

The U3A Herald

TERM 2, APRIL 2016

A Newsletter for Kempsey Macleay Valley U3A Inc.

NEW website: <http://www.kempseymacleay3a.com.au>

E-mail: info@kempseymacleay3a.com.au — Phone: 6562 5869

CALENDAR 2016

TERM 2 (8 weeks)

Enrolment Days:

Thursday 21st April
10.30 to 12 noon at
SWR Surf Club.

Tuesday 26th April
10.30 to 12.30 at
Kempsey-Macleay
RSL Bowling Club

Classes Start
Monday 2nd May
Classes End
Friday 24th June

Mid Year Function: Hot Pots & Hats

Wednesday 29th
June 12 noon

TERM 3 (8 weeks)

Enrolment Day
Monday 18th July
at Kempsey-Macleay
RSL Bowling Club
Classes Start
Monday 25th July
Classes End
Friday 16th September

TERM 4 (8 weeks)

Enrolment Day
Monday 10th October
at Kempsey-Macleay
RSL Bowling Club
Classes Start
Monday 17th October
Classes End
Friday 9th December

Christmas Function

Tuesday 13th December.

President's Report

Welcome to Term 2, 2016. This year got off to a great start with 38 classes being offered across the Macleay Valley. Many thanks to the wonderful class leaders who volunteer their time, expertise and knowledge to make our U3A so successful and enjoyable.

Many thanks also to our hard working committee who are combining well as a newly co-ordinated team. I would also like to acknowledge the great work of our "behind the scenes" volunteers who put our newsletter together each term with interesting and important info, our IT/computer expert and the KMVU3A webmaster who manages the website so that we can access updated info in between newsletters and most importantly, anytime.

We are always open to new ideas and opportunities for improvements, including offers to provide new and interesting courses for our members. A list of KMVU3A committee members' contact details is contained in this edition of The Herald.

An important topic for discussion this term will be how the KMVU3A Herald can be distributed to members without internet access, in the most efficient and cost effective manner, particularly given the recent hike in postage costs. One option is to deliver addressed newsletters through the Kempsey Shire Council Library Services for pick-up by members at Kempsey, South West Rocks, Hat Head and Stuarts Point Libraries, plus a delivery to the Willawarrin Post Office and General Store. What do you think?

Our Mid Year Social Function will be held on 29 June, i.e. the week after Term 2 classes end. It will be a "Hot Pots and Hats" Luncheon to be held at the Anglican Hall, West Kempsey and promises fabulous food and fun for all. I am envisioning fellas brimmed in their best well-worn fishing hats, or perhaps an Aussie Akubra or a fine fedora and ladies in everything from fascinators to broad beach brims. More info is available in this newsletter. Hope to see you there!

Enrolment for Term 2 will again be held at the Kempsey Macleay RSL Bowling Club on Tuesday 26 April 10.30am to 12.30pm and at the South West Rocks Surf Life Saving Club at the earlier date of Thursday 21 April 10.30am to 12 noon. There will be courses available to meet most everyone's interests and aspirations and class leaders will be in attendance.

NB. If paying membership, course or event fees by direct debit/bank transfer you are also required to please mail or e-mail the relevant U3A forms, otherwise we are unable to identify who has made the payment. Please remember that sending cash through the mail is both illegal and risky.

Looking forward to seeing you at the SWR or Kempsey Enrolment Days!

Jenny Sproule – President ♦

ON-LINE ENROLMENT IS NOW AVAILABLE!

See KMVU3A Website for full details!

COURSE CO-ORDINATOR'S REPORT

Term 1 has flown by — onwards to Term 2!

Thank you to all the Class leaders who offered such a great range of courses in Term 1.

Although several courses are taking a break in Term 2, many of those will return later in the year.

However, with 34 courses on offer this term, there should be something to suit you.

Welcome back to several courses which had a break in Term 1!

Vivien is again leading Cryptic Crosswords — a fantastic course to give the brain a real workout! And to have lots of fun at the same time! Try these — “Two girls, one on each knee.” (7 letters) and “Mawson’s forwarding address.” (4 letters) (*Answers on p 6*)

Richard is back with Spanish — a great language to learn or to brush up! The group is keen to welcome new members and to practise their conversation! “Un idioma nunca es suficiente. Buena suerte!” (*Answer on p 6*)

For those wanting to extend their sewing repertoire, Sian is offering 2 Saturday workshops in Foundation Piecing. Which migratory birds are the inspiration for the first piece? (*Answer on p 6*)

