

Countesthorpe U3A Newsletter



Feb - Mar 2012

Issue 2012/1

Chairperson's Letter

(Tel: 277 5881)

Dear Friends

Did you know that 2012 is the European Year of Active Ageing and Solidarity between Generations? This was decided in 2010 and I have only recently become aware of it!



European Year for **Active Ageing**
and **Solidarity between Generations 2012**



If you'd like more information, just type "European Year of Active Aging and Solidarity Between Generations" into your usual search engine – be it Google, or whatever, and you'll find lots to read up on!

However, I think 'European' is too big, and we have just to be aware of it in our own lives and perhaps work at it in our own social groups. A writer in the U3A News says that "Quality of life is like an iceberg – you can't see most of it!" Physical health tends to decline, but our social, environmental and psychological life stays the same – or at least we have time to improve it in retirement, and active participation in our U3A certainly helps!

So, make the most of the variety of U3A groups on offer – or start a new one. Just a little effort can reap great rewards. Eat sensibly, exercise when you can and get lots of sunshine! We can be as good in our 80s as in our 20s; though I have to admit that I chickened out of skiing on our recent winter holiday. Common-sense won the day! I may feel the same as I did at 21 but I have to admit that I'm not.

from

Ursula Wild
Chairperson

Countesthorpe



THE UNIVERSITY OF THE THIRD AGE

DIARY DATES: Feb-Mar 2012

Date	Group	Activity	Venue/time
14 Feb	Monthly Meeting	Talking Rhythms <i>with Simon Stokes</i>	Village Hall from 1.30 pm ('speakers' 2.15 pm)
15 Feb	Literature	The Help by Kathryn Stockett	2 - 4 pm at Brook Court
17 Feb	CHEWS	Main meeting + weigh-in	Ruth's home, between 9.15 and 10.15 am
19 Feb	Solo Lunch	Kilworth Springs	Noon for 12.30 pm
20 Feb	Creative Writing	Walking the Ground OR Fire, Earth, Air and Water	2 - 4 pm at Brook Court
21 Feb	SWANS	Glen Parva walk	10.30 am Glen Hills Library
21 Feb	Ethnic Dining	Le Bistrot Pierre, Millstone La	For 12.30 pm
23 Feb	Walking	The Manor, Glen Parva (5 m)	Leave Village Hall @ 9.30
24 Feb	Discussion	"Is Prison the Answer?"	Edith's home; 10 am - noon
27 Feb	Folk Dancing		2.00 – 3.30 pm Village Hall
28 Feb	Play Reading		Joan's home, 2 – 4 pm
6 Mar	SWANS	Bradgate Park	10.30 am Newton Linford
12 Mar	Folk Dancing		2.00 – 3.30 pm Village Hall
13 Mar	Monthly Meeting	Best Remedies, Kill or Cure Medicines from the Past, <i>by Fiona Ure</i>	Village Hall from 1.30 pm ('speakers' 2.15 pm)
14 Mar	Flower Arranging		2 – 4 pm Village Hall
14 Mar	Ethnic Dining	Carlton Hotel, Railway Terrace Rugby	For 12.15 pm
16 Mar	CHEWS	Main meeting + weigh-in	Marlene's home, between 9.15 and 10.15 am
16 Mar	Archaeology	Melton Mowbray Visit	Leave Village Hall @ 9.30
21 Mar	Literature	The American Wife (<i>Sittenfeld</i>)	2 - 4 pm at Brook Court
23 Mar	Discussion	Scottish Independence	June's home; 10 am - noon
29 Mar	Walking	Forest Hill Golf Club, Botcheston (5 m)	<u>9.15 am</u> depart V Hall

NEXT GENERAL MEETING

Our next general meeting is on 10 April - which happens to be Easter Tuesday, but it will go ahead. Please come and support the vital work of the Air Ambulance – our speaker for the month!

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.

MEMBERSHIP RENEWAL 2012/3

Please note that membership renewal is due by 1 May 2012. Payments can be made AFTER the speaker at the MARCH and APRIL general meetings only – with no exceptions. We will operate the usual system with separate tables for groups of surnames in alphabetical order.

Membership cost this year will be £13, with associate membership at £6.

Please help us to deal with everyone as efficiently as possible by not asking to renew at other times, such as *before* the speaker!

