

# U3A BALLINA/BYRON INC



## NEWSLETTER Term 4 2021

U3A Ballina/Byron Inc. OFFICE:  
PO Box 55  
Ballina 2478

Fripp Oval  
Canal Rd  
Ballina  
Office hours: Monday-Friday. 10.00am-12.00

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.

**Term 4**

**4<sup>th</sup> Oct- 11<sup>th</sup> Dec**

**Term 1 2022**

**January 31<sup>st</sup>**

### President's Report-

Living in one of the best areas in the world and with such beautiful weather it is a great opportunity, if you can, to take a morning walk. My exercise partner is a 5 year old Labrador who is very insistent on early morning walks no matter what the weather. It is good for the body and soul.

Hopefully the Covid restrictions will ease so we can reopen classes in Term 4 and reconnect with friends and family.

I would like to thank the tutors, volunteers and the committee members for their efforts in what has been a difficult year.

As this is the last newsletter for the year I would like to wish you a Merry Christmas and a happy and healthy New Year.

Di Cuthbert

**President**

### Expression of Interest for 2022

#### Healing with Colour

We have a tutor who is offering the opportunity to participate in this class in Term 1 2022. It involves using colour to understand reactions and responses to everyday events throughout your life. At the moment it is anticipated to be on Friday from 8.30-10.00 but this may change depending on circumstances. If you are interested in joining this class please respond to Heather at [heather.p.munro@gmail.com](mailto:heather.p.munro@gmail.com)

### Some tutors have provided ways in which their groups have maintained contact/interest during lockdown.

#### Creative Writing News

During the lockdown period the Creative Writing group has continued to produce stories by following an assignment prompt sent to them each fortnight. Firstly we were able to catch up for morning tea at Summerland House which was a very pleasant way to share what we had written as well as socialise over a coffee. Since we haven't been able to meet in a social context we have continued to write our stories each fortnight which are then sent to the group via email. However nothing can compare to sharing them in person so we are all looking forward to that but in the meantime we'll keep on writing.

#### Mandy Waring

U3A Ballina/Byron Inc. thanks Ballina Fair, Ballina Golf Club, Cherry Street Sports Club, and Ballina RSL for their ongoing support

**Warren's Trivia:** The novel Uncle Tom's Cabin, published in 1852, achieved what literary 'first'?

### **Art Appreciation (pre lockdown)**

In embracing all types of artistic expression Barbara Munro and Vanessa Lauf gave a presentation about the Rajah Quilt. This large quilt (325cm x 337cm) was created by female convicts in 1841 en route from Woolwich in England to Hobart. The materials were provided by Lydia Irving of the British Ladies Society for promoting the reformation of female prisoners' convict ship sub-committee. The discussion emerging from the concern for the women took over the session and we were treated to a close viewing of a quilt Barbara herself had created.

**Thank you, Barbara and Vanessa.**



### **Ukulele Group News**

We are pleased to report that the Ukulele Group members have continued to practice their skills either in small groups or on their own, in parks and homes. Unfortunately the latest lockdown rules prevented us being able to meet together, even in these small groups, so it's been up to all of us to stay motivated on our own. Not easy when we realise we sound much better playing in a group. Every week the group receives a Playlist of eight songs which includes one or two new ones to challenge us. I think everyone would agree that we have continued to improve our skills and maintain our enthusiasm during lockdown by keeping our practice going. We're all looking forward to when we can gather in our large group again and feel the joy of playing our ukuleles together.

**Catherine Unwin and Mandy Waring**

### **Quilting Arts/Mixed Media**

The group chooses a textile artist each term as a study topic. During term 3, using books and you tube videos we studied the work of Jean Wells. She is an expert in curved piecing of backgrounds for quilted projects. When it was possible, we treated ourselves to lunch at The Gallery Cafe to exchange books and discuss our work. My letterbox allowed books to move around without contact. After we were completely locked down we used email to stay connected. We came to the conclusion that getting together provides us with the best motivation if we are to stay focused and involved.

