

# The U3A Herald

TERM 3, JULY 2017

A Newsletter for Kempsey Macleay Valley U3A Inc.

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## CALENDAR 2017

### TERM 3 (8 weeks)

#### Enrolment:

Monday 17th July at  
SWR Boronia Gardens  
12 Lawson Street  
10.30am to 12 noon

Wednesday 19th July at  
Kempsey-Macleay RSL  
Bowling Club Austral Street  
10.30am to 12 noon

**Class Leaders Meeting  
Cancelled**

#### CLASSES START

Monday 24th July

#### CLASSES END

Friday 15th September

### TERM 4 (8 weeks)

#### Proposed Enrolment:

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

#### CLASSES START

Monday 16th October

#### CLASSES END

Friday 8th December

### Christmas Luncheon

Tuesday 12th December

## PRESIDENT'S REPORT – TERM 3

Welcome to the Term 3 newsletter. So far, it has been a busy and successful year for members of our U3A, especially for the Committee. Already, we have introduced quite a few new initiatives, streamlined others and continued with those things which are working well.

You may have read a quote in a recent publication of The Senior News that “creativity, exercise and lifelong learning are the keys to a long and happy life!” Also, the Third Age has been aptly described as “that period after full-time work”, and the “R phase — the age of Renewal, Rejuvenation, Redirection and Reinvention.”

Clearly, our Kempsey Macleay Valley U3A committee agrees. You need to go no further than to explore the wide range of courses available throughout this year. Term 3 promises to be yet another smorgasbord of choice, as outlined in the Course Co-ordinator's Report.

The Mid-Year Luncheon with a Hawaiian theme was a huge success with 65 gaily dressed guests attending. The luncheon was made all the more enjoyable with the entertainment being provided by the all-colourful, all-singing, all-playing Ukulele @ SWR group. Congratulations to Pauline and the group for their professional and highly entertaining performance — especially after such a short time of tuition. A full report of this fun-filled event with photos is included in this newsletter.

### Confirmation of venues for Term 3 Enrolment Days.

Please see the Calendar 2017 column at left on this page and note that the South West Rocks Enrolment Day venue on Monday 17 July is now Boronia Gardens at 4 Lawson Street, SWR. We anticipate that this venue will continue to be used into the future.

The Kempsey Enrolment Day will be held on Wednesday 19 July, again at the Kempsey Macleay RSL Bowling Club, Austral Street, Kempsey.

The opportunity to enrol at either of these two venues will be between 10.30am and 12noon. Other popular and convenient methods to enrol and make payments for your course(s) are included in this newsletter.

I will be doing the ring-around to our list of volunteers to assist approx. one week prior to the Kempsey enrolment day. If you would like to be included on this list, please contact me by email – [president@kempseymacleay3a.com.au](mailto:president@kempseymacleay3a.com.au) and provide your contact details.

Speaking of volunteers, from time to time our U3A Committee is approached to assist in recruiting volunteers for other local not-for-profit organisations. The Kempsey Council website and the Community Notices in the local papers indicate the many local organisations which are always seeking volunteers. As this year's Volunteer Week slogan says “Give Happy, Live Happy.”

*Please Note:* Every edition of The U3A Herald newsletter can be viewed in vivid, living colour on the KMVU3A website along with all other up-to-date info for existing and potential members — [www.kempseymacleay3a.com.au](http://www.kempseymacleay3a.com.au)

Jenny Sproule – President ♦

**TERM 3 ENROLMENT:** Monday 17th July at Boronia  
Gardens 12 Lawson Street, South West Rocks

Wednesday 19th July at Kempsey Macleay RSL Bowling Club,  
Austral Street, Kempsey — 10.30am to 12 noon both venues

# COURSE CO-ORDINATOR'S REPORT:

## Term 3 at U3A will keep you mentally and physically active!

**N**ew courses and old favourites join the majority of last term's courses in Term 3.

For the first time with KMVU3A there will be a course on Japanese language and culture. Mayumi is really looking forward to sharing her knowledge with you. Before long you will be able to say more than just Konichewa and Sayonara!

How many of our members are involved with community groups? These groups rely on promotion in the media, but how best to achieve successful promotion? Come along for 4 sessions and learn from Debra how best to convey the benefits of your organisation in print media, on radio or TV.

