

U3A BALLINA/BYRON INC



NEWSLETTER Term 1 2014

U3A Ballina/Byron Inc.

PO Box 55

Ballina 2478

Telephone: 66814450

Email: u3abalby@virginbroadband.com.au

Website: www.ballinabyron.u3anet.org.au

OFFICE

Fripp Oval (next to RSL Bowling Club)

Canal Rd

Ballina

Please send an email to this address if you would be happy to receive your newsletter by email [and save the U3A printing and postage costs]

From the President:

Hello Everyone

Happy New Year. May this year mark the beginning of another year of learning and discovery for you with U3A Ballina/Byron.

The start of a new year requires choosing your preferred course or activity and registering your choice. This year there is a change of venue for enrolments. They will be held at Fripp Oval clubroom on Thursday 16th and Friday 17th January from 10.00am-2.00pm. Tea and coffee will be available for members.

You will find the list of classes and the enrolment form attached to this newsletter. When you fill in the enrolment form, please select only the classes that you can attend regularly during the term. If you intend enrolling in a Yoga class, please select only one of the classes not both, as that will give other members a chance of participating in these very popular classes.

Everyone must enrol for their chosen courses in January. If you are unable to come in on these nominated days, consider asking a friend to bring your paperwork and register for you or send it by mail to PO Box 55, Ballina 2478.

Thank you to the 60 plus members who took the time to fill out and return the survey. Comments and suggestions have been recorded and action will be taken where necessary. Judith Hodgson was the winner of the draw for returning the survey, and she was very pleased with her bottle of red.

You will also notice the date for our AGM which will be on Monday, 7th April, 2014 at Fripp Oval at 10am. Everyone is welcome. Please make a note of the date and consider taking up a position on the committee. We have a healthy membership of nearly 500 and I would like to think that there are a few of you willing to bring some new ideas to the running of our U3A. I will not be standing for re-election as President. This is my 5th year in the top job and it is well and truly time for someone else to step up and make the commitment to take over.

Elsewhere in this newsletter you will find an invitation to our 20th Birthday celebration for members, to be held at the RSL "Spinnakers" room on April 1st 2014. I would like to see many of our members attend to enjoy the company of others, enjoy a light lunch and entertainment for \$10.00 per person (subsidised by U3A) and celebrate what our organisation is to-day and how far we have come.

Judy Parker, President

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

Enrolment Days

Thursday 16th January 10am - 2pm

Friday 17th January 10am - 2pm

Fripp Oval Clubrooms

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.

-----oOo-----

***You are invited to join in the 20th Birthday Celebrations
of U3A Ballina/Byron Inc***

***on Tuesday 1 April 2014 at the Ballina RSL Club
12 for 12.30 pm***



***Entertainment and Light lunch
Cost (subsidised) \$10 pp
~ members only***



Notice is hereby given that the

Annual General Meeting

of U3A Ballina/Byron Inc

will be held
on Monday 7 April 2014
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 1 April 2014.

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 1 April)

Notice of motions must be in the hands of the Secretary by 5pm on Tuesday 1 April.

Brunswick Heads

The Brunswick Heads group meet at the CWA Rooms every Tuesday from 10am - 12 noon. They are very happy to have visitors join them. Contact person is Gertie Krebs 6680 7350

On the first Tuesday of the month there is a Poetry Class.

Music Appreciation is on the third Tuesday of the month.

Visiting speakers fill the other weeks. In February Joan Mott will talk about her trip to New York and Jan Mulcahy on her life as a double bassist. In March Fran Boyle will talk on Cattle Duffers

-----oOo-----

Social Committee –

At the end of 2013 the Social Committee disbanded after most of the members had been on it for the previous 10 years. We all thank them for such a commitment and the great work they have done.

We are now forming a new committee to take over - Anyone interested in giving a helping hand, please ring Viv Miller on 66 867561, or give your name and phone number to the office.

The more people we have, the more ideas and suggestions we hopefully will be able to come up with, and we can see if U3A wants us to try and organise a few things, or not. Remember, U3A runs on its volunteers.

-----oOo-----

Trivia

This year the popular Trivia afternoons will be held on the last Wednesday of each term.

Watch the noticeboards for more information.

