

U3A BALLINA/BYRON INC

NEWSLETTER TERM 1 2013



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Website www.ballinabyron.u3anet.org.au

From the President:

Welcome to the New Year. May it be a very happy and productive one for all of you.

Thank you to everybody who contributed to our U3A in any way in 2012 and I look forward to your support again in 2013. We had a good response for volunteers to help with the Xmas wrapping again last year which is really appreciated, thank you so much for giving your time .

2012 was another busy year, it seemed to go by so fast, is that a sign of ageing ? As always, the new year presents us with the opportunity to explore fresh ideas for innovation and improvement. We are again able to offer a wide range of classes and of course this could not be achieved without our volunteer tutors, for without them there would be no courses, there would be no U3A.

Two of our tutors called time out and won't be continuing this year. Thank you Nancye Graham (card making) and Betty Blandford (computers) for helping many of our members to learn from you over the years.

This year we welcome John Van der Werff who will be presenting a course about share trading and the stock exchange. Kim Pendreigh started helping with Hatha Yoga in term 4 last year will return in Term 1 and Terry Doherty will be teaching computer skills in place of Betty Blandford. Welcome back Kim and Terryi, thank you for offering your time, I hope you find your time with our U3A rewarding.

Every member must enrol for their chosen course(s) for 2013 – this includes the ongoing courses – no one is exempt. Enrolment days at Ballina Fair on Wednesday 16th and Thursday 17th January from 10-3 on Wednesday, 10-2 on Thursday. Please check the class program available in this newsletter prior to enrolment days for new classes and for any changes to ongoing classes.

Please show interest and enthusiasm by coming to our Annual General Meeting, Monday, 8th April at 10.00 am and take an active part in the running of our organisation. This is the only meeting of the year involving the membership. The meetings are usually short and followed by morning tea, so please attend and show your support and offer your ideas and comments.

I look forward to catching up with you all during the last week of January when classes start for 2013.

Remember, you're never too old to learn.

Judy Parker, President.

Enrolment Days

Wednesday 16th January 10am - 3pm

Thursday 17th January 10am - 2pm

Ballina Fair

Every member must enrol

No enrolments are carried forward from last year

The enrolment form is included in this newsletter. Please complete the form, detach it and bring it with you when you enrol. The form will be initialed and returned to you as a record of your enrolment.

If you are unable to come in on these nominated days, consider asking a friend to bring your paperwork and register for you, or mail it to U3A Ballina/Byron, PO Box 55, Ballina 2478. All posted enrolment forms will be opened on 16th January.

TERM DATES 2013

Term 1	29 Jan - 12 Apr
Term 2	29 Apr - 28 June
Term 3	15 July - 20 Sep
Term 4	8 Oct - 6 Dec

U3A Ballina Byron welcomes new and returning members to a new year.
We hope you enjoy the courses and activities.

To help your tutors and fellow students please

- Turn off your mobile phone
- Initial the attendance sheet at each class
- Wear your name badge to all classes
- Read the notice boards and newsletters through the year
- Wait until the class before yours is finished before entering the room
- Inform the tutor if you will be away, or if you decide to leave the class.
- If you are waitlisted for a class, please wait to be contacted.
- Be punctual and please do not to disrupt the class if you do happen to arrive late.

**Notice is hereby given that the
Annual General Meeting**

of U3A Ballina/Byron Inc

**will be held
on Monday 8 April 2013
at 10am at Fripp Oval, Canal Road, Ballina**

A quorum of twenty five (25) members is required

**Nominations will be called for the positions of
President, Vice President, Secretary, Treasurer, Committee Members (max 8)**

A nomination form is attached and when completed should be forwarded to

**The Secretary, U3A Ballina/Byron, PO Box 55, Ballina 2478
or left in the office at Fripp Oval by 5 pm on Tuesday 2 April 2013.**

AGENDA

- President's Report
- Treasurer's Report
- Election of Committee
- General Business (of which written notice must be received by the Secretary no later than 5pm Tuesday 2 April)

Notice of motions must be in the hands of the Secretary by 5pm on Tuesday 2 April.

