

The **U3A** Herald

Term 3 JULY 2024

A Newsletter for Kempsey Macleay Valley U3A Inc.

Website: https://kempseymacleayu3a.com.au

E-mail: info@kempseymacleayu3a.com.au



2024 CALENDAR TERM 3 (8 WEEKS)

Enrolment

Monday July 8 10am — 12.00 noon 46a Tozer St, West Kempsey

New Members

Contact Course Co-ordinator Joanna 0405 366 443

> **Treasurer Chris** 0407 229 600

CLASSES START Monday July 29 CLASSES END Friday September 20

TERM 4 (8 WEEKS)

All enrolment enquiries to Joanna 0405 366 443 Chris 0407 229 600

> **CLASSES START** Monday 21 October

> **CLASSES END** Friday 13 December

END OF YEAR LUNCH Tuesday 17 December (details to be confirmed)

Herald Editorial Committee

Judy Addleton, Kerry Sharp, John Cruickshanks Contributors: Margaret Patterson, Lois Hillard, Greg Taylor, Neil Absolon, Phil Minty, Dallas Kemp



What Next?

rr erm 2 just flew by, with many U3A members undertaking multiple L courses – and enjoying them!

COVID19, although still very much with us and requiring careful management, is now something we work around in our quest to return to what we considered a 'normal' life prior to 2020.

Term 3 is just around the corner, with tried and trusted course offerings boosted with a couple of new things:

Term 3 — Some new things to consider for Term 3

Two new coures are commencing in Term 3. Zumba - a fitness program that involves cardio fitness while also enhancing balance, co-ordination and agility all inspired by Latin dance. You don't need special dance skills to have a great time in a Zumba class. People with natural rhythm may pick up on the moves faster, but no one is keeping score, so just dance, let go, and have fun! Mondays at Uniting Church Hall, 1-2pm - wear some comfortable clothes.

New Fitness class at Co Op Fitness. On Tuesdays 11am-noon. Dynamic class with strength, cardio, interval and circuit training - set your own pace and goals while building your fitness.

Don't forget - if you have a special interest that you think others would like to explore, please contact me to discuss your ideas. We can help you with developing resources, photocopying etc - but any new courses can only be put forward if there is someone to lead the group.

> Jo Hughes-Hallett, Course Co-ordinator

Newsletter Update

Some changes are now needed to our long-standing newsletter distribution to precede class enrolments at the beginning of each term. We would like to find out what KMVU3A members think should be included in the newsletter - to this end, we will be distributing to each U3A member a questionnaire about content, timing, and communication with members. We would appreciate your input so that everyone benefits from receiving the newsletter - all information collected would be anonymous, and class leaders will collect completed questionnaires for return to the committee. We look forward to hearing your feedback.

CURRENT COMMITTEE

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

KMVU3A acknowledges the Thunggutti/Dunghutti people being the traditional custodians of the Macleay Valley. We pay our respects to Elders past, present and emerging

Meanders of the Macleay with U3A

ne of the courses available at Kempsey Macleay U3A is the Meanders activity which starts in Kempsey on Fridays. This is a walking group that wanders throughout the area.

We often get suggestions from a book called Macleay Walking Trails produced by Christa Schwoebel and John Cruickshanks, members of KMVU3A. This book is very beneficial to us and provided much needed funds for our U3A during Covid. The book is still available at the museum for \$10, but stocks are limited.

We are called the Meanders because that best describes how we walk. We don't dawdle, we don't run or race, but we walk at a leisurely pace, exploring the natural beauty of the area with a different location each week selected by the group. The walks vary in length with easy walks about 5 km long over generally an even grade through to moderate and then difficult, when the walk is longer and over more undulating tracks and steeper sections. We try and keep a balance between bush and beach walks with a morning tea break in the middle of each walk. Some are in National Parks while others are not.

We start by meeting at the Kempsey Sports Ground car park in Sydney Street near the intersection with Eden Street to leave at 8:30am. Carpooling is available as we strive to be environmentally responsible and we enjoy each other's company on the drive to our selected walk location.

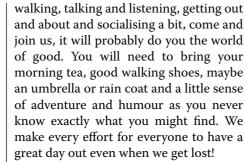
Generally there are about 20 people on each walk and we visit a broad range of sites but it usually includes the wild flowers when in bloom, and we try to catch



the whales when they are moving up the coast. This year we have also visited Wauchope by train and walked around the buffalo farm at Eungai. If time allows some decide to have lunch out at the venue after our walk, although sometimes there are no facilities for this to happen.

