

2024 CALENDAR

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

CHRISTMAS LUNCH

**Tuesday 17
December**

Hat Head Bowling Club

Herald Editorial Committee

Judy Addleton, Kerry Sharp,
John Cruickshanks
Contributors: Margaret
Patterson.

TERM 1 2025 (9 WEEKS)

Enrolment dates and
procedures to be
advised in Term 4 2024

CLASSES START

Monday 3 February

CLASSES END

Friday 4 April



Last Term for 2024!

The year has gone very quickly, and we are coming up to a very social season, with class wind-ups, reunions with old friends, celebratory drinks, lunches and dinners, and preparations for Christmas and New Year!

The Annual KMVU3A Christmas Lunch is always an enjoyable occasion, so make sure you put the date (Tuesday 17 December) into your calendars. Check out the invitation on page ? for more details.

Most classes will continue into Term 4, except for Line Dancing (taking a 'summer break' as the weather is too hot), and Photoshop (class dates will be Tuesday 12 November – Tuesday 10 December). Zumba, introduced in Term 3 with Maree Wright at the helm, has gone from strength to strength, and has now evolved into Zumba Gold, a variation suited especially to seniors – always with an eye on having fun!

As usual, we encourage anyone with a special passion for a particular interest, to consider sharing your experiences and information with your fellow U3A members. Just contact Jo Hughes-Hallett, Course Coordinator (or any other committee member) to discuss your ideas.

It's critical in these days of rapidly changing technology that we take every opportunity to stay in touch with each other – for many of our members, U3A is an important way of communicating. Our website: <https://kempseymacleayU3A.com.au> contains lots of information you might find useful and interesting. Don't forget to check our Facebook page regularly for up-to-date news on events and happenings in KMVU3A.

Suggestions for what you would like to see included in upcoming newsletters are always welcome – contact any member of the Committee or the Editorial Committee (Kerry Sharp or Judy Addleton).

From all the members of your Committee, we hope you have a healthy and happy Christmas season and we look forward to sharing another year of living, learning and laughing with you in 2025.

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

TRAVEL IS A LEARNING EXPERIENCE!

Every term, some of our members miss classes due to arduous foreign or domestic travel. However, travel is also a learning experience, and we would love you to share it with us!

Not everyone is able to get away to other places, so please share how your travel stories have broadened your mind, your life and your understanding of the interesting times we live in. Send us a short piece, no more than 500 words and one or two photos, to be included in the newsletter.

As an example, when Fran and Steve Tarbox visited Barcelona some years ago, their travel tales inspired me to find out more about the amazing Gothic Revival church, La Sagrada Familia, designed by the architect Antoni Gaudi which has been under construction since 1882. I recently listened to a pod-

cast on 99%Invisible.org and went down many wormholes on the internet learning about this building.

Email to: sharpfam@bigpond.net.au or jkaddleton@gmail.com

Judy Addleton



Photos of La Sagrada Familia courtesy of Norma Flint, September 2024

2024 KMVU3A Christmas Lunch **Tuesday December 17** **Hat Head Bowling Club from 11am**

Come along and bring your dancing shoes – music will be specially chosen to get people to join in.

Lunch served from 12 noon

Menu: Alternate drops – roast chicken/roast pork, pavlova/Christmas pudding. Special dietary requirements to be advised by Monday 2 December. Tea and coffee to follow. Drinks to be purchased from the bar.

Prizes for best Christmas outfit and Lucky Door Prizes.

Hampers – once again prepared from donations so see what you can do to brighten the event

Cost: \$28 per head (non-refundable). To be paid by Monday 2 December, through class leaders. RSVP through Lois Hillard 0434 434 674 or info@kempseymacleayu3a.com.au

KMV U3A Term 4 2024 Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Kayaking 8.30 – 12pm	Mahjong @ SWR 9.30am – 1pm	Kayaking 8.30am – 12pm	Balance 'n Bones SWR 9am – 10am	Meanders Walking Group 8.30am – 12pm
Balance 'n Bones Kem 9am – 10am	Tuesday Tappers 9am – 11am	Balance 'n Bones Kem 9am & 10am	Balance 'n Bones SWR 10am – 11am	Brain Ticklers 10am – 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 1a 11am – 12pm	Ukulele 9.30am – 1pm	Gardening 1pm – 3pm	
Wool & Crafts 12.30pm – 2.30pm	Fitness 1b 1pm – 2pm	Novel Adventures 12.30pm – 3pm	Cryptic Crosswords SWR 2pm – 4pm	
Cards, Pegs, Tiles 1.30pm – 4pm	Bridge 1pm – 4pm	Table Tennis 1.30 – 3.30pm		
Zumba 1pm – 2pm	Photobook 1pm – 3pm			

