

U3A BALLINA/BYRON INC



NEWSLETTER Term 3 2018

U3A Ballina/Byron Inc. OFFICE Fripp Oval (next to RSL Bowling Club)
PO Box 55 Canal Rd
Ballina 2478 Ballina

Office hours: 10 am – 12 noon Monday to Friday during term time

Telephone: 6681 4450

Email: u3abalbyr@gmail.com

Website: 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:

As your new President I am honoured to be part of your active and progressive management team which supports all U3A tutors, volunteers and members. I am extremely impressed with the management systems that past members have put in place to ensure our vibrant Association.

Firstly thank you Catherine (my wife) for allowing me to stand for President. My priorities will always be to my wife and family first then U3A. However all U3A members are now my extended family.

Secondly I would like to thank Past-President, Warren and Margaret our past Vice-President and Welfare Officer for their contribution to Ballina/Byron U3A. Warren continues as Vice-President and I will be sounding him out for his expert advice.

All Tutors/Leaders, volunteers and members are the backbone of our Association. Members I have talked to so far have been friendly, motivated and eager to advance our Association.

2019 will be our 25th Anniversary and your management team is eager to celebrate this occasion in style.

Kindest regards to my new extended U3A Family.

Greg Unwin
President



2018 Committee

TERM DATES 2018

Term 3 23 July - 28 Sep

Term 4 9 Oct – 8 Dec*

*Tutors may elect to continue classes after this date

Dates for your diary

Piano Bar Drinks
4.30-6.00

Friday 22nd June

Friday 27th July

Trivia

Fripp Oval

1pm-4pm 3rd October

Ballina Golf Club

3rd December

Annual Hafla

Fripp Oval

Tuesday 20th November

Check the notice board and website for further details

If you would like notification, by email, of upcoming social events, please send your email to Social Secretary, Ann Neal at annneal313@gmail.com and ask to be put on the list.

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

Two new classes have been added to our weekly timetable.

Guided Meditation Classes have commenced on Wednesdays, from 2-3pm at Fripp Oval. The tutor, Annette Watson, has many years of experience in the field. Any members interested in joining please contact Gerti on 66807350 or 0434043645.

Birdwatching: This activity will commence in Term 3 on Thursdays (fortnightly) from 8-10.30am, at various locations around Ballina. The group will be lead by Rob Seal, who is very knowledgeable on all things avian. It is aimed at those interested in seeing and learning more about birds in our local area, and is suitable for **all levels** of interest and expertise. A sign on sheet will be placed on the notice board. For more information contact Heather on 0408862914.

The Tai Chi Qigong Beginners Class will join in with the Regulars for Term 3 and onwards. Class is from 10.00 am to 11.00am. The Beginners class have been shown the various sets of movements and walks enough to now join with the more experienced members. It is rewarding to see so many who enjoy coming to the class and appreciating the benefits of the gentle movements combined with how we breathe.



On Friday 8 June, we bade farewell to Jacqui (Jac) Tuckwell our former Treasurer and Belly Dancing Tutor. Whilst Treasurer, Jac converted our hand-written accounts to a suitable computer program and upgraded our reporting processes, for which we are most grateful. Jac and her husband Grant (also a former Tutor) are off to start a new life in Snug, Tasmania and they will be missed by many of our members. At the farewell Sue Bell presented Jac with a handmade blanket to keep her 'Snug in Snug'!

Although the Egyptian Dance Class is a well established group, we have had some new members join, with the understanding that they follow along as best they can while picking up the technique and choreography. More members are welcome to enjoy the fun and wellbeing benefits.

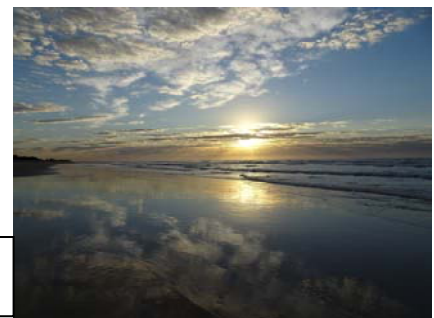


The U3A Fabric Art and Mixed Media were pleased to have the opportunity to display their work at the recent Expo.

U3A Photography Group

The Photography group meets on the first Friday of the month. Each month a theme is chosen to encourage the group to see things differently (Colour, Reflections, Patterns), to slow down and think about each shot before pressing the shutter (Don't Look Now), but ultimately this group is about having a fun outing with like-minded people!

Reflections by Barb



WARREN'S TRIVIA: What "honesty enforcer" was invented by John Augustus Larson in 1921?

We are always looking for volunteers for the office. Our office is open 10-12, Monday to Friday. Volunteers receive full training and a training manual, to support them whilst doing this job plus assistance is just a phone call away. If you can give two hours a week, a month, or even per term please call Joy on 0427 631 403.

