

## FROM THE CHAIR. Nettie Dearmun.

You said that you would like a regular newsletter, so now there are two. Mini-KiT, one page highlighting 'what's on next' and KiT Plus, quarterly, to give more information about past and future activities, with contributions from u3a members. A special thanks to Janet Erskine, our editor and the contributors to this issue.

**WHAT'S 'ON TOP'?** The Committee have taken the responses from the survey and suggestions from a Special Interest Group (SiG) Coordinators meeting held in January to set out the priorities for 2023.

Overall, the focus will be on **making sure that the u3a brand is more widely understood and that we continue to offer an attractive program with something for everyone.**

Overall, we will

- **reach out into the community to promote the u3a**, to tell them who we are and what we do. Some members have already written articles for the Chinnor Pump and Parish News with the aim of increasing curiosity and membership.
- **communicate effectively with the existing u3a membership**, through face-to face contact, some additional social events for members to meet up over a cuppa or drink, newsletters and encouraging members to use the website as a source for information.
- **make sure that there are activities, holidays and outings which continue to appeal across the u3a age profile**, and introduce some new activities with a difference.

**ATTRACTED BY ART?** plans are underway to offer a few 'one off' taster sessions. Please let us know if you are interested in trying out any particular art or craft techniques.

**LIKE TO SOCIALISE TO ENERGISE?** as part of a new health and wellbeing theme Margaret Lambert (Business Secretary) is leading on a series of events, including, New Age Kurling, 'pop-up' workshops (e.g., Alexander Technique, Chair Yoga) and health related presentations. The first of these, in February, was from Karl Alexander who talked about 'Strength Training' and offered some tips and techniques. To augment the walking program Maxine Bennell (Membership Secretary) has reactivated the 'Strolling Group', easy, circular walks of between 1-2 miles from a village near you. We are also exploring a Nordic Walking Group.

**INTERESTED IN BRAIN TRAINING?** there are two new groups on offer (Rummikub and Cribbage).

**INTRIQUED BY NATURE?** the new National History Group, coordinated by Peter Hetherington, may appeal.

**IN PURSUIT OF A NEW CHALLENGE?** Paul DeJongh (Outings Organiser) is expanding the choice with 'red letter days' (outings with a difference), for example Clay Pigeon Shooting. For more information contact [outchinnoru3a@gmail.com](mailto:outchinnoru3a@gmail.com) 07885270390

## SUPPORTING THE CHINNOR VILLAGE CENTRE (CVC)

Some of you have asked how you could support CVC. If you have spare time, to volunteer in the Coffee Shop, drive the mini bus, assist the driver or support the Day Care Team, please contact 01844353733 or email [centreadmin@chinnorvillagecentre.org](mailto:centreadmin@chinnorvillagecentre.org) for more details. The u3a can advertise and help with their fundraising events and also explore opportunities to generate funds for them. In return for our support, we will be able to promote the u3a and events in the CVC. If you have any fun ideas to raise money contact Diane Calver 07899302264

## SURVEY FEEDBACK (Autumn 2022).

Thank you to Pete Way, IT Officer for coordinating this survey and to all those who completed it. About a quarter of the membership responded (78 members). **In a nutshell**, you told us that you attended u3a event at least once a month, including Special Interest Groups, speaker meetings, coffee mornings and outings. You enjoyed meeting people, learning and exchanging ideas, the range of activities on offer, outings and holidays and support and friendship with other members. You would like us **to give you more information about Special Interest Groups**; increase the range of activities, advertise future events in good time and produce a regular newsletter.

Many of you enjoyed the outings **but asked us to make sure that there were sufficient activities for those with more limited ability and/or stamina.**

The Speaker meetings were popular and you placed value on the opportunity to communicate with other members. Most of the speakers were rated as very good but **you want us to make sure visual aids are clear and there is good audibility, especially when taking questions from the floor.**

You felt that pastoral care was very important and you asked us **to make sure that new and existing members felt welcomed and involved.**

For more information contact Pete [sysadchinnoru3a@gmail.com](mailto:sysadchinnoru3a@gmail.com) 07450171964

## NEWS FROM THE SPECIAL INTEREST GROUPS

### NEW ACTIVITIES: NEW AGE KURLING



The inaugural meeting of the Kurling Group was held on 15 March and attended by over 20 members. Equipment was bought with funding from the South Oxfordshire District Council (SODC) Keeping Active Grant. Instruction was provided by Gill Gibbs and Vivienne Davies (World Champions from the

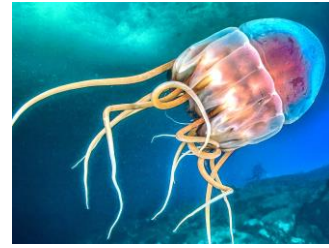


Great Britain Kurling Association). We're playing again in the **Chinnor Village Hall on 18 April 2023 1500-1700**. For more information contact Margaret Lambert [buschinnoru3a@gmail.com](mailto:buschinnoru3a@gmail.com) or 0731406877

