



# Great Glen Newsletter

## April 2018

Registered Charity No. 1099411  
[www.greatglenu3a.co.uk](http://www.greatglenu3a.co.uk)

A very warm welcome to our new members:  
Ann Norton, Carol Pratt and Sylvia Prentice

### Chairman's Chat



Hello everyone

Well it's April and so the start of a new year at Great Glen U3A. Thanks to all members who have renewed their membership promptly and a polite nudge to those who have still to do so.

In the next few months we have the AGM in May which will include musical contributions from the Ukulele Group and some short films from Toni Smith. I'm pleased to say that we have two new volunteers for committee posts and I trust you will support their election at the AGM. Then in August we shall

have our Open Day. Last year we attended the Wheelbarrow Race instead but we are back on home ground this year. The main aims of the open day are to increase awareness of U3A locally and also to allow members to consider additional groups they might like to try out. And, of course, around these particular events we shall have a range of interesting speakers at our regular monthly meetings.

Later in this newsletter you will see details of a Learn Something New session on keeping fraudsters and scammers at bay; sadly, this is something we all need to be aware of these days. If this is of interest please get your name on the list. Unfortunately, our Singing for Fun Group is suspended at the moment as we are in need of a new pianist. If you think you could do this then please contact myself or Catriona Scott.

And as we head for the warmer weather, is there anyone who could lead some gentle rambles in our local countryside? It's some years since we had a walking group, so perhaps it's time to have another go. Please contact me.

Make the most of your U3A membership. There's lots to do so try out a new group this month.

*Peter Russell*

[chairman@greatglenu3a.co.uk](mailto:chairman@greatglenu3a.co.uk)

271 0889

### Committee News

#### New Members Meeting

If you joined Great Glen U3A after October 2017 then by now you should have received by email or by post an invitation to attend a special meeting for new members. This is a meeting where you can learn a little about how U3A works nationally and also about all of the groups that you can join at Great Glen U3A. The meeting will be held on 26<sup>th</sup> April. Please come along if you can. As well as

the information about U3A this is a good opportunity to get to know a few more members and to eat cake.

Peter Russell

[prussell@russellscott.co.uk](mailto:prussell@russellscott.co.uk)

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### Reminder – Your Subscription was Due by 1<sup>st</sup> April!

If you have not yet renewed your subscription it is now overdue. Please send your renewal form and membership fee to me as soon as possible at 45 Glen Way, Oadby, Leicester, LE2 5YF. Please also let me know if you have decided not to renew for this year. Thank you.

Sue Russell Membership Secretary

[sue@suerussell.co.uk](mailto:sue@suerussell.co.uk)

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### Monthly Meetings

Our meeting on 10<sup>th</sup> April features a talk by Mike Leonard entitled 'School Holidays'. We are most grateful to Mike who has kindly stepped into the breach at short notice after our previously advertised speaker revealed that he had double-booked himself!

10 April 2018

*School Holidays*

*Mike Leonard*

8 May 2018

*AGM followed by Entertainment*

12 June 2018

*Sherlock Holmes*

*John Martin*

Meetings are held in the Village Hall on the second Tuesday of each month. Doors open 10.00 a.m. for tea and coffee, event / speaker 10.30 a.m. **Coffee rota – see below.**

### Coffee Rota

*Coffee, tea and sugar are provided. Please bring milk (2 litres).*

10 April – **Duplicate Bridge Group**

8 May – **Family History Group**

12 June – **Flower Arranging, Needles and Pins and Art Groups**

### A Penny for Your Thoughts ...

If you have a memory, 'thought piece' or anecdote you are willing to share with other members please do send it in to me. The cut-off date submissions for the next Newsletter is noon on **Wednesday 2<sup>nd</sup> May 2018.**

Robert Mansfield

[robertmansfield@btinternet.com](mailto:robertmansfield@btinternet.com)

270 8284

## Big Cats Photography (March Meeting)



Barbara Meyer gave us an in depth, interesting and informative talk about the photography and conservation of the 'Big Cats'. According to some authorities these are limited to tigers, leopards, jaguars, lions and snow leopards. However we saw something of other species also. Leopards were her particular favourites.

