

Countesthorpe U3A Newsletter

June- July 2015

Issue 2015/3

CHAIRPERSON'S LETTER

(TEL: 247 8043)



Hello Everyone!

Does the media make you angry at times? Well, just before I came to write this piece, my attention was grabbed by the news on hearing that scientists in Sweden had discovered a link between obesity and noise. Apparently, living by railways, busy roads or a generally noisy location can add inches to your waist line. The additional stress caused by living in these locations leads to the obesity.

All very well until you realise that it's an epidemiological study based on a statistical analysis of a pilot sample of the population. Now, it may turn out in the fullness of time to be true, but at the moment it's only an idea and there are no proven causal links. So why all the publicity, why the extended interviews of people in white coats and screaming headlines?

Every week there seems to be a 'health breakthrough'. Red wine is good for you, then it's bad for you; beetroot helps blood pressure; this or that food mops up the 'free radicals'. You've probably had your senses affronted by the continual string of these stories and, if you are like me, maybe for a time you have even tried to follow some of them.

But for most of these medical breakthroughs, they die a natural death and nothing is heard of them again. But it strikes me that there is an advantage in this particular proposition. When your family/friends suggest that you are 'putting on a bit of weight' or 'thickening around the waist', you have the ideal response, 'It's you - you're too noisy! Be quiet and I'll be able to get thinner'.

Enjoy your summer in the U3A.

From

Graham Surman
Chairperson

Countesthorpe



THE UNIVERSITY OF THE THIRD AGE

SOME KEY DIARY DATES: June-July 2015

Date	Group	Activity	Venue/time
14 June	Solo Lunch	Ullesthorpe Court	Noon for 12.30 pm
16 June	SWANS	Market Harboro' Union Wharf	10.30 am, on-site restaurant
15 June	Creative Writing	Absent Friends	2 - 4 pm Brook Court
17 June	Literature	The Fifth Gospel (Ian Caldwell)	2 – 3.30 pm Brook Court
18 June	Birdwatching	Lyndon Osprey Reserve, Rutland Water	9.30 am from Village Hall
19 June	CHEWS Main meeting + weigh-in		9.15 am Lesley's home
22 June	Country Dancing		2 – 3.30 pm Village Hall
25 June	Cribbage		2.30 pm, 25 Westview Av
25 June	Walking (CARE)	5 miles from the Chandler's Arms, Shearsby + optional pub lunch	9.30am from Village Hall
26 June	Discussion	Taxation	10.00 am at Wendy's home (12 Queen's Close)
29 June	Jazz Appreciation		7.30 pm, 17 Linden Avenue
1 July	Scrabble	Also Upwords and Rummikub	2 – 4.30 pm, Brook Court
7 July	SWANS	Watermead Park	10.30 am at Mill Lane, Thurmaston
13 July	Science and Technology		12.30 pm Axe & Square
13 July	Country Dancing		2.00 – 3.30 pm Village Hall
14 July	Monthly Meeting	The Story of the Mary Rose by Peter Element	Doors open 1.30 pm Speaker at 2.00/2.15 pm
15 July	Literature	Do No Harm by Henry Marsh	2 – 4 pm Brook Court
20 July	Creative Writing	TBA	2 - 4 pm Brook Court
21 July	SWANS	Castle Gardens/Bede Park	10.30 am Bonner's Lane
24 July	Discussion	Scams	10.00 am at Ruth's home (3 Hallcroft Gardens)
27 July	Country Dancing		2.00 – 3.30 pm Village Hall
31 July	Birdwatching	Reserve visit - TBA	9.30 am from Village Hall

RETURNS POLICY FOR TRIPS

Whilst we know that members sign up for various visits in good faith, sometimes it happens that an individual is unable to attend on the day for perfectly valid reasons. However, organisers have a responsibility to ensure that all trips are financially viable. In some circumstances, advance payments have to be made (for deposits, entrance fees or theatre tickets, for example).

Once a place has been paid for by the group organiser, it is only possible to offer a refund if another member is found to take up the vacant place. Where no such substitution is possible it means that, unless the trip has been more popular than estimated and a surplus has resulted, no refund will be available for the non-attender.

Where payment for entrance fees is made at the venue on the day, that amount can normally be refunded to the non-attender, though not the coach element.

Please be assured that organisers work hard to ensure that trips are accurately priced, based on an estimated attendance, and that every effort is made to refund where possible – consistent with covering all costs incurred.

Remember – it is in YOUR INTERESTS to tell the trip organiser as soon as possible if you are unable to go. This gives the maximum chance of finding a replacement (unless you know another member who might go, if there is no waiting list). If a replacement is found, you get your money back! Simple!

On a few occasions, people have failed to let us know, and in consequence the coach has been kept waiting whilst we try phoning the 'no-show' person. This is not appreciated by fellow members, who are mostly very prompt for departures.

We hope this is helpful, and thanks for your understanding and co-operation!

BRIDGE

We meet every Monday from 2.00 pm to 4.30 pm in the Methodist Church Room, Wigston Street. We are a very friendly group and, if you play Basic ACOL, you will fit right in. We would welcome some new members to swell our ranks!