GIFT AID

Have you signed a Gift Aid form for your U3A subscription? If not would you consider doing so?

As a registered charity we can reclaim 25p for each £1 you pay.

For our U3A to qualify for gift aid on your annual subscription you need to be a taxpayer and confirm your wish that the charity benefits from the Gift Aid Scheme. Sue Wyllie has the necessary forms for completion and you can contact her on 284 9959 or at the monthly meeting.

New Free Competitions for the over 60s Launched by the Concessionary Travel Club

The over 60s now have a chance to lighten the financial gloom in 2012 thanks to a new free competitions scheme. Launched by the Concessionary Travel Club, "Time for a Break" competitions give the over 60s the chance to win free prizes in a monthly draw.

"Older people on fixed incomes are really feeling the pinch with rising inflation and energy bills. The idea behind these free competitions is to give them a chance to take a break and get out and enjoy themselves" said Jeff Gargan, founder of the Concessionary Travel Club. "The competitions run monthly and are free to enter on our web site at www.concessionarytravel.com/competitions. There's normally a fairly simple question to answer, just to make it a bit of fun", added Gargan.

Further Information

Please contact: Jeff Gargan, Founder, The Concessionary Travel Club
E mail jeff.gargan@concessionarytravel.com or Phone (mobile) 07802 222686

About the Concessionary Travel Club (www.concessionarytravel.com)

The Concessionary Travel Club started with the simple aim of helping older and disabled people make the most of concessionary travel to keep active and save money. Each destination on our web site has a pre-built link to a journey planner. So by entering their own post code the traveller can plan their bus journey there with just a single click. Our work has been endorsed by Baroness Joan Bakewell and the Government Departments of Health, Work & Pensions and Transport.

U3A SUMMER SCHOOLS

Summer School 1: 16th – 19th July at Harper Adams University, Newport
(Cinema History, Design Principles in Art, France, History (England in 19th Century), Music Appreciation, Philosophy/Fiction, Poetry, Recorder Ensemble Playing, or Poetry Writing)

Summer School 2: 20th – 23rd August at the Royal Agricultural College
(Drama (comic), History (the Orient and the Occident), Literature, Needlepoint Lacemaking, Greek Philosophy, Psychology, Singing for Pleasure, Website Design)

COSTS FOR COMPLETE SUMMER SCHOOL

Full board residential delegate in en-suite accommodation	£315.00 per person
Non-residential day delegate including lunches	£118.00 per person
DEPOSIT	£70.00 per person

Information regarding this year's summer schools was sent to all U3As in November. Please phone or email the national office if you would like a personal copy of this information or follow the link from the Countesthorpe U3A website homepage.

FOLK DANCING



We meet as usual, 2.00 – 3.30 pm in the Village Hall on the first and third Mondays of each month (except April, when it will be just 23rd because of Easter). So next meeting dates are: 20th February, 5th and 19th March, then 23rd April.

Everyone is welcome to come and join in. Just bring your sense of humour and wear comfy shoes!

Details from Patsy Paterson on 277 6259

www.countesthorpeu3a.co.uk

Our official website gives the basic information about our U3A, plus a very comprehensive 'What's On' section, pages for each Activity Group (some of which change regularly to include reports on recent events, or other items), 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. You can also download the current Newsletter and a printed version of What's On in case you couldn't get to the monthly meeting.

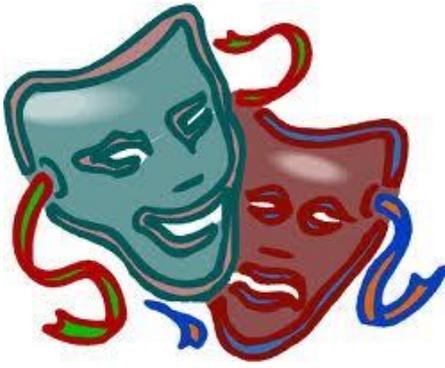
News/changes to: email: jhawkins45@talktalk.net or tel: 277 6330, or to 30 Marston Crescent, Countesthorpe.

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

Latest copy dates for your contributions!

- Wed, 7 Mar for the March What's On and website update
- Wed, 4 April for the April What's On, next Newsletter and website update
- Wed, 30 April for May issue of What's On and website update

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



PLAY READING

Don't forget that this newly-established group meets on the fourth Tuesday of each month from 2-4 pm, at different homes. You're most welcome to join us if you have an interest in this activity. For details, contact . . .

