



NEWSLETTER Term 4 2018

U3A Ballina/Byron Inc. OFFICE Fripp Oval (next to RSL Bowling Club)

PO Box 55
Ballina 2478

Canal Rd
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

It is not too late to make a Difference

No one member makes U3A Ballina/Byron, but all of us working together can make our Association great. The backbone of our Association is its tutors, volunteers and members. I call them the quiet achievers. Those I have talked to so far have been friendly, motivated and eager to advance our Association.

In this Newsletter you will receive a Survey Form where we(your committee) desperately need your responses and comments. **Please complete the Survey Form and return by the due date.** Your U3A committee is listening to you. We will analyse all member returns, publish the results and put in place what best meets the needs of our 500 plus members. Many members may be shy or reluctant to fill in the Survey Form or put their hand up to help our Association. Before the May 2018 Annual General Meeting I did not want to put my hand up, but now as your President I am trying to make a difference. I know many of you have hidden talents which you would like to share with others. Please let your committee know what you want done or share with others so that all of us can benefit and make our Association great.

We are all different, we all have faults and our abilities vary but helping, understanding and supporting others is a key ingredient within any Association or family. We as members are your U3A's extended family. If you can help, you will be rewarded within yourself and our Association will benefit.

If you feel lonely, separated from friends and family why not use U3A to reconnect with others. U3A is your family so take a leap of faith forward and help your committee, so we can help you. All of us working together can make our Association great.

Greg Unwin

President U3A Ballina/Byron Extended Family.

WARREN'S TRIVIA: What fruit was used to make the original marmalade?

TERM DATES 2018

Term 4 15 Oct – 8 Dec*

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

Dates for your Diary

Trivia

3rd October
Fripp Oval 1pm-4pm

Bus trip

Sunday 11th Nov
Mt Tambourine

Hafra

Tuesday 20th Nov
Fripp Oval

U3A Xmas Lunch

Tuesday 27th Nov
Islander Motor Inn

Trivia

3rd December
Ballina Golf Club

Check the notice board and website for further details

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. Assistance is always just a phone call away. If you can give two hours per week, per month, or even per term please call Joy on 0427 631 403.

Both the new classes introduced this term have been a great success. The birding group has had 3 excellent outings under the leadership of our volunteer tutor, Rob Seal. They are pleased to report that so far they have sighted 85 different species and are hoping to reach the century by the end of the term. Rob's enthusiasm and knowledge is very inspiring. Like several other groups, this group has welcomed Geoff and Glenyse, our annual visitors from Tasmania. It is good to see them coming all this way just to attend our U3A.....nothing to do with escaping the cold Tasmanian winter.



The birding group's first outing to Ballina Bicentennial Gardens

The second new activity, Guided Meditation, has successfully transferred from Fripp Oval to more suitable premises. They may now be found in quiet contemplation at Northlakes Community Hall, Whiting Way, at 2.00pm every Wednesday. There is room for more participants for any members interested in joining this group.

Another class with vacancies is our Exploring Books group. This group meets on the first Wednesday of each month. There are no set books because members of the group choose books based on topics. The topic for November is a Tale of Survival -fact or fiction and the topic for December is Whodunnit? A full list of topics and discussion questions for the year are available on the Ballina / Byron U3A website.



The U3A Tai-Chi Qigong Class recently held their morning class outdoors. A totally delightful atmosphere with that bit more space to move. The class is extremely popular and numbers have to be limited to be able to manage in the U3A hall space, so to venture outside is a treat. Qigong is the gentle form of Tai Chi, recognised for huge health benefits and manageable for all ages. The movements can cater for the various problems that come with aging.

In Term 4 our bus trip will be a trip to Mt Tambourine, on Sunday 11th November. We will first go to the Tambourine Country Markets, which are held each month, and then go on to Gallery Walk, the main shopping area of Tambourine, where you can scout the shops, enjoy coffee, or take a leisurely lunch in one of the many restaurants. Keep the date free, and we will be taking names in Term 4. Some details are still to be finalised.

A big thank you to our members, who rose to the challenge of another Bunnings BBQ, this time with only 5 days notice. We were fortunate to have a glorious Sunday which resulted in a substantial addition to our income. Anyone who would like to put their name down to assist with future bbq can leave their contact details at the office. I would personally like to thank everyone who has assisted over the year that I have been part of the organising team, as Jill and Steve Gibbons are taking on the role in the future.



Our busy team at the Bunnings bbq

WARREN'S TRIVIA: *Quince.*

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

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	Intermediate Egyptian Raqs Sharqi 9:00-10.30am 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	Philosophy 10:15 – 11:30 Cherry Street Sports Club	Early Bird Yoga 8.00-9.00 Fripp Oval	Photography - Introduction 9-11 am Fripp Oval
Weights for Women 9.30-12 (fortnightly) Fripp Oval full	Musings and Meditation 9.30-11.00 Cherry Street Bowling Club	Weights for Women 11:00 -12:15 pm Fripp Oval full	Tai Chi-Quigong (Regulars) 10-11:00 Fripp Oval full	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	Poetry 10-12 noon 1 st Tuesday Ex-Services Club, Mullumbimby	Exploring books 10:30-12 1 st Wed of month Tutor's home	Combined Craft Group 1-3pm Fripp Oval	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	Invited Guest Speakers 10-12 noon 2 nd Tuesday of month Ex-Services Club, Mullumbimby	French Transition 10-12 noon Tutor's home full	Fabric Art/Mixed Media 1.30- 4 pm North Creek Road 3 rd & 4 th Thurs of Month	Canasta/Samba 12.30-4pm Fripp Oval
Scrabble 12.30-4pm Fripp Oval	Classical Music 10-12 noon 3 rd Tuesday of month Ex-Services club, Mullum	Creative Writing 1.00 – 2:30pm Fortnightly Cherry Street Sports Club	Self-directed Investor Discussion Group 3- 4.30 (fortnightly) Fripp Oval	U3A Ballina/Byron Photography Group 9:00- 11:00 Designated locations
	Art Appreciation 10-12 noon 4 th Tuesday of month Ex-Services club, Mullum	Solo Cards 1-4pm Tutor's home		
	Italian 5 Groups 10-12 noon RSL Bowling Club full	Guided Meditation 2-3pm Northlakes Community Centre		
	Cryptic Crosswords – Beginners/Intermediate 10:45 -12 Noon Fripp Oval			
	Cryptic Crosswords Advanced 10.45-12 Noon 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				

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	Gerti Krebs	6680 7350
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:

**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 4 2018

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