

Rutland u3a newsletter

October 2021



A note from the Chairman

What a great turnout we had for our first meeting back in Victoria Hall. It was lovely to see you all.

We didn't have room for the usual notice boards but we will have them in November.

We've had a great response to the Christmas Meal. A huge thank you to our Social team for organising this. There is still time to sign up for it and you can bring your completed form and payment to the November meeting. There are a finite number of places available.

Jane Isaac was a great speaker to start us off again and thank you to Sue Morecroft, our digital support, for inviting Men/Women in Sheds and Damien Mortimer from Barclays Bank here in Oakham to tell us about what they can offer us. If anyone wants to find out more about these offerings, please e mail Sue.

Rutlandu3a.digital@gmail.com

November's Speaker is Paul Newsham who will be talking to us about Coaching Inns.

The arrangements at Victoria Hall will be the same as for the October meeting. A committee member will be available to answer membership queries. There will be a table downstairs near the back door. This will be the last meeting in the Victoria Hall and our first meeting at The Museum will be on January 6th at the usual time of 10 for 10.30 a.m.

Finally I want to thank the two members who have come forward to volunteer to help us, one as Minutes taker for our committee meetings and one to organise the noticeboard. Your offers are so much appreciated.

More volunteers for the committee always welcome of course!!

With all good wishes to you all

Ros

TEA AND TEACH TECH SESSIONS

BARCLAYS BANK OAKHAM TUESDAY 09/11/21

First two sessions will be on 9 November at 11.30am and 2.30pm

These two sessions will be seminars each covering staying safe online and fraud & scam awareness

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

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Meeting at Victoria Hall- Thursday 4th November 10.30am

Paul Newsham is to talk about coaching Inns and their routes. He describes his talk as an in-depth look on the history of travel in a particular period of time. Coaching inns are part of our cultural heritage and our architecture frozen in time. The George in Stamford is one of the best known local examples of a Coaching Inn on the route between London and York.



If you have visited it you will know that two of its principal rooms were once waiting rooms and are still referred to as the 'London' and the 'York' rooms.

Paul is a retired Expert Witness, with 50 continuous years service in the Forensic arena who I am sure is known to many of you from his previous talks at Rutland u3a. It promises to be an interesting morning.

Christmas Lunch at Barnsdale Lodge Hotel on 2 Dec 2021.

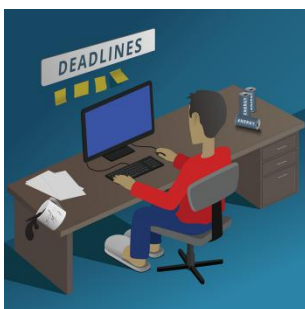
If any members who earlier asked for their names to be added to the list for this event, have yet to complete a booking form please would they now do so as there has been an excellent response so far, and to avoid disappointment, payment is now required.

Booking forms, menu choices and cheques should be sent to:

Diane Case,
6, Hawthorn Close,
Barleythorpe,
Oakham LE15 7UB



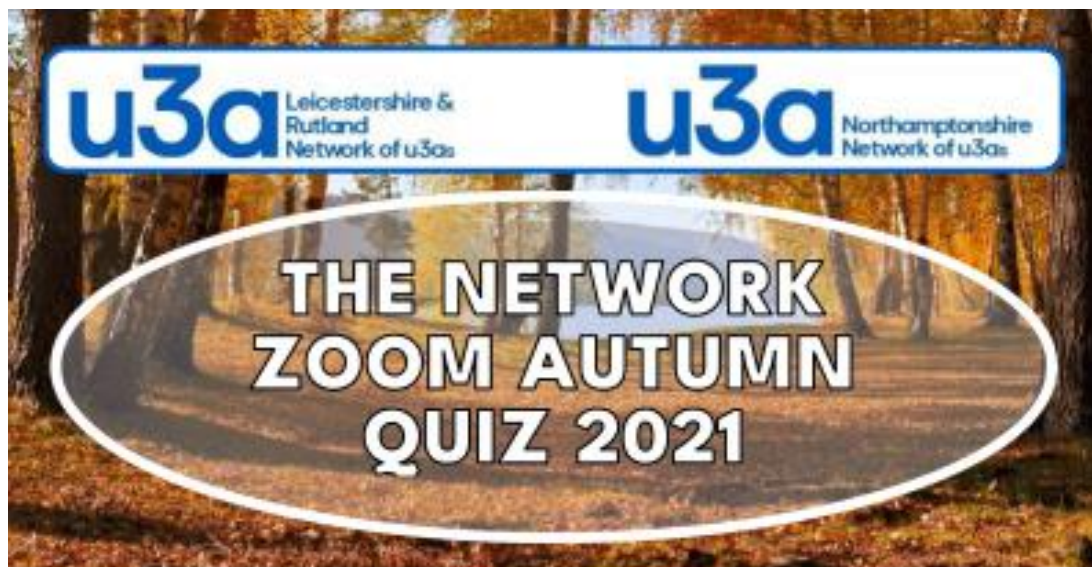
If paying online, then only booking forms and menu choices can be sent to Diane Case.



