



THE UNIVERSITY OF THE THIRD AGE

# Jottings

**The Newsletter of Church Stretton U3A**

**September 2018**

## **MESSAGE FROM THE CHAIR:**

I trust everyone has enjoyed the fine weather and you are looking forward to resuming activities in September. As some of you may be aware we were unable to find volunteers for the vacant roles as Group Coordinator and General Meeting Organiser following the resignations of Len Bolton and Brian Bradley and I would urge anyone who is interested in having their arm twisted to get in touch. I am not holding my breath but any help would be much appreciated as I am attempting to cover these roles at present.

I have managed to fill the only gap left by Brian through to September 2019 and on 23rd January we will be entertained by Roger Browne who will talk about the influence of jazz on the musical theatre. His talk is entitled New Orleans to New York and is illustrated musically by his own live jazz interpretations of classics from the pens of Jerome Kern, George Gershwin, Cole Porter, Irving Berlin etc. **Grahame Hurst**

## **URGENT VACANCIES:**

### **GENERAL MEETINGS ORGANISER**

We are looking for a replacement to take on these roles. The new programme starts in October this year and we have already have speakers through September 2019. Anyone interested in this activity please contact the Chair in the first instance for further information. The role of the General Meetings Organiser includes:

- Locate potential speakers and topics (10 talks per year)
- Create a programme for the next year (October to September following year)
- Following approval by the committee, confirm bookings with speakers
- Provide details for printing the programme and publicity

### **GROUPS COORDINATOR**

Anyone interested in this activity please contact the Chair in the first instance for further information. The role of the Groups Coordinator includes:

- Being the first contact point for all members (new and existing) interested in learning about specific groups.
- Pass contact details of group leaders to potential new members.
- Contact group leaders at least twice a year to obtain brief reports on how each of the groups are functioning eg how many in each group, where they meet and how often.
- Ensure that contact details of interest group leaders are kept up to date.
- At main committee meetings provide feedback on interest group activities.
- Encourage members both new and existing to form new groups.
- Remind all members from time to time that U3A is a self-help organisation.
- Provide updates for 'Jottings' on group, reports and to provide any new members with information that helps them decide which group they are interested in.
- Attend general meetings and be prepared to answer enquiries about interest groups from members.

## **DATES FOR YOUR DIARY:**

### **September 2018 General Meeting**

Wednesday, 26 September 2018, 2pm at United Reformed Church Hall, on the High Street.

#### **'New Challenges to Human Rights' by David Howard**

As global power shifts and new threats emerge, does the human rights movement need a new direction and impetus?

### **October 2018 General Meeting**

Wednesday, 24 October 2018, 2pm at United Reformed Church Hall, on the High Street.

#### **'Guide Dogs, Facts and Fallacies' by Meredith Vivian OBE.**

How guide dogs are trained, what they do and how they change the lives of blind people. It's not quite what you imagine!

### **November 2018 General Meeting**

Wednesday November 2018, 2pm at United Reformed Church Hall, on the High Street.

#### **'Dignity in Dying' by Francesca Hall**

## **PREVIOUS MEETINGS:**

### **April 2018 Meeting:**

#### **"Upland – The Long Mynd and Stiperstones" - Andrew Fusek Peters**

Formerly a writer of children's books, Andrew turned to photography after suffering with severe depression six years ago. He quickly demonstrated a talent which has grown over the years.

Andrew was commissioned by National Trust and Natural England to photograph "everything" on the Long Mynd and Stiperstones as part of their project, Stepping Stones, to create a wildlife corridor between the two areas. He spent three years recording fabulous images of species and landscape. The results are published as a 192 page full colour book, Upland.

We were shown other wildlife photos – a chaffinch and goldfinch fighting in the snow, hawfinches; owls; a sparrow hawk chasing a bee. Like many of his images, this last photo was published in the national press.

Another of Andrew's passions is landscape photography. This is mainly done at dawn and dusk. The moon is a favourite subject – "chasing the moon" is what he calls it. Night-time gives him the opportunity to photograph the night sky. His image of the milky way was memorable.

This lively presentation was a welcome return of Andrew to our U3A. **Lesley Brown**

### **May 2018 Meeting:**

#### **'Barrow to Bagdad and Back ...' by Philip Caine**

Philip gave us a snapshot of his working life from leaving School to writing his first book. It turned out to be a very exciting and at times, scary life!

Starting out as a chef, he worked in hotels which meant long and unsocial hours. To combat this, he moved offshore to become Head chef on an oil rig in the North Sea. Two weeks on, two weeks off gave him a much better balance of life.

After seventeen years, he moved to Algeria to manage the building of accommodation bases in the desert. He became so good at managing people, he was given a similar project in Nigeria – this time in the jungle.

Three years later he found himself in Kazakhstan and Russia where dealing with the KGB became commonplace. Whilst there, he set up his own Company to build a hotel. When the ENRON scandal broke in 2001, Philip lost everything. In order to clear his debt, he took consultancy work in Bagdad.

In 2010, his debt now cleared, he and his wife moved to Dubai and he supported companies in Iraq. The rise of ISIS saw their return to the UK and Barrow.

After living such a colourful life, Philip found it hard to settle into normal retirement in Cumbria, so he decided to start writing. In 2015, he published his first adventure thriller.

He has now written five books and is working on his sixth. His time in the Middle East has been the inspiration for his stories.

Philip was an excellent public speaker, but can he write? I'll let you know when I have finished reading his latest book, 'American Ronin' .....

