

# U3A BALLINA/BYRON INC



## NEWSLETTER Term 1 2016

**U3A Ballina/Byron Inc.**  
PO Box 55  
Ballina 2478

**OFFICE**

Fripp Oval (next to RSL Bowling Club)  
Canal Rd  
Ballina  
Office hours: 10 am - 12 noon Monday to Friday during term

**Telephone:** 6681 4450

**Email:** [u3abalbyr@gmail.com](mailto:u3abalbyr@gmail.com)

**Website:** [www.ballinabyron.u3anet.org.au](http://www.ballinabyron.u3anet.org.au)

**Please send an email to this address if you would be happy to receive your newsletter by email.**

### From the President:

Dear Fellow Members,

I hope you and your family and friends had a pleasant Christmas and New Year.

As you know, the commencement of our new U3A year means that each member must enrol in his or her chosen course or activities, unless pre-enrolled. Enrolments for 2016 will be held at Fripp Oval on the 14th January; details are shown elsewhere in this newsletter.

Last years volunteer's lunch and our Christmas lunch were very successful. My thanks go to the social committee team members and other helpers for their efforts. I would also like to thank those U3A members who volunteered for Christmas wrapping duties.

We shall continue our fundraising activities in 2016; this will include the Bunnings sausage sizzles which proved so successful last year. Your U3A has also been invited to participate in school holiday children's activities to be conducted at Ballina Fair. Participants in these activities will require Working with Children Check. Interested parties should contact the office for further details.

I trust that you will enjoy everything that U3A has to offer in 2016.

Regards

*Warren*

Warren Hastings Harris  
President

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**TRIVIA TIME:** In his adult life Albert Einstein never wore which item of clothing? Answer on page 11.

### TERM DATES 2016

**Term 1 27 Jan – 8 Apr**

**Term 2 26 Apr – 1 July**

**Term 3 18 July - 23 Sep**

**Term 4 10 Oct – 9 Dec\***

**\*Tutors may elect to continue classes after this date**

### **Dates for your diary**

Information Day Ballina Fair  
8 Jan 10am-4pm

Enrolments Fripp Oval  
14 Jan 9am-1pm

Office Volunteers Training  
Fripp Oval 10am-12pm

AGM 30 March 12:30pm to 1:30 pm Fripp Oval

Trivia Fripp Oval 1pm-4pm  
13 April; 6 July; 28 Sept

Trivia Ballina Golf Club  
28 November  
Check the notice board and website for further details



Please note...

- Please wear your name tag when you attend a course, this lets everyone know your name.
- Please notify your tutor if not attending, or withdrawing.
- Initial attendance sheet and keep up to date with activities and classes by reading the notice board.
- Please help set up for classes and leave venues clean, tidy and locked, if appropriate.
- Some classes incur a small extra cost; this cost will be made known when enrolling.
- Volunteers are always welcome to help in the spacious Fripp Oval office. Sharing the load makes a huge difference. Please ring Marj 66862792. Training will be provided.
- If you are already an office volunteer and cannot attend please let Marj know so that a replacement can be arranged.
- Wait until the class before yours is finished before entering the room.



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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](http://www.borninthefifties.com.au) and [www.bornintheforties.com.au](http://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.



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U3A Ballina/Byron has a reciprocal arrangement with U3A Northern Rivers. Members of either U3A may attend classes or events without additional membership fees. Where class places are limited, preference is given to members of the U3A offering the class. To check out their class list visit; [www.u3anriv.org.au](http://www.u3anriv.org.au)

Food collection for drought affected farmers



Poppies for Remembrance



A 2015 Gallery

A Rhythmic Tappers Christmas



Propagating orchids

Croquet



Notice is hereby given that the  
**Annual General Meeting  
of U3A Ballina/Byron Inc.**  
**will be held on Wednesday 30 March 2016  
12:30 pm 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 Friday 18 March 2016

Agenda items and any special resolutions should be received at the Fripp Oval office by 5pm Monday 29  
February 2015

Members will receive AGM papers prior to the meeting.