The Sweet Truth: Why Chocolate is Actually Good for Us

LET'S FACE IT: chocolate is basically a super hero disguised as a treat.

As you nibble on that creamy bar, you might think, "Is this really good for me?" So let's unwrap the truth (and a few bars) about why chocolate deserves a spot on our health list!

- 1. Antioxidant Powerhouse:** Forget kale—chocolate is the real super-food! Packed with antioxidants, it fights off those nasty free radicals. Think of chocolate as your delicious little bodyguard, protecting you from all sorts of villains (like oxidative stress).
- 2. Heart Health Hero:** Who needs cardio when you have chocolate? Studies suggest that indulging in

dark chocolate can lower blood pressure and improve heart health. So, while others are sweating it out at the gym, you're doing your heart a favour with every bite!

- 3. Mood Lifter Extraordinaire:** Feeling down? Chocolate is here to save the day! It releases endorphins, the feel-good hormones, making it the tastiest mood booster around. It's like giving your brain a little hug – and who doesn't want that?
- 4. Brain Booster:** Who needs brain games when you can just munch on chocolate? Those flavonoids may improve memory and cognitive function. Just think of it as brain fuel - delicious, chocolatey brain fuel.

- 5. Nutrient Nugget:** Dark chocolate is rich in iron, magnesium, and fibre. You're not just indulging; you're actually nourishing your body. You can almost convince yourself it's a health food – almost!

Conclusion: So there you have it! The next time someone raises an eyebrow at your chocolate stash, just smile and tell them you're on a health kick. After all, who can argue with science (or deliciousness)? Chocolate: making the world a sweeter, healthier place – one bite at a time!

Kerry Sharp



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.kempseymacleay3a.com.au/contact-us.html>

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



And the story continues . . .

Take yourself back once again to life in the Macleay Valley, as described so beautifully by Margaret Patterson:

We moved to Kempsey — wow! What a big difference from our old farm house. We had curtains, blinds, carpet and tiles on the floors. I didn't go to school anymore, but stayed at home to help Mum in this nice new house. There was much to do as by now my sister Marie had arrived, making us a family of 10 children with old Pop Price, Mum and Dad — it is a wonder we all fitted in. It wasn't long before Peter went to join the Army and Dad became Shire President.

I went to the movies every week. I was also having piano lessons at the Convent once a week. In October 1953 I had another

we soon got used to it. The young ones caught the bus to Kempsey to attend the Convent school. John was to help Dad on the farm and I was Mum's helper. Once again we were all happy to be living on a farm. Old Pop sat in the flat bottom boat most days catching us many feeds of fish. The big farm house still had room for more family, so on 3rd November 1956 little Patricia was born.

When I was about sixteen I went to work at Nestles, getting there by boat each day.

Some time later my sister Joan joined me at the factory, so there were two of us to row the boat — we often got caught in the mud at

calling out to us — I wonder if any of them would have rescued us if need be. Our Guardian Angels were certainly kept busy in the many things the river threw at us like those windy days when the waves came over the side — we often had wet pants!

I married on 3rd April 1961, and we built a little two bedroom house in Jubilee Lane and moved in on the 12th August 1961, the same day my grandfather Flanagan died. It wasn't long before I took in two boarders — a father and son, The Prosser's from Lismore. Mr Prosser was the chief builder of the new Kempsey District Hospital. They lived with us



Margaret Patterson

but at least the piano was left with me so I could soothe my bad days with a few old tunes.

Dad worked at Botany Bay and the younger ones were either working or at school.

A real treat for Dad was to cross the street from their flat and buy fish and chips for Friday night dinner.

Dad died suddenly from a blood clot on 10 November 1970 aged 58 years

Our Mother Gladys was left to carry on, returning to Kempsey with Marie, Carmel and Patricia. The girls eventually made their way back to Sydney for work.

