

2024 CALENDAR

TERM 2 (8 WEEKS)

Kempsey Enrolment

Monday April 22
10am — 11.30am

Kempsey-Macleay RSL
Club, 1 York Lane

SWR Enrolment

By arrangement with
Class Leaders or e-mail

info@kempseymacleay3a.com.au

or contact Chris Pateman
on 0407 229 600

CLASSES START
Monday May 6

CLASSES END
Friday June 28

Herald Editorial Committee

Judy Addleton, Kerry Sharp,
John Cruickshanks

Contributors: Fran Tarbox,
Chris Pateman, Narelle
Moulton, Margaret Jopling,
Margaret Patterson, Steve
Tarbox, Lorraine George.



Term 2 is approaching very quickly!

As always, being involved with KMVU3A and other activities means the weeks fly by! It is now time to think about Term 2 and organise enrolling in classes – unless you have taken up the newly introduced facility of paying for 2, 3 or 4 terms at the beginning of the year.

Term 1 got off to a busy start with Enrolments being done using the new Member Wizard data system: data entry for all classes is more straightforward; Class Leaders are more easily able to access their class lists and member details; financial aspects are incorporated and credit card can be used online. The system is still being modified as those using the system become more familiar with its many aspects.

With nearly 400 members, most classes were filled with eager participants. Offering a wide range of classes to enhance mind, body and spirit, KMVU3A has something for everyone. As we age, one of the most important issues is to maintain strong inter personal connections and all our classes are held in a supportive, social setting.

The KMVU3A Annual General Meeting was held on Monday, 11th March at the Kempsey Macleay RSL Club. Elections for the 2024-25 Committee were held. There was no nomination for President, however, all other positions were filled: Fran Tarbox, Vice President; Kerry Sharp, Secretary; Chris Pateman, Treasurer; Neil Absolon, Lois Hillard, Joanna Hughes-Hallett, Trudy Mainey, Jim Moulton and Greg Taylor, Committee members. At the Committee meeting on Tuesday, 19th March Jim Moulton was elected President. Congratulations to all those who have been elected.

Three Committee members from the previous year, who did not stand for

re-election – Judy Addleton, Mary Dye and Margaret Jopling – were thanked for all their hard work over many years.

Sadly, Margaret Corley, founding member, long-time Class Leader of Bridge and participant in Gardening, passed away on 20th March. So many grew to love Bridge thanks to Margaret's exceptional teaching of the game. She will be greatly missed by all who knew her.

Margaret Jopling, long-time member, Class Leader, participant in many classes, committee member and Social Function Co-ordinator was awarded a Lifetime Achievement Award at the Kempsey Shire Council's Australia Day Celebrations. Apart from U3A, Margaret was recognised for her involvement with Swimming Club, Masters Swimming, the Macleay River Historical Society and especially the PCYC. Her commitment to the welfare of both youth and older community members exemplifies the spirit of this Australia Day Award. Congratulations, Margaret.

This is my last President's Report – Jim Moulton is now President of KMVU3A. Best wishes to Jim and the new 2024-25 Committee. Thank you to all the Members of the previous Committee for their hard work and their support for both me and KMVU3A. The enthusiasm of Class Leaders and Members enables the Committee to ensure KMVU3A continues to be such a vibrant and essential organisation in the Macleay Valley.

Fran Tarbox — President

Vale Margaret Corley

Margaret has been my friend for many years, we became close when both our baby daughters began school at St Joseph's.

I have been very grateful for her many years teaching myself and others the great card game of Bridge. I recall her telling me that I wouldn't get Alzheimers if I learned to play Bridge.

The little group who meet each Tuesday afternoon often speak of Margaret's "Ten Commandments" and so we all try our best not to break her many "Commandments".

A lovely lady always there for us, we have missed her company over the last few months.

We all know old Bridge players do not die, they just Pass.

We will always remember you Margaret and also the "Man going down Smith Street"!

Margaret Patterson ❖

PS the Man going down Smith Street refers to playing your trumps early!



Course Co-ordinator's Report Term 2 2024

Term 2 for 2024 is seeing the return of Line Dancing and Photobook plus the two new courses from Term 1 — Cryptic Crosswords and Novel Adventures.

Photobook will be on again in Term 2 on Tuesday afternoons at Tozer Street, following Pauline's return from her overseas trip. At this stage it's only a one term course so the cost will be \$5.

Line Dancing returns as the weather cools down and is again

on at Frederickton Hall in Term 2. Shirley encourages anyone wanting some exercise — both brain and body — to come along and enjoy the company of other members of the class. Experienced Line Dancers also assist Shirley so there's always someone for you to follow to 'get' the steps. You will be able to pay for both Term 2 and Term 3 @ \$10.

