

U3A BALLINA/BYRON INC



NEWSLETTER Term 3 2020

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

President's Report

"Knowing where we belong and where we are going"

I think volunteers/members have a clear view where they are going and how they can help others. Our Strategic Plan 2019-2023 is there to help us along this pathway and we are all there for each other during this COVID-19 crisis. Many members will be impacted mentally and financially as a result of the crisis. If you know of anyone who needs help please talk to them about getting assistance. For those who have passed away recently please keep them in your prayers as well as their surviving partners.

Thank you to all members for supporting your management team during this crisis but especially Sue Bell for keeping our association alive.

Greg Unwin

TERM DATES 2020

Term 3: 20th July-25th Sept

Term 4: 12th Oct-11th Dec

Xmas Party 27th Nov

Updates for our Association

- Airconditioning has been installed in both the hall and office areas of Fripp Oval. This will certainly make for a much more comfortable U3A experience, especially in the summer months.
- At the committee meeting on June 26th the decision was taken to resume classes at the beginning of Term 3, July 20th. There are some tutors who have elected not to return then, but each class will hear from their class tutor prior to that date. **NB. See change to office hours above**
- After receiving advice from the Office of Fair Trading the Committee has decided to cancel the 2020 AGM. The current committee will continue until the 2021 AGM. Viv Miller has taken up one of the Committee member vacancies and there is another spot available if anyone wishes to nominate for that position. Welcome Viv.
- **As the Term 3 Timetable is still being finalized it will be sent out as a separate newsletter at a later date.**

Expressions of Interest-Happiness 101

Expressions of interest are called for anyone who would like to join a 10 week course entitled **Happiness 101**.

Topics to be covered include Emotional First Aid, Heal your Past, Logic and Reason and Relationships and Family. This course may be available when we resume classes, dependent on the amount of interest and the availability of a suitable time. The tutor is hoping for Monday afternoon. If you are interested please forward your details to Heather Munro at heather.p.munro@gmail.com

Trivia Question: Actor/dancer Gene Kelly got rather wet in which famous 1952 musical picture?

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

Digital Literacy for Older Australians

Justine Elliot MP's Office reported that several U3A associations are using the above programme to increase confidence, skills and online safety for older Australians aged over 50 years with digital technology. See the website at www.beconnectedntnetwork.org.au

Volunteer Tutors

Many of our tutors have gone above and beyond to engage with classes throughout the COVID-19 crisis. I know many of our members have been delighted to have the contact with others and have been more than pleased to tackle the variety of tasks set by their tutors. **So, a big thank you to all our tutors.**

I accidentally omitted the first article from our Term 2 Newsletter (sorry ladies) but the other articles show us what some of the classes have been doing in Isolation.

U3A Quilt Art and Mixed Media Group

We meet at North Creek Community Space on the 3rd and 4th Thursdays of the month. Each group member is a teacher and a learner. Discussion in the group is always animated, enthusiastic and useful.

During Term 1 our main activities were working with silhouettes, investigating artistic uses for dyed cheesecloth and printing/stencilling and stamping on paper and fabric using a Gelli Pad. We also did a unit of work on Japanese Boro and Sashiko stitching

Our notice board is always full of projects in progress.



Exploring Books

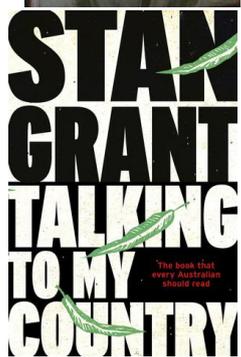


The Exploring Books Group usually meet at my home but during the COVID 19 lockdown we have been sharing reviews online. Our group does not have a set book to read each month. We have a set topic and members of the group can choose which book or books they would like to read, based on that topic.

Our topic for April was indigenous authors. The books and authors chosen for this topic were: *When the Pelican Laughed* by *Alice Nannup*, *Talking to my country* by *Stan Grant*, *The White Girl* by *Tony Birch* and *Growing Pineapples in the Outback* by *Rebecca Lister* and *Tony Kelly*. The reviews written provided the rest of the group with some interesting insights into indigenous experiences.

The topic for May was to reread the oldest book in your personal collection and to discuss how you now felt about the book. Books chosen for this topic varied widely. One was published in 1836 and it was titled *A History of British Costume*. Other books chosen by the group included *Tales from Hans Christian Andersen*, *Winnie the Pooh* by *A.A. Milne*, *Mudlarks* by *Vernon Stokes* and *Cynthia Harnett*, *The Good Companions* by *J. B. Priestly*, *A Town Like Alice* by *Neville Shute* and *Princess Susan* by *Ivy Russell*. Many members of the group enjoyed rereading their books and the memories they evoked of the past while others could still not really relate to the book.

If you would like to join the book group during lockdown you can find the topics for the rest of the year on the U3A Ballina / Byron website. Luckily, there is lots of time to read.



Bird watching

During the lockdown the birdwatching class has received a weekly email with 7 or 8 images of birds for them to identify. We began with local birds, known to the class but have extended to groups from the Gulf area, which has required the use of Field Guides.

Once the outdoor numbers allowed were increased to 10, we have been able to organise limited outings, with our first one to Ballina Bicentennial Gardens where we had a fabulous morning, sighting 57 species.



2 Birdwatchers hard at work

Friday Italian



Sharyn has been getting creative with collage and song during coronavirus revision time.

Kathy cleverly used lines from some well known songs to construct a dialogue for this flirting-coronavirus- style scenario.



Vieni al park domani a leggere il libro?
Nella fantasy d'amore sei tu.
Allora, forse con te partirò.
Nessun dorma!!!

Creative, Craft and Chat Group

Over the period of isolation this group has been busy with a number of projects. Many of the projects are for the Good Samaritan shoe box project. A number of beanies, jumpers and cardigans plus soft toys have been made, for the boxes, whilst we had a number of hours to while away. We have been able to stay connected with each other by telephone, email and a weekly newsletter full of news, projects, recipes and jokes. The newsletter also goes to our beading group and shows off photographs of some beautiful bead work. Everyone is eager to get back to regular meetings.



Creative Writing

Lost for Words

by Joyce

When age creeps up so stealthy, and we're feeling less than healthy and it's hard to find the words for which we search
We're treated as retarded, and by others oft regarded as being close to falling off the perch.
Although feeling very weary, I figured out this theory, the solution hit me while I was asleep.
It's really very simple - our knowledge is so ample that the words we want are buried somewhere deep,
Your brain is not inferior, it's really quite superior, so when you feel you're sounding like a clot,
Just relax and ponder, it just takes a little longer to unearth what others think that you've forgot.

MANAGEMENT COMMITTEE

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	Andrea Williams	MULLUMBIMBY REPRESENTATIVE	Gerti Krebs

To contact any of the above please leave a message at the office or email the office with your request.

Trivia Answer: "Singin' In The Rain".

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