Scrapbooking will now be offered on Tuesday morning as well as in the afternoon. This is your chance to organise your photos in a creative way. You may like to use Bazzill card-stock (?) and brads (?) to embellish your pages! (*Answers on p 6*)

The History of the Reformation is an extension of the course Barrie offered last year. No previous knowledge is required — simply an interest in this fascinating historical period. Which famous American was named after a leader of the Reformation? (*Answer p 6*)

The nineteenth century English novel continues to entertain and stimulate through TV and film versions. Both these visual forms of Thackeray’s masterpiece, “Vanity Fair”, will be enjoyed over 5 weeks. Although only one TV series and one film version will be seen, how many film versions (?) and how many TV series (?) of “Vanity Fair” have been made? (*Answers p 6*)

Remember, we are always looking for new courses to offer our members. Please consider leading a course and sharing your passion and expertise. The committee will support you with resources and encouragement!

Enjoy Term 2.

Fran Tarbox — Course Co-ordinator ♦

COMMITTEE CONTACTS 2016

PRESIDENT:	Jenny Sproule	6562-1141 / 0429 453 753	president@kempseymacleay3a.com.au
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COURSE CO-ORD:	Frances Tarbox	6562-7797 / 0408 627 797	course_coordinator@kempseymacleay3a.com.au
EVENTS CO-ORD:	Nancy Tickle	6562-6584 / 0427 656 265	events_coordinator@kempseymacleay3a.com.au
COMMITTEE. MEMBERS:	Jan Shore	6562-3627 / 0408 668 441	wja.shore@bigpond.com
	Bob Birrer	6566-9499 / 0419 393 870	bbirrer@bigpond.com

KMVU3A COURSE FEES

WHEN PAYING MEMBERSHIP/COURSE FEES BY DIRECT DEPOSIT/BANK TRANSFER, PLEASE MAIL OR EMAIL THE RELEVANT FORMS SO THE TREASURER KNOWS WHO HAS PAID

Most course fees are \$5 per course per term (usually eight weeks). Some have charges for materials and details of these extra costs can be found in our Newsletter.

Fees are due for payment at the beginning of each term, either on enrolment day or by mail or direct deposit/bank transfer **PRIOR** to this date.

Instead of using cash, why not buy some of our \$5 vouchers, which can be mailed with safety. Direct deposit/bank transfer can be made to the following account:

BSB: 704-189 (Coastline Credit Union)
Account No.: 00008731
AccountName:KempseyMacleayValleyU3A
(or KMVU3A)

If you choose to use this method for your payment, please ensure that you note your family name and at least one initial (if possible — we know that sometimes the reference field is limited).

It is essential that you fill out the enrolment form, noting all courses in which you wish to participate, together with the total of your payment and method of payment. We must have this information to ensure we have adequate facilities for each course.

If you mail your payment prior to the enrolment date, just enclose your form at this time.

When paying electronically, the form should be emailed to the treasurer at: treasurer@kempseymacleay3a.com.au or posted to PO. Box 3666, West Kempsey. ♦

NEW COURSES, TERM 2

SCRAPBOOKING ON TUESDAY MORNING

Leader: Dianne Dunkley

Scrapbooking will now be offered on Tuesday mornings as well as continuing on Tuesday afternoons.

Learn how to preserve those precious documents and photos, from simple pages to the more complex. I'd love to help you with: Photo storage and organisational products, Quick Album ideas, Photo albums (traditional slide in style or plain), simple scrapbooking, to the more elaborate pages. So for all your scrapbooking supplies and ideas come to my workshed (at the rear of my house), and join us for a fun and informative 2 hour class.

NOVEL ADVENTURES IN VANITY FAIR

Leader: Fran Tarbox

Becky Sharp is a governess, temptress and social climber supreme! A contrast indeed to her best friend – the fragile Amelia. Thackeray's masterpiece "Vanity Fair", set in the early nineteenth century, is the first great example of the Victorian multi plot novel — a contrast to the focus on a single character as seen with Moll Flanders and Tom Jones. Which will you enjoy more — the 1998 BBC series with Natasha Little or the 2004 film with Reece Witherspoon? Come and see on Thursday afternoons!! ♦

COURSES RETURNING IN TERM 2

CRYPTIC CROSSWORDS

Leader: Vivien Doyle

Exercise your brain for fun. Unscramble anagrams; utilise your Roman numeral knowledge; solve clues and generally think laterally.

Join us for a fun and friendly get together as we demystify puzzles and share our love of words.

Enjoy the camaraderie and expand your skills.