We have added an option of paying for the remainder of 2024 for most classes @ \$15 but you can also pay per term @ \$5 as we have done previously. The advantage of a yearly payment is that you do not have to re-enrol for each term in 2024 — this will also allow a reduction in time spent for the administration volunteers.

Information on all the classes we are offering in Term 2 is on pages 6 and 7, and provides specific details about individual classes, number of members allowed per class and location of where the class will run. This is also available on our website — kempseymacleay3a.com.au under the Classes tab.

We are always looking for ideas for new courses so please contact me and we can discuss your ideas.

Narelle Moulton. ❖

Chris Pateman
0407 229 600

A NOVEL WAY TO SPEND AN AFTERNOON . . .

Novel Adventures is a journey into novels and plays that have been adapted to film or a TV series. In Term 1, 2024 the topic has been films which have WWII as the background, and what better way to start than with Casablanca!

The movies have taken us on a journey between the beauty of the human spirit and its ugly side, and the overwhelming desire to survive.

It is amazing how 12 people can watch the same movie, see different perspectives;

notice the minutia and then have an opportunity to express a different opinion on the movie — such is the delight of this group.

A big thank you to Fran, who researches each movie, providing background and setting the scene for our viewing, and who has become adept at wrangling the technology! Such a great way to spend an afternoon, in great company watching or re-watching movie greats.



KMV U3A Term 1 2024 Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Canoeing/Kayaking 8.30 – 12pm	Mahjong @ SWR 9.30am – 1pm	Canoeing/Kayaking 8.30am – 12pm	Balance 'n Bones SWR 9am – 10am	Brain Ticklers 10am – 12pm
Balance 'n Bones Kem 9am – 10am	Tuesday Tappers 9am – 11am	Balance 'n Bones Kem 9am & 10am	Balance 'n Bones SWR 10am – 11am	Meanders Walking Group 8.30am – 12pm
Balance 'n Bones SWR 9am – 10am	French 10.15am – 12.15pm	Mahjong Kemp 9.15am – 12.30pm	Art @ Kempsey 9am – 12 noon	Fitness 3 – Stretch & Balance 1pm – 2pm
Balance 'n Bones SWR 10am – 11am	Shibashi 11am – 12pm	Card Making 10am – 2pm	Fitness 2 1pm – 2pm	
Yoga 10am – 11am	Fitness 1 1pm – 2pm	Ukulele 9.30am – 1pm	Gardening 1pm – 3pm	
Wool & Crafts 12.30pm – 2.30pm	Bridge 1pm – 4pm	Novel Adventures 12.30pm – 3pm	Cryptic Crosswords SWR 2pm – 4pm	
Cards, Pegs, Tiles 1pm – 4pm	Photobook 1pm – 3pm	Table Tennis 1.30 – 3.30pm	Line Dancing 11am – 12noon	

Five tips for better sleep: Disturbed sleep can affect your emotional and physical health; your memory, concentration and mood, and boosts your risk for depression, obesity, type 2 diabetes, heart disease and high blood pressure.

Happily, there are easy, natural fixes that can improve your sleep, says Charlene Gamaldo, M.D., medical director of Johns Hopkins Centre for Sleep at Howard County General Hospital.

Here are five tips for better sleep:

1. Drink up. No, not alcohol, warm milk, chamomile tea and tart cherry juice for patients with

sleep trouble.

2. Exercise. Physical activity can improve sleep, though researchers aren't completely sure why. It's known that moderate aerobic exercise boosts the amount of nourishing slow wave (deep) sleep you get.

3. Use melatonin supplements. "Stick with one brand, and don't

buy it online from an unknown source," Gamaldo cautions.

4. Keep cool. "The ideal temperature for your thermostat is between 65 and 72 degrees," Gamaldo says. Keep the room as cool as possible and wear cotton or breathable fabrics to bed.

5. Go dark. It's known that the light from a smartphone inter-

feres with sleep. But what about your bathroom light? If you have the urge to go at night, don't flick on the lights. The latest recommendation is to use a flashlight if you need to get up at night. If you do wake up for a bathroom break, it might take up to 30 minutes to drift back off. ❖



U3A Committee, 2024, L to R: Kerry Sharp, Fran Tarbox, Neil Absolon, Jim Moulton, Lois Hillard, Jo Hughes-Hallett, Trudy Mainey, Greg Taylor. Absent: Chris Pateman.

New 2024 Committee

Please contact us as per our Contact page on our website:

<https://www.kempseymacleayu3a.com.au/contact-us.html>

Any enquiries will be forwarded to the appropriate person or the committee.



