



# The U3A Herald

TERM 3, JULY 2016

A Newsletter for Kempsey Macleay Valley U3A Inc.

NEW website: <http://www.kempseymacleayyu3a.com.au>

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## CALENDAR 2016

### TERM 3 (8 weeks )

#### Enrolment Days:

Thursday 14th July,  
10.30 to 12 noon at  
SWR Surf Club

Monday 18th July, 10.30  
to 12.30, at Kempsey-  
Macleay RSL Bowling Club

#### CLASS LEADERS' MEETING

Friday 22nd July  
10.00 to 11.30

#### 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

**W**elcome to Term 3 of our action-packed Kempsey Macleay Valley U3A year to date!

The Annual U3A Network Conference was held at Belmont NSW in April and was attended by two of our committee members who reported back to the committee on the many issues raised and discussed from the agenda. It is expected that some of the most pertinent information gathered and exchanged will be used to further improve KMVU3A procedures and best practices for the benefit of all our members into the future.

Snippet from the Conference: Did you know that there are 250 U3As in Australia with 90,000 members?

Last term a Public Liability insurance matter was raised with KMVU3A in relation to our canoeing course activities, specifically that the U3A Network "umbrella" Public Liability insurer required further information in order to mitigate against any possible safety/risk issues. Fortunately, the issues raised were able to be deftly dealt with by our expert canoeing leaders to the satisfaction of the Public Liability insurers and there has been no requirement for any adjustments in P/L insurance premiums. As a condition, we have agreed that all members undertaking canoeing activities will sign a waiver stating "the KMVU3A Branch will not be held responsible for the outcome of accidents, providing the required safety standards are met and adhered to." A good result!

Importantly, the issue of First Aid and Resuscitation has been brought to the fore recently and our committee has resolved to financially support a finite number of U3A members who are prepared to do the basic training. Please go to our website and the KMVU3A Secretary's contact details to advise if you are prepared to undertake this training.

The Mid-Year Luncheon Function "Hot Pots and Hats" was held after the end of Term 2 and was hailed as a great success by all who attended. Special thanks to Nancy Tickle who organised the event, the Anglican Catering Group, the U3A Gardening group who decorated the tables with fresh flower arrangements and also special thanks to Bill Gibbons who so generously donated three lucky door prizes which were gift certificates for a 40 minute flight over the Macleay Valley. More info and pics from the luncheon function can be found in this newsletter.

Term 3 Enrolment Days are at SWR Surf Life Saving Club on Thursday 14 July from 10.30am till 12 noon and at the Kempsey-Macleay RSL Bowling Club on Monday 18th July from 10.30am till 12.30pm. Please note that if you are unable to enrol on either of these days you may enrol on-line, use direct debit, use Pay Pal or by post.

NB: Even though we now have many enrolment options it appears that too many late enrolments continue to occur.

Please enrol on the specified days and times.

Jenny Sproule – President ♦

## ON-LINE ENROLMENT IS NOW AVAILABLE!

**See KMVU3A Website for full details. Follow the prompts!**

# COURSE CO-ORDINATOR'S REPORT

## Term 2 has flown by — onwards to TERM 3!

Thank you to our Class leaders who organised so many great courses in Term 2.

Nearly all those courses are back in Term 3! Proof that they are indeed enjoyable! Chess is having a rest while Alan trips here and there but hopefully will return in 2017. After two courses on the Reformation, Barrie has covered so much, it is time to take a break.

So many possibilities for courses hover in the air! But how to get them actually to land? Jan Shore's self-made delightful creation, worn to the Hot Pots and Hats Luncheon, caused such interest that she will now unlock the secrets of Millinery Madness for members of KMVU3A! Thank you, Jan.

I was disappointed to miss the new critically acclaimed BBC series of "War and Peace", since it was on Pay TV. So I bought the DVDs and then thought – why not share them with others? Having done two terms of English Novel Adventures – it's time to examine some brooding Russian Literature! I have included "The Last Station", the terrific film about Tolstoy's marriage and then we will delve into the darkness of Raskolnikov's mind in "Crime and Punishment". Some background research on the life and times of the two authors and some extracts from the novels and

the adventure will begin! Hopefully others will be enticed to join me!

