

newsletter 285 of 1st January 2024

A Message from the Chair

Hello all

The committee and I would like to wish all our members a Happy New Year. We hope that this year brings good tidings to you all.

Our December meeting with the Christmas Event was attended by over 70 members who, in spite of a last-minute cancellation of the catering due to illness of the caterer, enjoyed a friendly get together. We were superbly entertained by the Drama Workshop group and many thanks to them for their hard work in preparing for the day. The committee supplied basic nibbles and drinks and members responded to the information sent out and provided their own main party food. Thank you to all who responded so well. The committee decided that a full refund of the ticket money was appropriate and most attendees were refunded on the day. If you haven't received your refund please bring your ticket to the next Monthly Meeting and we will refund you there.

Please ensure you read all of this Newsletter so that you don't miss out on anything coming up.

Thank you. Hope to see you all in the New Year.

Andrew Savill, Chairman

January Monthly Meeting

The next Monthly Meeting takes place on Wednesday 17th January at EVA, Granville Avenue. Mike Storr will present a talk on 'Masters of Mirth', an affectionate look at his favourite laughter makers. He will tell us how Music Hall began and will cover famous performers such as Robb Wilton, Stanley Holloway and Bernard Miles amongst others, with examples of their acts and some of the monologues.

Doors open at 1.45 pm and refreshments are available until 2.20pm when the talk begins. Please ensure you get your hot drink in good time!

u3a Group News

To contact any of the group leaders to discuss group activities, please go to the Groups Page on our website by clicking this link: [Long Eaton & District u3a: Interest Groups \(u3asites.org.uk\)](https://u3asites.org.uk). Select the group in which you are interested and then click the bird link to send a message. Alternatively, you can speak to the Group Coordinators at the Monthly Meeting.

Singing For Fun

We would like to pass on the sad news that our beloved leader, Joan Smith, died peacefully in her sleep in November. Our thoughts are with her husband, Martyn and their family. Joan was a force of nature, an amazing talent, teacher, and friend. We shall not see her like again and we shall all miss her terribly. Before she retired Joan taught primary school children to sing. I think she found retirees not too different, but somehow, she found the patience to knock us into shape.

We had been practising Christmas songs since October so we fulfilled all our December sing-out bookings as we could not let Joan's hard work go to waste.

Joan had recorded the music to most of the songs we sing, so we mean to carry on with the singing group using this music. However, in the long term we would like to acquire a new singing leader so if anyone in the U3A would be interested in taking on the role please get in touch, by clicking on the BirdLink on the Singing for Fun web page.

Pauline Brown.

Quiz Group

An enjoyable time was had by all at the Quiz fuddle where we had questions from three different members of our group, all of which had a Christmas flavour.

We meet on the first Tuesday of the month at the EVA on Granville Avenue. New members are always welcome

French Conversation

A possible new group to start in the New Year. This will be suitable for members who are fairly fluent and wish to continue speaking their new language. This will definitely not be a teaching group, but hopefully we will continue to explore different topics and learn about French life and expand our vocabulary. Recommended to previous members of our Intermediate French group.

Please contact Ann Bennett via the [Group Co-ordinators](#) link on our website to express an interest and find out more.

Juke Box

I don't usually send out a report following our monthly meetings but, as this was our first Christmas meeting, I decided to make an exception!

After one or two late apologies we ended up with 18 members, down from an anticipated record of 22. We used a different table layout as I wasn't actually presenting a playlist this time. It worked so well that we may use it for future 'normal' meetings.

We listened to a background playlist of popular Christmas tracks, including on-the-spot requests, whilst enjoying a lovely buffet. Also, we had a Christmas music quiz half-way through, as we do at most monthly meetings.

Our next meeting should have been Tuesday, 2nd January. However, by popular demand, it was decided to move the meeting to the second Tuesday to provide a short break from the recent festivities. Thus, our next meeting will be on Tuesday, 9th January. We do have capacity for some more members and our details are on the website.

Happy and Healthy New Year to everyone.

Peter, Group Leader

New Interest Group in 2024 – Discover Africa



Would you like to know more about the African Continent?

If there is enough interest from members, David Pinney plans to run a group in which members would choose topics for the group to find out about then share their findings with each other.

More details next year.

If you might be interested, please email David on lead.u3a@live.co.uk.

The morning or afternoon for the meeting, also how often to meet, would depend on the group members.

It is likely that there will be a limit on the number of members who will meet at David's home in Sandiacre.

Thanks to Ontheworldmap.com for allowing educational use of this map.