CURRENT COMMITTEE

PRESIDENT	James Moulton	0417-454-310	COMMITTEE MEMBER	Lois Hillard	0434-434-674
VICE PRESIDENT	Fran Tarbox	0408-627-797	COMMITTEE MEMBER	Greg Taylor	0447-644-422
SECRETARY	Kerry Sharp	0416-002-380	COMMITTEE MEMBER	Neil Absolon	0429-487-345
TREASURER	Chris Pateman	0407-229-600	COMMITTEE MEMBER	Trudy Mainey	0476-128-659
COURSE CO-ORDINATOR	Chris Pateman	0407-229-600	COMMITTEE MEMBER	Joanna Hughes-Hallett	0405-366-443

TURN A NEW PAGE – JOIN A BOOK CLUB

What's better than a good read? Sharing it with friends over wine or cake. And book clubs are booming around Australia.

Their variety is huge, ranging from romance to crime, to historical and science fiction. Some clubs focus on a single author. One growing group is men looking for good company and something new to talk about.

Nor are clubs necessarily exclusive. They can be as high- or low-brow as you wish.

If you want to start a club, it's not hard and libraries are keen to help. One particularly useful resource is a web page started by a group called Australian Reads. Here are some of its tips (plus a few others).

Time and numbers: Most clubs gather monthly, giving members of all reading speeds time to finish the book. The website recommends 8-10 members: big enough to allow for no-shows and small enough to make sure everyone has the opportunity to share

their thoughts.

Where to meet: Clubs can be held just about anywhere: homes, libraries, cafes, parks – you name it.

Rules: Discuss with your group how the meetings will be structured. Will there be a discussion leader? Will you have a specific theme for each meeting? As in most groups, there will always be someone with a strong opinion. Make it clear that everyone gets a say if they wish. Keep it respectful.

What to read: Some groups save the last 10 minutes to decide this. There are various ways such as taking turns, reaching a consensus or taking a vote. Others have a lucky dip, where a title is drawn at random. Or follow a set reading list. Libraries are again helpful here, with many offering book kits to registered clubs. Each kit contains

multiple copies of a particular book and a list of suggested discussion questions and talking point. Some libraries also offer members free access to reading apps such as Libby.

What to talk about: It's easier than you might think. Questions can focus on characters, plot, themes and personal reactions. They could include: Did you like main character? If not, why not? Did the plot twist surprise you? If you're stuck, most publishers have a page on their website dedicated to club, where they offer helpful prompts.

For more tips and club locations, go to australiareads.org.au or visit www.thesenior.com.au, where you can read some book club success stories.

Source: The Senior,
7 March 2024 ❖

Fitness in the Third Age...

An interview with long term U3A member and exercise enthusiast, Margaret Jopling

Margaret, you are well known for sporting and physical exercise activities. Have you always been involved?

A: Yes. As a child I spent all school holidays at Crescent Head taking part in many outdoor activities. This carried through to High School and the rest of my life.

What have been your main interests?

A: Everything connected with water. Also netball, table tennis and squash.

Have you seen an increase in interest in physical exercise classes in U3A?

A: Yes. 18 of the 32 weekly classes in Term 2 will involve physical activities, and the number of students in all classes is increasing.

Do members have to be very fit to join a class?

A: No. Classes range from very gentle (shibashi and yoga) through outdoor activities (canoeing/kayaking and meanders walking group) to more strenuous exercise (Fitness 1 and 2).

What do you suggest if a member is unsure which class to join?

A: Firstly, if in doubt about your medical situation, talk to your GP. Then read the class descriptions in the Newsletter and contact class leaders who will also allow you to watch a class.

Do members need special equipment or clothing to join classes?

A: Again, consult the class descriptions. Comfortable clothing and suitable footwear is important, with sun protection for outdoors. Some classes do require additional equipment such as a canoe/kayak, tap dancing shoes etc.



Are there any classes specially recommended by U3A?

A: Yes. Some years ago, U3A NSW received a government grant to make a DVD "Balance 'n Bones". This class is aimed at improving balance and strengthening bones. We run seven of these classes each week. A DVD or USB can be purchased for home use.

Are any new exercise classes planned?

A: Our Class co-ordinator, Chris Pateman, is always interested in suggestions for new classes, especially if you can recommend a suitable class leader.

Anything else you would like to say?

A: Yes. All classes provide mental stimulation and social interaction. Look in the next Newsletter for information about classes which are especially good for mental health. ❖

Tuesday Fitness @ the Gym



This seems to be a popular group this year with new members adding to the regulars. Our instructor Ebony has upped the pace with her music, which keeps us moving, while still incorporating cardio machines, barbells, dumbbells and step exercises. It's a great all round workout which we all do at our own pace.

