

## President's Comments

Our U3A Year is quickly drawing to a close with the Annual General Meeting to be held on Tuesday 18



August. While we do now have nominations for the incoming Committee it has been a disappointment that more newcomers didn't volunteer. This is an issue facing many community organisations and one can only ponder the consequences of such unwillingness in coming years.

Penny Fox has organised a varied and interesting set of speakers for Term 3 and members are sure to enjoy their topics. Of particular note is the address to be given on 11 August by Professor Louis Roller, Honorary professor in Pharmacy Practice at Monash University. His topic on "You and Your Medicine" is very relevant to our age group and shouldn't be missed.

I'm confident the change of our Annual Luncheon to earlier in the year to avoid the mad Christmas season of overindulgence will prove to be worthwhile. Members will appreciate also that this change gives us a chance to have a very different fare than the traditional Christmas Dinner we usually have. More details will be given in the first few weeks of Term 3. Remember that the date for this is

Tuesday 15 September, the last week of Term 3.

I would just like to mention a special group of members who do something above and beyond their other responsibilities in helping run our U3A. They are: Beth Wann, David Ashton and David Powell. Each week they arrive early and set up everything - chairs and equipment. So, when you arrive, you have to do nothing except take your seat and get ready to enjoy the morning's offering. They are truly the unsung heroes.

On a concluding note I make one final plea. We do need someone to volunteer to find speakers for the Tuesday Forum. Penny will be finishing up at the end of Term 3 after magnificent efforts over a long period of time. Despite David Ashton having also organised many speakers over the past few years he has volunteered to do Term 4 for this year. But we do need now a volunteer for 2016. Please give it serious thought.

Des Wann  
President

## Colin Cook – Changing Events in Our World and How to Manage Them

Colin spoke to us at Tuesday Forum on 19 May. His presentation provoked lots of interest and questions. Colin has kindly sent through a list of some of the resources he used for his presentation and recommendations for further reading:

- **Sacred Economics** by Charles Eisenstein. This is a wide ranging, challenging book which is available on-line for free; but it's worth a grateful donation.
- **Healthy Money Healthy Planet** by Deidre Kent - an excellent, very readable NZ publication.
- **Modernising Money** by Andrew Jackson and Ben Dyson; says it all really - including how to move to a monetary system that serves society well. This latter is available from Positive Money - website [positivemoney.org](http://positivemoney.org)
- The YouTube video we saw - Ben Dyson on **How Money is Created** is on YouTube at <https://www.youtube.com/watch?v=JBZWw1DG8zU> .

There are many - indeed hundreds - of other DVDs available but two that are most informative and maybe a bit scary are:

- **The Bank that Rules the World** - Goldman Sachs
- The film, **Princes of the Yen**, about post-war Japan and how a central bank can create and maintain austerity until the people 'come to heel'.

In addition, one of our members, Elizabeth Crennan, has provided some extra resources on the same topic:

- **The Age of Selfishness** by Daryl Cunningham, available at Mary Ryans bookshop.
- Sites worth including on the general topic of world finance are <http://www.thrivemovement.com/what-global-domination-agenda> - also other articles related to global finance including "Follow the money trail" on the Thrive website.
- Also <http://www.thrivemovement.com/highlights-our-global-financial-update.blog> for a current update.

## Tuesday Forum Term 3

TUESDAY JULY 14: **Mayor Simon Richardson** will speak on "**Council Matters**". Simon will explore both meanings of this topic; ie matters of concern for the Council and why local government is important.

TUESDAY JULY 21: **Mark Sieffert** (Brunswick Heads Librarian) and **Jennifer Priddle** (Richmond-Tweed Regional Library Support Services Librarian) will tell us about "**The Services offered by our Local Libraries**". Mark makes any visit to Bruns library a pleasure and Jennifer is a techno whizz. They will speak till morning tea and afterwards several U3A members will tell us about the book that they would choose if "shipwrecked on a desert island".

TUESDAY JULY 28: **Jo Chaffey** will speak on "**Wires**". Wires is dedicated to the protection and preservation of native animals and Jo is our local carer/contact.

TUESDAY AUGUST 11: Monash University's **Honorary Associate Professor in Pharmacy Practice, Louis Roller** will discuss "**You and your Medicine**". Louis is the "darling" of four Melbourne U3As, and gives presentations and runs courses at all four. Last year he won the Lifetime Achievement Award from the Pharmaceutical Society of Australia. This is a morning not to be missed.

TUESDAY AUGUST 18 – OUR AGM. The organisation of this meeting involves three components: (1) Formal Proceedings (2) A Sumptuous Morning Tea (provided free by our U3A) (3) Displays by our participants in various Courses/Activities. As long as we have a committee to continue this will be a very pleasant and relaxed morning.

TUESDAY AUGUST 25: **Alan Murray** will discuss "**The Way we Were**". Historian, author and award winning documentary maker, Alan wants to explore the power of memory to engender optimism and our sense of self-worth.

TUESDAY SEPTEMBER 8: Retired Orthopaedic Surgeon, **Dr Neil Thompson**, will discuss his book, "**Sawbones, Saddle Burns and Soothing Balms**" which outlines the history of the first 125 years of doctors in the Richmond Valley region. Neil is a member of our Shibashi group, so is well known to many members.

TUESDAY SEPTEMBER 15: Christmas in September lunch at Ocean Shores Country Club from noon. To avoid constant overeating in December we've decided to hold our annual dinner at the end of this term. Details of the menu and price will be on the website and announced at meetings closer to the day.

