

# U3A BALLINA/BYRON INC



## NEWSLETTER Term 3 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.**

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### From the President:

Dear Fellow Members,

I hope that you all enjoyed your U3A activities during Second Term; in common, no doubt, with many of you, I should ask the question "Where has the first half year gone?"

In Term Two we undertook two Bunnings "Sausage Sizzles". Whilst the "weather gods" were not especially kind to us, we did manage to raise several hundred much-needed dollars. Any new volunteers to take part in these activities will be welcomed, whether in the cooking, serving or cashier roles.

Bunnings also invited our organisation to take part in a Men's Health Week function on Wednesday 15th. June. Your U3A was represented by Committee Member Richard Grzegorzulka, and I thank Richard for giving up his time to attend.

Ballina Fair Management has invited U3A to again participate in school holiday children's activities at the Fair, and we shall be "on deck" there in the second week of the holidays, from the 11th. to the 15th. of July. Again, any new volunteers to assist in such activities will be welcomed; please contact the Secretary, Sue, to get details of obtaining the mandatory "Working with Children" accreditation.

I hope that you all enjoy your break, and look forward to catching up with many of you in Term Three.

Regards, *Warren*

Warren Hastings Harris  
President

### TERM DATES 2016

**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

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

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

TRIVIA TIME: The names of which four U.S. states begin and end with the same letter?  
Answer Page 3.

**Shibashi has evolved into Tai chi - qigong**

The U3A Shibashi class started using just the first 18 movements of tai chi some 20 years ago. Since then, the group has grown and introduced more movements and stretches and so a better description is tai chi - qigong. This is described as moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and a calm meditative state of mind. This is enhanced with gentle background music. There are some in the class who have been attending for almost 20 years. Early tutors have moved on, but the current tutor, Faye Duncan, who joined U3A in 1997, has been tutoring for 10 years and assisted with the group before that. Both long term and newer members agree that if they miss a class, for whatever reason, they are always glad to get back. The atmosphere and benefits keep the class a most enjoyable experience. There are currently 38 class members, and fortunately, not all turn up at once.



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**Bush Walking**



Bush Walking will continue in term 3 with most walks being on Wednesdays but possibly occasionally on other days, depending on circumstances. Generally, the walks will be at two weekly intervals. Each walk is planned to have you home by 3:30. Contact Bert and Mary Carter by phone (6686 8834) or email [mb.carter@bigpond.com](mailto:mb.carter@bigpond.com)

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**From the Mullum Mob...**

19 July	G. Krebs, music appreciation, G Fauré	23 August	D. Hughes, art appreciation
26 July	Guest speaker, Sally Hall, Hamlin's gift	30 August	Book review
2 August	poetry	8 September	poetry
9 August	Guest speaker, Ann Porter, Aussie deaf kids	13 September	Guest speaker, D. Shaw, sculpture
16 August	G. Krebs, music appreciation, J Brahms	20 September	G. Krebs, music appreciation, CM von Weber

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**Men's Health Issues** -As mentioned above, Richard Grzegorzulka attended the Bunnings function related to these issues. Richard has researched and produced a most informative paper on the subject of prostate health. The paper is on the U3A website, and hard copies are available from the office.



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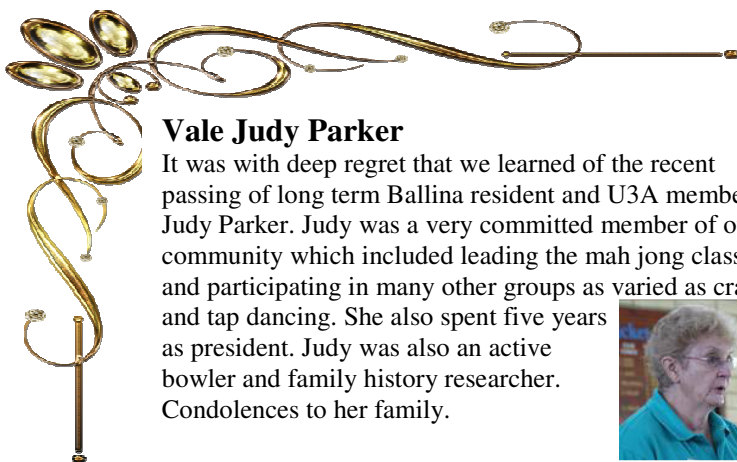


The group *Enjoying Shakespeare* will meet for five consecutive Thursdays in Term 3 to watch *Macbeth*, starting on 28 July. Please contact Shirley Leon on 66813512 if you would like to join the group.

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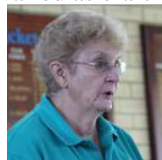
**Art appreciation...Jackson Pollock visits U3A**

Members of the Art Appreciation group were so inspired by the abstract expressionist technique of Jackson Pollock they decided to create their own painting dribbling and streaming colour on a large 'canvas.' Tutor Liz Dowling presented a short video of JP swinging sticks dipped in paint rhythmically around a canvas laid on the floor. The group set up the materials and couldn't wait to start. Armed with paint dripping sticks, they realised after a few flicks and blobs of paint that it takes some skill to control a line of any length and with much elated effort and a few commands for each other re colour balance, decided the work was finished. The whole exercise was enjoyed, cleaned up by all who felt they had experienced the excitement of spontaneous creativity.



