

Rutland u3a newsletter

January 2023

u3a learn,
laugh,
live

u3a learn, laugh, live

A note from the Chairman

I hope you all have had a pleasant festive season. As I write this, it is freezing outside but the sun is shining. A beautiful winter's day.

January's speaker gave a very interesting talk about smuggling from an interesting perspective. Many of us were surprised to hear about how all pervading smuggling was.

The February meeting is our usual Groups meeting. As I mentioned in last month's newsletter, it is a very relaxed "drop in" meeting where some group leaders will be available to chat about their groups. It is a good opportunity to catch up with friends, find out what's happening with our u3a and enjoy a cake and a cup of coffee. Members of the committee and helpers will be on hand too. They will either have a lanyard on or a blue sash.

Sharon Pratt, our groups coordinator, has come up with the great idea of a Swap Shop stall. Bring along something you no longer need but you think someone else could make use of and see if there is something you would find useful. No money will change hands.

It starts at 10 am on Thursday February 2nd.

It's a new year, how about making it the year you get more involved with the running of your u3a. If joining the committee isn't what you want to do, you could help in other ways. Please think about it.

With all good wishes to you all for a healthy and happy 2023

Ros



Thank-you to everyone who contributed to this month's newsletter. If you have run or taken part in a U3A activity we would love to hear about it. Please send items for next month to: rutlandu3a.info@gmail.com or via the website

The deadline for publication for the next edition of the newsletter is 20th February 2023

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Monthly Meeting at the Victoria Hall Thursday 2 February 2023 10.00 for 10.30am

This will be our annual Groups' Meeting in the Victoria Hall. Group Leaders and Coordinators with vacancies in their groups will be available to mingle with the members from 10:30. Two new groups - Cinema Appreciation and Astronomy - will be advertised.

There will be no formal speaker but Jill Harris is going to say a few words to the members about the Oakham Art Society.

There will be cake to go with the usual tea and coffee. Again this will be free to all and rather than a Bring and Buy we will have a 'Swap Shop' stall so that members can exchange things of use - wool for a craft group, maps, etc. (Not large as Sharon will take anything left over to the Cancer Research Charity Shop).



Find us on facebook

Keep up to date with what is going on
at Rutland u3a on [@rutlandu3a](#)

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Wanted!

We are updating the website and need photos of local interest or group activities to replace some that are rather tired.

If anyone has any that they think are suitable and are happy for us to use them, please e- mail them to me at rutlandu3a@gmail.com.

Thank you

Ros



Future Lives is a UK-wide u3a group which shares information and resources to inspire, influence and inform members about how we can improve our future lives.

How can we add life to our years, and maintain our independence and quality of life for as long as possible?

The u3a Future Lives Group is run by u3a members across the country. We aim to challenge attitudes and break down physical barriers that limit and restrict people as they get older.

What can we do to improve unsuitable homes or products, isolation and poor health? Good design can be liberating – and the reverse is true! Let's use our collective voice to bring about change.

We want to hear what u3a members have to say, sharing information and stimulating ideas that will help us all live our best possible future lives.

For more information see: <https://www.u3a.org.uk/our-impact/future-lives>



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January 2023 - Social Events

Ad Hoc Dining

The Old Buttercross in Oakham was the venue for our meet-up in January. 20 of us braved the icy weather to enjoy a drink and meal together in cosy surroundings. If you feel you might like to join us, but haven't yet tried, then do come. You will be very welcome.

Just call me or Helen Shea to let us know if you would like to come on 15 February at 6.30pm.

Diane Case 07887 990906 Helen Shea 07919 273192



Tolethorpe Hall Theatre.

Alan Bennett's poignant and hilarious play "The Lady In The Van."

I have reserved a small number of tickets for Saturday 12th August 2023 at 11:30am, which is the new matinee time. The price is £21 pp.

Those of you who like to picnic are welcome to do so after the performance. Can I remind you that we don't provide transport for this event.

If you would like to book tickets they will be available at each monthly meeting starting February until May.

Please complete a booking form and pay by cheque or card. The booking forms will be available at the Victoria Hall Meetings or on the Rutland U3A website.

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New groups and those with vacancies

NEW GROUP:

ASTRONOMY

This group will be led by Keith Townsend who is a Fellow of the Royal Astronomical Society. The initial Astronomy Group meeting will take place in The Snug in The Wisteria Hotel in Oakham from 2pm on Thursday 26 January to discuss the flexible format of the group - discussions, visits to observatories, physical observations, etc and the frequency - date/time and venue(s) for future group meetings. There is an expectation that those attending will purchase a tea or coffee.

