

Enrolment Day Calendar 2018

(See the article on page 4
about why we are starting later
and finishing later in Term 1)

**AGM WEDNESDAY
JANUARY 31**

10.00 am – 10.30 am

TERM 1 (9 WEEKS)

**Kempsey
Enrolment**

Wednesday January 31
10.30 am – 1.00 pm

Venue Kempsey-Macleay
RSL Bowling Club

SWR Enrolment

Monday February 5
10.30 am – 12 noon
Venue Boronia Gardens

**Class Leaders
Meeting**

Friday February 9
10.00 am to 11.30 am

Venue Tozer Street

**CLASSES START
Monday February 12**

**CLASSES END
Friday April 13**

TERM 2 (8 WEEKS)

**Kempsey
Enrolment**

Thursday April 26
10.30 am – 12 noon

SWR Enrolment

Monday April 30
CLASSES START
Monday May 7

CLASSES END
Friday June 29

2018 — AN EXCITING YEAR!

As 2018 is the Year of Lifelong Learning let's make it the year for enriching our lives and friendships through U3A!

There is so much choice in how to spend our time this coming term – we have some varied and stimulating new courses:

- * **Circle of Peace** – where we can explore the concept of peace within ourselves, and develop strategies to navigate our daily lives towards a wider culture of peace within our own networks.
- * **Minims Crotchets Quavers** – a musical adventure to appeal to the frustrated (but perhaps so far undeveloped) musicians within us all.
- * **Social Croquet @ Smithtown** – a chance to learn a new game which combines physical and mental skills in a friendly outdoors environment.

Two popular courses will return in Term 1 – Novel Adventures, where we will visit Dickensian England with *Little Dorrit*, *Bleak House* and *Great Expectations*, and Around the World, which will take us on an armchair tour of exotic lands such as Japan, South Korea, China, Colombia, Cuba, Russia, and maybe some mystery destinations.

Browse through the course outlines for all 30 courses on offer this term – there's something to delight and challenge everyone, from Monday through to Saturday, at various locations throughout the Macleay Valley. A few details, just to whet your appetite:

Outdoor activities include Macleay Meanders, where you can explore your beautiful local environment while you are exercising in a most enjoyable way; Canoeing, along the mighty Macleay waterways – this activity has become so popular that a Wednesday group has been established to go along with the Monday group; and Macleay Social Gardeners, where there are usually some visits to members' gardens to complement the Masonic Hall sessions.

Balance 'N' Bones, offered in both Kempsey and South West Rocks, Table Tennis, Tuesday Tappers, and Yoga provide a variety of outlets for those members looking to keep themselves fit and healthy.

For the 'players' and those with more of a cerebral bent, there are options galore: Bridge, Cards, Pegs and Tiles, Fun and Games @ RSL, Cryptic Crosswords, Friday Films, and Mahjong (in both Kempsey and South West Rocks).

Craft courses on offer cover Beading and Card Making. Language sessions continue in both French and Spanish.

For the musical (or those hopeful of becoming musical), the very popular Ukulele classes will run again in South West Rocks.

Courses taking a break this term are Photography, Creative Writing, Scrapbooking and Japanese.

Thought of something else you would like to learn about? If so, contact a committee member, or your class leader, and let them know - U3A is about sharing our knowledge, and using our networks to build on existing expertise and communication.

Do you have an interest or skill that you could share with others? If you do, talk to a committee member and see what's involved – resources, technological support, and advice and encouragement are all available to help develop and run sessions on new topics. No formal training or experience in teaching is required – but a bucket of enthusiasm and passion is important!

Above all, enjoy Term 1, whichever course you choose to take part in, and spread the word about KMVU3A!

Fran Tarbox – Course Co-ordinator ♦

ANNUAL GENERAL MEETING Kempsey Macleay RSL Bowling Club, 13 Austral Street
Wednesday January 31 – 10.00 am to 10.30 am

KEMPSEY ENROLMENT TERM 1: Kempsey Macleay RSL Bowling Club, 13 Austral Street Wednesday January 31 – 10.30 am to 1.00pm.

