

Newly elected Executive Committee prepares for next stage in development

Full contact details for your newly elected representatives will be found on page 4. Meetings take place on the second Friday of the month, following General Meetings on the Wednesday. If you have any suggestions for improvement in the way in which the SADu3A is managed, please contact the Secretary in the first instance. Other Officers and Committee members can be contacted directly about any issue that comes within their scope of responsibility.

Vacancies - Help needed

We are still looking to fill vacancies on the Committee for Minuting Secretary, Newsletter editor and Public Relations Officer. Help is also needed with organising trips and excursions. This does not involve serving on the Executive Committee but simply supporting the work of our Group Co-ordinators. If you feel that you can help in any way, please make contact as soon as possible to enable us maintain the pace of development which has already been set.

Membership renewal

If you are one of the very few who have not yet renewed your membership by payment of £15 for the 2016/17 year, your name will have been removed from our register on 31st May and this will be the last communication you receive from us. (A final opportunity to renew will be offered at our June General Meeting. Thereafter, no further reminders will be issued.)

"I have no special talents, I am only passionately curious."
Albert Einstein

U3A Networks for Leicestershire and Rutland offer Joint Study Days

It has been agreed that U3As in Leicestershire and Rutland should join together for specific workshops and more general study days. The following is now on offer:

"Below Stairs in the Country House" - Monday 3rd October 2016 at Calke Abbey, the National Trust property near Ticknall, Derbyshire. Leader for the day will be Professor Marilyn Palmer whose book on the subject will be published later this year. Marilyn says: *'You will be encouraged to look rather differently at country houses when you visit them, with illustrated talks on the ways in which houses were lived in including heating and lighting, feeding the household, kitchens and dining rooms, water supply, bathrooms and WCs, bells and telephones.'*

Other Study Day Suggestions under consideration:

- 1. Charnwood Forest.** Geology, archaeology, landscape use, social history, visiting patterns etc. This could involve staff from the Victoria County History Project, known as Charnwood Roots Project, as well as the dig taking place in Bradgate Park.
- 2. Beginner's Guide to Astronomy.** To take advantage of public interest in Tim Peake. Perhaps in conjunction with the Space Centre and the University's departments of space science and astronomy.
- 3. The Changing Face of Leicester and Leicestershire.** A look at its manufacturing past and future. Topics could include the growth of industry in the city and county; its resources; particular stories such as the rise and decline of Corah's British Shoe etc; its manufacturing future.

Workshop Suggestions:

- 1. Modern technology** for committee members and others. Topics could include: storage of documents on the Cloud; using iPads and Tablets for meetings; using mobile phones; email communication - contact lists

for group leaders and how to do emails to large groups with undisclosed email addresses; data protection; technology for the visually impaired.

2. Group participation in special interest groups for group leaders and group coordinators, based on 'More Time to Learn', copies of which would be available to all delegates. Short presentations on ideas for group participation in various sizes of group, from the small to the large, as well as different areas of learning from academic subjects e.g. history or science and technology, to practical skills e.g. photography. Feedback using flip charts.

3. Responsibilities of Trustees for new committee members.

National workshops are provided but this could be a more informal session, making use of the recent Committee Reference File and online resources for Trustees, including those from the Charity Commission.

4. The Beacon Management System. Various U3As, such as Sleaford, have experimented with online management systems. We would find someone who has used this to explain the advantages and disadvantages.

For more details of this initiative or if you have any suggestions for other topics to be covered, please contact SADU3A Secretary, Cynthia Baker.

Theatre Trip

Tolethorpe Hall, Stamford :
 Shakespeare's Macbeth

Date : Wednesday 3rd August : 7.45 pm start

The Open-Air Theatre are holding 20 tickets for us (Rows B,C,D) **£11** per seat. Restaurants and bars available for pre-show dining or plenty of picnic areas! Own transport needed but we will try to car share as far as possible.

Full payment (*non refundable unless a replacement is found*) **MUST** be made by noon on Wednesday 8th June, please.

Cheques to "Syston and District U3A" can be posted to Sheila Driver, 9 Fosseyway, Syston, Leics LE71NF if you are unable to attend the June U3A General Meeting.

For any further information needed please do contact:

sheiladriver@hotmail.com

Reports from SADU3A Groups

Crafts

Crafts for Christmas" is the title of an exhibition to be held at the NEC in Birmingham from 3rd to 6th November. If any of the Craft Groups (or, indeed, any other u3A Member) would be interested in an organised trip to the event, please contact Janet Downes

Creative Writing

Our Group is working hard and having fun. Recently, we've been building new characters and trying to decide how a Glaswegian would relate the John the Baptist story.

