



The U3A Herald

TERM 1, JANUARY 2017

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 2017

TERM 1 (8 weeks)

AGM & Enrolment:

Monday 30th January at
Kempsey-Macleay RSL
Club, York Lane, Kempsey
(Note changed venue)

CLASSES START

Monday 6th February

CLASSES END

Friday 31st March

CLASS LEADERS MEETING

Friday 3rd February

TERM 2 (8 weeks)

Enrolment:

Thursday 20th April at SWR
Wed. 26th April at Kempsey

CLASSES START

Monday 1st May

CLASSES END

Friday 23rd June

Mid Year Function

Wednesday 28th June

TERM 3 (8 weeks)

Enrolment:

Thursday 13th July at SWR
Mon. 17th July at Kempsey

CLASSES START

Monday 24th July

CLASSES END

Friday 15th September

CLASS LEADERS MEETING

Friday 21st July

TERM 4 (8 weeks)

Enrolment:

Thursday 5th October at SWR
Mon. 9th October at Kempsey

CLASSES START

Monday 16th October

CLASSES END

Friday 8th December

Christmas Function

Tuesday 12th December

Exciting new experiences await members in 2017!

With eight new courses being offered in Term 1 – along with 29 returning courses – there will be little opportunity for members to have time at home!

Spanish for Beginners with Richard Mackay on Mondays and German for Beginners with Ellen Smith on Fridays will join French for Beginners on Tuesdays. Now to choose which language you most want to learn?!

Philosophy with Margaret Black will provide plenty of stimulating discussion. Each week reading materials will be supplied, so that participants have access to various points of view on a specific topic enabling them to refine – and then argue – their own point of view!

Now is the chance to put all those words and ideas buzzing around in your brain into some semblance of order – Karen Gribbin's Creative Writing will provide the opportunity. After all – The Art of Making Things Up does sound irresistible!

If words are not your forte – how about Drawing? or Photography?

Julie McIntyre will have you trying quick sketches using 'gesture building' and 'mark making' to loosen up and relax drawing techniques. Then you will build and refine the drawings to create finished products! Drawing From Observation will form the basis of your work.

Mark Townsend will help you become familiar with the workings of your camera and the extent of its capabilities before moving on to image composition and manipulation! Soon your audience will "Get The Picture" that you have captured!

For something a little more practical – Computers For Beginners is just the trick! Lorraine Daelman will bring you into the digital age painlessly! Seven computers are available or bring along your own laptop.

An instrument growing in popularity is the Ukulele. So easy to transport and great fun to play and singalong at the same time! Pauline McFerran will have you strumming a tune in no time!

The 29 returning courses include

- ❖ physical activities- Balance 'n Bones, Canoeing, Macleay Meanders, Table Tennis, Tuesday Tappers, Tribal Belly Dance ,
- ❖ board and card games – Bridge, Cards, Pegs & Tiles, Fun & Games @ RSL, Mah-jong – with or without a Twist!
- ❖ languages –Beginners & Intermediate French & Intermediate Spanish
- ❖ creative pursuits – Beading, Calligraphy, Card Making, Scrapbooking
- ❖ food for the spirit and mind– Buddhist Meditation, Friday Films, Gardening & Novel Adventures.

"Activities that stimulate or challenge the brain, may help to reduce the risk of dementia."

All our KMVU3A courses stimulate and challenge the brain – so come along and sign on!

Fran Tarbox – Course Co-ordinator ♦

ON-LINE ENROLMENT IS NOW AVAILABLE!

See KMVU3A Website for full details. Follow the prompts!

HOW DO I ENROL AND PAY?

At present, there are five ways you can enrol and make your payment for the course/s you are doing:

1. Electronically using PayPal;
 2. Electronically through a direct deposit
 3. At the Credit Union;
 4. By post; or
 5. By attending the enrolment day.
1. **Electronically:** If you choose this option, you need to ensure that you have logged on to the MyU3A link <http://myu3a.net/KempseyMacleay> using the unique ID and password previously sent to you, enrol in your selected classes and make your payment using PayPal. Should you have mislaid your ID and password, please contact the MyU3A administrator directly on jan.shore@outlook.com and request they be resent to you.
2. You can also **direct deposit** or make a **bank transfer** to the following account:

BSB: 704-189 (Coastline Credit Union)
Account No.: 00008731
Account Name: Kempsey Macleay Valley U3A
(or KMVU3A)

Please ensure you add your last name as an identifier so your payment can be readily identified.