SWR ENROLMENT TERM 1: Boronia Gardens 10 Lawson St SWR Monday February 5 – 10.30am to 12 noon

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
TREASURER	Bruce Cumming	6566-8286	treasurer@kempseymacleayu3a.com.au
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

By 10.30am on Wednesday January 31 at the AGM, these positions and those occupying them will no longer be current. Subject to a successful election at the AGM, the 2018 Committee will not know their portfolios until the first committee meeting in mid-February. Please continue to contact the members of the 2017 Committee, who will relay your message to the new incumbent.

Committee Resignation

During November, Steve West resigned from his position of Assistant Treasurer On behalf of the Association and the Committee, the President wrote a letter of thanks to Steve for his fine work on the Committee. Steve will continue with his other activities in U3A.

Benefits of Membership

1. You receive coffee, tea and sugar for morning and afternoon teas;
2. You receive a quarterly newsletter;
3. You have access to 30+ classes;
4. You are insured against accident and injury during any of the classes U3A runs;
5. You are provided with appropriate class venues; and

6. You become a member of a national and international organisation.

You are also given access to a treasure – the members of your class who come to share their knowledge, skills and experience with you. As the Mastercard advert says: PRICELESS. ♦

Jeanette Barnett

(better known as Jan)

Jan passed away on October 26, 2017.

Jan was involved in many organisations (Pink Ladies, Sing Australia, SWR Music Hall, and many more).

After nursing her husband over many years she joined SWR Mahjong and was a popular, active participant in the weekly Mahjong games.

She will be sadly missed and fondly

remembered by all the SWR Mahjong Team.

Jan Brenton Obituary

Our friend Jan died on the morning of Tuesday 30th October.

Jan was a long standing member of KMOVU3A. She enjoyed playing Pegs, Tiles and Cards and Bridge. She was also the Assistant Class Leader for Pegs, Tiles and Cards.

The things we admired about Jan:

- Her dedication to her family;
- Her dedication to her church;
- The practiced expression of that faith as a cook at the Soup Kitchen;
- She also went up to Kempsey High to do a cooked breakfast for students who

10 Principles of U3A

I have been around the Kempsey-Macleay Valley University of the Third Age for about three years. In that time, I have never heard anyone talk about the ten principles on which U3A is based.

These 10 principles are based on the philosophy of the UK founder of the U3A movement, the late Dr Peter Laslett. They are the absolute foundation of our Association. The principles and their relevance to us as U3A members are as follows:

The Third Age — Principles 1-3

1. Membership of a U3A is open to all in their third age, which is defined not by a particular age but by a period in life in which full-time employment has ceased.
2. Members promote the values of lifelong learning and the positive attributes of belonging to a U3A.
3. Members should do all they can to ensure that people wanting to join a U3A can do so.

Self-help Learning — Principles 4-6

4. Members form interest groups cov-

ering as wide a range of topics and activities as they desire; by the members, for the members.

5. No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.
6. There is no distinction between the learners and the teachers; they are all U3A members.

Mutual Aid — Principles 7-10

7. Each U3A is a mutual aid organisation, operationally independent but a member of The Third Age Trust, which requires adherence to the

guiding principles of the U3A movement.

8. No payments are made to members for services rendered to any U3A.
9. Each U3A is self-funded with membership subscriptions and costs kept as low as possible.
10. Outside financial assistance should only be sought if it does not imperil the integrity of the U3A movement. ♦

were not well off enough to have one at home;

- She was Secretary of the Anglican Parish Council; and
- She was the last refuge for her family when everything else had been done but failed.

We were amazed when we heard from those who attended her funeral her son told the congregation that on the morning Jan died, she had her heart attack at home, got dressed and drove herself up to the hospital and after her son had visited she quietly died.

Gone, but not forgotten, by her U3A friends. ♦

Why Term 1 starts later and goes for 9 weeks

In 2017, the Management Committee has accepted an invitation from the Macleay Seniors Festival to be part of their celebration from Thursday April 5 to Friday April 13.

The first of the activities in which the Association will be involved is at the Riverside Markets from 8.00 am to 12 noon to hand out material about U3A. We will need volunteers to help out even for an

hour or two. You can volunteer to help by contacting Gabi Brie on 6566-8319.

The second event will be an opportunity to invite a guest to one of our classes during the week from Monday April 9 to Friday April 13. We will be asking members to bring along a guest to a class during one of the days and have the guest share a few words about what they experienced and what they felt about the experience.

