

Chairs and Secretaries, please share with **ALL** your u3a members

East of England Region u3a

April 2024 **Monthly Bulletin** Issue 4 Page 1

This short monthly bulletin arrives on the first week of the month.

Deadline for the next bulletin is the **25th May 2024** to laurenehenderson1.east.u3a@outlook.com

East of England Region has been given four dates to run regional training forums on **Running Your u3a in 2024**. All 10am to 12.25pm: Wednesday April 3, Thursday June 27, Monday Sept 16, Tuesday November 5. Invites to register follow.

u3a National News



Join us for u3a Festival 24! **Update**

The u3a movement is holding its first ever Festival in 2024, 18 - 20 July, where members will be running a wide variety of activities - talks, sporting events, musical entertainment and workshops which will make this u3a national festival something to remember.

u3a Festival 24 will take place in the beautiful city of York over 3 days and will be held at the University of York based around their exhibition centre. **All on site accommodation is booked.**

All you need to know link: Festival 24: Costs and basic information

[https://us9.campaign-u3a\(campaign-archive.com\)archive.com/?u=656ad5962b370cc9e2731d1ed&id=b806ff1867](https://us9.campaign-u3a(campaign-archive.com)archive.com/?u=656ad5962b370cc9e2731d1ed&id=b806ff1867)

Unique and Unusual u3a Groups in the East of England Region

Group Co-ordinators, please keep submitting your wonderful group ideas, with a photograph. We will be publishing a selected submission on each East of England Newsletter and adding to a special page on the East of England Website.

Project is live from April 24 <https://u3asites.org.uk/east-of-england/home>

Contact laurenehenderson1.east.u3a@outlook.com

NATIONAL LEARNING EVENTS

Date	Event <small>If blue links do not work, paste URL into your browser</small>	Link(Control&click) and URL(copy&paste)
Tuesday April 2 10:00 - 12:00pm	Milestones in Aviation The first 'Round the World' flight was launched 100 years ago to the week this presentation will be given. In this meeting of the u3a Aviation Network, Don Mobley presents the most significant events in aviation history.	Aviation Network Meeting: Milestones in Aviation Tickets, Tue, Apr 2, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/aviation-network-meeting-milestones-in-aviation-tickets-856887823547?aff=oddtcreator
Friday April 5 2:00 - 3:00pm	From Pleasure Gardens to Theme Parks Moira MacQuaide, Guildford u3a, will talk us through the history of pleasure gardens, touching on a selection of gardens and parks, past and present, looking at their history.	From Pleasure Gardens to Theme Parks Tickets, Fri, Apr 5, 2024 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/from-pleasure-gardens-to-theme-parks-tickets-830329677417?aff=oddtcreator

Fancy Joining our Regional Team? If you enjoy the bulletin, newsletter and advice, why not join us and be part of our team? Interested? Contact rayhardisty.east.u3a@gmail.com

