



Great Glen Newsletter

April 2018

Registered Charity No. 1099411
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 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 26th 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 271 0889

Reminder – Your Subscription was Due by 1st 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 sue@suerussell.co.uk 271 0889

Monthly Meetings

Our meeting on 10th 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 2nd May 2018.**

Robert Mansfield robertrmansfield@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 24th 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 23rd 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 271 0889

GROUP NEWS

Art Group

The dates for our next meetings are 5th and 19th 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 259 2830

Carpet Bowls

We meet every Thursday afternoon in the Village Hall from 2.00 to 4.00 p.m. – except that on 26th 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
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 10th 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 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 21st 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

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 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 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 319 8095

History

The next session is on Monday 30th April at 2.00 p.m. in the Methodist Hall. This is an alteration from

normal and replaces Monday 7th May, which is a public holiday.

Peter Russell prussell@russellscott.co.uk 271 0889

History of Art

The next meeting is on 18th 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 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 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
07764 154374

Line Dancing

Line Dancing will re-start on 12th 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, Foxtrot, Waltz, 60's, Tango, iconic Pop songs, and of course some very nice Country. Don't believe it? Then come along and see just what we do get up to on Thursday afternoons at 1.30 p.m. I can almost guarantee that you will be surprised, and may also want to join in, which you would be very welcome to do. New members are always welcome.

Jackie Jordan jkj1506@btinternet.com 259 9199

Military History

Our next meeting on 2nd May should go ahead as planned, when we shall continue fighting the English Civil Wars.

Eric Orbell ericorbell332@btinternet.com 259 2095

Mini Bridge

Mini-Bridge is returning to the Chapel Hall on Tuesdays at 9.45 for a prompt start at 10.00 a.m. A partner is not needed but bring along anyone who is interested. Please ring

Terry Evans 2592102 or *John Lawson* 2593421

New Age Kurling

If you've not tried new age kurling then come and have a go – it provides gentle exercise and lots of fun. The

next sessions are on Fridays 13th and 27th April at 10.00 a.m. at the Sports Centre.

Peter Russell prussell@russellscott.co.uk 271 0889

Papercraft

On 16th April we shall be exploring banners and bunting in our card making. I hope to see you all then.

Stella Orbell stellamo@hotmail.co.uk 259 2095

Quiz Group

Our next meeting is on 23rd April when the person asking the questions will be Peter Russell.

Rachael Snashall rsnashall@hotmail.com 259 2830

Sunday Singles Lunch

The next meeting arranged is as follows: 8th April
Leicestershire Golf Club.

Judith Measom 279 1509

Swimming

Swimming starts again on Wednesday 18th April. I look forward to a good turnout.

David Brooke dnewtonbrooke@gmail.com 259 2520

Table Top Games

This month we follow our usual pattern of meeting on the second and fourth Thursdays of the month: 12th and 26th April, at the usual time 1.55 for 2.00 p.m. start, in the usual place, the Methodist Chapel Hall. Please remember that the meeting fee is now £1.50. Correct

change would be appreciated. Newcomers always welcome.

Helen Edwards 212 7547 *Eileen Appleby* 259 2513

Ukulele Group

Dates for meetings of the Ukulele Group for April and May are as follows.

9th April at 10.00 a.m. for a brief rehearsal 10.0 a.m. Ruth Warner Room, and later that day a performance by “UKE3A” at South Lodge 3.00 p.m. Then we have sessions on 16th and 30th April, a performance at the AGM on 8th May, and a further meeting on 21st May.

Kate Smith kate@kateandbobsmith.co.uk 259 2599

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.
WHEN YOU EAT, APPRECIATE
LIFE IS SIMPLE. 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.