The group is open to folk who are interested in the sky and what's going on at the minute - whether they are amateurs or experienced astronomers; all will be welcome as prospective group members. For more details/to express an interest in joining this group please complete the sign in sheet at the January monthly meeting or contact Sharon Pratt, Rutland u3a Groups' Coordinator, via rutlandu3a.groups@gmail.com or on 07796931818 (answerphone).

GROUPS SEEKING ADDITIONAL MEMBERS:

HISTORY

Meeting 2.30pm to 4pm upstairs in The Lord Nelson on the third Wednesday of the month. Next meeting 21st December.

We follow the u3a motto of: Learn, laugh and live. We have a different theme each month. Rather than one person taking the lead we decide at the end of each meeting the subject for the next one. We are interested in the political, social, cultural, religious and financial impacts on History - any aspect, any decade.

Each participant takes an area for them to explore and present at the next meeting. For example, one meeting covered the six wives of Henry VIII. We then chose 'one wife' to research and share that research at a subsequent meeting. Railways were the subject for another meeting with contributors looking at the transport in the London area and Yorkshire. Currently we are researching archaeology with members each choosing a different archaeological site.

For more details contact Christopher Clark via the History group page.

INDOOR BOWLS – We meet at Melton Indoor Bowls Club on Thursdays' at 1.45pm for a 2.00pm start, with a refreshment break at 3.00 ish. We have vacancies at all levels and experience, but play mainly for social pleasure. Please contact the Group Leader, John Wilson, via the hyperlink on the group page.

NEEDLECRAFT GROUP 2 – We are a friendly group who meet in The Snug at The Wisteria Hotel in Oakham from 2pm to 4pm on the first Tuesday of every month. There is an expectation that a tea or coffee is purchased during the afternoon. We have two vacancies for folk interested in cross stitching, knitting, embroidery and/or crochet at all levels and experience. If you are interested please contact Sharon Pratt via the group page.

Mah Jong – We meet in the Library room at The Admiral Hornblower on Wednesdays' from 9:30 to 11:30. We have three vacancies. Please contact the Group Convenor, Alan Costello, via the group page.

Android Tablet Users Group – We currently have vacancies. Please contact the Group Leader via the hyperlink on the group page.

IPad Users Group – We currently have vacancies. 15:00 to 16:00 on 2nd and 4th Wednesday of the month. Please contact the Group Leader via the hyperlink on the group page.

Current Affairs Our meetings start on the last Wednesday morning of the month at 10am and last around two hours including a coffee break. Contact the Group Leader Marlene Branagh via the group page.

Tai Chi – We meet weekly. on Thursdays at 2.30pm. Please contact Janet Bilby via the hyperlink on the group page.

Creative Writing – We meet in a private room in The Admiral Hornblower. We usually meet on the last Friday of every month at 2.00pm. For more information please contact Sylvia Raven via the group page.

Art Appreciation Group 1 – We meet once a month, normally on the second Monday morning of the month between 10am and noon in the Group Leader's house in Braunston Road, Oakham (parking is available). The idea is that we are not experts but learn together, agreeing on an artist to research before a meeting. Each member then researches one work of that artist and reports back to the group on the aspects of the work that have interested them.

Friendly and informal discussion then takes place. We use a projector and screen to view the works under discussion. We also visit local galleries and houses and have previously visited Derby and Coventry. Interested? Contact us via the contact form on the group's webpage.

Apps from Scratch – We meet every three to four weeks to explore the technology behind web sites, and more. We would love more people to join us – please email us using the link on our group page.

Social History of the 20th Century – GROUP LEADER: [Ros Kenny](#) We meet every third Monday of the month from 10am to noon in Oakham. We choose a topic each month, such as the role of women in the workforce, the Titanic or The General Strike, and each member researches an aspect to share with the group. We have one vacancy.

Scrabble Group 3 – GROUP LEADER: [Ralph Carter](#). We currently have vacancies – new members are most welcome to come along and join us. No experience necessary. Currently meeting at The Lord Nelson pub, Oakham at 2.00pm on 2nd and 4th Wednesday of each month. There is an expectation that a tea or coffee is purchased at The Lord Nelson.

English Country Dancing – First Wednesday of the month at 2pm at VAR building, Lands End Way, Oakham (until Christmas) and then, from 4th January, at Langham Village Hall. There is a £2 charge to cover the cost of the hall hire, paid in advance via direct bank transfer. Please contact [Pam Hornby](#) via the hyperlink on the group page.