2013 Classes

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Card Making Techniques 9.45-12.15pm Fortnightly Fripp Oval	Walking 8.30am term 1 9am terms 2,3&4 from Fripp or as on walks list	Bones for Life 9-10am Fripp Oval	Shibashi (beginners) 9.15-10.00am Fripp Oval	Walking 8.30am term 1 9am terms 2,3&4 from Fripp or as on walks list
Lost Empires – Royal Houses 11-12.30pm Ballina Golf & Sports Club	Yoga & Core Pilates 9.15-10.30am Fripp Oval	Exploring books 10am-12 noon Monthly Tutor's home	Shibashi (continuing) 10-11.15am Fripp Oval	Hatha Yoga 9-10.30am Fripp Oval
Mah Jong, Scrabble and Canasta 12.30-4pm Fripp Oval	Italian 10-12 noon RSL Bowling Club	Movie Appreciation Ballina/Byron On-going	Weights for Women 11.30-1pm Fripp Oval	Jewellery Making Course 10.30-12.30 Fripp Oval
Spanish 3.30-5pm Tutor's home	Food and Shelter Innovations of Human Expansionists 10.30-11.30am RSL Bowling Club	Photoshop Elements 9.30-11am Term 1 Fripp Oval	Reflexology 10 -11.15pm Terms 1&2 Fripp Oval	Tap Dancing (Intermediate) 9.30-11am Sailing Club
	Computers – Individual Tuition 10–12 noon (1hr sessions) Fripp Oval	Digital Photography 11.15–12.30pm Fripp Oval	Computers – Individual Tuition 10–12 noon (1hr sessions) Fripp Oval	Tap Dancing (Beginners) 11.15-12 noon Sailing Club
	Cryptic Crosswords 10.45-12noon Fripp Oval	Computers – Individual Tuition From 10 am (1hr sessions) Fripp Oval	Introductory Bridge 11.30-1pm Term 1 Fripp Oval	Canasta 12.30-4pm Fripp Oval
	Table Tennis 12.30-2.30pm Fripp Oval	Creative Writing 12-2pm Fortnightly Fripp Oval	Poetry for Pleasure 1.15-3.15pm Fortnightly Fripp Oval	Croquet 12.30-2pm Croquet Club
	Meditation 2.30–4pm Fripp Oval	Classical Music Appreciation 12-2pm Fortnightly Fripp Oval	Share Trading 1.15-3.15pm Fortnightly Fripp Oval	Craft 12.30-2.30pm Fripp Oval
	Scottish Country Dancing (beginners & continuing) 4-6pm Uniting Church Hall	Current News Events 2-3pm Fortnightly Starting 2 nd term Fripp Oval		

MONDAYS

Card Making Techniques

Convenor Colleen Wellard &
Trish Holmes
Venue Fripp Oval
Time 9.45-12.15
Commencing 4th Feb fortnightly

Handmade cards including stamping, embossing, 3D & using a Big Shot. Beginners MUST do a class before joining the regular class. Phone Colleen to arrange this class, on 6686 3778

Lost Empires – Royal Houses

Convenor Warren Hastings Harris
Venue Ballina Golf & Sports Club
Time 11-12.30pm
Commencing 4th Feb weekly

A look at Royal Houses of the world concentrating on a 'behind the scenes' look at the personalities involved.

Mah Jong, Scrabble, Canasta

Convenor Judy Parker (Mah Jong):
Louise Reynolds (Scrabble)
Prue Coady (Canasta)

Venue Fripp Oval
Time 12.30-4pm
Commencing 4th Feb weekly

Mah Jong – for players with experience

Scrabble – for players with experience

Canasta – new and experienced players welcome

A relaxed social afternoon of mutual enjoyment.

Spanish

Convenor Brian Lewis
Venue Tutor's Home
Time 3.30-4.15 pm beginners
3.30– 5pm continuing
Commencing 4th Feb weekly

A class for beginners to understand the structure of the language. Continuing class for students who have a basic understanding.

TUESDAYS

Walking

Convenor Margaret & Mike Ball
Venue From Fripp
Time 8.30am Term 1
9am Term 2,3&4
Commencing 29th Jan - weekly

Mainly local walks at easy pace. Various terrains. Approx 8km 2-2½hrs (with coffee break). Car pooling if required.