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**U3A Ballina/Byron Inc  
Nomination Form for the Committee of Management 2016**

We the undersigned members of U3A Ballina/Byron Inc, nominate

\_\_\_\_\_

for the position of \_\_\_\_\_

Nominated by \_\_\_\_\_

Signature \_\_\_\_\_ Membership No \_\_\_\_\_

Seconded by \_\_\_\_\_

Signature \_\_\_\_\_ Membership No \_\_\_\_\_

I agree to stand for the above position

(signature) \_\_\_\_\_ Membership No \_\_\_\_\_

Please post to U3A Ballina/Byron, PO Box 55, Ballina 2478 or hand in at Fripp Oval by 5 pm Friday  
18 March 2016

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**Membership Fees**

When paying your membership fees please endeavour to bring exact change to the office or you may pay on line  
(see the renewal form for details). We are asking everyone to complete a renewal form in order that we can update  
our data base.

Membership fees: \$35.00 single; \$55.00 couple; \$5.00 joining fee.



## U3A Ballina/Byron Inc - Membership Application

This form is a fillable PDF document. Download this form, type in the boxes provided, and save.  
 For payment option 1 below attach this form to an email to [u3abalbyr@gmail.com](mailto:u3abalbyr@gmail.com) stating date of payment. Payment options 2 and 3 can be typed or printed and filled in by hand.

Website: [www.ballinabyron.u3anet.org.au](http://www.ballinabyron.u3anet.org.au)

Phone: 02 6681 4450 10am-12noon during term

New Member  OR Membership Renewal  Member ID  Year Joined

(Existing members please update any changes below)

	<i>Applicant 1</i>	<i>Partner</i>
Surname	<input type="text"/>	<input type="text"/>
First Names	<input type="text"/>	<input type="text"/>
Preferred Name	<input type="text"/>	<input type="text"/>
Title	<input type="text"/>	<input type="text"/>
Email	<input type="text"/>	<input type="text"/>
Mobile Phone	<input type="text"/>	<input type="text"/>
Home Phone	<input type="text"/>	<input type="text"/>
Home Address	<input type="text"/>	
Town	<input type="text"/>	Postcode <input type="text"/>
Emergency Contact	<input type="text"/>	
Emergency Contact Ph	<input type="text"/>	
<b>Membership Fees</b>	<b>Single Person</b>	<b>Couple</b>
<b>New Member:</b>	\$35 + \$5 = \$40	\$55 + \$10 = \$65
<b>Membership Renewal:</b>	\$35	\$55

\$5 per person joining fee. Membership is for 12 months from date of joining and is not refundable.

### Payment Options:

#### 1. Pay by direct deposit

Use your bank's internet banking facility and pay by electronic funds transfer to our account:  
 BSB: 032 591 Acc No: 102 098 Acc Name: U3A Ballina/Byron Inc (Westpac, Ballina Branch)  
 Include your **Surname** in the Description Box that appears on the payee's (our) statement so that we can identify your payment. Save and email this form to [u3abalbyr@gmail.com](mailto:u3abalbyr@gmail.com) stating date of payment.

#### 2. Pay by cheque

Make your cheque payable to U3A Ballina/Byron Inc, print your **Surname** on the back, attach to this form and post to: **Secretary, U3A Ballina/Byron Inc, PO Box 55, Ballina NSW 2478**  
 OR drop into our office between 10am and 12noon week days during term.

#### 3. Pay by cash

Our **Fripp Oval Office** is staffed by a volunteer between **10am and 12 noon** week days during term. It is closed during the school holidays. The office is in Canal Rd, opposite Bagot St and next to the Ballina RSL Bowling Club. Please bring the correct fee as we do not carry change in the office.

- I / we agree to abide by the Constitution of U3A Ballina/Byron Inc. and our Code of Conduct.  
 I / we have received a copy of *New Member Information and Code of Conduct*.

#### Applicant/s Signature/s:

Applicant 1 ..... Partner ..... Date

#### Proposer:

I, .....(Full name) a member of U3A Ballina/Byron Inc, nominate the applicant / applicants for membership of the association.

Signature ..... Date: .....

*Signature of proposer*

# Enrolment Day

Thursday 14<sup>th</sup> January      9am – 1pm

## Fripp Oval Clubrooms

Pre-enrolment is available for those currently enrolled in classes, contact your tutor for further details.

An enrolment form is published below. **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.