To get the brain really functioning, Cryptic Crosswords is back! Vivien has been collecting a range of crosswords to tantalize the beginner and the more experienced.

Maree is ready to get the body functioning with Yoga – again for the beginner or more experienced. Gentle movements at your own pace ensure a rewarding experience.

Thank you to all Class Leaders for volunteering your time and talents. A reminder to all class members – if you are unable to attend, please contact the Class Leader.

There have been some minor changes to times or venues or dates to begin so check the Timetable information carefully. Note that Scrapbooking will only be offered on Tuesday morning in Term 3.

Take time to read through the Course Descriptions – perhaps it is time to try something new!

Fran Tarbox – Course Co-ordinator ♦

## The Power of Song...

**I**t's cheaper than therapy, healthier than drink or drugs, and more fun than working out.

It brings feelings of elation and causes the brain to release those magic hormones of pleasure, endorphins, as well as the love hormone, oxytocin. If you do it in a group, better still.

—Catherine Armitage, *Sun-Herald*, 9 August 2015

Sounds like the ultimate feel-good activity — singing with a choir. In fact, there are several research studies which show singing in a choir can boost your psychological wellbeing. In part it's the increase in oxygen levels in the blood that increases those hormones and lowers stress levels; in part, it's the sense of belonging to a meaningful and

(from U3A Newslink)

cohesive social group. There is also growing evidence that singing in a choir could alleviate symptoms of Parkinson's, depression and lung disease, and improve immunity in cancer patients.

Several U3As have choirs. Many of them take their well-rehearsed and dulcet notes along to Retirement Villages and Nursing Homes to share the joy. Some are sufficiently developed to participate in choral festivals. Others, like the Silver Tones of Manning Valley U3A, have held concerts to raise funds for charitable causes: in the past three years, the Silver Tones have raised over \$8,000 for community medical services. That feeling of altruism must also be a big bonus for choir members. ♦

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. ♦

## Courses Taking a Break in Term 3

**Beading – Buddhist Meditation – Computers – German – Philosophy – Scrapbooking: Afternoon**

### COMMITTEE CONTACTS 2017

PRESIDENT	Jenny Sproule	6562-1141 / 0429-453-753	president@kempseymacleayu3a.com.au
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# What is 'Ageing'?

This article is from the U3A Newslink

## I've been invited to deliver a talk at a conference in Sydney in July on the subject.

My take is that ageing is a process that begins when we are born, and while it goes through several stages of life, it's not confined to older age.

The negative implications of ageing, which appear to underpin the approach of modern governments, focus on the increased cost to society and the public purse of medical services for older people, aged care and social welfare payments. Some attention is given to retention of older workers in the work force, and belatedly, to issues such as age discrimination and elder abuse. But these issues, while expensive, are not typical of all retired or semi-retired citizens. Stereotyping of age has led to a perception that ageing is a burden, undermining the sense of self worth.

The reality is that the extension of average (non-indigenous) life expectancy in Australia over the past 100 years from mid-60s to post-80s, due to medical advances and healthier lifestyles, means that the vast majority of those over 65 (the original point of qualification for the aged pension) can and do live active and productive lives for another 20 or more years. Older age is the Third Age, not "Old Age".

Older retired Australians are also a major component of volunteering in Australia. The 2011 census, found that 36.2% of

Australians over the age of 18 participated in formal volunteering. Of these, 31% gave their occupation as 'Retired'. Co-incidentally, 31% in the age group 65+, participated in volunteering activities. This was more than younger groups (other than the 45- 54 cohort at 44%) but the figures reflect the point that while older people are more likely to have time available to undertake voluntary activity, they are also highly motivated to do so. The average number of hours contributed annually by older people is significant: the 65-75 age group contributed 104 hours, and the 75-84 age group also 104 hours.

The economic value of volunteer time is incalculable in the absence of a benchmark for value, although some estimates suggest the value may be as much as A\$200 billion per annum. Of equal, if not more, importance than the economic value, is the value of volunteering to the volunteer and community spirit. Volunteering is highly associated with health and happiness as positive traits in volunteers: the experience of helping others provides meaning, a sense of self-worth, a social role and health enhancement. And I haven't even touched on grandparenting duties!

