

U3A BALLINA/BYRON INC



NEWSLETTER Term 1 2017

U3A Ballina/Byron Inc.

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Ballina 2478

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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.

From the President:

Dear Fellow Members,

I trust that you and your family and friends had a safe and enjoyable Christmas and New Year.

As you are aware, 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 2017 will be held at Fripp Oval on the 19th January; details are shown elsewhere in this newsletter. We currently have 559 members.

Last year's Volunteers 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.

We shall continue our fundraising activities in 2017; this will include the Bunnings 'sausage sizzles' which proved so successful last year. Also, school holiday children's activities to be conducted at Ballina Fair. Participants in those activities will require a "Working with Children" accreditation. Interested parties should contact the office for further details.

I hope that you will continue to enjoy everything that U3A has to offer in 2017.

Regards

Warren

Warren Hastings Harris
President

TRIVIA TIME: Born in Saumar France in 1883, by what name is Gabrielle Bonheur better known?

Answer on page 10

TERM DATES 2017

Term 1 30 Jan – 7 Apr

Term 2 26 Apr – 30 June

Term 3 18 July - 22 Sep

Term 4 9 Oct – 8 Dec*

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

Dates for your diary

Information Day Ballina Fair
12 Jan 10am-4pm

Enrolments Fripp Oval
19 Jan 9am-1pm

Office Volunteers Training
25 Jan
Fripp Oval 10am-12pm

AGM 10 May 1:00 pm at Fripp Oval

Trivia Fripp Oval 1pm-4pm
12 April; 5 July; 27 Sept

Trivia Ballina Golf Club
4 December
Check the notice board and website for further details

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

Note on the joys of tutoring from Colleen Wellard who is retiring after 17 years at the helm of card making

Best wishes in your retirement, Colleen.

"After 17 years of teaching Card making & Beyond the time has come for me to retire, I am leaving the class in Trish's capable hands.

After joining U3A not long after it started I went to craft classes & learnt many interesting things, when I came back from a trip to western Australia I decided to try teaching stamping & card making. I started the class in 1999 with a demonstration I never imagined I would still be teaching all these years later.

I started teaching in my home with 6 ladies in the morning & 6 in the afternoon. We then moved to Fripp Oval, some years we had up to 20 ladies.

Over the years many ladies have learnt the lovely art of card making and I hope I have been a part of helping them learn something they can use & enjoy for the rest of their lives.

I would like to think I have helped some ladies get out of the house & meet other like minded people to enjoy the social side of our class.

I have, with the help of 2 wonderful talented ladies, Nancye & Trish, taught the many facets of cardmaking & I am truly grateful to them, I could not have done it without them. In closing I would like to thank Nancye & Trish for their help & support, the ladies who came to my class & who have become great friends I hope they enjoyed it as much as I did. Also I would like to thank U3A for giving me the opportunity to indulge in my love for craft." *Colleen Wellard*



Office Volunteers

There will be a training session on Wednesday 25th January at Fripp Oval, 10 am to Noon.

This session will be for new and continuing volunteers and the training will include:

- Using the new photocopier
- Receipting pro-rata membership fees
- Changes to procedures.



Social Activities

If you would like to be notified of the many social activities at U3A Ballina/Byron send an email to Ann: anneal313@gmail.com

Look out for our new Sunday Brunch at the Lighthouse Café, 12th February, R.S.V.P by 12 February.



Our first *Happy Hour* 5pm on Friday 24 February at Shaws Bay Hotel (This could become a regular event!).

There will be a bus trip to the Tweed Heads Markets on Sunday 26 scenic drive to Currumbin Rock Pools for byo picnic lunch. Visit Chinderah Tavern on way home.



The social committee were active in organising various activities from local trips and cruising on the Brunswick River to the tutors and volunteers lunch.



**Notice is hereby given that the
Annual General Meeting
of U3A Ballina/Byron Inc.
will be held on Wednesday 10 May 2017
1:00 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 28 April 2017

Agenda items and any special resolutions should be received at the Fripp Oval office by 5pm Friday 31
March 2017

Members will receive AGM papers prior to the meeting.

**U3A Ballina/Byron Inc
Nomination Form for the Committee of Management 2017**

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 deliver to Fripp Oval by 5 pm Friday 28 April 2017

Membership Fees

Membership fees are due and payable by 1st March each year. As 2017 is the first year of the new membership system there will be a pro rata payment for those who paid fees after 1 March 2016, as listed below. When paying your membership fees please endeavour to bring exact change to the office or you may pay on line. Our membership fee is \$50.00 per annum with a \$5.00 joining fee. The joining fee is also applicable if you have allowed your membership to lapse more than one month.

