

From the President

Annual General Meeting

The committee and I are preparing for our Annual General Meeting on 20 August. The AGM will also recognise the twentieth anniversary of the incorporation of our club so, in addition to the usual presentations by our activity groups, we are inviting members who may wish to present a reminiscence to request a spot on the agenda for the day. Contact me for further information.

Annual Report

The committee has budgeted for the Annual Report to be a special publication for our twentieth anniversary. In addition to the usual activity group reports, we invite members to submit

photos/stories relevant to the history of our club. We will print a souvenir colour edition so please get your contributions to [Denise](#) by 6th August.

Annual Luncheon

Our Annual Luncheon will be held on 10th September. This will also be themed to celebrate twenty years of our club. We'll confirm the venue at our next committee meeting.

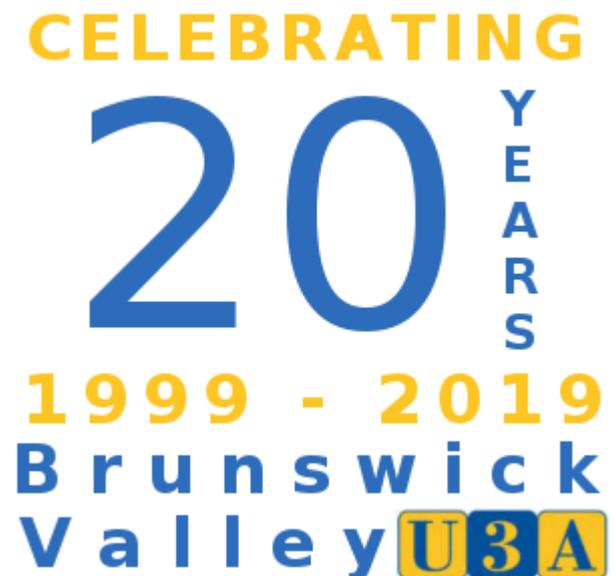
Committee and other positions of responsibility in the club

The other important feature of our AGM which must rate a mention is the election of the committee and the appointment of members to the positions of responsibility in the club.

Our positions of responsibility include the Course Coordinator (presently vacant), Web Manager, Technical Officer, Public Officer, Membership Officer, and, the Meet and Greet team and the Hospitality team for Tuesday Forum. I'll advise in the next newsletter if any of these are falling vacant. Any member who sees a role in which they can make a contribution is encouraged to come forward. Anyone who can contribute to publicity with say, with a Facebook page, or who wants to try some ideas to grow our membership or develop new areas of activity for the club is welcome to come forward. We can come up with a budget for any project that can promote the club and what it offers.

Reciprocal Rights with Ballina/Byron U3A

Following up an invitation from Ballina Byron U3A the committee agreed to actively forge links with that club. More next time.



Roger Curran
President
0413 060 010

BVU3A website

We have recently moved our website from the original hosts to the Network NSW webserver. We did this for several reasons. Some of the reasons are technical, others make sound economic sense. In brief, our site is now more secure than ever before and we pay a fraction of the previous annual fee.

There is a temporary hitch, however. At this point Google only recognises the homepage. If you are searching for something more specific then Google will not find it for you until it does its next sweep of our site. This may take another couple of weeks. In the meanwhile, the new address is <https://bv3a.u3anet.org.au/>. Add this to your favourites. Alternatively click [here](#) to go straight to the homepage. Once on the home page you can click to find whatever you were looking for.

We expect that everything will be back to normal in a couple of weeks.

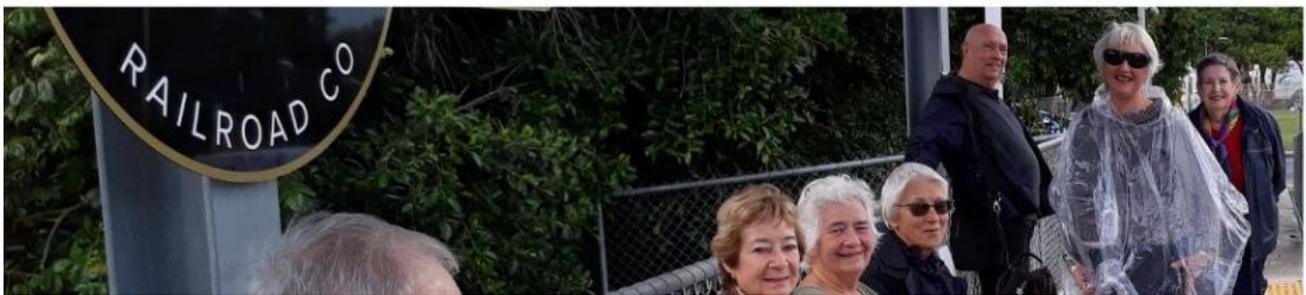
Denise

Term 2 Outing to the Byron Bay Solar Train

An intrepid band of a dozen members braved the weather for our trip on the Byron Bay Solar Train. As it turned out, we didn't get wet. It rained when we were in the train and having lunch, but not while we were out and about. For those who haven't taken the train yet, it was a worthwhile experience. The line passes through some interesting vegetation, quite close by in places. We saw the extent of Belongil Creek from a totally different perspective, plus some interesting back yards. One highlight was a beautiful white heron eating a mouse. While we were waiting for the return train most of us strolled to the new shopping complex to check it out or have a coffee. Something for everyone.

It was interesting to note that the classic 600 class railcar was built in 1949, hence was younger than any of those riding on her!

After our adventure we had lunch at the Sun Bistro. We had a pleasant meal in good company and felt that our excursion was good value for the \$25 all inclusive price. It's a good outing for visiting friends and family that we would be happy to recommend.



Tuesday Forum Speakers for July and August



July 23 – Donna Lafferty *My Aged Care*

The Australian Government Home Care Packages Program provides older people who want to stay at home with access to a range of ongoing services and clinical care that help them with their day-to-day activities. There are many providers of these services. Donna is from Australian Unity, one of the providers. Her role is to engage with community groups to provide information, answer questions and assist aged persons to register for funding with My Aged Care. Donna knows how confusing the process can be and that many seniors do not know what is available to assist them to stay safe in their own homes and continue to connect with their communities.



July 30 – Jacqui Walsh *Acupuncture*

Jacqui is a well known local acupuncture practitioner, with a following of loyal clients. She will explain the sacred geometry that was the original

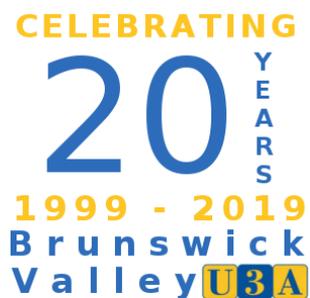
acupuncture, the relationship between the meridians and how acupuncture works to relieve pain. Jacqui will also talk about the five element theory, how this pertains to diagnosis and constitutional makeup and its use in acupuncture point selection. Jacqui has a very dynamic personality – her presentation provides a mixture of theory and demonstrations.



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 of the items from Men's Shed and the Busy Beaders to purchase, an historic photo display, guest visitors 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.