Your £1.50 will include tea and biscuits.



For more details, please contact Alan Rooks on 277 2484

COUNTRY DANCING



Our Folk Dancing Group continues on two Monday afternoons a month in Countesthorpe Village Hall from 2 until 3.30 pm with a wide variety of folk dance styles and plenty of laughter – and, we should say, much improved dancing over the years! Everyone welcome - we are always looking for more dancers so do come and give us a try.

Upcoming dates are 22 June, then 13 and 27 July and we recommend that you come in comfortable shoes, as do our regular dancers.

Details from Patsy Paterson on 277 6259

COMMITTEE MEMBERS 2015-6

At the AGM, six committee members willing to stand for re-election were voted in unopposed and en bloc: Graham Surman (Chair), David Wild (Secretary), Sue Wyllie (Treasurer), June Hawkins (Publicity and Information), Christine Claricoates (Shadow Treasurer) and Helen Bull (Speaker Finder). Beryl Lishman (Vice Chair) and Janet Easey (Groups Co-Ordinator), having another year to run on their tenure, remain on the committee without need for re-election. The two vacancies were filled by Ursula Wild and Barry Hillyard – both former committee members - nominated and seconded as recorded in the AGM minutes. Brief profiles appear below:

URSULA was born in Lancashire, married to David, and moved to Countesthorpe in 1978 where she was soon involved in all aspects of village life, including supply teaching in most of the local schools. She finally settled at St. John Fisher Catholic Primary School and stayed there until retirement. She is now pleased to take a more active part in the Twinning Association and has become involved in many U3A activities, including Pilates (as group leader), History, Country Dancing, and Walking. Her hobbies include Travel, Lace-making and French Twinning Activities.

BARRY has been a member since 2006, a year before his retirement from teaching mathematics and IT. Married to Pat, he has lived in Countesthorpe for 40 years, and has been involved with the Methodist Church and the Scouts. His hobbies include computers and photography. He runs the U3A Carpet Bowls, Ethnic Dining, Computing, Nordic Walking and Beginners' Photography groups, and also participates in the Photography, History and Travel groups.

WALKING (C.A.R.E.)

This group walks on the last Thursday of each month, usually about 5 miles, and ends with an optional pub lunch. Car sharing takes walkers from the Village Hall (around 9.15 or 9.30 am) to the start of the walk. Generally there are between 20 and 30 people in the group.

The initials used in the group name stand for 'Countryside Ambles, Refreshments Essential' – which seems like a good descriptor for their activities!

The May 'Countryside Amble', led by Allen and Irene Donkin, was from The Plough Inn at Ratby. There were twenty-two walkers on what was a cool but sunny morning. They left the pub on Burroughs Road and took the first enclosed path on the left, down to the brook and onto a farm track. After a short distance they climbed a bank to a bridle gate and then followed the track into Change Spinney and along to Ratby Burroughs Wood. Unfortunately the carpet of bluebells seen on the pre-walk had passed their best. Leaving the edge of the wood, the walkers took the track up to Bondman Hays Farm, then down to Slate Brook, which they crossed to have their break by the fishing pool, disturbing the Heron on the way. From the pool they then followed the edge of Whittington Rough passing the nursery and stables on the way to Cow Lane. After a short distance they turned left into the wood exiting into a widely cut ride leading back to Burroughs Road which they followed back to 'The Plough' for the 'Essential Refreshments'.



Note: the group is still seeking volunteers to organise and lead the walks in July and August. Allen Donkin is very willing to help with advice, OS maps and a list of pubs if needed. Contact him on 277 3665 if you would be interested in helping.

CHAIRPERSON'S REPORT TO THE AGM – May 2015

In response to requests from members at the AGM, we are publishing below the text of the Chairperson's report for the year ended May 2015:

It seems a very appropriate time of the year to hold our annual general meeting, spring has sprung and the temperature is rising and the general feeling of busyness increases. Not that that applies to Countesthorpe U3A. The level and diversity of activity is extraordinary. We now have 36 active groups, providing nearly 700 events during the last year. That is the equivalent of 2 activities every day! Activities vary from the regular monthly meeting through 8-day holidays and everything in between. We have seen the formation of groups for Cribbage and Cryptic Crosswords and the revival of Jazz Appreciation. Sadly, the Classical Music ceased, as has the Recorder Group.

Our membership continues to be maintained at around 400, which is very healthy as we have a policy of not actively recruiting. Our monthly meetings usually fill this space and have provided a range of mostly entertaining speakers and an opportunity to make contact for members. Our website continues to develop and is the primary source information of our activities. This is supplemented by a bi-monthly newsletter and a monthly 'What's On' guide, both of which are available through Group Leaders and distribution points around the village.