Italian

Convenor Pam Wurn, Judith Haggard,
Kay Radloff
Venue RSL Bowling Club
Time 10–12 noon
Commencing 29th Jan weekly

Food & Shelter Innovations of Human Expansionists. Benefits and Hazards from prehistory to the present

Convenor George Raudzens
Venue RSL Bowling Club
Time 10.30-11.30am
Commencing 29th Jan weekly

How important were sources and innovations in food supplies and shelters in shaping human survivals and population expansions in the most favourable environments on our planet? Why did tribes expand and multiply into kingdoms and nations in specific planetary environments? Were places more decisive than inventions? To what extent have food and shelter competitions shaped cultures and socio-political economies? Why do mass killings and starvations continue as our species continues to multiply on our planetary "food ball"?

Computers – Individual Tuition

Convenor Victor Bosnic
Venue Fripp Oval
Time 10 – 12 noon
(1 hr sessions)
Commencing 5th Feb weekly

One-on-one computer training that helps students understand computer basics. Additionally help is provided with solving problems experienced when using a PC at home. Topics include emailing, saving attachments and filing them, fixing photos, virus protection, surfing the internet safely and managing libraries

Yoga & Core Pilates

Convenor Mahullah Bosnic &
Ann McDonald
Venue Fripp Oval
Time 9.15-10.30am
Commencing 29th Jan weekly

Hatha Yoga posture sequence, audio tape assisted. Realigns and adjusts the body and mind resulting in harmony of body, mind and spirit. Core Pilates instructed exercises strengthen and tone abdominal, back, butt and thigh muscles.

Cryptic Crosswords

Convenor Glenda Shearman
& Ian McLean
Venue Fripp Oval
Time 10.45-12 noon
Commencing 29th Jan weekly

Ease the strain, Tease your brain, Knowledge you'll gain, You'll come again and again, and Ian will say "please explain".

Table Tennis

Convenor Deirdre Cox &
Janine Kent
Venue Fripp Oval
Time 12.30-2.30pm
Commencing 29th Jan weekly

Lots of fun, a bit of fitness, good hand/eye training, but mainly lots of fun.

Meditation

Convenor Victor Bosnic
Venue Fripp Oval
Time 2.30 – 4pm
Commencing 29th Jan weekly

Participants learn to create a calm and stress free environment within themselves and act from that.

Scottish Country Dancing

(beginners & continuing)

Convenor Elspeth Lacey
Venue Uniting Church
Hall, Ballina
Time 4-6pm

Commencing 29th Jan weekly

Good fun, good exercise for mind and body learning the traditional and modern dances of Scotland. Wear soft flat shoes, no partner necessary. Small charge.

WEDNESDAYS

Bones for Life

Convenor Kathleen Webster
Venue Fripp Oval
Time 9-10am
Commencing 30th Jan weekly

A program for stimulating bone strength through natural movement and weight bearing posture.

www.bonesforlife.com.au

Exploring Books

Convenor Heather Ebbott
Venue Convenor's home
Time 10am – 12 noon
Commencing Feb - 3 per term

Each session we explore a different topic bringing along books that relate to that topic – lots of variety, much enjoyment. Contact Heather for topics and dates on 6681 5654 or 0419 815 655.

Creative Writing

Convenor Jan Mulcahy
Venue Fripp Oval
Time 12 -2pm
Commencing 30th Jan fortnightly

A long standing creative writing group who share and care about the written word. We welcome newcomers to join in the fun of our relaxed style of learning. Jan is a published poet and author of two books, a family history and memoir of her music career. She is an experienced teacher and is keen to join in the writing exercises which will inspire the group

Movie Appreciation

Convenor Christine George
Venue Variable (daytime)
Time Variable
Commencing 30th Jan ongoing

Movie and group discussion over coffee.

Contact Chris on 6686 8253 for details of when and where.

Classical Music Appreciation

Convenor Jan Mulcahy
Venue Fripp Oval
Time 12 -2pm
Commencing 6th Feb fortnightly

"I know what I like, but..." is the common approach to music and most people remain stuck at that level for life.

Do you want to know more about classical music?

Want to hear more than the melodies? Let me take you on a journey to the inner magic of music, open your ears and your heart to the passion of Berlioz and Verdi. Come into the English countryside with Elgar's smooth flowing streams of melody. Relax to Aavo Paart. You don't need to sing or learn an instrument. You may be able to share a funny story or learn some history of music. Mainly you will be invited to share the ambience with others and leave refreshed and relaxed. Jan Mulcahy was a former professional musician for 25 years. She played the double bass with the Sydney Symphony Orchestra, the Canberra Symphony Orchestra and the Australian Opera and Ballet Orchestras.