Intermediate Italian – Meeting on alternate Tuesday afternoons and very keen to hear from anyone interested in developing their skills in Italian. Please contact Julie Garner via the Intermediate Italian link page.

French for Fun – We are a beyond beginners French group and are looking for new members. We meet at 2pm on the first and third Wednesday of the month at The Admiral Hornblower. Please contact [Sallie Chester](#) if you are interested in joining us.

Poetry Appreciation – We would welcome a couple of new members. We meet in members' homes at 2pm on the third Wednesday of every month (except August). Please contact Gill Penny via the group page if you are interested.

The Striders – This walking group would welcome a couple of new members. Please contact the Group Leader [Stewart MacDonald](#)

The group meets on the third Tuesday of the month. Walks are between 8 and 10 miles in length and are within a 30 minute travelling distance of Oakham. It is a full day walk usually setting off at 10.30am with a finish time of approximately 3.30pm. All of our walks are circular walks. Walkers need to carry a packed lunch as we have a short coffee break and a lunch break en route. Once a year, usually in June, we have an "away day" where we plan a walk further afield.

Music Appreciation – We meet monthly on a Tuesday at 2pm. Each member is expected to take a turn at presenting a programme of an aspect of classical music using CDs, videos, U-tube etc in their own home. Topics vary from "The music of Bartok" "The life and works of Delius" "The chromatic harp" "The music of Carl Czerny" "The influence of gypsy music", to "what a conductor does" and the "art of violin making" and "Sonata form". We currently have 3 vacancies and would welcome new members who like classical music. Please contact the Group Leader [John Bagley](#) if you are interested.

Evening Book Group – We have one vacancy. If you are interested please contact [Anna Oliver](#) via the Ru3a Message Page.

The Evening Book Group meets about every 6 weeks, usually on a Thursday. Members take turns to choose a book and host a meeting. We can sometimes obtain copies of books from the library if we order in advance depending on what we choose.

New suggestions for groups are always welcome! You do not have to be an expert to run a group – all that is needed is interest and enthusiasm.

Contact Sharon at rutlandu3a.groups@gmail.com

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News from the groups



New Group - Cinema Appreciation

It is suggested that the group will discuss, rather than undertake visits to the cinema (although that might also occur) a range of topics related to film such as:

- The Golden Age of Hollywood Directors
- Stardom and Stars
- Bollywood
- Foreign Language Films Oscar Winners (and losers)
- The Studio System
- Decades - e.g. films of the '70s.
- Genres - Westerns, Comedy, Romance, Historical, Thrillers, Propaganda, Horror, Fantasy, Sci-Fi, Serious Drama, Crime, Action and Musicals, etc.

The initial group meeting was held on Thursday, 19 of January 2023 but there will also be information at the February groups meeting or contact Sharon Pratt (Groups' Coordinator) via rutlandu3a.groups@gmail.com or on 07796931818.

New Group - Astronomy

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News from the groups

Needlecraft Group 2

We are a friendly group who meet from 2pm to 4pm on the first Tuesday of the month in The Snug at The Wisteria Hotel in Oakham.

We have 2 vacancies for ladies who enjoy such pastimes as knitting, cross stitching and embroidery whilst we chat.

There is an expectation that a tea or coffee is purchased during our meeting.



Contact the groups coordinator, Sharon Pratt, Rutland via rutlandu3a.groups@gmail.com or on 07796931818 (answerphone).



Play Reading 1

Our group would welcome a couple of new members. We meet on the third Tuesday of each month, during the morning. Please contact John Meara via the groups page if you are interested.



Social History of the 20th century

We are a group of amateur historians interested in how ordinary people lived rather than the great topics of national and political history. Each month we look at some aspect of social history from the 20th century. Topics we have looked at to date include the titanic, state funerals, the abdication crisis, new towns and holidays.

Members choose an aspect or decade to research and report back to the group on with a general discussion following.

We normally meet on the 3rd Monday of the month in the morning at a member's home in Braunston Road.

If you are interested contact vis the contact form on the groups web page.

Art Appreciation Group (1) is looking for one or possibly two new members. We are a friendly group that normally meet on the 2nd Monday of the month at the group leader's house in Braunston Road (parking is available).

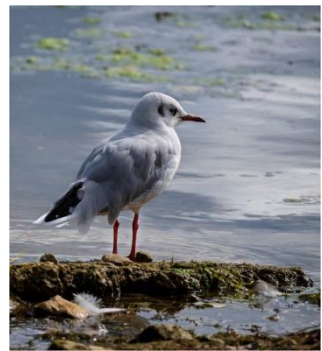
Every month we focus on a different artist, chosen during our January planning meeting. Members are allocated one artwork on which to carry out detailed research and then report back to the group. We are not experts but enjoy learning from each other and discussing all things art.

