

The U3A Herald

TERM 4, OCTOBER 2017

A Newsletter for Kempsey Macleay Valley U3A Inc.

Website: <http://www.kempseymacleay3a.com.au>

E-mail: info@kempseymacleay3a.com.au

CALENDAR 2017

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 Luncheon

Tuesday 12th December

South West Rocks Enrolment

Thursday 5th October
at Boronia Gardens
12 Lawson Street,
South West Rocks
10.30am to noon

Please Note Change of Enrolment Venue for Kempsey

Monday 9th October
at Kempsey Macleay
RSL Club, York
Lane, Kempsey
10.30am to noon

PRESIDENT'S REPORT – TERM 4

Welcome to Term 4, the last term for 2017 in what has been yet another busy and successful year for Kempsey Macleay Valley U3A.

A most inspiring and unorthodox 'university', Kempsey Macleay Valley U3A has no campus — just a small central office in Kempsey which is also a venue for many courses held throughout the year.

Courses for Term 4 promise to offer more and varied options for your judicious selection. KMV U3A offers many intellectually and physically stimulating courses throughout the Kempsey Shire. Our courses are a wonderful way to acquire new knowledge and skills in an informal, friendly atmosphere. There are no prerequisites and no exams.

The Third Age is the best time of your life!

- Our first age is childhood.
- Our second age is the mid part of our lives, with the responsibilities of career and family.
- Our third age is the best time; we are free to explore, learn, and share knowledge.

Enrolment Day Venues and Dates

Term 4 Enrolment Days will be held at Boronia Gardens, 4 Lawson St, South West Rocks on Thursday 5th October and in Kempsey at the Kempsey Macleay RSL Club, York Lane on Monday 9th October.

Both Enrolment days will be held from 10.30am to 12 noon.

Of course, other options include enrolling on-line, using direct debit, Pay Pal or by post.

Christmas Luncheon

Huge thanks to Judy van Raak, our KMVU3A Events Co-ordinator for organising the Christmas Luncheon which will be held at The Estate, Sherwood (Winery) – a scenic drive just west of Kempsey town on Tuesday 12 December. Please respond to the invitation in this newsletter so we can confirm numbers attending.

As in previous years, we will be having the ever-popular hampers as lucky door prizes and we will welcome all donations of festive goodies or cash. Hamper donations can be delivered to Judy at 6 Cooks Lane West Kempsey. Please call Judy before delivery — tel: 6562 2684 or drop off donations at Tozer St. during class times.

Best wishes to all for a safe and happy Festive Season.

Jenny Sproule – President ♦

TERM 4 ENROLMENT: Thursday 5th October at
Boronia Gardens 12 Lawson Street, South West Rocks

Monday 9th October at Kempsey Macleay RSL Club, York
Lane, Kempsey — 10.30am to 12 noon both venues

COURSE CO-ORDINATOR'S REPORT:

KEEP MIND, BODY AND SPIRIT ACTIVE UNTIL THE SILLY SEASON BEGINS!

Every year at this time we start to say “Where did the year go?” But it is not over yet. There is still Term 4, with 29 courses to keep you going!

Most courses are continuing, with only two Taking a Break – Writing for The Media and Novel Adventures – and both should return in 2018.

Photography is back, with Mark Townsend continuing to guide you through the intricacies of your camera and how to achieve that perfect photo!

Creative Writing, or The Art of Making Things Up, will again be led by Karen Gribbin. Everyone has a story to tell so let your imagination take flight!

Beading will enable you to create an individual Christmas gift – for another – or for yourself!

KMVU3A is always looking for new Courses and Leaders. Do you have an interest or skill which you could share with others?

You do not need to have experience in teaching or training — passion and enthusiasm are the main ingredients! Do you know someone who could lead a group? Let a committee member know their details and they can be contacted.

The committee is there to support course leaders with advice, resources and technological support. Why not give it a go!

