

Rutland u3a newsletter

March 2022

u3a learn,
laugh,
live

A note from the Chairman

It feels as though spring really is on the way now. The days are getting longer and plants are beginning to appear in the garden. The afternoon sun is streaming through my kitchen window and it was actually warm enough to do some gardening today. I love trees but raking up the leaves from my borders seems to be a never ending job!

Our meeting on March 3rd was very well attended and the card readers for membership renewals worked well. Thank you to the many members who have already renewed and a very warm welcome to our new members. Our speaker on Thursday April 7th will be Ian Bedford who will talk to us about Companion Planting for a Balanced Garden. We would like you to leave the first two rows of chairs for those of our members who need to be closer to the speaker and the screen.

Would you be interested in helping us at the monthly meeting? We have a small team who greet new members (Thank you, Jane, Janet and Jenny!) but we could always do with more helpers. If you feel you could do this please come and see me or any committee member at the next meeting.

Finally, I want you to let me know how you think Rutland u3a is doing. Is there anything that you would like your u3a to be offering that we don't already do? All ideas gratefully received!
With all good wishes

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 April 2022

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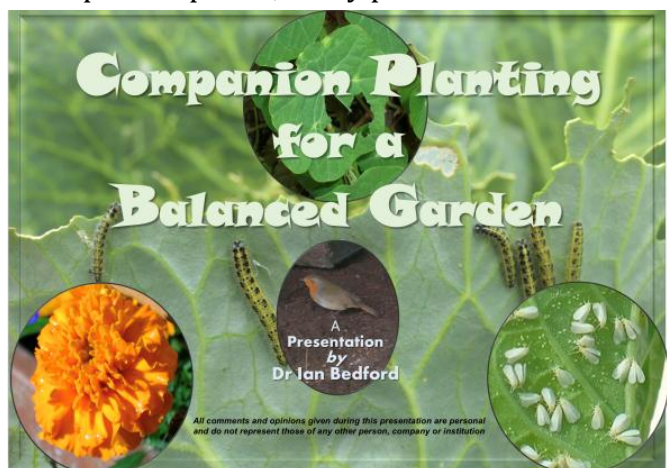
Monthly Meeting at the Victoria Hall - Thursday 7th April 10.00 for 10.30am

At the meeting as well as a chance to meet each other and sign up for new groups we will be hearing from Ian Bedford about companion planting.

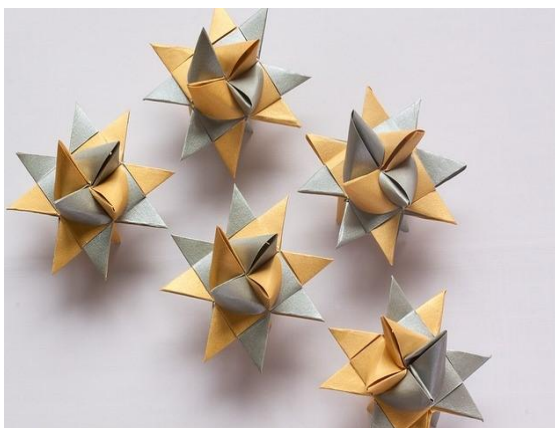
Dr Ian Bedford Started out as an Amateur Entomologist, studying and conserving butterflies on the South Downs, he went on to pursue a professional career as an entomologist. For over 42 years he undertook plant science research at the John Innes Centre (one of the UK's leading research centres), where he became Head of the Entomology Department. Retiring from life as a Research Entomologist, he continues with his love of entomology through a wide range of public engagement activities.

This talk explains the concepts of Companion Planting and whether we can expect to see results when it's used. Besides using plants to help other plants, many plants are also reported to have properties that can either attract or repel bugs. The talk details some of them and how they can be used in our gardens to create a natural balance system for attracting nature and keeping the pests under control.

Ian Bedford will be bringing some environmentally friendly garden products with him to showcase and to sell at a reduced rate.



U3a Spring Learning Programme 2022



Crafts: This initiative is an opportunity for u3a members to show off the wide variety of crafting skills that exist across the membership. It starts with a focus on the many creative uses of paper. From the art of Kirigami to Paper Marbling. Each month they will be sharing examples, guidance and tutorials on how to get started in these innovative craft forms, and showcasing creations from across the membership. Why not get your u3a craft group involved and learn a new crafting skill together?