There is list of people to thank. Group Leaders for continuing to ensure things happen; to those who support them informally; those who get 'volunteered' to help with odd jobs at the monthly meetings and last, but not least, the committee who ensure that we get things done in an orderly manner, meet the requirements of the Third Age Trust and continue to be financially viable. On committee matters, I would like to record that Lana Fox had to step down from committee for personal reasons and we are deeply grateful to Menna Carr who stepped into the breach and extended her stay for another year. At this point I would like also like to thank our retiring committee members, David Packwood, Helen Bull and Christine Claricoates (*though Helen and Christine are willing to stand for re-election*) for their help and support during what has been an interesting year. And to the remainder of the committee who I look forward to working with during the forthcoming year.

I hope you have seen from this report that we are an active, thriving and vibrant group. The founding members began by setting high standards which we strive to maintain. So we can only do that with your support. I encourage you to get involved, we need volunteers for the committee on a regular basis. So, if you would like to get involved and contribute please make yourself known. We need your help to continue to succeed.

HISTORY GROUP

Tuesday, 7 July: Visit to **Flag Fen** has been **postponed** until May 2016, due to low numbers making the currently offered date non-viable.

Monday, 3 Aug: Guided walk around Lutterworth (free, but limited to 20 places), then after lunch, visit Cotesbach for guided walk, talk and visit to the archives (£6.50). Do either or both parts of the day. It is **essential** to complete a booking slip (which gives full details) – available at History table or download from website.

Mon, 28 Sept – Thurs, 1 Oct: Three night break in **Salisbury** (DBB at AA 4* hotel). Includes visits to **Stonehenge**, Old Sarum, Basildon Park, Mottisfont Abbey and Hughenden Manor, plus time to explore Cathedral and a city walk. Shared double/twin rooms £275 pp, single occupancy £360 pp. **FULL**

Thurs, 16 Oct: Planning Meeting, 10.00 am Methodist Room. Please bring ideas!

Thurs, 12 Nov, 10 Dec and 14 Jan – Peter Liddle's talks on The Romans. £3

*For details and to book see the **History Table**, the website, or contact June on jhawkins45@talktalk.net or telephone 0116 277 6330*

FREE LEGAL ADVICE FOR U3A MEMBERS

Advice available 24 hours a day, on any legal issues (not just U3A-related ones). Call FirstAssist on 01455 251500 and quote: "The Third Age Trust. Number 70494"

BIRDWATCHING

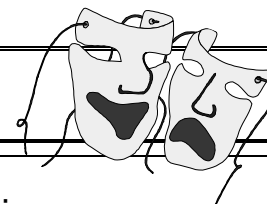
During the summer, our indoor meetings on the first Thursday of the month are being replaced with outdoor visits to various bird reserves. We use car-sharing and usually leave the Village Hall at 9.30 am.



The next visit is to the Lyndon Osprey reserve at Rutland Water on 18 June. Then the reserve visit dates are 31 July and 11 September – with venues for both visits to be agreed in due course. There will be no reserve visits in August or October. Indoor activities resume on 5 November with a talk by Sue Wyllie on the Birds of Botswana in the small lounge at the Village Hall, 7.30 – 8.30 pm. Our 'Group Social' will be on 3 December, 7.30 – 9.00 pm in the small lounge.

From then on, our regular group meetings will be held on the first Thursday of the month from 7.30 pm in the small lounge at the Village Hall. For details, see What's On, or our U3A website, or call Tony Claricoates on 277 5251.

THEATRE PROGRAMME



Mon 13 July	Jesus Christ, Superstar	Cancelled , due to low bookings			
Tues 4 Aug	Jekyll and Hyde	Cancelled , due to low bookings			
Thurs 22 Oct	Mary Poppins	£34.50	Curve	MAKE OWN WAY	14 Apr
Wed 4 Nov	The Curious Incident of the Dog in the Night Time	£28	Milton Keynes	VH at 12.30 pm, Square 12.35 pm	14 Apr
Mon 7 Dec	Oliver!	£30	Curve	VH at 6.20 pm, Square 6.25 pm	8 Sept

MARY POPPINS comes to Curve. Make your own way – bookings now closed

THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT TIME – The National Theatre's touring production of Mark Haddon's award-winning novel, adapted by Simon Stephens, which won 7 Olivier Awards including Best Play in 2013.

OLIVER! Our Christmas musical event at Curve. Good stalls seats, with coach. Join us and enjoy this well-known and very popular production, based on Charles Dickens' novel, Oliver Twist.

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

**SELECT YOUR CHOICE OF PICK-UP POINT WHEN BOOKING
AND THEN HELP US BY STICKING TO IT! THANKS!**

If you have changed your address, or phone number,
please let Sue Wyllie (our Treasurer) know (284 9959) so that we have
your current details on file in case we need to contact you.

THIS IS ESPECIALLY IMPORTANT FOR TRIPS/HOLIDAYS!

If you have an email address, that would be helpful, too, please!

TRAVEL GROUP



Don't delay – book your places as soon as possible on visits to
Sheffield, Shrewsbury and Aldi's Atherstone HQ!

See What's On, website or call Jill.

Planning Meeting on Thursday, 29th Oct at 7pm. Full details to
follow soon, but please begin thinking about new trips for 2016

For more information, call Jill Clayton on 277 7154