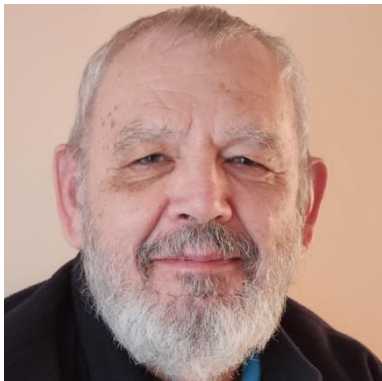


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## Leicester Newsletter

April 2024



Your  
Committee  
for 2024/25



Identities on the back page

<https://u3asites.org.uk/leicester/home>

If this link does not open, just copy, and paste it into your browser.

## **CONTENTS**

Page

|  |    |
|--|----|
| Message from the Editor                            | 3  |
| Membership Information                             | 3  |
| Message from the Chair – Neil Taylor               | 3  |
| Programme – Monthly meetings                       | 4  |
| March Report                                       | 4  |
| April  | 5  |
| May  | 5  |
| All members Coffee Morning                         | 5  |
| Welfare  | 5  |
| News from the Groups Coordinator – Margaret Potter | 5  |
| My favourite things                                | 7  |
| Reports from Groups and from Individuals           | 8  |
| Puzzle Corner                                      | 12 |
| Cartoon Corner                                     | 13 |
| About the newsletter                               | 14 |
| Puzzle Solution                                    | 15 |
| Key to Committee photos                            | 16 |

**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** – Margaret Potter has taken over from Karen Closs as Editor. Karen is to be thanked for her stint as Editor and we hope she enjoys her new role as Secretary. Best wishes Karen. Margaret’s contact details can be found in your contact sheet. All items for inclusion should be sent to: [newsletter@leicesteru3a.org.uk](mailto:newsletter@leicesteru3a.org.uk) Please **do not** email Margaret personally with newsletter articles or they might not be seen.

## **MEMBERSHIP INFORMATION: - Angie Barnes, Membership Secretary**

Membership stands at 353 an increase of 3 since last month

## **MESSAGE FROM THE CHAIR – Neil Taylor**

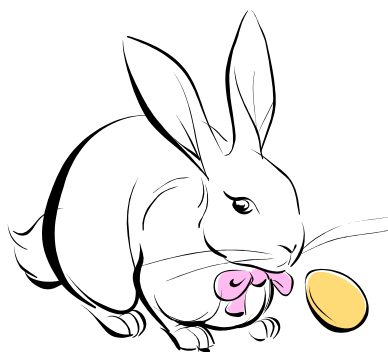
Firstly a big thank you to all of you who attended last month’s AGM. All the business was completed successfully, and you can be assured that the new Committee will continue to try its very best to guide and help Leicester u3a’s members throughout the year.

To that end have you had any thoughts on where you would like to visit for a u3a Trip? We already have our annual Architecture and Design trip, open to all members, but we think it would be a great idea to have another one. Do let any member of the Committee know your thoughts and we will see what we can do.

And just to give you all a date for your diaries the Christmas Lunch 2024 is already booked, for Friday 29<sup>th</sup> November at Taste Leicester College. More details to follow nearer the time.

But first the rest of the year! See you soon.

Neil



## 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.**

### March AGM REPORT

*by Margaret Potter*

The AGM was well attended with 71 members signed in and nine apologies. Afterwards all retired to the hall for a feast of cake and coffee or tea.

After the meeting was formally closed I had requested the opportunity to speak to those attending. The gist of my address was the fate of our u3a if we cannot attract more from a membership of 350+ to form a full committee and share the jobs that ensure members have the benefits they have come to expect from a vibrant organisation. Everyone was asked to consider what they could do to assist, and to spread the word far and wide in their groups and social contacts with other members. Only eight of the available committee positions have been filled and all those are returning committee members. I personally am reluctantly acting as a caretaker groups coordinator as well as taking over as editor of this newsletter in order to lighten the load. WARNING – Unless we can get a full working committee to share the work, one of two things could happen. The committee burn out and have to stand down – **RESULT No Leicester u3a**; OR we cannot continue to offer the wide variety of activities we have become used to and members start to drift away. **RESULT No Leicester u3a**

**OVER TO YOU** - If you think you can help please contact one of the committee for advice. We desperately need a new audio visual team for the general meetings, a dedicated groups coordinator, and more committee members to fill the vacancies. We can co-opt up to three. That also means we can have some succession planning for the future. Committee membership requires access to email. If you are interested we will send you a copy of the job description for the role you are interested in with no obligation.