Gladys died in 1997 aged 82, having 36 Grandchildren.

My four children and my sev-



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



er baby sister to fuss over when Carmel Genevieve arrived. On the 31st December 1952 my Uncle Dick tragically drowned. The farm at Austral Eden needed a farmer — so my Grandfather told my Dad to pack us all up and go and live on the Austral Eden Farm opposite the Nestles Factory.

We were only two years and nine months in Kemp Street — town life was too expensive to raise children.

Austral Eden had a nice big farm house with plenty of room for 11 children and Pop Price. The noise from the factory was hard to take for a few weeks but

low tide but we managed to get home. Sometimes on a hot day we jumped into the lovely cool river for a quick dip before lunch (Mum always had it ready with the help of Colleen) and back to work all in an hour. Then another sister Elaine joined us.

The river was our main way of getting to work, church, movies, school, dances and football etc. I recall crossing the flooded Macleay many times to make sure we kept our jobs. I look back and think of the many mishaps that could have happened like a big log turning our boat over. I remember men standing on the wharf

for two years, until the hospital was finished.

My Mum, Dad and family by now lived in Sea Street as the farm had been sold due to Grandfather Flanagan dying. It was nice to have my little sisters call in at Jubilee Lane after school some days to play with Stephen and Anthony.

Due to the shortage of work on the Macleay in 1966, Mum and Dad, Pop, Kevin, Marie, Carmel and Patricia left Kempsey to live in Randwick. Michael was boarding with us, working as an apprentice butcher at Yabsleys. I missed having my family close,

en grandchildren have been a great delight to me, now all grown up and working, travelling and living life to the full. My family and friends have been amazing, getting me through some very tough times.

My life has been quite interesting: I have had many holidays visiting different countries: Japan, China, Belgium, USA, UK, Canada and Alaska.

For the little farm girl from Kinchela Creek I haven't done too badly! ♦

Margaret Patterson

In the Spring Garden

TERM THREE was a busy and varied time for the gardening group, which now has over 50 members.

The program for the term included guest speakers on how to re-pot your orchids, home composting, making mosaics for the garden, plus two bus trips — to Coffs Harbour nurseries and the Bellingen plant fair. Gardeners also joined up with the Meanders for their annual spring wildflower walk near Crescent Head and visited a local garden or two.

The gardening group has a devoted and generous group of helpers whose knowledge and experience of plants and horticulture in general is remarkable. Gail's contacts with nurseries have provided us with many of our guest speakers while Jodie's knowledge and experience with bokashi composting and her generosity in providing us with bokashi starter plants (a bit like ginger beer plants) was greatly appreciated by members and their gardens. And that's only two of the helpers!

Because the group is so large, and the Pensioners Hall is not, we introduced a system of meet and greeters in Term 3 to make sure everyone was welcomed and introduced, and the attendance sheet marked off. The greeters can be identified by their flowery fascinators and aprons.

One of the term's highlights was the demonstration on how to re-pot your orchid. Ken from the local orchid club brought in an enormous dendrobium speciosum which he cut up and re-potted into several pots and generously gave away the left over orchid sections to fortunate and enthusiastic members.

Term 4 looks exciting

another bus trip, this time south to Old Bar and Wingham; guest speakers on African violets, bromeliads and lemon myrtle,



Ken Towle shows how it is done.

a focus on growing vegetables, and a photo competition.

But wait, there's more!

Our usual segments on "My life in gardening", poem of the week, show and tell, plant identification, and the popular plant trading table will also continue.

From Times Long Ago...

Many of us grew up enjoying the humour of Australian bush poetry — here is an example from Banjo Paterson which many of us still remember.

I spent many years washing and drying up dishes after dinner at night learning and reciting poems with my Dad. At family parties, he would co-opt actors to take on the roles of various characters in the poems. A very notable 'event' would be 'The Man from Iron Bark'. Wonderful memories!

Kerry Sharp

A Bush Christening

Banjo Paterson

On the outer Barcoo where the churches are few,

And men of religion are scanty,

On a road never cross'd 'cept by folk that are lost,

One Michael Magee had a shanty.