-----oOo-----

TERM DATES 2014

Term 1	28 Jan – 11 Apr
Term 2	28 Apr - 27 June
Term 3	14 July - 19 Sep
Term 4	7 Oct – 12 Dec

CLASSES		Term 1 2014		
Monday	Tuesday	Wednesday	Thursday	Friday
Card Making Techniques 9.45-12.15pm Fortnightly Fripp Oval	Walking 8am in term 1 from Fripp or as on walks list	Bones for Life 9-10am Fripp Oval	Shibashi (beginners) 9.15-9.55am Fripp Oval	Walking 8am in term 1 from Fripp or as on walks list
Hatha Yoga 9.30-10.45am Starting term 2 Fortnightly Fripp Oval	Yoga & Core Pilates 9.15-10.30am Fripp Oval	Exploring books 9-11am 1 st Wed of month Fripp Oval	Shibashi (continuing) 10-11am Fripp Oval	Hatha Yoga - Intermediate 9-10.30am Fripp Oval
PC User Group 10-12 noon monthly Lennox Head	Italian 10-12 noon RSL Bowling Club	French Transition 10-12 noon Tutor's home	Weights for Women 11.30-1pm Fripp Oval	U3A Rhythmic Tappers - Intermediate 9.30-11.30am Ballina Sailing Club
Lost Empires: brief lives 11-12.30pm Ballina Golf & Sports Club	Cryptic Crosswords 10.45-12noon Fripp Oval	Movie Appreciation Ballina/Byron on-going	Family History 11.30-1pm 6 weeks Fripp Oval	Jewellery making 10.30-12.30 Fripp Oval
Mah Jong Beginners 10-11.30am Term 1 only Fripp Oval	Table Tennis 12.30-2.30pm Fripp Oval	Reflexology 10.15-11.30am Terms 2 & 3 Fripp Oval	Crochet 1-3pm Fripp Oval	Canasta 12.30-4pm Fripp Oval
Mah Jong 12.30-4pm Fripp Oval	Photoshop Elements 1.30-3pm Term 1 Fripp Oval	Creative Writing 12-2pm Fortnightly Fripp Oval	Poetry for Pleasure 1.15-3.15pm Fortnightly Fripp Oval	Craft 12.30-2.30pm Fripp Oval
Scrabble 12.30-4pm Fripp Oval	Digital Video Photography 1.30-3pm Term 2 Fripp Oval	Classical Music Appreciation 12-2pm Fortnightly Fripp Oval	Investing and Trading in the Stock Market 1.15-3.15pm Fortnightly Fripp Oval	Croquet 1-3pm Croquet Club
Canasta 12.30-4pm Fripp Oval	Relaxation 2.30-3pm Fripp Oval	Solo Cards 1-4pm Term 1 Tutor's home	U3A Rhythmic Tappers – Beginners 2-3.30pm Ballina Sailing Club	
Spanish 3.45-5pm Tutor's home	Meditation 3-4pm Fripp Oval	Chair Yoga – Beginners 2-3pm Fripp Oval	Travel Destination Discussion Group 3.15-4pm Fripp Oval	
	Scottish Country Dancing (beginners & continuing) 4-6pm Uniting Church Hall	Computers – Individual Tuition 1hr sessions Fripp Oval		
		Bush Walking Term 2 (see Term 2 notices)		

MONDAYS

Card Making Techniques

Convenor Colleen Wellard & Trish Holmes
Venue Fripp Oval
Time 9.45-12.15
Commencing 3 Feb fortnightly

Making greeting cards with rubber stamps, heat embossing, die cutting or a bigshot machine, 3D cardmaking, album making and other papercraft. Beginners must do a class before attending regular class. Fees for materials.

PC User Group

Convenor Chris Bell
Venue Lennox Head
Time 10-12 noon monthly
Commencing 3 Feb monthly

Not a structured course. There will be occasional presentations covering the Windows operating systems and applications. The course aims to address individual user problems and requirements. Bring – lap top and wireless internet connection

Lost Empires : Brief Lives

Convenor Warren Hastings Harris
Venue Ballina Golf & Sports Club
Time 11-12.30pm
Commencing 3 Feb weekly

A look at the lives and careers of some famous, and some not-so-famous historical characters from Bonnie Prince Charlie (was he?) to Lady Sale in the retreat from Kabul, and many others. Students need an interest in the quirky side of history. Attendees if not members, will be asked to join the Golf Club.

