

AGM Monday 4th February

10.00 am – 10.30 am
Kempsey-Macleay RSL Club
1 York Lane

Enrolment Day Calendar

TERM 1 (8 WEEKS) SWR Enrolment

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

Kempsey Enrolment

Monday 4th February
10.30 am – 1.00 pm
Kempsey-Macleay RSL Club
1 York Lane

CLASS LEADERS MEETING

Friday 8th February
10.00 am – 11.30 am
Venue Tozer Street

CLASSES START
Monday 11th February

CLASSES END
Friday 5th April

TERM 2 (8 WEEKS) SWR Enrolment

Friday 26th April
10.30 am – 12 noon

Kempsey Enrolment

Monday 29th April
10.30 am – 12 noon

CLASSES START
Monday 6th May

CLASSES END
Friday 28th June

WELCOME TO 2019 – SOMETHING FOR EVERYONE!

Another year has begun – best wishes from all of the U3A Committee for your health, wealth and happiness during 2019.

The Christmas function held at the Riverview Hotel at Smithtown was a lovely way to end 2018, and was very well attended, with 87 guests. It was nice to be able to celebrate the end of the year with so many friends and acquaintances. Many thanks to all those who contributed so generously to the wonderful hampers of all shapes and sizes – there is a list of lucky prize winners on page 11 – for the rest of us, there's always next year! Feedback on the day showed that practically everyone enjoyed the venue and the food, so perhaps there might be similar end of term outings in the future. Please contact any committee member if you have suggestions.

This year, the Macleay Seniors Festival is being staged from 13-24 February, coinciding with the first two weeks of the U3A term. So there is a multitude of activities for all to choose from, in addition to our own course offerings. Information on the Festival is readily available in the local press, as well as through www.kempsey.nsw.gov.au/seniors or at Kempsey Shire Council Libraries P: 6566 3200.

For term 1, there are some exciting and stimulating courses for you to consider:

Beris Derwent will be running a 2-hour workshop on drumming – it sounds like a lot of fun for a small investment of your time!

Jason Fry is offering a weekly one-hour session suitable for all ages and stages about Personal Safety Techniques – this is a subject of interest to us all, and he will help develop valuable techniques for you to deal with any situation where your personal safety might feel compromised.

The Scrapbooking group in South West Rocks is looking to expand its membership – a few more enrolments from those with a talent for craft (or a desire to develop some new skills) would enrich the creativity of this group. Why not give it a go?

Novel Adventures this term will be investigating the work of the Bronte Sisters –

sure to be an interesting undertaking! Shibaishi is an ancient form of Chinese exercise suitable for those interested in gentle exercise or those with mobility issues – it is designed to increase flexibility, build strength and encourage harmony and peace of mind.

Novel Adventures this term will be investigating the work of the Bronte Sisters – sure to be an interesting undertaking!

Another alternative activity could be a new gentle tailored exercise group at the Co-op Fitness Centre in Clyde Street Mall suitable for all ages and fitness levels.

Browse through the timetable and course descriptions to see what other goodies await to keep you alert and active in Term 1.

As you will see from the Annual General Meeting newsletter, the AGM will be held on Monday 4 February at 10.00 am at the Kempsey-Macleay RSL Club, immediately before the Kempsey Enrolment for 2019 at 10.30 am. Look forward to seeing you there.

Enrolments this year will once again be held at both South West Rocks and Kempsey – members can rejoin (\$30 for the year) and enrol for any classes at either location. In addition, there are options for payment online, via direct deposit/bank transfer, direct at Coastline Credit Union, or by post (no cash). Please refer to 'How do I enrol and pay' on page 2.

If you are paying by post, could you ensure that your payment is mailed well in advance of enrolment day – 'snail mail' these days seems to be happening almost literally, sometimes taking up to 10 business days to reach our post office box!

A drop box has been installed on the outside of the building at 46a Tozer Street – if you are paying your enrolment electronically or through direct deposit, you will now be able to place your completed enrolment form into the box so we can complete your enrolment promptly and ensure that your name is included in class lists before the beginning of term. Please do not include any payment or cash.