If you choose this option, you will need to download and complete your enrolment form and scan it to send electronically to <http://myu3a.net/KempseyMacleay> or post it directly at the Post Office.

3. You may call in to Coastline Credit Union and **deposit your payment in person** using the above account details. Your enrolment form will need to be :-

sent by email info@kempseymacleayu3a.com.au OR posted to Kempsey Macleay U3A Inc, PO Box 3666, Kempsey NSW 2440.

4. **By post:** If you decide to send your enrolment form and payment (cheque or voucher) by post, they need to be addressed to

Kempsey Macleay U3A Inc, PO Box 3666, Kempsey NSW 2440.

Please be mindful that posted articles often take several days to arrive, so remember to post early to meet enrolment deadlines.

DO NOT SEND CASH.

5. **Enrolment Day.** The procedure is straight forward. You can take your form and the payment to the Enrolment Day, lodge the form and make the payment. ♦

Courses Taking a Break in Term 1 Table Games @ MVH – Squash/Racquetball – Swimming – Yoga

NEW COURSES

COMPUTERS FOR BEGINNERS

Leader: Lorraine Daelman

The course will cover :-

- ◆ Introduction to Computers
- ◆ Typing and Saving
- ◆ The Internet
- ◆ Using Email
- ◆ Introduction to graphics.

The Kempsey Men's Shed is the venue with six desktop computers and one laptop computer available to use.

Any participant who would like to bring their own laptop will be most welcome to do so.

CREATIVE WRITING

The Art of Making Things UP

Leader: Karen Gribbin

- ◆ Have you ever considered yourself a 'Wordsmith'?
- ◆ Do you have a story to tell?
- ◆ Maybe you already write.

Come and join me on an 8 week journey of imagination and storytelling. We will explore the realm of writing short stories, weaving a collection of colourful characters and enriching our lives through our memories.

Every story has a 'beginning, a middle, and an end'. Together we will meander along the path of putting the three together.

No experience is needed – just a notebook, pen and your wonderful imagination.

Whatever the reason you wish to write please join me for the experience of stringing a yarn together. I look forward to meeting you.

DRAWING FROM OBSERVATION

Leader: Julie McIntyre

Do you like to draw? We will use common every day objects to draw from observation. Flowers, plant forms, vegetables, fruit, vases and kitchenalia can all be a source of inspiration. Feel free to set up your own still-life using interesting things from home.

This is a two-day course where we will draw with a variety of materials and explore media and colour. Initially we'll try quick sketches using "gesture drawing" and "mark making" to loosen up and relax drawing techniques. We will then build and refine the drawings to create finished products. You will be encouraged to draw what you actually see. Our brains can sometimes deceive our eyes.

If you have art materials, bring them along. Pastels, water-colour pencils, charcoal, brushes, interesting papers, pens and ink can all be used. There may be some costs involved, depending on the number of students and the materials you have. Let me know on enrolment day what materials you can bring. We can then decide whether we need to purchase some coloured papers and chalk pastels that we can all share and keep costs to a minimum.

Let's have fun.

Answers, German Phrases – ¹Good day, ²Happy Christmas and New Year, ³Good bye

NEW COURSES (Continued)

GERMAN — BEGINNERS

Leader: Ellen Smith

Guten Tag¹, everyone.

This course is open to mainly beginners, but anyone can attend. We will be doing everyday language, particularly travel and food, of course.

See you next year.

Frohe Weihnachten und Neujahr!²

Auf Wiedersehen³. — Can you guess these German phrases?

See bottom of page 2 to check your answers!

“GET THE PICTURE” – A DIGITAL PHOTOGRAPHY COURSE FOR NOVICES (AND OTHERS)

Leader: Mark Townsend

If you have...

- ◆ A love (or, at least, a liking) for all things photographic!
- ◆ A desire to learn more about your camera and its capabilities.
- ◆ A desire to improve your picture-taking skills...

then this is for you!

The course has been designed mainly for the novice operator, but that does not preclude other interested participants (eg someone coming back to photography, after some time in the wilderness or someone who is venturing into digital photography for the first time).

There will be some theory to look at before putting it all into practice!

Hopefully there will be an opportunity to do some field work – perhaps on a weekend – not to mention an exhibition of images towards the end of term.

Don't forget to bring along a camera (very handy!), the user manual, a notebook and pen.