FOUNDATION PIECING

Leader: Sian Roberts

Have fun with your sewing machine. Learn to make perfect points — particularly "flying geese" — using a paper or interfacing foundation.

You will need a working knowledge of your machine and a spirit of adventure and fun. A list of requirements at enrolment.

Don't forget to bring your machine.

HISTORY OF THE REFORMATION

Leader: Barrie Bishton

The Reformation was a great 16th century revolution in the Christian Church. With the Renaissance that preceded it and the French Revolution that followed it, the Reformation completely altered the Medieval way of life in Western Europe. Although the movement dates from 1517 when the German religious reformer, Martin Luther, first defied the authority of the Church, the conditions that led to his revolutionary stand had developed over several centuries and had complex doctrinal, political, economic and cultural elements.

This course is about history and there are no specific course requirements.

SPANISH

Leader: Richard Mackay

Spanish classes will resume in Term 2 every Tuesday. New members welcome, previous knowledge of Spanish an advantage but not essential. ♦

Courses Taking a Break in Term 2

Around the World – Ballroom Dancing – Buddhist Meditation – Ceramics – Monday Balance 'n' Bones @ SWR – Novel Adventures with Moll and Tom – Rocks On-Gemmology – Self Defence for Seniors – Swimming – Tribal Belly Dance

For enquiries about KMVU3A, phone **6562-5869**. — Please leave a message and we will return your call.

Name Tags

In the interests of saving resources, it has been decided that name tags will only be printed once, on initial enrolment, and will not be reprinted every year. Should name tags require replacement, you may request such but please understand that this will only occur after each enrolment period.— Thank you for your understanding. ♦

Term 2 Enrolment Days will be held on:

Thursday 21st April, 10.30 to 12 noon, at SWR Surf Club
Tuesday 26th April, 10.30 to 12.30, at Kempsey-Macleay RSL Bowling Club

Classes Start on Monday 2nd May



COURSES FOR TERM 2 2016

BALANCE 'N' BONES

Leaders: Monday – Robyn Forrest & Wanda Manning;

Wednesday – Judy Nisbet and Margaret Jopling;

Thursday @ SWR – Isobel Hennessy & Geraldine Cooper

This program on DVD has been developed by U3A for mature aged participants at all levels of fitness. It includes warm up, balance, stretch, cool down and relaxation — all in 50 minutes!

(Due to limited space at Tozer St there will be a maximum of 13 participants in the classes on Monday and Wednesday. Priority will be given to those who enrol in one session on either Monday or Wednesday.)

NOTE : only 1 class @ SWR on Thursday

BEADING WORKSHOPS

Leader: Judy van Raak

Tiles, Tilas, Twins, Berries and Peanuts all have something in common — they are beads and may be the star of our next project. Fun? Frustration? Probably both. The penny will drop and after several hours that special necklace will be well on the way to completion. Wear comfortable clothing and bring your lunch. Tea and coffee supplied.

Beads available for purchase on the day.

BRIDGE

Leader: Margaret Corley

Team Leader Margaret has been playing bridge for about 30 years, loves it and wants to teach others to play. She has never played at a club and has no wish to do so. Margaret is purely a social player.

CANOEING

Leaders: John & Myree Cruickshanks, Kevin Prescott.

Canoeing will continue as an ideal pastime for mature people to enjoy the beautiful Macleay waterways in good company.

Whilst it is a good idea to check with your doctor before undertaking canoeing (you can be over an hour away from medical help) this is a low impact form of exercise even for 'mature folk'. In fact, the hardest part of the deal is loading your canoe onto your car.

Once on the water, you enter a whole new world of canoeing where we can all enjoy the magic of messing about in boats which can go where other craft cannot.

Some participants are re-discovering canoeing from earlier in their lives, some have never paddled before and we cater for all levels of experience. It is not difficult to gain full control of your boat, but it does take time to get the darned thing to go straight until all of a sudden you are doing it automatically.

You will need a canoe, buoyancy vest and paddle or paddles (depending on the boat). Unfortunately, there is no perfect canoe for all purposes, so it is best to try before you buy and get good advice before purchasing.

CARD MAKING WORKSHOP — ADVANCED

Leaders: Brenda Prescott & Elinor Dowman

This group is for the more experienced card makers. Participants must have completed at least 1 term with the Wednesday group. You will share ideas and learn new skills and techniques.

See class leaders on enrolment day for 1st week's requirements.

NOTE: New venue, Catholic Church Meeting Room

CARD MAKING GROUP — WEDNESDAY

Leaders: Brenda Prescott & Elinor Dowman

A list of course requirements will be available on enrolment day.

