

## Enrolment Day Calendar 2018

### TERM 4 (8 WEEKS)

#### Kempsey Enrolment

Thursday October 11  
Kempsey-Macleay RSL Club  
1 York Lane  
10.30 am – 12 noon

#### SWR Enrolment

Monday October 15  
23 Boronia Gardens, 10  
Lawson Street  
10.30 am – 12 noon

CLASSES START  
Monday October 22

CLASSES END  
Friday December 14

#### Christmas Lunch

Tuesday December 18

### TERM 1 2019 (8 WEEKS)

#### SWR Enrolment

Thursday January 31 2019  
23 Boronia Gardens, 10  
Lawson Street  
10.30 am – 12.30 pm

#### AGM Monday February 4

10.00 am – 10.30 am

#### Kempsey Enrolment

Monday February 4 2019  
Kempsey-Macleay RSL Club  
1 York Lane  
10.30 am – 12.30 pm

CLASSES START  
Monday February 11, 2019

CLASSES END  
Friday April 5, 2019

## PRESIDENT'S REPORT – TERM 4

Welcome to the Term 4, 2018 newsletter. After a very successful and busy Term 3, I want to offer my gratitude to our wonderful class leaders. A great variety of courses is available again thanks to their willingness, expertise and hard work, and I hope you will all continue to enjoy the many and varied offerings contained in this publication.

**Mid and end-of-year functions:** The committee has had some mixed feedback on the subject of our mid-year and end-of-year functions. Some of you disliked the venue of the last lunch, others found it too expensive, and it was poorly attended. A few mentioned past barbeques as having been enjoyable, but the majority of you have been silent on the subject leaving us a bit puzzled as to what to try and organise next.

I would like to urge you to let us know what sort of mid-year and end-of-year function, if any, you would like your committee to organise. We would be thrilled if a couple of people stepped up and helped us organise the event, especially if the decision comes down to a barbeque or something similar.

There are a few different options; perhaps a survey in the 2019 Term 1 newsletter is the answer. Some options:

- venues with fixed menus at a set price
- people order and pay individually, at a booked venue
- a barbeque
- a barbeque/picnic where everyone brings all the food to share
- smaller events at the end of every term, perhaps selecting different cafes or even the same café for lunch or for morning tea
- a garden party with morning tea

**Christmas/end-of-year lunch 2018:** the committee has decided that because there have been no suggestions forthcoming as to preferred venue for this get-together, we would try the Riverview Hotel in Fitzgerald Street, Smithtown. The venue will be booked but folk will order and pay for their own meals.

In order to speed things up a little bit, the hotel will provide us with a menu of limited options but still a reasonable selection.

The lunch is booked for Tuesday 18 December 11.30 for 12.00 and we will need firm numbers by Tuesday 4 December. Please email [president@kempseymacleay3a.com.au](mailto:president@kempseymacleay3a.com.au) or phone Gabi on 0414-753-794. As a courtesy to the hotel, please advise Gabi of any variation as soon as practicable.

**Name tags:** Don Hadley has kindly printed us some beautiful name tags that we plan to hand out on Enrolment Days for Term 4, and then again on Enrolment Days in February. People who don't attend enrolment days will be able to collect them from their class leaders. There will be lanyards for \$2 and badge holders for \$1.50 for sale. Stiff badge holders with safety pins will be available free.

**Course titles:** You may notice a change in the names of some of the courses you are doing. We are trying to simplify matters to make it easier and clearer for potential students and for the volunteers who handle enrolments. Please check the enrolment form carefully before submitting it as there have been some errors in the past which have resulted in people being left off the class list.

**Committee membership:** please consider joining the KMVU3A committee in 2019. We are always on the lookout for new, fresh ideas, and another pair of hands. Your committee is hardworking and a great team. If you're interested, please approach me or a committee member you know for further information. The Annual General Meeting and Enrolment Day will be on 4 February 2019, and the deadline for nominations is one month before the AGM. You will be welcomed with open arms.

Enjoy Term 4 and I look forward to seeing you at the Smithtown Hotel!