PHILOSOPHY

Leader: Margaret Black

As the cultures and economies of the world become increasingly enmeshed, the importance of developing a conscious multicultural perspective grows ever more critical. Presented together here, in this class, are significant readings on traditional topics that explore the global nature of philosophising. In addition to classic Western material, Hindu, Buddhist, Chinese, African, Native American, Latin American, Islamic, Jewish, and feminist philosophers are all represented. It is a philosophy class with a difference, so come and add your voice to the voices of wisdom that cry out from our past as well as our present about how we can create a harmonious future.

SPANISH — BEGINNERS

Leader: Richard Mackay

Elementary course which consists of basic grammar and simple conversation providing the basis for further study. The purchase of a \$55 text book (ELE Actual Initial) would be an advantage.

UKULELE FOR BEGINNERS @ SWR

ALL I WANT FOR CHRISTMAS IS MY OWN UKULELE

Leader: Pauline McFerran

I first picked up a ukulele when I was 2 years old, playing tunes at 4 years old, so I have played the ukulele and guitar for a long, long, time (no mention of age!)

You can become part of the South West Rocks Ukulele Sing-along – a happy, fun loving group – where you will learn about your instrument and how to care for it, to play basic chords, to strum, to tune, how to read and play music and singalong whilst you play! If I can sing a tune you can too...

I will have you playing simple tunes in the first term. You say impossible – nothing is impossible!

You will need a ukulele, a music stand and a tuner. These can be bought at The Music Zoo, online or at music stores.

Further details on enrolment day or contact Pauline – 6566 7632 or 0447 282 573

Happy Strumming! ◆

Thank You from Friday Films

Friday Films participants would like to say a very big “Thank You” to Richard Mackay for his unstinting dedication to our enjoyment of a variety of film genres over the past years in U3A.

But failing eyesight makes it virtually impossible for him to continue to enjoy watching films the way he so dearly loved to do in the past.

The group will continue, inspired by Richard's contagious enthusiasm. ◆

Thank You from Macleay Meanders

Thank you to new member, Deb Holland, who arranged a “mystery walk” around Kempsey with interesting clues highlighting local history. Well done, Deb!

Also, Thank You to those who helped out in the weeks when Margaret was out of action and to [Little] John for arranging e-mails. ◆

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. ◆

AGM and Term 1 Enrolment Day will be held on:

Monday 30th January at Kempsey-Macleay RSL Club, York Lane Kempsey (note changed venue)

AGM: 10.30 to 11.00am — Enrolment: 11.30am to 1.00pm

Classes Start on Monday 6th February



COURSES FOR TERM 1 2017

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.)

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.

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.

Term 1: Four Weeks Only

CALLIGRAPHY

Leader: Jerry van der Veer

Does your writing look as if a cockfight has been conducted on a perfectly good leaf of A4?

Want to improve? The art of beautiful writing, aka Calligraphy, is just the thing. As the song says “we’ll start at the very beginning”, and work up. All you will need to bring first up are an unlined pad or a few sheets of A4, a ruler, an eraser, a 2B pencil, an Artline 2.0 calligraphy pen or similar, your best smile and your tongue set at the right angle! Easy!!

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.

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.

CARDS, PEGS & TILES

Leaders: Judy Nisbet & Jan Brenton

Each afternoon class members can decide for themselves which of our games they wish to play. So if you would like to participate and share a relaxing afternoon you will be able to decide to play Cribbage, Canaster, Samba, Bolivia, 500 or Rummy King. This often means, on any afternoon, each table, of four players, will be playing a different game..

FRENCH — BEGINNERS

Leader: Marlene Holland

Apparently 45 percent of all English words have a French origin thanks to the Norman invasion almost a thousand years ago. At least nowadays you don’t need to have a sword poked at you to discover the joys (a French word) of learning this language. New joiners are always welcomed – even if it is just to pick up a few helpful phrases for travelling to one of the 53 countries around the world where French is spoken as either a first or second language.

FRENCH — INTERMEDIATE

Leader: Marlene Holland

Learning a language is one of the best ways to stimulate our brains and ward off mental decay. This class is for all who have spoken or studied French previously and are keen to improve their grammar and vocabulary. There will be a mix of book learning and improving our speaking skills. But don’t worry, this is not like the old school days. The emphasis is on group learning, sharing and having fun.