Pro-rata Payments for 2017

2017 Membership Renewal Date Due	Payment due	Next Renewal Date
January	\$50	1/03/2018
February	\$50	1/03/2018
March	\$50	1/03/2018
April	\$46	1/03/2018
May	\$42	1/03/2018
June	\$38	1/03/2018
July	\$34	1/03/2018
August	\$30	1/03/2018
September	\$26	1/03/2018
October	\$22	1/03/2018
November	\$18	1/03/2018
December	\$14	1/03/2018

New members joining March to August each year will pay \$50 and if joining September to March \$25 for the first year, plus \$5 joining fee in all cases.

Photography Interest Group

Expression of Interest



We are calling for Expression of Interest in forming a Photography Interest Group (PIG). This group would meet monthly to have interaction, discussion, workshops and field trips relating to photography matters of interest. The learning will be guided very much by the members of the PIG. The classes will suit beginner and novice level photographers but more experienced photographers may also benefit by attending and may be able to add their skills/knowledge into the learning mix.

It is envisaged that this class will run monthly and depending on interest may run for the full year. You can register for this group on enrolment day or by contacting Terry on 66287982. At the first meeting of the PIG a group convenor/coordinator will be chosen and discussions will be held about the future directions of the PIG.

Explore your interest in Photography with others in a supportive and learning environment.

Monday Walking Group

Look out for our new Monday walking group. Flatter walks for those who want an easier walk or for those who wish to getting into walking slowly.



Changes to Classes in 2017

Look out for the revamped and new approach to the **Beginners Italian class**, different ideas and lots of fun.



Unfortunately, Kim is unavailable to run Chair Yoga and Hatha Yoga during 2017.

Drama: focus on improvisation and playbuilding.

In term 2 Carol Myers will be offering a new drama class. Carol says "that to understand and appreciate theatre and drama one must DO IT. Like poetry, theatre is meant for performance. However, there are many styles and conventions, beginning with the Greeks to modern day Magic Realism.

The group will improvise on a theme, collaboratively write the script, rehearse and perform – that is, providing a public performance has been unanimously agreed upon.

This is called an Ensemble and will be the Modus Operandi for the entire course."

Look out for the expression of interest form on Enrolment day or let the office know of your interest

Bushwalking



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

Photos from our walking groups and Bush Walking ... why not join in?



Seniors week Expo

On Friday 3rd March 2017 we will hold our inaugural Seniors Expo at the RSL Club in Ballina. This expo will showcase U3A Ballina/Byron activities to our local community. The theme of the expo is "Active Living". Ask your Tutor for further details or check out our website at www.ballinabyron.u3anet.org.au.

Fundraising

Volunteers are sought to help with our regular Bunnings Sausage Sizzles and the school holiday activities at Ballina Fair. To help with school holiday activities you must have "Working with Children" accreditation and you can get more information about this from our office.

Photocopying Charges

Photocopying fees for 2017 will be raised to 20c for black and white A4 or 40c for A4 colour. All members receive a newsletter by either mail or email but copies can be purchased in the office for \$1.00 first Term and .50c for Terms 2, 3 and 4.

Enrolment Days

Thursday 19th January 9am – 1pm

Fripp Oval Clubrooms

Pre-enrolment is available for those currently enrolled in classes, contact your tutor for further details. If you have pre-enrolled membership renewals can be made on enrolment day or during the first week of term.

