

2024 CALENDAR

TERM 1 (9 WEEKS)

SWR Enrolment

Thursday January 25

10am — 11.30am

Catholic Church

Annexe, Gregory Street

South West Rocks

Kempsey Enrolment

Monday January 29

Kempsey-Macleay RSL

Club, 1 York Lane

CLASSES START

Monday February 5

CLASSES END

Friday April 5

TERM 2 (8 WEEKS)

SWR Enrolment

Wednesday April 24

Kempsey Enrolment

Monday April 29

CLASSES START

Monday May 6

CLASSES END

Friday June 28



Herald Editorial Committee

John Cruickshanks, Judy

Addleton, Kerry Sharp

Contributors: Chris Pateman,

Sue Bentley, Jacky Booth,

Lois Hillard.

Welcome to KMVU3A in 2024

Now that Christmas 2023 is over, it's time to start planning 2024!! But first some memories of 2023.

What a fantastic Christmas lunch 130 members enjoyed at the Crescent Head Rotunda on Tuesday 12 December. Delicious food, great entertainment from the Ukulele group, numerous hampers and lots of socialising ensured an event to remember. The organising committee of Margaret Jopling, Jody Cliffe, Pauline Whittaker, Elaine Bond, Lois Hillard assisted by Jeremy Whittaker, Neil Absolon and Bruce Norton ensured the Rotunda was decorated and furniture organised, plenty of food was prepared and the weather was perfect! Pauline McFerran and the Ukulele group just get better and better each year. Delicious salads prepared by members, BBQ meats and scrumptious Christmas pudding made by Jody satisfied everyone's hunger. Nancy Tickle, Maree Taylor and Judy Addleton organised the numerous, beautiful hampers – money and goods donated by so many members. Thank you to everyone involved.

Several U3A class groups celebrated the Christmas Season with a special lunch at a café or a class member's home – and uploaded photos to our new website – Kempsey Macleay Valley U3A Inc Kmvu3a – have a look!

Sue Bentley and Chris Pateman have spent hours investigating,

learning, trialling and setting up a new Data System – Member Wizard. The new system will be in place for Term 1 enrolments and will simplify so many aspects of both financial and member/class documentation.

On another note – the Tozer Street renovations are now complete with better storage and bathroom facilities.

Please consider standing for the Management Committee – some members are standing down and the four Office Bearers – President, Vice President, Secretary & Treasurer – need to move on from their positions. Contact Fran – 0408 627 797 – if you are interested.

The Elections and AGM will be held on Tuesday, 12 March.

Read the newsletter carefully to see what courses will be offered and if there are any changes from 2023 – Novel Adventures and Anne Lunay's course – now called The Peace Education Program plus Cryptic Crosswords @ SWR (revamped) are back in 2024!

Thank you to all Committee Members, Class Leaders and Members for your continued support of KMVU3A. May 2024 be an enjoyable and fulfilling year for all our members.

Fran Tarbox — President

Managing KMVU3A in 2024

As of 2024 KMVU3A is implementing a new management system called Member Wizard to manage classes, members, enrolments and payments.

It is a very user-friendly system which you will find easy to use and will be easy to administer for the system managers. Using this system, we are able to offer the option to pay for the current term only or for the whole year of most (not all) classes. Many members have asked for this.

Some things on our website have changed because of this, but hopefully the changes are easy to understand.

From links on our website, you will be able to more easily join, renew, update your details and enrol online and pay using a credit or debit card or by direct debit. You will not need a PayPal account. You will still be able to enrol and pay offline by post, email and at enrolment day as in the past. You can read more about Member wizard here: <https://memberwizard.com.au/>

A program called Stripe is used to manage online payments made through Member Wizard. It is very secure, easy to use and is used by companies such as Airtasker, Uber, Booking.com, Shopify, Google and Amazon.

Read more about Stripe on our website: <https://www.kempseymacleayu3a.com.au/> under the About Us tab.

2024 Current Classes

To view a list of current classes (presented using Member Wizard) click on the Classes tab > Current Classes on our website (link above). By default, classes are ordered alphabetically but can be sorted by subject or day by clicking on the relevant button. Have a look to see how it all works and what classes are on offer.

To enrol online

Online enrolments will open in early January 2024. It's easy.

An ENROL NOW Button will display in the description of a class if and when online enrolment is available. Most but not all classes will allow online enrolment. Follow these steps.