Come along to our friendly card making group and learn practical skills that result in a lovely and usable product. If you have the will, Brenda will show you the way. So surprise your family and friends with a personalised and unique greeting card.

Beginners are very welcome.

Enrolments limited Min 5 – Max 12

CARDS, PEGS & TILES

Leaders: Judy Nisbet & Jan Brenton

Come along and enjoy Monday afternoon where we play a number of card games. These include Bolivia, Samba, Canasta, 500 and Cribbage. Then there is the occasional pleasant game of Rummy King. Beginners are always very welcome in this group.

CHESS

Leader: Alan Davies

Chess is a great game to keep our minds active. The fundamentals are basically simple and easy to learn, but always challenging. It is a form of 'civilised warfare' where the objective is to capture your opponent's monarch. You will learn some of the strategies and tactics needed to do this.

CROQUET @ SOUTH WEST ROCKS

Leader: Clare Ball

Beginners are welcome to come and play Croquet. Play one game and you will be hooked!

There is no age limit and it is great exercise, without being too strenuous.

The SWR Croquet Club has mallets for you to use.

Bring along your own thermos and biscuits to have morning tea and a chat — making it a very social morning.

FRENCH — BEGINNERS

Leader: Marlene Holland

Some members have moved up to the next group, creating some vacancies, so now is a good time to start enjoying the challenge of another language. You can be an absolute beginner or someone wishing to revive what you learnt at school. Just bring a notebook and a dictionary.

FRENCH — INTERMEDIATE

Leader: Marlene Holland

Especially if you can recall some of your school French, you should enjoy this group. We speak, listen, read and write French (sometimes with hilarious results!). Just bring a notebook and a dictionary.

FRIDAY FILMS

Leaders: Bob Ecclestone & Richard Mackay

The programme for Friday Films is, as usual, quite varied with an eclectic mix of old and new, good and bad. Highlights include "Dead Calm" with Nicole Kidman, one of her last Australian films before she hit the big time in Hollywood and Alfred Hitchcock's "Jamaica Inn", his last British film before he also hit the big time in the USA. Programme details may be available at enrolment, but will definitely be available at the first screening.

COURSES FOR TERM 2 2016

FUN AND GAMES @ RSL

Leader: Jacky Booth

We have finally settled on Bolivia as our game of choice, with fine-tuning our collective knowledge and understanding of the rules (so many), the variants (too many!) and source reliability (none to speak of!) providing a fun challenge on the side.

GARDENING

Leaders: Mary Sweeney & Keith Edwards

This term there will be guest speakers, demonstrations, visits to gardens, as well as the usual discussions and sharing of produce and plants.

Come along and be inspired to exercise your green fingers!

NOTE: New venue – Masonic Hall, Tozer Street.

MACLEAY MEANDERS

Leader: Margaret Jopling & Ian Windsor

Numbers are growing — as are the number and variety of locations we have visited. During the year Christa organised a two-day walk in the Coffs Harbour coastal area with an over-night stay at a van park. Great Fun!

We also had a one-day train trip to Wauchope with walks along the lovely riverside park and around the residential and Country Club streets; then lunch in town and “op” shopping. Much enjoyed by the 12 participants.

Other walks throughout the year were in local coastal, mountain and farm locations.

We aim to have more varied walks like these to provide healthy exercise, friendship and new horizons. Most walks are suitable for all levels of fitness, so why not join us in 2016?

MAHJONG

NB. Mahjong is held on Tuesday in South West Rocks, Wednesday and Friday in Kempsey.

Due to its popularity, class numbers are limited.

See Course timetable for individual group limits.

MAHJONG @ SOUTH WEST ROCKS

Leaders: Jim and Margaret Harris-Walker

Now in its 7th year, Mahjong has become very popular in South West Rocks. Players have developed skills in the Western and Chinese games and variations on the game.

Our class limit is 20. Fun, friendship and entertainment are in store for all.

Continuing players in Term 2, however, new players will be welcome in Term 3.

MAHJONG WEDNESDAY

Leader: Margaret Emerson

This ancient Chinese tile game continues into its 13th year with KMOV3A. Over those years many wonderful friendships formed and there is great caring, tolerance and acceptance in our members.

As we grow ‘a little less young’ it is important wherever possible to stay active, both physically and in the field of learning. Mahjong is a wonderful fun way to exercise the brain and meet new friends. In terms 1 and 3 we will be accepting beginners to our course. The game may seem complicated at first, but beginners remain with a tutor until they feel confident to play with more experienced players.