Date	Event <i>If blue links do not work, paste URL into your browser</i>	Link(Control&click) and URL(copy&paste)
Thursday April 4 3:30 - 4:30pm	An Introduction to AI Chatbots Would you like to learn how to use an AI Chatbot? Within an hour you will be chatting with the AI Chatbots known as Copilot and Gemini, offered free for use by Microsoft and Google respectively. You will learn how to ask them to write stories, poems, songs and brainstorm ideas. Copilot will create pictures based upon the text you type in. Members are invited to visit the AI for everyone online library of AI articles written by u3a members. About the Speaker: Barry Claydon is the u3a Subject Adviser for AI. Read his AI Subject Adviser page.	An Introduction to AI Chatbots Tickets, Thu, Apr 4, 2024 at 3:30 PM Eventbrite https://www.eventbrite.co.uk/e/an-introduction-to-ai-chatbots-tickets-863898271987?aff=oddtcreator
Wednesday April 10 May 8 June 12 10am -11am	Laughter Yoga! Monthly Laughter Yoga (January to June on Wednesday) Judith of Edinburgh u3a The link covers all dates.	Laughter Yoga with Judith (January-June) Tickets, Wed, Jan 10, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-january-june-tickets-769715629167?aff=oddtcreator
Tuesday April 9 2:00 - 3:00pm	Electing the President in 2024 - an Update Paul presented a 3-part series for u3a members in Autumn 2023 explaining the process of electing the US President. Now he is offering a session updating on where the contest has reached and the prospects for the candidates. This talk is offered by Paul Carter, who is our u3a national subject adviser on UK and US politics.	Electing the President in 2024 - an Update Tickets, Tue, Apr 9, 2024 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/electing-the-president-in-2024-an-update-tickets-790182927407?aff=oddtcreator
Thursday April 11 10:30-11:30am	Live Cookery Demonstration - spring recipes Alex joins us from Vegetarian for Life a charity that supports older vegetarians and vegans. Chef Alex demos his delicious spring recipes live on Zoom, especially for u3a members. Alex, along with the other chefs in the team, trains chefs, catering staff, managers, carers, families and of course older vegetarians too. Previous to working for Vegetarian for Life, Alex was the Principal Tutor at The Vegetarian Society Cookery School.	Live Cookery Demonstration - spring recipes Tickets, Thu, Apr 11, 2024 at 10:30 AM Eventbrite https://www.eventbrite.co.uk/e/live-cookery-demonstration-spring-recipes-tickets-841470941237?aff=oddtcreator

Date	Event <i>If blue links do not work, paste URL into your browser</i>	Link(Control&click) and URL(copy&paste)
Thursday April 11 2:00 - 3:00pm	<p>A Remarkable Woman: The Arts and Crafts Designs of May Morris</p> <p>Teacher, lecturer, editor, jeweller and designer, May was accomplished in a wide range of crafts, but it is her work as an embroiderer that is considered to be her greatest achievement. May should be regarded as one of the most significant artists of the Arts and Crafts Movement.</p> <p>Helen Elletson has been a Senior Curator at the Emery Walker Trust since 2010 and Curator of Research and Development at the William Morris Society.</p>	<p>A Remarkable Woman: The Arts and Crafts Designs of May Morris Tickets, Thu, Apr 11, 2024 at 2:00 PM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/a-remarkable-woman-the-arts-and-crafts-designs-of-may-morris-tickets-863900859727?aff=oddtcreator</p>
Thursday, April 11 3:30 - 4:45pm	<p>Artificial Intelligence News: April</p> <p>Last month our AI News focused on using Chat Bots to interact with publicly available Generative AI systems and we explored some things these Chat Bots do well and some things where, today, they struggle. You can see the presentation at our 'AI-For-Everyone' web site under the heading 'Past Presentations' https://u3acommunities.org/interest-groups/computing/ai-for-everyone/</p> <p>This month we are focusing on AI and Society. What impact is AI already having on Society and what is coming.</p>	<p>Artificial Intelligence News: April Tickets, Thu, Apr 11, 2024 at 3:30 PM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/artificial-intelligence-news-april-tickets-862017596837?aff=oddtcreator</p>
Monday April 15 10:00-11:00am	<p>Bollywood Laughter Yoga Dance</p> <p>Judith Walker and Merrie Maggie offer a session of Bollywood Laughter Yoga Dance.</p> <p>Judith Walker and Merrie Maggie offer a session of Bollywood Laughter Yoga Dance. It's a gentle aerobic exercise combining the four elements of joy - laughing, singing, dancing and playing and it comes from Dr Kataria of Laughter Yoga International. Here's a clip from YouTube to show what it's like: https://www.youtube.com/watch?v=AcGS7ODfEi8</p>	<p>Bollywood Laughter Yoga Dance Tickets, Mon, Apr 15, 2024 at 10:00 AM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/bollywood-laughter-yoga-dance-tickets-814126593557?aff=oddtcreator</p>
Thursday 10am-11am April 18 May 16	<p>Mindfulness and Meditation Continuation Sessions: Jan-May 2024</p> <p>Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series and introduce new ones.</p>	<p>Mindfulness and Meditation Continuation Sessions: Dec-May Tickets, Thu, Dec 21, 2023 at 10:00 AM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-sessions-dec-may-tickets-732689553177?aff=oddtcreator</p>