Enjoy Term 4 — and don't forget to declare to friends and family how much enjoyment you gain from KMVU3A!

Fran Tarbox – Course Co-ordinator ♦

Courses Taking a Break in Term 4 Writing for the Media – Novel Adventures –

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. ♦



Morning tea on the Macleay River.

Please submit pictures from your U3A group so they can be shared with members in your newsletter.

COMMITTEE CONTACTS 2017

PRESIDENT	Jenny Sproule	6562-1141 / 0429-453-753	president@kempseymacleayu3a.com.au
VICE PRESIDENT	Bob Birrer	6566-9499 / 0419-393-870	vice_president@kempseymacleayu3a.com.au
SECRETARY	Gabi Brie	6566-8319	secretary@kempseymacleayu3a.com.au
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COURSE CO-ORDINATOR	Fran Tarbox	6562-7797 / 0408-627-797	course_coordinator@kempseymacleayu3a.com.au
EVENTS CO-ORDINATOR	Judy van Raak	6562-2684	events_coordinator@kempseymacleayu3a.com.au
COMMITTEE MEMBERS	Jan Shore	6562-3627 / 0408-668-441	jan.shore@outlook.com
	Kerry Sharp	6566-5963 / 0416-002-380	sharpfam@bigpond.net.au

KMVU3A Course Etiquette Suggestions

The committee has generated a Course Etiquette Guide to ensure that course participation is pleasant for all U3A members and leaders alike.

In the interests of common respect for each other, should members of any group have any problems to address with each other, this should be done in private at an appropriate time so as to minimise any embarrassment to other group members and leader.

All courses should commence on time and participants should be courteous enough to be punctual. Any members who may have ongo-

ing problems with being on time for a course, please talk to the course leader on enrolment day.

Members who know they will be absent for several weeks of a course might also like to talk to the course leader on Enrolment Day.

Some classes have restricted numbers and often have a waiting list of people who would like to attend, or due to the nature of some courses, prolonged absences might impede members from gaining most benefit from the course.

Members should familiarise them-

selves with their class leader(s)' phone number and maybe one other class member so that they can contact someone if they cannot attend a class.

All members are asked to make sure they understand the requirements of a course, both in levels of skills required and materials needed.

With the exception of classes held at club or outdoor venues, tea and coffee are provided for classes with members of the group taking it in turns to provide the "milk and bikkies" for morning/afternoon tea. ♦

UNABLE TO ATTEND CLASS?

Please contact the class leader beforehand

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. ♦

Term 4 Enrolment Days will be held on:

Thursday 5th October at Boronia Gardens 12 Lawson Street, South West Rocks

Monday 9th October at Kempsey Macleay RSL Club, York Lane, Kempsey
10.30am to 12 noon at both venues.

Classes Start on Monday 16th October



RETURNING COURSES FOR TERM 4

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.

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.

PHOTOGRAPHY: 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.

COURSES FOR TERM 4 2017

BALANCE 'N' BONES

Leaders: Monday – Robyn Forrest & Tien Officer;

Wednesday – Margaret Jopling;

Thursday @ SWR – Rona Murphy & Isobel Hennessy

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

Leader: 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

COURSES FOR TERM 4 2017

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.

FRIDAY FILMS

Leaders: Bob Ecclestone, Maryanne Kelly

We introduced a "Class Choice" experiment in Term 1 and we continued with this format in Term 2. In Term 3, we concentrated on movies with an Australian theme, actor, director, writer or produced here. "Puberty Blues" proved popular as nobody had seen it before but all could relate to many of the situations depicted. So Term 4 will continue with a combination of Class Choice and Australiana but there is always the chance of a "Wild Card" slipping through. 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 3 we explored coastal areas, country roads and a farm. A highlight was a forest road at Eungai followed by morning tea at the Buffalo Farm.

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

We send an email each Tuesday giving details of that week's walk so members can decide whether to participate.