MAHJONG FRIDAY — WITH A TWIST

Leader: Judy Stewart

“Friday morning — nothing to do,
Well we’ve entertainment, could be just right for you.
Yourself and a cup is all that you need,
Five dollars a term, now that’s cheap indeed.

Join our Mahjong group, come have a good time,
Relax amongst friends, simply unwind.
Don’t know how to play? Come and find out.
Beginners are welcome, that’s what friendship’s about!”

SCRAPBOOKING

Leader: Dianne Dunkley

Come and join this popular craft, and have fun doing it. Learn how to preserve those precious documents and photos, from simple pages to the more complex. I’d love to help you with: Photo storage and organisational products, Quick Album ideas, Photo albums (traditional slide in style or plain), simple scrapbooking, to the more elaborate pages. So for all your scrapbooking supplies and ideas come to my workshed (at the rear of my house), and join us for a fun and informative 2 hour class.

SQUASH & RACQUETBALL

Leaders: Isobel Hennessy & Margaret Jopling

Our squash group is expanding to include racquetball, an international game played on a squash court but with a larger racquet and a much larger, bouncier ball. Great fun! We are all beginners, but enjoy the challenge.

The group will gladly lend racquets and balls to new players.

Members will have the opportunity to play either or both games — all for the enrolment cost of \$5 per term.

The group is very friendly, and Isobel is an enthusiastic coach. Why not come along and try?

NB. At the RSL Club there is a small fee for light meters on the squash courts.

TABLE GAMES @ MACLEAY VALLEY HOUSE

Leader: Jacky Booth

This term we will be incorporating quiz or puzzle type games in the mix, together with card and tile games. No special knowledge is required and nothing too complicated involved, just enjoyable activities to occupy your mind and pass the time. You’ll find us in the Library on Monday afternoons from 2.00pm until 4.00pm.

TABLE TENNIS WEDNESDAY @ RSL BOWLO

Leaders: Shirley Mayhew and Steve Tarbox

The recently refurbished Kempsey-Macleay R.S.L. Bowling Club is a good venue and all equipment can be supplied. Non slip sports footwear is recommended. Qualified coaching to assist your development in technique for defence and attack is provided. Friendly games of singles and doubles are played.

So, why play table tennis ?

- Gentle on your body, yet you will have a good workout.
- It is a lifelong sport and it is never too late to start
- It doesn’t matter if you are big or small, young or old — a great sport for families
- You will improve your mobility and reflexes
- There is plenty of thinking and strategy development
- You will always have another challenge ahead of you
- Although easy to play, it is difficult to master
- But — most of all — it’s fun!

COURSES FOR TERM 2 2016

TABLE TENNIS FRIDAY @ PCYC

Leader: Margaret Jopling

This is a small group who like their table tennis to be very social and provide lots of laughs. Starting and finishing times are very flexible. PCYC is a great venue and all equipment is provided.

TUESDAY TAPPERS

Leader: Gloria Markovina

For fun, laughter and good company come to Sherwood Hall Tuesday 9 to 11am. No experience necessary, just a love to dance. Fitness is a bonus. Please wear comfortable clothes and don't forget your water.

YOGA

Leader: Maree Taylor

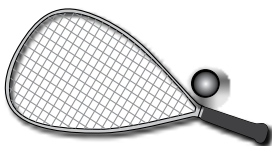
If you have always been going to do Yoga at home using a DVD, but get distracted, join this class which is run via DVD in a class environment but will be done at each member's comfort level. A yoga mat or similar will be required; a cushion and small blanket may also be helpful. Wear comfortable loose clothing and be prepared to be motivated! ♦

NEW VOUCHERS: The new numbered vouchers are now in general use. Maree and Jan will have a supply of the new vouchers which will be recorded as they are issued and then when they are used. ♦

Why not try Racquetball?

by Jeremy Whitaker

Last term, Pauline joined the Racquetball course and I reluctantly decided to join her.



Having played squash, I thought that it would be the same, BUT I was totally wrong.

The things we like about Racquetball are:

- The ball is bouncier and therefore easier to get to; because of this the rallies tend to be longer
- The rules are fairly similar to squash, but it is more forgiving in speed and direction.
- Isobel is a great help with her tuition.

We have really taken to it and we now play on Fridays as well and there are no extra court costs.

I would urge anyone who has maybe played tennis or squash in the past to join the course. We hope to see you there on Monday mornings. ♦

Why Join U3A? – An active social, mental and physical life is essential as we grow older – Keeping the brain working, especially with activities that involve new learning, is particularly advantageous.