1. Open the list of classes as above on our website
2. Click on the name of your desired class
3. Click the ENROL NOW button if available
4. Select to pay for a term or the whole year if asked
 - a. NOTE: If the class is full the button will change to WAIT LIST. Click to be placed on the wait list — You will not be charged the class fee. You will be notified and sent an invoice to pay if a vacancy occurs
5. Enrol in any additional classes
6. Indicate if you are a new or existing member and follow the prompts
 - a. NEW members will be presented with the Membership form to fill in with their contact details

and be required to accept the Terms and Conditions of Membership

- b. EXISTING members will be required to enter the email they have registered with KMVU3A and will be sent an email with instructions to complete the enrolment

7. Lastly select to pay online or offline by direct debit following prompts

- a. The Membership fee will be added to the invoice for new and non-financial existing members

See the links under the Classes tab on our website for more information.

Join or RENEW only:

You can join or renew online first and enrol in classes later. This option will be available in early 2024. For details look under the Membership page on our website.

Also available under the Membership page will be information on how to use the Member Portal. The Portal is a place in which members will be able to view and update their details, renew membership, enrol in classes and pay fees all in one place. It provides an alternative to enrolling as above.

TUTORS will be able view a list of students enrolled in their classes and email all or a selection of students.

We hope you find this new system easy to use and that you use it to update your details, join, renew and enrol.

Any of these tasks completed online make management of U3A less onerous for the U3A admin volunteers so please have a go. ❖

GET THOSE LITTLE GREY CELLS HUMMING - BECOME A BRAIN TICKLER!

It's Enrolment Day already and the first problem most of us face is how to be in two places at once.

Not a worry for Brain Tickling people – if you have a printer you're in business: be as active as you like all day then come home, get comfy with a cuppa and give your little grey cells a turn.

We do a Sudoku from time to time (sometimes with letters rather than numbers, just for a change) and a Crossword now and then, plus a few small word or number problems, but a lot of the time it's a bit like a treasure hunt: I hide answers in statements or descriptions and they try to figure out what they are.

Sounds weird but it's a lot of fun. People are encouraged to help each other, although they usually like to try it themselves first, and research is encouraged if the group answer bank turns up empty.

Jacky Booth. ❖

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	Peace Education Programme 2pm – 4pm	Table Tennis 1.30 – 3.30pm		

Course Co-ordinator's Report Term 1 2024

Term 1 for 2024 is about to begin and this is the start of another year at KMVU3A. Classes that are constantly in demand have returned, with a few favourites and a new course for South West Rocks.

Cryptic Crosswords run by Kerry Sharp is offering not only some brain testing but also structured lessons on how to interpret and understand the principles of working with cryptic crosswords. Jacky Booth's Brain Ticklers at Kempsey Library on Friday mornings also stimulates all that grey matter contained within your brain.

Pickleball at PCYC was cancelled due to low numbers in Term 4: Unless we have a class leader willing to volunteer and run this course, we are not able to investigate the options for running it again in 2024.

Mary Sweeny and Trish Woods, who ran Floral Art for Beginners, are not able to offer this course again but Trish has suggested anyone who is interested in continuing to enjoy working with floral arranging can join Kempsey Floral Art Group. (details on page 4 of this newsletter)

Fran Tarbox has decided to offer Novel Adventures again and in Term 1 she is offering a study of movies that have connections to WW11 – it's at Tozer St on Wednesday afternoons. Anne Lunnay is running her course again, now titled The Peace Education Course and it will run from Anne's home in West Kempsey on Tuesday afternoons.

We did run Photobook again in Term 4 and Pauline has done a great job with all her classes in 2023. Anyone interested in returning to continue developing their Photobook skills or start as a new member can give an expression of interest at enrolment and this will be passed on to Pauline. It's possible this course could start mid – March 2024 at Tozer St on Tuesday afternoons.

Information on all the classes we are offering in Term 1 is on pages 6 and 7, and provides specific details about individual classes, number of members allowed per class, restrictions on how or when to enrol in that class, and location where the class will run.

If you have any ideas for new courses please contact me Chris Pateman on 0407 229 600 and we can discuss your ideas. One important detail is that we must have a class leader/tutor to run the course before we can consider scheduling it for the coming term.

Chris Pateman
0407 229 600

CURRENT COMMITTEE

PRESIDENT	Fran Tarbox	0408-627-797	COMMITTEE MEMBER	Judy Addleton	0428-450-149
SECRETARY	Lois Hillard	0438-266-719	COMMITTEE MEMBER	Greg Taylor	0447-644-422
TREASURER	Mary Dye	0408-051-116	COMMITTEE MEMBER	Margaret Jopling	6562-6044
VICE PRESIDENT	Chris Pateman	0407-229-600	COMMITTEE MEMBER	Kerry Sharp	0416-002-380
COURSE CO-ORDINATOR	Chris Pateman	0407-229-600	COMMITTEE MEMBER	Neil Absolon	0429-487-345

ChatGPT?