In order to facilitate this involvement, we are beginning Term 1 on Monday 12 February and having a 9-week term until Friday April 13. ♦

Photographs

Please submit pictures from your U3A group to Gabi Brie at secretary@kempseymacleayu3a.com.au so they can be shared with members in our newsletter. ♦



Morning tea stop on the Lower Macleay

U3A CHRISTMAS PARTY 2017



Tony and Margaret Corley



Kay Newman, Shirley Mayhew and Christine Pateman



Shirley Slater and Stella Conaghan



Grace Gill and Bob Senior

U3A CHRISTMAS PARTY 2017



Isobel Hennessey, Georgina and Russell Yerbery



Coral Gill, Kerrie Linden and Dianne Harvey?



Winners of the Christmsas hampers



Vivian Burns, Elaine Scheutrim and Pauline McFerran



Jan Shore and Jenny Sproule



Jill Marriott, Mary Emery and Heather Tynan

SOCIAL GARDENERS FUNCTION



U3A Macleay Social Gardener's Christmas function was held at Marlene Holland's. Marlene has taken the photo, missing from the photo who attended on the day are Kay and Shirley.

The U3A Social Gardeners topped off a very successful Term 4, and year 2017, with many Garden lovers strolling around Marlene's garden, enjoying the wonderful seasonal fare, and enjoying a great quiz on all things 'gardening', this was enjoyed by all who attended.

Thanks Debbie for putting this together you certainly are a gem.

The Group sends best wishes to all gardening friends who could not attend on this final day, but we were thinking of you.

In many cases we send get well greetings to those who are not so well at the moment, and are going through difficult times.

We wish everyone a Very Merry Christmas, and look forward to seeing everyone at the same place, same time on the 15th February 2018 – thanks to all members for a fantastic year – Happy Gardening !!

Mary Sweeney

Term 1 Enrolment Days will be held on:

Wednesday January 31 at Kempsey-Macleay RSL Bowling Club, Austral Street, Kempsey
10.30am to 1.00pm

Monday February 5 at Boronia Gardens, 12 Lawson Street, South West Rocks
10.30am to 12 noon

Classes Start on Monday February 12

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.

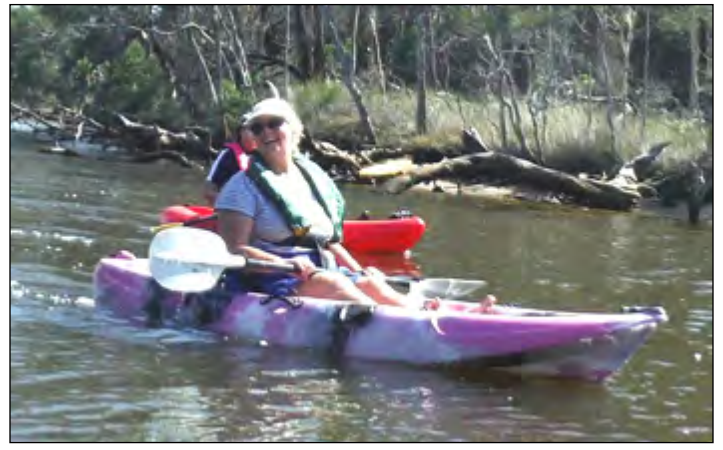
4. **By post:** If you decide to send your enrolment form and payment (cheque or voucher) by post, they need to be addressed to

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. ♦



ABOVE LEFT: It's not hard to see how music makes people happy as shown in the Ukelele group.

ABOVE RIGHT: Wendy Anderson seems pleased with her new boat, or always enjoys a paddle on the Macleay.

LEFT: South West Rocks Mahjong group enjoying their end-of-year celebration.

Courses Taking a Break in Term 1 Photography – Creative Writing – Scrapbooking – Japanese

NEW COURSES FOR TERM 1

CIRCLE OF PEACE — WHAT WILL IT TAKE TO CREATE A CULTURE OF PEACE?

Class Leader: Beth Fuller

KMV U3A is adding a new course in Term 1 2018. Offered over 7 sessions, the Circle of Peace will create a space where participants can explore their own understanding of peace and welcome the stories of others.

In each session participants will be invited to look at the conflict in and around us, and learn what it takes to create peace. The group will explore different approaches to peace, and take time listening to the stories of others – a luxury in the busyness that we get caught up in. The course leader will keep the discussion flowing, and ensure that each participant has a voice.