Gabi Brie, President ♦

## COMMITTEE CONTACTS 2018

PRESIDENT	Gabi Brie	6566-8319	president@kempseymacleayu3a.com.au
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COMMITTEE MEMBER	Beth Fuller	0427-455-517	committee_member2@kempseymacleayu3a.com.au
COMMITTEE MEMBER	Jenny Sproule	6562-1141 0429-453-753	committee_member3@kempseymacleayu3a.com.au

## Getting Into The Spring Of Things – Term 4 Courses

**We** have lots of goodies for Term 4, with many of our current courses continuing under their current arrangements.

Courses taking a break are Around the World (Fran Tarbox), Photography @SWR (Jim McFerran) and Circle of Peace (Beth Fuller).

Canoeing is being offered once more on both Monday and Wednesday, now that the spring/summer weather has arrived and the winter hibernators in our membership ranks are emerging to enjoy this outdoor pursuit.

Cardmaking will be run this term at South West Rocks, with Jan Shore at the helm — have a think about joining this group and getting in early to create some beautiful original Christmas cards! Check the timetable pages for day and time. Cardmaking in Kempsey will continue in its existing timeslots on Tuesday and Wednesday.

Yoga will be running in both South West Rocks and Kempsey in Term 4.

Novel Adventures is back with an Australian theme this term – husband and wife authors D'Arcy Niland and Ruth Park.

The range of courses available means we are spoilt for choice,

with both indoor and outdoor activities, languages, cards and games, creative arts and crafts, and music. The hardest decisions we face are choosing which courses to opt for in each term!

On behalf of all the members of KMVU3A, I would like to extend a huge thank you to all class leaders for the time and effort they put in each week so we can enjoy such a wide range of learning experiences and social interaction. Leading a group can be a very rewarding experience, so if you have a subject you are passionate about and you would like to share your expertise and knowledge, please put your hand up — fresh ideas are always welcome!

We have a couple of changes in course leaders this term – welcome to Jan Shore (Cardmaking @ SWR), Jan Yates (Cryptic Crosswords), Debra Holland (Macleay Meanders), Jill Goodworth (Yoga @ SWR) and Jason Fry (Personal Safety Techniques).

I hope you all enjoy the coming term in the lead up to the Christmas season, and look forward to celebrating the end of another successful U3A year at our Christmas get-together in December.

Kerry Sharp, Course Coordinator ♦

## HOW DO I ENROL AND PAY?

### 1. Online:

Log on to [myu3a.net/KempseyMacleay](http://myu3a.net/KempseyMacleay)  
Enter your ID and password  
Enter your classes  
Make your payment using PayPal

**Or**

### 2. Direct deposit/bank transfer to:

Coastline Credit Union  
BSB: 704 189  
A/c No: 00008731  
Include your name on payment  
Send an enrolment form to KMVU3A

**Or**

### 3. Go to Coastline Credit Union and deposit into:

BSB: 704 189  
A/No: 00008731  
Include your name on payment  
Send an enrolment form to KMVU3A

### 4. By Post:

Complete your enrolment form  
Include your payment of cheque or voucher  
Post to KMVU3A  
Allow 2 weeks for delivery  
Do not send cash

**Or**

### 5. Attend Enrolment Day:

Complete your form  
Speak to a class leader Have your name put onto class list  
Have your form checked at Form Checking Table  
Pay the Treasurer

**KEMPSEY ENROLMENT TERM 4:** Kempsey-Macleay RSL Club, 1 York Lane, Thursday October 11 – 10.30 am to 12 noon.

**SWR ENROLMENT TERM 4:** Boronia Gardens 10 Lawson St SWR, Monday October 15 – 10.30 am to 12 noon

## UNABLE TO ATTEND CLASS?

*Please contact the class leader beforehand*

# What's on in the Macleay Valley

This term we've gathered information on local events in the Macleay area, a few suggestions for volunteering, and information on Keeping Seniors Tech Savvy – enough to keep everyone very busy in the run-up to Christmas!

