

Countesthorpe U3A Newsletter



Aug-Sept 2011

Issue 2011/4

Chairperson's Letter

(Tel: 277 5881)

Dear Friends

The weather continues to be very changeable doesn't it? So I am making the most of every nice day. This year the garden is really in a mess! Very colourful - but a mess. We've been away for various family events and holidays so everything has had to fend for itself.

A colourful weed-filled garden. But that's what retirement is sometimes about, isn't it?

The U3A Monthly Meetings continue through the summer season with individual groups deciding for themselves whether and when to take a summer break. So I hope to see you all soon.

Best wishes

Ursula Wild
Chairperson

Countesthorpe



THE UNIVERSITY OF THE THIRD AGE

Oadby and Wigston U3A Film Group



"Cabaret" opens the autumn season on Wednesday, 14 September at 10.30 am at Phoenix Square. £3. Everyone welcome!

More details available from Malcolm Gray on 271 4402 or email: mjgray@talk21.com

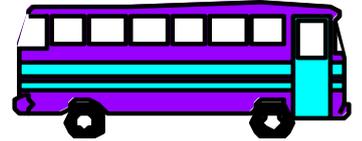
DIARY DATES: Aug/Sept 2011

Date	Group	Activity	Venue/time
9 Aug	Monthly Meeting AGM	Action for Birds <i>John Clewes</i>	Village Hall from 1.30 pm ('speakers' 2.15 pm)
10 Aug	Flower Arranging	Small Lounge, Village Hall. 2.00 – 4.00 pm	
16 Aug	SWANS	Watermead Country Park	Birstall entrance 10.30 am (But please check with Pamela)
19 Aug	CHEWS	Controlled Healthy Eating with Support	Jenny Mills' home from 9.15 am
22 Aug	Folk Dancing		2.00 – 3.30 pm Village Hall
25 Aug	Walking (CARE)	Approx 5 miles around Thornton, followed by optional lunch at Bricklayer's Arms	Leave 9.30 am Village Hall
26 Aug	Travel	BBC Studios, Wood Lane (re-scheduled visit) £20.10	Leave 9.00 am Village Hall Details - Jenny 277 2041
2 Sept	CHEWS	Controlled Healthy Eating with Support	Shirley Wilding's home from 9.15 am
6 Sept	SWANS	Abbey Park Canal, Pumping Station and Park	St Margaret's Pastures Car Park at 10.30 am
6 Sept	Travel	Visit to the Royal Mews and Buckingham Palace	9.00 am from Village Hall
7 Sept	Scrabble	Resumes normal schedule	2.00 – 4.30 pm in the Lounge at Brook Court
13 Sept	Monthly Meeting	My Life as a Tiller Girl <i>Margaret Hudson</i>	Village Hall from 1.30 pm (speaker 2.15 pm)
14 Sept	Flower Arranging	Small Lounge, Village Hall. 2.00 – 4.00 pm	
16 Sept	CHEWS	Controlled Healthy Eating with Support	Marlene Robinson's home from 9.15 am
18 Sept	Photography	Crossness Pumping Engine Trust and Thames Barrier	Details from John 278 1877
21 Sept	Literature	Holiday Reading	2.00 pm Brook Court
20 Sept	SWANS	Kilby Bridge to Crow Mills	Kilby Br (roadside) 10.30 am
23 Sept	Discussion	'Are holidays beneficial?'	10.00 – noon Anne Tester's home
26 Sept	Folk Dancing		2.00 – 3.30 pm Village Hall
27 Sept	SWANS	Planning Meeting	Ring Pamela for details on 277 2653 (evenings)
27 Sept	Travel	Day trip to Oxford £15 + £6 for optional guided walk.	Village Hall 9.00 am Details - Barry 277 4187

U3A GET WELL CARDS

If you know of anyone in the U3A who is ill and who would appreciate a 'Get Well Soon' card from friends in the U3A, then please telephone Sheila Holmes on 277 2131 with the details.

TRAVEL



Tuesday, 27 Sept:

Day trip to Oxford – with an optional guided walk. Cost £20 + £6 for guided tour. Departing from Village Hall at 9.00 am, and returning at approximately 6.00 pm.

For further details, call Barry on 277 4187

Wengen 2012:

Apologies for pre-empting the Travel Group Annual Planning Meeting but I know from past experience that a number of people will ask to return to Wengen. Personally I never tire of the mountains and stunning scenery in the Bernese Oberland!



On a recent check of the easyJet website I noticed that the 2012 flights from Luton to Zurich were already on offer so I telephoned all those that I thought might want to go with a date of 16-23 June 2012 and have already booked some flights to ensure we could take advantage of lower prices.