Enjoy the coming year of continued learning, foster new and ongoing friendships, smile and laugh as often as you can!

Kerry Sharp, Course Coordinator ♦

COMMITTEE CONTACTS 2019

As the details of the Committee for 2019 will not be available until after the Annual General Meeting, please contact Fran Tarbox on 6562 7797, or use the following email contacts:

PRESIDENT
SECRETARY
TREASURER

president@kempseymacleay3a.com.au
secretary@kempseymacleay3a.com.au
treasurer@kempseymacleay3a.com.au

Our members write a children's book – in French!

A children's book written by the Kempsey Macleay Valley U3A French group (leader Marlene Holland) will have its official launch on Monday 11th February 2019 at the Kempsey Library – and everyone is invited to come along and celebrate.

The book, which has been several months in the making, is about two young French siblings who have a holiday on an Australian farm and find new friends among the native animals.

The fun project has also drawn on the talents of other KMVU3A members with illustrations by Susan Baker (leader of the Drawing, Sketching and Painting class) and

the book's front cover has been designed and produced by the Card Making Group (leader Brenda Prescott).

Further details about the book launch will be made available closer to the date – so stay tuned to Tank Radio and also check out upcoming editions of the *Macleay Argus*. ♦

WHAT MEN WANT!

Conversations held with many members over the last couple of terms have revealed that the range of courses offered through KMVU3A does not cater sufficiently for the male members of our population.

To address this issue, we would like to set up an informal discussion group, of predominantly men, which will aim to identify alternative activities in either Kempsey or South West Rocks.

One of our members, Phil March, has agreed to convene a group early in Term 1 — we would love to have some input from members, so give Phil a ring on 6566-6879 and see what we can come up with! ♦

HOW DO I ENROL AND PAY?

1. Online:

Log on to 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

SWR ENROLMENT TERM 1: Boronia Gardens 10 Lawson
St SWR, Thursday January 31 – 10.30 am to 1pm.

KEMPSEY ENROLMENT TERM 1: Kempsey-Macleay
RSL Club, 1 York Lane, Thursday February 4 – 10.30
am to 1 pm.

UNABLE TO ATTEND CLASS?

Please contact the class leader beforehand

What's on in the Macleay Valley

Macleay Seniors Festival 2019

This year the NSW Festival of Ageing will be celebrated from the 14th to the 24th February. Locally KMVU3A has been represented on the Working Group planning the Macleay Seniors Festival, offering a community voice.

Copies of the 2019 Events Calendar will be available at KMVU3A enrolments, as well as Libraries across the Shire. Macleay Seniors are invited to participate in events offered at Stuarts Point, South West Rocks, Kempsey and Booroogen Djugun Aboriginal Facility.

Events include *Storytime with Nan & Pop* at the Kempsey Library (10.30-11.30, 22nd February) and the *Seniors Expo* to be held at the Kempsey Macleay RSL (10.30-2.30, 14th February), as well as a range of events that promote physical activity (*Park Runs, Line Dancing, Walking Netball and Bocce*).

The Calendar offers Seniors a chance to sit with others while they develop new skills: learning *Art and Tie-dying*, joining Kempsey CWA members in their *Craft afternoon session* and getting confident with Broadband.

Keep a lookout for the full Calendar. It's a great time to celebrate.

Our celebration of Ageing

"The Art of Ageing" Exhibition runs from 13th February – 25th March at the Slim Dusty Centre in Kempsey. The Exhibition challenges out of date perceptions of seniors.

Members celebrate diversity, connect with others and learn more about their community.

Commissioned by the NSW Government, the photographs highlight the incredible lives of seniors.

The Exhibition and stories together with the information on the photographs can also be viewed online at facs.nsw.gov.au/inclusion/ageing/art-exhibition.