FRIDAY FILMS

Leaders: Bob Ecclestone

Friday Films takes on a slightly different format in 2017, albeit inspired by Richard Mackay’s contagious enthusiasm. There will still be an eclectic mix of old and new, Cinemascope and Black & White, blockbusters and, well, perhaps just the odd plain old “buster”. But then that’s how we tell the good from the bad. Or is it? Come along and you be the judge. Perhaps we have a budding David Stratton or Margaret Pomerantz in our midst!

COURSES FOR TERM 1 2017

FUN AND GAMES @ RSL

Leader: Jacky Booth

We are continuing to play the Canasta derivative Bolivia but looking to boost the fun factor by progressing to the next level: Hand and Foot. Involving two hands of cards each this sounds complicated but can be mastered by any experienced player with relative ease and provides much enjoyment for all concerned. As one of our players commented, "I love Wednesday afternoons, we laugh a lot!". If you'd like to participate in an activity that sends you home with a smile on your face - give this one some thought.

MACLEAY MEANDERS

Leader: Margaret Jopling

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.

Term 4 meanders have involved beach, farm, bush and rural locations. Most walks are within the Macleay Valley. We vary the length, degree of difficulty and locations as much as possible, with everyone encouraged to participate in the selection of routes.

The aim of most participants is to spend a healthy outdoor morning, enjoying the friendship of like-minded people. New members are always very welcome.

(Note new starting time – 8.00 am).

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 14th 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

Do you like paying cards, board games etc... well, come along to Mahjong with a Twist on Friday. We play, in turn, Chinese/Western/American and you will be most welcome. Perhaps you played years ago and need a refresher, no problem.

MACLEAY SOCIAL GARDENERS

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!

NOVEL ADVENTURES IN AUSTRALIA

Leader: Fran Tarbox

After Novel Adventures with Moll and Tom, in Vanity Fair, in Russia and in Love and Society it is time for adventures closer to home!

The term will start with an overview of Australian novels and participants are asked to bring along copies of their favourite novels – particularly classics!

"Seven Little Australians", "The Magic Pudding", "Picnic at Hanging Rock", "For the Term of his Natural Life", "My Brother Jack" – the list goes on!

Our first film will be Miles Franklin's "My Brilliant Career" with Judy Davis and Sam Neill.

Then we will view the mini series of Tim Winton's modern classic, "Cloudstreet".

Come along with your suggestions for other novels successfully adapted to the big – or small – screen!

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 — INTERMEDIATE

Leader: Richard Mackay

Will consist of the acquisition of further conversational and writing proficiency, including the study of more grammar. Students of intermediate Spanish will be able to start composing simple texts with the aim of writing and speaking independently.

COURSES FOR TERM 1 2017

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

We are expecting some new players in Term 1. Our players like the informal atmosphere with plenty of laughs and flexibility in starting and finishing times.

We play lots of doubles, which provide even more fun. Members are very proud of their part in improving our disability player's game.

All equipment is provided free by PCYC.

TRIBAL BELLY DANCE

Leader: Susan Baker

Why not come and enjoy Tribal Belly Dance, a fusion of classical Middle Eastern, Flamenco and Gypsy style dancing?

If you have a frame or lap drum, rik (tambourine) and/or zills, why not bring them along and give your brain as well as your body a workout.

No experience necessary. All levels of fitness catered for. Dance barefoot or in non-slip footwear. Harem pants, belly dance or gypsy skirt NOT essential but nice.

Coffee and tea supplied but bring your own mug. So why not come and join us for a fun-filled morning.

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. ♦

Why is my name not on the Class List?

Exciting changes have been taking place to provide more options for members to enrol and pay for courses.

Of course, with changes, there are some challenges to overcome, not the least of which is why your name may not appear on a Class List. Why is this so?

After completing one of the "5 ways you can enrol and make your payment" (see page 2) this is what happens:

At the end of Enrolment Day, all the forms and payments are taken to the office and class lists prepared for class leaders. If you are not on the class list when you arrive for class/es which you have enrolled in, it means that your enrolment form and payment have not been re-

ceived in time to be added to the class list. This will be rectified once your payment details have been verified and processed. The class leader will then be notified and your name will be added.

Obviously it would be to everyone's advantage to have all enrolments processed on or by Enrolment Day, thus eliminating double, and sometimes more, handling of enrolment forms and class lists.