So who goes on these walks? We have about 35 people enrolled in Meanders and all are great talkers and listeners. Some are very keen photographers and take many photos. All are very friendly. An email is sent out a day or two before our walk to confirm the walk location and requirements, and the starting time.

So if you need a bit of exercise, enjoy



Neil Absolon



KMV U3A Term 3 2024 Weekly Calendar					
Monday	Tuesday	Wednesday	Thursday	Friday	
Kayaking	Mahjong @ SWR	Kayaking	Balance 'n Bones SWR	Meanders Walking	
8.30 – 12pm	9.30am – 1pm	8.30am – 12pm	9am – 10am	Group	
Balance 'n Bones Kem	Tuesday Tappers	Balance 'n Bones Kem	Balance 'n Bones SWR	8.30am – 12pm Brain Ticklers	
9am – 10am	9am – 11am	9am & 10am	10am – 11am		
Balance 'n Bones SWR	French	Mahjong Kemp	Art @ Kempsey	Fitness 3 – Stretch &	
9am – 10am	10.15am – 12.15pm	9.15am – 12.30pm	9am –12 noon		
Balance 'n Bones SWR	Shibashi	Card Making	Line Dancing	Balance	
10am – 11am	11am – 12pm	10am – 2pm	11am – 12noon	1pm – 2pm	
Yoga	Fitness 1a	Ukulele	Fitness 2		
10am – 11am	11am – 12pm	9.30am – 1pm	1pm – 2pm		
Wool & Crafts	Fitness 1b	Novel Adventures	Gardening		
12. 30pm – 2.30pm	1pm – 2pm	12.30pm – 3pm	1pm – 3pm		
Cards, Pegs, Tiles	Bridge	Table Tennis	Cryptic Crosswords		
1.30pm – 4pm	1pm – 4pm	1.30 – 3.30pm	SWR		
Zumba 1pm – 2pm	Photobook 1pm – 3pm	_	2pm – 4pm		

Spotlight on Dallas Kemp

Most of our U3A members know Dallas Kemp, who is currently the leader of the gardening group. Dallas is also a farmer and a long term worker for the Kempsey Show Society, but he is really well known as a rockhound.

Dallas is very knowledgeable about rocks and has given many talks to local school students on this subject. For many years, Dallas has been the President of the Macleay Gem and Mineral Club. Dallas and Peg have a regular stall at Kempsey market (the 1st Saturday of the month) where they sell rock and gem specimens both in their natural state or polished or carved. Dallas sources his rocks by fossicking for them all over Australia, and supplements his fossicking through buying from wholesalers.

Recently, Dallas took a trip to Africa to purchase specimens from local miners and markets in Namibia. He has given us an account of his trip, which is attached to our Newsletter as a separate file. We did not want to edit it to fit into the Newsletter, so we have decided to attach it in its entirety so you can get the flavour of Dallas' report. In addition to buying rocks, Dallas also visited Etosha National Park, where sometimes he saw a lot of elephants, and some days he saw none!

My apologies if there are any mistakes in the names of places in Namibia.

Judy Addleton



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.

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.



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Margaret's Story

My life began on 2nd June 1938 when I was born in Bellingen to Gladys Flanagan. I guess it wasn't long before my dad Sylvester came to check on his first daughter. I had a one-year-old brother awaiting my arrival at our family home in Hyde St. Bellingen. There were many others at home as Dad's two brothers Roy & Bruce and Mum's youngest brother Bernard lived there too. I hope they helped my Mum by giving me a nurse now and then.

I also had my Pop Price in Bellingen | we marched down the Main and Aunty Rene living across the road, so maybe my cousin Carmel took me for walks in my pram. When Peter was two and a half and I was one year old, another baby called Paul joined our busy household.

As the War was on and people couldn't pay their bills, the garage that Dad and his brothers ran had to be closed. My Grandfather Flanagan told my Dad to take us to the farm at Kinchela Creek - Peter was three & a half, I was two & a half and Paul was one & a half and Mum was expecting number four - this was Joan born in Bellingen 3rd July 1940.