For this newsletter we've put together a few sites that you may like to visit and add to your favourites. For those who prefer to get their information by print we suggest reading through the various events promoted in the Observer/Happynings. If you know of activity in other groups you may belong to, we suggest you email to info@kempseymacleay3a.com.au or consider listing on the *Hey Hey Macleay* page (described below). It's all about keeping people connected! ♦

Event	Focus	Details and contacts
KMVU3A	Our very own internet "go-to".We are currently renovating our website, and will advise when ready for a re-launch	http://kempseymacleay3a.com.au
U3A Network NSW	This site provides useful information for those who'd like to learn more about U3A in NSW, as well reviewing the activity and events of U3A's across the state.You might see a course you'd like to investigate. Have a chat to our Course Coordinator if you find something that KMVU3A might add to our course list	www.nsw.u3anet.org.au Save the date: 2019 U3A Network NSW Conference, 10-12 April in Tamworth. Interested in attending? Let the President know, and we can put thought to travel and accommodation
Hey Hey Macleay!	Have you had a look at this new webpage now available for groups to promote their events?Kempsey Shire Council has launched this free community events calendar providing information on events, service programs and activities in the Macleay	community.kempsey.nsw.gov.au
Kempsey Shire website	While you are visiting Hey Hey Macleay, click on the community link which opens a very comprehensive list, including "what's on" at the Art Gallery in Gladstone	
Directory of Community Organisation – Do Something New	Interested in volunteering? Have some extra time (after ALL your U3A courses!)? This site may be of interest	dosomethingnearyou.com.au
Social Croquet at Smithtown	Club members are happy to give some tips on how you swing the mallet and which hoop is in play. A great blend of physical activity, strategy and fun!	Contact Lyn Gleeson on 65626707 for more details
Treasure Hunts	Join in with the Kempsey Neighbourhood Centre. They've been painting rocks and then hiding them in parks and other secret locations. This intergenerational activity shares the fun of the treasure hunt and then finding another hiding spot, and invites Seniors to contact the Centre if you're a rock-painter in the making.	Kempsey Neighbourhood Centre. Kemp Street, Kempsey Contact the Centre on 65628300
The Eungai Table	This new group started in 2018, with a monthly trade-swap of produce and other bits and pieces that might be repurposed. The group is committed to sustainable living and are planning to offer workshops in 2019 after the success of the 'dumpling workshop' in Dec 2018.An Upskilling Workshop is planned for 24 Feb. Julie Humphris will give tips on turning unwanted items into something inspiring! Workshop details will be posted on their Facebook page. They are also seeking seniors who'd be happy to show how to create handmade items, eg knitting, macramé, preserving fruit and vegetables, and growing produce.	Check their Facebook Page to see events for 2019, and you can view photos from the <i>dumpling workshop</i>

Courses Taking a Break in Term 1 Mandarin Chinese — Cardmaking @ SWR

NEW/RETURNING COURSES FOR TERM 1 2019

HAVE FUN – LET'S DRUM!

Leader: Beris Derwent

This 2-hour workshop requires no previous musical experience, and is designed purely as a way of relaxing and having fun. You will be taught a very simple rhythm, and experience the joy of being part of a group, in harmony with one another.

There will be a lot of laughter!

Beris has worked as a counsellor for over 30 years and has been passionate in the use of drumming as a therapeutic tool. She has conducted workshops in schools, TAFE, for mental health agencies, women in domestic violence, for youth workers and youth at risk and for probation and parole participants.

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!

EXPERIENCE SHIBASHI – A GENTLE CHINESE EXERCISE

Leader: Beris Derwent

Shibashi is an ancient Chinese exercise that has been practised for hundreds of years, and in Australia for 100 years. Shibashi is a group of 18 gentle exercises and is excellent for increasing flexibility, building strength, and bringing harmony and peace to the mind.

This class is very suitable for beginners and the exercises can be done in a sitting position for those with mobility issues. Loose fitting clothing is recommended for comfort. Participants are advised to check with their doctors about the suitability of this program, for pre-existing conditions.

Beris (who has worked for over 30 years as a counsellor) has been running Shibashi programs in Kempsey for several years. She has found that it has a very beneficial effect on the body and the mind.