Enrolments can also be made by email or post or by asking a friend to bring your paperwork to Fripp for you. Email and postal registrations will be opened on enrolment day

## U3A Ballina/Byron ENROLMENT 2016

Please enrol me in the following classes and change my details as below:

Change of address, telephone number and/or email address  
(if applicable) \_\_\_\_\_

Membership Number (on name badge) \_\_\_\_\_

Your name	Phone	Day	Class	Office use

<b>CLASSES Term 1 2016</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Cards Making and Beyond</b> 9.45-12.15pm Fortnightly Fripp Oval	<b>Walking</b> 8am in term 1 (8:30 am thereafter) from Fripp or as on walks list	<b>Beyond Beginners Egyptian Raqs Sharqi</b> 9-10.30 Fripp Oval	<b>Hatha Yoga</b> 7:30 – 8:50 during term 1 Fripp Oval	<b>Walking</b> 8.30am in term 1 from Fripp or as on walks list
<b>Art Appreciation</b> 9:30 to 11:30 Fortnightly Fripp Oval	<b>Yoga &amp; Core Pilates</b> 9.15-10.30am Fripp Oval	<b>Philosophy</b> 10:15 – 11:30 Cherry Street Sports Club	<b>Shibashi (beginners)</b> 9.00-9.50am Term 1 only Fripp Oval	<b>Photography</b> 9-10 am 20 weeks (Over 2 terms) Fripp Oval
<b>Candle Making for Beginners</b> 9am-12pm Tutor's home Once per term	<b>Art appreciation</b> 10-12 noon bi-monthly Ex-Services club, Mullumbimby	<b>Weights for Women</b> 10:45-12:00pm Fripp Oval	<b>Shibashi (Regulars)</b> 10-11am Fripp Oval	<b>Intermediate Tap Dancing</b> 9.30-11.30am Ballina Sailing Club
<b>Introduction to Orchids and Bromeliads</b> 8:30-11:30 First Monday of each term Tutors Home	<b>Poetry</b> 10-12 noon monthly Ex-Services club, Mullumbimby	<b>Exploring books</b> 10:30-12 1 <sup>st</sup> Wed of month Fripp Oval	<b>Crochet, Knitting and Company</b> 1-3pm Fripp Oval	<b>Jewellery</b> 10.30-12.30 Fripp Oval
<b>Advanced Orchid workshop</b> 8:30-11:30am Second Monday of term Tutors home	<b>Invited Guest Speakers</b> 10-12 noon monthly Ex-Services club, Mullumbimby	<b>French Transition</b> 10-12 noon Tutor's home	<b>Investing and Trading in the Stock Market - Introduction</b> 1-2 pm Fripp Oval	<b>Croquet Coaching</b> 10:30- Noon Term 1 for 6 weeks Ballina Croquet Club Cnr Bentinck & Moon Sts, Ballina
<b>Lost Empires</b> 11-12.30pm Ballina Golf & Sports Club	<b>Classical Music</b> 10-12 noon monthly Ex-Services club, Mullumbimby	<b>Movie Appreciation</b> Ballina/Byron on-going at variable times.-	<b>Trading Using Technical Analysis - Advanced</b> 2-3pm Fripp Oval	<b>Canasta</b> 12.30-4pm Fripp Oval
<b>Learn to Play Mah Jong</b> 12.30-2.00 Term 1 only Fripp Oval	<b>Italian Beginners and Continuing</b> 10-12 noon RSL Bowling Club	<b>Creative Writing</b> 12-2pm Fortnightly Fripp Oval	<b>Shakespeare</b> 2.15-4.15pm Weekly for 6 weeks Cherry St Sports Club	<b>Craft and Chat</b> 12.30-2.30pm Fripp Oval
<b>Mah Jong</b> 12.30-4pm Fripp Oval	<b>Cryptic Crosswords – Beginners</b> 10:30 to 11:30 Ballina RSL Bowling Club	<b>Solo Cards</b> 1-4pm Term 1 Tutor's home	<b>Fabric Art and Mixed Media</b> 1.30-3.30 - Fripp Oval 3 <sup>rd</sup> and 4 <sup>th</sup> Thurs of Month	
<b>Scrabble</b> 12.30-4pm Fripp Oval	<b>Cryptic Crosswords</b> 10.45-12noon Fripp Oval	<b>Chair Yoga</b> 2-3pm Fripp Oval	<b>Beginners Tap Dancing</b> 2-3.30pm Ballina Sailing Club	
<b>Canasta</b> 12.30-4pm Fripp Oval	<b>Table Tennis</b> 12.30-2.30pm Fripp Oval	<b>Hatha Yoga</b> 3-4.00 Fripp Oval	<b>Lawn Bowls</b> 3:00 to 4:00 6 weeks Ballina RSL Bowling Club	
	<b>Relax and meditate</b> 2.30-3:30pm Fripp Oval	<b>Computers and Technology – Individual Tuition</b> 1hr sessions; 10 and 2pm Fripp Oval		
	<b>Scottish Country Dancing</b> (beginners & continuing) 4.30 – 6.30pm TBA			