Across the term we will consider how we “sit” with peace within ourselves, how we listen to others, and share tips on remaining resilient. There are many challenges to being peaceful as we try to navigate through each day. These challenges will be considered with session topics, gathering insight in inner peace, how forgiveness might be shaped, and how our Circle of Peace might put peace into practice.

“Being listened to is one of the most fundamental ways of being accorded respect” – *Dr Aleya SI Bindari-Hammad, Secretary General of the Women Defending Peace Coalition*

Creators of Peace is an international women's initiative started in 1991. It challenges everyone to

- Engage in the creation of peace at every level of society

- Break the chains of hate and revenge
- Build networks of forgiveness and friendship across racial, religious and social divides

MINIMS CROTCHETS QUAVERS

Class Leader: Christine Wells

A course to introduce you to look at sheet music and see what goes up and what goes down on the Treble Clef and Bass Clef, as well as how to read, clap and write simple rhythms. All this will assist you in your appreciation of music and the concepts of music. A few short songs along the way if you are feeling in the mood and lots of fun. Work booklets will be provided. Please bring a coffee mug, a pencil and eraser.

SOCIAL CROQUET @ SMITHTOWN

Class Leader: Lyn Gleeson

Croquet is a game for two or four players. Men and women can play with or against each other – no special strength or skills are required.

The Smithtown Croquet Club has practice mallets available for new players to use and all balls are supplied.

No special clothing is needed – just loose comfy shirt and pants and flat shoes, and of course a hat and sunscreen. Tea and coffee are available. Bring your lunch or visit the takeaway in Smithtown or the bakery across the river in Gladstone.

If you enjoy chess or snooker – you will LOVE croquet! ♦

RETURNING COURSES FOR TERM 1 2018

NOVEL ADVENTURES WITH CHARLES DICKENS

Class Leader: Fran Tarbox

Come and experience the adventures of many of the characters so realistically drawn by one of the greatest novelists in all literature – Charles Dickens.

The BBC adaptations of “Little Dorrit” and “Bleak House” plus the classic David Lean film “Great Expectations” from 1946 will easily occupy us for the 9 weeks of Term 1.

AROUND THE WORLD

Class Leader: Fran Tarbox

No packing, passports, paraphernalia! Just bring yourself and take off for Japan, S Korea, China, Colombia, Cuba, Russia – and Beyond!

See you in the Departure Lounge at 46a Tozer Street!

COURSES FOR TERM 1 2018

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.)

BEADING WORKSHOPS

Leader: Judy van Raak

Tiles, Tilas, Twins, Berries and Peanuts all have something in common — they are beads and may be the star of our next project. Fun? Frustration? Probably both. The penny will drop and after several hours that special necklace will be well on the way to completion. Wear comfortable clothing and bring your lunch. Tea and coffee supplied.

Beads available for purchase on the day.

BRIDGE

Leader: Margaret Corley

Team Leader Margaret has been playing bridge for about 30 years, loves it and wants to teach others to play. She has never played at a club and has no wish to do so. Margaret is purely a social player.

CANOEING

Leaders: Kevin Prescott, John Cruickshanks, Wendy and Roger Anderson.

Canoeing will continue as an ideal pastime for mature people to enjoy the beautiful Macleay waterways in good company not only on Mondays, but with a second class on Wednesdays.

Please check with your doctor before undertaking canoeing (you can be over an hour away from medical help). You will need a canoe, buoyancy vest, 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, Bob Birrer

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.

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.

FRENCH — BEGINNERS

Leader: Marlene Holland

What a thrill it is to read something in another language and suddenly realise you actually understand what you have read! This class has some members who have never learned French before. Usually they find it is not as difficult as they feared. Then there are those who perhaps did the subject at school and would like to refresh their knowledge. It is recommended that they attend the beginners for one term to get “the little grey cells” (to quote Poirot) working but they can move on to the other class at any time that they feel comfortable doing so. You need to have only a reasonable dictionary as all other materials are found.

FRENCH — INTERMEDIATE

Leader: Marlene Holland

Perhaps the term *intermediate* should be upgraded for this group as they are very good at reading excerpts from the classics, writing short stories and speaking – all in French. But don't be afraid of thinking you don't know enough. You could be very pleasantly surprised. Especially as it is all mixed up with a good dose of fun.