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 2017

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

CLASSES Term 1 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
Shorter Flatter Walks 8:30 am – 10 am From various starting points as per the walks list available in the office	Walking 8am in term 1 (8:30 am thereafter) from Fripp or as on walks list	Intermediate Egyptian Raqs Sharqi 8:45 am -10.00 Fripp Oval	Tai Chi-Quigong (beginners) 9.00-9.50am Term 1 only Fripp Oval	Walking 8.30 – 11 am (Term 1 & 4) 9 am – 11:30 am (Terms 2 & 3) from Fripp or as on walks list
Card Making and Beyond 9.45-12.15pm Fortnightly Fripp Oval	Yoga & Core Pilates 9.15-10.30am Fripp Oval	Beginners Egyptian (Raqs Sharqi) Belly Dance 10 – 11 am Fripp Oval	Tai Chi-Quigong (Regulars) 10-11am Fripp Oval	Photography 9-11 am 20 weeks – 1 year Fripp Oval
Art Appreciation 9:30 to 11:30 Fortnightly Fripp Oval	Orchid Workshop 10 am – 12 Noon Once per month venues to be confirmed Mullumbimby	Philosophy 10:15 – 11:30 Cherry Street Sports Club	Crochet, Knitting and Company 1-3pm Fripp Oval	Rhythmic Tappers 9:30 – 10:45 am (Beginners 10:45 – 11:30 am) Ballina Sailing Club
Introduction to Orchids for Beginners Workshop ½ day, 3 rd Monday of term 1 only Tutors Home	Poetry 10-12 noon 1 st Tuesday Ex-Services club, Mullumbimby	Weights for Women 11:15 am-12:30 pm Fripp Oval	Australian Stock Market Investment 3:00 – 4:30 pm Fripp Oval	Jewellery & Beading 10.30-12.30 2 nd and 4 th Friday of the month Fripp Oval
Advanced Orchid workshop 8:30-11:30am Second Monday of term Tutors home	Invited Guest Speakers Inc Art Appreciation 10-12 noon second Tuesday of month Ex-Services club, Mullumbimby	Exploring books 10:30-12 1 st Wed of month Fripp Oval	Shakespeare 2.15-4.15pm Weekly for 6 weeks Cherry St Sports Club	Croquet Coaching 10:30- Noon Term 1 for 6 weeks Ballina Croquet Club Cnr Bentick & Moon Sts, Ballina
Lost Empires 11-12.30pm Ballina Golf & Sports Club	Classical Music 10-12 noon monthly third Tuesday of month Ex-Services club, Mullumbimby	French Transition 10-12 noon Tutor's home	Fabric Art/Mixed Media 1.30- 4 pm - Fripp Oval 3 rd and 4 th Thurs of Month	Canasta/Samba 12.30-4pm Fripp Oval
Learn to Play Mah Jong 12.30-2.00 Term 1 only Fripp Oval	Italian 10-12 noon RSL Bowling Club	Movie Appreciation Ballina/Byron Bay on-going at variable times.	Lawn Bowls 3:00 to 4:00 6 weeks Ballina RSL Bowling Club	Craft and Chat 11.30-1.30pm Fripp Oval
Mah Jong 12.30-4pm Fripp Oval	Cryptic Crosswords – Beginners 10:45 to 12 Noon Fripp Oval Main Hall	Creative Writing 12:30 – 2:30pm Fortnightly Fripp Oval		
Scrabble 12.30-4pm Fripp Oval	Cryptic Crosswords 10.45-12 Noon Fripp Oval Main Hall	Solo Cards 1-4pm Tutor's home		
Canasta 12.30-4pm Fripp Oval	Table Tennis 12.30-2.30pm Fripp Oval	Computers and Technology – Individual Tuition 1hr sessions; 10 to 2pm Fripp Oval		
	Scottish Country Dancing (beginners & continuing) 4 – 6.pm Presbyterian Church Hall	Bush walking Terms 2 & 3		

MONDAYS

Shorter Flatter Walks

Convenor Barbara McCall 0402 825 260
Venue As per walks list
Time 8.30 – 10 am
Commencing 30 January

Mainly flat walks for approximately 1 hour then coffee at a nearby café. Bring water and money for coffee etc. Wear a hat and comfortable walking shoes.

Cards Making & Beyond

Convenor Trish Holmes 0414 963 806
Venue Fripp Oval, Main Hall
Time 9.45-12.15
Commencing 1 Feb fortnightly

You will learn the techniques & tips to create 2 projects each class. Class covers cardmaking & 3D projects. Each fortnight there is a new technique. Cost is \$6.50 paid at the beginning of each class. A basic kit list will be given after enrolment.

Art Appreciation

Convenor Liz Dowling 6622 7202
Venue Fripp Oval, Main Hall
Time 9.30 – 11.30
Commencing 8 Feb fortnightly

This year we will be focusing on specific artists and viewing their work in the context of their culture and society and any influences from other artists or cultures. In this, the status of the artist will be explored together with any limitations and/or inspired freedom of expression. We sometimes use creative activities ourselves to help with the artist-observer communication.

Orchids for Beginners Workshop

Convenor Ken Wood 6686 8253
Venue Tutors home
Time 9 – 12 Noon
Commencing 13 February
Half day Introduction to growing orchids workshop

Advanced Orchids workshop

Convenor Ken Wood 6686 8253
Venue Tutors home
Time 8:30am – 11:30pm once each term
Commencing 6 February

Understanding the growth and seasonal changes to orchids. Cost \$10 for each class.