## MONDAYS

### Cards Making & Beyond

Convenors Colleen 66863778 & Trish 0414963806  
Venue Fripp Oval, Main Hall  
Time 9.45-12.15  
Commencing 1 Feb fortnightly  
Handmade cards, using techniques demonstrated fortnightly. A list of student requirements will be handed out at enrollment. A small fee to cover materials is payable at the start of the term.

### Art Appreciation

Convenor Liz 66227202  
Venue Fripp Oval, Main Hall  
Time 9:30 – 11:30  
Commencing 8 Feb fortnightly  
This year we will be focusing on individual cultures of different countries as expressed in their arts. Cross cultural influences will be discussed as well. There will be a hands on art component where relevant (optional to join in). Students will need an old shirt for painting.

### Candle Making for Beginners

Convenor Christine 0417663780  
Venue Tutors home  
Time 9am – 12pm once each term  
Commencing See notice board for dates  
Learn the tips and tricks to using soy wax, with a vw to making a unique gift.

### Introduction to Orchids and Bromelads

Convenor Ken 0457063543  
Venue Tutors home  
Time 8:30am – 11:30pm once each term  
Commencing 1 February  
Repotting Orchids and Bromelads. Wear gardening cloths and bring pen and paper. Morning tea and notes provided with gold coin donation.

### Advanced Orchids workshop

Convenor Ken 66868253  
Venue Tutors home  
Time 8:30am – 11:30pm once each term  
Commencing 8 February  
Getting to know your orchid. Cost \$10 for each class.

### Lost Empires

Convenor Warren 66287303  
Venue Ballina Golf & Sports Club restaurant  
Time 11-12.30pm  
Commencing 1 Feb weekly  
A look at the rise (and, sometimes, fall!) of some of the national states that have shaped our world and some of the interesting (but not necessarily likeable!) people involved. Attendees, if not members of the Golf Club, will be asked to join as social members. Bring a note book and pen for making notes.

### Learn to Play Mah Jong

Convenor Viv 66867561  
Venue Fripp Oval  
Time 12.30-2.00  
Commencing 1 Feb Term 1 only  
Learn to play mah-jong in a relaxed environment, then continue in our regular session. Some photo copying costs. Participants will be required to attend at least 6 out of the 9 sessions planned.

### Mah Jong, Scrabble, Canasta

Convenor Viv (Mah Jong) 66867561  
Sylvia (Scrabble) 66812083  
Prue (Canasta) 0428177799  
Venue Fripp Oval  
Time 12.30-4pm  
Commencing 1 Feb weekly  
Mah Jong – for players with experience. Casual, social atmosphere.  
Scrabble – all welcome, dictionaries used (Own or supplied)  
Canasta – Beginners play a challenging game of Canasta and then progress to Hand & Foot Canasta or Samba and Bolivia. Students should bring Smiles!!

## TUESDAYS

### Walking

Convenor Barbara 66815893  
Venue from Fripp  
Time 8am Term 1  
Commencing 2 Feb - weekly  
Medium walks include some hills. 7-10km 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.

### Yoga & Core Pilates

Convenor Mahullah 0400495522  
Venue Fripp Oval  
Time 9.15-10.30am  
Commencing 2 February weekly  
Easy Hatha Yoga 23 postures – Total Body sequence CD.  
Realigns; centers and invigorates the body, mind and spirit offering a more harmonious being. Plus Core Pilates instructed exercises to strengthen and tone the pelvic floor, abdominal, thigh/hip and buttock muscles. Bring mat, water and towel.

