

From the President

Vale Barrington Pheloung



Like many others in our community, Brunswick Valley U3A members were shocked this week to learn of the passing of Barrington "Barry" Pheloung last Thursday. We had the pleasure of two presentations by Barrington at Tuesday Forum last year. He graciously returned to complete the story of his career which was too long and entertaining for just one session.

Many of our members knew Barrington from his participation in local congregations and choirs or had long been fans of his theme music for the television series *Inspector Morse*, which he discussed at length in his presentation.

His story of setting off for London as a young man and his subsequent rise to prominence as a composer was inspiring but his enthusiasm for his art, his love of life and his obvious commitment to his own family was totally endearing. He will be sadly missed by his community and our U3A extends sympathy to his widow Heather and his children Anthony, Danny, Timmy and Adel.

Annual Membership Fees

Fees were due at 1 July so please get yourself in good financial standing with the club. Annual Fee is only \$12, we keep it as low as we can. If you cannot make it to Tuesday Forum then please pay your course convenor who will pass your \$12 on to the Treasurer.

Annual General Meeting

CELEBRATING
20 YEARS
1999 - 2019
**Brunswick
Valley U3A**

The AGM will be held at 10:00 a.m. on Tuesday, 20 August. This is the last call for contributions to the agenda for the AGM and the Annual Report. Thanks to those who have already helped us with memorabilia for our special twentieth-anniversary AGM booklet. Our AGM includes 'performances' and displays and demonstrations by our activity groups and, in keeping with tradition, a slap-up morning tea. If you know a former member who might enjoy the occasion, please invite them along.

Committee elections and positions of responsibility

All committee positions fall vacant at our AGM and nominations are invited for the office-bearers and 'ordinary member' positions for next year. At this time, all office-bearers have been renominated to continue but two of the 'ordinary members' have indicated that they do not wish to continue next year. Nominations must be received by Tuesday, 13 August. Where there is more than one nominee for a position, an election will be held, otherwise, the nominee will be declared elected. If there are insufficient nominations received by 13 August, nominations from the floor will be called for.

Every year it appears that we dragoon reluctant members on to the committee. Why not see service in the committee as an opportunity? Another activity group! It may just be your path to fulfilment. Contact me for a nomination form.

Webinars for not-for-profit groups

U3A Network NSW has an association with Not-for-Profit Law, a charity that provides legal services to other not-for-profit associations. There is a series of webinars coming up around issues of club governance including starting clubs, running meetings and dispute resolution. Contact me for more details.

Roger Curran
President
0413 060 010

Recent Tuesday Forum Speakers



We started term 3 with a presentation from **Donna Laverty**, a representative from Australian Unity, one of the providers of the Australian Government Home Care Packages Program. These programs provide older people who want to stay at home with access to a range of ongoing services and clinical care to help them with day-to-day activities. Donna spoke with authority about the various services that are offered but, in particular, she told us of the need to register for funding with **My Aged Care** now -

before you need it. The waiting lists can be daunting so it's better to be prepared and register in advance. There was a lot of interest so Donna returned the following week to provide one on one assistance to those wishing to sign up. There was no obligation to use Australian Unity as provider - that choice happens later, once the application is assessed.



Jacqui Walsh amazed us with her presentation. Before morning tea she explained many of the intricacies of **acupuncture** and how it works. That was special enough as her presentation was clear and well illustrated with examples and stories. But after morning tea, Jacqui blew us away. Tess, one of our members, spoke to Jacqui at morning tea regarding her frozen shoulder which had been troubling her for 18 months. Jacqui asked Tess if she would like to be her guinea pig for a demonstration after the break. Lucky for Tess, she agreed.

Jacqui started the session by asking Tess questions about her injury - how long had she had it, where did it hurt, was it different at different times etc. She asked Tess to demonstrate how far she was able to move her arm in various directions. There was very little movement at all. Then Jacqui treated Tess. After each part of the treatment there was more movement. The look on Tess's face had to be seen to be believed. By the end Tess was able to lift her arm up over her head - rather like a ballerina! Her smile was as big as her arm movement. If there were any sceptics in the audience, they would have been soundly convinced of the efficacy of Jacqui's treatment.

Tuesday Forum Speakers for August

August 13 – Sophie Wilksch

Women's Shed



Sophie's journey has taken her from a degree in architecture, through to building construction and into a desire to share these skills with others. She is now teaching carpentry and joinery skills at Shedding Community Workshop, where she has recently set up a Government-funded program to enable workshops for our local community, called UPSKILL. She loves building eco-tiny homes, sustainable natural dwellings and up-cycled furniture. Most of all she loves to share these skills with others through

teaching. As well as sharing her knowledge and experience, Sophie will entertain us with some interesting on-the-job stories.

August 20 – AGM



It's 20 years since the incorporation of Brunswick Valley U3A. As well as the obligatory reports and elections that make up an AGM, this year we will focus on the achievements of our club over the last 20 years as well as our current activities. There will be demonstrations by various groups, some items from the Orchid Growing group, Men's Shed and the Busy Beaders to purchase, an historic photo display and, of course, a birthday cake. There will be a special commemorative supplement

with the annual report. If you would like to contribute to this please contact the president.



August 27 – Fiona Spencer

Barefoot Law

Legal advice should be a right not a privilege, but it's often too expensive for many people and legal aid and community legal centers are very limited or far away. Barefoot Law is designed to help you solve a problem or make a decision by offering practical low-cost advice to individuals and families, community organisations and small businesses. Fiona is one of the solicitors at Barefoot Law. She will talk to us today about the expansion of the Barefoot Law services into Byron Bay, as well as providing advice to us about Capacity, Powers of Attorney, Enduring Guardianship and the matters surrounding them.