So many of our members (and their friends) have passions and abilities — why not lead a group and spread the enjoyment? KMVU3A has many resources — and there are many more available from the U3A network. Astronomy, Science, Art, History, Famous People, Philosophy, Geography, Psychology, Travel, Literature, Computing, Mathematics, Book Group — the list goes on! So many of our members are involved with craft activities — share that passion — you do not have to be an expert — everyone can learn together! Physical activities which suit different fitness levels are in demand — you may know someone who would volunteer their expertise. You may like to go on short trips to places of interest in the local region — contact me to discuss how it could be organised. The only limit is our imagination!

I look forward to many new courses being available in the future!

Fran Tarbox – Course Co-ordinator ♦

**Please submit your postal or electronic  
Enrolment before Monday 18 July**

## COMMITTEE CONTACTS 2016

PRESIDENT:	Jenny Sproule	6562-1141 / 0429 453 753	president@kempseymacleay3a.com.au
VICE PRESIDENT:	Judy van Raak	6562-2684	vice_president@kempseymacleay3a.com.au
SECRETARY:	Gabi Brie	6566-8319	secretary@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**

**M**ost 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 3

## NOVEL ADVENTURES IN RUSSIA

Leader: Fran Tarbox

After two terms of English Classics, it's time for a new direction – Russian Literature.

Leo Tolstoy's "War and Peace" has been 'brought to life for a new generation' by the BBC, starring James Norton [Rev Sidney Chambers from "Grantchester"] and Lily James [Lady Rose from "Downton Abbey"]. "Breathtaking" and "Nothing less than a Sweeping Victory" are just two critics' comments.

Following this will be the movie "The Last Station" which shows the tempestuous relationship between Tolstoy [Christopher Plummer] and his long suffering wife Sofya [Helen Mirren]. Tolstoy struggled to come to terms with his fame and fortune while preaching the simple virtue of love.

Then into the dark mind of Raskolnikov in Fyodor Dostoevsky's "Crime and Punishment", set in St Petersburg in the mid 19th century. Starring John Simm and a cast of recognisable

BBC faces, this is "Powerful and compelling drama". Can Raskolnikov escape his own conscience or his seemingly inevitable punishment?

Come along on Thursday afternoons for a feast of Russian masterpieces! Ooveedeemseya (See you)!

## MILLINERY MADNESS!

Leader: Jan Shore

Would you like a new hat for the Spring racing season?

This course includes a shopping trip to Spotlight (with an obligatory coffee break) on Thursday 8 September to purchase all the bits and bobs you will need for your unique creation. In a one day workshop on Saturday 10 September you will create a hat that reflects your personality. A sense of fun and a basic ability with needle and thread are the only prerequisites!

Imagine being able to say "I made it myself"! ♦

## Class Leaders' Meeting

Friday 22 July, 10 am to 11.30 am  
46A Tozer St, West Kempsey

### AGENDA

- ❖ Better safe than sorry — Fire prevention and safety for Seniors [DVD — 18 mins]
- ❖ U3A Network Conference Report
- ❖ Concerns/Problems raised by members/leaders
- ❖ Suggestions for courses, venues, events, administration improvements etc
- ❖ Morning Tea

ALL MEMBERS — Please contact Fran Tarbox [6562-7797] if there are any issues you would like discussed at the Leaders' meeting.

*What expression uses the word hat to mean...*

1. Bowler	7. Mitre (worn by a Bishop)
2. Boater	8. Cap
3. 10 gallon	9. Deerstalker
4. Whig (wig)	10. Pillbox
5. Crown	11. Derby
6. Po boy	12. Panama
	13. Pork pie
	14. "Hold onto your hat"
	15. "Hats off"
	16. "Keep it under your hat"
	17. "Throw your hat in the ring"
	18. "Old hat"

**Hat Quiz Answers (see page 7)**

## Courses Taking a Break in Term 2

**Chess – Novel Adventures in Vanity Fair – History of the Reformation**

For enquiries about KMOVU3A, 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 3 Enrolment Days will be held on:

Thursday 14th July, 10.30 to 12 noon at SWR Surf Club  
Monday 18th July, 10.30 to 12.30, at Kempsey-Macleay RSL Bowling Club

**Classes Start on Monday 25th July**



# COURSES FOR TERM 3 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.

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 suddenly 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.

## CARD MAKING GROUP — WEDNESDAY

*Leaders: Brenda Prescott & Elinor Dowman*

Course requirement list 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*

**NOTE: New venue, Catholic Church Meeting Room**

## 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.

## 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.

## 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.

## FRENCH — BEGINNERS

*Leader: Marlene Holland*

Have you ever wondered why all the presentations at the Summer Olympic Games include a bit of French? You can thank the founder of the modern Olympics, Baron Pierre de Coubertin (1863 -1937). French remains one of the leading international languages and is your gateway to some of the best places to holiday. This class is for the raw beginner - and perhaps you can even learn a few words to shout out to the TV when you watch the medal ceremony from Rio for your favourite sport this time round.