Photoshop Elements

Convenor Ian Lacey
Venue Fripp Oval
Time 9.30-11am
Commencing 30th Jan weekly Term 1 only

Advanced editing techniques using Photoshop Elements for more experienced photographers.

Digital Photography

Convenor Ian Lacey
Venue Fripp Oval
Time 11.15-12.30pm
Commencing 30th Jan weekly

Develop your skills with a digital camera and learn to manage and improve your photographs on a computer. Must have some experience with computers.

Computers – Individual Tuition

Convenor Terry Doherty & Elspeth Lacey
Venue Fripp Oval
Time From 10am (1 hr sessions)
Commencing 6th Feb weekly

Current News Events

Convenor Brian Lewis
Venue Fripp Oval
Time 2-3pm
Commencing 2nd term fortnightly

Students will discuss current news events, with views for and against what has occurred.

THURSDAYS

Shibashi

Convenor Faye Duncan & Lyn Ebert
Venue Fripp Oval
Time Beginners 9.15-10am
Shibashi movements 10-11.15am
Commencing 31st Jan weekly

Shibashi is a gentle relaxing form of Tai Chi. It aids breathing, muscle tone, posture, balance and core strength. Meditation in motion.

Weights for Women

Convenor Mahulla Bosnic
Venue Fripp Oval
Time 11.30 – 1pm
Commencing 31st Jan weekly

Alternating routine and exercises using handheld light weights slowly and with control. Warm-ups, strengthens, builds, tones, stretches, releases and relaxes. A fun class that is great for osteo resistances and general well-being.

Reflexology

Convenor Sue Fielder
Venue Fripp Oval
Time 10 – 11.15am
Commencing 31st Jan weekly Terms 1&2

There are reflexes on our hands and feet corresponding to all areas of the body. Stimulation of these reflexes induces relaxation and well-being. In this course you will learn a specific massage technique to use on self or others.

Computers – Individual Tuition

Convenor Victor Bosnic
Venue Fripp Oval
Time 10 – 12noon
(1 hr sessions)
Commencing 7th Feb weekly

Introductory Bridge

Convenor Lyn Graham
Venue Fripp Oval
Time 11.30 – 1pm
Commencing 7th Feb weekly Term 1

An introduction to the challenging game of Bridge. The weekly lessons will teach you the basic rules of bidding, play and defence in Contract Bridge.

Poetry for Pleasure

Convenor Gwen Spencer
Venue Fripp Oval
Time 1.15 – 3.15pm
Commencing 31st Jan fortnightly

For people with imagination who like to create works of art using words. While the main aim is to write poetry, the group also looks to works of recognized and traditional poets for additional inspiration and technical knowledge. There is much support and encouragement within the group, enabling members to flourish and develop at their own pace.

Share Trading

Convenor John Van Der Werff
Venue Fripp Oval
Time 1.15 – 3.15pm
Commencing 7th Feb fortnightly

Fundamentals of the Stock Market, how it operates, trading shares, CFDs, options, opening an account, software, websites, technical analysis, indicators, patterns, Elliot waves – putting it all together.

FRIDAYS

Walking

Convenor Margaret & Mike Ball
Venue from Fripp Oval
Time 8.30 from Fripp
Commencing 1st Feb weekly

Mainly local walks at easy pace. Various terrains. Approx 8km 2-2½hrs (with coffee break). Car pooling if required.

Hatha Yoga

Convenor Kim Pendreigh
Venue Fripp Oval
Time 9-10.30am
Commencing 1st Feb weekly

Hatha Yoga helps to unite mind, body and spirit and helps us to lead vital, healthy and energetic lives. One hour of asana practice followed by a guided relaxation to restore and refresh.

Jewellery Making

Convenor Joan Montalbetti
Venue Fripp Oval
Time 10.30-12.30
Commencing 1st Feb 6 weeks

Design & techniques, basic stringing, making wrapped loops, string a necklace, make earrings, and a bead woven bracelet. Purchase or bring your own beads. Bring a towel to work on and any tools and beads you would like to use.

Tap Dancing

Convenor Joy Goode
Venue Sailing Club
Time Beginners 11.15-12 noon
Intermediate 9.30-11am
Commencing 1st Feb weekly

Tap dancing is great exercise, improving balance, posture, memory retention, confidence and music appreciation. It is both challenging and fun and presents an opportunity to meet new people. Men & women welcome. Previous experience required for intermediate class. Small charge per class.

