



# The U3A Herald

TERM 4, OCTOBER 2016

A Newsletter for Kempsey Macleay Valley U3A Inc.

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

E-mail: [info@kempseymacleay3a.com.au](mailto:info@kempseymacleay3a.com.au) — Phone: 6562 5869

## CALENDAR 2016

**TERM 4 (8 weeks)**

**Enrolment Days:**

*Thursday 6th October,  
10.30 to 12 noon at  
SWR Surf Club*

*Monday 10th October  
10.30 to 12 noon at  
Kempsey-Macleay  
RSL Bowling Club*

**CLASSES START**  
*Monday 17th October*

**CLASSES END**  
*Friday 9th December*

**Christmas Function**

*Tuesday 13th December.*

## 2017

**TERM 1 (8 weeks)**

**AGM and  
Enrolment Day:**

*Monday 30th January*

**CLASSLEADERS  
MEETING**  
*Friday 3rd February*

**CLASSES START**  
*Monday 6th February*

**CLASSES END**  
*Friday 31st March*

## President's Report

### *Christmas Luncheon*

Huge thanks to Nancy Tickle, our KMVU3A Events Co-ordinator for organising the Christmas luncheon which will be held at The Kempsey Heights Bowling Club on Tuesday 13th December.

Please respond to Nancy's invitation in this newsletter so we can set numbers and guarantee payments.

As in previous years, we will be having the ever-popular hampers as lucky door prizes. To donate festive goods or cash, see Christmas Luncheon invitation on page 11 for details.

### *Enrolment Day Venues*

Term 4 Enrolment days will remain at the South West Rocks Surf Life Saving Club on Thursday 6th October and the RSL Bowlo on Monday 10th October, however next year we will be moving back to the riverside RSL Club upstairs. These new arrangements will be confirmed in the Term 1 newsletter.

**PLEASE NOTE: Enrolment Day times for Term 4 will be 10.30am till 12 noon.**

We acknowledge that our dedicated Class Leaders have advised that after "High Noon" there is very little activity.

If you are unable to enrol on either of these days you may enrol on-line, use direct debit, Pay Pal or by post.

### *Seniors Info Expo*

KMVU3A has been invited to participate in a Seniors Info Expo, to be held on Thursday 29 September, 10.30 – 12noon upstairs at the RSL Club. The Expo is being presented by Home Instead Senior Care which provides non-medical in-home care for seniors to continue living independently in their own homes. We will have on display our new pamphlets for public distribution. Entry is free.

Why not come along and show your support?

### *Kempsey Neighbourhood Centre Driving Change Program Mentors Required*

The Kempsey Neighbourhood Centre is inviting members of the community to participate in a pioneering project which is transforming the lives of young Aboriginal people by helping them obtain their driver's licence.

If you, or someone you know, would be interested in mentoring young Aboriginal learner drivers to obtain their driver's licence, a one hour information session will be held at 10am on Wednesday 12th October at 46a Tozer Street West Kempsey. Denise Drew from the Kempsey Neighbourhood Centre will be available at the KMVU3A Enrolment Day on 10 October to answer your questions and/or call Denise on 6562-8300 to register your interest.

Jenny Sproule – President ♦

**ON-LINE ENROLMENT IS NOW AVAILABLE!**

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

# COURSE CO-ORDINATOR'S REPORT

## The Final Term for 2016

**A**lthough Christmas is approaching, there is still plenty of action with KMVU3A!

A few courses are taking a break but hopefully will be back in 2017 – Croquet, Cryptic Crosswords, Foundation Piecing and Millinery Madness.

After 3 terms of Novel Adventures – with Moll and Tom, in Vanity Fair and then in Russia – Term 4 will focus on Novel Adventures in Love and Society! Come along and enjoy film versions of Anna Karenina, Middlemarch and The Age of Innocence, with society in Russia, England and New York examined – entwined with passionate love stories!

With the weather warming up, it is time for Swimming to return in the last 3 weeks of term.

Calligraphy will enhance your Christmas cards and messages – with Jerry's expertise to guide you, amaze your family and friends!

Tribal Belly Dance is a great way to maintain suppleness and exercise all muscle groups, with exotic music and costumes accompanying seductive and graceful movements.