For more details see: <https://u3a.org.uk/learning/national-programmes/crafts>

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Your U3A needs you – NOW!



At our AGM in June nominations will be requested for members of the Executive Committee. The U3A Constitution specifies that there will be a minimum of five members. Each member can serve for six consecutive years. Currently there are eight members and one prospective member which gives no reserve capacity.

In June our Chairman will be retiring meaning that some Committee positions will go unfilled during 2022/23.

During 2023/24 a further 3 members will serve their last year taking the number below 5. **If this occurs the Rutland U3A will have to close.**

As you can see it is imperative that we recruit new members of the committee. This is not an onerous role; in fact we have a lot of fun. Meetings are held at approximately 6 weekly intervals and the workload is light. We need co-opted members now so that they can learn how the committee works.

If you want to ensure the continuation of a very successful U3A please put your name forward or talk to a committee member.

Hedley Greaves
Secretary

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Call for IT Volunteers

Behind the smooth and efficient running of Rutland u3a are a small number of IT systems, including the Beacon membership system, the website, and a set of Google Workspace accounts for the main Committee roles.

These systems are supported by a team of Rutland u3a members who, while able to provide the required support at present, would welcome people to help us, in order to spread the knowledge more widely and to ensure longer-term continuity.

Our work mainly comprises direct support to the users of our systems, but can also involve liaison with the system suppliers and contributing to discussions about current issues and future developments.

Supporting our IT systems does not require pre-existing technical knowledge but rather a methodical approach and working as part of a small, enthusiastic team. We would like to hear from anyone who might be interested and would like to contribute to this important aspect of keeping our u3a going - we will provide all the necessary training and support.

If this sounds interesting, please contact Mike Shea on 07514 435487 or via email at rutlandu3a.it@gmail.com for an informal chat. Many thanks - we look forward to hearing from you!

TEA AND TEACH TECH SESSIONS BARCLAYS BANK OAKHAM EVERY FRIDAY

BEGINNERS: 11.30 am - 12.30 pm

INTERMEDIATES: 1.00 pm -2.00 pm

Sessions are run by the Bank Manager Damian and his Digital Eagles. The sessions are designed to help you gain confidence with online activities such as shopping and banking. Please bring your own phone, tablet or laptop.

New members are always welcome. Please contact Sue on rutlandu3a.digital@gmail.com for more details and place availability.



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New groups & groups seeking more members

Groups seeking additional members:

For contact links see: <https://u3asites.org.uk/rutland/groups>

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

Tai Chi -(Thursdays 2.30pm) Please contact Janet, Tel: 01664 474116

Watercolour - We meet on the first and third Monday of the month at 1.30pm in The Lord Nelson. We currently have 1 vacancy. Please contact the Group Leader via the hyperlink on the group page.

Basic Computing - Previous meetings have taken place on Wednesday pm in Oakham. Please contact Phil email: phil.grimley@hotmail.co.uk for more information

Book Group 2 - We currently have a few vacancies and are meeting usually on a Wednesday morning every four or five weeks. If you are interested please contact Jennie Perryman via the hyperlink on the Book Group 2 page.

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 (excepting January, when it is the second Wednesday) at 2pm at VAR building, Lands End Way, Oakham. Please contact Pam, Tel: 01572 724387

Play Reading 2 - Meeting on the fourth Thursday morning of the month. Contact Melanie or Derek Grant via the hyperlink on the Play Reading 2 link 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

Current Affairs Discussion Group 2 - We meet monthly, usually at The Lord Nelson in Oakham. If you are interested in joining us, please contact Alan Hodgkinson.

Living History - We meet at 10am on the third Monday of the month. If you are interested in joining us, please contact Lucy Marsland via rutlandu3a.members@gmail.com

Sunday Lunch - We meet on the third Sunday of the month in The Wheatsheaf, Northgate, Oakham. For more information please contact the Group Leader, Margaret Hall, via the group 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 Lord Nelson. Please contact Sallie Chester if you are interested in joining us.

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News from the Groups

Possible New Group - Art Appreciation 3

There are plans for a third Art Appreciation group. There will be a sign up sheet at the April Victoria Hall Meeting or alternatively please contact Sharon, the groups coordinator on 07796931828 or rutlandu3a.groups@gmail.com.