Her talk showcased many of her beautiful photos of Big Cats, some in their natural surroundings, others sheltered from the threat of extinction in nature parks and zoos. She shared with us some of her personal history, seizing the opportunity created by the banking collapse of 2008 to create an entirely different professional life centred on her passion for wild life photography. After a trip to South Africa, where she had the opportunity to photograph leopards and their cubs, she decided to use photography to raise awareness and funds for conservation projects. As well as taking and selling photographs she runs workshops and talks to groups like the U3A to raise funds for various conservation organisations.

*Jackie Lambert*

## LEARN SOMETHING NEW

### **Stay Safe on the Internet – How to Protect yourself from Fraud Wednesday 24<sup>th</sup> May 2.00 p.m. Methodist Hall**

Most people now have access to the internet. We use our home computers, phones and other devices to shop or bank online and to contact our friends and relatives, along with numerous other tasks. With all the convenience the internet brings, it is important to be aware of potential online risks.

Almost all frauds now use computers or technology in some way. There are many criminals who take advantage of the anonymity of the online world to deceive, hack and steal. This doesn't mean we shouldn't use the internet. A few simple security measures can reduce your chances of becoming a victim. This Learn Something New Session is an illustrated talk lasting about an hour, to provide guidance on some of these crimes and tips on how to avoid becoming a victim.

There is a provisional date – **Wednesday 23<sup>rd</sup> May at 2.00 p.m.** in the Methodist Hall. This will be confirmed if we have sufficient interest. You can sign up at the monthly meeting or contact me directly.

*Sue Russell*

[sue@suerussell.co.uk](mailto:sue@suerussell.co.uk)

271 0889

## GROUP NEWS

### Art Group

The dates for our next meetings are 5<sup>th</sup> and 19<sup>th</sup> April. We shall be trying our hands at charcoal drawing. Rachael will be providing the paper and charcoal. Anyone who isn't a member of the Art Group and would like to come along, you will be made very welcome. We meet in the Ruth Warner Room at 2 o'clock.

*Rachael Snashall*

[rsnashall@hotmail.com](mailto:rsnashall@hotmail.com)

259 2830

### Carpet Bowls

We meet every Thursday afternoon in the Village Hall from 2.00 to 4.00 p.m. – except that on 26<sup>th</sup> April the Hall is required for another event. If anyone is interested in trying their hand at bowling you will be most welcome.

*Peter Stanley*

[Peterandphyllis.stanley@btinternet.com](mailto:Peterandphyllis.stanley@btinternet.com)

259 2152

### English Country Dancing

After an enforced respite of two weeks, because of refurbishment to the Sports Hall floor, the group resumes its weekly meetings on Tuesday 10<sup>th</sup> April. We look forward to having a sprightly step to our dancing on the renewed surface.

March saw "Playford" dances at Higham Ferrers Bede House (see picture below)



and Burton Overy Assembly Rooms, otherwise known as the village hall! These were attended in period costume by some members of the ECD group, and the latter event featured Jennifer Hawley, of the group, playing keyboard to accompany the dancing. April marks the start of the season of Folk Dance Festivals around the UK and brings St George's Day, when Morris dancers and Maypoles will be out and about. Watch out for public-participation festivities in Orton Square, outside the Curve Theatre in Leicester, on Saturday 21<sup>st</sup> April.

And, did you know that there are proven health benefits from dancing, especially for those of mature years? Family doctors are being urged by health chiefs to take up "social prescribing" after research found it (social dancing) cut GP visits and trips to A & E units by more than a quarter. The health-promoting ECD group meets weekly on Tuesday afternoons 1.30 to 3.30pm in the Sports Hall. No previous experience is needed as all the dances are explained and walked through before

setting them to music. Also, no special clothing required - just lightweight shoes or sandals and comfortable clothing suitable for gentle dancing. Nor do you need to come with a partner; singles of both sexes are welcomed, and we often change partners during the dances so that everybody is involved. The only requirement is to be prepared to join in and enjoy yourself! So, it's good fun and healthy exercise for both body and brain. Come, join us and give it a try!