## Courses

Thank you to our brave band of tutors who donate their time, energy and expertise so **willingly** and cheerfully make our U3A courses run so effectively.



We had a very special visitor to Tai Chi class during the term. Janina O'Brien's dog Tashie decided to pick up a fan and join Terry and the rest of us. That's Terry bowing in the background.

Thanks to Bev Sweeney for sending us the photo.

**Make your own blog.** This four week course was originally intended to take place in term 2 but had to be postponed. It will now be held on Tuesdays at

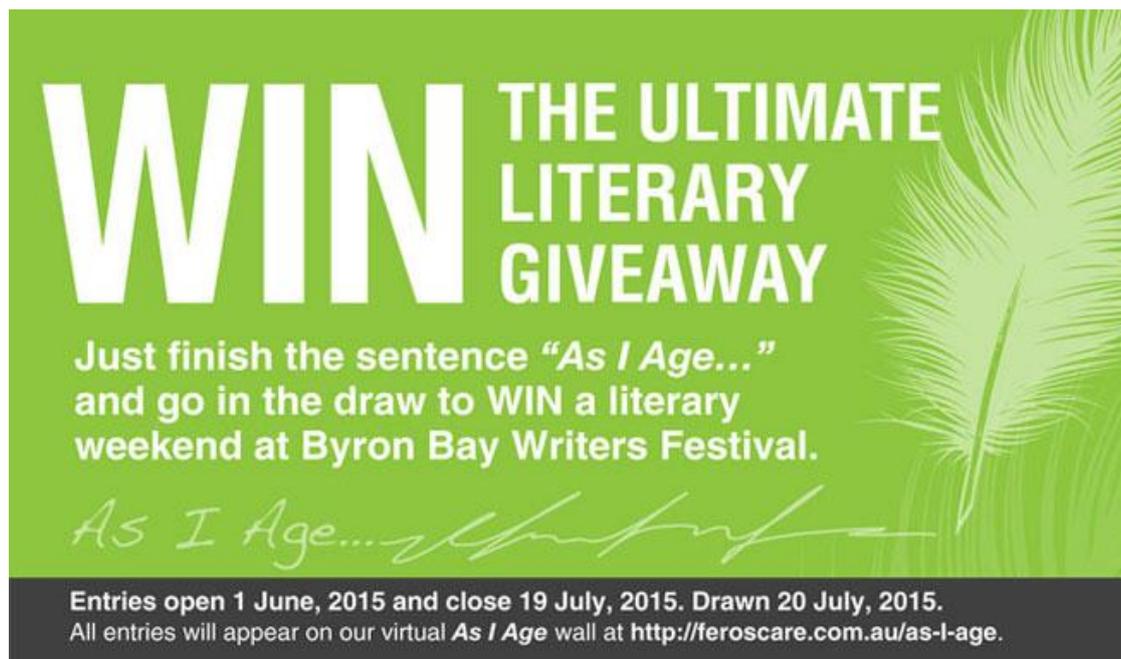
2pm in Ocean Shores, starting on 21 July. The four weeks will be spread throughout term 3 on days to be decided by the group. Ideally participants will have their own laptop to bring to the sessions but this is not essential. Phone Denise on 6619 0308 or [Contact Us](#) for more information.

Blogs can be a public platform for people to air their views or they can be a private place for sharing family stories and photos. They can also be anything in between, anything you want them to be. The idea behind this course is to get you started. You can then do whatever you like, limited only by your imagination.

Full details of all the courses we offer are listed on the [BVU3A website](#).

## Why not have a go?

Karen Ingleman, Aged and Disability Officer for Byron Shire, has sent us this information:



**WIN THE ULTIMATE LITERARY GIVEAWAY**

Just finish the sentence "As I Age..." and go in the draw to WIN a literary weekend at Byron Bay Writers Festival.

*AS I AGE...*

Entries open 1 June, 2015 and close 19 July, 2015. Drawn 20 July, 2015.  
All entries will appear on our virtual *As I Age* wall at <http://feroscare.com.au/as-i-age>.

Get involved in the conversation around ageing, and go in the draw to win the ultimate literary weekend at Byron Bay Writers Festival (7-9 August). The ultimate literary weekend at Byron Bay Writers Festival is an initiative of Feros Care and aims to ignite discussion about the hopes, dreams, and concerns of getting older.

Whether you're a book-worm, a writer, a festival-goer, old or young, be part of the conversation on ageing and help challenge the perceptions and stereotypes of what 'old age' looks like. By shining a spotlight on ageing, Feros Care hopes people will feel inspired to put their thoughts into words and contribute to the great ageing debate.

To enter the competition, visit <http://www.feroscare.com.au/company/win-the-ultimate-literary-giveaway/>, and share your thoughts hopes, dreams and/or concerns about ageing in 25 words or less.

The winner will enjoy three days with some of the world's best literary minds at one of Australia's most popular destinations – Byron Bay. The prize includes two nights accommodation in a One Bedroom Suite (for two people), 2 x three Day Passes to the Byron Writers Festival and a Festival Book Pack. This prized is valued at \$1130 and is the perfect getaway.

This literary give-away coincides with Feros Care's over-sized chalkboard that will be appearing at the Byron Bay Writer's Festival (7-9 August), asking people to finish the sentence "As I Age..." This chalkboard is a public art installation – known as the 'As I Age' board – and is designed to be thought provoking, and to get the conversation started on how we all interpret getting older.

Competition closes on 19 July and the winner will be announced on 20 July 2015. Competition entries will appear on the virtual 'As I Age' wall on the Feros Care website and Facebook page.