I've entitled my address in July "An Insider's Guide to Positive Ageing": you can see I've got a lot of positive facts to work on

—Ainslie, President U3A Network, NSW ♦

## 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](mailto: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@kempseymacleay3a.com.au](mailto:info@kempseymacleay3a.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. ♦

### Term 3 Enrolment Days will be held on:

**Monday 17th July at Boronia Gardens 12 Lawson Street, South West Rocks**

**Wednesday 19th July at Kempsey Macleay RSL Bowling Club, Austral Street, Kempsey**

**10.30am to 12 noon at both venues.**

**Classes Start on Monday 24th July**



# NEW COURSES FOR TERM 3

## WRITING FOR THE MEDIA

*Leader: Debra Holland*

This is a new course for Kempsey-Macleay U3A and will be held over four Wednesdays throughout August 2017. It is designed to assist publicity and public affairs officers for community groups, sporting and social clubs as well as anyone who would like to submit content to local newspapers, radio, TV and online. We will share ideas, work together and find out how to best reach out in this ever changing and competitive media landscape. This is not about being a creative writer but understanding the basic journalistic concepts of 'Who, What, When, Where, Why and How' and incorporating these concepts to promote your organisation.

## JAPANESE FOR BEGINNERS

*Leader: Mayumi Kuwayama*

Stimulate your brain by learning to speak Japanese! Learn key words, phrases, sentences and interesting cultural aspects with an introduction to Japanese spelling and pronunciation.

Studies have shown that learning a second language offers benefits for intelligence, memory, concentration and lowers the risk of dementia and Alzheimer's.

Plus — it is great fun!!

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# RETURNING COURSES FOR TERM 3

## CRYPTIC CROSSWORDS

*Leader: Vivien Doyle*

Cryptic crosswords challenge your mind to think differently in order to solve clues. Push back dementia as it has been found to be successful when puzzles are solved in groups.

## YOGA

*Leader: Maree Taylor*

This is a gentle yoga class via a DVD. A yoga mat or similar will be required; a cushion and small blanket may also be helpful. Wear comfortable, loose clothing.

Come along and give it a go.

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# COURSES FOR TERM 3 2017

## BALANCE 'N' BONES

*Leaders: Monday – Robyn Forrest & Grace Gill;*

*Wednesday – Judy Nisbet and Margaret Jopling;*

*Thursday @ SWR – Rona Murphy*

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.)

## 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.

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: Bob Birrer & 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, Canasta, 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

## FRENCH — INTERMEDIATE

*Leader: Marlene Holland*

At last the hot weather has abated and it seems a good idea to curl up in front of the fire with those French books that have been crying out for attention. Or perhaps decide to accept the challenge of learning a new language. Whether you are starting at the very beginning, or just wish to refresh your knowledge, now is the time. No exams, no pressure, just steady progress with a good dose of fun.



# COURSES FOR TERM 3 2017

## FRIDAY FILMS

*Leaders: Bob Ecclestone, Maryanne Kelly*

Friday Films will continue in Term 3. In Term 1 we introduced a "Class Choice" experiment for 3 of the 8 weeks of term where members of the class brought along a movie of their choice and the class would pick one of those on offer to watch on the day. This has been popular with the class and all agree the element of surprise has provided added interest. We are managing to maintain an eclectic mix of themes, so come along to Tozer Street on Friday afternoon at 12.30pm and join us for a cuppa and discussion after the movie.

## 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

*Leaders: Bruce Cumming, Margaret Jopling*

Can you think of a more pleasant way to spend Friday mornings than being part of a happy, friendly, fitness-conscious group walking around the beautiful Macleay Valley?

During Term 2 we explored coastal areas, country roads and villages. Highlights were the riverside, town and parks of Wauchope and a Collombatti farm.

Members are welcome to bring their dog, provided the walk is outside National Park restrictions.

Term 3 will offer new routes as well as old favourites and everyone is welcome regardless of their fitness level.

**(Note start time reverts to 8.30 am).**

## MAHJONG

*NB. Mahjong is held on Tuesday in South West Rocks, Wednesday 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 8th year, Mahjong has become very popular in South West Rocks with players learning Western, Chinese and variations on the game. Continuing players only for the morning group and experienced players in the afternoon in Term 3. Margaret and Jim look forward to welcoming players for a day of fun, friendship and entertainment.