GROUP FITNESS – AN INTRODUCTION

Leader: Lawry

Time to look after your health and fitness, and have a bit of fun along the way!

This class, suitable for all ages and fitness levels, is being run by the Co-op Fitness Gym in the centre of Kempsey. Experienced instructors will guide you through the use of various machines including cardio and pin loaded weight machines, as well as numerous body weight exercises to help increase your cardio vascular fitness, muscle strength, bone density, flexibility and balance.

This class will give you a basic introduction to the many movements that are utilised in timetabled classes. At the end of this introduction you should feel confident to be able to tackle any one of those timetabled classes. ♦

COURSES FOR TERM 1 2019

BALANCE 'N' BONES

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

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: Joanna 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 (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.

COURSES FOR TERM 1 2019

CARD MAKING GROUP — WEDNESDAY

Leaders: Brenda Prescott and 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.

CARD MAKING WORKSHOP TUESDAY — ADVANCED

Leaders: Brenda Prescott and Elinor Dowman

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.

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.

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. You need to have only a reasonable dictionary as all other materials are found.

FRIDAY FILMS

Leaders: Bob Ecclestone, Maryanne Kelly

Friday Films will continue in Term 1 2019. Last year saw various term themes including films with an Australian Connection. Term 3 saw us watching "Science Fiction" and Term 4 saw us watching "Kids' Movies". We all agreed that a lot of kids' movies had much more to offer adults than just something to entertain the kids.

We encourage suggestions for both themes and titles and we are managing to maintain an eclectic mix of both, 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: Ros Banner

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: Christa Schwoebel, 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.

MAHJONG @ SOUTH WEST ROCKS

Leaders: Jim and Margaret Harris-Walker

Now in its 10th year, Mahjong has become very popular in South West Rocks with players learning Western, Chinese and variations on the game. 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 16th year with KMVU3A. Over those years many wonderful friendships have been 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.

COURSES FOR TERM 1 2019

If you have ever felt one day it was a game you would like to learn, why not make term 1, 2019 your starting date.

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

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!

NOVEL ADVENTURES – WITH THE BRONTE SISTERS

Leader: Fran Tarbox

What would it have been like living in the parsonage at Haworth in Yorkshire in the 1840's? Imagination, story telling, collaboration, poetry, novels, passion, death, originality – the result – Currier, Ellis and Acton Bell had their poetry and novels published!! Later, these male authors were revealed as the Bronte sisters! We will view several mini-series – Charlotte's "Jane Eyre", Emily's "Wuthering Heights" and Anne's "The Tenant of Wildfell Hall" – as well as the recent film, "To Walk Invisible", which portrays their life in Haworth. Come along and enjoy these literary masterpieces – or should we say mistresspieces!!!

SCRAPBOOKING @ SOUTH WEST ROCKS

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, 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 & YOGA @ SWR

Leaders: Maree Taylor and Jill Goodworth

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 Thursday
31st January 2019**

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 are at U3A. — See you at Enrolment Day!



Above: Gabi Brie (President) and Kerry Sharp (Course Co-ordinator) at the Healthy Towns North Coast Community Well Being Day in October at Horseshoe Bay Park, SWR – spreading the good word about U3A and how it can enhance and enrich our lifestyle.

Top Right and Right: The Macleay Valley is blessed with many very beautiful spots, many of them in seemingly out-of-the-way places which are often closer than you would think. The U3A canoeing groups take full advantage of some of these attractions.





Below: U3A members enjoying the end of year Christmas function at the Riverview Hotel, Smithtown on the 18th December. If you are looking for something to do, look into the activities of your U3A, with full details in this magazine of pastimes for older folk who still have a little living to do. You will be most welcome to join us



Below: Something to live by?

Would be nice to know where it came from, but if we don't then it is worth showing here anyway.

