

Charity No.

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laugh,
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1083274

Leicester Newsletter
March 2024

AGM



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For news from the Third Age Trust, you can sign up for your own Trust newsletter at:

<https://www.u3a.org.uk/news/newsletter#signup>

MESSAGE FROM THE EDITOR – all messages to newsletter@leicesteru3a.org.uk will be seen and dealt with by the editors. Please **do not** email Karen or Margaret personally with newsletter articles.

MEMBERSHIP INFORMATION: - Angie Barnes, Membership Secretary

Membership stands at 350 this is a drop since January due to lapsed members who have not renewed by the end of January. On the plus side we are still having a steady flow of new members joining.

OBITUARY We are sorry to announce the death of member Denise Buchan who died on Friday 16 Feb. We send our condolences to her family and friends. Denise was the convenor of the Bus Pass Tours group and an active member of the u3a. If and when funeral arrangements are known these will be distributed by email.



MESSAGE FROM THE CHAIR – Neil Taylor



I am delighted to present the Leicester u3a Chair's Report 2024.

We can look back on many positive achievements in 2023, making fond memories of good times in the Leicester u3a.

In May we held our Coronation Celebrations, with the very funny recollections of a country vicar, wonderful food, and great entertainment by our

own Guitar Players.

In August we held our Summer Garden Party, and in December our Christmas over suitably seasonal food, and songs. And we saw the return, after the pandemic, of our Christmas Lunch, at Taste, Leicester College.

Next year we will hold all our regular events, the Monthly Meeting, with Speakers and demonstrations, the Coffee Mornings, and the annual Architecture and Design trip, open to all members. We hope to collaborate with Christchurch in an Art Exhibition in the Autumn. We are looking to increase and widen the variety of talks, trips and events over the months, and please look out for mention of these as they happen.

Have you any ideas for things you would like to do, places you would like to see, activities you would like us to organise? Please do contact any member of the Committee with your suggestions.

Our membership continues to grow, and we can put lockdowns, if not COVID, behind us. We are amongst the biggest u3as in the East Midlands, and we are developing our contacts with our friends in all our neighbouring u3as.

We have 65 interest groups and activities to choose from, from the Arts, Humanities, Languages, Science and Sport, and we have new ones starting each month. A big thank you to you all for making everything possible.

Our Newsletter will continue to develop, with new features talking about and celebrating all the things we do.

And in 2024 we will change our website, as part of national plans to update the service. We are proud to be in the first 50 u3as in the country to create the new one, leading the way for 700 other u3as in the UK to follow suit. It will be modern, easy to use, feature more photographs and videos, and offer a range of opportunities for members to talk about what we do.

2024 has many new initiatives in store for us nationally as a u3a, with fresh interest groups, talks and activities offered for us to participate in, and the Committee will be sure to keep in touch with you all about these, and make as many as possible available to you all through the year.

Leicester u3a looks forward to the months ahead, and hopes that 2024 will be just as interesting and enjoyable as 2023.

PROGRAMME

General meetings are held on the 2nd Tuesday of the month and start at 2:30 p.m. The doors open to members at 2:00 p.m.

February MEETING REPORT

by Glyn Bray

It was a very wet Tuesday February 13th but there was a good U3A turnout to hear Mike Stott give an amusing talk on the old time music hall and some of its stars. Mike started by saying that this was the 745th time he had given this talk, which is a tribute to his passion for the subject. After a brief history of how the music halls started up and then grew over time he then highlighted some of the performers and their well-known monologues including the appropriate accents! Stanley Holloway's Albert and the Lion went down well, and he also threw in a couple of Pam Ayres' poems to finish. The talk was both educational and entertaining and after the usual excellent tea and biscuits I think everyone went home having enjoyed the afternoon.

EDITORS NOTE - The speaker had requested that his fee be paid to AsthmaAndLung.org.uk, and, together with a collection which Mike took at the end of the talk, this amounted to £100. Keith received a very effusive thank you letter from Alice Field their Community Fundraising Officer detailing the work which this would help support.

MARCH AGM MEETING Tuesday 12th March

Please make every effort to attend as this is YOUR u3a and you can have your say about who runs it for you.

Nomination forms and draft agendas were circulated at the beginning of February. Final papers were sent out on or about the 1st of March. If you haven't received yours please speak to the membership secretary, Angie Barnes.

Afterwards you are invited to coffee and cake with the compliments of the committee, with time for a good 'natter'.

APRIL MEETING

Our own member Peter Kilty will talk about prisons I have been in, and prison reform!

ALL MEMBERS COFFEE MORNINGS: *Sandra Barker – Hospitality and Wellbeing*

Coffee mornings continue to be well attended and enjoyable.

They are held on the 3rd Tuesday of the month from 10.00 am onwards at the Quaker Meeting House, Queen's Road. Why not join us for refreshments, friendship, and chat.

WELFARE

Just a reminder that if you know of a member who is ill or bereaved to let Elizabeth Hassall know at: cards@leicesteru3a.org.uk

NEWS FROM THE GROUPS COORDINATOR NEIL TAYLOR

Guitar Starters has had its first successful meeting recently, and Convenor Ian Knox has suggested another potential group, the Music Group.