### Art Appreciation

Convenor Gerti 6680735  
Venue Ex-Services Club, Mullumbimby  
Time 10–12 noon, bi-monthly  
Commencing 16 February  
Discussion of art/artists, power point presentation, visual and audio displays.

### Poetry

Convenor Gerti 6680735  
Venue Ex-Services Club, Mullumbimby  
Time 10–12 noon, 1<sup>st</sup> Tues of month  
Commencing 2 February  
Bring writing material, class participation, write your own poem for homework, lessons may include short film clips, learning about various writers and poets.

## Invited Guest Speakers

Convenor Gerti 66807350  
Venue Ex-Services Club, Mullumbimby  
Time 10-12 noon, 2<sup>nd</sup> Tues of month  
Commencing 2 February  
Various topics are presented, use of computer and data projector by Speaker.

## Music Appreciation

Convenor Gerti 6680735  
Venue Ex-Services Club, Mullumbimby  
Time 10-12 noon, 3 or 4<sup>th</sup> Tuesday of month  
Commencing 16 February  
Usually a power point presentation about a composer, listen to some of the music, learning about different composers.

## Italian – Beginners and Continuing

Convenor Kay 66286137 & Judith 66876536  
Venue RSL Bowling Club  
Time 10-12 noon  
Commencing 2 Feb weekly  
Bring pen and paper. Italian/English dictionary. Cost – photocopying. Learn a basic understanding of Italian, written and spoken.

## Cryptic Crosswords –Beginners

Convenor Ian 66869401  
Venue Fripp Oval  
Time 10.30-11.30 noon  
Commencing 2 Feb weekly,  
term 1 only

A practical, fun introduction to the delights of cryptic crosswords.

## Cryptic Crosswords –Advanced

Convenor Glenda 0415712536 & Ian 66869401  
Venue Fripp Oval  
Time 10.45-12 noon  
Commencing 2 Feb weekly  
Cryptic crosswords for somewhat advanced cryptic crossworders. No pressure just a bit of mind work to get you thinking. Bring soft 2B pencil, clipboard and sense of humour! Cost \$2 per term for photocopying.

## Table Tennis

Convenor Deirdre 66871969  
Venue Fripp Oval  
Time 12.30-2.30pm  
Commencing 2 Feb weekly  
Lots of fun, a bit of fitness, good hand/eye training, but mainly fun.

## Relax and Meditate

Convenor Victor 0418362237  
Venue Fripp Oval  
Time 2.30 –3.30pm  
Commencing 2 Feb weekly  
We start by relaxing the whole body and then meditate on breath, sound or music. Students need to bring an open mind.

## Scottish Country Dancing

Convenor Elspeth 66862076  
Venue TBA  
Time 4:30 to 6:30  
Commencing 2 Feb weekly  
Learn the traditional and modern dances of Scotland. Have fun, exercise your body and mind, without realizing it! New and experienced dancers welcome. Wear flat shoes, no partner necessary. \$5 (max) per week for hall hire . experienced dancers welcome. Wear flat shoes, no partner necessary. \$5 (max) per week for hall hire .

## WEDNESDAYS

## Beyond Beginners Egyptian Raqs Sharqi

Convenor Jacqui 66878977  
Venue Fripp Oval  
Time 9 am-10.30  
Commencing 27 January weekly  
The “Beyond Beginners Egyptian Raqs Sharqi” class is for *continuing students* only who have already attended the 12 months Beginners Belly Dance Course. Technique will be more advanced with new drills and sequences being incorporated in this year’s choreographies. Class notes will again be provided throughout the year. Bring water bottle, hip scarf or coin belt. Wear comfortable clothing such as leggings or dance pants, and a comfortable tee shirt.

## Philosophy

Convenor Victor 0418362237  
Venue Fripp Oval  
Time 10:45-11:30  
Commencing 27 Jan weekly  
Discussion on how ideas have shaped the world and our thinking. Students will need to become social members at Cherry Street Sports Club (if not already members) and bring along an open mind.

## Weights for Women

Convenor Mahullah 0400495522  
Venue Fripp Oval  
Time 10:45-12:00pm  
Commencing 27 Jan weekly  
Controlled slow alternating program using light weights and working in pairs. Includes warm ups; strengthening/toning and stretch/release exercises , standing, sitting and laying positions. Good for osteo-resistance (Bone building), balance and total well being. Bring mat, hand weights, towel, water.