FRIDAY FILMS

Leaders: Bob Ecclestone, Maryanne Kelly

Friday Films will continue in 2018. Class members seem to enjoy the “Class Choice” format introduced in Term 2 last year. We also concentrated on movies with an Australian theme last year, so we will pick on something else this year with a different theme for each term being the most likely at this stage. But nothing is set in stone, so we will undoubtedly have an occasional surprise. 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.

COURSES FOR TERM 1 2018

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?

We explore coastal areas, country roads and forest trails and usually have a surprise walk during the term.

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 1 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 9th year, Mahjong has become very popular in South West Rocks with players learning Western, Chinese and variations on the game. New and continuing players only for the morning group and experienced players only in the afternoon in Term 1. 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 15th 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.

Please phone me on 6566-8273 if you would like more information.

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!

SPANISH

Leaders: Richard Mackay

Continuing classes for students who have started Spanish language study. 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.

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

Leaders: Pauline McFerran, Dereck Smith, Margaret White

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!

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. ♦

**Please submit your postal or electronic
Enrolment info by Wednesday January 31**

KMV U3A TERM 1 2018 TIMETABLE



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	February 12	46a Tozer Street West Kempsey	Everyone Welcome Maximum 13	\$5
Monday 9am to 12 noon	Canoeing	Kevin Prescott 6566-0468 John Cruickshanks 6562-4486	February 12	Eden Street Boat Ramp and other venues	Restricted Maximum 20	\$5
Monday 11am to 12 noon	Yoga	Maree Taylor 0428-317-121	February 12	Anglican Youth Centre 25 Marsh St West Kempsey	Everyone Welcome	\$5
Monday 1pm to 3pm	Spanish	Richard Mackay 6562-7174	February 12	Uniting Church Hall, Wide St, West Kempsey	Everyone Welcome Prior Knowledge Necessary	\$5
Monday 1pm to 4pm	Cards, Pegs, Tiles	Judy Nisbet 6562-5996 Bob Birrer 6566-9499	February 12	46a Tozer Street West Kempsey	Everyone Welcome	\$5
Tuesday 9am to 11am	Tuesday Tappers	Gloria Markovina 6561-7340	February 13	Sherwood Hall	Everyone Welcome Maximum 16	\$5
Tuesday 9.30am to 12.30pm	Mahjong @ SWR	Jim/Margaret Harris- Walker 6566-7434	February 13	Boronia Gardens 12 Lawson Street SWR	Continuing Players Maximum 30	\$5
Tuesday 10am to 3pm	Card Making Workshop – Advanced	Brenda Prescott 6566-0468 Elinor Dowman 0437-628-165	February 13	46a Tozer Street West Kempsey	Min. 4 – Max. 12 No Mail Bookings	\$5
Tuesday 10.30am to noon (4 weeks)	Minims Crotchets Quavers	Christine Wells 6562-4823	March 6, 13, 20, 27	Richard Blight Music Centre Memorial Ave Kempsey	Everyone Welcome Maximum 10	\$5
Tuesday 10.30am to 12.30pm	French – Intermediate	Marlene Holland 6566-8702	February 13	4 Bede Lawrence Close Frederickton	Prior Knowledge Necessary Maximum 10	\$5
Tuesday 1pm to 4pm	Mahjong @ SWR – Experienced	Margaret Harris- Walker 6566-7434	February 13	Boronia Gardens 12 Lawson Street SWR	Continuing Players Maximum 30	\$5
Tuesday 1.30pm to 4.30pm	Bridge	Margaret Corley 6562-4330	February 13	All Saints Catholic Parish Hall cnr Kemp & Marsh Streets West Kempsey	New & Continuing Players	\$5