We started to consider dialogue – trying to imagine how a person would speak across the centuries, and the age ranges by looking at the statement: *'I don't want to do that'* to see how many ways we can express that using different characters' voices.

Our next meetings are scheduled for 16th June and 28th July, as usual, from 1.00 p.m. to 2.30 p.m. in the Syston Community Centre.

Crochet

Our Group meets on the third Friday of the month at Syston Library from 10.15a.m. to 12.15p.m. To date, we've met three times and have members ranging from beginners upwards. We were fortunate to be given wool which all ladies have crocheted into granny squares which are now being assembled into a blanket.

Walking

Following the Blues

On Thursday 28th March a small section of the walking group visited Barnsdale end of Rutland Water to walk through the woodland pathways which were surrounded in oceans of Bluebells. They really were a sight to behold, think mother nature has excelled herself. It was a lovely fresh sunny morning, the sky was blue, Rutland water was blue, the woods were blue and we came away feeling invigorated for the experience. Thanks Rob.

Carol Faver

More Group reports on

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Birdwatching



Here we are - our first outing, to Swithland Woods, on Friday 13th May!

It was rather cold, grey and overcast above, and a quagmire in parts below, but we all managed to stay on our feet and glide relatively silently through the forest with great expectations of seeing everything on our list. We were incredibly fortunate to be led by Robin Perry, who has volunteered to share his knowledge and expertise with us on our monthly visits. Robin, who admits that he is rather aptly named, has selected a number of venues for maximum interest throughout the year, and had already prepared book lists, advice on clothes and equipment, and sheets for us to keep records of our sightings. To help us gain the most from our visits, he has invited two colleagues with other wildlife expertise to join us - Sue and Stuart. Sue accompanied us to Swithland, and was charged with keeping an eye out for anything else of interest such as badger and fox trails, and woodland flowers. Without their help we would still be there, trying to identify the birds from their songs. While Robin managed to identify 25 different species of bird, either by sight or sound, the highlights for us were the woodpeckers, (green, lesser and great spotted) which we either saw, or heard drumming on tree trunks, or calling; three treecreepers scuttling up and down the tree trunks like mice, and a nuthatch flying from branch to branch. He also identified another 7 species at nearby Cropston Reservoir, including a Sandpiper and 3 Great Crested Grebes. The forest was also home to bluebells, wood anemone, stitchwort, honeysuckle, violets and red and white campion, and when the sun came out, it shone like emeralds through the newly emerging leaves on the huge, ancient oak trees. Quite magical!

Philosophy

Newark & District U3A with Southwell U3A present:

Philosophy Study Day "Tolerance"

Saturday 1st October

9.30 a.m. - 4.00 p.m.

St Giles Church, Main Street, Balderton, Newark NG24 3LL

Tickets: £10

Contact: Glen Shepherd, 01636 627055



"Eyes of a leopard" Richard Adams

Parchment Craft

Our Group has now met twice and have already started to produce some interesting items. We take blank pieces of translucent parchment vellum and trace designs on to them, which are then embossed using special tools and/or coloured, if preferred. In the first session we made cards (see photos showing both versions) and in the second session we made 3D butterflies

with the traditional detail scalloped edging (see photo).

In our next sessions we will be exploring more embossing techniques and in future months there will be a choice of small projects – including cards, boxes, Christmas tree decorations and more. We meet on the afternoon of the third Wednesday of the month at St Hilda's Church Hall, East Goscote. If you would like to come along you would be most welcome. Contact Lyn 0116 2606889 lynpalmer192@btinternet.com for more information.



Gardening

The Gardening Group has finalised its programme for the rest of this year and these are the activities that we have planned:

- 23rd June** Visit to a private garden in Ingarsby (near Keyham)
21st July Visit to Easton Walled Gardens (a return visit to see how the garden looks in the summer)
18th August Visit to Syston Allotments with a picnic tea
22nd September Visit to University of Leicester Botanic Gardens with a guided tour
13th October Indoor meeting – possibly on planting design. Venue to be arranged
24th November Christmas Flower Arrangement demonstration – Madeleine Loftus. Venue to be arranged.
15th December Afternoon tea: probably at Gates Garden Centre

In general, we meet on the 3rd Thursday of the month from 2.00 p.m. To 4.00 p.m. It is necessary to book on all trips and full information is emailed to group members in advance of each visit.

