

At its heart, the U3A believe that continuing to learn, develop your interests, make friends and try something new, is a life-long passion.

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Firstly a big thank you to all those who provided feedback through the recent survey, we very much appreciate the time you took. I would also like to thank all those who have sent emails expressing their appreciation and thanks to the Steering Committee for our efforts during this time.



From Where I Sit ...

Outside the flowers look brighter, the bird song sounds louder and the trees greener, as they celebrate the lack of peripheral noise and experience an extreme reduction of pollutants entering their spaces, as well as a major reduction in human interference in what they want to do and be!

I think, perhaps for many of us older folk, we have not found the constraints too frustrating when it comes to finding things to amuse, entertain and keep us busy. But I do know that isolation and loneliness is causing distress and despair for some; and it is these folk we need to try and stay in contact with, to help carry them through these times of separation from family and friends.

How many of us have been forced to revisit those times we have said “When I have time I will ...”, we have never had more time, than we have now, to do those things we have promised we

will do, around the house and garden. Never has the phrase “Carpe Diem” been more apt than now.

Having said that, I am finding my ‘To Do’ list seems to be longer than ever! As fast as I get one thing done, something else seems to pop its head around the corner and I hear a “cooeeee”!

So now as we contemplate what lies ahead, as the Government seek safe ways to allow us all a little bit more ‘freedom’, I find myself contemplating what we, and our communities, will ‘look like’ when we fully recover from this awfulness.

From where I sit I hope that we will indeed hold on to the strong sense of community that is developing, that we will be more thoughtful about the way we impact our own part of this amazing planet. I hope that we realise and celebrate our resilience, creativity, what we have learnt about ourselves and those around us, and be a little more patient, forgiving and accepting of one another.

May be of interest to some...

Thanks Gill Sole for this – From learning a new language to learning how to play a musical instrument, all for free, you might find something of interest [here](#):

Pam Hancock read an article about growing food from kitchen scraps and has had a go with celery. Pam says that you just put the base of a used celery crown in a bowl of water, refresh the water every so often and it resprouts! Eventually you can pot it up, for which Pam used a tall pot, in the hope of keeping the celery from going green as it grows.



When we get back together...

One of the key things we have to do when we get back together is elect our first Executive Committee. Until now Culm Valley U3A (CVU3A) has been run by a Steering Committee made up of individuals willing to help create what has become CVU3A. As a Steering Committee we are first and foremost ordinary members of CVU3A, we are not experts in

- setting up and managing a membership group,
- any aspect of committee work
- how to run a membership group smoothly and effectively.

But one thing we all are is enthusiastic to see CVU3A become a well established and supportive membership group.

In the early days we received some support from both national and regional U3A, but the majority of what we have done, up until now, has been of our own creation. Since our inaugural

meeting in September 2019 the Steering Committee has done its best to ensure that we put in place things which the membership may want/be interested in, and to keep members informed of what is happening, as best we can.

With the need to soon appoint an Executive Committee, I feel it is important to share a few important things with you, in case you were unaware of the requirements of our Constitution.

If you have not read the Culm Valley U3A Constitution you can find a link to it in the list on the left hand side of the screen by clicking [here](#)

You will also find other documents directly relating to Committee (Trustee) members in the same list, including:

- Roles and Responsibilities of Committee Members
- The Essential Trustee
- Trustee Code of Conduct

As we think about electing an Executive Committee it is worth highlighting a few requirements from the Constitution:

- The number of trustees shall be **not less** than 5 and **not more** than 15
- The Maximum total period of service of any trustee shall be 9 years in any combination of roles whether or not the period of service are contiguous (joined).
- No one may hold any specific office position or be an ordinary (non officer) trustee for a continuous period in excess of 3 years without an interval of at least one year between the periods of service.
- All trustees shall be elected annually but may be re-elected subject to the provisions above

Now may well be the time for us all to start thinking about the need for an Executive Committee and consider whether we, as an individual, could actively contribute to Culm Valley U3A by agreeing to be nominated to be included on the ballot paper. Alternatively, or in addition, you may know a member who you think has all the right qualities to make a great member of the Executive Committee.

May I ask that you give it some thought over the next weeks and months please, so that we are well prepared, when the time does come, to hold elections to the CVU3A Executive Committee.



IMPORTANT – Membership Renewal

Our membership renewal time was the beginning of April to coincide with the new financial year. The annual membership fee for 20/21 has been set at £15 per person for full membership and £5 per person for associate membership. **ALL MEMBERS** will need to complete a new membership application form as a requirement of the Data Protection Act is that we ensure that we hold up to date information on all

members. Having members fill out a new membership form each year is a way to achieve this. The form can be downloaded [here](#)

If you change any of the personal information you have given us, at any time during the year, please inform the Membership Secretary.

National Monthly Newsletter

If you would like to receive the national U3A monthly newsletter you can sign up for it [here](#). You can keep up to date with what is going on across the national U3A family

Your Steering Committee members...

Sue Hooper-Lawrie	Chair and Newsletter
Carol Mitchell	Vice Chair and Speaker Secretary
Gill Sole	Business Secretary and Assistant Speaker Secretary
Kevin Woodward	Treasurer
Susan Greenhough	Membership Secretary
Vicki Woodward	Groups Co-ordinator
Marian Luck	Webmaster and Database (Beacon)
Catherine Boyack	Minutes Secretary
Vacant	Publicity Co-ordinator
Richard Taylor	Assistant Treasurer
Vacant	Assistant Membership Secretary
Vacant	Assistant Groups Co-ordinator

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