## EVENTS

Walking Groups	Heart Foundation – Yarrahapinni Walkers: a weekly activity	Starts 8.00 am Thursdays	Audrey 6560 9674
Roxy @ SWR	A deal for U3A members	Offering U3A members double shows all day Friday for \$10 (usual cost \$12 per movie) You will need to show your U3A nametag	
Lilli Pilli Ladies	Fundraising Afternoon Tea for oncology and palliative care equipment. Prizes, competitions, lots of fun	1.30 pm Sat 13 Oct Sherwood Hall Tickets \$15	Jude 6562 4630 Lyn 6562 6707
Gladstone Gallery	Ocean & Earth, featuring artists from the Goolaway Co-op	4-14 Oct	6567 6092
Slim Dusty Country Music Festival	Seven days of entertainment, including Anne and David Kirkpatrick and Amos Morris	15-21 Oct Kempsey Showground	6562 6533
Kempsey Library	Eco Cleaning Workshop – learn how to make your own eco cleaning products	10.30 am-12.30 pm Tue 16 Oct	Bookings essential 6566 3210. Free
Gladstone Gallery	Petals and Stone, Feather and Bone	18-28 Oct	6567 6092
Macleay Valley Home Hospice	Fashion Parade. Prizes, afternoon tea, 'surprise performance'	2.00 pm Sat 27 Oct 2018 Kempsey Racecourse Tickets \$10	
Kempsey Library – Author Talk, J. J. Byrnes	J. J. Byrnes will discuss his book <i>In for a pound</i> , a crime adventure story set in South East Asia and Australia. Refreshments will be served and books available to purchase	10.30 am Mon 29 Oct.	To book 6566 3210. Free
Kempsey Library – Author Talk, Mike Daly, Poet	Mike's recently published book is <i>Poems, Prayers and Promises</i> . Refreshments provided and books will be available to purchase.	10.30 am Tue 30 Oct. Free	To book 6566 3210. Free
Silver Strings and Macleay Choristers in Concert	A range of classical and modern prices to delight the soul!	4.00-5.30 pm Sun 4 Nov Anglican Hall, Kemp St, West Kempsey \$10 Adult \$8 Concession	
Kempsey Library	Dept of Fair Trading – Scams Talk	10.30 -11.30 am Fri 16 Nov	Free
Jazz on the Lawn at Cedar Place	Afternoon tea – bring your own chair	1.30-3.30 pm Wed 21 Nov 58 Cochrane St West Kempsey. Entry \$10 or BYO afternoon tea plus gold coin	6563 1177
Kempsey Library – Author talk	Author Talk – Glenna Thomson ( <i>Stella and Margie</i> and <i>Blueberry</i> )	11.00 am Tue 27 Nov	Free

## VOLUNTEERING

Directory of Community Organisation – Do Something Near You	A community directory and volunteer portal that gives rural residents a chance to be involved	<a href="http://dosomethingnearyou.com.au">dosomethingnearyou.com.au</a>	
Wrap with Love	There are many groups that gather and produce knitted items for charity.		Ring Red Cross on 8399 3000 for information on local groups

## KEEPING SENIORS TECH SAVVY

Kempsey Library	Tech Support on Tuesdays	Ask about the next scheduled group for seniors on using your phone and connecting to the internet	Free
South Kempsey Men's Shed	IT/Tech support on Mondays from 10.00 am	South Street, South Kempsey	

## Bloomin' Beautiful Bus Trip!

Forty-six members and friends of the Macleay Social Gardeners enjoyed a bus trip in the last week of Term 3. They wandered in a beautiful open garden at Nabiac, lunched at the Nabiac Hotel, then visited a garden nursery at Bonny Hills, where they filled the bus's luggage area with their purchases.

This same group will be assisting with the 'Garden Rambles in the Macleay' on 13-14 October. For further information, ring Mary Sweeney on 6566-9348. ♦

## **Courses Taking a Break in Term 3**

### **Improve your Photography Skills (SWR) — Around the World — Circle of Peace**

## **NEW/RETURNING COURSES FOR TERM 4 2018**

### **CARDMAKING @ SWR**

*Leader: Jan Shore*

Get a head start on your Christmas cards at Cardmaking @ South West Rocks. You will have the opportunity to make hand-crafted cards in styles uniquely designed for these classes by Jan Shore. Jan has taught card making in Sydney, Port Macquarie and Kempsey and she is always keen to pass on her knowledge and share her skills with others.

This is a great opportunity to learn some techniques in crafting that will set your cards apart from the mass produced products available elsewhere and you will really impress your friends when you tell them you made it yourself!

Course requirements list will be available on enrolment day. There will be a weekly materials cost of \$3.00. Bring some lunch and a mug/cup with you.