Term 4 will offer new routes as well as old favourites and everyone is welcome regardless of their fitness level.

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 Terms 1 and 3, beginners are accepted into the course. The game may seem complicated at first, but beginners remain with a tutor until they feel confident to play with more experienced players.

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!

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 1

Leaders: Susan Baker, Richard Mackay

Continuing classes for students who started Spanish earlier this year. The textbook *ELE Actual* is used as well as other audio resources. A knowledge of Spanish pronunciation is required. Students who have learnt Spanish elsewhere are very welcome.

SPANISH 2

Leader: Richard Mackay

For students who have largely completed volume 1 of *ELE Actual* and are ready to move on to volume 2. A certain degree of competency in spoken Spanish is expected. People who have studied Spanish somewhere else are very welcome.

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?

COURSES FOR TERM 4 2017

- 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! ♦

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. ♦

Term 4 Enrolment:

Thursday 5th October at Boronia Gardens 12 Lawson Street, South West Rocks

**Monday 9th October at Kempsey Macleay RSL Club, York Lane,
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?

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 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 October 9**

Tiny brain part found to control ageing

Sydney Morning Herald, July 27 2017

London: A vital pea-sized component of the brain may be the key to holding back ageing and extending the human lifespan, research suggests.

The hypothalamus, a small bundle of neurons at the base of the brain, governs how quickly the body ages.

Tests on laboratory mice pinpointed ageing control to a tiny population of adult stem cells within the brain region.

The cells appear to keep a tight rein on ageing.

As their numbers decline naturally with time or if their function is disrupted, the body's organs and metabolic processes age faster and death occurs earlier.

Humans are likely to respond to the influence of hypothalamus stem cells in just the same way, scientists believe.

Lead investigator Professor Dongsheng Cai, of Albert Einstein College of Medicine in New York City, said: "Our research shows that the number of hypothalamic neural stem cells naturally declines over the life of the animal and this decline accelerates ageing.

"But we also found that the effects of this loss are not irreversible. By replenishing these stem cells or the molecules they produce, it's possible to slow and even reverse various aspects of ageing throughout the body."

The hypothalamus acts like a computer's central processor, regulating a wide range of biological functions in the body.

One of its most important jobs is to maintain homeostasis — keeping different parts of the body working in a stable, balanced way.

Among the many body functions it influences via a complex array of hormones are temperature control,

appetite, blood pressure, heart rate, sleep cycles, sex drive and digestion.

The crucial hypothalamus stem cells are "mother cells" that mature to produce new neurons.

Prof Cai's team of researchers, whose findings are reported in the journal *Nature*, looked at what happened to the cells as healthy mice got older.

They found the number of hypothalamus stem cells began to diminish when the animals reached about 10 months, several months before the usual signs of ageing normally start to appear.

When the stem cells in middle-aged mice were selectively disrupted artificially, it led to "greatly accelerated ageing".

The next step was to inject hypothalamus stem cells into the brains of mice whose supply of the cells had been destroyed, as well as "normal" old mice.

In both groups of animals, various measurements showed ageing was either slowed or reversed. ♦

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

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

POST LUNCHEON FORM/PAYMENT TO:

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


BANK TRANSFER:

BSB: 704-189 (Coastline Credit Union)