KMV U3A TERM 1 2018 TIMETABLE



DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Tuesday 2pm to 4pm	French – Beginners 	Marlene Holland 6566-8702	February 13	4 Bede Lawrence Close Frederickton	Everyone Welcome Maximum 10	\$5
Wednesday 9am to 10am	Balance 'n' Bones – Wednesday	Marg Jopling 6562-6044	February 14	46a Tozer Street West Kempsey	Everyone Welcome Maximum 13	\$5
Wednesday 9am to 12 noon	Canoeing 	Roger & Wendy Anderson 6567-4204	February 14	Eden Street boat ramp and other venues	Restricted Maximum 20	\$5
Wednesday 9.15am to 12.30pm	Mahjong – West Kempsey 	Margaret Emerson 6566-8273	February 14	Uniting Church Hall, Wide St West Kempsey	New and Continuing Players Maximum 28	\$5
Wednesday 10.30am to 2.30pm	Social Croquet @ Smithtown	Lyn Gleeson 6562-6707	February 14	Smithtown RSL Memorial Bowling Club	Everyone Welcome	\$5 + \$11 club m'ship + \$5 wk game fees
Wednesday 10am to 3.30pm	Card Making – Wednesday 	Brenda Prescott 6566-0468 Elinor Dowman 0437-628-165	February 14	All Saints Catholic Church Meeting Room Kemp & Marsh Streets, West Kempsey	Min. 5 – Max. 12 (No Mail Bookings)	\$5
Wednesday 10.15am to 11.45am (4 weeks)	Around The World	Fran Tarbox 6562-7797	February 14	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Wednesday 1pm to 3.30pm	Novel Adventures with Charles Dickens	Fran Tarbox 6562-7797	February 14	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 14	Kempsey-Macleay RSL Bowling Club 13 Austral St Kempsey	Everyone Welcome	\$5 + club m'ship
Wednesday 1.15pm to 4.30pm	Fun and Games @ RSL	Jacky Booth 6567-4511	February 14	Kempsey-Macleay RSL Club	Everyone Welcome Maximum 24	\$5 + club m'ship
Thursday 9.30am to 10.30am	Balance 'n' Bones @ SWR	Rona Murphy 0417-668-489 Isobel Hennessy 6566-7878	February 15	Boronia Gardens 12 Lawson Street SWR	Everyone Welcome Maximum 14	\$5
Thursday 9.30am to 12 noon	Cryptic Crosswords	Vivien Doyle 0400-372-749	February 15	46a Tozer Street, West Kempsey	Everyone Welcome	\$5

KMV U3A TERM 1 2018 TIMETABLE



= Bring Your Own Mug/Cup

DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Thursday 10.45am to 12.15pm	Ukulele@ SWR	Pauline McFerran 6566-7632 Derek Smith 0412-906-025 Margaret White 6566-6027	February 15	Boronia Gardens 12 Lawson Street SWR	Everyone Welcome Maximum 20 (No Mail Bookings)	\$5
Thursday 1pm to 3pm	Macleay Social Gardeners	Mary Sweeney 6566 9348 David Wood 0429-317-199	February 15	Masonic Hall, Tozer Street West Kempsey	Everyone Welcome Maximum 40	\$5
Friday 8.30am to 12 noon	Macleay Meanders	Margaret Jopling 6562-6044 Bruce Cumming 6566-8286	February 16	Car Park behind Caltex, Verge Lane, Kempsey	Everyone Welcome	\$5
Friday 10am to 11.30am (7 weeks)	Circle of Peace	Beth Fuller 0427-455-517	February 16	46a Tozer Street, West Kempsey	Everyone Welcome 6-8 Participants	\$5
Friday 12.30pm to 4pm	Friday Films	Bob Ecclestone 0419 414 412 Maryanne Kelly 0407-222-591	February 16	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Saturday 10am to 4pm (2 weeks)	Beading Workshops	Judy van Raak 6562-2684	February 24 & March 24	46a Tozer Street, West Kempsey	Everyone Welcome Maximum 10	\$5



LEFT: Stunning pieces made by the ladies in 4th term beading classes.

RIGHT: Judy Stewart, Grace Gill, Judy van Raak, Isobel Hennessy & Sandra Crayn. (Beth Fuller absent) — highly skilled U3A beading exponents





The U3A Herald

JANUARY 2018

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

TERM 1 ENROLMENT DAYS:

Kempsey Macleay RSL Bowling Club, 13 Austral Street
Wednesday January 31 – 10.30 am to 12.30pm.

Boronia Gardens 10 Lawson St SWR Monday February 5 – 10.30am to 12 noon

Please submit your Postal or Electronic Enrolment before Wednesday January 31

Classes Start on Monday February 12

ON-LINE ENROLMENT IS NOW AVAILABLE!

See KMOVU3A 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