### **YOGA @ SWR**

*Leader: Jill Godsworth*

This DVD-based gentle yoga class is being offered for the first time at South West Rocks. You will require a yoga mat (or similar), and a small blanket and a cushion may also be helpful. Wear comfortable, loose clothing, and prepare to relax! Come along and give it a try!

### **PERSONAL SAFETY TECHNIQUES**

*Leader: Jason Fry*

This is a basic personal safety awareness course aiming to help you look after yourself on the street, in your house, in your car – anywhere where you are on your own. Don't say 'I'm not fit enough for this' or 'I'm too old for this' – all levels of fitness and all ages will be catered for. Learn some helpful techniques in a safe and friendly environment with a government accredited instructor with 30 years' experience. Wear comfortable clothing and be prepared to participate! ♦

## **COURSES FOR TERM 4 2018**

### **BALANCE 'N' BONES**

*Leaders: Monday @ Kempsey – Robyn Forrest;  
Monday @ SWR – Rona Murphy  
Wednesday @ Kempsey – Margaret Jopling;  
Thursday @ SWR – Rona Murphy.*

This program 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 class on 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: Joannah Hughes-Hallett and Steve Tarbox (Monday);  
Roger and Wendy Anderson (Wednesday)*

Canoeing will continue as an ideal pastime for mature people to enjoy the beautiful Macleay waterways in good company and will be offered on Mondays and 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 (de-

pending 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 TUESDAY — ADVANCED**

*Leader: Brenda Prescott*

This group is for the more experienced card makers. Participants must have completed at least one term with the Wednesday group. You will share ideas and learn new skills and techniques. See class leaders on enrolment day for first week's requirements.

### **CARD MAKING GROUP — WEDNESDAY**

*Leader: Brenda Prescott*

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.

### **CARDS, PEGS & TILES**

*Leader: Judy Nisbet*

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: Jan Yates*

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.

# COURSES FOR TERM 4 2018

## DRAWING, SKETCHING & PAINTING

*Leader: Susan Baker*

Bring out your inner artist! This course will assist you to collect an 'inspiration folder' for your work.

Topics will include both theory and practical work in manipulation of tools, colour, design composition and perspective, lighting, etc, in water colour, chalk pastels, charcoal, acrylic paints, and coloured and mono pencils.

Purchase of materials will be discussed at enrolment and in the first class session of the term.

## 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 Term 4 2018. Term 3 saw us watching Science Fiction genre movies, some good, some old and some, well, a bit ordinary. But that is what exploring the world of movies is all about.

In Term 4 we have decided to explore the world of Kids movies like Ice Age, Toy Story, etc. These movies often have wonderful adult messages running underneath the seemingly mindless kid's story.

We encourage suggestions for both themes and titles and we are managing to maintain an eclectic mix of both, so come along to Tozza Street on Friday afternoon at 12.30 pm 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 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!*

## MACLEAY MEANDERS

*Leaders: Debra Holland, Margaret Jopling*

Come and explore the tracks and byroads of our beautiful Macleay Valley with a friendly group of Friday morning walkers.

During these warmer summer months we will revisit members' favourite (well shaded) walks with plenty of rest and drink stops along the way. Four footed companions are also welcomed provided our walk does not take us through National Parks.

Members will be notified via email ahead of each walk as to the likely difficulty and terrain expected however it is advised that members be mindful of their own fitness level and take appropriate precautions.

## MAHJONG

*NB. Mahjong is held on Tuesday in South West Rocks, Wednesday and Thursday 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. Continuing players only in Term 4. Margaret and Jim look forward to another term of fun, friendship and entertainment.

## MAHJONG @ WEST KEMPSEY

*Leader: Margaret Emerson*

This ancient Chinese tile game continues into its 15th year with KMOVU3A. 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.

We play the Western version each week and on alternate weeks the American version is offered for those wishing to partake.

## MAHJONG WITH A TWIST

*Leaders: Gwen Norton and Ros Banner*

Mahjong with a twist is back!

The twist is we switch play from Western to American to Chinese. It is a fun afternoon. Hoping to see the same enthusiasm as we had before. Thursday afternoon at the Uniting Church — see you there!