This would look for "musicians" of all types to play and sing along for fun & pleasure. It will offer a chance for intermediate level and above musicians to get together to play and sing as a band. This would include drums, lead guitar, rhythm guitar, bass guitar, keyboard & any other instrument which fits the criteria. It would play all popular music from the 60's through to present day. The aim of the group would be to reach a standard where we could perform and play at e.g. local u3a events or others confidently. **The group would not suit absolute beginners.**

If you wish to join, and to find out details, contact me and Dave in the first instance on groups@leicesteru3a.gov.uk

There was a fine response to new member Alan Ross' suggestion of new group, Jazz Appreciation. Explore the different types of jazz, and the stories and lives of the musicians connected with it. No

previous knowledge is necessary. The group starts this month, and do contact Alan to sign up and express interest, at jazz@leicesteru3a.gov.uk

And new groups How Hard Can It Be 2 and Bridge Beginners bridgebeginners@leicesteru3a.org.uk are also starting!

u3a ISLAND DISCS

Any member is invited to share their top three playlist, together with background stories. As well as **pop** and **rock** it would be interesting to get some **classical music, hymns, arias, country, folk, jazz, punk or any other genre.**

REPORTS FROM THE GROUPS AND INDIVIDUAL MEMBERS

Digital Photography The group met in February to share photos on the topic 'Something Blue'. There are many blue things in the world, not just the sky (which is only occasionally blue anyway). Blue plaques, all manner of flowers, blue cheese, even things that shouldn't be blue, thanks to the magic of photo editing software. Everyone's approach was different, and we each picked up ideas and sharpened our observational skills in the process. Next month the topic is 'Clouds'. There shouldn't be any shortage of opportunities on that subject given the current state of the weather.....

New members are always welcome; whether you have a top-of-the-range mirrorless digital camera or a smartphone, if you like taking pictures of the world around you and would like to share and discuss them with other people who also do, please get in touch and you will be made most welcome.

Richard Taylor, Convenor



Pillar box by Richard Taylor



There are other colours in this image, but the idea was that blue stands out for being on the opposite end of spectrum from the rest.

*Anthony
Matthew*



Hyacinths by Rachel Mason

Blue bottle by Cliff Ault



Jazz Appreciation

Alan Ross – convenor

The Jazz Appreciation group has enough members for an initial meeting - on Wednesday 13th March at 2pm at my house and thereafter by consensus. For the address please email me at jazz@leicesteru3a.org.uk

There's a reasonable amount of parking- both on the street and on my forecourt.

The content of the meetings will of course depend on the interests and background in the music of its members. I'm happy to tackle: particular styles/ particular players/ themes of various kinds/ social & historical aspects of the music/ jazz in e.g. the UK, Europe, the Far East etc. I'm not particularly interested in leading a straight historical course- today it's the 20s, next month the 30s etc, but I recognise that in u3a the group is sovereign, and I'll do my best to oblige any requests. I hope you will be active members, asking questions, arguing with me, but if you just want to sit and listen to some great music (some of which you might enjoy!) that's fine also. We are actively seeking more members; if the group grows too much we will switch to my friend Sue's much larger house in LE2.

