



## Great Glen Newsletter

### December 2017

Registered Charity No. 1099411

[www.greatglenu3a.co.uk](http://www.greatglenu3a.co.uk)

A very warm welcome to our new members:  
Mervyn Davies, Walter James, Christine and  
David Noble, Anne Swierczek, and John and  
Sandra Williams

### Chairman's Chat

Hello everyone.

As I sit here writing this piece, I'm looking forward to our December meeting organised by our Music & Good Company Group. It will start with another welcome visit from the children of St Cuthbert's Primary School and we shall have contributions from individual members and some sing-along tunes from our Ukulele Group. And of course, there is programme of recordings selected by members of the M&GC Group.

Then, as we get closer to Christmas Day, why not take a break from your Christmas preparations and come along to the Singing-for-Fun session on Wednesday 20<sup>th</sup> December and join in singing some carols and popular seasonal songs. (Methodist Hall; 2.00 p.m.)

A reminder that we are looking for additional committee members to help in the running of our U3A. You can contact any committee member about this. I also need to let you know that your committee has been looking carefully at our ongoing financial position and we have concluded that a change to the £1 meeting charge is now unavoidable. I appreciate that it's not a very Christmassy topic and the detail will be in the next newsletter.

So I'd like to say, in this final chat for the year, on behalf of the committee, a big "Thank You" to all our Group Leaders and other helpers for the work they have done during 2017. And to all our members, I wish you all of the joys and happy memories that the festive season brings. A merry Christmas to you all.

*Peter Russell* [chairman@greatglenu3a.co.uk](mailto:chairman@greatglenu3a.co.uk) 271 0889

## **Committee News**

### **Access to Methodist Church Rooms**

As a result of a recent unfortunate car accident the kitchen door at the Great Glen Methodist Church is out of service pending repairs. Until further notice the entrance/exit to the Main Hall will be via the door at the Oaks Road end. Entry to the Ruth Warner Room will be up the steps, via the double doors and along the

corridor. Anyone unable to do this should go via the Main Hall.

*Peter Russell* [chairman@greatglenu3a.co.uk](mailto:chairman@greatglenu3a.co.uk) 271 0889

## **U3A 2018 Diaries**

I still have a few U3A 2018 diaries for sale. At £2.50 they are good value. Anyone wishing to buy one should see me at the December monthly meeting or contact me direct.

*Stella Orbell* [stellamo@hotmail.co.uk](mailto:stellamo@hotmail.co.uk) 259 2095

## **Register to Receive the National U3A Newsletter Online**

To receive the U3A national newsletter online together with other updates and national and regional news items, please visit [u3a.org.uk/about/newsletter](http://u3a.org.uk/about/newsletter) to register. The process is very straightforward.

## **Monthly Meetings**

**Our meeting on 12<sup>th</sup> December features Christmas Entertainment organised by our Music & Good Company Group. Admission is by ticket (£2, payable in advance or at the door, for the benefit of REMAP). Members and prospective members welcome.**

10 January 2018 *Queen of the Air – The Life of ‘Amy Johnson’* Roy Smart

13 February 2018 *The King in the Car Park and his Re-interment* Roy Mitchell

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).*

12 December – **Book Group**

10 January – **French Conversation and French Beginners Groups**

13 February – **Short Croquet Group**

**Leicester Trams**

*(November monthly meeting)*

Toni Smith provided the warm-up with a marvellous speeded up film, complete with Benny Hill theme tune, depicting the setting up, operation and dismantling of our U3A gazebo at this year’s Wheelbarrow Race Fête. We certainly saw some of our stalwarts in a new light! Malcolm Riddle then gave us a most informative and well-illustrated talk on Leicester’s trams. His presentation began with the introduction of the first

horse-drawn bus in 1863 and ended with the forlorn remains of some of the few motor trams to be found decaying quietly in the county – or being lovingly restored by enthusiasts. Though the talk dealt with many technical aspects, including the evolution of methods of power, vehicle design, route and track development, facilities and impact on traffic flows, it was pitched at a readily accessible level. Much of the track lies buried beneath Leicester's streets. Who knows – will Leicester one day join the growing number of cities reintroducing modern trams?

*Robert Mansfield*

### **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 3<sup>rd</sup> January 2018**.

*Robert Mansfield* [robertrmansfield@btinternet.com](mailto:robertrmansfield@btinternet.com)

270 8284

## **OUTINGS**

### **'Scrooge' at Curve Theatre: Wednesday 13<sup>th</sup> December 2017**

The coach will leave from the Village Hall at 1.15 p.m. on the above date. The performance starts at 2.30 p.m. Tickets will be issued on the day.

