February 6

End Date: July 3

Presenter: Louise Windeyer 0428 727 882

FRIDAY

TAI CHI ADVANCED

CC: FTA

Tai Chi is a form of slow exercise and relaxation. It is good for overall health and especially balance. Patricia has 12 years of experience teaching Tai Chi.

Maximum number of participants 20

Weekly

10.00am -11.00am

Venue: Country University Centre (CUC) at Kildallon

Start Date: February 7

End Date: December 19

Presenter: Patricia Robinson 0478 397 357

VISUAL ARTS IN THE WORLD

CC: FVA

An investigation of what was happening in the visual arts across the world in particular centuries in Africa, Americas, Asia, Europe, Middle East and Oceania.

We will take three points in time and visit what artists were doing across the world looking for connections, similarities and convergences.

Three sessions

11.00am – 12.00pm

Venue: Kildallon

Start Date: September 12

End Date: September 26

Presenter: Marianne Matthews 0419 218 648

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

Mortimer Adler

MINDFULNESS AND MEDITATION**CC: FMM**

Learn and practise mindfulness techniques for everyday life: breathing, brain gym, EFT/tapping and meditation.

Maximum number of participants 15

Weekly for 5 weeks each term

12.00pm – 2.00pm

Venue: Kildallon

Start Date: Term 1 February 7

End Date: Term 1 March 7

Start Date: Term 2 May 9

End Date: Term 2 June 6

Start Date: Term 3 July 25

End Date: Term 3 August 22

Start Date: Term 4 October 17

End Date: Term 4 November 14

Presenter: Loretta Prowse 0487 248 955

AN AMERICAN IN MUDGE: THE LIFE OF JOE ALLEMANN**CC: FJA**

Joe grew up in the United States and has had an interesting life to say the least! His adventures led him to a life in Mudgee. He looks forward to the questions that we will have about his life in the States and beyond.

One session

1.00pm – 2.00pm

Venue: Kildallon

Date: March 7

Presenter: Joe Allemann 0447 420 884

Study hard what interests you the most in the most undisciplined, irreverent and original manner possible

Richard Feynman

THE PUB INDUSTRY IN NSW 1985 – 2020**CC: FPI**

I was a licensed real estate agent in NSW, specialising in the pub industry. In 1992 I was accorded Supreme Court status as an expert witness in the hotel industry.

This is my story.

One session

1.00pm – 2.30pm

Venue: Kildallon

Date: May 2

Presenter: Denis Roast 0413 648 264

TRIVIA RETURNS!**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 3

2.00pm – 3.00pm

Venue: Kildallon

Start Date: July 25

End Date: September 26

Presenter: Cheryl Russell 0407 915 277

PATCHWORK/QUILTING**CC: FPQ**

To come together to share ideas and knowledge.

Maximum number of participants 10

Weekly

5.00pm – 8.30pm

Venue: Kildallon

Start Date: February 7

End Date: December 19

Presenter: Maree Barnes 0437 894 250

Enrolment Day/Showcase Day

Saturday, January 11 2025

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.

U3A COMMITTEE 2025

President	Marianne Matthews	0419 218 648
Vice President	Margaret Brennan	0427 773 238
Secretary	Heather Rushton	0428 721 244
Treasurer	Erica Wojciechowski	0419 406 865
Assistant Treasurer	Chris Bellhouse	0414 920 452
Program Coordinators	Janet Duffy	0419 989 322
	Margaret Brennan	0427 773 238
Publicity Officer	Jen Davies	0407 254 524
Events Coordinators	Liz McNamara	0434 400 815
	Pam Bellhouse	0499 942 225
Welfare Officer	Liz McNamara	0434 400 815
Website Manager	David Price	

www.mudgeedistrictu3a.org.au