## Exploring Books

Convenor Barbara 66815893  
Venue Fripp Oval  
Time 10:30-12  
Commencing 3 Feb monthly  
Each month we explore a different topic. You can choose fiction or non-fiction books related to each topic. Bring along your chosen book to discuss with the group, also pen and paper.

## French Transition

Convenor Heather 66869286  
Venue Tutor's home  
Time 10-12 noon  
Commencing 27 Jan weekly  
For people with some knowledge of French this class is a relaxed way to learn more about the French language and culture. Students should bring a notebook and pen.



## THURSDAYS

### Movie Appreciation

Convenor Christine 66868253  
Venue Variable  
Time Variable  
Commencing Variable

Movie and group discussion over coffee. Experience in critiquing is essential. Students need a willingness to participate on a regular basis.

### Creative Writing

Convenor Jan 66252421  
Venue Fripp Oval  
Time 12 -2pm  
Commencing 27 Jan fortnightly

We have a core group of 12 writers and some have been attending for the past four years. New members are welcome. Bring Pen and writing pad.

### Solo Cards

Convenor Raine 66860946  
Venue Tutor's Home  
Time 1-4pm  
Commencing 27 Jan weekly

Social afternoon playing Solo. Solo Whist – commonly called Solo is a fast-moving card game played as an individual or a partnership game depending on each dealt hand. Experienced players or new players wishing to learn very welcome.

### Chair Yoga

Convenor Kim 0406375139  
Venue Fripp Oval  
Time 2-3pm  
Commencing 27 Jan weekly

A modified form of hatha yoga suitable for beginners and/or students who have difficulty getting on and off the floor as required in a traditional hatha yoga class. The class comprises 40 min asana practice seated in a chair or standing using a chair for support, followed by a 10 min guided relaxation. Bring water, hand towel. Wear loose clothing. Regular students will need to bring their own chair, please consult the tutor before purchasing the chair.

### Hatha Yoga - Intermediate

Convenor Kim 0406375139  
Venue Fripp Oval  
Time 3-4.00  
Commencing 3 Feb weekly

An intermediate level class for students who practice yoga on a regular basis or have a good level of fitness. Bring yoga mat, block, water, hand towel. Wear loose clothing

### Computers Technology- Individual tuition for computers, tablets, eReaders, media devices, mobile phone cameras and photography.

Convenor Terry 66287982  
Venue Fripp Oval  
Time By arrangement  
Commencing 3 Feb weekly

Individual tuition to assist students to learn on their own computer, tablet, mobile phone, ereader, camera or other device. Students will be taught the necessary skills to enable them to use their device effectively in the students area of interest. The classes will focus on what you need to know to achieve your desired outcomes. The teaching will be related to the skill of each student. Computer and Tablet tuition is available for Microsoft (Windows), Apple/MAC and Android platforms.

### Hatha Yoga

Convenor Sonya 0415463959  
Venue Fripp Oval  
Time 7:30 – 8:50 am  
Commencing 4 Feb weekly

Gentle breathing, stretching and relaxation.

Bring yoga mat, water, hand towel. Wear loose clothing bring yoga mat , a light covering (e.g. sarong) and a small cushion .for maximum relaxation.

### Shibashi - Beginners

Convenor Faye 66866585  
Venue Fripp Oval  
Time 9.00-9.50am Term 1 only  
Commencing 28 Jan weekly

Posture, breathing and gentle Shibashi Movements. Wear comfortable clothing, bare feet or comfortable flat shoes.

### Shibashi

Convenor Faye 66866585  
Venue Fripp Oval  
Time 10-11am  
Commencing 29 Jan weekly

Shibashi gentle movements, exercises and walks.

Wear comfortable clothing, bare feet or comfortable flat shoes.

### Investing and Trading in the Stock Market - Introduction

Convenor John 0414201947  
Venue Fripp Oval,  
Time 1pm to 2pm  
Commencing 28 Jan weekly

Self Managed Super funds, portfolios and online trading. The stock market and how it works. Open an account, buy and sell shares. Technical Analysis, charting, indicators, Elliot waves, candlestick. Fundamental analysis CFD's, Options, margin lending.