Buddhist Meditation returns enabling you to Keep

Calm and Survive, especially during the madness of the Silly Season!

KMVU3A is very fortunate to be able to offer over 30 courses each term. This can only be achieved through the generosity of all the class leaders, who are prepared to give so much of their time and expertise to enable the members to have such varied and exciting experiences.

Why not consider becoming a Class Leader? If you have an interest or passion which you would like to share with others, the committee will support you with advice and resources.

There are a number of DVDs on Astronomy, European Art, Famous People, History etc which can be used as a starting point, with further research and resources contributed by the leader. There is no limit on learning!

Enjoy Term 4 and I hope to see you at Enrolment Day or at the Christmas Luncheon.

Fran Tarbox – Course Co-ordinator ♦

**Please submit your Postal or Electronic Enrolment before Monday 10th October**

## COMMITTEE CONTACTS 2016

PRESIDENT:	Jenny Sproule	6562-1141 / 0429 453 753	president@kempseymacleayu3a.com.au
VICE PRESIDENT:	Judy van Raak	6562-2684	vice_president@kempseymacleayu3a.com.au
SECRETARY:	Gabi Brie	6566-8319	secretary@kempseymacleayu3a.com.au
TREASURER:	Bruce Cumming	6566-8286	treasurer@kempseymacleayu3a.com.au
ASST. TREAS:	Maree Taylor	6561-7203 / 0428 317 121	assistant@kempseymacleayu3a.com.au
COURSE CO-ORD:	Frances Tarbox	6562-7797 / 0408 627 797	course_coordinator@kempseymacleayu3a.com.au
EVENTS CO-ORD:	Nancy Tickle	6562-6584 / 0427 656 265	events_coordinator@kempseymacleayu3a.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**  
**Account Name: Kempsey Macleay Valley U3A**  
**(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@kempseymacleayu3a.com.au or posted to PO. Box 3666, West Kempsey.

If you have enrolled on line, you do not need to mail in your form. ♦

# COURSES RETURNING IN TERM 4

## BUDDHIST MEDITATION

Leader: Viryadana

Viryadana is an experienced meditator and member of the Triratna Buddhist Order. Meditation is a chance to stop the busy whirl of our daily lives and develop quiet awareness. Suitable for both beginners and experienced meditators.

In this 5 week course we will be doing two traditional Buddhist practices: one based on the breath and the other on developing positive mental states. A cushion to support your back while sitting on a chair could be helpful. If you prefer to sit on the floor, bring a yoga mat.

## CALLIGRAPHY

Leader: Jerry van der Veer

*Christmas is not far away and what better way to impress your family and friends than with beautiful Calligraphy to add that personal touch.*

Bring along your best memories of your childhood Christmases and we'll see if we can incorporate them into some ideas for Christmas and gift cards. You'll need your pens, paper, ruler, rubber. Haven't got any? I have some available.

## SWIMMING

Leader: Margaret Jopling

Swimming will again be offered towards the end of this term at Kempsey McElhone Pool from 7am to 8am each week-day

morning for three weeks. It is not necessary to attend each session.

Everyone is welcome: Complete beginners, 'nervous nellys', those wishing to improve their style or learn other strokes and those who just wish to swim laps in a very friendly atmosphere.

One of Term 1's participants improved so much that she has now joined Master Swimming and competed at NSW Masters Relay Championships in July. Maybe you will join her after these classes?

Admission is \$4 per session attended. You can buy books of 20 tickets for \$64 if you wish to continue swimming after the classes.

## TRIBAL BELLY DANCE

Leader: Susan Baker

Why not come and enjoy the romance of this beautiful and ancient Middle Eastern dance. This gentle and seductive dance can improve your circulation, suppleness and joint flexibility, and tone all your major muscle groups. No experience necessary. All levels of fitness catered for. An information sheet on belly dance costumes will be available on enrolment day, however, comfortable clothing, non-slip footwear, such as trainers, and a bottle of water are all you need to begin with. So come and join us for a fun-filled morning of Dance Oriental. ♦

## Courses Taking a Break in Term 4

Croquet – Cryptic Crosswords – Foundation Piecing – Millinery Madness

## Enjoying Gardening in Term 3

**T**hursday's gardening group has had a very busy and productive Term 3.

We've shared in the generosity of our members who bring along cuttings, potted plants, excess produce and wonderful ideas on ways to improve our gardening techniques and one of our members was kind enough to travel to Ricardoes Tomatoes and return with a trailer load of cocopeat for group purchase.