## APRIL MEETING

Our own member Peter Kilty will talk about “Prisons I have been in, and prison reform”! Peter says – “As a criminal solicitor for many years I had visited prisons up and down the country and remain interested in prison reform, although I have several topics I give talks on. When I gave up legal practice, I joined a religious order as a lay person and was national president of the Lay Dominicans for five years.”

## MAY MEETING

Sandy Leong - The Bishops Finger. A History of The Public House

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

Coffee mornings continue to be well attended and enjoyable.

They are held on the 3<sup>rd</sup> 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](mailto:cards@leicesteru3a.org.uk)

## NEWS FROM THE GROUPS COORDINATOR Margaret Potter

### New Groups

Karen Closs is forming a PHOENIX CINEMA group. The format would be an invitation to go to a particular performance under your own steam to meet up with like-minded members. There would be no pre or block booking done on your behalf, and the invitation will go out each time by email to all the membership **unless you wish to opt out**. If you do please email Karen at [phoenix@leicesteru3a.org.uk](mailto:phoenix@leicesteru3a.org.uk)

Graham Giblin will be starting the new ITALIAN group from this month, and thereafter on 1<sup>st</sup> and 3<sup>rd</sup> Wednesday each month at his home. Contact Graham at [italian@leicesteru3a.org.uk](mailto:italian@leicesteru3a.org.uk)

## **Proposed Groups**

MUSIC (2<sup>nd</sup> advert) This is a new group looking for "musicians" of all types to play and sing along for fun & pleasure. This group 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, key board & any other instrument which fits the criteria. We 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 local U3A events or others confidently. **The group would not suit absolute beginners.** If you are interested please contact Ian Knox at [guitarbeginners@leicesteru3a.org.uk](mailto:guitarbeginners@leicesteru3a.org.uk)

## POP UP UKULELE (3<sup>rd</sup> Advert)

New challenge? Would you like to learn the ukulele? It's a great little instrument because even with just a few chords there are lots of songs you can play and in just 4 sessions, with practice, you'll find you can strum to several such as Amazing Grace, Sloop John B and Whiskey in the Jar. I'm offering four sessions at my home to get you started; the ability to read music isn't necessary as the chords are written in a different, very accessible format. Come and try a POP UP UKULELE group! I look forward to hearing from you. Sue Howard [popupukulele@leicesteru3a.org.uk](mailto:popupukulele@leicesteru3a.org.uk).



How Hard Can it Be 2 The current group is becoming tight for new members so we are hoping to set up a second group for the more intrepid of you. Although she does not wish to be the convenor, Angie Barnes is happy to receive names from those interested and ideas for things to plan for. Please contact Angie at [hcb2@leicesteru3a.org.uk](mailto:hcb2@leicesteru3a.org.uk).

## **The following suggestions have not attracted enough support so will not go ahead:**

Discussion 3; Afternoon Tea

### **Updates to Groups**

SPANISH CONVERSATION & Spanish Intermediate have now combined under the Conversation Label. Lorna Pollard is still convenor and they meet on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month at 2:30pm.

### **My favourite things**

Any member is invited to share their top three books, music or foods (preferably with recipes) etc., together with background stories.

Well this month Karen has done not three but a real Desert Island Discs selection. Thank you Karen. With you on some of them!

1. Sit down by James. As someone who has been "touched by madness" & "finds themselves ridiculous" most of my life this resonates with me.
2. I started a Joke by the Bee Gees. Another nod to being a fish out of water in the world and although not demonstrated in this song, brothers who sang some wonderful 3 part harmonies.
3. Everything is Beautiful by Ray Stevens - the way I try to live my life seeing the best in everything. Not always easy but has its rewards.
4. Anything by the Carpenters. Karen not just a beautiful voice but very talented female drummer.
5. Devil Gate Drive Suzi Quatro. I wanted to be Suzi growing up; a female rock star with a bass guitar.
6. Little ole Wine Drinker by Dean Martin. A bit before my time really but one of my dad's favourites. We were all but estranged for much of my life but I cared for him in his last 18 months and we became very close. I have happy memories of singing along to this hand in hand. Precious memories.
7. Sweet Caroline by Neil Diamond. The ultimate feel good song long before it was hijacked by football fans.
8. The Prayer by Andre Bocelli featuring Celine Dion. Needs no explanation.

My luxury item? My cats & a photo of my friends. I know I'm cheating that's 2!