## 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 Term 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

## MACLEAY SOCIAL GARDENERS

*Leaders: Mary Sweeney & David Wood*

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.

For Garden and Nursery trips please bring a chair, suitable walking shoes and a hat. Remember to bring a mug to each meeting.

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

## NOVEL ADVENTURES WITH BOOKER WINNERS

*Leader: Fran Tarbox*

In Term 1 we enjoyed several Miles Franklin Award winners – in Term 3 we will move on to some Booker winners.

"Wolf Hall" won the Booker Prize in 2009 and the sequel "Bring Up the Bodies" won in 2012 making Hilary Mantel the first woman to win two Bookers! The 2 novels were combined and adapted for BBC TV in 2015. The Daily Mail's endorsement "It could be the greatest period drama ever made" is supported by winning a Golden Globe and BAFTA for Best TV series. This intimate portrait of Thomas Cromwell, as he manoeuvres the corridors of power in Henry VIII's court, reveals his back room dealings and complex machinations!

"Possession" by AS Byatt won the Booker in 1990 and was made into a film in 2002 starring Gwyneth Paltrow and Aaron Eckhart who play a pair of literary sleuths who unearth the amorous secret of two Victorian poets, only to find themselves falling under a passionate spell.

Depending on time, we may be able to view another Booker Winner!!

## 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 — BEGINNERS

*Leaders: Susan Baker, 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.

# COURSES FOR TERM 3 2017

## 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.

## 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!

## 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.

## UKULELE FOR BEGINNERS @ SWR

*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 a short time. 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 other music stores.

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

Happy Strumming! ♦

## UNABLE TO ATTEND CLASS?

*Please contact the class leader beforehand*

## Term 3 Enrolment:

**Monday 17th July at Boronia Gardens 12 Lawson Street, South West Rocks**

**Wednesday 19th July at Kempsey Macleay RSL Bowling Club, Austral Street, Kempsey 10.30am to 12 noon at both venues.**

## LANYARDS

*Australian Standards are moving to the use of breakaway lanyards, however, the lanyards such as U3A supplies, do comply with current standards in accordance with risk assessment of activities.*

*As our supplies of lanyards diminish, the newer breakaway lanyards will be purchased.*

## Why is my name not on the Class List?

**E**xciting 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 received 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. ♦

**Please submit your postal or electronic Enrolment info before Monday 17th July**





# MID-YEAR LUNCHEON

## Ukuleles, Leis, Grass Skirts and More...



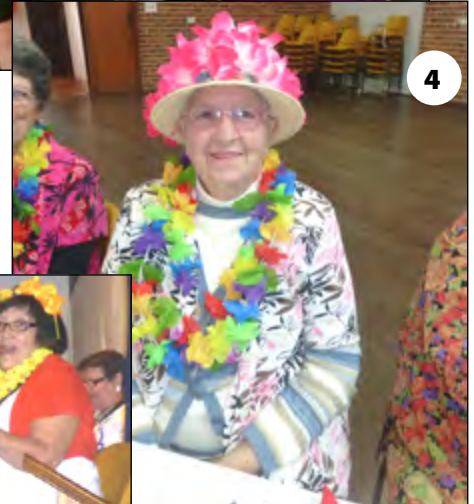
The Mid Year Luncheon was a very enjoyable and successful day. The ukulele group were dressed for the occasion, bright and cheerful, and looking as though they were having as much fun strumming and singing as we were listening. While most of us were happy singing along or tapping our feet, Isobel Hennesy and Georgina Yerbury were up and dancing! The Anglican Caterers served a delicious meal of chicken kiev and roast beef

with 6 vegetables, plus dessert! A huge meal ,so “doggy bags” were needed. Lots of leis, a few Hawaiian shirts and the odd “grass” skirt certainly added to the fun. Thank you everyone for making the day such a success.

Congratulations to Pauline McFerran and the U3A Ukulele Group who took us from chilly, wintry Kempsey to sunny Hawaii.