There's always an answer to the most puzzling questions on plants and planting and plenty of tips on how to get the best from our different soil types.

The group has also made visits to a number of our members' gardens, enjoying a walk through the gardens, sharing ideas on garden layouts and admiring the hard work that has resulted in these lovely gardens, followed

by an enjoyable get together for a cuppa and a selection of tasty treats.

Recently, the group visited Bazza Broms in Forth St Kempsey for a very informative session on the care and cultivation of bromeliads and we were fortunate to have been given a special price for our purchases.

We've also enjoyed presentations by guest speakers on specific topics, had a visit from a mobile sharpening service to put a nice edge on our gardening tools and even shared recipes for the delicious cakes and slices kindly provided by members each week for afternoon tea.

Do come along to our Thursday afternoon get togethers in the Masonic Hall, where you'll be assured of a friendly welcome, some great gardening ideas and share in the bounty provided by gardening friends. ♦

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 4 Enrolment Days will be held on:

Thursday 6th October, 10.30 to 12 noon at SWR Surf Club

Monday 10th October, 10.30 to 12 noon at Kempsey-Macleay RSL Bowling Club

Classes Start on Monday 17th October



# COURSES FOR TERM 4 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.

## FRENCH — BEGINNERS

Leader: Marlene Holland

While the First Fleet was celebrating its arrival at Sydney Cove on 26 January 1788, a couple of French frigates under the command of Jean François de Galaup, comte de La Pérouse had dropped anchor over in Botany Bay. For the next six weeks the French naval officers socialised with their British counterparts, established a stockade and garden, made geographical and astronomical observations and conducted Mass. It is really a quirk of history that Australia became part of the British empire rather than the French, but that doesn't stop us now from enjoying their legacy and culture. Come along to this French beginners' language class and you too can have an excuse to celebrate 14 July with extra gusto so 'Viva La France' (except when they compete against us in the Rugby World Cup)!

## FRENCH — INTERMEDIATE

Leader: Marlene Holland

Did you know that 2016 marks the 500th anniversary of Leonardo da Vinci's move to France from Florence? The 64 year old artist and inventor had been commissioned to create a mechanical lion for the French Court. Da Vinci brought over with him several masterpieces including 'Mona Lisa' which today hangs in pride of place in the Louvre Museum. Now while it is unlikely that U3A members will ever be asked to undertake such a mission, your next visit to the Louvre can be enriched with a smattering of French – even if you just know how to order a café au lait, un petit pain du chocolat et un crème de cassis from the coffee shop. This class will help you do just that (BYO French liqueur).

## 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.

Programme details will be available at enrolment and at the first screening at 12.30pm on Friday 21st October 2016.

**ON-LINE ENROLMENT IS  
NOW AVAILABLE!**

**See KMOVU3A Website for full details.  
Follow the prompts!**

# COURSES FOR TERM 4 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*

If you have a balcony, patio, small town garden or acreage then this course is for you. Whatever your garden interests are: Fruit trees, vegie patch or just pottering in the garden, you are welcome to come along and share your gardening experiences with like-minded, friendly people.

We have guest demonstrators and garden/nursery visits during the term. We have a trading table at each meeting to share cuttings, plants, excess vegies/fruits, etc.

This term we will hold our non-competitive photo competition which is open to all.

*Come along and be inspired to exercise your green fingers!*

## MACLEAY MEANDERS

*Leader: Margaret Jopling & Ian Windsor*

This walking group is going from strength to strength. With increasing fitness, more members are participating in the longer and more challenging walks. Average attendance is around 18.

We vary the length, degree of difficulty and localities as much as possible with everyone encouraged to participate in the selection of routes.

Term 3 meanders have included beach, farm, bush, semi-rural and town walks.

The aim of most participants is to spend a healthy outdoor morning enjoying the friendship of like-minded people.

## 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 and experienced players in Term 4, however, new players will be welcome next year.