Account No: 00008731

Account Name: Kempsey Macleay Valley U3A or KMVU3A

KMV U3A TERM 4 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 Tien Officer 6599-2037	October 16	46a Tozer Street West Kempsey	Everyone Welcome Maximum 13	\$5
Monday 9am to 12 noon	Canoeing	Kevin Prescott 6566-0468	October 16	Eden Street Boat Ramp and other venues	Everyone Welcome	\$5
Monday 11am to 12 noon	Yoga	Maree Taylor 0428-317-121	October 16	Anglican Youth Centre 25 Marsh St West Kempsey	Everyone Welcome	\$5
Monday 1pm to 3pm	Spanish 1	Susan Baker 0431-208236 Richard Mackay 6562-7174	October 16	Uniting Church Hall, Wide St, West Kempsey	Everyone Welcome	\$5
Monday 1pm to 4pm	Cards, Pegs, Tiles	Bob Birrer 6566-9499 Jan Brenton 6562-6414	October 16	46a Tozer Street West Kempsey	Everyone Welcome	\$5
Tuesday 9am to 11am	Tuesday Tappers	Gloria Markovina 6561-7340	October 17	Sherwood Hall	Everyone Welcome Maximum 16	\$5
Tuesday 9:30am to 12:30pm	Mahjong @ SWR	Jim/Margaret Harris- Walker 6566-7434	October 17	Boronia Gardens 12 Lawson Street SWR	Continuing Players Maximum 30	\$5
Tuesday 10:00am to 12 noon	Scrapbooking – Morning	Dianne Dunkley 6562 7660	October 17	4 Albert St, South Kempsey	Everyone Welcome	\$5
Tuesday 10am to 3pm	Card Making Workshop – Advanced	Brenda Prescott 6566-0468 Elinor Dowman 6562-8165	October 17	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	October 17	4 Bede Lawrence Close Frederickton	Continuing Members Maximum 10	\$5
Tuesday 1:00pm to 3:00pm	Spanish – Spanish 2	Richard Mackay 6562-7174	October 17	Uniting Church Hall, Wide St, West Kempsey	Everyone Welcome	\$5
Tuesday 1pm to 4pm	Mahjong @ SWR – Experienced	Margaret Harris- Walker 6566-7434	October 17	Boronia Gardens 12 Lawson Street SWR	Continuing Experienced Players Maximum 30	\$5
Tuesday 1:30pm to 4:30pm	Bridge	Margaret Corley 6562-4330	October 17	All Saints Catholic Parish Hall cnr Kemp & Marsh Streets West Kempsey	New & Continuing Players	\$5


KMV U3A TERM 4 2017 TIMETABLE



DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Tuesday 2pm to 4pm	French – Beginners	Marlene Holland 6566-8702	October 17	4 Bede Lawrence Close Frederickton	Everyone Welcome Maximum 10	\$5
Wednesday 9am to 10am	Balance 'n' Bones – Wednesday	Marg Jopling 6562-6044	October 18	46a Tozer Street West Kempsey	Everyone Welcome Maximum 13	\$5
Wednesday 9.15am to 12.30pm	Mahjong – West Kempsey	Margaret Emerson 6566-8273	October 18	Uniting Church Hall, Wide St West Kempsey	Continuing Players Maximum 28	\$5
Wednesday 10.15am to 12 noon	Photography	Mark Townsend 6562-7818	October 18	46a Tozer Street West Kempsey	Everyone Welcome Maximum 10 (No Mail Bookings)	\$5
Wednesday 10am to 3.30pm	Card Making – Wednesday	Brenda Prescott 6566-0468 Elinor Dowman 6562-8165	October 18	All Saints Catholic Church Meeting Room Kemp & Marsh Streets, West Kempsey	Everyone Welcome Min. 5 – Max. 12 (No Mail Bookings)	\$5
Wednesday 1.30pm to 3.30pm	Table Tennis Wed. @ RSL Bowlo	Steve Tarbox 6562-7797 Shirley Mayhew 6562-7134	October 18	Kempsey-Macleay RSL Bowling Club 13 Austral St Kempsey	Everyone Welcome	\$5 + club mship
Wednesday 1.15pm to 4.30pm	Fun and Games @ RSL	Jacky Booth 6567-4511	October 18	Kempsey-Macleay RSL Club	Everyone Welcome Maximum 24	\$5 + club mship
Thursday 9.30am to 10.30am	Balance 'n' Bones @ SWR	Rona Murphy 0417-668-489 Isobel Hennessy 6566-7878	October 19	Boronia Gardens 12 Lawson Street SWR	Everyone Welcome Maximum 14	\$5
Thursday 9.30am to 12 noon	Cryptic Crosswords	Vivien Doyle 0400-372-749	October 19	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Thursday 10.45am to 12.15pm	Ukulele @ SWR	Pauline McFerran 6566-7632 Derek Smith 0412-906-025	October 19	Boronia Gardens 12 Lawson Street SWR	Everyone Welcome Maximum 20 (No Mail Bookings)	\$5
Thursday 1pm to 3pm	Creative Writing	Karen Gribbin 6566-6907 or 0421-652-184	October 19	46a Tozer Street, West Kempsey	Everyone Welcome Maximum 15	\$5
Thursday 1pm to 3pm	Macleay Social Gardeners	Mary Sweeney 6566 9348 David Wood 0429-317-199	October 19	Masonic Hall, Tozer Street West Kempsey	Everyone Welcome Maximum 40	\$5