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 November 2021

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Thursday 18th November 2021 starting at 7:00pm
(aiming to finish around 8.45-9.00pm, including a break)

REGISTRATION

Opens: Monday 4th October 9:00am
Allocation: 1st come, 1st served basis

To Register send:

- ❖ Your name
- ❖ Name of your u3a
- ❖ Team name/leader (if appropriate^S)

to: coordinator@landru3a.org.uk

Confirmation:

By email normally within 24 hours
Zoom details emailed Monday 15th Nov.

WHO CAN JOIN?

Open To:

- ❖ Teams of up to 4 members
- ❖ Couples
- ❖ Singles

How it works:

- ❖ A handicap system will be used to make it fair for all
- ❖ No limit on the number of entries from each u3a

It's Quiz time again - don't miss out!

GOOD LUCK

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News from the groups

Pressed Flower Work

You don't just press flowers. Equally important are Twiddles. These are twirling pieces of plant material such as tendrils and flowery seeds. These are useful to press and include vetch, clematis/Passion flower family, honeysuckle and sweet peas. The light, hairy tufts of plumes are attractive and include dandelion with its parachute form or American Willowherb. In addition it is good to cut up pieces of ragwort, Goats Beard, Old wild Clematis from hedgerows and small flowers such as nettles with their dangling spikes. Finally delicate grass flowers, pampas grass and dainty seed heads, such as Herb Robert and Shepherd's Purse, will add interest to your floral arrangement.

Different Type of Presses -

1. Thick heavy book- such as a Bible. Best not to use a good book as the weigh added can ruin the spine.
2. Phone directory - with its absorbent pages or old (non glossy) news sheets.
3. Traditional press - By placing flowers under greater pressure it speeds up the drying process.
4. American press - They are composed of 3 pieces of plywood - a top and base of a quarter inch thickness and a platform of half inch thick plywood. In addition there are 6 coiled springs which make it more effective at keeping the colours as there is better tension and quicker drying time.
5. Japanese press - can't be obtained in the UK. Has 5 pressing pads.
6. Microwave press - Useful as quickly dries - you can use things the very next day. However, very hit and miss - can burn vegetation for example.

Presses come in different sizes - smaller to take out and use in the field; larger for home use/larger items.

Next meeting 13:00 to 16:00 on Monday 22 November to give us all time to create a template place setting for the Christmas table. If you would like to join us please contact Sharon on 07796931818 or via Rutlandu3a.groups@gmail.com



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News from the groups

The photographic group remains active, continuing to produce some wonderful pictures for us all to enjoy



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News from the groups



Papercrafts Group

On Friday 1st October the Papercraft Craft Group met and learnt how to make cards and tags using the art form of Quilling.

Quilling involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs which can embellish greetings cards, pictures, etc.



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News from the groups



English Country Dancing

We are so delighted that Pam Hornby has informed us that she is resuming our monthly English Country Dancing Group at the Voluntary Action Rutland building in Lands End Way, Oakham from 2 pm on Wednesday 3 November. We will meet on the first Wednesday afternoon of every month.

New members are most welcome to join us. There is a £1.50 monthly charge towards the hire of the hall.

Living History Group - New members welcome

For each meeting the group chooses a year within their lifetime and through talking about events that have significance for them, discuss what they have learnt and how past events impact upon today.

The group meets at 10am on the third Monday of the month in Oakham.

If you are interested in joining, please contact

Lucy Marsland via rutlandu3a.members@gmail.com



Recorder Group

The group enjoying making music outdoors in the last of the summer sun before autumn arrived.

Crochet workshop: How to Crochet a Christmas Tree by The Third Age Trust

Tuesday 16 November

Free on line for u3a members only

For more information see:

<https://www.u3a.org.uk/events/educational-events>



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Community News



VOLUNTARY ACTION RUTLAND

Working for the Rutland Community

VAR have advised us that they offer a mobility shop at the Oakham HUB/VAR in Lands End Road next to Lidl. It is an excellent outlet; a charity, so reasonably priced where you can purchase previously used but serviced items like wheeled walkers.

Members may also want to know that they are grateful to receive items that the NHS will not take back.

Men and Women in Sheds

Men in Sheds is a place for men to feel at home and pursue practical interests with a high degree of autonomy.

Men in Sheds members share tools and resources to work on projects of their own choosing, at their own pace and in a safe, friendly and inclusive venue. Our Sheds offer a place for skill-sharing and information learning, individual pursuits and community projects. It's a place of leisure where men come together to work.

Meetings are on Mon, Tues and Wed, 9.30-12.30 & 12.30-3.30. at Unit 2a Oakham Enterprise park.

Women in Sheds is a welcoming, social environment where a sense of community and shared endeavour meet creativity and skill-sharing to facilitate fantastic practical purposes. So why not get stuck into those hobbies old and new you have been meaning to pursue, get creative and make yourself some new friends at the same time?

Meetings are on Thursday, 9.30-12.30 & 12.30-3.30.
at Unit 2a Oakham Enterprise park.

Contact Brian Lee for more details: brian.lee@ageukleics.org.uk



Over 90% of the food distributed by our foodbank is donated by the public – that's why your food donations are absolutely vital to our ability to give everyone referred to us a balanced and nutritious three day supply of food. To donate see:

<https://rutland.foodbank.org.uk/give-help/donate-food/>



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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 advisors 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

Vacancy

New Member Support

Kath Rolison

Janet Bilby

Jenny Wilce

Jane Gillon

Printing

Margaret Macpherson