Lost Empires

Convenor Warren Hastings Harris 6628 7303
Venue Ballina Golf & Sports Club restaurant
Time 11-12.30pm
Commencing 30 January 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.

Learn to Play Mah Jong

Convenor Viv Miller 6686 7561,
Margaret McKinnon and
Pam McCoy
Venue Fripp Oval
Time 12.30-2.00
Commencing 30 January Term 1 only

Learn to play mah-jong in a relaxed environment, then continue in our regular session. \$5 photo copying costs. Participants will be required to attend at least 7 out of the 10 sessions planned.

Mah Jong

Convenor Viv Miller 6686 7561
Venue Fripp Oval
Time 12.30-4pm
Commencing 30 January weekly

Experienced Mah-Jong players can enjoy the game in a relaxed social environment.

Scrabble

Convenor Sylvia Sanson 6681 2083
Venue Fripp Oval
Time 12.30-4pm
Commencing 30 January weekly

Board games in main hall at Fripp oval. Game boards, paper, pens etc provided. Bring your own scrabble dictionary if you have one. Some dictionaries available.

Canasta

Convenor Prue Coady 6681 3728
Venue Fripp Oval
Time 12.30 - 4pm
Commencing 30 January weekly

Canasta – Challenging. Hand & Foot Canasta – More Challenging

TUESDAYS

Walking

Convenor Barbara McCall 6681 5893
Venue As per walks list
Time 8am Term 1
Commencing 31 January - weekly

Medium walks include some hills. 7-10km mainly in local area, approx 1.5 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 Anne McDonald 0415 773 234,
Mahullah Bosnic 0400 495 522
Venue Fripp Oval
Time 9.15-10.30am
Commencing 31 January weekly

Easy Hatha Yoga posture sequence CD instructed. Realigns; centers and invigorates the body, mind and spirit. Plus Pelvic Floor & Core Pilates Tutor instructed exercises. Finishes with relaxing meditation. Bring yoga mat, water and towel and wear loose comfortable clothes.

Orchid Workshops

Convenor Ken Wood 6686 8253
Venue Various
Time 10-12 noon,
Commencing Check Mullumbimby Schedule for dates
Understanding the growth and seasonal changes to orchids. Cost \$10 for each class

Poetry

Convenor Gerti Krebs 6680 7350
Venue Ex-Services Club, Mullumbimby
Time 10-12 noon, 1st Tues of month
Commencing Check Mullumbimby Schedule for dates
Learning about Poets, poetry classifications. Homework (creating your own poetry) is encouraged, lots of group interaction and analysing of verse. Bring poetry, books and note pad.

Invited Guest Speakers

Convenor Gerti Krebs 6680 7350
Venue Ex-Services Club, Mullumbimby
Time 10–12 noon, 2nd Tues of month
Commencing Check Mullumbimby Schedule for dates
Various topics are presented, use of computer and data projector by Speaker.

Music Appreciation

Convenor Gerti Krebs 668 0735
Venue Ex-Services Club, Mullumbimby
Time 10–12 noon, 3rd Tuesday of month
Commencing 16 February
Usually a power point presentation about a composer, listen to some of the music, learning about different composers.

Art Appreciation

Convenor Gerti Krebs 6680 7350
Venue Ex-Services Club, Mullumbimby
Time 10–12 noon 4th Tues of month
Commencing Check Mullumbimby Schedule for dates
Various topics are presented, use of computer and data projector by Speaker.

Italian

Convenor Kay Radloff 6628 6137
Judith Haggard 6687 6536
Venue RSL Bowling Club
Time 10–12 noon
Commencing 31 January weekly
Italian continuing classes with a new and revised beginner's class. Bring pen and paper.

Cryptic Crosswords –Beginners

Convenor Ian Pickford 0431 080 252
Venue Fripp Oval
Time 10.45 – 12 noon
Commencing 31 January weekly,
A class for beginners and regulars who have been attending previously and those who enjoy a word challenge and like to keep their brain active and have fun while doing so. Bring writing equipment and preferably a soft 2B pencil.

Cryptic Crosswords –Advanced

Convenor Glenda Shearman 0415 712 536
Venue Fripp Oval
Time 10.45-12 noon
Commencing 31 January weekly
Advanced cryptic for those who want to challenge themselves a little more (and still have fun with words). Cost \$2 per term for photocopying. Bring writing equipment and preferably a soft 2B pencil.