Your committee has been working hard to provide choices in the enrolment process, so hopefully you will find an enrolment method which suits you and ensures the enrolment process flows smoothly for all. ♦

UNABLE TO ATTEND CLASS?

Please contact the class leader beforehand

NEW VOUCHERS: The new numbered vouchers are now in general use. The treasurer 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 30th January



Who says we don't live in a beautiful part of the world? Here's the view from a fairly recent paddle on the Macleay near Frederickton

Don't Get Caught...

These two articles from U3A Newslink, May 2015 explain fake e-mails and phone scams. Although technology is an accepted part of all our lives, we still need to be on our guard.

Fake emails explained

By Drew Patchell, *YourLife Choices*, 2 April 2015, yourlifechoices.com.au

According to the latest Kaspersky Lab statistics, 73.3 per cent of emails sent worldwide are spam. The vast majority of these spam emails are created to scam you of your hard-earned money.

Scammers are becoming more cunning than ever before with how they create scams and the words that they use in those emails.

While emails from the prince of Nigeria asking you to help transfer some money in exchange for a percentage for your troubles have fallen off significantly, local and online service scams are rising.

Anyone using an email address ending with .au is being targeted at a more specific level than someone using a .com email address.

This is because the scammer knows your email address relates to a person living in Australia.

Be on the lookout for emails from Telecommunication companies (Optus/Telstra etc), banking institutions (Westpac, Commonwealth Bank etc), online payment services (Paypal, Western Union), mail companies (Fed EX or Aus Post) and the Australian Tax Office (ATO).

Before opening an attachment or clicking through to a website, be sure that you are expecting an email, including the information, from the company. The trick I find most useful in determining whether an email is a scam is to scroll my mouse over the linked information in the email. By doing this, a display of the website url you'd be taken to will be shown. This will allow you to make an educated decision (if the link is going to www.telstra.com.au then you know it is a real email).

Another trick is to also check the email address from which you received the email. If it looks dodgy or untypical of that organisation, it's most likely unsafe.

As with anything in life, if an offer sounds too good to be true, it generally is. Never click a link that you aren't expecting.

Telstra calling (from Telstra website)

SCAMwatch and Telstra are warning consumers to hang up the phone if they receive a call out of the blue from someone claiming to represent Telstra and saying that there is a problem with their internet connection or computer.

Recent months have seen a surge in reports of scammers calling people at home and raising a false alarm that they are at risk of their internet being disconnected immediately, as their computer has been hacked or infected with malware and is threatening Telstra's internet infrastructure.

The caller claims that they are able to fix the problem on the spot, however a fee for this service will need to be paid and the person will also need to download software that will allow the caller remote access to their computer.

If you provide your credit card details and give remote access to your computer, the scammer may not only take more than the stated 'fee', but also infect your computer to gain access to your personal information and commit other acts of fraud.

A Police Officer from Victoria has also advised the following: "Got a call last night from an individual identifying himself as a Telstra Service technician who was conducting a test on our telephone lines.

"He stated that to complete the test I should touch nine (9), zero (0), hash (#) and then hang up. Luckily, I was suspicious and refused.

"Upon contacting the telephone company, I was informed that by pushing 90, you give the requesting individual full access to your telephone line, which allows them to place long distance telephone calls billed to your home phone number

Do not press 90 for anyone."

You can report scams to the ACCC via the SCAMwatch report a scam page, or by calling 1300 795 995. ♦



Old fashioned pressed metal Santa; Elizabeth II from Buckingham Palace; the Holy Family in a half coconut shell from Tonga.