BE SWEET
Think before speaking
Laugh A Lot
WORK HARD
but play harder
Don't Whine
Always Tell the Truth
BE HAPPY
keep your promises
HELP OTHERS
Say your prayers
Love One Another
SMILE
Keep Good Friends
PLEASE and THANK YOU
DANCE in the rain
eat your veggies

KMV U3A TERM 1 2019 TIMETABLE						
 = Bring Your Own Mug/Cup						
DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Monday 8.30 for 9.00 am start to 12 noon	Canoeing 	Joanna Hughes-Hallett 0405-366-443 Steve Tarbox 6562-7797	February 11	Eden St boat ramp and other venues	Restricted – Max. 30	\$5
Monday 9am to 10am	Balance 'n'Bones – Monday @ Kempsey	Robyn Forrest 6562-7180	February 11	Anglican Youth Centre, 25 Marsh St, West Kempsey	Maximum 15	\$5
Monday 9.30am to 10.30am	Balance 'n'Bones – Monday @ SWR	Isobel Hennessy 6566 7878	February 11	Boronia Gardens 12 Lawson Street SWR	Maximum 15	\$5
Monday 10.45 am to 11.45 am	Yoga @ SWR	Jill Goodworth 0421-028-308	February 11	Boronia Gardens, 12 Lawson Street, SWR	Maximum 12	\$5
Monday 11 am to 12 noon	Yoga @ Kempsey	Maree Taylor 0428-317-121	February 11	Anglican Youth Centre 25 Marsh St West Kempsey	Everyone Welcome	\$5
Monday 1pm to 3pm	Spanish 	Richard Mackay 6562-7174	February 11	Uniting Church Hall, Wide St, West Kempsey	Prior Knowledge Necessary	\$5
Monday 1pm to 4pm	Cards, Pegs, Tiles	Judy Nisbet 0449-876-173	February 11	46a Tozer Street West Kempsey	Everyone Welcome	\$5
Tuesday 9am to 11am	Tuesday Tappers	Gloria Markovina 6561-7340	February 12	Sherwood Hall	Maximum 16	\$5
Tuesday 9.30am to 12.30pm	Mahjong @ SWR 	Jim/Margaret Harris- Walker 6566-7434	February 12	Boronia Gardens 12 Lawson Street SWR	New and Continuing Players. Maximum 30	\$5
Tuesday 10 am to 12 noon (1 week only)	Have Fun – Let's Drum!	Beris Derwent 0418-371-289	March 5	Oddfellows Hall, 22 Kemp Street, Kempsey	Maximum 20	\$5
Tuesday 10am to 12 noon	Scrapbooking @ SWR	Dianne Dunkley 0428-550-012	February 12	95/38-98 Gordon Young Drive, SWR	Everyone Welcome	\$5 + materials
Tuesday 10am to 3pm	Card Making Workshop – Advanced	Brenda Prescott 6566-0468 Elinor Downman 0437-628-165	February 12	46a Tozer Street West Kempsey	Min. 4 – Max. 12 No Mail Bookings	\$5