*1. Isobel Hennesy and Georgina Yerbury strutting their stuff with a hula. 2. Judy van Raak and Kerry Sharp. 3. One of the tables of happy diners. 4. Coral Gill, dressed for the occasion.*



*Ukulele Group: Pauline McFerran, Margaret White, Val March, Anne Marshall, Jill Goodworth, Judy Bennett, Jim Harris-Walker, Judy Addleton, JulieAnne Wells, Wal Sharoff, Rita Lucas, Elaine Shuetrim, Dianne Lehman, Vivienne Burns, Jenny Hayes*

# KMV U3A TERM 3 2017 TIMETABLE

 = Bring Your Own Mug/Cup

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 Grace Gill 6567-1135	July 24	46a Tozer Street West Kempsey	Everyone Welcome Maximum 13	\$5
Monday 9am to 12 noon	<b>Canoeing</b>	 John & Myree Cruickshanks 6562-4486 Kevin Prescottt 6566-0468	July 24	Eden Street Boat Ramp and other venues	Everyone Welcome	\$5
Monday 11am to 12 noon <b>(6 weeks)</b>	<b>Yoga</b>	Maree Taylor 0428-317-121	July 24 (no class Aug. 21 & 28)	Anglican Youth Centre 25 Marsh St West Kempsey	Everyone Welcome	\$5
Monday 12.30 pm to 2.30 pm	<b>Spanish – Beginners</b>	 Susan Baker 0431-208-236 Richard Mackay 6562-7174	July 24	Uniting Church Hall, Wide St, West Kempsey	Everyone Welcome	\$5
Monday 1pm to 4pm	<b>Cards, Pegs, Tiles</b>	Bob Birrer 6566-9499 Jan Brenton 6562-6414	July 24	46a Tozer Street West Kempsey	Everyone Welcome	\$5
Tuesday 9am to 11am	<b>Tuesday Tappers</b>	Gloria Markovina 6561-7340	July 25	Sherwood Hall	Everyone Welcome Maximum 16	\$5
Tuesday 9.30am to 12.30pm	<b>Mahjong @ SWR</b>	Jim/Margaret Harris- Walker 6566-7434	July 25	Boronia Gardens 12 Lawson Street SWR	Continuing Players Maximum 32	\$5
Tuesday 10.00am to 12 noon	<b>Scrapbooking – Morning</b>	Dianne Dunkley 6562 7660	July 25	4 Albert St, South Kempsey	Everyone Welcome	\$5
Tuesday 10am to 3pm	<b>Card Making Workshop – Advanced</b>	Brenda Prescottt 6566-0468 Elinor Dowman 6562-8165	July 25	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 25	4 Bede Lawrence Close Frederickton	Continuing Members Maximum 10	\$5
Tuesday 1.00pm to 3.00pm	<b>Spanish – Intermediate</b>	 Richard Mackay 6562-7174	July 25	Uniting Church Hall, Wide St, West Kempsey	Everyone Welcome	\$5
Tuesday 1pm to 4pm	<b>Mahjong @ SWR – Experienced</b>	Margaret Harris- Walker 6566-7434	July 25	Boronia Gardens 12 Lawson Street SWR	Experienced Players Maximum 24	\$5
Tuesday 1.30pm to 4.30pm	<b>Bridge</b>	Margaret Corley 6562-4330	July 25	All Saints Catholic Parish Hall cnr Kemp & Marsh Streets West Kempsey	New & Continuing Players	\$5