*Peter Meacock*                      [petermeacock112@btinternet.com](mailto:petermeacock112@btinternet.com)                      279 2600

### **Evening Bridge**

Tuesday evenings at 7.00 p.m. for a prompt start at 7.15 p.m. every Tuesday in the Chapel Hall (except for third Tuesday of the month when we play at the Library). We finish about 10 o'clock.

You will need a partner. Please ring me for further details

*John Lawson*                      [jlawson123@btinternet.com](mailto:jlawson123@btinternet.com)                      259 3421

### **French Conversation**

We are back in business and will continue to correct our doubtful fluency in the Ruth Warner Room from 10.30 to 12.00 each Wednesday (except the first the Wednesday after Easter).

*Jim Picken*                      [djpicken95@gmail.com](mailto:djpicken95@gmail.com)                      259 2035

### **Garden Visits**

Our next meeting is on Friday 20th April when we are visiting Felley Priory in Nottinghamshire. This outing is now full, but may I ask all who are going to be at the Great Glen Village Hall car park at 9.45 a.m. as the coach will be leaving promptly at 10.00 a.m. There is a cafeteria there but I am informed that it is rather small so we may have to visit it in small groups! Many thanks.

*Linda Hobart*                      [lindahobart@outlook.com](mailto:lindahobart@outlook.com)                      319 8095

### **History**

The next session is on Monday 30<sup>th</sup> April at 2.00 p.m. in the Methodist Hall. This is an alteration from normal and replaces Monday 7<sup>th</sup> May, which is a public holiday.

*Peter Russell*                      [prussell@russellscott.co.uk](mailto:prussell@russellscott.co.uk)                      271 0889

### **History of Art**

The next meeting is on 18<sup>th</sup> April when we shall be looking at the paintings of Rembrandt. The meeting will be in the Methodist Hall as usual commencing at 10.0 a.m. All members are welcome.

*David Brooke*                      [dnewtonbrooke@gmail.com](mailto:dnewtonbrooke@gmail.com)                      259 2520

### **Indoor Bowling**

Indoor Bowls at Market Harborough has now finished for the winter season. We begin again at the beginning of October.

*Ann Spray*                      [spray194@btinternet.com](mailto:spray194@btinternet.com)                      281 0324

### **Learn French Together**

The French group for beginners. The group meets on first and third Tuesdays at 10.00 a.m. in the Ruth Warner Room.

*Marie-Christine Grenham*                      [mcgrenham@gmail.com](mailto:mcgrenham@gmail.com)                      07764 154374

### **Line Dancing**

Line Dancing will re-start on 12<sup>th</sup> April, after the closure of the hall for work to be done on the floor. Someone saw us dancing recently and was very surprised, saying that she had no idea that line dancing was like that, it looked such fun. It seems that many people have a pre-conceived idea that line dancing is very American, with lots of noise, dressing up, and stomping of feet to dreary country music. How wrong they are. Line dancing now is danced to all kinds of music, Cha Cha, Rumba,





Please contact the Group Leader (see your U3A programme card or the website for details) if you are interested in joining any Group.

## Tailpiece

**THIS IS YOUR LIFE.**  
DO WHAT YOU LOVE,  
AND DO IT OFTEN.

IF YOU DON'T LIKE SOMETHING, CHANGE IT.  
IF YOU DON'T LIKE YOUR JOB, QUIT.  
IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.  
IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP;  
THEY WILL BE WAITING FOR YOU WHEN YOU  
START DOING THINGS YOU LOVE.

STOP OVER ANALYZING, ALL EMOTIONS ARE BEAUTIFUL.  
**LIFE IS SIMPLE.** WHEN YOU EAT, APPRECIATE EVERY LAST BITE.

OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS  
AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES.  
ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS,  
AND SHARE YOUR INSPIRING DREAM WITH THEM.

**TRAVEL OFTEN;** GETTING LOST WILL  
HELP YOU FIND YOURSELF.  
SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM.  
LIFE IS ABOUT THE PEOPLE YOU MEET, AND  
THE THINGS YOU CREATE WITH THEM  
SO GO OUT AND START CREATING.

**LIFE IS** LIVE YOUR DREAM,  
**SHORT.** AND WEAR  
**YOUR PASSION.**