Mah Jong - Beginners

Convenor Judy Parker
Venue Fripp Oval
Time 10am-11.30am
Commencing 3 Feb Term 1 only
Learn to play according to our conditions of play.

Mah Jong, Scrabble, Canasta

Convenor Judy Parker (Mah Jong):
Sylvia Sanson (Scrabble)
Prue Coady (Canasta)

Venue Fripp Oval
Time 12.30-4pm
Commencing 3 Feb weekly

Mah Jong – for players with experience.
Scrabble – all welcome, dictionaries used
Canasta – more challenging game of Canasta, hand & foot Canasta. Beginners catered for. A social afternoon of mutual enjoyment.

Spanish

Convenor Brian Lewis
Venue Tutor's Home
Time 3.45-5pm
Commencing 3 Feb weekly
On-going class for currently enrolled students.

TUESDAYS

Walking

Convenor Margaret & Mike Ball
Venue from Fripp
Time 8am Term 1
Commencing 28 Jan - weekly

Medium walks include some hills. 6-10km mainly in local area, approx 2 hrs plus time for coffee. Bring hat, water, wear walking shoes and money for coffee. List of walks available in the office.

Italian – Beginners and Continuing

Convenor Beginners – Pam Wurn & Graeme Watchirs
Continuing – Judith Haggard & Kay Radloff
Venue RSL Bowling Club
Time 10-12 noon
Commencing 28 Jan weekly
Bring pen and paper. Cost – photocopying, possibly text book \$15 for intermediate students.

Yoga & Core Pilates

Convenor Mahullah Bosnic & Anne McDonald
Venue Fripp Oval
Time 9.15-10.30am
Commencing 28 Jan weekly
Yoga posture sequence, recorded audio assisted. Realigns and attunes the body, breath, mind and spirit, creating a harmonious balance of existence. Core pilates instructed exercise tones the abdomen, buttocks and thighs. This class concludes with a restful meditation. Bring mat, water, towel, loose clothing.

Cryptic Crosswords

Convenor Glenda Shearman & Ian Bedford
Venue Fripp Oval
Time 10.45-12 noon
Commencing 28 Jan weekly
Two levels of cryptic classes. Learn tips and tricks of solving cryptic and then 'graduate' to slightly more challenging level. Bring soft 2B pencil and clipboard. Cost \$2 per term for photocopying.

Table Tennis

Convenor Janine Kent
Venue Fripp Oval
Time 12.30-2.30pm
Commencing 28 Jan weekly
Lots of fun, a bit of fitness, good hand/eye training, but mainly fun.

Photoshop Elements

Convenor Ian Lacey
Venue Fripp Oval
Time 1.30-3pm
Commencing 28 Jan weekly Term 1 only
Advanced editing techniques using Photoshop Elements. Suitable for more experienced photographers. Students need to have Photoshop Elements installed in their computer.

Relaxation

Convenor Victor Bosnic
Venue Fripp Oval
Time 2.30 – 3pm
Commencing 28 Jan weekly
Learn techniques to quickly relax the body and calm the mind in everyday environments.

Meditation

Convenor Victor Bosnic
Venue Fripp Oval
Time 3 – 4pm
Commencing 28 Jan weekly
Learn and practice meditation on breath, sound and music. Beginners and experienced meditators welcome

Scottish Country Dancing

(beginners & continuing)
Convenor Elspeth Lacey
Venue Uniting Church Hall, Ballina
Time 4-6pm
Commencing 28 Jan weekly
It's fun, it's physical, it's mental, it's social, so it's great exercise for mind and body when learning the traditional and modern dances of Scotland. Wear soft flat shoes, no partner necessary. Small charge per week for hall hire.

WEDNESDAYS

Bones for Life

Convenor Kathleen Webster
Venue Fripp Oval
Time 9-10am
Commencing 29 Feb weekly

The program for stimulating bone strength through natural movement and weight bearing posture. www.bonesforlife.com.au
Bring a mat

Exploring Books

Convenor Sue Bell
Venue Fripp Oval
Time 9 – 11am
Commencing 5 Feb monthly

Each month we explore a different topic bringing along your chosen book. You can choose a novel, travel book or non-fiction book related to each topic. Bring – your chosen book.