For more information, contact Sue Blaxland: sueblaxland@gmail.com or Lesley Campton: lesley.campton@gmail.com

SADU3A November "Open Day"

Initial planning has started for a SADU3A Open Day in November when all active Groups will be invited to take part in an exhibition of their work and activities during our first year. All Groups are urged to keep a full record of their progress in a form which will fit in with this promotional exercise. "Watch this space" for further details in due course.

Brant International Piano Competition Final

Saturday 2nd July, Town Hall, Birmingham

10th June is the deadline date for U3A members to book for this prestigious event. The programme starts at 1.30 p.m. with lunch followed by a pre-concert talk. The Concert starts at 3.00 p.m.

Tickets cost **£25** each

Enquiries to Philippa Bassett, U3A National Office, Tel: 020 8466 6139 or email: philippa@u3a.org.uk

Dates for your diary

Until further notice, U3A General Meetings will be held on the second Wednesday of each month in the Malthouse Suite of Syston Conservative Club

Wednesday 8th June
10.30 a.m.

"My Parade of Hits"
Dougie Wright

Wednesday 13th July
10.30 a.m.

"A Magic Carpet Ride"
Richard Adams

Richard Adams' lifelong loves of photography, music and travel are brought together in this informal, entertaining and relaxing presentation which takes us to places far and near.

Wednesday 10th August
10.30 a.m.

"Scam Awareness"
Gail Deveraux-Batchelor

"Think Jessica" campaign was set up by a caring daughter, Marilyn Baldwin, whose mother was scammed out of thousands of pounds by fraudsters and criminals. Marilyn was awarded an OBE for her work highlighting the ease at which scammers can take control of someone's money and target our elderly neighbours. Anyone is at risk but especially those older and more vulnerable.

In her talk, Gail will outline the Senior Fraud Protection programme, (which is supported by the company she works for, and how we all can stop these scams affecting the people we care about.

Wednesday 14th September
10.30 a.m.

"Brooksby Hall"
Malcolm Britton

Wednesday 12th October
10.30 a.m.

"Steamtrain Platemen - A Tale"
Chris & Ken

Wednesday 9th November
10.30 a.m.

"Shackleton - Locked in the Weddell Sea"
Chris Tarratt

Wednesday 14th December
10.30 a.m.

"Intercare - Medical support for Africa"
John Winter

Have you collected your Annual Speakers' programme card? If not, ask at the June General Meeting

Do YOU have something to say to fellow U3A Members? Do you have photos to share? Have you come across a funny cartoon or joke worth sharing? ALL contributions to this Newsletter will be warmly welcomed. Send to Editor: colin.grimes2@btinternet.com

Theatre Group Bletchley Park Excursion

Arrangements for the Bletchley Park Trip on Tuesday 28th are as follows:

9.10 a.m. - Pick up from Elizabeth Pavillion, Thurmaston

9.20 a.m. - Pick up from Syston Community Centre, School St

9.30 a.m. - Pick up at Queniborough Village Hall

Entrance tickets will be issued on arrival at Bletchley

Times for the guided tour, the cost of which is included in the price, will be advised on arrival. **Sheila Driver**

U3A Digital Champions

Through a special AgeUK initiative, we have been offered an opportunity to benefit from a series of sessions to help members to develop their IT skills. The Syston-based sessions would be free except for the need to cover the cost of a venue. AgeUK will provide a range of computers and tablets to be used or you can bring your own. Subject to Group numbers, it is hoped there would be an opportunity for some individual tuition. If you are interested in joining such a Group, please contact Janet Downes: jandow70@aol.co.uk

Parking at Syston Community Centre

Town Manager, Catherine Voyce, has had cause to complain about U3a Group Members, meeting at the Community Centre before setting off on Group activities, who leave their cars in the Centre car park, thereby causing inconvenience to users of the Centre's facilities.

While those Groups who are holding their meetings in the Centre are welcome to use the parking facilities, those involved in off-site activities are kindly asked to make alternative parking arrangements.

<http://u3asites.org.uk/syston>

Please note the address for our own web site which, thanks to great efforts by our Webmaster, Michael Wherton, is finally expected to go "live" on 4th June 2016

Worldwide Dining Group

The aim of this group is for members to meet once a month to enjoy each other's company whilst sampling the cuisine of another country.

We have two guiding principles to the choice of restaurant. It is recommended for the quality of its food and it has an LE postcode, so we can travel the world without leaving the area.