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Wednesday April 17 10:00 - 11:30am	<p>The Road to Clean Water: Beginnings of a sewage system in Victorian London</p> <p>The great stink of the Thames in 1858 convinced parliament to clean it up so Londoners could drink clean water. Enter Joseph Bazalgette.</p> <p>Advances in Public Health - the History and Science</p> <p>This is a series of five sessions covering major advances in our understanding of the role of public health in preventing and treating disease.</p> <p>: Clean up the River Thames - The role of Joseph Bazalgette</p> <p>About the Speaker, Mike: Born in Birmingham, I have a PhD and post-doctoral training in vascular biology and spent many years in medical research - mainly in industry (Glaxo and Pfizer).</p>	<p>The Road to Clean Water: Beginnings of a sewage system in Victorian London Tickets, Wed, Apr 17, 2024 at 10:00 AM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/the-road-to-clean-water-beginnings-of-a-sewage-system-in-victorian-london-tickets-863923146387?aff=oddtcreator</p>
Thursday April 18 10:30 - 11:30am	<p>Live Cookery Demonstration - more spring recipes</p> <p>Chef Alex from 'Vegetarian for Life' demos more of his delicious spring recipes live on Zoom, especially for u3a members.</p> <p>If you have not had a go at making sushi, maki rolls are a good place to start. I will take you through the steps of making perfect rice which is key for sushi. Also Pad Thai and Ginger Cake.</p>	<p>Live Cookery Demonstration - more spring recipes Tickets, Thu, Apr 18, 2024 at 10:30 AM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/live-cookery-demonstration-more-spring-recipes-tickets-841484632187?aff=oddtcreator</p>
Thursday April 18 2:00 - 3:30pm	<p>From despair to delight: the sonnets of Gerard Manley Hopkins. (2)</p> <p>About the series: A series of four talks by Professor Christopher Downrick, illustrating how the creative arts, including literature, poetry, classical music and contemporary folk/rock, can enhance our wellbeing. Each talk is self-contained, but all four combined give the fullest expression to this theme.</p>	<p>From despair to delight: the sonnets of Gerard Manley Hopkins. Tickets, Thu, Apr 18, 2024 at 2:00 PM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/from-despair-to-delight-the-sonnets-of-gerard-manley-hopkins-tickets-854218449377?aff=oddtcreator</p>
Friday April 19 10:00-11:30am	<p>The Climate Crisis - and some solutions</p> <p>Brenda Ainsley is a u3a member (Cotgrave and District u3a and Online u3a), a trained Climate Reality Leader and is also Community Lead for Plastic Free Cotgrave. Brenda has led various Eco and Climate Groups for the u3a and has presented four National Talks and jointly leads the 'Countdown to COP' group for the Online u3a - a group with 80 m</p>	<p>The Climate Crisis - and some solutions Tickets, Fri 19 Apr 2024 at 10:00 Eventbrite</p> <p>https://www.eventbrite.co.uk/e/the-climate-crisis-and-some-solutions-tickets-790124442477?aff=oddtcreator</p>

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Date	Event <i>If blue links do not work, paste URL into your browser</i>	Link(Control&click) and URL(copy&paste)
Wednesday April 24 2:00 - 3:30pm	Secrets of The Human Brain Talk 4: The Blood - Brain Barrier (Hadrian's Wall) This talk explains there is a major barrier between our circulating blood and brain. This barrier stops many substances in the blood crossing into the brain which has advantages and disadvantages! About the Speaker: Dr. Bob Pullen is a retired University Lecturer who has spent many years giving lectures on the brain to Medical, Pharmacy and Biology students. He has also undertaken brain research in England and America	Secrets of the Human Brain: Talk Four: The Blood - Brain Barrier Tickets, Wed, Apr 24, 2024 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-talk-four-the-blood-brain-barrier-tickets-776176473727?aff=oddtcreator

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Don` t forget to check out the entries so far for our Unique and Unusual Groups Project:

Project is live from April 24 <https://u3asites.org.uk/east-of-england/home>

More entries needed.
Come on, let`s give inspiration to others!