## MANDARIN CHINESE FOR TRAVELLERS & BEGINNERS

*Leader: Kathleen Butler*

The aim of this course is to teach participants how to pronounce Mandarin 'pin-yin' which is the alphabetical version of the language — this would be particularly useful for anyone

# COURSES FOR TERM 4 2018

planning to travel in China. Having lived in China for 10 years, partly studying the language, I found my Chinese tutors didn't know how to teach their pronunciation. I discovered the technique, and it is not too difficult – you just need to practise! Participants could consider sourcing and purchasing a Berlitz Mandarin Phrase Book, but this is not a requirement.

## NOVEL ADVENTURES – WITH RUTH & D'ARCY

Leader: Fran Tarbox

What an amazing family! Ruth Park wrote *The Harp in the South* and the sequel *A Poor Man's Orange*, showing the difficulties of life in Surry Hills in the 1940's and as a contrast *The Muddle-Headed Wombat*. Her husband, D'Arcy Niland, wrote *The Shiralee* showing the life of a swagman and his young daughter on the road. Their twin daughters, Kilmeny and Deborah Niland, have written and illustrated many award winning children's books. Come along to view the mini series of these three Australian classics as well as enjoying a range of illustrated children's books.

## 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

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 @ KEMPSEY

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 Tuesday October 9**



The U3A Meanderers, having morning tea  
at Ron Clarke's property, Yessabah.

# Farewell To Three Respected Former Members

**W**e would like to pay tribute to three of our former members who passed away this year.

They were all very active Kempsey-Macleay U3A members until ill health curtailed their activities.

**Sheila Scott** was a former committee member, class leader and class participant. Her contribution to U3A was acknowledged at our 2018 Annual General Meeting and at her funeral service.

**Nada Molloy** was a great gardener and shared her knowledge and produce generously. As a class leader, she ran demonstrations in her garden to explain her very simple but effective method of worm

farming. She was also a keen walker, being a member of Macleay Meanders for many years and was a skilful and humorous participant in Cards, Pegs and Tiles.

**Jo Mahony** was a well educated woman who had travelled widely, taught English at university level in China and conducted tours of historic places in England. She had an enquiring mind, was a great reader, and interested in world affairs, politics and writing. She attended U3A classes in Buddhist Meditation, literature, history and Macleay Meanders. Sheila, Nada and Jo will be greatly missed by our U3A community. ♦



## Age Shall Not Weary Them...

*Above: Our over 90 years old Reg Myatt in action — he is still playing good table tennis.*

*Right: Canoeing at Clybucca early in September showing Col Hassett OBE (Over Bloomin Eighty) and Cheryl Channells DUE (Definitely Under Eighty).*

*Here are just three of the many activities offered by U3A which are geared to seniors so there is no reason not to 'get out there' and enjoy your Golden Years with Kempsey-Macleay U3A!*

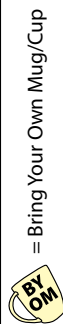


# KMV U3A TERM 4 2018 TIMETABLE




DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Monday 9am to 10am	<b>Balance 'n'Bones – Monday @ Kempsey</b>	Robyn Forrest 6562-7180	October 22	Anglican Youth Centre, 25 Marsh St, West Kempsey	Maximum 15	\$5
Monday 9.30am to 10.30am	<b>Balance 'n'Bones – Monday @ SWR</b>	Rona Murphy 0417-668-489	October 22	Boronia Gardens 12 Lawson Street SWR	Maximum 15	\$5
Monday 9.30am to 12.30pm	<b>Canoeing</b>	Joannah Hughes-Hallett 0405-366-443 Steve Tarbox 6562-7797	October 22	Eden St boat ramp and other venues	Restricted – Max. 20	\$5
Monday 10.00am to 12 noon	<b>Mandarin Chinese for Travellers &amp; Beginners</b>	Kathleen Butler 6562-4263	October 22	46a Tozer Street West Kempsey	Min. 2, Max 6	\$5
Monday 10.45 am to 11.45 am	<b>Yoga @ SWR</b>	Jill Goodworth 0421-028-308	October 22	Boronia Gardens, 12 Lawson Street, SWR	Maximum 12	\$5
Monday 11am to 12 noon	<b>Yoga @ Kempsey</b>	Maree Taylor 0428-317-121	October 22	Anglican Youth Centre 25 Marsh St West Kempsey	Everyone Welcome	\$5
Monday 1pm to 3pm	<b>Spanish</b>	Richard Mackay 6562-7174	October 22	Uniting Church Hall, Wide St, West Kempsey	Prior Knowledge Necessary	\$5
Monday 1pm to 4pm	<b>Cards, Pegs, Tiles</b>	Judy Nisbet 0449-876-173	October 22	46a Tozer Street West Kempsey	Everyone Welcome	\$5
Tuesday 9am to 11am	<b>Tuesday Tappers</b>	Gloria Markovina 6561-7340	October 23	Sherwood Hall	Maximum 16	\$5
Tuesday 9.30am to 12.30pm	<b>Mahjong @ SWR</b>	Jim/Margaret Harris- Walker 6566-7434	October 23	Boronia Gardens 12 Lawson Street SWR	Maximum 30	\$5
Tuesday 10am to 12 noon	<b>Scrapbooking</b>	Dianne Dunkley 0428-550-012	October 23	95/38-98 Gordon Young Drive, SWR	Everyone Welcome	\$5 + materials
Tuesday 10am to 3pm	<b>Card Making Workshop – Advanced</b>	Brenda Prescott 6566-0468	October 23	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	October 23	4 Bede Lawrence Close Frederickton	Prior Knowledge Necessary Maximum 10	\$5