All this and more is at U3A. See you at Enrolment Day!



A great afternoon enjoyed by the Gardening Group at one of our member's gardens, and as you can see with the most awesome view of the Macleay Valley up river.

Quiz Answers

Cryptic Crosswords: Patella (Pat & Ella); Mush!

Spanish: "One language is never enough. Good luck!"

Foundation Piecing: Geese.

Scrapbooking: Cardstock with a linen finish; fancy paper fastener.

History of the Reformation: Martin Luther King.

"Vanity Fair": Seven films; three TV series.



VALE, BILLIE CRAWFORD

It is hard to do justice to the life such as Billie's in a few brief words – she was a very special person and touched many people's lives. Words that come to mind include strong, dedicated, community minded, persuasive, committed, gentle, loyal and refined. She gave many years of her life to the local ABC radio as an announcer, untiring in her work for the historical society, supported many charities and causes but especially Save the Children Fund and as an extension of that the Dalaigur Pre-School, and helped to set up the local Spinners and Weavers group, I think over 40 years ago, which is still going strong. I'm sure there are some I haven't even mentioned. And one of her great strengths was to get others involved too – it was nigh on impossible to say "no" to Billie! And underneath that earnest exterior lurked a delightful sense of humour! She took great pleasure in simple activities such as knitting, gardening, and cooking and would usually turn up at an occasion with a beautifully presented plate of home cooking. Billie was valued by KMVU3A as both a class participant and course presenter. The Macleay Valley is so much richer for the contributions she has made over many years and she will be sadly missed.

—Jenny Gifkins ♦



"HOT POTS & HATS" LUNCHEON



Come along with your partner or friend for an enjoyable time.

Bring or wear a hat, whether it be fashionable or fun!

And if you fancy, tell us your hat's history. Perhaps you wore it somewhere special, collected it on holidays or it's just your favourite fishing cap!



WHERE: Anglican Church Hall, Kemp Street,
West Kempsey

WHEN: Wednesday 29th June, 2016

TIME: 12 noon for 12.30pm

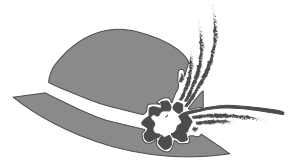
CUISINE: Soup & damper

Hot Pots Smorgasbord with
assorted extras

Slice, tea & coffee

COST: \$25 per head

RSVP: Wednesday 22nd June, 2016



KMVU3A END OF TERM FUNCTION ACCEPTANCE FORM

NAME:

ADDRESS:

NUMBER ATTENDING: I NEED TRANSPORT YES/NO

AMOUNT: \$

CHEQUE/ MONEY ORDER/ CASH/ DIRECT DEPOSIT/BANK TRANSFER

SPECIAL DIETARY REQUIREMENTS:

SIGNATURE: PHONE:

POST FORM/PAYMENT TO:

The Events Co-ordinator, Kempsey Macleay Valley U3A, PO Box 3666, West Kempsey 2440

DIRECT DEPOSIT/BANK TRANSFER INFORMATION:

BSB: 704-189 (Coastline Credit Union) Account No: 00008731

Account Name: Kempsey Macleay Valley U3A or KMVU3A

Note: Please include your name as reference if using Direct Deposit/Bank Transfer.