Now this Mike was the dad of a ten year old lad,

Plump, healthy, and stoutly conditioned;

He was strong as the best, but poor Mike had no rest

For the youngster had never been christened.

And his wife used to cry, 'If the darlin' should die

Saint Peter would not recognise him.'

But by luck he survived till a preacher arrived,

Who agreed straightaway to baptise him.

Now the artful young rogue, while they held their colloque,

With his ear to the keyhole was listenin',

And he muttered in fright, while his features turned white,

'What the divil and all is this christenin?'

He was none of your dolts, he had seen them brand colts,

And it seemed to his small understanding, If the man in the frock made him one of the flock,

It must mean something very like branding.

So away with a rush he set off for the bush,

While the tears in his eyelids they glistened —

'Tis outrageous,' says he, 'to brand

youngsters like me,

I'll be dashed if I'll stop to be christened!' Like a young native dog he ran into a log,

And his father with language uncivil,

Never heeding the 'praste' cried aloud in his haste,

'Come out and be christened, you divill'

But he lay there as snug as a bug in a rug,

And his parents in vain might reprove him, Till his reverence spoke (he was fond of a joke)

'I've a notion,' says he, 'that'll move him.'

'Poke a stick up the log, give the spalpeen a prog;

Poke him aisy — don't hurt him or maim him,

'Tis not long that he'll stand, I've the water at hand,

As he rushes out this end I'll name him.

'Here he comes, and for shame! ye've

forgotten the name —

Is it Patsy or Michael or Dinnis?'

Here the youngster ran out, and the priest gave a shout —

'Take your chance, anyhow, wid 'Maginnis!'

As the howling young cub ran away to the scrub

Where he knew that pursuit would be risky,

The priest, as he fled, flung a flask at his head

That was labelled 'MAGINNIS'S WHISKY!'

And Maginnis Magee has been made a J.P.,

And the one thing he hates more than sin is

To be asked by the folk, who have heard of the joke,

How he came to be christened 'Maginnis!'

KMV U3A COURSES TERM 4 2024

Kayaking Jo Hughes-Hallet 0405 366 443 Steve Tarbox 0455 028 636	Monday 8.30 – 12pm Eden St ramp & Various locations Max 20	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 1.30pm – 4pm Kempsey Pensioners Hall Max 18	Relaxing afternoon playing cards – Bolivia, 500 or Euchre. Join this lively group. New members welcome.
Zumba Maree Wright 0428 317 121	Monday 1pm – 2pm Uniting Church Upper Hall, Wide St, Kempsey Max 20	A fun, high-energy workout experience that keeps you excited to exercise and return for more. You don't need special dance skills to have a great time, so just dance, let go, and have fun.
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 Uniting Church Upper Hall, Wide St Max 30	18 exercises to increase flexibility, build strength, and bring harmony and peace to the mind
Fitness 1a Lawry Jolly 6562 5100	Tuesday 11am – 12noon Co-op Fitness Centre Kempsey Max 15	Classes combining weight & cardio exercises with all equipment supplied – \$5 per class per member
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
Bridge Lois Hillard 0434 434 674 Jocelyn Bakewell 0402 174 021	Tuesday 1pm – 4pm Kempsey RSL Max 20	Small group of social bridge players – new members welcome with ongoing instruction from experienced players.
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 famiy and friends. You need lots of photos to make happy memories from.
Kayaking Sally Bannerman 0412 628 293	Wednesday 8.30am – 12pm Various locations Max 20	Kayaking is an ideal pastime. You will need canoe or kayak, buoyancy vest, paddle or paddles – pre-medical check is essential.

KMV U3A COURSES TERM 4 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 complicated 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 Tennis Steve Tarbox 0455 028 636 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
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
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.

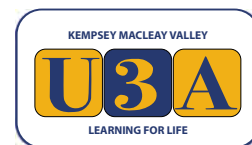
All classes are \$5 per term or \$20 for a full year with some classes requiring an additional \$5 fee. Enrolment in any class you choose is dependent on maximum number for that class. You will be placed on a waiting list if class has been filled when you enrol



The U3A Herald

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

OCTOBER 2024



TERM 4, 2024 ENROLMENT DAYS:

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

Classes start on Monday October 21 and end on Friday December 13