*Pat Tate*

259 1001

## **Kilworth House Open Air Theatre: June 2018**

The outing to Kilworth House is on Saturday 2<sup>nd</sup> June 2018 to see a matinée performance of Guys and Dolls and the coach will leave the Great Glen Village Hall at 1.00 p.m. The cost per person is £40.50 which includes the price of the coach. (Please note that the theatre ticket prices have increased by 10%.) If you would like to go, bookings with payment will be taken at the U3A monthly meeting on 12<sup>th</sup> December by cash or cheque and **NO LATER THAN 9<sup>th</sup> January** when cash only will be accepted - sorry no cheques. If you have any queries please contact:

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

## **LEARN SOMETHING NEW**

### **NEW! Fabric Flower Wreath**

**Wednesday 7<sup>th</sup> February 2018, 1.30 – 4.00 p.m. in the Methodist Hall**

We have a new offering for all our crafters! Rachael Snashall is going to show us how to make this lovely fabric flower wreath. You could make individual flowers to use as a decoration or as a brooch – lots of possibilities!

So that we can finish the wreath, the class will run from 1.30 p.m. to 4.00 p.m. – an extra half hour. All

materials will be provided but you will need to bring a sewing needle, thread (colour doesn't matter as it won't be seen), a few pins and a pair of sharp scissors. The cost will be £2.50 including materials.

There are only 12 places so please sign up if you would like to come along.

*Sue Russell* [sue@suerussell.co.uk](mailto:sue@suerussell.co.uk) 271 0889

## **T'ai Chi – Update**

**Tuesdays 4.00 – 5.00 p.m. 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup>  
January in the Methodist Hall**

We had lots of people interested in coming along to these sessions and we currently have a full class and a waiting list. Rosie will take as many as she can safely manage in the class. Preference will be given to those who signed up first **and are expecting to attend all 4 sessions**. I will call you early in January to check that you are still expecting to come along and to explain what you need to wear. I'll offer any places that become available to those on the waiting list, in order. After we have run these four sessions we will see if there is anything we can do for those who are interested but didn't get in this time. Keep an eye on the newsletter and / or the website ([greatglenu3a.co.uk](http://greatglenu3a.co.uk)).

*Sue Russell* [sue@suerussell.co.uk](mailto:sue@suerussell.co.uk) 271 0889

# GROUP NEWS

## **Art Group**

Our last meeting for 2017 will be on 7<sup>th</sup> December. We meet again on 4<sup>th</sup> January when we have a Winter theme.

*Rachael Snashall* [rsnashall@hotmail.com](mailto:rsnashall@hotmail.com) 259 2830

## **Book Group**

Book Group will not be meeting on the third Monday in December. Instead we shall be meeting for lunch at the Yews on Monday 11<sup>th</sup> December at 12.30 p.m. prompt.

*Liz Adams* [lizadams271@gmail.com](mailto:lizadams271@gmail.com) 271 6281

## **Carpet Bowls**

This is just to let you know that the Carpet Bowls Group is now taking a break until the new year. The next meeting is on Thursday 4<sup>th</sup> January 2018 at 2.00 p.m. at the Village Hall. All welcome.

*Peter Stanley* [Peterandphyllis.stanley@btinternet.com](mailto:Peterandphyllis.stanley@btinternet.com)  
259 2152

## **Short Croquet Group**

There will be no meetings on 12<sup>th</sup> and 26<sup>th</sup> December. Best wishes to all for a snow free Christmas and a kind 2018.

*John Lawson* 259 3421



# English Country Dancing

## Seasonal Greetings to Country Dancers everywhere - *Wassail!*

The ECD Group will finish its 2017 meetings on Tuesday 19<sup>th</sup> December when we shall hold our "Christmas Party" afternoon. Group members are invited to bring festive food to share; please note we shall start at 1.00 p.m. instead of 1.30 p.m.

We shall dance off excess calories with some traditional seasonal dances, such as *The Merry Wassail* (1651), *The Punch Bowl* (1701), *In the Fields of Frost and Snow* (1713), *Round About Our Coal Fire* (1766), and *The Goose and Gridiron* (1768). We shall also have a "Singalong" with modern dances written for popular Christmas tunes and carols: *Jingle Bells*, *Hark the Herald Angels Sing*, *See Amid the Winter's Snow*, *We Three Kings*, *Good King Wenceslas*, *Deck the Halls with Boughs of Holly*, and *Rudolph the Red-nosed Reindeer!* The group will resume its regular Tuesday dancing in the New Year on 9<sup>th</sup> January 2018. Recently dancing numbers have been good at 16 to 20 but we still have space for a few more, if anybody else wants to take up this fun activity. No previous experience is needed; all the dances are fully explained, the moves are walked through before setting them to music and the dances are called throughout. No special clothing is needed - just light-weight 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, enjoy yourself and laugh a lot!

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

279 2600

### **Evening Duplicate Bridge**

This year we are planning to hold our CHARITY night for MOSAIC on Tuesday 12<sup>th</sup> December in Great Glen Library, convening at 7.00 p.m. for a prompt start at 7.15 p.m. This event will be open to non-members of the U3A as well as all our regular members. Duplicate pairs with a short break for coffee/tea and biscuits. The cost is £5 per player to include the raffle. Names to me please before the day.

*John Lawson*

259 3421

### **Family History**

Our next meeting will be on Wednesday 13<sup>th</sup> December at 9.30 a.m. as usual. However, by popular demand, we shall NOT meet on Wednesday 27<sup>th</sup> December but will start again in the New Year on Wednesday 10<sup>th</sup> January 2018.