KMV U3A TERM 2 TIMETABLE



DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Monday 9am to 10am	Balance 'n'Bones – Monday	Robyn Forrest 6562-7180 Wanda Manning 6562-5372	May 2	46a Tozer Street West Kempsey	Everyone Welcome Maximum 13	\$5
Monday 9am to 12 noon	Canoeing	John & Myree Cruickshanks 6562-4486 Kevin Prescott 6566-0468	May 2	Eden Street Boat Ramp and other venues	Everyone Welcome	\$5
Monday 9am to 12.30pm	Croquet @ SWR	Clare Ball 6567-0260	May 2	Sports Oval, Phillip Drive South West Rocks	Everyone Welcome	\$5 + \$5 per week
Monday 10am to 12 noon	Squash & Racquetball	Marg Jopling 6562-6044 Isobel Hennessy 6566 7878	May 2	Kempsey-Macleay RSL Club	Everyone Welcome	\$5 + club m'ship
Monday 1pm to 4pm	Cards, Pegs, Tiles	Judy Nisbet 6562-5996 Jan Brenton 6562-6414	May 2	46a Tozer Street West Kempsey	Everyone Welcome	\$5
Monday 1.30pm to 2.30pm	Yoga	Maree Taylor 6561-7203	May 2	Anglican Youth Centre 25 Marsh St., West Kempsey	Everyone Welcome	\$5
Monday 2pm to 4pm	Table Games @ MVH	Jacky Booth 6767-4511	May 2	Macleay Valley House small dining room	MVH Residents only	\$5
Tuesday 9am to 11am	Tuesday Tappers	Gloria Markovina 6561-7340	May 3	Sherwood Hall	Everyone Welcome Maximum 16	\$5
Tuesday 9.30am to 12.30pm	Mahjong @ SWR – Beginners	Jim/Margaret Harris-Walker 6566-7434	May 3	Boronia Gardens 12 Lawson Street SWR	Continuing Players Maximum 20	\$5
Tuesday 10.00am to 12 noon	Scrapbooking – Morning	Dianne Dunkley 6562 7660	May 3	4 Albert St, South Kempsey	Everyone Welcome	\$5
Tuesday 10am to 3pm	Card Making Workshop – Advanced	Brenda Prescott 6566-0468 Elinor Dowman 6562-8165	May 3	46a Tozer Street West Kempsey	Min. 4 – Max. 12 No Mail Bookings	\$5
Tuesday 10.30am to 12.30pm	French – Intermediate	Marlene Holland 6566-8702	May 3	4 Bede Lawrence Close Frederickton	Continuing Members Maximum 10	\$5
Tuesday 1pm to 4pm	Mahjong @ SWR – Experienced	Jim/Margaret Harris-Walker 6566-7434	May 3	Boronia Gardens 12 Lawson Street SWR	Continuing Players Maximum 20	\$5

KMV U3A TERM 2 TIMETABLE





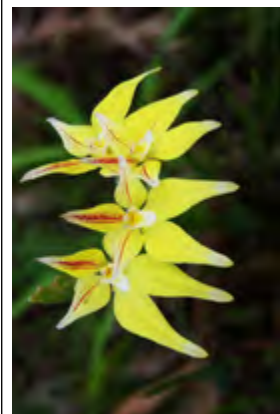
= Bring Your Own Mug/Cup

DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Tuesday 1.00pm to 3.00pm	Spanish	Richard Mackay 6562-7174	May 3	Community Care Centre Forth St Kempsey	Everyone Welcome	\$5
Tuesday 1.30pm to 4.30pm	Bridge	Margaret Corley 6562-4330	May 3	All Saints Catholic Parish Hall cnr Kemp & Marsh Streets West Kempsey	Continuing Players	\$5
Tuesday 2pm to 4pm	French – Beginners	Marlene Holland 6566-8702	May 3	4 Bede Lawrence Close Frederickton	Everyone Welcome Maximum 10	\$5
Tuesday 4pm to 6pm	Scrapbooking – Afternoon	Dianne Dunkley 6562-7660	May 3	4 Albert Street South Kempsey	Everyone Welcome	\$5
Wednesday 9am to 10am	Balance 'n' Bones – Wednesday	Marg Jopling 6562-6044 Judy Nisbet 6562-5996	May 4	46a Tozer Street West Kempsey	Everyone Welcome Maximum 13	\$5
Wednesday 9.15am to 12.30pm	Mahjong – West Kempsey	Margaret Emerson 6566-8273	May 4	Uniting Church Hall, Wide St West Kempsey	Continuing Players Maximum 28	\$5
Wednesday 10.30 am to 12.30pm (4 weeks)	History of the Reformation	Barrie Bishton 6562-4502	June 1, 8, 15 & 22	46a Tozer Street West Kempsey	Everyone Welcome	\$5
Wednesday 1pm to 4pm	Card Making Group Wednesday	Brenda Prescott 6566-0468 Elinor Dowman 6562-8165	May 4	All Saints Catholic Church Meeting Room Kemp & Marsh Streets, West Kempsey	Everyone Welcome Min. 5 – Max. 12 (No Mail Bookings)	\$5
Wednesday 1.30pm to 3.30pm	Table Tennis Wed. @ RSL Bowlo	Shirley Mayhew 6562-7134 Steve Tarbox 6562-7797	May 4	Kempsey-Macleay RSL Bowling Club 13 Austral St Kempsey	Everyone Welcome	\$5 + club m'ship
Wednesday 1.30pm to 4.00pm	Fun and Games @ RSL	Jacky Booth 6567-4511	May 4	Kempsey-Macleay RSL Club	Everyone Welcome Maximum 8	\$5 + club m'ship
Thursday 9.30am to 10.30am	Balance 'n' Bones @ SWR	Isobel Hennessy 6566-7878 Geraldine Cooper 6567-0339	May 5	Boronia Gardens 12 Lawson Street SWR	Everyone Welcome Maximum 14	\$5
Thursday 9.30am to 12 noon	Cryptic Crosswords	Vivien Doyle 0400 372-749	May 5	46a Tozer Street West Kempsey	Everyone Welcome	\$5