## FRENCH — INTERMEDIATE

*Leader: Marlene Holland*

So now you know how to order at a French restaurant, haggle a discount on the souvenirs collected during your annual cruise to Vanuatu and New Caledonia and select the best Beaujolais or Champagne at the bottle shop. Well, maybe not yet. But this class is for those who would like to take their French to the next stage -and ask for their cuppa and biscuit as if they have just stepped off the plane from Provence. Bonjour, mes amis!

# COURSES FOR TERM 3 2016

## FRIDAY FILMS

*Leaders: Bob Ecclestone, Maryann Kelly & 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 “Red Dog”, based on a true story set in the Pilbara in Western Australia, the French Oscar Award winning film “A Man and a Woman” and the Hitchcock comedy thriller “Family Plot”. Programme details will be available at enrolment and at the first screening at 12.30pm on 29th July 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!*

## MACLEAY MEANDERS

*Leader: Margaret Jopling & Ian Windsor*

Several new members were welcomed to Macleay Meanders on Friday mornings in Term 2.

Varied locations for walks ranged from very flat and dry – Beranghi Rd, Crescent Head; to medium level – the outer subdivisions of Frederickton; to the more challenging – Toorooka.

The term finished on a high note – a train trip to Wauchope to walk along the riverbank and out to Timbertown! Although some members took the easier option of shopping downtown! Lunch in the park bathed in glorious sunshine, with everybody in high spirits, brought Term 2 to a most enjoyable conclusion.

In Term 3 it is hoped to travel further afield to visit historic sites and enjoy the many beautiful aspects of the Macleay Valley and areas nearby.

Why not join Macleay Meanders in Term 3?

## 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 KMVU3A. 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. If you have ever felt it was a game you would like to learn, maybe this is the time!

## MAHJONG FRIDAY — WITH A TWIST

*Leader: Judy Stewart*

We play Mahjong Friday mornings,  
So bring yourself and a cup for tea.  
We’re a happy group of ladies,  
(and one gentleman)

You’ll be welcome you will see.

Haven’t played Mahjong before? Come along and we’ll soon show you how.

## 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.

## SPANISH

*Leader: Richard Mackay*

Spanish classes will resume in Term 3 every Tuesday. Unfortunately, there will be no class in the first week on 26th July as Richard will be in Sydney. Classes will resume on Tuesday 2nd August. New members welcome, previous knowledge of Spanish an advantage, but not essential.

## 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 en-

# COURSES FOR TERM 3 2016

joyable 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!

## 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! ♦

**Please submit your postal or electronic Enrolment before Monday 18 July**

**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. ♦

## Great Variety Offered by U3A...

**A**s you will see from this newsletter, there is a great deal of variety available to members of Kempsey-Macleay U3A

Meanders are held on Fridays with the group walking in many and varied locations in our district. Term 2 was ended by a train trip to Wauchope and back (\$2.50 for pensioners and seniors) where participants could not only walk but also shop.

Other walks were along beaches, around towns and villages and historic sites.



Walks are always pleasant and with good company

The canoeing group finished the term with a paddle downstream from Eden Street where we found that conditions were ideal, with a high tide and a purge from recent rains, to enter Pola Creek, around the bot-



tom end of the downstream island.

Whilst the location is in East Kempsey, leading from the river to the South West Rocks road, you could have been many miles from anywhere — a delightful end to the term.



**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!

# Hot Pots & Hats Luncheon an Enjoyable Event

**W**hat a great event our mid-year function was! Lots of hats, delicious food provided by the Anglican Catering Group, flower decorations by U3A Gardening, fantastic lucky door prizes and a hat quiz.

It was wonderful to see so many of the 53 attending wearing a hat, and interesting to hear from some about their hat's history. And, what a variety there was! Margaret Patterson, a keen collector, came in the hat she had worn to her son's christening over 50 years ago, and brought others for friends to wear... one, once owned by Maggie Tabberer, another by Gai Waterhouse and a stylish number worn at Ascot.

Jill came in a cap that her son had printed when he set up his own band, Tony wore his English cricket cap and John gave us a good laugh in his hairy beanie. A number had been collected on overseas travels, and one closer to home from Tamworth Country Music.

Our own local Akubras with unique stories were represented, with Margaret in the one her Dad used to wear. And, there were many quite glamorous, including Jan in her own stylish creation.



