

Keeping In Touch

Hitchin U3A

www.u3asites.org.uk/hitchin

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September 2023



Chairman's Comments from Heidi Ebrahim

Chairman's Chat September 2023



Let me start with warmest thanks to Carol Ingham who will have relinquished her role as our website editor by the time the next newsletter will come out. Over the past 2 years she has managed to keep us well informed and give the website as lively a look as the frustrating limitations of the existing system allow. Well done, Carol.

The end of 2023 is still a good while away but your committee is already looking forward to 2024. Apart from the usual speaker meetings and coffee mornings we will organise a volunteers' lunch again in February as a thank you to all our busy helpers and group leaders. We will also be inviting other members interested in helping or exploring new interest groups.

The annual Curry & Quiz event this year has become a victim of its own success and, sadly, not everybody who wanted to participate managed to get a place. With our ever-increasing membership we have obviously outgrown the Wetherspoons garden, so for next year the committee is looking for a larger venue. We may lose the curry and gain fish & chips or something else in its place, but hopefully, we will be able to accommodate all you eager quizzers.

Onwards and Upwards!

Heidi

4 Mile Walks

Our 4 mile Walking Group is going strong these days with lots of new members, which is nice to see.

Our latest walk was in the Lilley area on Friday 15th, covering some of the area in the Chiltern hills.



We are also working with Stevenage u3a walking group to extend our walking opportunities and of course friendship for both our groups. Stevenage walk every Tuesday, alternating between long and short walks. I will circulate information about these walks when I hear from them.

This was our walk yesterday from Pirton to Pegsdon.

Walking for MND

On Sunday 24th a hardy contingent of walkers will set off on a 40km walk in aid of **Motor Neurone Disease (MND)** research. 40km is effectively a full marathon. My brother suffers from this debilitating disease and at the beginning of the year I had full intentions of taking on the challenge too. Unfortunately my training did not go to plan. So instead Marian and I are going to join half way, taking a 20km (1/2 marathon) roundabout route from Shefford to Shillington. Wish us luck. Photos to follow!

If you would like to learn more about MND or to make a donation simply visit the MNDA website.



For anyone who'd like to donate the website link is:

<https://www.mndassociation.org/get-involved/donations>

Good luck to both Steve and Marion for 24th

Steve Pullinger

Sea Shanties Musical Evening



On Monday September 4th we had our second musical evening at Hitchin Town Hall. This one was based around Sea Shanties and other songs to sing along with. It was another really good evening, enjoyed by us all.

The songs varied from traditional to modern and we joined in singing and foot tapping with enthusiasm. There were some just for listening too, and all accompanied by a lively commentary. And all for just £5!

Having tested the water with two Musical Mondays this year and getting us to dance – at the jazz evening – and sing, clap and air-row – at the sea shanty do – your committee is encouraged to continue with these jolly events in 2024. The next one is planned for January to cheer us up during the quiet and often dull weeks after Christmas with dancing as well as singing or humming along to 1960s music on offer. The jazz band will return at some stage and a singer has been recommended for another occasion. So watch this space and tell the committee if you know of a band you have enjoyed and would like us to invite.



Singing for Pleasure

The U3A Singing for Pleasure Group continues to meet , but at present only every 2 months, usually the second Thursday in the month -the next meeting is October 12th.

It is a very informal group, not a choir, we do not do part work, you do not have to read music or have a good voice, just enjoy singing favourite songs from a song sheet with piano accompaniment, mainly songs from Broadway shows and other favourites.

We have recently been joined by Martin Lomas playing his guitar for us to sing folk songs. All members and visitors are welcome and if any one has any new ideas or would like to help in any way you will be even more welcome!!

Ruby 01462 700541



Theatre Group visit to see ANNIE



On Wednesday August 9th, we woke to blue skies and sunshine. Had summer finally arrived? It was certainly a good omen for our trip to see “Annie” at Milton Keynes Theatre. The coach left promptly, traffic was light, and we arrived in plenty of time to enjoy a Turkish/ Mediterranean meal beforehand.

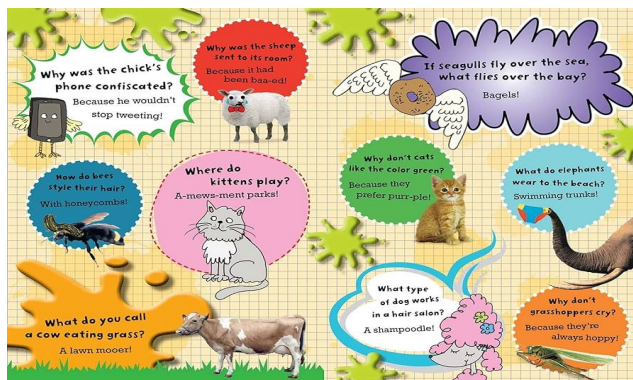
Queuing to have our bags checked, we seemed to be surrounded by excited youngsters all eagerly awaiting Craig Revel Horwood playing the evil Miss Hannigan. They were not disappointed; he played the part in pseudo pantomime dame style which drew roars of delight from the audience. It was an excellent production with a strong cast and some very impressive singing and dancing from everyone. How nice to have a real live orchestra!

But pride of place must go to the outstanding performances of Annie and her fellow orphans. They were so self-assured, truly amazing for such young children.

It was a most enjoyable afternoon. We all came away humming the songs..... and the sun was still shining!

A huge thank you to Carol for organizing this.

Smile



Ossie's Angels Walking Group

This is not a u3a group, but it may well be of interest to our members

The NHS are trying to get people of all ages walking for around 150 minutes a week. We are a group with sections for both walkers and runners.

There are no fees, no rules and no committee. Anyone is welcome and we never leave anyone behind on our walk. Each walk is approximately 1.5 miles and mainly off road.



A group for all ages from 18 to 80. No fees or money of any kind, just walk or run with other enthusiasts. You may already be a member of a walking/running club or not. You may want to run/walk in order to race, lose weight, stay healthy or keep fit for some other activity. All are welcome.

Suits all abilities we regroup every mile. Faster runners/walkers use longer loops. Walkers cover approx. 1.5 miles on each session. Both groups finish within a few minutes of each other. Beginners welcome, develop from one group to the other by mixing walking and running. UKA insurance cover.

Tuesday evening Tempo or Hill sessions runners and walkers start 18-30.

Thursday runners 5-6 miles, walkers 1.5 miles both start 9-15

Saturday runners only, 5-6 miles, start 9-15

Sunday morning runners 4 miles walkers 1.5 miles both start 9-00

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