I just know that in the move they left the piano in Bellingen. In Bellingen I remember that I sat in my high chair and played the piano as Mum put rags in my hair, so her little girl could have curls. When I got to Kinchela I tapped my tiny fingers on the table – but no sound could be heard!

Our farm life was wonderful. I recall Peter and I swinging on the big gate when a lot of Army tanks were going by, and the leader asked Peter where the O'Dell's farm was. Peter told him that it was further up the road. Wow!! We didn't know that they were looking for some 'enemies' that were reported to have come down by parachute at the back of Kinchela.

On Sundays we were all packed in the old T-Ford on our way to Mass. One day when on the Kinchela Bridge a man with a gun ordered my Dad to stop. Well, the brakes weren't that good so he was going to shoot out a tyre but luckily the car stopped and was searched for 'enemies'. Of course there weren't any!!

My memories of the war are that all our windows were covered in black - so that we had no light showing. I also recall a real dread of bombs – which I imagined to be big sharp things like needles that could get me as I hid under the bed. I was 7 years old when the war ended and was taken by a neighbour to Gladstone to celebrate – the only thing I had to take was a saucepan and wooden spoon to bang on it and make as much noise as possible as street of Gladstone!!

Elaine was born November 1941 and we had then a new member of the family arrive just about every corn pull. There was John in May 1943, Colleen in 1945, Michael in March 1947 and my little brother Kevin the year I turned 10, 1948.

My first taste of school was at Upper Kinchela as a five year old where I rode a bike to school with Peter. This was only for six months, then in 1943 Peter and I went by bus to the Smithtown Convent. First we had to ride our bike to Barnett's Butcher Shop, then catch the bus to Gladstone Ferry - across to Smithtown and walked the rest of the way. Many days we were given pears for the Nuns or some lovely Gladioli's for the Altar, or maybe a load of corn. We also paid a shilling every week for our school fees. Mum always gave it to me wrapped up in the corner of a hanky. I recall dropping it overboard one day. Oh poor Nuns - no school fees that week!

When a drought was on, we had to carry a glass bottle of water to school (no plastic bottles then)."Nugget" the bus driver tried to keep us safe on the bus, but there was quite a lot of mischief he didn't see – (like two boys taking Peter's school bag off him and throwing it out the win-

There were many friends at school: we had the 3r's to learn, also drawing, sewing, choir, and lots of sport - rounders, high jumps & marbles. There was only one sports day a year and that was St. Patrick's Day where you got a threepence if you won a race.

Father Morris made sure we kept up our religion: we said the Angelus every Friday in the Church, Confession and our First Communion etc. We knew Father Morris well, as he called in at the farm from time to time to give us all a Minty and have a cuppa with Mum, and bread and butter with sugar for his pet dog.

I spent school holidays at Hat Head in



Margaret Patterson

the "The Hut" that Grandfather Flanagan owned. Mum would be with us and Dad stayed back at the farm bringing out fresh milk for us sometimes - but we didn't mind the tinned condensed milk that Mum kept in the old fridge (none of us would own up to sipping it out of the tin but it disappeared rather quickly!).

We always had plenty to eat: Dad grew many vegies and Mr Kelly (Old Dan) kept us in meat as he made his rounds of Kinchela Creek in his horse and cart one day a week. Mr Ball's shop kept the groceries up with one delivery a week! Mum sat at the table with him and gave the order for next week - so easy! We didn't know we were poor as we were well fed and clothed - but Dad was always in trouble with the Rural Bank. Farming is a rather cruel way to live as the beetles ate the spuds, and the drought caused the corn not to grow properly - always something to keep you poor!!

The big floods of 1949–1950 were the cruellest thing we had to live through - all the livestock was washed away and Dad lived up in the ceiling, but got us all to Hat Head to safety before the flood got into the house. The Army Ducks brought us food, blankets, clothes etc. and Dad came to pick us all up when he had cleaned all the mud out of the house.

I spent eleven years and nine months at the Kinchela farm, but the second flood was just too much for Dad so on 21st February 1951 we all went to live in a new house in Kemp Street, West Kempsey.

(To be continued)

Margaret Patterson

U3A MID-YEAR LUNCHEON: A Most Pleasant Get Together



Tempsey Heights Bowling Club was the venue for the U3A mid year luncheon on Tuesday, 2nd July. And what a well chosen spot it was too with plenty of room for all those who were able to attend.