**Marie Curnow**

**If you wish to make contact with us while the office is closed please do so by email at [u3abalbyr@gmail.com](mailto:u3abalbyr@gmail.com)**

U3A Ballina/Byron Inc. thanks Ballina Fair, Ballina Golf Club, Cherry Street Sports Club, and Ballina RSL for their ongoing support

## TIMETABLE Term 4 2021

For class details check our website or contact the Office

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Shorter Flatter Walks</b> 8.30am – 9.30 Various starting points as per the walks list	<b>Walking</b> 8.00-9.30 Various starting points as per the walks list	<b>Belly Dancing Beginners 8.30</b> 9:00 am -10.30 Fripp Oval	<b>Bird Watching</b> 8.00-10.30 Fortnightly Various locations	<b>Tap Dancing -Basic</b> 9.30-10.30 Sailing Club
<b>W4W Intermediate</b> 10.45-12.15 fortnightly	<b>Yoga and Core Pilates</b> 9.15-10.30 Fripp Oval	<b>Weights for Women Advanced</b> 11:00 am-12:15pm Fripp Oval	<b>Social Amblers</b> 9.00-10.00 Meet at Meldrum Park	<b>Jewellery &amp; Beading</b> 10.00-12.00 Fripp Oval
<b>Art Appreciation</b> 9:30 to 11:30 Fortnightly Fripp Oval	<b>Books and Poetry</b> 10-12. 1 <sup>st</sup> Tuesday Ex-Services Club, Mullumbimby	<b>Exploring books</b> 10:30-12.00 1 <sup>st</sup> Wed of month Private home	<b>Tai Chi-Quigong</b> 9.00-10.00 Fripp Oval	<b>Ukulele Continuers</b> 12.15-1.15 Fripp Oval
<b>Lost Empires</b> 11.15-12.30pm Ballina Golf Club	<b>Music Appreciation</b> 10-12. 3 <sup>rd</sup> Tuesday Ex-Services Club, Mullumbimby	<b>Paint-a-Long</b> 12.30-2.30 Fripp Oval	<b>Creative Writing</b> 11.30-1.00 Fortnightly Fripp Oval	<b>Samba Cards</b> 12.30-4pm Private home
<b>Scrabble</b> 12.30-4pm Fripp Oval	<b>Buongiorno Italia continuing</b> 10-12 noon Cherry St Bowling Club	<b>Solo Cards</b> 1-4pm Private home	<b>Current Affairs</b> 11.00-12.00 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday Fripp Oval	<b>Italian</b> 1.30-2.30 Fripp Oval
<b>InternationalFolk Dance</b> 4.00-5.00 Presbyterian Church Hall	<b>Italian Conversation-no tutor</b> 10-12 Ballina RSL	<b>Basic French</b> 3.00-4.00 Fripp Oval	<b>Quilting Arts/Mixed Media</b> 12.30-3.30 pm 3 <sup>rd</sup> and 4 <sup>th</sup> Thurs Northlakes Community Centre	
	<b>Cryptic Crosswords</b> 10:45 to 12 Noon Fripp Oval		<b>Creative Craft/Chat</b> 1-3pm Fripp Oval	
	<b>Table Tennis</b> 12.30-2.30pm Fripp Oval			
	<b>Feldenkrais</b> 2.35-4.00 Fripp Oval			
	<b>Scottish Country Dancing</b> 4.00-6.00 Presbyterian Church Hall			
<b>Technology Assistance</b> Individual arrangements Fripp Oval				

## MANAGEMENT COMMITTEE

PRESIDENT	Diane Cuthbert	OFFICE CO-ORDINATOR	Joy Schnieder
VICE PRESIDENT,	Greg Unwin	NEWSLETTER CLASS & VENUE COORDINATOR	Heather Munro
PROMOTIONS & PUBLIC OFFICER	Warren Hastings Harris	WEB SITE	Sue Bell
SECRETARY	Sue Bell	FACEBOOK ADMIN	Andrea Williams
TREASURER	Barb McCall	SOCIAL ORGANISERS	Ann Neal
COMMITTEE	Viv Miller		Viv Miller
	Ann Neal	MULLUMBIMBY REPRESENTATIVE	Gerti Krebs
	Richard Grzegorzulka		
	John Reid		
	Heather Munro		
	Diane Cuthbert		
	Jill Gibbons		
	Andrea Williams		

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

**Trivia Answer:** First US novel to sell over 1 million copies.

<b>PRINT POST PP 100004966</b>
--

<b>POSTAGE PAID AUSTRALIA</b>
---------------------------------------

If undeliverable return to  
U3A Ballina/Byron Inc.  
PO Box 55 Ballina 2478  
Print Post Approved PP100004966

## U3A BALLINA/ BYRON INC. NEWSLETTER TERM 4 2021

U3A Ballina/Byron Inc. thanks Ballina Fair, Ballina Golf Club, Cherry Street Sports Club, and Ballina RSL for their ongoing support