# KMV U3A TERM 3 2017 TIMETABLE



= Bring Your Own Mug/Cup

DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Tuesday 2pm to 4pm	<b>French – Beginners</b>	Marlene Holland 6566-8702	July 25	4 Bede Lawrence Close Frederickton	Everyone Welcome Maximum 10	\$5
Wednesday 9am to 10am	<b>Balance 'n' Bones – Wednesday</b>	Marg Jopling 6562-6044 Judy Nisbet 6562-5996	July 26	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	July 26	Uniting Church Hall, Wide St West Kempsey	New & Continuing Players Maximum 28	\$5
Wednesday 10.00am to 11.30am <b>(4 weeks)</b>	<b>Writing for the Media</b>	Debra Holland 0434-584-055	August 2, 9, 16, 23	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Wednesday 10am to 3.30pm <b>(7 weeks)</b>	<b>Card Making – Wednesday</b>	Brenda Prescott 6566-0468 Elinor Dowman 6562-8165	August 2	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>	Steve Tarbox 6562-7797 Shirley Mayhew 6562-7134	July 26	Kempsey-Macleay RSL Bowling Club 13 Austral St Kempsey	Everyone Welcome	\$5 + club mship
Wednesday 1.15pm to 4.30pm	<b>Fun and Games @ RSL</b>	Jacky Booth 6567-4511	July 26	Kempsey-Macleay RSL Club	Everyone Welcome Maximum 24	\$5 + club mship
Thursday 9.30am to 10.30am	<b>Balance 'n' Bones @ SWR</b>	Rona Murphy 0417-668-489	July 27	Boronia Gardens 12 Lawson Street SWR	Everyone Welcome Maximum 14	\$5
Thursday 9.30am to 12 noon	<b>Cryptic Crosswords</b>	Vivien Doyle 0400-372-769	July 27	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Thursday 10.45am to 12.15pm	<b>Ukulele @ SWR</b>	Pauline McFerran 6566-7632	July 27	Boronia Gardens 12 Lawson Street SWR	Everyone Welcome <b>(No Mail Bookings)</b>	\$5
Thursday 1pm to 3.30pm <b>(6 Weeks)</b>	<b>Novel Adventures With Booker Winners</b>	Fran Tarbox 6562-7797 or 0408-627-797	August 3	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Thursday 1pm to 3pm	<b>Macleay Social Gardeners</b>	Mary Sweeney 6566 9348 David Wood 0429-317-199	July 27	Masonic Hall, Tozer Street West Kempsey	Everyone Welcome Maximum 40	\$5

# KMV U3A TERM 3 2017 TIMETABLE

 = Bring Your Own Mug/Cup

DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Friday 8.30am to 12 noon	<b>Macleay Meanders</b> 	Margaret Jopling 6562-6044 Bruce Cumming 6566-8286	July 28	Car Park behind Caltex, Verge Lane, Kempsey	Everyone Welcome	\$5
Friday 10.00am to 12 noon	<b>Japanese for Beginners</b>	Mayumi Kuwayama 0458-859-836	July 28	46a Tozer Street, West Kempsey	Everyone Welcome Maximum 8	\$5
Friday 12.30pm to 4pm	<b>Friday Films</b>	Bob Ecclestone 0419 414 412 Maryanne Kelly 0407-222-591	July 28	46a Tozer Street, West Kempsey	Everyone Welcome	\$5



Since December 2015 when the canoeing group booked a Christmas lunch at the West Kempsey Hotel, where the table sign said "Youth 3A", they have to go back at the end of each term.

## Mid-Year Festivities — Canoeing and Cardmakers Groups at their separate end of term lunch and high tea events



The card making group held a high tea for the end of term 2, and with the spread shown above it is easy to see these ladies can not only make wonderful cards!



**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!

### COURSE CANCELLATION

When a course is cancelled during the term, no refunds are given. The only time a refund is offered is when the course does not actually commence.

# Grey Dawn or the Twilight Years? Let's talk about Growing Old

*From The Conversation: Kate Burrige, Monash University*

**T**he most recent National Press Club forum on aged care has once again put the spotlight on the “longevity revolution” and attitudes towards Australia’s ageing population.

## Australia as a ‘youthful’ society

The word ageism – “prejudice or discrimination on the grounds of a person’s age” – made its first appearance in 1969 in the Washington Post. So it’s an American invention. But what about the concept it refers to – does the concept of ageism have any Australian roots?

Social history research like that by Graeme Davison suggests a resounding “yes”.

Ageism appeared in the early colonial period, and was fuelled by Australia’s perception of itself as a “young society”. The use of *young* was doubly justified: it contrasted with *old* in “the Old Country” (as Britain was commonly referred to), and it also emphasised the high percentage of young people in the population. Nuclear families in early colonial Australia consisted of parents and their children, where the latter often grew up not ever knowing their grandparents.

Characteristics associated with youth – both positive (energy, vigour, optimism), and negative (immaturity, unruliness, disrespect for elders) – became accepted as national traits. By the end of the 19th century, Melbourne-based journalist John Stanley James made note of the ageist tendencies of Australian contemporary society:

*Neither privately nor publicly have the Old Folks that consideration shown to them here [in Australia] which is evidenced in Europe and Great Britain.*

So how are “the old folks” viewed more than a century after James? We’ve been trawling through Australian newspapers to find out how the media portrays “ageing Australians” today.