## CHINNOR u3a GO WILD(ER)



A **Natural History Group** has been formed initially to study wild flowers, butterflies and birds in their natural habitats, supported by talks by experts in the field. The launch was in February and 50 members visited the **Wildlife Photographer of the Year Exhibition** at the Natural History Museum in London. What a treat we had in store! ...an amazing display of natural world photographs from all round the world ... from the smallest frog and buzziest cactus bee to the dippiest



Dipper and most loving Bonobo. The wonder not just in the glorious wildlife itself but in **the painstaking and challenging adventures the photographers endured** to get that 'perfect shot'! Rob Holdaway (Coordinator History of Art Group)



### THESE BOOTS WERE MADE FOR WALKING - The u3a Way

by popular request Maxine Bennell is leading the Strollers Group. **Not only Strollers but also** on offer are five other walking options

When	Type of Walk	Description	Contact
1st Tuesday	Long	7+ miles at a good pace with a higher level of difficulty	Nigel Conradi 07769 582250 <a href="mailto:n.b.c.@btinternet.com">n.b.c.@btinternet.com</a>
2nd Tuesday	Strollers	Up to 2 miles, flat terrain, no stiles, no hurry, no worries	Maxine Bennell 07902 832344 <a href="mailto:memchinnoru3a@gmail.com">memchinnoru3a@gmail.com</a>
2nd Wednesday	Short	About 3 miles, fairly easy, no steep hills, not many stiles	Jill Bloxham 07795 396112 jillnbloxham@gmail.com Simon Thorpe 07939 304229 <a href="mailto:simon@simon-thorpe.com">simon@simon-thorpe.com</a>
3rd Tuesday	Medium	Averaging 6 miles across varied terrain, some hills, maybe stiles	Chris Melbourne 07918 167488 <a href="mailto:u3amwalks@gmail.com">u3amwalks@gmail.com</a>
4th Tuesday	Leisurely	Approx. 4 miles, pause to take photos or admire the scenery	Janet Lambert <a href="mailto:lwchinnoru3a@btinternet.com">lwchinnoru3a@btinternet.com</a>

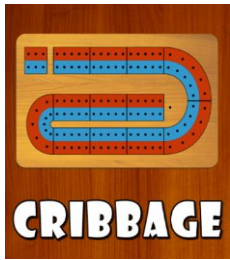
If you wish to join a walk, please book on using the appropriate contact and please make sure you have an in Case of Emergency (ICE) contact number with you



### FEEDBACK FROM A WALKER -

8 February was a beautiful sunny, but frosty, morning when Jenifer Swann, Rosemary and Peter Brook took us on an easy, flat 2.5 mile walk from Waterperry to Waterstock village via Waterstock Mill. There we saw aconites and a few snowdrops. The remains of a hoar frost added the magical touch to mother nature's landscape. The cafe was a welcome watering hole for some whilst others investigated the local farm shop. Thank you to the organisers for a lovely morning. **Frances Wells (Special Interest Groups Coordinator)**

### THOUGHTS FROM A NEW MEMBER & THE CREATION OF A NEW GROUP -



A few months ago, I was looking to change my leisure activities and my searches led me to the u3a. Not knowing what I was really looking for, I soon realised that this organisation held lots of opportunities for me. I had heard of the name u3a, but wasn't sure what it did. Established 40 years ago it is not a university but it does seek to help members attain more knowledge of the activities that interest them. These include walking, learning how to use computers, or exploring archaeology, geology or history, joining with others for holidays or day trips. The second part, "3a", stands for the third age and needs an explanation. Many would consider the first age to be birth, usually through to work, the second age the working

life or child care and the **third age** to be a time for standing back from fulltime occupation and looking for ways to fill increasing leisure time. You may be in your forties or fifties or continuing to work to the state retirement age or beyond. Overall, the u3a **is committed to providing a friendly environment for members to learn new skills and build a social network with a range of activities designed to appeal to a wide age range.** Having a passion for Cribbage, a card game, I went on to set up a group which meets Wednesday at 1400, 2<sup>nd</sup> week: Community Pavilion, 4<sup>th</sup> week: Red Lion). If you would like to know **please contact me [m.barnes804@btinternet.com](mailto:m.barnes804@btinternet.com) or 07484 662944.** **Mick Barnes (New u3a Member and Coordinator of the Cribbage Group)**



## MORE SPECIAL INTEREST GROUPS (APRIL 2023).

In addition to Singes Dining and visits to Hempton Fields the other groups are listed below. For more information contact Frances Wells ([groupschinnoru3a@gmail.com](mailto:groupschinnoru3a@gmail.com)) Mobile 079568466 or Nettie Dearmun [chair1chinnoru3a@gmail.com](mailto:chair1chinnoru3a@gmail.com) mobile 07711337243