### Trading using technical analysis - Advanced

Convenor John 0414201947  
Venue Fripp Oval,  
Time 2pm – 3pm  
Commencing 28 January fortnightly

Using technical analysis and charting. Patterns, Elliot waves, indicators, Bollinger bands, support & resistance. Charting software. Bring pen and exercise book.

### Crochet, Knitting and Company

Convenor Sue 0400800528  
Venue Fripp Oval  
Time 1.00-3.00pm  
Commencing 28 Jan weekly

Crochet & knitting from raw beginner to advanced. Learn different techniques. Work on your own, or a class project. Relaxed, social atmosphere. Beginners need size 4 hook or needles and 8 ply wool.

### Shakespeare

Convenor Shirley 66813512  
Venue Cherry Street Sports Club  
Time 2.15– 4.15pm  
Commencing 28 Jan weekly for 6 weeks

Enjoy Shakespeare's plays and poetry through reading, videos and discussion. Cost \$2.00 bring pen, paper and book of the play chosen for study (If possible).

## Art Quilting and Mixed Media Arts

Convenor Marie 6863470  
Venue Fripp Oval  
Time 1.30-3.30  
Commencing 28 Jan 3<sup>rd</sup> & 4<sup>th</sup> Thurs of month

Developing an understanding of design fundamentals, useful products for art/craft. A variety of projects. Students will need art/craft materials and access to a sewing machine.

## Beginners Tap Dancing

Convenor Joy 0421020538 & De'ane 0407219308  
Venue Ballina Sailing & Rowing Club  
Time 2-3.30pm  
Commencing 28 Jan weekly

No previous tap dancing skills are necessary and men are most welcome. Bring – tap shoes & a smile!! Classes commence with stretches, feet warm up – which includes varying beginner basic steps as well as rhythm and timing with the aim to dance to fun routines. Bring water and wear comfortable clothes. Cost \$5.00 per class for room hire etc.

## Lawn Bowls

Convenor Brian 66867180  
Venue Ballina RSL Bowls Club  
Time 3.00 to 4.00 6 weeks  
Commencing 28 Jan

This sport is available to everyone, young, and old, male, female and is a worldwide sport. Learn to play lawn bowls for beginners or practice bowls for those with some experience. Bowls will be supplied. You will need flat sole shoes or thongs.

## FRIDAYS

### Walking

Convenor Kim & Geoff 0418254624 or 66847654  
Venue From Fripp  
Time 8.30am Term 1 only  
Commencing 29 Jan – weekly

Social walk for 1.5 to 2 hours, approx 7 to 8 klms. Walks around Ballina, Lennox Head, Byron Bay and Evans Head with an emphasis on beaches, lakes, river banks, cycle tracks and walking tracks. Coffee etc during or at completion of walk. Bring hat, water, wear comfortable walking shoes, sunscreen, drink bottle, umbrella/wet weather coat as necessary and money for coffee. List of walks available in the office.

### Bushwalking



Bert and Mary will again run the bushwalking group during terms 2 and 3. For further details please contact Bert and Mary direct on 66868834

## Photography

Convenor Terry and Kim 66287982  
Venue Fripp Oval  
Time 9.00-10:30am  
Commencing 29 Jan 20 weeks over 2 terms

This class is targeted at the beginner and novice level photographer but more experienced photographers would also benefit by attending. It is envisaged that this class will initially run for 2 terms (20 weeks) and will be reviewed after that time. This course will teach in an easy learning style, exposure and composition together with utilising the features of the camera.

## Intermediate Tap Dancing

Convenor Joy 0421020538 & De'ane 0407219308  
Venue Ballina Sailing Club  
Time 9.30-11.30am  
Commencing 31 Jan weekly

Previous tap dancing experience necessary and men are most welcome. Classes commence with stretches, feet warm up – which includes varying steps, rhythm and timing (sometimes we warm up to 'YMCA'!!) ... Bring – water, tap shoes & a smile and wear comfortable clothing! Cost \$5.00 per class.

## Jewellery making

Convenor Joan 66282783  
Venue Fripp Oval  
Time 10.30am-12.30pm  
Commencing 29 January weekly

Bead weaving techniques, stringing techniques (necklaces & bracelets), earring making techniques, wire-working techniques (basic), redesigning/mending old jewellery. Bring along beads, tools, old jewellery (if you have these). Beads, clasps etc can be bought from other students and the Tutor.