## A problem that ‘isn’t going away’

It’s common to read about older people being a “burden” on both carers and social services (hence the impending “aged-care crisis”), as well as on the economy as a whole. The National Press Club forum’s title says it all:

*The Aged Care Conundrum: Meeting The Care Needs of an Ageing Population Without Blowing The Budget.*

And as moderator Katharine Murphy pointed out, “this problem isn’t going away”.

The growing proportion of older people within the total population, described as “grandpa boom” (or “elderly boom”), places intense “pressures” on both individuals and families, and also threatens to “bankrupt” society (in the form of a “social Armageddon” – to quote a yet-more-extreme phrase).

In this scenario, older people are essentially viewed as frail and ill. They’re often abused (hence the term “elder abuse”), and need legal protection in the form of “elder law”.

In this scenario, older people are unable to care for themselves and thus create an “elderly burden” that can be combated by extending the “retirement age” and establishing “granny crèches” (adult daycare centres). This is so that the “sandwich generation” (those stuck between having to care for dependent parents and dependent children) can keep on working.

## ‘Zuppies’ and ‘zoomers’

It’s a grim scenario contrasting with Australia’s *zuppies* and *zoomers*, two recent colloquial expressions for the ageing and active baby boomer. (*Zuppy* means Zestful Upscale Person in their Prime, while *zoomer* is an amalgam of *boomer* and *zip*

“Gerontolescence” does away with the image of the frail and dependent “ageing Australian”, and instead depicts the “senior boom” as a “grey revolution”. Older people are seen as a “greying army” or “grey brigade” – a formidable entity who fight for “grey power” (also the name of a political party representing older people’s rights).

The image of active and self-conscious seniors is also implied with the use of expressions like “healthy ageing” and “positive ageing”. These emphasise the individual’s responsibility in “ageing well” – something best achieved by maintaining a “portfolio lifestyle” that is divided among family responsibilities, volunteer work, and personal hobbies and interests.

The “new aged” can opt to live in “over-55s resorts” (the latest euphemism for a “retirement home”) and experience the “golden years” (the years of retirement) as a second chance at life. They are the “grey nomads” who travel around the country in their caravans and the “silver surfers” who are tech-savvy (and might even take up surfing as a hobby).

## Cashed-up working boomers

Another scenario in ageing articles focuses on the highly valued skills and expertise of older people, which can be exploited in earnest in the workforce. This is the rise of “grey labour”, which helps diminish the labour-shortage crisis that is hitting Australia.

Within this discourse the elderly are respected for the knowledge they have accumulated over the years, hence the expression “mature-aged worker”. And yet plenty of workplaces are still not “mature age-friendly”, overlooking anyone above 55 years.

Longer employment results in more money that can be spent by “older consumers” (the “not-so-young shoppers” or the “cashed-up baby boomers”). These are the forgotten customers of the “grey market” who have plenty of “grey dollars” to dispose of and have significant influence on investment patterns.

## Senior sunset or greying dawn?

What these words and expressions show is that alternative scenarios exist side-by-side in the media about older Australians. They are not necessarily compatible.

After all, somebody described as a “silver surfer” is hardly frail and in need of care. Conversely, the “economic burden” of the ageing population is at odds with the image of a “mature-age workforce”. These expressions are powerful. They can evoke the whole scenario they belong to, backgrounding other alternatives.

Undoubtedly, ageing has biological, social, political and economic aspects, but how we think (and feel) about it also boils down to how we talk about it: is it the start of the twilight years or the beginning of a grey dawn?

*This article was originally published on The Conversation* ◆





# The U3A Herald

JULY 2017

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

## **TERM 3 ENROLMENT DAYS:**

**Monday 17th July** at Boronia Gardens 12 Lawson Street, South West Rocks

**Wednesday 19th July** at Kempsey Macleay RSL Bowling Club, Austral Street Kempsey.

**Enrolment: 10.30am to 12 noon**

*Please submit your Postal or Electronic Enrolment before Monday July 17*

**Classes Start on Monday 24th July**

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

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

### **Change of Details**

If any of your details have changed, please fill out the following and bring it to enrolment 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 .....