Long Eaton and District u3a Facebook Page



Long Eaton & District U3A

210 likes • 261 followers

Derbyshire u3a Network

To find out more about our Network, click on this link:

[u3a: Derbyshire Network: Welcome to the Derbyshire u3a Network \(u3asites.org.uk\)](https://u3asites.org.uk)

News From u3a National Office

The **first u3a national festival** takes place in York from Thursday 18 July to Saturday 20 July. The festival will be held at the University of York, based around their exhibition centre: <https://yorkconferences.com/venues/exhibition-centre/> and sports centre: <https://www.york-sport.com/centre/>. There will be a wide variety of activities – talks, sporting events, musical entertainment and workshops which will make our first national festival something to remember.

More information about this event at [u3a – Festival 2024](#).

Online Learning Events from u3a National Office

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Our National Office offers a number of workshops, webinars and interactive sessions, delivered by members for members, which are free to join. These are in high demand and spaces are limited, particularly for those with an interactive element.

In January, events include: **Chinese Wand Exercise for Mobility, Fitness and Fun – Friday, January 12 at 10am to Friday, January 19 at 10am.** Chinese Wand Exercise is a system of 17 simple movements with graduated stages which are suitable and effective for everyone. The movements can be performed standing or sitting and are done slowly with attention on the gradual build-up of mobility and stamina. The low impact and progressive nature of this exercise system is ideal for injury prevention and rehabilitation as well as development and maintenance of fitness and health. Garden canes are good or a piece of dowelling but you can use a walking stick or pole, a broom handle or anything else that you might have that is about the right length;

Toulouse-Lautrec and the Music Halls of Paris – Thursday, January 18 at 2pm. In this lecture Peter Webb will use original film and sound recordings to investigate the world of Toulouse-Lautrec and eighteen-nineties Montmartre in Paris. He will look at Lautrec's posters as well as works by his friends Manet, Degas, Renoir and Van Gogh. We will concentrate on discussing his work for the Moulin Rouge dance hall. We will follow the story into the twentieth century with Maurice Chevalier, Josephine Baker, Jean Sablon and Edith Piaf, and end with the famous Can-Can recreated by Jean Renoir in his film French Can-Can of 1955;

Holocaust Memorial Day – The story of Major Leonard Berney (1920–2016) – Friday, January 26 at 2pm. Born to Jewish parents in London in 1920, Leonard Berney joined the army immediately after school and was appointed an officer aged 18. Several years later he was one of the first of the Allied troops through the gates of the disease-ridden, overcrowded Bergen-Belsen Concentration Camp where he came face-to-face with its many horrors. He remained there for 14 weeks, helping save as many lives as possible, and becoming the Commander of the Belsen Displaced Persons Camp. The talk, given by Leonard's son John Wood, includes a detailed personal account of the liberation of the camp. It emphasises the importance of the Universal Declaration of Human Rights which was drawn up in response to the Holocaust.

All the above courses are free and on Zoom. For more information on these events and others, please go to: [u3a – Online Learning Events](#).

Community News

Carers Clinic at Long Eaton Health Centre

Book on to the Carers Clinic at the Health Centre and have a chat with Derbyshire Carers Association about the support available to you as a Carer.

Long Eaton Health Centre (Health Education Room), Midland Street, Long Eaton, NG10 1RY

Wednesday, 31st January 10am - 3pm

Please call: 01773 833833 to book your slot.

Asda £1 Deal

Asda is doing "Soup and a Roll plus unlimited tea or coffee" for anyone 60 or over for just £1 per person in their cafes until Feb 28th.

More people need to know about us!

How many times do we tell people we belong to the u3a and are met with a blank expression? 'u3a?' they ask. 'What's that?' I'm sure you'll agree, it's no good having all our wonderful groups and activities if people don't know about us. To overcome this hurdle, the committee has invested in an exciting range of new publicity equipment. Along with our posters and leaflets, we have banners and flags, bunting and beanie caps! We are planning to take our display to fetes, festivals, community halls and places where potential members might visit. If you know of somewhere we could mount a display, please could you email me with ideas. You don't need to have the exact details, just the name of the event or the building and whereabouts it is. You can email me on: publicity.ledu3a@gmail.com. Many thanks for your help.

Helen Baron

Publicity Officer

Please send items for the February Newsletter to Andrew Savill by 25th January at the very latest.

Long Eaton u3a members are also invited to send in concise information about future local events.

The email address is chair.ledu3a@gmail.com