The group has 24 members and we have between 14 and 20 regular diners. We meet on the second Wednesday of every month and after an enjoyable meal decide where we want to go the following month.

So far we have dined in Italy (at the **Alloro** in Syston) and in Bangladesh (at the **Taraj Palace** also in Syston). In June we visit Turkey (The **Mangal** in Syston). Possible future countries we might visit are Portugal (**Madeira a Vista** in Woodgate), The Caribbean (**Turtle Bay** in The Shires) and Lebanon (**The Cedars** in Churchgate).

Also on our list of possible future visits are Thailand, Greece, China and Mexico. Who knows where else we will find?

We joined the Syston U3A and now are dining around the world ! **Cynthia Baker**



The magic of WD40

(With acknowledgements to Saga Magazine)

Most people have a can of WD40 lying about in their house, shed or garage. It is a versatile product that has thousands of different uses. Here are six uses for it that might have escaped you.

1. Removing stickers and labels

A decent squirt of WD40 dissolves the glue that holds sticky labels in place, allowing you to wipe them off with a micro-fibre cloth without damaging or marking the surface.

2. Removing sticky substances

It will also unstick chewing gum from the soles of your shoes and tar from your car's bodywork. In fact, it'll help remove almost any sticky substance from hard surfaces. Just spray it on and leave for a few moments before wiping it off with a paper towel or micro-fibre cloth.

3. Make digging and shovelling a breeze

If you spray the surface of a shovel or spade liberally with WD40 before you start, any snow or soil will slide straight off, stopping a chore turning into a nightmare. Of course, a quick spray will keep all your garden tools rust-free too.

4. Removing marks from hard surfaces

WD40 also removes rust, crayon, and felt-tip marks from hard surfaces like tiled floors and tea stains from kitchen worktops.

5. Stopping mildew

WD40 not only removes scuff marks from plastic garden furniture, it will also stop mildew forming on wooden garden furniture. Simply spray the bottom six inches.

6. Separating stuck objects

WD40 is very good at freeing moving objects that have seized up. It can also be used for unsticking Lego bricks and drinking glasses too?

(Have **YOU** any handy household tips to pass on to fellow Members?)

National and Regional announcements

Family History Conference

A **Family History** Conference will be held in Buxton, Derbyshire on the 17th September starting at 9.30 a.m.

Speakers are:

Dr Nick Barratt "Medieval & Early Modern History"
Nigel Lutt "Researching Army Ancestry"
Maurice Clarke "The Heir Hunters Association"
Bill Taylor "Skeletons in the cupboard"

Exhibitor stands will be open from 08.30 and throughout the day.

The cost for the day, which includes the talks, refreshments, lunch and car parking is **£20**.

Registration & refreshments between 08.30 & 09.30

Booking Essential

Full details and booking form available from taylor.ian9@gmail.com

"Swan Lake" at the London Coliseum

Special discount deal for U3A Members

Thursday 14th July at 1.00 p.m.

Attend a talk given by Adam Bull and Amber Scott, two of the Principal dancers with the Australian Ballet followed by a performance of "Swan Lake".

U3A members get a complimentary programme and booking fees are waived.

Tickets: **£45** for best available Dress and Upper Circle seats. Interested? Call the London Coliseum Box Office: 020 7845 9300 and quote "U3A offer" or visit www.eno.org and enter promo code "u3a" when prompted.

"The Elizabethan Experience" at Shakespeare's Globe

The Globe Theatre on London's South Bank is offering U3A groups a programme which includes a visit to The Rose archaeological site as well as the theatre itself which, this year, celebrates the 400th anniversary of Shakespeare's death. The programme, which, gives an insight into the history of London and how we might have lived in Shakespeare's time, is full of intrigue and insight as well as featuring artistic and literary figures of the period. Participants are recommended to arrive at the venue at 11.00 a.m. for refreshments at The Swan overlooking the Thames with stunning views over the capital's skyline.

2016 dates available are: July 11th and 27th; August 8th, 15th and 22nd; September 12th & 26th; October 10th, 17th, 18th, 19th, 20th, 21st & 30th. Visit www.u3a.org.uk members' area events or call National Office for copies of booking forms.