There has been a lot of talk about artificial intelligence and ChatGPT in various media lately — but what is ChatGPT?

I asked it to explain itself to the older learner. It replied: 'Certainly! ChatGPT is a computer program designed to understand and generate human-like text based on the input it receives. It's like having a virtual conversation with a computer. For older individuals who might not be familiar with advanced technology, you can think of ChatGPT as a friendly and knowledgeable virtual companion that you can talk to.'

'Imagine sitting down with a wise friend who has a wealth of informa-

tion and can engage in conversations on a wide range of topics. You can ask questions, seek advice, or just have a casual chat. ChatGPT is here to assist and provide information on various subjects, making it a useful tool for learning, conversation, or getting assistance with tasks.'

'To interact with ChatGPT, you simply type your questions or comments, and it responds with relevant and coherent text. It doesn't have feelings or personal experiences, but it uses its vast database to generate

responses that sound human-like and aim to be helpful.

'It's important to note that ChatGPT relies on the information available up to its last update in January 2022, so it may not have the most recent information. However, it can still be a valuable resource for general knowledge and conversation.'

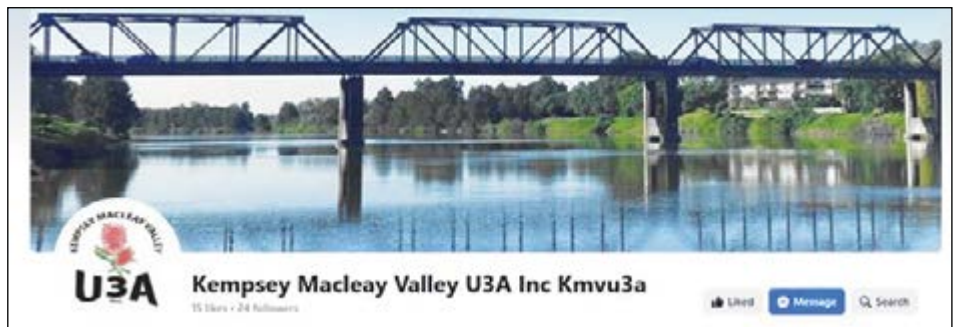
If you would like to explore this interesting development in easily accessible (and enjoyable) technology, follow this link:

<https://chat.openai.com> ❖

KMVU3A Facebook Page

Don't forget to check our new Facebook page regularly for up-to-date news on events and happenings in KMVU3A. The new page has KMVU3A in the title and a picture of the bridge at Kempsey as shown.

Here is the link: <https://www.facebook.com/KMVU3A>. Please like the page if you have a Facebook Account and regularly check and like any posts. There are many photos of the Christmas parties and classes -. If you don't have a FB account you should still be able to view the page information by dismissing or closing the prompts to log in or scrolling down. Thanks to Sally Bannerman and Anne Marshall for managing this page.



NOTE: If you find a page with a picture of kayakers – it is the old page which we cannot now access. So look for the one with the bridge. ❖

Floral Art

As we are unable to offer this course in Term 1 2024 I wish to advise anyone who may be interested in learning floral art/flower arranging that there is a local Floral Art Group that meet once a month (4th Tuesday) where we learn floral art consisting of new techniques, run workshops/demonstrations etc, which are all very helpful with designing and improving the skill of Floral Art.

Meetings are held at 791 Summer Island Rd Summer Island, commencing approximately 9.30 for 10.00am with a tea/coffee and are friendly and informal.

For more information contact: Anne 0429 450 543 or Trish 0437 141 589

Trish Woods ❖

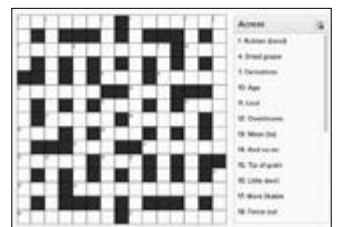
GYMNASTICS FOR YOUR BRAIN!

Come and join a small group of people who love to play with words, and who enjoy a challenge!

Cryptic crosswords will offer some basic techniques in how to understand cryptic clues – there will be lots of smiles and lots of 'aha!' moments as we access sometimes rusty vocabulary skills and refine our lateral thinking abilities.

By the end of the term, everyone will be able to unravel several different types of clues to complete a puzzle, and create a great sense of achievement into the bargain – wonderful fun!

There will be opportunities for puzzlers with more experience to work with more advanced material and offer classmates some tips and insights. ❖



Preparing Your Photobook Class

Pauline Lee has now run several classes for our u3a in how to produce a photobook using a commercial program called snapfish. This is an online service where participants insert their own photographs into a variety of formats available in snapfish.