KMV U3A TERM 1 2019 TIMETABLE



DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Tuesday 12.00 to 1.00 pm	Personal Safety Techniques	Jason Fry 0422-258-494	February 12	20 Tozer Street (behind Credit Union)	Minimum 6, maximum 10	\$5
Tuesday 1.00pm to 2pm	Group Fitness – An Introduction	Lawry 0437-186-027	February 12	Co-op Fitness Centre, Clyde Street Mall (upstairs), Corner of Savage's Lane	Minimum 8, maximum 10	\$5 + \$5 per session
Tuesday 1pm to 4pm	Mahjong @ SWR – Experienced	Margaret Harris-Walker 6566-7434	February 12	Boronia Gardens 12 Lawson Street SWR	Continuing Players Maximum 30	\$5
Tuesday 1.30pm to 4.30pm	Bridge	Margaret Corley 6562-4330	February 12	All Saints Catholic Parish Hall cnr Kemp & Marsh Streets West Kempsey	New & Continuing Players	\$5
Tuesday 2pm to 4pm	French – Beginners	Marlene Holland 6566-8702	February 12	4 Bede Lawrence Close Frederickton	Maximum 10	\$5
Wednesday 8.30 for 9.00 am start to 12 noon	Canoeing	Roger and Wendy Anderson 6567-4204	February 13	Eden St boat ramp and other venues	Restricted – Maximum 30	\$5
Wednesday 9am to 10am	Balance 'n' Bones – Wednesday @ Kempsey	Marg Jopling 6562-6044	February 13	46a Tozer Street West Kempsey	Maximum 13	\$5
Wednesday 9.15am to 12.30pm	Mahjong @ West Kempsey	Margaret Emerson 6566-8273	February 13	Uniting Church Hall, Wide St West Kempsey	Continuing Players Maximum 28	\$5
Wednesday 10am to 3.30pm	Card Making – Wednesday	Brenda Prescott 6566-0468 Elinor Dowman 0437-628-165	February 13	All Saints Catholic Church Meeting Room Kemp & Marsh Streets, West Kempsey	Min. 5 – Max. 12	\$5
Wednesday 1.00pm to 3.30pm	Novel Adventures – with the Bronte Sisters	Fran Tarbox 0408-627-797	February 13	46a Tozer Street West Kempsey	Everyone Welcome	\$5
Wednesday 1.15pm to 4.30pm	Fun and Games @ RSL	Ros Banner 0421 325 653	February 13	Kempsey-Macleay RSL Club	Maximum 24	\$5 + club m'ship
Wednesday 1.30pm to 3.30pm	Table Tennis Wed. @ RSL Bowlo	Steve Tarbox 6562-7797 Shirley Mayhew 6562-7134	February 13	Kempsey-Macleay RSL Bowling Club 13 Austral St Kempsey	Everyone Welcome	\$5 + club m'ship

KMV U3A TERM 1 2019 TIMETABLE						
 = Bring Your Own Mug/Cup						
DAY & TIME	COURSE	CLASS LEADER(S)	START DATE	VENUE	CLASS SIZE	TERM COST
Thursday 9am to 10am	Shibashi – A gentle Chinese Exercise	Beris Derwent 0418-371-289	February 14	Oddfellows Hall, 22 Kemp Street, Kempsey	Maximum 15	\$5
Thursday 9.30am to 10.30am	Balance 'n' Bones – Thursday @ SWR	Isobel Hennessy 6566-7878	February 14	Boronia Gardens 12 Lawson Street SWR	Maximum 15	\$5
Thursday 9.30am to 12 noon	Cryptic Crosswords	Jan Yates 6562-8993	February 14	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Thursday 10.45am to 12.45pm	 Ukulele@ SWR	Pauline McFerran 6566-7632 Margaret White 6566-6027	February 14	Boronia Gardens 12 Lawson Street SWR	Everyone Welcome Maximum 30	\$5
Thursday 1pm to 4pm	Drawing, Sketching and Painting	Susan Baker 0403-566-977	February 14	46a Tozer Street, West Kempsey	Minimum 2, maximum 8	\$5 + materials
Thursday 1pm to 3pm	 Macleay Social Gardeners	Mary Sweeney 6566 9348 David Wood 0429-317-199	February 14	Masonic Hall, Tozer Street West Kempsey	Maximum 45-50	\$5
Thursday 1pm to 4.00pm	 Mahjong With A Twist	Gwen Norton 0418-633-903 Ros Banner 0421-325-653	February 14	Uniting Church, West Kempsey	Everyone Welcome	\$5
Friday 8.30am to 12 noon	 Macleay Meanders	Christa Schwoebel 0428-678-959 Debra Holland 0434-584-055 Margaret Jopling 6562-6044	February 15	Car Park behind Caltex, Verge Lane, Kempsey	Everyone Welcome	\$5
Friday 12.30pm to 4pm	Friday Films	Bob Ecclestone 0419 414 412 Maryanne Kelly 0407-222-591	February 15	46a Tozer Street, West Kempsey	Everyone Welcome	\$5
Saturday 10am to 4pm (2 weeks)	Beading Workshops	Judy van Raak 6562-2684	February 16 & March 16	46a Tozer Street, West Kempsey	Maximum 10	\$5

Course Comments from our Members...