U3A ANNUAL NATIONAL CONFERENCE/AGM 2016

East Midlands Conference Centre
23rd to 25th August
Booking now open
See page 6 and visit
www.u3a.org.uk
for full details and
registration form

The History of Place

The History of Place delivery team are looking for volunteers with enquiring minds to help with a ground-breaking national project celebrating the lives of deaf and disabled people throughout history. The Heritage Lottery-funded project is seeking volunteers to get involved in carrying out research in local and private archives, to share discoveries through their website, films, games and exhibitions at M Shed, Museum of Liverpool and the V&A Museum in London.

Applications from deaf and disabled people are welcomed.

If you are interested in doing some detective work, please call 01 303 259 777 or email: info@accentuateuk.org to find out more and register.



See Walking Group report on page 2

At your service

Executive Committee personnel

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VACANCIES exist for Minuting Secretary, Newsletter Editor and PRO

Anyone interested in taking on any of these roles, please contact SADU3A Secretary, Cynthia Baker for more details.

DISCLAIMER:

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U3A NATIONAL CONFERENCE PROGRAMME

23rd to 35th AUGUST 2016
“1000 U3As – what next?”

Programme

TUESDAY 23rd August

15.00 Registration opens
17.00 “Where Now?”
19.00 Dinner
20.30 Entertainment

WEDNESDAY 24th August

07.30 Breakfast
08.30 Registration opens
09.15 Chairman’s welcome
09.30 Presentation 1
11.00 Coffee
11.30 Nick Hawes
12.45 Lunch
14.15 Presentation 2
15.45 Tea
16.15 Drop-in sessions
19.15 Drinks reception
20.00 Conference dinner

THURSDAY 25th August

07.30 Breakfast
08.30 Registration opens
09.15 Dr Victoria Williamson
10.30 Coffee
11.00 Presentation of candidates (if necessary)

Presentations

Managing Your U3A – trusteeship, effective committees, constitutions.

Getting Your Message Across – communications within your U3A.

Managing Growth – primarily focusing on U3As experiencing rapid growth.

Maintaining A Vibrant U3A – encouraging new members, volunteers, interest groups.

How To Make The Best Use Of Open Online Courses (MOOCs) – for U3A interest groups.

Getting involved In U3A Research – some ideas to get you going.

Telling Your Life Stories – writing and recording your memories and making memory boxes.

Self-Publishing – for U3As, U3A writing groups and members.

Give And Take A Hand - U3A+ – supporting members facing age-related issues.

Drop-in sessions

An opportunity to say hello, put faces to names and ask that all-important question to:

Officers, Sub-committee Chairmen, Regional Trustees, National Office Staff, Third Age Matters Editor, Sources Editor.

Speakers

NICK HAWES – “*I FOR ONE WELCOME OUR NEW ROBOT OVERLORDS*”

Nick Hawes is a Reader in Autonomous Intelligent Robotics in the School of Computer Science at the University of Birmingham. His research is in the application of Artificial Intelligence (AI) techniques to create intelligent, autonomous robots that can work with or for humans. He is a passionate believer in public engagement with AI and robotics and was selected to give the Lord Kelvin Award Lecture at the 2013 British Science Festival.

DR VICTORIA WILLIAMSON – “*MORE THAN A FEELING? MUSIC FOR EXTRAORDINARY WELLBEING CHALLENGES*”

Dr Victoria Williamson is an authority on the psychology of music; how music is processed by the brain and the ways in which music impacts on our minds and behaviours. She is a Vice Chancellor’s Fellow researcher and lecturer in Music at the University of Sheffield (UK) and author of ‘You Are The Music’ (Icon Books).

BOOK ONLINE

u3a-conference.eventbrite.co.uk

We’ve tried to simplify things this year. Registering for Conference will take place on Eventbrite. First, you choose whether you wish to attend the full conference (including Tuesday afternoon), or just the AGM day, and later in the process you will be invited to select residential options. You will also be able to book for two delegates at once. (This is recommended if booking a double occupancy room).

The costs are as follows, and if you wish to attend on a residential basis, please remember that you pay your conference fee plus your accommodation:

Conference with lunches and dinners	£130
Conference with lunches only (no dinners)	£100
AGM day only with lunch	£20
AGM day only	£nil
Add 2 nights B&B in Student Halls (Single rooms only)	£70pp
Add 2 nights B&B in the Orchard Hotel (single occupancy)	£140pp
Add 2 nights B&B in the Orchard Hotel (double occupancy)	£95pp

Any Member interested in attending is invited to contact SADU3A Chairman, Colin Grimes

Tel: 0116 2608412 email: u3abiz@btinternet.com in the first instance.

If sufficient support is indicated, we might consider organising a Group excursion the event.