If you are interested in joining the group in Wengen next Summer, then **please telephone Jenny as soon as possible on 277 2041.**

ANTIQUES WITH CHARLES HANSON

OCTOBER'S MONTHLY MEETING

As well as giving us an insight into the TV programmes and what's currently 'hot' in antiques, Charles will give his expert opinion on a few members' items. We are likely to operate a 'raffle ticket' system to decide which items are to be included in this, so please be thinking about what you might bring. Watch for more details nearer to the time.

FOLK DANCING

Over the summer, we will meet on 22 August and 26 September between 2 and 3.30 pm – just bring comfortable shoes and a sense of humour, please, to our meetings in the Countesthorpe Village Hall.

Details from Patsy Paterson on 277 6259

HAVE YOU CHECKED 'IT' OUT YET?

'IT' is our official website and if you've not already explored it, then don't waste a moment longer – just go to

www.countesthorpeu3a.co.uk

This is our official website and replaces the one (.org.uk) produced by the Computer group – which may remain in use as a 'learning' exercise.

As well as the basic information about our U3A, there is a very comprehensive 'What's On' section, pages for each Activity Group, including reports on recent events, ways to make contact with us, and access to lots of pictures including many from outings and holidays.. See also the STOP PRESS on the homepage for up-to-the minute news.

An archive to include recollections from the early days of our U3A, and past Newsletters has been started, and will be an ongoing development. If any member has anything they would like to contribute to the archive, please contact June: E: jhawkins45@talktalk.net or tel: 277 6330.

But be assured that the printed bi-monthly Newsletter and the monthly update 'What's On' (*Marketplace*) will continue just as usual, though!

Latest copy dates for your contributions!

- Wed, 7 Sept for the Sept issue of What's On and website update
- Wed, 5 Oct for October issue of What's On, website update and the Oct/Nov Newsletter
- Wed, 2 Nov for November What's On and website update

Editor: June Hawkins (tel) 277 6330, (email) jhawkins45@talktalk.net or post to: 30 Marston Crescent, Countesthorpe, LE8 5PY.

SOCIAL OCCASIONS!

Led by Pat Baker, the aim is to provide a range of different social activities at a local venue. Most events cost just £3, and start at 7.30 pm, normally on either a Monday, a Wednesday or a Friday evening in the Concert Room of the Countesthorpe Conservative Club.

Events will recommence in October, once the 'holiday season' is over, so please watch for details of forthcoming 'Social Occasions' in the monthly 'What's On', the Newsletter and on the website.



Details from Pat Baker on 247 7648

CHEWS (Controlled Healthy Eating with Support)

This group focuses on healthy eating whilst attempting to lose the odd pound or two! We meet twice a month in each other's houses and each individual records their own particular weight. If weight has been lost or maintained at the same level then the cost is 50p. If, however, weight has been gained, then the cost is £1.00! The meeting ends with discussion over a cup of coffee (no biscuits)!

In June the meeting took a different format; instead of meeting just after 9.00 am we met at lunch time. Each member took their favourite (not-too-naughty) food for lunch, together with the recipe. We enjoyed such items as butternut squash soup, chicken salad with balsamic vinegar, coronation chicken, frittata with vegetables, extra strong cheese with celery, curried salmon with green salad, summer pudding and jelly made with sugar-free jelly and yoghurt. It was a very happy occasion and most of us tried 'a bit of everything'.

If you would like to join, contact Ruth on 277 1533.

WENGEN – 2011

A small (but select!) group of 11 journeyed once again to the Swiss mountain resort of Wengen, perched at 4,100 feet on a sunny plateau above the Lauterbrunnen valley. Half opted for self-catering at the Residence apartment hotel, whilst the others stayed on a 'B&B' basis at the Bernerhof hotel nearby.

We were exceptionally lucky with the weather, waking up to a crystal-clear Alpine morning, with the snowy peaks dazzling in the sunshine. This did not last the whole week, however, but we only had one really wet day – but many of the group were able to dodge the rain, possibly due to the mountains' micro-climates! The fritters, rösti, cheeses and wonderful cakes were as tempting as ever, and the cablecars and mountain trains allowed access to many pleasant footpaths on which to walk off the calories.

It seems that no matter how many times we return, there are always new things to see and do, as well as the old favourites which usually start with the short cable-car ride to the Männlichen and the lovely walk through the flowers at 7,000 feet facing towards the giant snowy peaks of the Eiger, Mönch and Jungfrau with its ending at Kleine Scheidegg and train journey back.