# KMV U3A TERM 4 2018 TIMETABLE



DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Tuesday 11.30 am to 2.30 pm	Cardmaking @ SWR	Jan Shore 0408-668-441	October 23	Rocks Info and Community Centre, 9 Ocean Avenue	Maximum 10	\$5 + \$3 weekly materials
Tuesday 12.00 to 1.00 pm	Personal Safety Techniques	Jason Fry 0422-258-494	October 23	20 Tozer Street (behind Credit Union)	Minimum 6, maximum 10	\$5
Tuesday 1pm to 4pm	Mahjong @ SWR – Experienced	Margaret Harris- Walker 6566-7434	October 23	Boronia Gardens 12 Lawson Street SWR	Continuing Players Maximum 30	\$5
Tuesday 1.30pm to 4.30pm	Bridge	Margaret Corley 6562-4330	October 23	All Saints Catholic Parish Hall cnr Kemp & Marsh Streets West Kempsey	New & Continuing Players	\$5
Tuesday 2pm to 4pm	French – Beginners	Marlene Holland 6566-8702	October 23	4 Bede Lawrence Close Frederickton	Maximum 10	\$5
Wednesday 9am to 10am	Balance 'n' Bones – Wednesday @ Kempsey	Marg Jopling 6562-6044	October 24	46a Tozer Street West Kempsey	Maximum 13	\$5
Wednesday 9.30 am to 12.30 pm	Canoeing	Roger and Wendy Anderson 6567-4204	October 24	Eden St boat ramp and other venues	Restricted – Maximum 20	\$5
Wednesday 9.15am to 12.30pm	Mahjong @ West Kempsey	Margaret Emerson 6566-8273	October 24	Uniting Church Hall, Wide St West Kempsey	Continuing Players Maximum 28	\$5
Wednesday 10am to 3.30pm	Card Making – Wednesday	Brenda Prescott 6566-0468	October 24	All Saints Catholic Church Meeting Room Kemp & Marsh Streets, West Kempsey	Continuing enrolments only. Min. 5 – Max. 12	\$5
Wednesday 1.00pm to 3.30pm	Novel Adventures – with Ruth and D'Arcy	Fran Tarbox 0408-627-797	October 24	46a Tozer Street West Kempsey	Everyone Welcome	\$5
Wednesday 1.15pm to 4.30pm	Fun and Games @ RSL	Jacky Booth 6567-4511	October 24	Kempsey-Macleay RSL Club	Maximum 24	\$5 + club mship
Wednesday 1.30pm to 3.30pm	Table Tennis Wed. @ RSL Bowlo	Steve Tarbox 6562-7797 Shirley Mayhew 6562-7134	October 24	Kempsey-Macleay RSL Bowling Club 13 Austral St Kempsey	Everyone Welcome	\$5 + club mship
Thursday 9.30am to 10.30am	Balance 'n' Bones – Thursday @ SWR	Rona Murphy 0417-668-489 Isobel Hennessy 6566-7878	October 25	Boronia Gardens 12 Lawson Street SWR	Maximum 15	\$5