## Canasta

Convenor Louise 66815177  
Venue Fripp Oval  
Time 12.30-4pm  
Commencing 29 Jan weekly  
Canasta and Samba for experienced players

## Craft and Chat

Convenor Sue 0400800528  
Venue Fripp Oval  
Time 12.30 – 2.30pm  
Commencing 29 Jan weekly

A variety of crafts are covered in a social group. Bring a sewing kit. Occasional cost for special kits.

## Croquet Coaching

Convenor Jenny 66812026  
Venue Ballina Croquet Club  
Time 10.30-Noon  
Commencing 29 Jan weekly for 6 wks

Introduction to mallet sports, croquet, Codes Association, Golf and Ricochet. Wear flat sole shoes. \$6 for the 6 weeks.

We are looking for someone to provide one on one teaching in the area of **Computers Technology- Individual tuition for computers, tablets, eReaders, media devices, mobile phone cameras and photography**. It isn't necessary to be familiar with all the mentioned platforms but if you can cover one or more please contact Terry on 66287982 or leave a message in the office.

### **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.

**Please note membership of U3A Online does not provide you with reciprocal rights to U3A Ballina/Byron .**

### **MULLUMBIMBY GROUP TERM 1 2016 PROGRAM**

February 2 : POETRY  
February 9 : Veronica Beckwith CITIZEN SCIENCE  
February 16: ART APPRECIATION  
February 23: BOOK REVIEW Biography  
March 1 : POETRY  
March 8 : Diana Hart LESSER KNOWN ENGLISH GARDENS  
March 22 : MUSIC APPRECIATION : Anton Dvorak  
March 29 : Gerti Krebs TRAVEL IN AFRICA  
April 5 : POETRY



### **ENJOYING SHAKESPEARE!?!**

Most people have some experience of reading Shakespeare's plays and poems at school. The language can be difficult for teens and many lack the experience to fully appreciate the depth, diversity and universality of the characters and ideas that Shakespeare presents. U3A members have the life experience and maturity to truly enjoy the drama and humour of the bard! During 2015, a group have met fortnightly to demystify Shakespeare's language and to enjoy watching diverse film productions of *Twelfth Night*, *Hamlet*, and *The Merchant of Venice*. Having a background in the history of the play and the ways it has been interpreted over the years enhanced our appreciation of Norpa's live staging of Bell Shakespeare's production of *Hamlet* in Lismore in August and the new film of *Hamlet* starring Benedict Cumberbatch. We are looking forward to more vigorous discussion and laughs in 2016.

Trivia Answer: Socks!

## MANAGEMENT COMMITTEE

Committee Meetings held 1<sup>st</sup> Thursday of each month – Venue to be advised

PRESIDENT	Warren Hastings Harris	6628 7303	OFFICE CO-ORDINATOR		
VICE PRESIDENT			PUBLICITY / PUBLIC RELATIONS	Penny Kempler	6628 5361
SECRETARY & PUBLIC OFFICER	Sue Bell	6687 7963	WELFARE OFFICER	Eve Stephan	6686 2578
TREASURER	Margaret Ball	6686 8872	NEWSLETTER	Penny Kempler	6628 5361
COMMITTEE	Gerti Krebs	6680 7350	WEB SITE	Kim Pendreigh	0406375139
	Brian Lewis	6686 7180	SOCIAL COMMITTEE	Ann Neal Co Chair	6681 6612
	Ian McLean	6686 9401		Viv Miller Co-Chair	6686 7561
	Viv Miller	6686 7561		Pam Hamilton	6687 5055
	Harry Collings	6619 1519		Raine Moloney	6686 0946
	Eve Stephan	6686 2578			
			MULLUMBIMBY REPRESENTATIVE	Gerti Krebs	6680 7350
CLASS & VENUE COORDINATOR	Sue Bell	66877963	HONORARY SOLICITOR	Robert Hosie of Hosie & Partners - Solicitors	

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## U3A BALLINA/ BYRON INC. NEWSLETTER TERM 1 2016

U3A Ballina/Byron inc. thanks Ballina Fair, Cherry Street Sports Club, Bunnings Warehouse and SPAR for their ongoing support