Yes please to the complete works of Shakespeare but instead of the Bible I would like "The Meaning of Things" by A C Grayling a brilliant philosophical book. Finally my chosen book "I See Buildings Fall Like Lightning" by Kieran Goddard.

## REPORTS FROM THE GROUPS AND INDIVIDUAL MEMBERS

### Leicester u3a Facebook Page

Did you know that Leicester u3a has a private member only Facebook Group (entitled Leicester u3a)?



Admission to the group is tightly controlled by the administrators and posts cannot be viewed by any non-members. Security levels are also set so that nothing can be shared.

This is a platform for members to discuss anything u3a related. Was there a speaker you enjoyed? A group you love? Questions you would like to ask? Suggest events you would like to see your u3a do and meet members that you may not otherwise encounter. At present it is underutilised, but we would like to see it become more proactive and vibrant.

Remember any photos posted must have the permission of anyone in them. and posts are not to be shared outside of the u3a.



## **Jog your memory (Part2 kit suggestions) *Henry Paulinski***

Part two of advice from wannabe jogger and Convenor, Henry Paulinski, combining "gentle" exercise and music. In this section we recommend jogging apparel.

### **Jogging Kit**

You could spend a fortune on running gear, but concentrating on comfort, warmth and support as basic requirements, here are a few suggestions for jogging gear for all weathers. Discard layers depending on the temperature. Ladies, I am not an expert on leggings and sports bras, so forgive the concentration on kit for men. A T shirt as the bottom layer; a running top: fairly tight to keep out the wind; a gilet with useful pockets; a balaclava to keep head and neck warm; ear warmers for that biting wind; running socks; shoes: choose your pair for comfort: One pair for drier weather plus more weatherproof sports shoes for when it rains; swim shorts are great for running, worn under compression tights.

### **Music Players**

In the autumn and winter I use wireless earbuds which clip around the ear: wearing earmuffs helps prevent them falling out; not noise cancelling buds for health and safety reasons, as I want to hear the outside world! In the warmer months I wear headphones, but both types are programmed with sounds from my collection via free apps.

### **Music for your Ears**

Here are five tracks to help you accelerate on your run:

*Rollin' Home: Status Quo:* a popular choice of band on play lists.

This song has a great back beat.

*Foot Tapper: the Shadows:* makes you want to skip down the road.

*Runaway: Del Shannon:* and you will!

*I Can't Help Myself: Four Tops:* best of Motown.

*Virginia Plain: Roxy Music:* a 70s dance floor classic will help move you along.

Next time we will talk about motivating yourself, and suggest music for warming down.

## HHCiB

*Julie Fish Member*

Seven of us from the How Hard Can it Be group enjoyed an hour's drumming workshop. We clapped together to understand the principles of 4, 8, 12 and 16th notes with a brief pause while Sue H illustrated the 12th notes by waltzing with style!

We then rolled our sleeves and tried our sticks on the drums. HHCiB have rhythm in their bones and took to drumming like ducks to water. Everyone got into the groove amid so much laughter.



We recommend you try it!

Drum workshop presented by Lee Allatson, Dye House Drum Works

## Digital Photography

The March subject was clouds



*Sea & Sky by Rachel Mason*

*Clouds by Anthony Matthew*



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

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

**Solution on page 15**

**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 May is Friday 26<sup>th</sup> April 2024.** Contributions should be sent to the Editor at: [newsletter@leicesteru3a.org.uk](mailto: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](mailto:newsletter@leicesteru3a.org.uk)

## SUDOKU SOLUTION

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

## Committee identities from front cover:

|   |   |   |
|---|---|---|
| Neil Taylor<br><br>Chair                                | Angie Barnes<br><br>Vice Chair &<br>Membership<br>Secretary           | Karen Closs<br><br>Secretary              |
| Dave Barnes<br><br>Treasurer & Systems<br>Administrator | Sandra Barker<br><br>Wellbeing &<br>Hospitality                       | Bob Collins<br><br>Member of<br>Committee |
| Kay Thompson<br><br>Member of<br>Committee              | <b>Elected at AGM<br/>12<sup>th</sup> March 2024<br/>for one year</b> | Phil Proud<br><br>Member of<br>Committee  |

**Leicester u3a** meets at 2:30pm on the second Tuesday of each month (except August and December) at Christchurch, Clarendon Park Road, LE2 3AH, and there are special interest groups that meet regularly in members' homes and elsewhere. For more information, or to join, contact the membership secretary at [membership@leicesteru3a.org.uk](mailto:membership@leicesteru3a.org.uk)