Canasta	2 <sup>nd</sup> /4 <sup>th</sup> Tuesdays pm	Cards	1 <sup>st</sup> /3 <sup>rd</sup> Wednesday pm	Cribbage	2 <sup>nd</sup> /4 <sup>th</sup> Wednesday pm	Bridge	2 <sup>nd</sup> /4 <sup>th</sup> Thursday pm
Rummikub	1 <sup>st</sup> Thursday pm	French: Beginners	4 <sup>th</sup> Monday am	French: Improvers	1 <sup>st</sup> Monday am	French: Conversation	2 <sup>nd</sup> Thursday am
New Age Kurling	3 <sup>rd</sup> Tuesday pm	Strollers	2 <sup>nd</sup> Tuesday am	Leisurely walks	4 <sup>th</sup> Tuesday am	Short walks	2 <sup>nd</sup> Wednesday am
Medium walks	3 <sup>rd</sup> Tuesday am	Long walks	1 <sup>st</sup> Tuesday am	Handicraft	2 <sup>nd</sup> /3 <sup>rd</sup> Wednesday pm	Music Appreciation 3	Friday pm
Music Appreciation 6	2 <sup>nd</sup> Monday pm	Play reading	2 <sup>nd</sup> Friday pm	Gardening	3 <sup>rd</sup> Wednesday am	Writing for fun	Monday am
Reading Book Club	4 <sup>th</sup> Thursday am	Archaeology/ Geology	4 <sup>th</sup> Monday am	Churches	4 <sup>th</sup> Friday am	Family History	1 <sup>st</sup> Thursday am
Natural History	Outings & Friday am TBA	History	3 <sup>rd</sup> Friday pm	Art History	3 <sup>rd</sup> Friday am	Computers	1 <sup>st</sup> Friday pm

### SPEAKER MEETINGS PROGRAMME:



Every 3<sup>rd</sup> Thursday at 1430 in Chinnor Village Hall for our varied program of speakers. Meet up with friends and listen to presentations on a wide range of subjects. Refreshments provided. For more information contact Dorothea Dunn [spkchinnoru3a@gmail.com](mailto:spkchinnoru3a@gmail.com) mobile 07741472803

DATE	SPEAKER	TITLE
20 April	Martin Lloyd	'Passports, Assassins, Traitors and Spies'
18 May	Peter Gill	'The Wit & Songs of Noel Coward'
15 June	Leslie Grout	'Burial Grounds of London'
20 July AGM	Bryan Fowler	'A day at the beach: at Tower Bridge'
17 August	TBA	TBA
21 September	Paul Barwick	'Alexander Litvinenko: Polonium Murder'
19 October	Dr Mike Pienkowski	When the Kite Builds - Restoring Red Kites to the Chilterns
17 November	Jenny Mallin	Subject under discussion
21 December	Tony Earle	'The Silver Screen'

## ANNUAL GENERAL MEETING



**GET INVOLVED!**

The **AGM is 20 July 2023** and is your opportunity to give suggestions and feedback to your committee. We are looking for members who would like to get more involved, in particular a publicity officer to be an ambassador to promote the u3a purpose and activities internally and externally

If you would like to find out more, attend a meeting or shadow a committee member, please contact Nettie (01844353428). If you decide to stand you will need to complete a Nomination Form, copies of which can be downloaded from the website or are available from Margaret Lambert.

## GETTING ON LINE -

You will find more information about all the groups, activities and outings on the Chinnor and District u3a website. You can use this QR code or the web address at the top of the newsletter



## OTHER INFORMATION



**IF YOU ARE PLANNING TO VOTE** you will need to take PASSPORT, DRIVING LICENCE or A DISABLED PARKING BLUE BADGE to verify who you are. **IF YOU DON'T HAVE AN ACCEPTED FORM OF PHOTO ID**, visit [electoralcommission.org.uk/voterID](http://electoralcommission.org.uk/voterID) or 0800 328 0280 to apply for a free voter ID document (known as a Voter Authority Certificate). Deadline

25 April 1700



**CVC CORONATION BALL is on Friday 5 May** with guest appearance from Ultimate Elton (Elton John tribute). Tickets £20.00 are available from the Village Centre, [centreadmin@chinnorvillagecentre.org](mailto:centreadmin@chinnorvillagecentre.org) or 01844 353733 or via [www.e.com/e/coronation](http://www.e.com/e/coronation) party

This year the proceeds from the **CHINNOR OPEN GARDENS (3-4 JUNE 2023)** will be donated to the CVC. Looking for volunteers to help at CVC if you are interested please contact Nettie.

If you have enjoyed a particular activity or are the coordinator of a Special Interest Group and would like to share information about your group, please think about contributing to the next issue. To discuss your ideas, contact Janet Erskine email [jngerskine@gmail.com](mailto:jngerskine@gmail.com) or Nettie [chair1chinnoru3a@gmail.com](mailto:chair1chinnoru3a@gmail.com) telephone 07711337243. The deadline for submission for the Summer Edition will be 1 July 2023