The books can be 20 pages or as many as you want, a simple photo to a page, or fancy composite layouts with text and backgrounds, borders and more.

However, the experience from the classes has shown us that to get the most out of Pauline's expertise, you need to have a reasonable level of computer skills, preferably your own laptop, and most importantly, you need to have your photographs organised and easily available to you. Saving your photos onto a memory stick is the easiest way to access them in class.

Pauline will be busy gathering material for a new photo book between now and the end of March, so there is plenty of time to collect your photos, scan them and organise them ready to be creative in Term 2. ❖



*A page from Maree Taylor's recent Photobook composition
– many thanks Maree.*

INTERESTED IN LEARNING A LANGUAGE?

From time to time, we get requests from members who would like to learn a second or third language.

We are currently able to offer French with Marlene Holland on Tuesdays, and in the past our members have enjoyed learning Japanese, Spanish Modern Greek and German. However, we cannot always find a tutor for the requested language, or sufficient people to run a class.

But never fear, modern technology offers another way to learn, using an app on your phone or tablet.

The application that I have been introduced to is called Duolingo, and I have downloaded it onto my android phone. There is a free version, or a subscription version, so that you can try it and see if it will suit your learning style without having to pay for it.

Making contact with friends over Christmas, I was surprised to find how many were learning a language on their phone, French, Italian, Hungarian, Turkish, Korean, and Chinese are all popular. I find it useful in hearing how the language is spoken, especially with a difficult language like Chinese with its four tones.

The program uses artificial intelligence to continuously adjust the content and pace to your ability and skill level, and there are lots of graphics to encourage and keep you at it.

Duolingo does not explain much grammar, so I have supplemented it with Teach Yourself Chinese, a complete course for beginners; \$2 from the Rotary Book sale in Kempsey.

Judy Addleton ❖

Thank you Margaret...

This term, KMOVU3A Bridge players are saying farewell to Margaret Corley as our Tutor.

We would like to express our gratitude for her patience and continuous guidance, fostering the growth of several accomplished players over time.

Margaret's wealth of experience developed through many years playing with her husband Tony and a local group of seasoned bridge enthusiasts well before U3A. She said she initially felt overawed for quite a while, a sentiment many of us can relate to.

Her quiet determination and skill has set the tone and example for us all to follow. We thank you Margaret for all you have taught us, you are an inspiration to us all.

Additionally, Margaret holds the distinction of being the founding member of the Bridge group in KMOVU3A and was an original member of the Gardening group, headed by Liz Troke.

Lois Hillard ❖



KMV U3A COURSES TERM 1 2024

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 10.30am – 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	Existing members can enrol but no new members in Term 1 or in Term 3
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 20	18 exercises to increase flexibility, build strength, and bring harmony and peace to the mind
Fitness 1 Lawry Jolly 0437 186 027	Tuesday 1pm – 2pm Co-op Fitness Centre Kempsey Max 20	Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member
Bridge Lois Hillard 0438 266 719	Tuesday 1pm – 4pm Kempsey RSL Max 20	Small group of social bridge players – new members welcome with ongoing instruction from experienced players.
Peace Education Program Anne Lunnay 0448 860 312	Tuesday 2 – 3.30 pm 159 Cochrane St West Kempsey Max 6	Group discussion after video presentations on finding peace within yourself and learning how to handle situations you experienced in your life.
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	Come along and meet new friends while playing Mahjong. A great way to exercise the brain! New members welcome
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

KMV U3A COURSES TERM 1 2024

Ukulele @ SWR Pauline McFerran 0409 128 782	Wednesday 9.30am – 1pm School of Arts SWR Max 50	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 – different theme each term. New members welcome.
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 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
Fitness 2 Lawry Jolly 0437 186 027	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 Masonic Hall Max 35 per group	2 groups – alternate week class – 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 0437 186 027	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



Tozer Street Tarted Up

These photos show updated storage and bathroom at the Tozer Street premises.

More storage space, as well as the new toilet and bathroom, has greatly improved the amenity of the building.

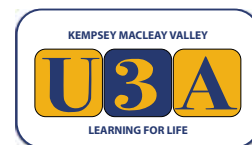




The U3A Herald

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

JANUARY 2024



TERM 1 2024 ENROLMENT DAYS:

Catholic Church Annexe, Gregory Street, SWR, Thursday January 25, 10.00 – 11.30 am

Kempsey-Macleay RSL Club, 1 York Lane, Monday January 29, 10.00 – 11.30 am

Online Enrolments open: THURSDAY JANUARY 11 2024

Classes start on Monday February 5 and end on Friday April 5