The holiday came to an 'exciting' end when the coach failed to turn up at Lauterbrunnen and the return to Zurich Airport had to be made by train at the last moment. I (*who luckily was staying a further week*) was still in the travel office buying the tickets when the train moved off carrying the group and their bags! However, the understanding and efficient Swiss railways allowed travel after several texts and phone calls, etc, so all ended well.

Thanks go to Jenny for another splendid and well-organised holiday – she even 'sorted' the weather, as usual!

(Photos available now via the website: countesthorpeu3a.co.uk)

June Hawkins

LETTER TO THE PRIME MINISTER FROM THE GRUMPY OLD FOLK OF ENGLAND!

Dear Mr Cameron

Please find below our suggestion for fixing the UK's economy. Instead of giving billions of pounds to banks that will squander the money on lavish parties and unearned bonuses, use the following plan. You can call it the Patriotic Retirement Plan:

There are about 10 million people over 50 in the work force. Pay them each £1 million severance for early retirement with the following stipulations:

They all MUST . . .

- 1 retire. Ten million job openings - unemployment fixed
- 2 buy a new British car. Ten million cars ordered - car industry fixed
- 3 either buy a house or pay off their mortgage - housing crisis fixed
- 4 send their kids to school/college/university - crime rate fixed
- 5 buy £100 WORTH of alcohol/tobacco a week - and there's your money back in duty/tax etc

It can't get any easier than that! If more money is needed, have all MPs pay back their falsely claimed expenses and second home allowances.

Also, let's put the pensioners in jail and the criminals in a nursing home. This way the pensioners would have access to showers, hobbies and walks. They'd receive unlimited free prescriptions, dental and medical treatment, wheel chairs etc and they'd receive money instead of paying it out. They would have constant video monitoring, so they could be helped instantly, if they fell, or needed assistance. Bedding would be washed twice a week, and all clothing would be ironed and returned to them. A guard would check on them every 20 minutes and bring their meals and snacks to their cell. They would have family visits in a suite built for that purpose. They would have access to a library, weight room, spiritual counselling, pool and education. Simple clothing, shoes, slippers, PJ's and legal aid would be free, on request. There'd be private, secure rooms for all, with an outdoor exercise yard, with gardens. Each senior could have a PC, a TV, radio and daily phone calls. There would be a board of directors to hear complaints, and the guards would have a code of conduct that would be strictly adhered to.

The criminals would get cold food, be left all alone and unsupervised. Lights off at 8 pm, and showers once a week. They'd live in a tiny room and pay £600.00 per week and have no hope of ever getting out.

(In case you've not seen this, which 'went viral' on the internet recently!)

THEATRE PROGRAMME



Date	Play	Cost	Venue	Leaving Village Hall	Pay by
Thurs 22 Sept	War Horse	£49	London	TBA	FULL
Wed 19 Oct	South Pacific	£37	Milton Keynes (2.30 pm)	12.45 pm	FULL
Thurs 17 Nov	Strictly Gershwin	£28	Milton Keynes (2.00 pm)	12 noon	FULL
Thurs 8 Dec	42 nd Street	£28	Curve	6.15 pm (TBC)	FULL
Wed 15 Feb	Nutcracker	£29	Milton Keynes (2.30 pm)	12.30 pm	13 Dec
Tues23 March	Under Milk Wood	£16	Market Harborough	6.45 pm	10 Jan
Tues 3 July	Lord Arthur Savile's Crime	£16	Market Harborough	6.45 pm	8 May

NUTCRACKER: Matthew Bourne's modern interpretation of this favourite Tchaikovsky ballet, with Anthony Ward's marvellous sets and costumes. Not to be missed!

UNDER MILK WOOD: (*Dylan Thomas*) An all-seeing narrator invites the audience to listen to the dreams and innermost thoughts of the inhabitants of the imaginary small Welsh village, Llareggub.

LORD ARTHUR SAVILE'S CRIME: Based on the story by Oscar Wilde. Lord Arthur is told by a fortune teller that he will commit a murder. Being a gentleman, he resolves to do the deed before his marriage to Sybil. But if it can go wrong, it will!

June Hawkins – tel: 277 6330 or email: jhawkins45@talktalk.net

I am now working on the 2012 programme, so if you have suggestions or a 'wish list' then let me know and I will investigate possibilities.

PARKING FOR THEATRE TRIPS IS USUALLY AVAILABLE AT THE REAR OF COUNTTESTHORPE VILLAGE HALL – NOT THE FRONT CAR PARK, PLEASE! PICK-UPS IN BLABY ARE POSSIBLE EXCEPT FOR MARKET HARBOROUGH VISITS. INDICATE WHEN BOOKING.