KMV U3A TERM 2 TIMETABLE



DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Thursday 1pm to 3pm	Gardening 	Mary Sweeney 6566 9348 Keith Edwards 6566-7562	May 5	Masonic Hall, Tozer Street West Kempsey	Everyone Welcome	\$5
Thursday 1.00 pm to 3-00 pm (5 weeks)	Novel Adventures in Vanity Fair	Fran Tarbox 6562-7797	May 26 June 2, 9, 16, 23	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Friday 8.30am to 12 noon	Macleay Meanders	Margaret Jopling 6562-6044 Ian Windsor 6561 7217	May 6	Car Park behind Caltex, Verge Lane, Kempsey	Everyone Welcome	\$5
Friday 9.00am to 12.30pm	Mahjong With A Twist – West Kempsey 	Judy Stewart 6562-1404	May 6	Uniting Church Hall, Wide St, West Kempsey	Everyone Welcome Maximum 20	\$5
Friday 10.00am to 11.30am	Chess	Alan Davies 6562-8856	May 6	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Friday 12.30pm to 4pm	Friday Films	Bob Ecclestone 0419 414 412 Richard Mackay 6562-7174	May 6	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Friday 2pm to 4pm	Table Tennis Friday @ PCYC	Margaret Jopling 6562-6044	May 6	PCYC South Kempsey	Everyone Welcome	\$5 + PCYC m'ship
Saturday 10.00am to 4.00pm (2 Weeks)	Foundation Piecing	Sian Roberts	May 14 & June 4	46a Tozer Street, West Kempsey	Everyone Welcome Maximum 8	\$5
Saturday 10am to 4pm) (2 Weeks)	Beading Workshop	Judy van Raak 6562-2684	May 21 & June 18	46a Tozer Street, West Kempsey	Everyone Welcome Maximum 10	\$5



AROUND THE WORLD WITH KMOVU3A

Hunting horns at a German market



Elephant orphanage, Pinnawela, Sri Lanka

Armchair travellers were taken to exotic locales by intrepid travellers

To India & Kenya with Mary Sweeny;
To Sri Lanka & Thailand with Gary Brown;
To N Italy & E Europe with Sian Roberts;
Across The Nullabor with Mark Townsend;
To Nova Scotia & Newfoundland with Fran Tarbox;
To Germany with Christa Schwoebel

The river Neckar near Heidelberg



Peggy's Cove, Nova Scotia

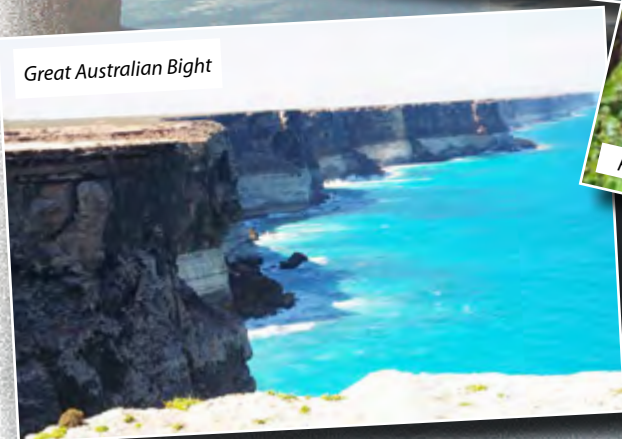


Twillingate, Newfoundland



Kenya

Great Australian Bight



Lake Garda, Northern Italy



The U3A Herald

APRIL 2016

If undelivered please return to
KEMPSEY-MACLEAY VALLEY U3A
PO BOX 3666 WEST KEMPSEY 2440

TERM 2 ENROLMENT DAYS:

Thursday 21st April, 10.30 to 12 noon, at SWR Surf Club

Tuesday 26th April, 10.30 to 12.30, at Kempsey-Macleay RSL Bowling Club

CLASSES START on Monday 2nd May

Change of Details

If any of your details have changed, please fill out the following and send it along or post it to:

MEMBERSHIP SECRETARY
KEMPSEY-MACLEAY VALLEY U3A PO BOX 3666, WEST KEMPSEY 2440

NAME

ADDRESS

POSTAL ADDRESS

E-MAIL ADDRESS

PHONE MOBILE PHONE

SIGNATURE