*Eric Orbell* [ericorbell332@btinternet.com](mailto:ericorbell332@btinternet.com) 259 2095

### **French Conversation**

The last meeting of 2017 will take place on Wednesday 6<sup>th</sup> December, followed by a lunch at The

Bell, Burton Overy. The first meeting of 2018 will be on Wednesday 10<sup>th</sup> January.

*Jim Picken* [djpicken95@gmail.com](mailto:djpicken95@gmail.com) 259 2007

## **History**

There is no meeting on 1<sup>st</sup> January 2018. So the next session is on Monday 5<sup>th</sup> February at 2.00 p.m. in the Methodist Hall. Eric will talk about 'The London Guilds'.

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

## **History of Art**

There will be no meeting in December. The next meeting will be on Wednesday 17<sup>th</sup> January 2018.

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

## **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 HELPS KEEP DEMENTIA AT  
BAY

Yes, it is true, tests in Germany (and we all know how thorough the Germans are) have shown that pensioners who learn to Line Dance are better protected from memory loss and dementia than those who walk or

cycle. It is thought that the effort required to learn the dance steps, helps to lose less brain volume. It is this volume loss that is thought to lead to memory loss and Alzheimers. The study author says that "dancing is a powerful tool to set new challenges for body and mind, especially in older age". There you have it, not only do we Line Dancers have gentle exercise and help our brains, we also have a lot of fun as well. Do come along and give it a try, every Thursday in the Sports Hall 1.30 - 3.30 p.m. No, you don't need a Stetson and Cowboy Boots, just a comfy pair of shoes and a sense of humour.

The last line dancing session before Christmas will be on Thursday 14<sup>th</sup> December. We shall re-start on 11<sup>th</sup> January at 1.30 p.m. in the Sports Hall as usual. New members will be more than welcome to join us.

*Jackie Jordan* [jkj1506@btinternet.com](mailto:jkj1506@btinternet.com) 259 9199

## **Military History**

Our next meeting will be on Wednesday 6<sup>th</sup> December at 10.00 a.m. in the Methodist Church Hall. We shall decide at this meeting whether or not it will be practical to meet on Wednesday 3<sup>rd</sup> January 2018 or better to wait until 7<sup>th</sup> February to welcome in the New Year.

*Eric Orbell* [ericorbell332@btinternet.com](mailto:ericorbell332@btinternet.com) 259 2095

## **New Age Kurling**

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

session for this year is on 8<sup>th</sup> December, 10.00 a.m. at the Sports Centre (next to the Village Hall). Next year the first session is on Friday 12<sup>th</sup> January.

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

## **Papercraft**

The group will not meet in December but I look forward to seeing you all on 15<sup>th</sup> January 2018. Have a great Christmas.

*Stella Orbell* [stellamo@hotmail.co.uk](mailto:stellamo@hotmail.co.uk) 259 2095

## **Quiz Group**

Our next meeting will be on 22<sup>nd</sup> January when the Orbells will be setting the questions.

*Rachael Snashall* [rsnashall@hotmail.com](mailto:rsnashall@hotmail.com) 259 2830

## **Singing for Fun**

The next session will be on Wednesday 20<sup>th</sup> December at 2.00 p.m. in the Methodist Hall. We shall be doing Christmas Songs! All welcome.

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

## **Sunday Singles Lunch**

The meetings arranged for next year are as follows:

14<sup>th</sup> January 2018, Burton Overy; 11<sup>th</sup> February 2018 Boboli, Kibworth; 11<sup>th</sup> March 2018 Leicestershire Golf Club; 8<sup>th</sup> April 2018 Leicestershire Golf Club.

*Judith Measom* 279 1509

## **Swimming**

There will be no swimming in December. We shall resume on Wednesday 10<sup>th</sup> January 2018.

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

## **Table Tennis**

We shall continue playing up to and including 11<sup>th</sup> December and then break for three weeks restarting on 8th January 2018.

*Janet Freestone* [alan.freestone@mypostoffice.co.uk](mailto:alan.freestone@mypostoffice.co.uk)  
259 2803

## **Table Top Games**

Our final session this year is on 14<sup>th</sup> December. We'll be back in our usual slots of second and fourth Thursdays each month in January, so if you fancy an afternoon in the warmth and wonder what games we have, do come and join us (no obligation to come a second time, but we hope you do!)

Following the resignation of our group founder we welcome a new joint leader, Eileen, whose contact details are below.

Helen Edwards 212 7547 Eileen Appleby 259 2513

## **Ukulele Group**

We meet on the first and third Mondays of the month in the Ruth Warner room at 10.00 a.m. Please contact the leader of the Group, if interested in joining.

*Alan Mawby* [alanmawby@btinternet.com](mailto:alanmawby@btinternet.com) 2592599

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

## **SEASONAL EDITORIAL GREETINGS**

Your editor sends you all very best wishes for a happy and peaceful Christmas and a healthy 2018, and warmest thanks to all those who have contributed. The U3A is entirely dependent on its members and their efforts.

*Robert Mansfield*