French Transition

Convenor Heather Boulton
Venue Tutor's home
Time 10-12 noon
Commencing 29 Jan weekly

For people with some knowledge of French. Relaxed conversation.

Creative Writing

Convenor Jan Mulcahy
Venue Fripp Oval
Time 12 -2pm
Commencing 29 Jan fortnightly

We engage in creative free writing exercises or we choose a subject, write about it and share this at the next class. We are encouraged to share our life experiences, our opinions and to validate and support one another. We enjoy writing fiction, non-fiction, romance, travel, adventure, historical and inspirational themes, poetry and humour. Eight authors from the class published the 2013 anthology, *Write Impressions*. Copies will be available at enrolment days in January. Testimonies: *I feel more confident now, that what I want to express does matter and is enjoyed by the others...Cathy*
My writing focus is travel, family history and memoir. We learn from one another and trust our talented teacher. Maryanne

Classical Music Appreciation

Convenor Jan Mulcahy
Venue Fripp Oval
Time 12 -2pm
Commencing 5 Feb fortnightly

We enjoy a variety of music from the Baroque period, the Romantic symphonic period and modern works. We experience documentaries, operas, ballets and the world's best performers on CDs and DVD performances. We also enjoy our convenor's notes on the composers, performers and the history of music and her anecdotes from her colourful musical career. Jan played the double bass with the Australian Opera & Ballet Orchestra, Canberra Symphony and Sydney Symphony Orchestras.

Movie Appreciation

Convenor Christine George
Venue Variable
Time Variable (daytime)
Commencing 29 Jan fortnightly

Movie and group discussion over coffee. Experience in critiquing is essential. Contact Chris on 6686 8253

Solo Cards

Convenor Raine Moloney
Venue Tutor's Home
Time 1-4pm
Commencing 29 Jan weekly Term 1
Social afternoon playing Solo.

Chair Yoga - Beginners

Convenor Kim Pendreigh
Venue Fripp Oval
Time 2-3pm
Commencing 29 Jan weekly

A modified form of hatha yoga for students who have difficulty getting on and off the floor as required in a traditional hatha yoga class. The class comprises 45 min asana practice seated in a chair or standing using a chair for support, followed by a 10 min seated meditation.

Bring water, hand towel. Wear loose clothing.

Computers - Individual tuition

Convenor Terry Doherty
Venue Fripp Oval
Time By arrangement
Commencing 5 Feb weekly

One-on-one help with your computer questions.

THURSDAYS

Shibashi - Beginners

Convenor Faye Duncan
Venue Fripp Oval
Time 9.15-9.55am Term 1 only
Commencing 30 Jan weekly

Shibashi is a gentle form of Tai Chi. Beginners are shown basis of incorporating posture, balance and breathing into the movement, known as 'moving meditation'.

Wear comfortable clothing, bare feet or comfortable flat shoes.

Shibashi

Convenor Faye Duncan
Venue Fripp Oval
Time 10-11am
Commencing 30 Jan weekly

Gentle relaxing exercise through the movements of Shibashi and Tai Chi walking.

Wear comfortable clothing, bare feet or comfortable flat shoes.

Weights for Women

Convenor Mahulla Bosnic & Juayne Lee
Venue Fripp Oval
Time 11.30 -1pm
Commencing 30 Jan weekly

Controlled slow exercise program using light weights, working in pairs with alternating muscle groups. Includes warming-up; strengthening/toning and stretch/release exercises on floor-mat, chair and standing. Good for oest-resistance, balance and general well being. Bring mat, handweights, towel and water, comfy clothes.

Family History

Convenor Harry Collings
Venue Fripp Oval
Time 11.30-1pm 6 weeks
Commencing 30 Jan

Learn how to create a free family tree on Ancestry.com – how to search births, marriages, deaths and other indexes that are available free online. Also how to search Ancestry with a paid membership. Basic computer skills required.

Crochet

Convenor Sue Bell
Venue Fripp Oval
Time 1-3pm
Commencing 30 Jan weekly

This is a learn to crochet class that provides weekly projects for both beginners and advanced crocheting.