*Tony Corley in his cricket cap and John Cruickshanks in a hairy beanie.*

The lucky winners of a 40 minute flight over the Macleay Valley (so generously donated by local pilot Bill Gibbons) were Jenny Sproule, Marlene Holland and Kerrie Lynden.

The Hat Quiz winners were Jan Brenton, Raelene Adams, Beryl Lee, Sandra Walsh, Mary Emery and Francene Burgess.

Hope to see you all back, along with all those who couldn't make this event at the End of Year function in December.

Nancy Tickle – Events Co-ordinator

## A Few Hat Facts...

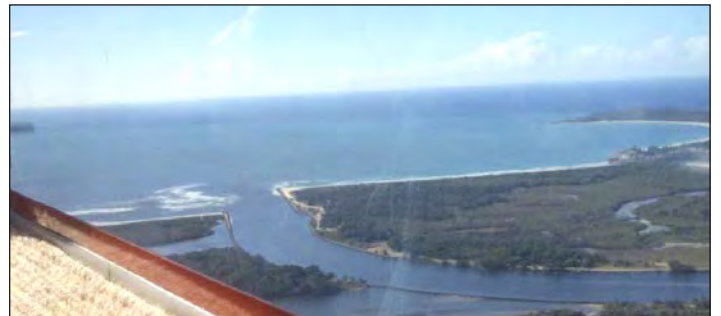
Here are some interesting facts about hats which were disclosed at the Hot Pots and Hats luncheon...

- ★ John Hetherington, credited as the inventor of the top hat, is said to have caused a riot when he first wore it in public in 1797.
- ★ London black taxies are made tall so that a gentleman can ride in them without taking off a top hat.
- ★ In the 1850's baseball umpires wore top hats.
- ★ At one time a chef's hat had 100 pleats to signify the number of ways the chef knew how to prepare eggs.
- ★ The process of making felt involved the use of toxic mercury that drove hat makers to madness, hence the saying "Mad as a hatter".
- ★ Elizabeth I had a law according to which every person older than 7 years had to wear a cap on Sundays and holidays.
- ★ Fedora was named after the Princess Fedora Romanoff from the play *Fedora* by the French dramatist Victorien Sardou, and was first worn by actress Sarah Bernhardt. Fedora was first a woman's hat then a man's. Now it is both.
- ★ Trilby, a variant of fedora, was named after heroine Trilby O'Ferral in the stage adaption of George du Maurier's 1894 novel.



*from left: Jenny Sproule, Bill Gibbons, Marlene Holland and Kerrie Lynden*

- ★ In the 1920's there was an odd custom in America where men were not to wear straw hats after the 15 September. When this was opposed by some riots broke out.
- ★ The first "Dunce" hat was introduced by medieval theologian John Duns Scotus (c1266-1308). His idea was that a conical hat funnelled knowledge from God into a head of the... dunce.
- ★ The Panama hat was never made in Panama. It is made in Ecuador.
- ★ The first to pull a rabbit from a top hat was French magician Louis Comte in 1814.
- ★ The first record of a hat is in a painting in a cave at Lascaux in Central France and it dates some 15,000 BC.



*What the winners can expect from the prize donated by Bill Gibbons*

## Hat Quiz Questions

1. 10 pin player
2. Sailor
3. Large container
4. Liberal party member
5. Monarchy
6. New Orleans sandwich
7. Kind of saw
8. Small explosive
9. Stag hunter
10. Medicine container
11. Horse race
12. Watercourse
13. TourtierePork pie