## 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.

## 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.

## NOVEL ADVENTURES IN LOVE AND SOCIETY

*Leader: Fran Tarbox*

This term we will experience film and TV adaptations of three great novels which focus, not only on love, but also on the different societies of nineteenth century Moscow and St Petersburg, provincial England and New York.

Tolstoy's Russian masterpiece, "Anna Karenina", stars Keira Knightley and Jude Law in an "intoxicating and spellbinding" film, set amidst high society of the 1860's and 1870's in Moscow and St Petersburg. George Eliot's "Middlemarch" is regarded as one of the greatest of all English novels in which the analysis of human nature achieved "a Tolstoyan depth and reality". The BBC TV series reveals the different levels of society in a provincial English town between 1829 and 1832, encompassing love, politics and frustrated passion. Edith Wharton's Pulitzer Prize-winning novel "The Age of Innocence", is a story interwoven with passion, sacrifice and intrigue played out against the opulent backdrop of 1870's New York. Daniel Day-Lewis brings to life a man caught between two worlds and two women, portrayed by Michelle Pfeiffer and Winona Ryder.

## 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 is one of the most widely spoken languages in the modern world, and you are welcome to join our class which meets on Tuesday afternoons.

The course includes both written and spoken language, as well as historical and cultural detail about the Spanish speaking world. Previous knowledge of Spanish is 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.

# COURSES FOR TERM 4 2016

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?

NOTE: Course starting date (October 17th) dependent on completion of court renovations.

*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: Steve Tarbox and Shirley Mayhew*

The Kempsey-Macleay RSL Bowling Club is a good venue and all equipment can be supplied. Non slip sports footwear is recommended. Qualified coaching is provided. Friendly games of singles or doubles are played.

So, why play table tennis?

- Gentle on your body, yet you will have a good workout.
- You will improve your mobility and reflexes
- There is plenty of thinking and strategy development
- But – most of all – it is 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! ♦

**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. ♦

**Please submit your postal or electronic Enrolment before Monday 10th October**

# U3A Bridge Term 3 2016

**W**hat a fabulous term 3 the Kempsey U3A Bridge players have had.

Our numbers expanded slightly with the arrival of two new players Jan and Tony rounding off our tables with better numbers. To our amusement, Kempsey U3A Bridge attracts players whose Christian names are Margaret, Jan and Tony and although it is commonly thought that Bridge is a most serious affair, our friendly little group does see the humour in everything. While we do take our Bridge seriously, under the tutorage of our leader Margaret Cor-

ley, our afternoons are about friendship and brain activity in a relaxed fun environment. Silence at the tables will never be unheld, though at times you can hear a pin drop as all are competitively concentrating on their cards, till the next funny moment. Oh, and thank you all for the afternoon teas to die for. Bridge players are great cooks too it would appear! And even if your name isn't Margaret, Jan or Tony, you are quite welcome to join us.

Lynette (Margaret) Leedham ♦



## Christmas Hampers

It has become an enjoyable feature of our end of year luncheon to have a number of lucky door Christmas hampers, which are put together from goods generously donated by our members.

So we can continue this tradition, we are seeking cash to purchase items or donations of goods, preferably of a festive nature.

**These may be left with Nancy Tickle, 129 North Street, West Kempsey (before the 2nd December please). Phone 6562 6584**

*Hope to see you at the Luncheon .... page 11 has all the details.*

# U3A in Term 3...

KMVU3A offers a wide range of activities for members, so don't sit at home with nothing to do, join U3A where you can stimulate both mind and body.



Barrie Bishton getting into Novel Adventures in Russia!



**RIGHT:** A happy group of table tennis players. **Inset:** Michelle Connors watches Joy Vibert playing a strong forehand drive.