There will be an initial meeting of all interested at Strays in Oakham High Street at 2.30pm on Wednesday 20th April to discuss the way forward. All welcome.



Interested in Embroidery, Tapestry or Upholstery?

There is the possibility of starting a new group for one or all of these crafts. There will be a sign up sheet at the April Victoria Hall meeting. For more information contact Sharon, groups coordinator rutlandu3a.groups@gmail.com or 07796931818

Creative Writing group 2

If you are interested in joining a new Creative Writing group 2 we are holding an initial meeting in Strays Coffee shop on the corner of Mill Street and the High Street in Oakham at 3pm on Monday 25 April.

Sylvie Raven, who is the Group Leader of the existing Creative Writing group, will be present to explain how her group operates. This will be an opportunity to decide when and where and in what format the new group will run. All welcome.

For further information please contact Sharon Pratt, Groups' Coordinator on 07796931818 or via Rutland u3a.groups@gmail.com



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News from the Groups



NEW IPAD GROUP

Join us and learn to get the most from your iPad or iPhone.

WHEN: We meet on the 2nd and 4th Wednesday of each month

WHERE: Lord Nelson Pub Oakham at 3pm

HOW LONG: Each session lasts for one hour.

Please contact Sue on rutlandu3a.digital@gmail.com for further details and place availability.

CHURCH VISITS GROUP

This group has not been able to meet since 2019 because of the Covid 19 lockdowns, but now I am hoping that we will regroup and enjoy meeting up again once a month to visit local churches. Usually we meet on the second Wednesday of the months April to October, time 2pm.

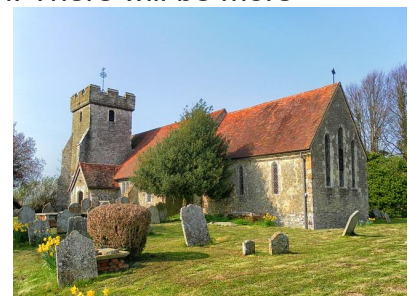
The format of the visit is to look round the church and grounds, then a short talk usually by someone from the church about the history and points of interest. After that some venues offer light refreshment of a cup of tea or coffee, a biscuit, or a piece of cake. There is no charge for the visit but it is appreciated if visitors make a donation of £5 to the church funds.

We do not meet during the colder winter months with short afternoons and uncertain weather conditions. At present there is no limit to the number of members.

We do not have a chairman as such, but I coordinate the group and communicate mostly by email for those with access to it or by telephone or word of mouth. Group members arrange the visits, mostly to churches within Rutland, and people use their own transport although car share is sometimes possible.

Could former members please let me know whether they are rejoining so that I can update my email list, and anyone else who is interested please contact me via u3a website. I will need to know numbers for each visit to pass on to the church. There will be more information to follow soon.

Miriam Tresidder,
(can be contacted via the Ru3a message page)



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News from the Groups

Tuesday morning Walking Group

The Group had their annual planning meeting in early February at the Helenium Tea rooms at Barnsdale Gardens and most walks now have leaders until September.

Walks resumed on March 8th after our winter break. Ted and James led the walk from South Luffenham via Pilton to North Luffenham and back to the Coach House Inn, with 22 hardy souls. Those with no prior engagements stayed for a very enjoyable lunch. Although the mud was a bit sticky at the start, the views were gorgeous, the animal life was friendly and the weather perfect for an early Spring walk!



Pressed Flower Group

Some impressive work produced by the Pressed Flower Group. Interested in joining them please contact Sharon, the groups coordinator rutlandu3a.groups@gmail.com or 07796931818



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News from the Groups



Walk, Talk and Snack

This is a short distance walking group for people who like to walk and chat. Our short walk (1-1.5 hours) ends at a cafe where we will have lunch together or coffee and a cake. For more information contact Sharon at Rutlandu3a.groups@gmail.com



Papercrafts Group

In March six of us met to learn Decoupage. Decoupage – means the art of decorating surfaces by applying cut-outs of paper or card to make a picture.

The art of Decoupage has been used for centuries. The word is taken from the French word “Decoupage” which means to “cut from” or “cut out” of something. The craft is a great way to de-stress and great skill and technique to learn.

We all worked hard and at times there was silence whilst we concentrated. We all enjoyed the session and will definitely try other methods of layering paper to make a picture.