Lorraine George. ❖

NSW Seniors Festival Local Achievement Awards

As part of the NSW Seniors Week Festival in March, two members of KMVU3A received Local Achievement Awards for their volunteer activities with U3A, presented by Michael Kemp, State Member for Oxley.



John Cruickshanks received an Award for his volunteer contributions with the U3A Newsletter and Canoeing and Meanders classes; Fran Tarbox for supporting the community through many years on the KMVU3A Committee and as Class Leader plus her commitment to other local organisations.

Congratulations to John and Fran!

Steve Tarbox ❖



97 year old Meg Dodds attending the Balance 'n' Bones class in Kempsey. Her daughter Carolyn comes to classes as well. She says 'there must be something in it!'



Col Hayler, a member of the artists' group that meets weekly at Tozer Street, has created a wonderful charcoal drawing of artist Margaret Olley

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Canoeing/Kayaking Jo Hughes-Hallett 0405 366 443 Steve Tarbox 0455 528 636	Monday 8.30 – 12pm Eden St ramp & Various locations Max 20	Canoeing/kayaking is an ideal pastime. You will need canoe or kayak, buoyancy vest, paddle or paddles. A medical check is essential.
Balance 'n Bones Suzanne Dixon 0435 837 674	Monday 9am – 10am Kempsey Catholic Hall Max 12	Program for mature age participants, contains warm up, balance, stretch & relaxation exercises
Balance 'n Bones Isobel Hennessey 6566 7878	Monday 9am – 10am SWR Catholic Hall Max 16	Program for mature age participants, contains balance, stretch & relaxation exercises
Balance 'n Bones Isobel Hennessey 6566 7878	Monday 10am – 11am SWR Catholic Hall Max 16	Program for mature age participants, contains balance, stretch & relaxation exercises
Yoga Margaret Spencer 0415 372 128	Monday 10am – 11am Kempsey Catholic Hall Max 12	Gentle yoga class — yoga mat, cushion and small blanket required, comfortable & loose clothing
Wool n Crafts Sue Dixon 0435 837 674	Monday 12.30am – 2.30pm 46a Tozer St Kempsey Max 10	A supportive, friendly class — No new members — Continuing projects are being worked on
Cards, Pegs & Tiles Thelma Juillerat 0427 627 210	Monday 1pm – 4pm Kempsey RSL Max 18	Relaxing afternoon playing cards – Bolivia, 500 or Euchre. Join this lively group. New members welcome.
Mahjong @ SWR Anne Marshall 0402 094 848	Tuesday 9.30am – 1pm School of Arts SWR Max 40	An ancient Chinese game of tiles. It is a wonderful way to exercise the brain and meet new friends. The game may seem complicated at first but beginners remain with a tutor until confident with more experienced players.
Tuesday Tappers Gloria Markovina 0427 466 725	Tuesday 9am – 11am Sherwood Hall Max 14	Love to dance – no experience necessary – fitness is a bonus – wear comfortable clothes. No new members.
French Marlene Holland 6566 8702	Tuesday 10.15am – 12.15pm 4 Bede Lawrence Close Frederickton Max 8	Come along to learn, speak, read, write and listen to French – a friendly, supportive group. New members welcome
Shibashi Beris Derwent 0418 371 289	Tuesday 11am – 12pm Masonic Hall Tozer St Max 30	18 exercises to increase flexibility, build strength, and bring harmony and peace to the mind
Fitness 1 Lawry Jolly 6562 5100	Tuesday 1pm – 2pm Co-op Fitness Centre Kempsey Max 25	Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member
Photobook Pauline Lee 0438 669 222	Tuesday 1pm – 3pm 46a Tozere St West Kempsey May 1 to 22. Max 8	Come along and learn how to use 'Snapfish' — a computer program where you can create personalised gifts for family and friends. You need lots of photos to make happy memories from.
Bridge Lois Hillard 0434 434 674	Tuesday 1pm – 4pm Kempsey RSL Max 20	Small group of social bridge players – new members welcome with ongoing instruction from experienced players.
Canoeing/Kayaking Sally Bannerman 0412 628 293	Wednesday 8.30am – 12pm Various locations Max 20	Canoeing/kayaking is an ideal pastime. You will need canoe or kayak, buoyancy vest, paddle or paddles – pre-medical check is essential.
Mahjong @ West Kempsey Margaret Emerson 6566 8273	Wednesday 9.15am – 12.30pm Uniting Church Hall Wide St Max 20	An ancient Chinese game of tiles. It is a wonderful way to exercise the brain and meet new friends. The game may seem complicated at first but beginners remain with a tutor until confident with more experienced players.