Smoked glass nativity scene pieces — including a tiny baby Jesus

KMV U3A TERM 1 2017 TIMETABLE



= Bring Your Own Mug/Cup

| 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 | February 6 | 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 | February 6 | Eden Street Boat Ramp and other venues | Everyone Welcome | \$5 |
| Monday 10am to 12 noon | Calligraphy | Jerry van der Veer 0427-274-171 | February 6 | 46a Tozer Street West Kempsey | Everyone Welcome Maximum 12 No Mail Bookings | \$5 |
| Monday 12.30 pm to 2.30 pm | Spanish – Beginners | Richard Mackay 6562-7174 | February 6 | Community Care Centre | Everyone Welcome | \$5 |
| Monday 1pm to 4pm | Cards, Pegs, Tiles | Judy Nisbet 6562-5996 Jan Brenton 6562-6414 | February 6 | 46a Tozer Street West Kempsey | Everyone Welcome | \$5 |
| Monday 1.00 pm – 2.30 pm Computers for Beginners | Computers for Beginners | Lorraine Daelman 6567-4702 and 0408-141-803 | February 6 | Men's Shed, Ten-Pin Bowling Complex, South St, S Kempsey | Everyone Welcome Maximum 10 (No Mail Bookings) | \$5 |
| Tuesday 9am to 11am | Tuesday Tappers | Gloria Markovina 6561-7340 | February 7 | Sherwood Hall | Everyone Welcome Maximum 16 | \$5 |
| Tuesday 9.30am to 12.30pm | Mahjong @ SWR | Jim/Margaret Harris- Walker 6566-7434 | February 7 | Boronia Gardens 12 Lawson Street SWR | Continuing Players Maximum 32 | \$5 |
| Tuesday 10.00am to 12 noon | Scrapbooking – Morning | Dianne Dunkley 6562 7660 | February 7 | 4 Albert St, South Kempsey | Everyone Welcome | \$5 |
| Tuesday 10am to 3pm | Card Making Workshop – Advanced | Brenda Prescott 6566-0468 Elinor Dowman 6562-8165 | February 7 | 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 | February 7 | 4 Bede Lawrence Close Frederickton | Continuing Members Maximum 10 | \$5 |
| Tuesday 1.00pm to 3.00pm | Spanish – Intermediate | Richard Mackay 6562-7174 | February 7 | Community Care Centre Forth St Kempsey | Everyone Welcome | \$5 |
| Tuesday 1pm to 4pm | Mahjong @ SWR – Experienced | Jim/Margaret Harris- Walker 6566-7434 | February 7 | Boronia Gardens 12 Lawson Street SWR | Experienced Players Maximum 24 | \$5 |

KMV U3A TERM 1 2017 TIMETABLE



= Bring Your Own Mug/Cup

| DAY & TIME | COURSE | CLASS LEADER(S) | START DATE | VENUE | CLASS SIZE | TERM COST |
|---|--|--|--------------------------|--|---|----------------------|
| Tuesday 1.30pm to 4.30pm | Bridge | Margaret Corley 6562-4330 | February 7 | All Saints Catholic Parish Hall cnr Kemp & Marsh Streets West Kempsey | New & Continuing Players | \$5 |
| Tuesday 2pm to 4pm | French – Beginners | Marlene Holland 6566-8702 | February 7 | 4 Bede Lawrence Close Frederickton | Everyone Welcome Maximum 10 | \$5 |
| Tuesday 4pm to 6pm | Scrapbooking – Afternoon | Dianne Dunkley 6562-7660 | February 7 | 4 Albert Street South Kempsey | Everyone Welcome | \$5 |
| Wednesday 9am to 10am | Balance 'n' Bones – Wednesday | Marg Jopling 6562-6044 Judy Nisbet 6562-5996 | February 8 | 46a Tozer Street West Kempsey | Everyone Welcome Maximum 13 | \$5 |
| Wednesday 9.15am to 12.30pm | Mahjong – West Kempsey | Margaret Emerson 6566-8273 | February 8 | Uniting Church Hall, Wide St West Kempsey | New & Continuing Players Maximum 28 | \$5 |
| Wednesday 10am to 3.30pm | Card Making Group Wednesday | Brenda Prescott 6566-0468 Elinor Dowman 6562-8165 | February 8 | All Saints Catholic Church Meeting Room Kemp & Marsh Streets, West Kempsey | Everyone Welcome Min. 5 – Max. 12 (No Mail Bookings) | \$5 |
| Wednesday 10.15am to 12 noon | Get the Picture – Photography | Mark Townsend 6562-7818 | February 8 | 46a Tozer Street West Kempsey | Everyone Welcome Maximum 10 (No Mail Bookings) | \$5 |
| Wednesday 10.30am to 12 noon (4 Weeks) | Buddhist Meditation | Virydana 6567-1416 | February 8 to March 1 | Masonic Hall, Tozer Street West Kempsey | Everyone Welcome | \$5 |
| Wednesday 1.00pm to 3.30pm | Philosophy | Margaret Black 5591-2025 | February 8 | 46a Tozer Street, West Kempsey | Everyone Welcome | \$5 |
| Wednesday 1.30pm to 3.30pm | Table Tennis Wed. @ RSL Bowlo | Steve Tarbox 6562-7797 Shirley Mayhew 6562-7134 | February 8 | Kempsey-Macleay RSL Bowling Club 13 Austral St Kempsey | Everyone Welcome | \$5 + club m'ship |
| Wednesday 1.15pm to 4.00pm | Fun and Games @ RSL | Jacky Booth 6567-4511 | February 8 | 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 | February 9 | Boronia Gardens 12 Lawson Street SWR | Everyone Welcome Maximum 14 | \$5 |
| Thursday 9.30am to 11.30am | Creative Writing | Karen Gribbin 6566-6907 or 0421-652-184 | February 9 | 46a Tozer Street, West Kempsey | Everyone Welcome Maximum 15 | \$5 |
| Thursday 10.45am to 12.15pm | Ukelele @ SWR | Pauline McFerran 6566-7632 | February 9 | Boronia Gardens 12 Lawson Street SWR | Everyone Welcome Maximum 10 (No Mail Bookings) | \$5 |