# KMV U3A TERM 4 2018 TIMETABLE

 = Bring Your Own Mug/Cup

DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Thursday 9.30am to 12 noon	<b>Cryptic Crosswords</b>	Jan Yates 6562-8993	October 25	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Thursday 1pm to 4pm	<b>Drawing, Sketching and Painting</b>	Susan Baker 0403-566-977	October 25	46a Tozer Street, West Kempsey	Minimum 2, maximum 8	\$5 + materials
Thursday 10.45am to 12.15pm	 <b>Ukulele@SWR</b>	Pauline McFerran 6566-7632 Derek Smith 0412-906-025 Margaret White 6566-6027	October 25	Boronia Gardens 12 Lawson Street SWR	Everyone Welcome Maximum 30	\$5
Thursday 1pm to 3pm	 <b>Macleay Social Gardeners</b>	Mary Sweeney 6566 9348 David Wood 0429-317-199	October 25	Masonic Hall, Tozer Street West Kempsey	Maximum 45-50	\$5
Thursday 1pm to 4.00pm	 <b>Mahjong With A Twist</b>	Gwen Norton 0418-633-903 Ros Banner 0421-325-653	October 25	Uniting Church, West Kempsey	Everyone Welcome	\$5
Friday 8.30am to 12 noon	 <b>Macleay Meanders</b>	Debra Holland 0434-584-055 Margaret Jopling 6562-6044	October 26	Car Park behind Caltex, Verge Lane, Kempsey	Everyone Welcome	\$5
Friday 12.30pm to 4pm	<b>Friday Films</b>	Bob Ecclestone 0419 414 412 Maryanne Kelly 0407-222-591	October 26	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Saturday 10am to 4pm <b>(2 weeks)</b>	<b>Beading Workshops</b>	Judy van Raak 6562-2684	November 10 & December 8	46a Tozer Street, West Kempsey	Maximum 10	\$5

## IDENTIFICATION

Members are advised of the following arrangements to help our excellent memories for names and help show everyone we belong to U3A:

- Nametags will be handed out on enrolment days for Term 4, and again at enrolment days in February.
- Lanyards (\$2) and badge holders (\$1.50) will be for sale.
- Name tags for 2019 will be distributed during the first couple of weeks of Term 1, 2019.





# Christmas Luncheon

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

## Riverview Hotel

12 Fitzgerald Ave, Smithtown

on

**Tuesday 18th December 2018**

**11.30 am for 12.00 noon**

Members to choose and pay from a varied menu

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



**RSVP: Tuesday 4th December, 2018**

by email to [president@kempseymacleayu3a.com.au](mailto:president@kempseymacleayu3a.com.au) or by phone to Gabi on  
0414-753-794, providing any transport requirements  
or special dietary requirements.

As in previous years, we will be having the ever-popular hampers as lucky door prizes and welcome all donations of festive goodies or cash by December 4. Hamper donations can be delivered to Tozer Street during class times. For security purposes, for cash donations, please contact Fran Tarbox to make arrangements.

### Wednesday Morning Mahjong — Putting on the Aprons

Recently a number of members of the Kempsey Wednesday Morning Mahjong group made some unique aprons. The aprons, plus other gifts from the community, were blessed at Frederickton Uniting Church of Australia (UCA) prior to inclusion in the Christmas Shoe Boxes of the Macleay River UCA, as part of the overseas mission.

The goods were packed (293 shoeboxes) and are now on their way to bring love, laughter and practical items to chil-

dren in need. Those sewing the aprons were Pat Hassett, Nancy Tickle, Margaret Emerson and Jan Oddy, and were decorated with some trimmings from Joan Smith.

A donation was also received from Sue Hexter to help with freight costs. The many people who provide items and give their time to this needy project ensure the success of Operation Christmas Child.



Left to Right – Sue Hexter, Margaret Emerson, Nancy Tickle, Dianne Nolan (from Frederickton Uniting Church), Jan Oddy and Pat Hassett.



# The U3A Herald

OCTOBER 2018

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

## TERM 4 ENROLMENT DAYS:

Kempsey-Macleay RSL Club, 1 York Lane, Thursday October 11 – 10.30 am to 12 noon.

Boronia Gardens 10 Lawson St SWR, Monday October 15 – 10.30 am to 12 noon

*Please submit your Postal or Electronic Enrolment before Tuesday October 9*

**Classes Start on Monday October 22 and end Friday December 14**

**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 .....