*What expression uses the word hat to mean...*

14. Stay calm
15. Well done
16. Keep it a secret
17. Run for election
18. Old fashioned

**(Answers, see page 3)**

# KMV U3A TERM 3 TIMETABLE



DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Monday 9am to 10am	<b>Balance 'n'Bones – Monday</b>	Robyn Forrest 6562-7180 Wanda Manning 6562-5372	July 25	46a Tozer Street West Kempsey	Everyone Welcome Maximum 13	\$5
Monday 9am to 12 noon	<b>Canoeing</b>	John & Myree Cruickshanks 6562-4486 Kevin Prescott 6566-0468	July 25	Eden Street Boat Ramp and other venues	Everyone Welcome	\$5
Monday 9am to 12.30pm	<b>Croquet @ SWR</b>	Clare Ball 6567-0260	July 25	Sports Oval, Phillip Drive South West Rocks	Everyone Welcome	\$5 + \$5 per week
Monday 10am to 12 noon	<b>Squash &amp; Racquetball</b>	Marg Jopling 6562-6044 Isobel Hennessy 6566 7878	July 25	Kempsey-Macleay RSL Club	Everyone Welcome	\$5 + club m'ship
Monday 1pm to 4pm	<b>Cards, Pegs, Tiles</b>	Judy Nisbet 6562-5996 Jan Brenton 6562-6414	July 25	46a Tozer Street West Kempsey	Everyone Welcome	\$5
Monday 1.30pm to 2.30pm	<b>Yoga</b>	Maree Taylor 6561-7203	July 25	Anglican Youth Centre 25 Marsh St., West Kempsey	Everyone Welcome	\$5
Monday 2pm to 4pm	<b>Table Games @ MVH</b>	Jacky Booth 6767-4511	July 25	Macleay Valley House small dining room	MVH Residents only	\$5
Tuesday 9am to 11am	<b>Tuesday Tappers</b>	Gloria Markovina 6561-7340	July 26	Sherwood Hall	Everyone Welcome Maximum 16	\$5
Tuesday 9.30am to 12.30pm	<b>Mahjong @ SWR – Beginners</b>	Jim/Margaret Harris-Walker 6566-7434	July 26	Boronia Gardens 12 Lawson Street SWR	New & Continuing Players Maximum 20	\$5
Tuesday 10.00am to 12 noon	<b>Scrapbooking – Morning</b>	Dianne Dunkley 6562 7660	July 26	4 Albert St, South Kempsey	Everyone Welcome	\$5
Tuesday 10am to 3pm	<b>Card Making Workshop – Advanced</b>	Brenda Prescott 6566-0468 Elinor Dowman 6562-8165	July 26	46a Tozer Street West Kempsey	Min. 4 – Max. 12 <b>No Mail Bookings</b>	\$5
Tuesday 10.30am to 12.30pm	<b>French – Intermediate</b>	Marlene Holland 6566-8702	July 26	4 Bede Lawrence Close Frederickton	Continuing Members Maximum 10	\$5
Tuesday 1.00pm to 3.00pm <b>(7 weeks)</b>	<b>Spanish</b>	Richard Mackay 6562-7174	August 2	Community Care Centre Fort St Kempsey	Everyone Welcome	\$5

# KMV U3A TERM 3 TIMETABLE



DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Tuesday 1pm to 4pm	<b>Mahjong @ SWR – Experienced</b>	Jim/Margaret Harris-Walker 6566-7434	July 26	Boronia Gardens 12 Lawson Street SWR	Continuing Players Maximum 20	\$5
Tuesday 1.30pm to 4.30pm	<b>Bridge</b>	Margaret Corley 6562-4330	July 26	All Saints Catholic Parish Hall cnr Kemp & Marsh Streets West Kempsey	Continuing Players	\$5
Tuesday 2pm to 4pm	<b>French – Beginners</b>	BY OM Marlene Holland 6566-8702	July 26	4 Bede Lawrence Close Frederickton	Everyone Welcome Maximum 10	\$5
Tuesday 4pm to 6pm	<b>Scrapbooking – Afternoon</b>	Dianne Dunkley 6562-7660	July 26	4 Albert Street South Kempsey	Everyone Welcome	\$5
Wednesday 9am to 10am	<b>Balance 'n' Bones – Wednesday</b>	Marg Jopling 6562-6044 Judy Nisbet 6562-5996	July 27	46a Tozer Street West Kempsey	Everyone Welcome Maximum 13	\$5
Wednesday 9.15am to 12.30pm	<b>Mahjong – West Kempsey</b>	BY OM Margaret Emerson 6566-8273	July 27	Uniting Church Hall, Wide St West Kempsey	New & Continuing Players Maximum 28	\$5
Wednesday 10am to 3.30pm	<b>Card Making Group Wednesday</b>	BY OM Brenda Prescott 6566-0468 Elinor Dowman 6562-8165	July 27	All Saints Catholic Church Meeting Room Kemp & Marsh Streets, West Kempsey	Everyone Welcome Min. 5 – Max. 12 <b>(No Mail Bookings)</b>	\$5
Wednesday 1.30pm to 3.30pm	<b>Table Tennis Wed. @ RSL Bowlo</b>	Shirley Mayhew 6562-7134 Steve Tarbox 6562-7797	July 27	Kempsey-Macleay RSL Bowling Club 13 Austral St Kempsey	Everyone Welcome	\$5 + club m'ship
Wednesday 1.30pm to 4.00pm	<b>Fun and Games @ RSL</b>	Jacky Booth 6567-4511	July 27	Kempsey-Macleay RSL Club	Everyone Welcome Maximum 8	\$5 + club m'ship
Thursday 9.30am to 10.30am	<b>Balance 'n' Bones @ SWR</b>	Isobel Hennessy 6566-7878 Geraldine Cooper 6567-0339	July 28	Boronia Gardens 12 Lawson Street SWR	Everyone Welcome Maximum 14	\$5
Thursday 9.30am to 12 noon	<b>Cryptic Crosswords</b>	Vivien Doyle 0400 372-749	July 28	46a Tozer Street West Kempsey	Everyone Welcome	\$5