Canasta

Convenor Louise Reynolds
Venue Fripp Oval
Time 12.30-4pm
Commencing 1st Feb weekly

Canasta for players with experience.

FRIDAY (cont'd)

Croquet

Convenor Jean Hill
Venue Ballina Croquet Club
Time 12.30-2pm
Commencing 1st Feb weekly
 6 weeks

Keep your mind and body active, learn Croquet, the thinking person's sport. \$10 charge for 6 week course.

Craft

Convenor Sue Bell
Venue Fripp Oval
Time 12.30-2.30pm
Commencing 1st Feb weekly
Craft classes cover knitting, crochet, felt work, decoupage, sewing (hand & machine), basic quilting project, embroidery and other types of craft.

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BRUNSWICK HEADS

Weekly meetings are held on Tuesdays from 10-12 noon at the CWA Rooms at Brunswick Heads. The group is happy to welcome visitors.

The Poetry and Writing Group will be continuing, guest speakers every two weeks, and every two months there will be a Musical Appreciation morning learning about the value, culture and a little history of music.

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CRAFT GROUP

We have been meeting each Friday afternoon for three terms and we are all looking forward to a new year.

During 2012 we tried weaving, decoupage, quilting, sewing, felt work, knitting, crochet, beading and card making! A busy but great year. We raised \$105 for the Westpac Helicopter Rescue Service through sales of craft items at two of the trivia afternoons. We also made care bears for the Rotary Interplast Program and beanies for the Lismore cancer unit. We finished the year with a great Christmas lunch and a Christmas sing song accompanied by one of our members on the ukulele, Christmas poems and jokes, lots of laughter and fellowship. We pride ourselves on having a happy relaxed group and look forward to welcoming new members this year. *Sue Bell*

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THE ART OF HEALING

On Wednesday 6 March, Catherine from The Art of Healing magazine will talk to us on alternative ways of looking after your health including some of the natural therapies such as aromatherapy, breathing, mindfulness and meditation, yoga, sound and art therapy. But she is also interested in talking with you about what you know about these topics and if you are currently using any of these in your own health regime. If you want to find out more about *The Art of Healing* before Catherine speaks, you can visit her website at <http://www.theartofhealing.com.au>.

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TRIVIA

A change of day for Trivia in Term 1 –
this popular event will be held on **Wednesday 20 March** at 2pm.

MANAGEMENT COMMITTEE

Committee Meetings held 1st Thursday of Feb, April, June, Aug, Oct and Dec. at 1.30pm at Fripp Oval

PRESIDENT	Judy Parker	6686 7660	OFFICE MANAGER	Marj Hobbins	6686 2792
VICE PRESIDENT	Warren Hastings Harris	6628 7303	PUBLICITY / PUBLIC RELATIONS	Penny Kempler	6628 5361
SECRETARY & PUBLIC OFFICER	Elspeth Lacey	6686 2076	WELFARE OFFICER	Eve Stephan	6686 2578
TREASURER	Margaret Ball	6686 8872	NEWSLETTER	Penny Kempler	6628 5361
COMMITTEE	<u>Sue Bell</u>		WEB MASTER	Elspeth Lacey	66862076
	Wendy Boniface	6681 4884	SOCIAL COMMITTEE	Margaret Ball	6686 8872
	Prue Coady	6681 3728		Wendy Boniface	6681 4884
	Brian Lewis	6686 7180		Lois Tepper	6686 7099
	Viv Miller			Maureen Murphy	6681 3223
	Raine Moloney	6686 0946		Eve Stephan	6686 2578
	Maureen Murphy	6681 3223		Prue Coady	6681 3728
	Eve Stephan	6686 2578	BRUNSWICK VALLEY REPRESENTATIVE	<u>MaryAnne Smith</u>	6685 3033
CLASS & VENUE COORDINATOR	Warren Hastings Harris	6628 7303	HONORARY SOLICITOR	Robert Hosie of Hosie & Partners - Solicitors	

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U3A BALLINA/ BYRON INC. NEWSLETTER TERM 1 2013

U3A Ballina/Byron inc. is pleased to be in association with Ballina Fair and welcomes the support it provides