The function kicked off with some wonderful entertainment provided by the ukulele group which served up several great toe-tapping tunes for our members to savour. Thanks again to Pauline McFerran who has put in a lot of time teaching the group. It was so clear looking at the faces of the players/singers that they were really enjoying themselves.

The main course was served with a choice of roast chicken or pork...it was delicious. It was followed by the now legendary quiz prepared by Marg Jopling & helpers. Greg Taylor's table won the day (with rather depleted numbers!!!) Dessert consisting of pavlova or sticky date pudding was served... same reaction as before.



Members mingled well during the proceedings with many taking the opportunity to catch up with old friends. Lucky door prizes were drawn and deliv-

A big thank you to all involved who organised the function, including Marg Jopling, Pauline Whitaker and Jody Cliff, and especially the volunteer waiters who got the food out so quickly. Thanks also to Jeremy Whitaker for his assistance with the quiz.

There was no doubt that a great time was had by all, and the venue got a big thumbs up. **Greg Taylor**

NOAH'S LAMENT...

In recent weeks: the Gardening Group has been L'digging up' some interesting and amusing tales/poems to share for the coming week. Here

And the Lord saith unto Noah: 'Where is the ark which I have commanded thee to build?'

And Noah said unto the Lord: 'Verily: I have three carpenters off sick: the supplier hath let me down – yea: even though the girder wood hath been on order for nigh on twelve months.'

And God saith unto Noah: 'I want that ark finished: even after seven days and seven nights.'

And Noah said: 'Lord: it will be so.'

And it was not so.

And the Lord saith: 'What seemest to be the trouble this

Noah said unto the Lord: 'My subcontractor hath gone bankrupt: the pitch which Thou commandeth me to place on the outside and the inside of the ark hath arrived not: and the builder hath gone on strike. And I beseech Thee: Lord: to note that Shem: my son who helpeth me on the ark side of the business: hath formed a pop group with his brothers.'

And the Lord grew angry and saith: 'Must I chastise thee with whips? Have you gathered together the unicorns and the fowls of the air?'

And Noah wept and said: 'Lord: unicorns are a discontinued line: and it hath just been told unto me that the fowls of the air are available only in half-dozens. Lord: thou knowest how it is.'

And God in his wisdom saith: 'Noah: my son: why else dost thou think I have caused a flood to descend upon the earth?'

