

# Brunswick Valley U3A Newsletter – March 2018

## From the President

Our year is now well and truly under way and all activities are up and running so thanks to our course leaders for coming up with the enthusiasm to front up for yet another year.

Unfortunately, I have missed the last couple of Tuesday meetings because of a death in the family and I am off to Melbourne to celebrate a couple of significant anniversaries on March 20. I will catch up with everything soon, I promise.

### Speakers' Coordinator

At the committee meeting last week our vice-President, Dot Andrews, confirmed that she will not carry on in the role of Speakers' Coordinator beyond the end of next term. Dot stepped into this role a couple of years ago on a temporary basis. Thanks, Dot, for your great work in this job.

Who wants to take over the role? In some past years it has been shared! The Speakers' Coordinator is a crucial part of one of our most important activities, Tuesday Forum. Please speak to me if you have any ideas as to how we will get this job done in the future!

### 2018 Positive Ageing Award

Seniors Week in NSW will roll around again in early April. Byron Shire Council is looking for nominations for this annual award. Brunswick Valley U3A member, Ray Ellis, took off this award a few years ago and other members have featured as finalists in recognition of their 'positive ageing' in previous award ceremonies.

Council reminds us that *'Older members of the community not only have wisdom and grace that comes from experience but they have time and love for our shire that sees them donating thousands of volunteer hours for all manner of organisations and causes.'*

I can send you a copy of the official form if you wish to nominate someone for this award. The nominee must be a Byron Shire resident and over 65 years old.

Nominations close at 4pm, 26 March 2018, so act soon if you want to get something underway. You have to detail how your nominee:

- contributes to making their community an invigorating, inspiring, and/or active place to live,
- provides a role model for others in their community, and,
- creates diverse and positive images of ageing within their community.



### Mayor's Morning Tea

The Positive Ageing Award is presented at the Mayor's Morning Tea which will be held, this year, at the Byron Community Centre on Monday 9 April.

All Seniors are invited to attend the Morning Tea which will commence at 9.30am and will include speakers, entertainment and the award presentation.

Brunswick Valley U3A members have been reluctant to attend the Morning Tea since it moved from the Ocean Shores Country Club a few years ago. Nonetheless, it is not a bad morning's entertainment so give it a go – parking in the Bay is not that bad and we can always carpool.

**Networks and Clusters and Conferences** There is, of course, more to U3A than our own club. The nature of U3A is such that clubs enjoy an enormous degree of independence in the way they run. Our reporting requirements are minimal and we remit very little by way of fees or charges to other parts of our world-wide organisation.

Still, opportunities exist for members who wish to become more involved in the organisation to do so. There are state and regional groups who meet to exchange ideas and maintain communications and, naturally, there is an annual conference.

Keep up with the NSW Network by [subscribing here](#) or to book for the conference in Canberra in April [go here](#).

### The next Orchid Workshops



A reminder from Penny Fox that the next workshops will be at Judy's on Saturday March 10 and Nareda's on Saturday March 17, commencing at 9am, and our monthly orchid meeting will be at 2pm on Sunday March 18.

The topic for these workshops is Cattleyas, especially taking care of their roots. These are one of the most commonly grown orchids,

named to honour William Cattley, an English horticulturalist who was the first person to grow them in England after they were brought there from south America.

Roger Curran  
President  
March 2018

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## Tuesday Forum

Our thanks go to Dot Andrews for organising our speakers. Thanks also must go to Des Wann for making sure each week that all of our speakers' various technical requirements are met.

### March 13 – Andrew Green

Vinnies – your questions answered – how it works, where the funds raised are spent etc.

### March 20 – Games Morning

Many fun games to choose – puzzles, dominoes, snakes and ladders etc.

### March 27 – Alan McClean

Communication developments over the past 30 years

### April 10 – Rebecca Johnson

Rebecca will speak about a book she has written on kindness – a type of Pay it Forward.