Table Tennis

Convenor Deirdre Cox 6687 1969
Venue Fripp Oval
Time 12.30-2.30pm
Commencing 31 January weekly
Lots of fun, a bit of fitness, good hand/eye training, but mainly fun.

Scottish Country Dancing

Convenor Elspeth Lacey 0416 150 150
Venue Presbyterian Church Hall
Time 4 to 6 pm
Commencing 2 Feb weekly
Learn the traditional and modern dances of Scotland. Have fun, exercise your body and mind, without realizing it! Wear soft flat shoes. \$5 (max) per week for hall hire.

WEDNESDAYS

Intermediate Egyptian Raqs Sharqi

Convenor Jacqui Tuckwell 0449811677
Venue Fripp Oval
Time 8:45 am -10 am
Commencing 1 February weekly
This class is for continuing 3rd year students only who have already completed the Beginners and Beyond years in Egyptian Raqs Sharqi. Wear leggings, tee shirt and coin belt/hip scarf for class or preferred suitable and comfortable dance clothes. Bring a bottle of water to keep well hydrated. Costume items and accessories as required for ongoing choreographies and troupe dances.

Beyond Beginners Egyptian (Raqs Sharqi) Belly Dance

Convenor Jacqui Tuckwell 0449 811 677
Venue Fripp Oval
Time 10 – 11 am
Commencing 1 February weekly
This class will introduce you to the base technique used in the Egyptian Style of Raqs Sharqi Belly Dance. Apart from progressively learning movements and steps, each week the class will be comprised of a short warm up and cool down, not involving any floor work. No experience is necessary – just the desire to learn, have fun and help ourselves to keep fit. Wear comfortable clothing such as leggings and a tee shirt. Bring a hip scarf or coin belt to wear in class and always remember to bring a bottle of water to keep well hydrated. We dance in bare feet but wear soft jiffies if preferred.

Philosophy

Convenor Judith Haggard 6687 6536
Venue Cherry Street Sports Club
Time 10.15 - 11.30
Commencing 1 February 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 Bosnic 0400495522
Venue Fripp Oval
Time 1.:15am-12:30 pm
Commencing 1 February weekly
Slow controlled progressive total body program using light weights and working in pairs. Includes warm ups; strengthening/toning and stretch/release exercises on floor mat, chair & standing. Good for osteo-resistance, balance and general well being. Bring yoga mat, hand weights, towel, water and wear loose comfortable clothing.

Exploring Books

Convenor Barbara McCall 6681 5893
Venue Fripp Oval
Time 10.30-12
Commencing 1 Feb monthly (First Wednesday of month)
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 Michele Emerson 6628 3322
Venue Tutor's home
Time 10 - 12 noon
Commencing 1 February 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.

Movie Appreciation

Convenor Christine George 6686 8253

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 Ann Neal 6681612

Mandy Waring

6628 7263

Venue Fripp Oval

Time 12:30 – 2:30 pm

Commencing 1 Feb then alternate
Wednesdays

New writers are welcome to share their stories with our small but enthusiastic group. Bring pen and notebook. Assignments on varied topics every fortnight.

Solo Cards

Convenor Raine Moloney 6686 0946

Venue Tutor's Home

Time 1-4pm

Commencing 1 February 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.

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

Convenor Terry Doherty 6628 7982

Graeme Eggins and others

Venue Fripp Oval

Time By arrangement

Commencing As advised by Tutor

Classes will provide individual tuition to assist students to learn on their own computer, tablet, mobile phone, ereader, camera or other device the necessary skills to enable each student to use their device effectively in the student's area of interest. Each tuition session will be for one (1) hour. The classes will focus on what you need to know to achieve your desired outcomes. The teaching will relate to the skill level of each student. Computer and Tablet tuition is available for Microsoft (Windows), Apple/MAC. Chrome OS and Android platforms. The number of tuition lessons available for each student will be determined by the Tutor depending on the needs of the individual student and the number of students requiring tuition. Beginner students typically have 3 or 4 lessons.

THURSDAYS

Tai Chi-Quigong - Beginners

Convenor Faye Duncan 6686 6585

Venue Fripp Oval

Time 9.00-9.50am Term 1 only

Commencing 2 February weekly

The gentle movements of Tai Chi-Quigong show how to co-ordinate movements with deep, diaphragmatic breathing, plus understanding the importance of posture with an introduction to the Movements. Wear comfortable clothing.