Phil Minty

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KMV U3A COURSES TERM 3 2024

Nonday 1-30m - 10m Nonday 1-30m - 230m Nonday 1-30m		MIN OSA COORSES	
Rempsey Catholic Hall Max 12 Program for mature age participants, contains warm up, balance, stretch & relaxation exercises	Jo Hughes-Hallet 0405 366 443	ramp & Various locations	kayak, buoyancy vest, paddle or paddles. A medical check
Salarice in Bones SWR Catholic Hall Max 16 Stretch & relaxation experioses	Suzanne Dixon	Kempsey Catholic Hall	
Swar		SWR Catholic Hall	
Max 12 Monday 12.30am - 2.30pm As upportive, friendly class — No new members — Continuing projects are being worked on	1	SWR Catholic Hall	
Sue Dixon O435 837 674 46a Tozer St Kempsey Max 10 Cards, Pegs & Tiles Thelma Julilerat O427 627 210 Monday 1.30pm – 4pm Kempsey Pensioners Hall Max 18 Monday 1.30pm – 4pm Kempsey Pensioners Hall Max 18 Monday 1.30pm – 4pm Kempsey Pensioners Hall Max 18 Monday 1.30pm – 4pm Kempsey Pensioners Hall Max 18 Monday 1.30pm – 2pm Uniting Church Upper Hall, Wide St, Kempsey Max 20 Max 20 Max 20 Max 20 Max 40 Max 8 Max 8 Max 8 Max 8		Kempsey Catholic Hall	
Tuesday 3 am - 1pm School of Arts SWR Tuesday 9 am - 11am Schoro Hall Max 18 Tuesday 10.427 667 25 Shibashi Beris Derwent O418 371 299 Shibashi Beris Derwent O418 371 299 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 30 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 30 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 30 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 40 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 30 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 30 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 30 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 30 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 30 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 30 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 30 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 30 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 30 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 30 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 15 Tuesday 11am - 12pm Uniting Church Upper		46a Tozer St Kempsey	
Duiting Church Upper Hall, Wide St, Kempsey		Kempsey Pensioners Hall	
Anne Marshall 0402 094 848 School of Arts SWR Max 40	1	Uniting Church Upper Hall, Wide St, Kempsey	excited to exercise and return for more. You don't need special dance skills to have a great time, so just dance, let
Sherwood Hall Max 14 Sherwood Hall Max 15 Sherwood Hall Sherwood		School of Arts SWR	exercise the brain and meet new friends. The game may seem complicted at first but beginners remain with a tutor
Shibashi Beris Derwent 0418 371 289 Tuesday 11am - 12pm Uniting Church Upper Hall, Wide St Max 30 Max 30 Site Salux Bannerman 0418 4 8 669 222 Salux Bannerman 0418 628 293 Salux Bannerman 0418 628 293 Salux Bannerman 0418 638 293 Sa		Sherwood Hall	
Description		4 Bede Lawrence Close	French – a friendly, supportive group. New members
Co-op Fitness Centre Kempsey Max 15 Fitness 1b Lawry Jolly 6562 5100 Tuesday 1pm – 2pm Co-op Fitness Centre Kempsey Max 19 Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member Tuesday 1pm – 4pm Kempsey RSL Max 20 Photobook Pauline Lee 0438 669 222 Tuesday 1pm – 3pm 46a Tozer St West Kempsey 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. Kayaking Sally Rannerman O412 628 293 Co-op Fitness Centre Kempsey Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member	I	Uniting Church Upper Hall,	
Co-op Fitness Centre Kempsey Max 19 Co-op Fitness Centre Kempsey Equipment supplied – \$5 per class per member Small group of social bridge players – new members welcome with ongoing instruction from experienced players. 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. Kayaking Sally Bannerman O412 628 293 Various locations Various locations Kayaking is an ideal pastime. You will need canoe or kayak, buoyancy vest, paddle or paddles – pre-medical		Co-op Fitness Centre Kempsey	
Lois Hillard Jocelyn Bakewell O434 434 674 O402 174 021 Tuesday 1pm – 4pm Kempsey RSL Max 20 Welcome with ongoing instruction from experienced players. 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. Kayaking Sally Rannerman O412 628 293 O412 628 293 Wednesday 8.30am – 12pm Various locations Wednesday 8.30am – 12pm Various locations Kayaking is an ideal pastime. You will need canoe or kayak, buoyancy vest, paddle or paddles – pre-medical		Co-op Fitness Centre Kempsey	
Photobook Pauline Lee 0438 669 222 Tuesday 1pm – 3pm 46a Tozer St West Kempsey computer program where you can create personalised gifts for family and friends. You need lots of photos to make happy memories from. Kayaking Sally Rannerman 0412 628 293 Various locations Various locations Various locations Computer program where you can create personalised gifts for family and friends. You need lots of photos to make happy memories from. Kayaking is an ideal pastime. You will need canoe or kayak, buoyancy vest, paddle or paddles – pre-medical	Lois Hillard 0434 434 674		welcome with ongoing instruction from experienced
Sally Rannerman 0412 628 293 Various locations kayak, buoyancy vest, paddle or paddles – pre-medical	I		computer program where you can create personalised gifts for famiy and friends. You need lots of photos to
		Various locations	kayak, buoyancy vest, paddle or paddles – pre-medical

KMV U3A COURSES TERM 3 2024

KWIV U3A COURSES LEKW 3 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			
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 complicted at first but beginners remain with a tutor until confident with more experienced players.			
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	In Term 3 we will be viewing a range of films which deal with Indigenous issues from Children's and Adult fiction, non-Fiction texts and musicals. Films will include "Storm Boy", "Rabbit Proof Fence" and "The Sapphires".			
Table TennisSteve Tarbox0455 028 636Margaret Emerson6566 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			
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			
Art @ Kempsey 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			
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 KMVU3A 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

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The UIA Herald

KEMPSEY MACLEAY VALLEY

JULY 2024

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

TERM 3, 2024 ENROLMENT DAYS:

Enrolment enquiries to Chris Pateman on 0407 229 600 or Joanna Hughes-Hallett on 0405 366 443

Please note that the closing date for all Term 3 and Term 4 enrolments will be Friday August 2

Classes start on Monday July 29 and end on Friday September 20