Joan Burn (Tel: 277 5369)

TRAVEL NEWS

The Travel Group started the New Year with a flurry of activity, beginning with a visit organised by Jenny to Loughborough on 26th January, taking in the delightful Charnwood Museum in the morning, and then Taylor's Bell Foundry in the afternoon. Both visits were most enjoyable and informative, and we were fortunate enough to see the casting process in action at the Foundry. This is one of only two working bell foundries in the country, and still occupies the purpose-built premises opened in 1840. Many of the processes have changed little since Victorian times, and we had a fascinating glimpse of this rather unusual industry. The five level tuning process was particularly interesting, and we also spent some time in the tiny museum. Taylor's has also cast a huge aluminium bell which will form part of the Olympic display.

Then on 31st January, Barry arranged a trip to the Leonardo da Vinci exhibition at the National Gallery in London. As well as this main event, the day allowed free time to see other paintings in the same gallery, or the David Hockney exhibition or simply to enjoy being in London. Although it was a cold day, we managed to keep dry, and we certainly got very warm in the exhibition itself which was very crowded. It proved to be an excellent and rare opportunity to see so many of these wonderful works in one place.

Another trip to London is planned for the end of March, when Jenny has organised a guided tour of the Olympic site, taking in the main stadium, the Aquatic Centre and the Olympic Village. £19 – book without delay!

May is another busy month for the U3A 'travellers' with a four-night stay in Paris, travelling via Eurostar. Then on 11th, there is a coach trip to the Malvern Spring Gardening Show at the Three Counties Showground.

SWANS

Unfortunately the first walk of the year was called off due the exceptionally high winds. However, we did manage the Thurmaston Town Trail on 17th January and a dozen or more of us enjoyed a very pleasant walk and discovered things about Thurmaston we didn't know before. The hot soup at Dunelm's coffee shop went down very well, too!



The last walk before Christmas did take place, but because the bus we (I and others) were on was extremely late, some of you did not wait. I don't blame you - it was a very cold day - but might I suggest that you put my mobile number, and Shirley's, into your contacts list so that you can contact one of us if similar circumstances occur. I will be putting all the mobile numbers I have into my contacts list so that I can reach you if needs be.

Looking out of my window at the snow as I write this today (Sunday, 5th Feb) I think it is highly likely that Tuesday's walk to East Carlton Park may be cancelled too, but rest assured that all the cancelled walks will appear in the next programme.

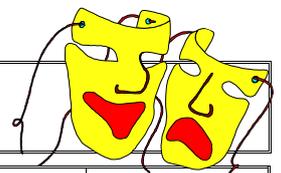
Article by Pamela Runacres and photo by Shirley Wilding

What do you call a country where everyone has to drive a red car?
(A red carnation)

What do you get if you cross an insect with the Easter rabbit?
(Bugs Bunny)



THEATRE PROGRAMME



Tues 27 Mar	Under Milk Wood	£16	Market Harborough	6.45 pm	10 Jan
Tues 24 Apr	Joseph	£18	Curve	6.15 pm	14 Feb
Thurs 17 May	Top Hat	£49	Aldwych, London	9.30 am	20 Dec
Mon 4 June	Twelfth Night	CANCELLED, DUE TO NON-VIABLE NUMBERS			
Tues 3 July	Lord Arthur Savile's Crime	£16	Market Harborough	6.45 pm	8 May
Wed 26 Sept	The Mousetrap	£30	Milton Keynes	12.30 pm	10 July

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. (MHDS)

JOSEPH: The top favourite musical comes to Curve. Coach both ways.

TOP HAT: Fabulous musical based on Irving Berlin's music, starring Tom Chambers (*2009 winner of Strictly Come Dancing*). Time for lunch in London before the show.

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, then it will! (MHDS)

THE MOUSETRAP. The Jubilee tour of this long-running Agatha Christie favourite. Good circle seats at Milton Keynes and convenient coach travel as usual.

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

Unless stated otherwise, car parking is available at the village hall. However, please park as far to the rear as possible even if there are apparently spaces nearer the road, as other users may be arriving later and have priority as they are paying for use of the hall. This will avoid possible future loss of this facility for U3A theatregoers!