Bring assortment of crochet hooks and yarn. Beginners need size 4 hook and 8 ply wool.

Poetry for Pleasure

Convenor Gwen Spencer
Venue Fripp Oval
Time 1.15– 3.15pm
Commencing 30 Jan fortnightly

Students are able to write poetry, peruse the work of traditional and modern published poets to assist them in extending their creativity and their skill with word usage. It is fun, very positive and supportive.

Bring pen and paper. \$2 per term for photocopying.

Investing and Trading in the Stock Market

Convenor John Van der Werff
Venue Fripp Oval
Time 1.15– 3.15pm
Commencing 6 Feb fortnightly

Super funds, portfolios and online trading. Open an account, buy and sell shares. Technical Analysis, charting, indicators, Elliot waves, candlestick. CFD's, Options, margin lending.

Bring an exercise book.

U3A Rhythmic Tappers - Beginners - men & women most welcome

Convenor Joy Goode
Venue Ballina Sailing Club
Time 2-3.30pm
Commencing 30 Jan weekly

Basic tap dancing for beginners. Bring – tap shoes & a smile!!
Small charge per class for room hire.

Travel Destination Discussion Group

Convenor Victor Bosnic
Venue Fripp Oval
Time 3.15-4pm
Commencing 30 Jan weekly

This is an opportunity to share information about your favourite destinations, recommend places to stay and things to do, even show some photos. We will exchange tips and experiences about travelling in Australia and overseas and how we can make use of the internet to plan our trip. Each week we will have a talk about two destinations that will lead into a general discussion of travel topics.

FRIDAYS

Walking

Convenor Margaret & Mike Ball
Venue From Fripp
Time 8am Term 1
Commencing 31 Jan - weekly

Medium walks include some hills. 6-10km mainly in local area, approx 2 hrs plus time for coffee. Bring hat, water, wear walking shoes and money for coffee. List of walks available in the office.

Hatha Yoga - Intermediate

Convenor Kim Pendreigh
Venue Fripp Oval
Time 9-10.30am
Commencing 31 Jan weekly

An intermediate level class for students who practice yoga on a regular basis, comprising 1 hr of asana practice, 10 minute seated meditation, and a 15 min guided relaxation.

Bring yoga mat, water, hand towel. Wear loose clothing. Small blanket and meditation cushion are optional.

Jewellery making

Convenor Joan Montalbetti
Venue Fripp Oval
Time 10.30am-12.30pm
Commencing 31 Jan weekly

Design and techniques, basic stringing using wire and elastic, making wrapped loops, bead weaving techniques. Bring towel or other surface to work on, any beading tools, beads or old jewellery you wish to use. Materials can be bought at class.

U3A Rhythmic Tappers - Intermediate - men & women most welcome

Convenor Joy Goode & De'ane Bostock
Venue Ballina Sailing Club
Time 9.30-11.30am
Commencing 31 Jan weekly

Previous tap dancing experience necessary. Bring – tap shoes & a smile! Small charge per class for room hire.

Canasta

Convenor Louise Reynolds
Venue Fripp Oval
Time 12.30-4pm
Commencing 31 Jan weekly
Canasta for players with experience.

Craft

Convenor Sue Bell
Venue Fripp Oval
Time 12.30 – 2.30pm
Commencing 31 Jan weekly

An assortment of crafts including felt work, beading, decoupage, candlewicking, embroidery, knitting, crocheting and papercrafts. Bring a sewing kit. Occasional cost for special kits.

Introduction to Croquet

Convenor Peter McGregor
Venue Ballina Croquet Club
Time 1-3pm
Commencing 31 Jan weekly for 6 wks

Learn what's involved in the game of croquet, skills needed to play and the outline of the game. Bring comfortable clothes and smooth soled shoes. \$10 for the 6 weeks.

OTHER CLASS INFORMATION

Classes starting in Term 2

Names will be taken at enrolments in January
and people will be contacted later

Mondays

Hatha Yoga

Convenor Sonya Coleman
Venue Fripp Oval
Time 9.30-10.45am
Commencing 2nd term fortnightly
Hatha Yoga – gentle, breath, stretch, deep relaxation.
Bring mat, pillow, light blanket

Tuesdays

Digital Video Photography

Convenor Ian Lacey
Venue Fripp Oval
Time 1.30-3pm
Commencing 2nd term only
Take and prepare digital videos. Participants must have a digital camera capable of taking video clips and a computer running Windows Vista or later.