Interested? Get in touch via the contact form on the groups web page.

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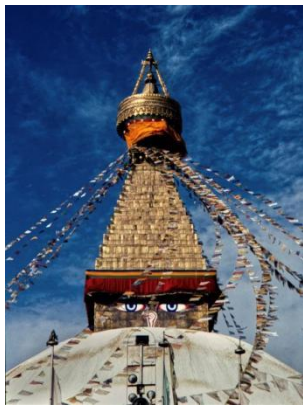
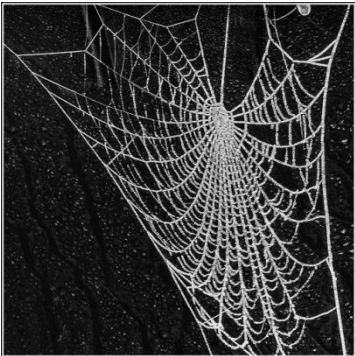
News from the groups

The photographic group are starting the new year with another selection of impressive photographs.



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News from the groups



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News from the groups

Current Affairs Group 1

The Current Affairs group 1 enjoyed their annual new year lunch this month at the Finch's Arms in Hambleton. We meet on the last Wednesday morning of every month at 10am and members of the group choose the topics for discussion. At our next meeting we will be sharing our research about the social and economic outcomes of where the 4 day week has been introduced.



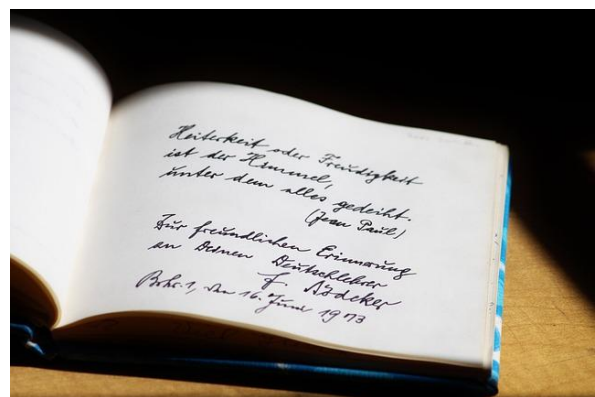
We have spaces for new members at the moment so please make contact if you may be interested or come along to the groups' meeting on February 2nd and speak to Marlene Branagh.

Poetry Pal Required

A call out to anyone who writes poetry and wants a poetry 'buddy'? This is for those interested not in the 'pretty' stuff (i.e. not rhyming tum it tum style) but more modern, mostly blank verse.

Any Ru3a member who feels able to exchange ideas and support please contact Sharon Pratt, Groups' Coordinator via Rutlandu3a.groups@gmail.com or phone 07796931818.

Thanks.



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Community News

WARM WELCOME ROOM

Initiative at St Joseph's Catholic Church, Station Road, Oakham

If you are working from home (use our free Wifi), a young mum with kids or just need warmth and company, come and join us

Monday afternoons

from

2.00pm until 5.00pm

Started on 9th January 2023

A warm welcome and a cup of tea or coffee awaits you



Friday Warm Space and free cafe - Melton Road Oakham

2pm - Drop in including hot food and drinks

3pm - 5pm Cafe with refreshments and games for all ages

Libraries, free WiFi and keeping warm

Rutland Libraries have free public computers and free WiFi for you to use. Just ask their staff to get you started.

Rutland Libraries are also acting as Warm Hubs if you can't heat your home and need somewhere to go.

More suggestions for warm spaces: <https://www.warmwelcome.uk/#find-a-space>

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2023/23

Committee Members

Chairman

Ros Kenny

Company Secretary

Hedley Greaves

Treasurer

Bob Bennett

Data Protection

Bryan Howard

Digital Inclusion

Sue Morecroft

Groups coordinator

Sharon Pratt

Membership Secretary

Lucy Marsland

Membership Shadow

Janet Bilby

Speakers Secretary

Wanda Allen

Speakers Shadow

David Leary

Social Secretary

Diane Case

Committee advisers and helpers

Publicity

Jill Stacey

Minutes

Vacancy

Website

Phil Grimley

Hall set up and AV

Peter and Jane Hammond

Michael Seccombe

Beacon

IT

Mike Shea

Mike Pearson

Ted Philips

Social Team

Norma Hardy

Debbie Massey

Noticeboard

Anne Trigg

New Member Support

Janet Bilby

Jane Gillon

Printing

Margaret Macpherson