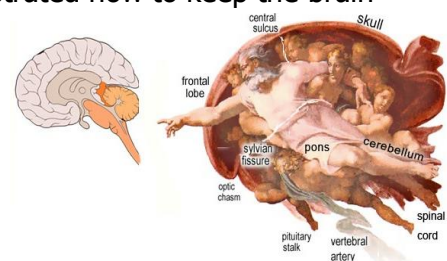
Philip has his own website [www.philipcaine.com](http://www.philipcaine.com) where you can find details of his books and how to get hold of them. **Lesley Brown**

## June 2018 Meeting

### 'A Healthy Body for the Healthy Mind' by Barbara Hall

After an unfortunate delayed start Barbara gave a very interesting talk stating many facts about the brain. It has 86 billions cells – 10,000 connections per cell – 60,000 miles of blood vessels – speed of transmission 120 miles an hours. In her talk she illustrated how to keep the brain healthy which all stems from the heart which needs a good blood flow, exercise, a good diet and sleep.

There are many suggestions that Michelangelo hid secret messages in his paintings and one being in the Sistine Chapel and that the cloud behind God is also said to be in the shape of a brain (see illustration).



Basically, we should try to keep the brain active by continuing to learn and to have fun. She certainly left us all with plenty to think about. **Julia Felton**

## NEWS FROM THE GROUPS:

### Singing for Pleasure

This group starts again on Tuesday 4th September.

**Time Goes By:** At our last meeting before the summer break, members of Singing for Pleasure were able to thank Margaret Jones for her 8 years of commitment manning the welcome desk. Margaret has been keeping the register, balancing the books, taking care of room bookings and paying the bills since the formation of the group in 2010. These are



all essential tasks in the smooth running of each session but Margaret has decided that she would now like to just enjoy the singing.

## **Popular Music Group** – *New members needed*

The purpose of the group is to listen to various types of popular music from the 1950s to the present day including pop, rock, folk, country, easy listening, musicals, film music etc. in order to broaden our knowledge and enjoyment. Members take it in turns to present the programme by choosing their own theme and bringing CDs, DVDs (any region 1 to 6) or Blue Rays (any region 1 to 3). We ask that every member presents at least one programme per year so that a variety of music is played. Members are encouraged to contribute snippets of information about the various artists, songs etc to add to our overall knowledge and appreciation of what we are listening to.

We usually meet once a month on a Wednesday evening at 7 Helmeth Road. The meetings commence at 7:30pm and finish between 9:30pm and 9:45pm. This includes a short interval for tea/coffee and biscuits for which members contribute 50p per head. A reminder email is sent out a few days before each date.

We have a couple of places available so if you would like to join us or require further details please send a message to the Coordinator Trevor Halsey on the Church Stretton U3A website.

## **Scottish dancing**

This group starts again on Wednesday 5th September

We meet on Wednesday afternoons at the URC Hall between 2 – 4 pm [Except the 4th Wednesday of the month when the U3A General Meetings are held in the hall.]



It is a mixed ability group and new members are always welcomed. You don't need a partner, just a soft soled pair of shoes and a willingness to join in. More experienced dancers will help you round as necessary.



Research has shown that Scottish dancing is good exercise for the body and the brain. Why not come along for a taster session, at no cost, to find out more. Sessions are £2 which goes towards the cost of the hall. Co-ordinator Alison Bradley (722138)

## **New Groups**

If anyone would like to join or start a new group please contact the Groups Coordinator via the website [u3asites.org.uk/churchstretton/contact](http://u3asites.org.uk/churchstretton/contact) for further details.

## Church Stretton U3A Groups:

Contact a coordinator through the Church Stretton U3A website via the website link [u3asites.org.uk/churchstretton/groups](http://u3asites.org.uk/churchstretton/groups), then select the group page.

Select the link next to the text send a message and complete the form. This information will only be seen by your choice of message receiver.

If you do not have an email address you can still get in touch by typing none@none.com in the email line and some contact details in the message section.

Group	Coordinator
Art – drawing and painting	Daphne and Stewart Rankine
Art History	Sue Toghill
Book Group	Susan Lees
Book Group 2	Margaret Haynes
Bridge	Eric Brown
Classical Music	Ian Templeton
Family & Social History	Peter Thorpe
Handicraft	Margaret Haynes
Hill Walking	Pat Holbourn-Williams
Landscape Archaeology	Ian Dormor
Philosophy	Bryan Pryce
Popular Music	Trevor Halsey
Scottish Country Dancing	Alison Bradley
Singing for Pleasure	Margaret Sinden
Writers' Group	Lesley Dench
Writers' Group 2	Jenny O'Shea

## Your Committee:

Chair - Grahame Hurst  
Vice Chair - Colin Carson  
Treasurer - Ben Hilliard  
Secretary - Jennifer O'Shea  
Membership Secretary - Lesley Brown  
Groups Coordinator - Vacant  
General Meetings Organiser - Vacant  
Newsletter Editor - Julia Felton  
Webmaster – Sylvia Davidson

Updates and news from groups and comments on recent events from members are always welcome, and should be returned to me, **Julia Felton**, via the website [u3asites.org.uk/churchstretton/contact](http://u3asites.org.uk/churchstretton/contact). Your input will be appreciated. The next Jottings is scheduled for December.

Keep up to date with what's going on in Church Stretton U3A by checking the website at:

[u3asites.org.uk/churchstretton](http://u3asites.org.uk/churchstretton)

## National Events:

Please go to [u3a.org.uk](http://u3a.org.uk) for more details of National Events (You will have to create a login account to access pages for members) or the magazine Third Age Matters. If you have no access to the internet you may contact a committee member to help you.