Wednesdays

Reflexology

Convenor Sue Fielder
Venue Fripp Oval
Time 10.15-11.30pm
Commencing Terms 2 and 3 only
For self use or to use on family/friends. There are reflexes on our hands and feet relating to all parts of our body. Most people find stimulation of these reflexes deeply relaxing and enjoyable. Benefits include reduction of muscle tension and improved blood and lymph circulation. Some acupuncture points that respond well to pressure will be included.

Bush Walking

Convenor Bert & Mary Carter
Venue National Parks
Time Tba
Commencing Terms 2 and 3 only
We are seeking expressions of interest for walks in terms 2 & 3 (3-4 walks per term on a Wednesday). Enjoy walks in some of the National Park areas around Ballina. We would car pool and be out from about 8am –4pm. Walks would be graded easy – moderate in line with bush walking clubs standards. We'd take our own lunch, a flask and some afternoon tea to share after the walk.

-----oOo-----

International Women's Day

Ladies – would you like to come along to help celebrate **International Women's Day** at the Ballina RSL Club next year?

The lunch will be held in early March and it is hoped a table of 10 from U3A will attend. The cost will be about \$50. (It was \$47.50 in 2013). There is the opportunity to dress up, have a lovely lunch and listen to some speeches by inspiring women in our community.

If interested call me to put your name on the list. I will get the details in January (probably before U3A starts) and will ring around with the information. Those who pay me then will be on our table.

Viv Miller 6686 7561

-----oOo-----

U3A Online

U3A Online is a world-first virtual U3A delivering online learning via the Internet. All that's needed to study online is access to a computer with an Internet Connection- and some basic computing skills. The courses are open to all older people anywhere in the world. The U3A Online website <http://www.u3aonline.org.au> provides more information.

Our members can join and study with U3A Online for a reduced cost because of their membership. Full details are on the website, including current and planned courses. If you are interested in studying subjects just check what is offered, you never know what you may find. All course material originates either in Australia or in the United Kingdom.

-----oOo-----



About 50 members enjoyed a delicious Christmas lunch at Crowley in December

The Young Murphies entertained us at the lunch and were joined by Mike and Carney for some Christmas songs



-----oOo-----

Great websites for those who would like to check if things really were better in the 'good old days'. Come along and see what has been created in this online space for older Australians to get together and have some fun. Easy to use, free, no membership required.

www.borninthefifties.com.au and www.bornintheforties.com.au

"A Walk Down Memory Lane" is proving to be the most popular page on both websites as the number of comments posted is continually growing. It is interesting to read the wonderful memories posted so far as they cover a wide range of experiences growing up in the 1940's, 50's and 60's. The "Feeling Grumpy?" page is also popular as it gives everyone an opportunity to talk about what is annoying them and have a whinge. Then there's a Pets page for those very special family members. Or check out the hobbies and tips, and there's daily Sudoku and crosswords, and lots more entertaining things.

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	Prue Coady	6681 3728	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	Wendy Boniface	6681 4884	WEB MASTER	Elspeth Lacey	66862076
	Brian Lewis	6686 7180	SOCIAL COMMITTEE	Viv Miller	6686 7561
	Viv Miller	6686 7561			
	Raine Moloney	6686 0946			
	Maureen Murphy	6681 3223			
	Eve Stephan	6686 2578			
	Bronwyn Peters	0428117076			
			BRUNSWICK VALLEY REPRESENTATIVE	<u>Gertie Krebs</u>	6680 7350
CLASS & VENUE COORDINATOR	Contact Secretary		HONORARY SOLICITOR	Robert Hosie of Hosie & Partners - Solicitors	

**PRINT
POST
PP 100004966**

**POSTAGE
PAID
AUSTRALIA**

If undeliverable return to
U3A Ballina/Byron Inc.
PO Box 55 Ballina 2478
Print Post Approved PP100004966

U3A BALLINA/ BYRON INC. NEWSLETTER TERM 1 2014

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