Here we have some comments from our members in various courses. Please feel free to add to these in future editions of the Herald as members' comments are always welcome.

Cryptic Crosswords

Having a love of crosswords, I always had a yearning to try my hand at cryptics. I could sometimes figure out two or three clues by myself but others left me flummoxed! I have been attending classes now for about 18 months and I am surprised and pleased with my progress.

Being in a class of very interesting characters helps as we solve the cryptic clues in a group-think approach. This method leads to lively discussions and great background learning, encompassing everything and anything from Greek mythology to nautical knowledge and history.

Our teachers, Jan Yates and Vivien Doyle, have had a job on their hands with so much class enthusiasm and keeping us on task! It is due to their dedication and patience that our class continues to grow and bloom.

—Jan Conway

Novel Adventures – A Glimpse of History

'Do you remember when...' was brought back to members of Fran Tarbox's 'Novel Adventures' class whilst viewing three movies this last semester, centred on the 1950s.

Do you remember The Shiralee by D'Arcy Niland? Jim Macaulay (Bryan Brown) and his young daughter Buster roughing it on the wallaby track? Living on whatever he could find by way of work, but always protecting his daughter like a lioness protecting cubs. There were tough times but they survived their nomadic existence.

By way of contrast, Ruth Park's The Harp in the South portrayed city life in Surry Hills in the 1950s. 'Do you remember when...' was a constant comment as the forerun-

ner of the modern household became apparent. Washing, meal preparation and cooking, even having your hair permed, lack of good hygiene, water by the bucket load. Money was for necessities, no luxuries here! Also the overshadow of religion, racial intolerance and other prejudices in some part countered by a soft love story. This film had a sequel, Poor Man's Orange, which showed how the family coped over the years with differing problems including demolition of their home, and relocation.

All in all a very comprehensive look at life in the 1950s in Surry Hills, compared with what we see now as life 70 years on. But how does it look compared with what some are experiencing today? Not too far off the mark for some.

—Dorothy Cordingley

Building Bridgers...

My husband Tony and I joined the U3A Bridge group in late 2016. We were total beginners, knowing nothing about the rules of the game but keen to learn. Our course leader, Margaret Corley, has been a wonderful and patient teacher who has inspired in us a love for the game – each Tuesday we learn something new and enjoy meeting up with like-minded people.

During the past year, we have gained three new members, Lyn, Lois and Phil, who have been welcomed into the group and provided with the opportunity to play and learn at their own speed. We just love Tuesdays!

Jan Conway ♦

Join the celebrations.. MACLEAY SENIORS FESTIVAL

13 - 24 FEBRUARY 2019



**SENIORS EXPO | HEALTH ACTIVITIES |
EDUCATION TALKS | ART & CRAFT
MUSIC | DANCE**

Full program on: www.kempsey.nsw.gov.au/seniors
or at Kempsey Shire Council Libraries P: 6566 3200



AND THE WINNERS ARE

Here is a list of the hamper winners from the Christmas function on 18th December – some of them just by a lucky draw, some of them through sheer talent with Christmas trivia!

Tony Conway, Mary Sweeney, Beth Fuller, Anne Marshall, Vivien Doyle, Judy Cochrane, Margaret Gynther, Jan Conway, Nancy Braun, Kay Pearson, Fran Tarbox, Ian Windsor, Jody Cliffe, Dorothy Cordingley, Bob Birrer, Judy Van Raak, Jan Oddy. ♦



The U3A Herald

JANUARY 2019

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

TERM 1 ENROLMENT DAYS:

Boronia Gardens 10 Lawson St SWR, Thursday 31st January – 10.30 am to 12.30 pm

Kempsey-Macleay RSL Club, 1 York Lane, Monday 4th February – 10.30 am to 1.00 pm

Please submit your Postal or Electronic Enrolment before Thursday January 31

Classes Start on Monday 11th February and end Friday 5th April

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