KMV U3A TERM 1 2017 TIMETABLE



| DAY & TIME | COURSE | CLASS LEADER(S) | START DATE | VENUE | CLASS SIZE | TERM COST |
|---|--|---|-----------------------------|--|---|----------------------|
| Thursday 1pm to 3.30pm | Novel Adventures in Australia | Fran Tarbox 6562-7797 or 0408-627-797 | February 9 | 46a Tozer Street, West Kempsey | Everyone Welcome | \$5 |
| Thursday 1pm to 3pm | Macleay Social Gardeners | Mary Sweeney 6566 9348 Keith Edwards 6566-7562 | February 9 | Masonic Hall, Tozer Street West Kempsey | Everyone Welcome | \$5 |
| Friday 8.00am to 12 noon | Macleay Meanders | Margaret Jopling 6562-6044 | February 10 | 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 | February 10 | Uniting Church Hall, Wide St, West Kempsey | Everyone Welcome Maximum 20 | \$5 |
| Friday 10.00am to 11.30am | German – Beginners | Ellen Smith 6563-1204 or 0409-631-204 | February 10 | 46a Tozer Street, West Kempsey | Everyone Welcome Maximum 20 | \$5 |
| Friday 11.30am to 1pm | Tribal Belly Dance | Susan Baker 0431-208-236 | February 10 | Masonic Hall, Tozer Street West Kempsey | Everyone Welcome | \$5 |
| Friday 12.30pm to 4pm | Friday Films | Bob Ecclestone 0419 414 412 | February 10 | 46a Tozer Street, West Kempsey | Everyone Welcome | \$5 |
| Friday 2pm to 4pm | Table Tennis Friday @ PCYC | Margaret Jopling 6562-6044 | February 10 | PCYC South Kempsey | Everyone Welcome | \$5 + PCYC m'ship |
| Saturday 10am to 4pm) (2 Weeks) | Beading Workshop | Judy van Raak 6562-2684 | February 18 and March 18 | 46a Tozer Street, West Kempsey | Everyone Welcome Maximum 10 | \$5 |
| Saturday 10.00am to 3.00pm (2 Weeks) | Drawing | Julie McIntyre 6561-7280 or 0437-840-897 | February 25 and March 11 | 46a Tozer Street, West Kempsey | Everyone Welcome Maximum 15 (No Mail Bookings) | \$5 |

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!

UNABLE TO ATTEND CLASS?

Please contact the class leader beforehand

Christmas Lunch 2016



Christmas hamper winners - left to right: June Barnes, Jan Cszasz, Mary Emery, Grace Gill, Judy Stewart, Jill Marriott, Jenny Sproule.



Right: Georgina Yerbury, dressed for the occasion



Left: Some samples from the Cardmaking group.



Right: Some of the excellent results from the Beading group.



Left: Favourite handmade 'heirloom' angels to top different trees; cloisonne bauble.



Right: richly decorated frog and matching box from Las Vegas; Hobbytex angel; tiny kewpie doll; Japanese inspired Temari ball.



The U3A Herald

JANUARY 2017

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

AGM & TERM 1 ENROLMENT DAY:

Monday 30th January Kempsey-Macleay RSL Club,
York Lane Kempsey *(note changed venue)*

AGM: 10.30 to 11.00am

Enrolment: 11.30am to 1.00pm

Please submit your Postal or Electronic Enrolment before Monday 30th January

Classes Start on Monday 6th February

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