# KMV U3A TERM 3 TIMETABLE



= Bring Your Own Mug/Cup

DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Thursday 1pm to 3pm	<b>Gardening</b>	Mary Sweeney 6566 9348 Keith Edwards 6566-7562	July 28	Masonic Hall, Tozer Street West Kempsey	Everyone Welcome	\$5
Thursday 1.00 pm to 3-00 pm	<b>Novel Adventures in Russia</b>	Fran Tarbox 6562-7797	July 28	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Friday 8.30am to 12 noon	<b>Macleay Meanders</b>	Margaret Jopling 6562-6044 Ian Windsor 6561 7217	July 29	Car Park behind Caltex, Verge Lane, Kempsey	Everyone Welcome	\$5
Friday 9.00am to 12.30pm	<b>Mahjong With A Twist – West Kempsey</b>	Judy Stewart 6562-1404	July 29	Uniting Church Hall, Wide St, West Kempsey	Everyone Welcome Maximum 20	\$5
Friday 12.30pm to 4pm	<b>Friday Films</b>	Bob Ecclestone 0419 414 412 Richard Mackay 6562-7174	July 29	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Friday 2pm to 4pm	<b>Table Tennis Friday @ PCYC</b>	Margaret Jopling 6562-6044	July 29	PCYC South Kempsey	Everyone Welcome	\$5 + PCYC m'ship
Saturday 10am to 4pm) <b>(2 Weeks)</b>	<b>Beading Workshop</b>	Judy van Raak 6562-2684	July 30 & September 3	46a Tozer Street, West Kempsey	Everyone Welcome Maximum 10	\$5
Saturday 10.00am to 4.00pm <b>(2 Weeks)</b>	<b>Foundation Piecing</b>	Sian Roberts 0421 368 448	August 27 & September 17	46a Tozer Street, West Kempsey	Everyone Welcome Maximum 8	\$5
Thursday 11am to 3pm Saturday 10am to 4pm <b>(2 days in 1 week)</b>	<b>Millinery Madness</b>	Jan Shore 6562-3627	September 8 & September 10	Port Macquarie on the 8th 46A Tozer Street, West Kempsey on 10th	Everyone Welcome Maximum 10	\$5 + course materials



Margaret Patterson, Shirley Mayhew, Ruth Woodward



Suzanne Hexter, Margaret Emerson, Steve Tarbox



Margaret & Tony Corley, John Cruickshanks



Doug Bond (visiting from England), Elaine Bond, Gillian Sherlock, Martene Holland



*Nancy and Bob Tickle with Jenny Sproule*



*Jo Robinson, Judy Nisbet*



*Fran Tarbox wearing a Gai Waterhouse hat*



*Heather Tynan, Mary Emery, Beryl Lee, Sandra Walsh*



*Francene Burgess, Gwen Norton, Jan Brenton, Raelene Adams*



*Coral Gill, Margaret Harris-Walker*



*Bob Birrer*



*Jill Marriott, Vivien Doyle*



*Dianne Harvey, Kerry Linden*



*Una Brown & Lyn Carter*



*Bev Giddy, Chris Dunstan, Sharon Witchard*

**"HOT POTS & HATS"**

**LUNCHEON**

*End of Term 2 Function,  
June 29, 2016*



*LEFT: Annette Gibbons, June Barnes, Joan Dooley, Dorothy Britten*



*RIGHT: Bruce Cumming, Judy Stewart, Julie Hulme*



# The U3A Herald

JULY 2016

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

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## **TERM 3 ENROLMENT DAYS:**

**Thursday 14th July , 10.30 to 12 noon at SWR Surf Club**

**Monday 18th July, 10.30 to 12.30, at Kempsey-Macleay RSL Bowling Club**

**CLASSES START on Monday 25th July**

### **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 .....