Tai Chi-Quigong - Regulars

Convenor Faye Duncan 6686 6585

Venue Fripp Oval

Time 10-11am

Commencing 2 February weekly

Continuing with the gentle movements of Tai Chi-Qigong.

Australian Stock Market Investment

Convenor Richard Goss 0418 356 527

Venue Fripp Oval,

Time 3 pm to 4.30 pm

Commencing 2 February weekly

A discussion between members who explore ways in which to make efficient, effective and profitable investment decisions in Australian listed shares. The group's success will arise from the contribution of participants in this area of their active interest. Members need a current knowledge of the state and recent history of those aspects of the market they invest in or explore.

Crochet, Knitting and Company

Convenor Sue Bell 0400 800 528

Venue Fripp Oval

Time 1.00-3.00pm

Commencing 2 February weekly

Crochet & knitting at all skill levels. Bring your own projects or join in a class project. Relaxed, social atmosphere. Beginners need size 4 hook or needles and 8 ply wool.

Shakespeare

Convenor Shirley Leon 6681 3512

Venue Cherry Street Sports
Club

Time 2.15– 4.15pm

Commencing 28 Jan weekly for 6
weeks

Enjoying and learning about the works of William Shakespeare through discussion and watching video performances. Members will need to join Cherry St Sports club. Bring pen, paper and book of the play chosen for study (If possible).

Art Quilting and Mixed Media Arts

Convenor Marie Curnow

6686 3470

Venue Fripp Oval

Time 1.30-4 pm

Commencing 2 February (3rd & 4th
Thurs of month)

Discussion of products available. Information & experimentation based on elements & principles of design. Projects suggested by the Tutor and other members of the group. Bring along basic sewing and art supplies. Payment will be required for any use of the Tutors products

Lawn Bowls

Convenor Brian Lewis 6686 7180

Venue Ballina RSL Bowls Club

Time 3.00 to 4.00 6 weeks

Commencing 2 February

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.

Trivia Answer: Coco Chanel

FRIDAYS

Walking

Convenor Kim & Geoff Clark 0418 254 624 or 6684 7654

Venue As per walking sheet

Time 8.30 – 11.00 am terms 1 & 4

9 am – 11.30 terms 2 & 3

Commencing 3 February – weekly

Social walking group. Average walks around 6 to 8 kms taking 1.5 to 2 hours walking time. Walks along streets, reserves, beaches, national parks, creeks, river banks etc in Ballina, Lennox Head, Byron Bay, Suffolk Park, Brunswick Heads and Evans Head. Wear comfortable walking clothes and shoes, sunscreen and bring water bottle, wet weather coat/umbrella if required and money for coffee or drink at end of the walk. List of walks available in the office.

Photography

Convenor Terry Doherty and Kim Pendreigh 6628 7982

Venue Fripp Oval

Time 9.00-11 am

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.

Rhythmic Tappers

Convenor Deane Bostock 0407 219 308

Venue Ballina Sailing & Rowing Club

Time 9.30 – 10.45 am

10.45 – 11.30 am Beginners

Commencing 3 February weekly

class for room hire etc. Bring tap shoes, water and wear comfortable clothing. Classes begin with stretches; feet warm up and includes varying steps, rhythm and timing. Lots of fun and laughter.

Cost \$3.00 per week

Jewellery making

Convenor Joan Montalbetti 6628 2783

Venue Fripp Oval

Time 10.30am-12.30pm

Commencing 10 February 2nd & 4th Friday of month

Bead weaving techniques, stringing techniques i.e. necklaces & bracelets, wire work i.e. wrapped loops, making earrings; redesigning & mending finished jewellery. Provision of information on supplies of beads and equipment. Bring along beads, tools, old jewellery (if you have these).

Canasta/Samba

Convenor Sandra Perry 6686 8923

Venue Fripp Oval

Time 12.30-4pm

Commencing 29 Jan weekly

Canasta and Samba for experienced players

Craft and Chat

Convenor Sue Bell 0400 800 528

Venue Fripp Oval

Time 11.30 – 1.30pm

Commencing 3 February weekly

Casual craft group, covering various crafts. Members share skills. Social happy group. Occasional cost for special kits.

Croquet Coaching

Convenor Jean Hill 6686 9210

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. \$10 for the 6 weeks.

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 .

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Committee Meetings held 1st Thursday of each month – Venue to be advised

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