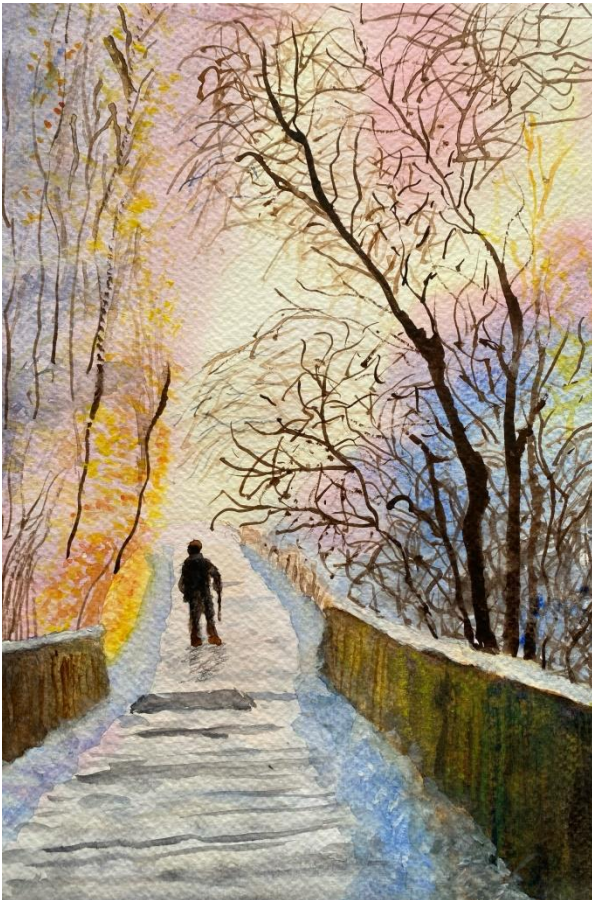
Social Prescribing and a new experience

Tony Locke

While waiting to see my GP, I saw a well-presented noticeboard headed with eye-catching colourful lettering "Social Prescribing." I had heard, as other members may have done, about this non-medical development whereby patients are offered support within their community. A leaflet explained that social prescribing is intended to connect patients and carers to sources of support in health and wellbeing. This includes those with long-term conditions to manage their health more effectively, individuals experiencing low-level mental health issues, people feeling lonely or isolated and individuals with complex needs. The approach is holistic. I wanted to explore new activities, possibly physical ones, to supplement my medication, so the Glenfield surgery arranged for the social prescriber, Chaz Ram, to phone me. He told me about the options and he included information about a watercolour painting course in

Groby. Although, I had used acrylics it was an opportunity to try another medium and to meet a different group of skilled students. It has proven to be an excellent course, taught by Mark Wilde, very relaxing and I'm sure it is good for my wellbeing. Mark, the teacher, has insisted that, for the time being I use only yellow, blue, red and brown. Quite a challenge

Members who are not familiar with social prescribing, but would like more information, should contact their local surgery.



Two of Tony's paintings



Jog your memory

Henry Paulinski – member

As we have no 'island discs' feature this month, Henry offers the first part of his three part feature about jogging and music. Parts two and three will be featured in future editions, space allowing. Henry stresses the need to be aware of your limitations and fitness!

PART 1 Starting Out

When I retired in 2016, I gave up going to the gym, partly for financial reasons, but mainly because 500 sit ups a week gave me a flat stomach as well as a triple hernia! Since I had done a little competitive running in my youth and Victoria Park was a stone's throw away, I took up jogging and now manage an average of 3 km daily.

Despite being blessed with reasonable health and fitness after 20 years of exercise in the gym, I still managed to incur a few niggles like pulled calf and thigh muscles and foot injuries. These minor problems can usually be avoided by having the right kit, some magnesium gel, a good chiropractor and starting off at a fairly slow speed.

Five "Warm up" Tracks

Start off with music with a slower tempo and gradually work up a faster pace listening to sounds with more beats per minute. Here are five examples:

Moonlight Serenade: Let Glenn Miller set a gentle pace.

Happy Talk: Captain Sensible ups the tempo.

Listen to Me: Buddy Holly moves you along.

Tam Lin: Fairport Convention picks up the pace.

Zorba the Greek: Herb Alpert's version will allow you to speed up and slow down.

By this time you will be well into your stride, ready for a gentle change of tempo.

Next time I shall talk about kit, motivation and music with a faster tempo to match your running speed. But always remember: listen to your body and do not exercise when suffering with a niggle or strain.

COOKERY CORNER

Please do let us know if you have a favourite recipe that you would be happy to share <mailto:newsletter@leicesteru3a.org.uk>

What about your favourite seasonal recipe?

PUZZLE CORNER A moderate Sudoku (created by Cliff Ault – Member Cryptic Crossword Group)

		7			9		8	
		5	6	7				
9	4			8				
		6			1			3
	7				4	9		
8								1
			4		8		9	
	3		2					
2		9						

Solution on page 16

CARTOON CORNER – Member Tony Locke



ABOUT THE NEWSLETTER

Delivery

The newsletter is normally printed for those who prefer a hard copy; it is available on a first come first served basis at the monthly meeting and coffee morning. If you would like a hard copy but cannot make these events the secretary is happy to send a copy by post to anyone who sends her a supply of stamps and their full address. It will, also, continue to be delivered to members by email as a pdf file before each monthly meeting.

Photos

Please remember to get permission from any people in your photos for us to publish them. This permission will be assumed if you send them to the editor.

The deadline for items to be included in the next newsletter which will be in April is Friday 22nd March 2024. Contributions should be sent to the Editor at: newsletter@leicesteru3a.org.uk if you want to submit your entry as hard copy, please contact the Editor or Membership Secretary for the postal address.

NEW IDEAS WANTED

Have you any ideas for regular features that might attract more members to contribute?

We have a small number of members who keep us going month after month, but what about the rest of you? Is there something you would find of more interest and/or to which you might contribute? **In particular some 'stunning' photos for the front page?**

Perhaps we could highlight a new group and/or convenor each month who haven't contributed before; or, one that is trying to attract more members.

Have your say by emailing newsletter@leicesteru3a.org.uk

CORRECTION AND APOLOGY

The photo of the organ in St Peters Church in the February edition was wrongly attributed to Bob Hall. It was in fact taken by Bob Ball.

SUDOKU SOLUTION

6	1	7	3	4	9	2	8	5
3	8	5	6	7	2	1	4	9
9	4	2	1	8	5	7	3	6
5	9	6	8	2	1	4	7	3
1	7	3	5	6	4	9	2	8
8	2	4	9	3	7	6	5	1
7	6	1	4	5	8	3	9	2
4	3	8	2	9	6	5	1	7
2	5	9	7	1	3	8	6	4