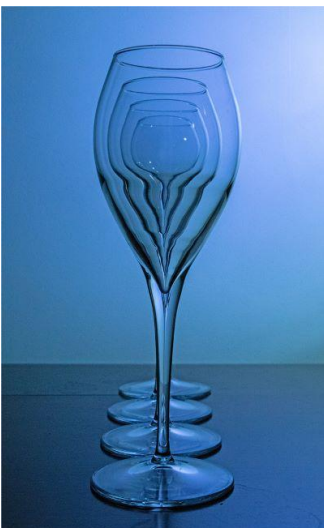
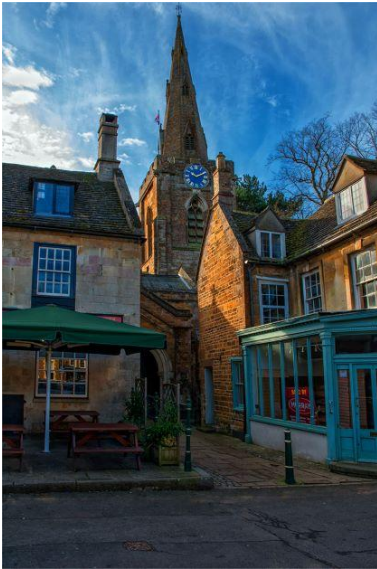
For the majority of the class, it was our first experience with Decoupage. It was really fun creating our own ‘masterpieces’.



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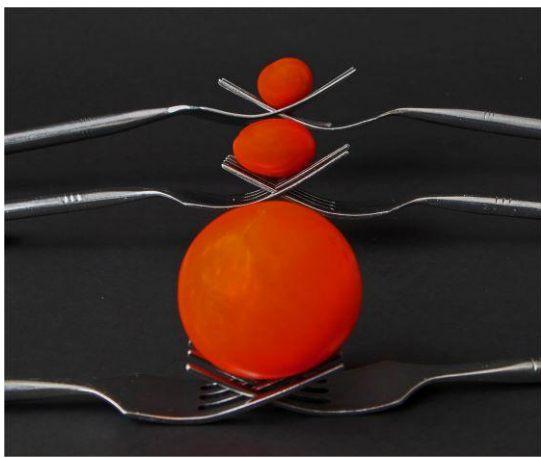
News from the groups

The photographic group are this month sharing photographs of nature and the word around us with some interesting still life shots.



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News from the groups



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Community News



*Empowering
people with the
tools that
create
livelihoods and
transform lives*

TWAM are looking for volunteers. Many people have found this a very worthwhile way to spend some time either going out collecting from members of the public or if they prefer not to travel but have some spare garage space to become a Collection Point.

Many U3A members have retired, and it would be great if they were minded to spend some of their time in this way. Stephen, one of our collectors explained why he volunteers. Stephen says that when he saw the TWAM poster, it just seemed such an obvious choice. His father had been a car mechanic and so he knew how essential his tools had been to him in his trade. In Stephen's own first career as an immigration officer, he had seen the effects of poverty that forced people to abandon their communities and risk their all-in search of a decent life. Stephen now collects tools for TWAM and has caught the vision so he also volunteers as a public speaker, encouraging others to support us in whatever ways they can. Stephen says that It's a pleasure to sing the praises of such a genuinely good organisation.

This is all part of a big and exciting plan! There is so much demand for our tools that we need to double in size just to have a chance to meet the demand. So we will be opening a large Refurbishment Centre in the Midlands in early 2022. This is why we need a lot more collectors, because we need to collect a lot more tools.

To find out more about TWAM please visit our website www.twam.uk or to explore all our volunteer opportunities please visit our dedicated volunteer website timefortwam.uk

Please reply to Paul Daley <Pauld@twam.uk>.



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2021/21

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

Speakers Secretary

Wanda Allen

Social Secretary

Vacancy

Committee advisers and helpers

Publicity

Jill Stacey

Minutes

Vacancy

Website

Phil Grimley

Hall set up and AV

Peter and Jane Hammond

Michael Seccombe

Beacon

Vic Newland

IT

Mike Shea

Social Team

Diane Case

Janice Ferguson

Noticeboard

Anne Trigg

New Member Support

Janet Bilby

Jenny Wilce

Jane Gillon

Printing

Margaret Macpherson