KMV U3A TERM 4 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	Macleay Meanders 	Margaret Jopling 6562-6044 Bruce Cumming 6566-8286	October 20	Car Park behind Caltex, Verge Lane, Kempsey	Everyone Welcome	\$5
Friday 10.00am to 12 noon	Japanese for Beginners	Mayumi Kuwayama 0458-859-836	October 20	46a Tozer Street, West Kempsey	Everyone Welcome Maximum 8	\$5
Friday 12.30pm to 4pm	Friday Films	Bob Ecclestone 0419 414 412 Maryanne Kelly 0407-222-591	October 20	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Saturday 10am to 4pm (2 weeks)	Beading Workshop	Judy van Raak 6562-2684	October 28 & November 25	46a Tozer Street, West Kempsey	Everyone Welcome Maximum 10	\$5



*Miles from anywhere deep in the Amazon?
No, Pola Creek, East Kempsey with U3A!*



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.



Christmas Luncheon

Come along with your partner or friend to celebrate the Christmas Season at

The Estate Sherwood

1187 Gowings Hill Road, Sherwood

on

Tuesday 12th December 2017

12.00 noon for 12.30 pm

\$30 per head (2017 Class Leaders, \$15)



MAIN:

Alternate drop — Roasted Pork Scotch Fillet with potatoes & salad
Crusted Chicken with kumera mash and greens
Bread roll

DESSERT:

Alternate drop — Poached pear with macadamia crumbs & double cream
Double orange pudding with orange segments and vanilla ice cream

Tea & coffee may be purchased at the bar along with other beverages

RSVP: Tuesday 5th December, 2017

HAMPERS — Donations for the hampers can be delivered to Judy van Raak, 6 Cooks Lane, West Kempsey – please phone 6562 2684 before delivery

OR 46a Tozer Street during class times

Last day for donations — 5th December



KMVU3A LUNCHEON ACCEPTANCE FORM

NAME:

ADDRESS:

NUMBER ATTENDING: I NEED TRANSPORT YES/NO

AMOUNT ENCLOSED: \$ PAYPAL/BANK TRANSFER/CREDIT UNION DEPOSIT/
CHEQUE BY POST/CASH IN PERSON

SPECIAL DIETARY REQUIREMENTS:

SIGNATURE:

.....

PHONE:

**POST TO: The Events Co-ordinator, Kempsey-Macleay Valley U3A
PO Box 3666, West Kempsey 2440**



The U3A Herald

OCTOBER 2017

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

TERM 4 ENROLMENT DAYS:

Thursday 5th October at Boronia Gardens 12 Lawson Street, South West Rocks

Monday 9th October at Kempsey Macleay RSL Club, York Lane Kempsey.

Enrolment: 10.30am to 12 noon at both venues

Please submit your Postal or Electronic Enrolment before Monday 9th October

Classes Start on Monday 16th October

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