**Vale Judy Parker**

It was with deep regret that we learned of the recent passing of long term Ballina resident and U3A member, Judy Parker. Judy was a very committed member of our community which included leading the mah jong class and participating in many other groups as varied as craft and tap dancing. She also spent five years as president. Judy was also an active bowler and family history researcher. Condolences to her family.



CLASSES Term 3 2016				
Monday	Tuesday	Wednesday	Thursday	Friday
<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 – 8:50am Fripp Oval Check with Office about this class	<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>Tai Chi Qigong</b> 10-11am Fripp Oval	<b>Photography</b> 9-10:30 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>Crochet, Knitting and Company</b> 1-3pm Fripp Oval	<b>Intermediate Tap Dancing</b> 9.30-11.30am Ballina Sailing Club
<b>Advanced Orchid workshop</b> 8:30-11:30am Second Monday of 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>Investing and Trading in the Stock Market - Introduction</b> 1-2 pm Fripp Oval	<b>Jewellery</b> 10.30-12.30 Fripp Oval
<b>Lost Empires</b> 11-12.30pm Ballina Golf & Sports Club	<b>Invited Guest Speakers</b> 10-12 noon monthly Ex-Services club, Mullumbimby	<b>French Transition</b> 10-12 noon Tutor's home	<b>Trading Using Technical Analysis - Advanced</b> 2-3pm Fripp Oval	<b>Croquet Coaching</b> 10:30- Noon Term 1 for 6 weeks Ballina Croquet Club
<b>Mah Jong</b> 12.30-4pm Fripp Oval	<b>Classical Music</b> 10-12 noon monthly Ex-Services club, Mullumbimby	<b>Movie Appreciation</b> Ballina/Byron on-going at variable times.-	<b>Shakespeare</b> 2.15-4.15pm Weekly for 6 weeks Cherry St Sports Club	<b>Canasta</b> 12.30-4pm Fripp Oval
<b>Scrabble</b> 12.30-4pm Fripp Oval	<b>Italian Beginners and Continuing</b> 10-12 noon RSL Bowling Club	<b>Creative Writing</b> 12-2pm Fortnightly Fripp Oval	<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>Craft and Chat</b> 12.30-2.30pm Fripp Oval
<b>Canasta</b> 12.30-4pm Fripp Oval	<b>Cryptic Crosswords – Beginners</b> 10:30 to 11:30 Fripp Oval	<b>Solo Cards</b> 1-4pm Tutor's home	<b>Lawn Bowls</b> 3:00 to 4:00 6 weeks Ballina RSL Bowling Club	
	<b>Cryptic Crosswords</b> 10.45-12noon Fripp Oval	<b>Chair Yoga</b> 12.30-1.30pm Fortnightly Fripp Oval		
	<b>Table Tennis</b> 12.30-2.30pm Fripp Oval	<b>Hatha Yoga</b> 1.30-2.30pm Fortnightly Fripp Oval		
	<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) 4.00 – 6.00 pm Presbyterian Church Hall			

Trivia Answer: Alabama, Alaska, Arizona and Ohio.

## MANAGEMENT COMMITTEE

Committee Meetings held 1<sup>st</sup> Thursday of each month

PRESIDENT & PUBLIC OFFICER	Warren Hastings Harris	6628 7303	OFFICE CO-ORDINATOR	Joy Schneider	0427631403
VICE PRESIDENT	Margaret Ball	6686 8872	PUBLICITY / PUBLIC RELATIONS	Penny Kempler	6628 5361
SECRETARY	Contact the office or Warren Hastings Harris	66814450 66287303	WELFARE OFFICER	Margaret Ball	6686 8872
TREASURER	Jacqueline Tuckwell	0449811677	NEWSLETTER	Penny Kempler	6628 5361
COMMITTEE	Gerti Krebs	6680 7350	WEB SITE	Kim Pendreigh	0406 375139
	Ken Wood	0457063543	SOCIAL COMMITTEE	Ann Neal Co-Chair	6681 6612
	Barb McCall	6681 4893		Viv Miller Co-Chair	6686 7561
	Ann Neal	6681 6612		Pam Hamilton	6687 5055
	Richard Grzegorzulka	6687 4726		Raine Moloney	6686 0946
	John Reid	6681 6521		Barbara McCall	66815893
	Eve Stephan	6686 2578	MULLUMBIMBY REPRESENTATIVE	Gerti Krebs	6680 7350
	Brian Lewis	6686 7180	CLASS & VENUE COORDINATOR	Christine George	66868253

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## U3A BALLINA/ BYRON INC. NEWSLETTER TERM 3 2016

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