**LEFT:** Card makers Sharon Witchard, Joyce Gudger, Christine Dunstan, Jill Ferguson, Trish Golledge, Carmel Evans.



**Inset:** Some of their excellent work.



**ABOVE:** Mahjong enthusiasts Bob Birrer, Olive Saul and Marg Emerson.



**ABOVE RIGHT:** Bill Gibbons, Nancy Tickle and Dorothy Britten.

**RIGHT:** The U3A Meandering group having a spell at Hat Head.





= Bring Your Own Mug/Cup

# KMV U3A TERM 4 TIMETABLE

DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Monday to Friday 7.00am to 8.00am <i>(last 3 weeks)</i>	<b>Swimming</b>	Margaret Jopling 6562-6044	November 21 to December 9	Kempsey McElhone Pool, Belgrave Street	Everyone Welcome	\$5 + \$4 pool entry per day
Monday 9am to 10am	<b>Balance 'n' Bones – Monday</b>	Robyn Forrest 6562-7180 Wanda Manning 6562-5372	October 17	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	October 17	Eden Street Boat Ramp and other venues	Everyone Welcome	\$5
Monday 10am to 12 noon	<b>Squash &amp; Racquetball</b>	Marg Jopling 6562-6044 Isobel Hennessy 6566 7878	October 17 (Depends on court renovation)	Kempsey-Macleay RSL Club	Everyone Welcome	\$5 + club m'ship
Monday 10am to 12 noon <i>(6 weeks)</i>	<b>Calligraphy</b>	Jerry van der Veer 0427-274-171	October 17 – November 21	46a Tozer Street West Kempsey	Everyone Welcome Maximum 12 <b>No Mail Bookings</b>	\$5
Monday 1pm to 4pm	<b>Cards, Pegs, Tiles</b>	Judy Nisbet 6562-5996 Jan Brenton 6562-6414	October 17	46a Tozer Street West Kempsey	Everyone Welcome	\$5
Monday 1.30pm to 2.30pm	<b>Yoga</b>	Maree Taylor 6561-7203	October 17	Anglican Youth Centre 25 Marsh St, West Kempsey	Everyone Welcome	\$5
Monday 2pm to 4pm	<b>Table Games @ MVH</b>	Jacky Booth 6767-4511	October 17	Macleay Valley House small dining room	MVH Residents only	\$5
Tuesday 9am to 11am	<b>Tuesday Tappers</b>	Gloria Markovina 6561-7340	October 18	Sherwood Hall	Everyone Welcome Maximum 16	\$5
Tuesday 9.30am to 12.30pm	<b>Mahjong @ SWR</b>	Jim/Margaret Harris- Walker 6566-7434	October 18	Boronia Gardens 12 Lawson Street SWR	Continuing Players Maximum 20	\$5
Tuesday 10.00am to 12 noon	<b>Scrapbooking – Morning</b>	Dianne Dunkley 6562 7660	October 18	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	October 18	46a Tozer Street West Kempsey	Min. 4 – Max. 12 <b>No Mail Bookings</b>	\$5



# KMV U3A TERM 4 TIMETABLE



= Bring Your Own Mug/Cup

DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Tuesday 10.30am to 12.30pm	<b>French – Intermediate</b> 	Marlene Holland 6566-8702	October 18	4 Bede Lawrence Close Frederickton	Continuing Members Maximum 10	\$5
Tuesday 1.00pm to 3.00pm	<b>Spanish</b>	Richard Mackay 6562-7174	October 18	Community Care Centre Forth St Kempsey	Everyone Welcome	\$5
Tuesday 1pm to 4pm	<b>Mahjong @ SWR – Experienced</b>	Jim/Margaret Harris-Walker 6566-7434	October 18	Boronia Gardens 12 Lawson Street SWR	Continuing Players Maximum 20	\$5
Tuesday 1.30pm to 4.30pm	<b>Bridge</b>	Margaret Corley 6562-4330	October 18	All Saints Catholic Parish Hall cnr Kemp & Marsh Streets West Kempsey	Continuing Players	\$5
Tuesday 2pm to 4pm	<b>French – Beginners</b> 	Marlene Holland 6566-8702	October 18	4 Bede Lawrence Close Frederickton	Everyone Welcome Maximum 10	\$5
Tuesday 4pm to 6pm	<b>Scrapbooking – Afternoon</b>	Dianne Dunkley 6562-7660	October 18	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	October 19	46a Tozer Street West Kempsey	Everyone Welcome Maximum 13	\$5
Wednesday 9.15am to 12.30pm	<b>Mahjong – West Kempsey</b> 	Margaret Emerson 6566-8273	October 19	Uniting Church Hall, Wide St West Kempsey	Continuing Players Maximum 28	\$5
Wednesday 10am to 3.30pm	<b>Card Making Group Wednesday</b> 	Brenda Prescott 6566-0468 Elinor Dowman 6562-8165	October 19	All Saints Catholic Church Meeting Room Kemp & Marsh Streets, West Kempsey	Everyone Welcome Min. 5 – Max. 12 <b>(No Mail Bookings)</b>	\$5
Wednesday 10.30am to 12 noon <b>(6 Weeks)</b>	<b>Buddhist Meditation</b> 	Virydana 6567-1416	October 19 to November 23	Masonic Hall, Tozer Street West Kempsey	Everyone Welcome	\$5
Wednesday 1.30pm to 3.30pm	<b>Table Tennis Wed. @ RSL Bowlo</b>	Steve Tarbox 6562-7797 Shirley Mayhew 6562-7134	October 19	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	October 19	Kempsey-Macleay RSL Club	Everyone Welcome Maximum 8	\$5 + club m'ship