Vale Ruth Fox

Ruth passed away on Friday, 1st June. She will be remembered by many as a longstanding and steadfast member of U3A (1996-2018). She was the convenor of the Brunswick Head Class from 1998-2002.

CLASSES Term 3 2018

Please see the newsletter supplement for class details or check our website

Monday	Tuesday	Wednesday	Thursday	Friday
Shorter Flatter Walks 9.00-10 am as per the walks list	Walking 8:30-10.00 am as per walks list	Early Bird Yoga 8:00 – 9:00 Fripp Oval	Bird watching 8:00-10:30 (fortnightly) Various local venues	Walking 9 –11am as per walks list
Art Appreciation 9:30-11:30 Fortnightly Fripp Oval	Yoga & Core Pilates 9.15-10.30am Fripp Oval full	Intermediate Egyptian Raqs Sharqi 9:00-10.30am Fripp Oval	Tai Chi-Quigong (Regulars) 10-11:00 Fripp Oval full	Photography - Introduction 9-11 am Fripp Oval
Weights for Women 9.30-12 (fortnightly) Fripp Oval full	Poetry 10-12 noon 1 st Tuesday Ex-Services Club, Mullumbimby	Philosophy 10:15 – 11:30 Cherry Street Sports Club	Combined Craft Group 1-3pm Fripp Oval	Fundamental Tap 9:30 –10:45 am (Beginners 10:45 – 11:30 am) Ballina Sailing Club
Lost Empires 11-12.30pm Ballina Golf & Sports Club	Invited Guest Speakers 10-12 noon 2nd Tuesday of month Ex-Services Club, Mullumbimby	Weights for Women 11:00 -12:15 pm Fripp Oval full	Fabric Art/Mixed Media 1.30- 4 pm North Creek Road 3 rd & 4 th Thurs of Month	Jewellery & Beading 10.30-12.00 1 st ,2 nd and 4 th Friday of the month Fripp Oval
Mah Jong 12.30-4pm Fripp Oval	Classical Music 10-12 noon 3 rd Tuesday of month Ex-Services club, Mullumbimby	Exploring books 10:30-12 1 st Wed of month Tutor's home	Self-directed Investor Discussion Group 3- 4.30 (fortnightly) Fripp Oval	Canasta/Samba 12.30-4pm Fripp Oval
Scrabble 12.30-4pm Fripp Oval	Art Appreciation 10-12 noon 4 th Tuesday of month Ex-Services club, Mullumbimby	French Transition 10-12 noon Tutor's home full		U3A Ballina/Byron Photography Group 9:00–11:00 Designated locations
	Italian 5 Groups 10-12 noon RSL Bowling Club full	Creative Writing 1.00 – 2:30pm Fortnightly Cherry Street Sports Club		
	Cryptic Crosswords – Beginners/Intermediate 10:45 -12 Noon Fripp Oval	Solo Cards 1-4pm Tutor's home		
	Cryptic Crosswords Advanced 10.45-12 Noon Fripp Oval	Guided Meditation 2-3pm Fripp Oval		
	Table Tennis 12.30-2.00pm Fripp Oval			
	Scottish Country Dancing (beginners & continuing) 4 – 6.pm Presbyterian Church Hall			
Computers and Technology – Individual Tuition 1hr sessions by arrangement				

We have two classes ready to go, but for the lack of a tutor. If you, or someone you know, would be interested in taking a **Choir** or an **Auslan** class please contact Gerti on 0434043645. Tutors **do not** have to be members of U3A.

MANAGEMENT COMMITTEE

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

PRESIDENT	Greg Unwin	66815377	OFFICE CO-ORDINATOR	Joy Schnieder	0427 631 403
VICE PRESIDENT, PROMOTIONS & PUBLIC OFFICER	Warren Hastings Harris	6628 7303	NEWSLETTER & PUBLICITY	Heather Munro	0408862914
	SECRETARY	Sue Bell		6687 7963	CLASS & VENUE COORDINATOR
TREASURER	Barb McCall	6681 5893	WELFARE OFFICER	Diane Cuthbert	6628 6468
COMMITTEE	Gerti Krebs	6680 7350	WEB SITE	Kim Pendreigh	0406 375 139
	Ann Neal	6681 6612	SOCIAL COMMITTEE	Ann Neal Co Chair	6681 6612
	Richard Grzegorzulka	6687 4726		Viv Miller Co-Chair	6686 7561
	John Reid	6681 6521		Barb McCall	6681 4893
	Heather Munro	0408862914		Pam Hamilton	6687 5055
	Diane Cuthbert	6628 6468		Raine Moloney	6686 0946
	Jill Gibbons	6686 2676		MULLUMBIMBY REPRESENTATIVE	Gerti Krebs

Warren's trivia answer: The Lie Detector

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