

From the President

Last month I mentioned that we are going to invest in a program of promotion of our club in the interests of membership building. For the sake of new ideas, new courses and new skills, we need new faces.

Your committee has agreed that we will, firstly, focus on Qigong/Shibashi as the activity that we will promote to our community. The Qigong/Shibashi group could use new members to defray the increasing cost of hall hire and it offers the best photo opportunities. Before I go outside the club to look for photographers, I ask again if we have any member(s) who can offer photographic skills to this project. The reward will be a couple of bottles of wine or similar. We don't want to have to engage a professional if we don't have to but we are looking to achieve a quality outcome.

We are looking at producing some posters and pamphlets and also some slides which we will try to get displayed at the local clubs and waiting rooms. If members know of any notice boards that will take our posters please let us know. The public notice boards around Bruns and Ocean Shores are overloaded with notices and are surrounded by the litter of torn-down posters.

If members belong to other groups where we could put information in newsletters, I will gladly write something. I will start a Facebook page this week so we will see if that extends our circle a bit.

Remember, photos! We would love to put them in our newsletter, too.

U3A! Tell your friends and bring your friends.

Roger Curran
President

October excursion

Book this week for morning tea at Ballina Manor.

On 31 October our Tuesday activity will be Morning Tea at Ballina Manor with a guided tour. Cost to members is \$7.50 and we will organise car pooling. We need to pay a deposit this week so put your name on the list at the table at the back of Tuesday Forum, at French or Spanish on Wednesday, at Shibashi on Thursday or phone Roger on 0413 060 010.



Tuesday Forum

October 10 - Tony Yeates

The mystery of Lasseter's Reef. Tony will talk about gold – its nature and the mystery surrounding Lasseter's Reef, a legendary rich gold deposit in a remote and desolate corner of central Australia.

October 17 - TBA

October 24 - John Remyne

John is ex-army, having served in Vietnam. He is an experienced mountaineer and went on to train soldiers to climb in snow.

October 31 - Monthly outing

Guided tour and morning tea at the Manor House in Ballina. Details above.

November 14 - Susan Wright

Susan's obsession for beautiful textures and colours has been ingrained since birth. Her father was a passionate printer and founded the "The Byron News". Born in Paper. Over the past years Susan has created a business appropriately called *Born in Paper*. and runs workshops in a range of paper crafts and textiles.

November 21 - Steven and Ann Jones

Steven and Ann will give us their perspective on Eastern Europe, following on from their travels in the area.

November 28 - TBA

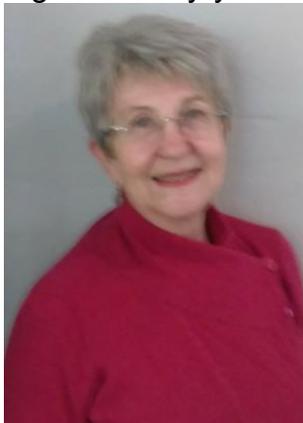
December 12 - Christmas concert

More details to come about this annual seniors gala concert.

Introducing Your Committee

Ingrid Johnston

Ingrid is a fifty-year resident of the area and a long time member of Brunswick Valley U3A.



She has been active in the Tai Chi and Qigong/Shibashi groups and is co-leader of this activity along with Bev Sweeney.

Ingrid is in U3A for the learning experiences it provides and for the social connections she makes.

A regular at Tuesday Forum, Ingrid has been a committee member since last year. In particular she is able to represent the views of the large contingent of our members who participate in the Thursday Qigong/Shibashi group.

Ingrid recommends both the social and learning aspects of U3A to prospective members. In her life outside U3A she likes to walk and read.