# KMV U3A TERM 4 TIMETABLE



= Bring Your Own Mug/Cup

DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Thursday 9.30am to 10.30am	Balance 'n' Bones @ SWR	Isobel Hennessy 6566-7878 Geraldine Cooper 6567-0339	October 20	Boronia Gardens 12 Lawson Street SWR	Everyone Welcome Maximum 14	\$5
Thursday 1pm to 3.30pm	Novel Adventures in Love and Society	Fran Tarbox 6562-7797	October 20	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Thursday 1pm to 3pm	Gardening	Mary Sweeney 6566 9348 Keith Edwards 6566-7562	October 20	Masonic Hall, Tozer Street West Kempsey	Everyone Welcome	\$5
Friday 8.30am to 12 noon	Macleay Meanders	Margaret Jopling 6562-6044	October 21	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	October 21	Uniting Church Hall, Wide St, West Kempsey	Everyone Welcome Maximum 20	\$5
Friday 11.30am to 1pm	Tribal Belly Dance	Susan Baker 0431-208-236	October 21	Masonic Hall, Tozer Street West Kempsey	Everyone Welcome	\$5
Friday 12.30pm to 4pm	Friday Films	Bob Ecclestone 0419 414 412 Richard Mackay 6562-7174	October 21	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Friday 2pm to 4pm	Table Tennis Friday @ PCYC	Margaret Jopling 6562-6044	October 21	PCYC South Kempsey	Everyone Welcome	\$5 + PCYC m'ship
Saturday 10am to 4pm) <b>(2 Weeks)</b>	Beading Workshop	Judy van Raak 6562-2684	October 29 & November 26	46a Tozer Street, West Kempsey	Everyone Welcome Maximum 10	\$5

A wonderful bird is the Pelican,  
Whose beak can hold more than his  
belly can;  
But perch him on high,  
Where he is close to the sky;  
If he should let go of his fishy load  
In his belly securely stowed,  
Such a beautiful bird you would  
not guess  
Could manage to make such a mess!



Pelicans in the creek...



Tracey meets the pelicans...



Tracey's car meets the pelicans.  
(The dangers of canoeing with U3A)



# CHRISTMAS LUNCHEON



You and your partner or friend are invited to the End of Year Luncheon at Kempsey Heights Bowling Club, Polwood Street, West Kempsey

WHEN: Tuesday 13th December, 2016

TIME: 12 noon for 12.30pm

CUISINE: Chicken breast, salad, scalloped potato/Lamb roast  
Caramel & banana cream tart/Fresh fruit salad & cream  
Roll, tea & coffee

COST: \$25 per head (all 2016 class leaders, \$12.50 per head)

RSVP: Thursday 1st December, 2016



**HAMPERS:** Donations of festive goods or cash can be left with Nancy Tickle, 129 North Street, West Kempsey (before the 2nd December please). Phone 6562-6584



## 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.



# 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 4 ENROLMENT DAYS:**

**Thursday 6th October , 10.30 to 12 noon at SWR Surf Club**

**Monday 10th October, 10.30 to 12 noon at Kempsey-Macleay RSL Bowling Club**

**CLASSES START on Monday 17th October**

### **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 .....