KMV U3A COURSES TERM 2 2024

Balance 'n Bones Margaret Jopling 6562 6044	Wednesday 9am & 10am 46a Tozer St Kempsey Max 8	Program for mature age participants, contains balance, stretch & relaxation exercises
Card Making Brenda Prescott 6566 0468 Elinor Dowman 0437 628 165	Wednesday 10am – 2pm Kempsey Catholic Hall Max 10	Come along and learn how to create personalised greeting cards. Please contact Brenda or Elinor if you are a new member wanting to join this group
Ukulele @ SWR Pauline McFerran 0409 128 782	Wednesday 9.30am – 1pm School of Arts SWR Max 60	Learn about your instrument, play basic chords, and strum, read and play music. Contact Pauline if you want to join.
Novel Adventures Fran Tarbox 0408 627 797	Wednesday 12.30 – 3 pm 46a Tozer St Kempsey Max 10	A group with an interest in novels or plays – portrayed in movie or TV series – new members welcome. Term 2 will focus on Films/novels with a French connection.
Table Tennis Steve Tarbox 0455 528 636 Margaret Emerson 6566 8273	Wednesday 1.30 – 3.30pm Kempsey Pensioners Hall Max 20	Equipment supplied, wear non-slip sports footwear, training from qualified coaches, single and doubles matches played
Art Continuing Suzanne Dixon 0435 837 674	Thursday 9am – 12pm 46a Tozer St. Max 8	Join a small group of art inspired members – share your work & experience to help others to produce works that they have been inspired to do
Balance 'n Bones Isobel Hennessey 6566 7878	Thursday 9am – 10am SWR Catholic Hall Max 16	Program for mature age participants, contains balance, stretch & relaxation exercises
Balance 'n Bones Isobel Hennessey 6566 7878	Thursday 10am – 11am SWR Catholic Hall Max 16	Program for mature age participants, contains balance, stretch & relaxation exercises
Line Dancing Shirley Barnes 0429 368 112	Thursday 11am – 12noon Frederickton Hall Min 10	Come along and dance away the morning with Shirley Barnes as class leader. Shirley has decided to return to KMOVU3A to get us up and moving with dance.
Fitness 2 Lawry Jolly 6562 5100	Thursday 1pm – 2pm Co-op Fitness Centre Kempsey Max 18	Classes combining weight & cardio exercises with all equipment supplied — \$5 per class per member
Gardening Dallas Kemp 5507 9390	Thursday 1pm – 3pm Kempsey Pensioners Hall Max 60	Discussions, presentations and outings on a variety of gardening topics
Cryptic Crosswords Kerry Sharp 0416 002 380	Thursday 2pm – 4pm SWR Country Club Max 10	A fun and friendly get-together as we demystify puzzles and share our love of words – for basic to more advanced puzzlers.
Brain Ticklers Jacky Booth 6567 4511	Friday 10am – 12pm Kempsey Library Meeting Room Max 10	A group enjoying activities like puzzles, brain teasers and problem solving. Bring along pencil, eraser, calculator and notebook
Meanders Walking Group Neil Absolon 0429 487 345 Christa Schwoebel 0428 678 959	Friday 8.30am – 12pm Various locations Max 20	A walking group combining exercise & socialising. Walks vary in length, terrain and degree of difficulty with a new one each week.
Fitness 3 — Stretch & Balance Lawry Jolly 6562 5100	Friday 1pm – 2pm Co-op Fitness Centre Kempsey Max 18	A structured series of stretch and poses to improve joint flexibility, movement, increase core strength, improve cardiovascular function, burn calories, reduce stress levels and give an overall sense of well-being.

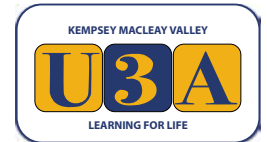
All classes are \$5 per term or \$20 for a full year with some classes requiring an additional \$5 fee.
Enrolment in any class you choose is dependent on maximum number for that class. You will be placed on a waiting list if class has been filled when you enrol



The U3A Herald

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

MAY 2024



TERM 2 2024 ENROLMENT DAYS:

SWR Enrolment: By arrangement with Class Leaders or e-mail

info@kempseymacleay3a.com.au

or contact Chris Pateman on 0407 229 600

Kempsey Enrolment: Monday April 22, 10am — 11.30am

Kempsey-Macleay RSL Club, 1 York Lane

Online Enrolments open: FRIDAY APRIL 5 2024

Classes start on Monday May 6 and end on Friday June 28