

# MALVERN U3A

Nº 83 SUMMER 2017 NEWSLETTER

*"We don't stop playing because we grow old;  
we grow old because we stop playing."*

*George Bernard Shaw*

## U3A Committee (Trustees)

Chair:	<b>Pam Stanier</b> e-mail: chair@malvernu3a.org.uk Phone: 01684 – 899 117
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Newsletter Editor:	<b>Richard Owen</b> e-mail: newsletter@malvernu3a.org.uk

*Cover image by Lorna Blackwell for Camera Group theme 'Oh, dear'  
Thanks to Ray Gardner for the GBS quote.*

## CHAIR'S NOTES

As we start to reach the final part of another year of U3A activity, I hope you have all enjoyed the activities you have done this year and that you will return in the autumn to re-join your groups and maybe find new interests, and new friendships in the groups you join. The Groups Fair will be at the Forum theatre on the morning of Monday September 4th and you will get the groups directory and further information about the event and information on renewing your membership later in the summer – but this is the last newsletter of this year.

I often reflect that I was born at perhaps the best time: after the second world war, at a time when the NHS was already in existence, when after school there were student grants to enable me to go to University and then there was a wide choice of interesting careers afterwards; when there were houses available to buy on even a modest salary.

And now, as a pensioner, that there is an organisation like the U3A to provide a social group and intellectual challenge. It will, I fear, be very different for future generations of older people who may have to work until they are 70. I wonder how the U3A will survive then? Or how charities like the National Trust will manage without the groups of willing volunteers to support its work, or future families manage without available grandparents to help with child care?

We need to make the most of opportunities available to us!

Pam Stanier



*Janet Farnes for Camera Group theme 'Join'*

# FROM THE TRUSTEES .....

Malvern U3A is part of a national organization with nearly 400,000 members and more than 1000 branches. Do you realize what it can do for you?

## U3As in Action

This is a page on the national website that features stories and pictures featuring what Groups from all over the country are doing. Malvern is one of the largest branches, yet I don't see us being featured very often. Do you want to publicize your activities nationally? Get in touch.

## Library and Resource Centre

You can borrow DVDs and other non-book materials on a variety of subjects and they can be posted to you. More details on the website.

## Research

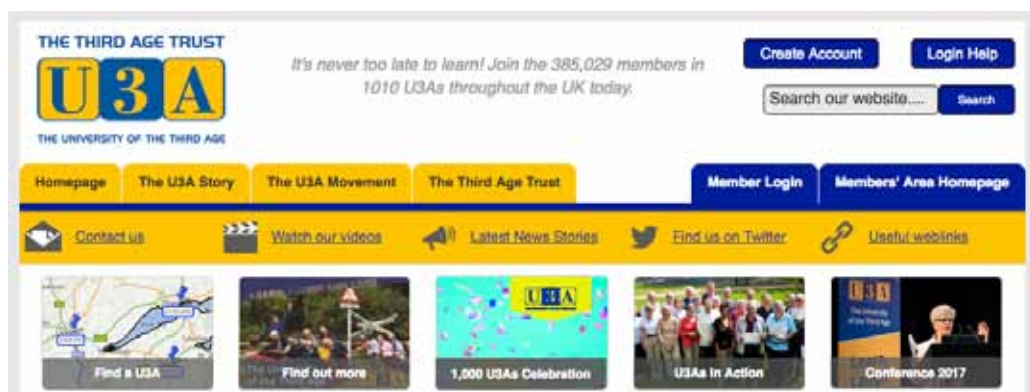
You can download a guide called Getting Involved in Research to help you in your studies.

## Legal Helpline

There is a helpline available to U3A members, operating 24 hours a day, 7 days a week, to help with legal problems of any kind, free of charge. To use the service call 0344 770 1040 and quote U3A Legal Helpline. As with all these services, it's use them or lose them.

Brian Chesney

Here's it is .....



[www.u3a.org.uk](http://www.u3a.org.uk)



# Annual General Meeting of The Third Age Trust

The Annual General Meeting of The Third Age Trust will take place on Thursday 31<sup>st</sup> August at the East Midlands Conference Centre, Nottingham @ 11.15.

Nominations are requested for officer posts on the executive committee of Chair, Vice-Chair (2 posts) & Treasurer. One Vice-Chair post will become vacant and the other three officers are standing again but do need to be re-elected.

**A nomination form is available from Jenny Jackson** & must be at head office by the 30th June. If you are allowing your name to be put forward you need to prepare a supporting statement & submit it by email to [conference@u3a.org.uk](mailto:conference@u3a.org.uk).

The statement should be as follows:

Section 1 – Background	Max word count of 300 words
Section 2 – U3A Experience	Max word count of 300 words
Section 3 – Interests & Skills	Max word count of 300 words
Section 4 – Vision for the future	No designated word count but whole statement must not exceed 1500 words.

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## West Midlands Regional Trustee

In addition – Anthony Randall our West Midlands Regional Trustee is stepping down having completed three years in post. You may wish to nominate someone for this post & Jenny has the relevant form. Please get their agreement!

The person proposed needs to submit a statement of no more than 500 words to be e-mailed to [conference@u3a.org.uk](mailto:conference@u3a.org.uk). Prospective candidates are invited to speak to the current Regional Trustee if they wish.

Jenny Jackson

*Mike Somers  
for Camera Group theme 'Join'*



# NEWS FROM GROUPS

## Cryptic Crosswords

The joy of crosswords, apart from the brain exercise, is the wit and intricacy and sheer fun of the clues and here are three I have found entertaining recently.

- a) President Bush written off? Finally, with knowledge and study turned into delight (4,1,7)
- b) What you do in pub, close to despondent bankrupt (9)
- c) Mistress perhaps toying with her chocolates (13)

The answers and how I reached them are on page 14.

If you enjoyed trying these, our Cryptic Crossword group welcomes new members – and you don't have to be expert already: we all help each other finish the crosswords chosen for the afternoon's entertainment.

We meet on 1<sup>st</sup> and 3<sup>rd</sup> Mondays at 2 pm in Victoria Park Bowls Club: contact Pam Stanier at [pam.stanier@gmail.com](mailto:pam.stanier@gmail.com) or 01684 - 899 117 if you want to join.



## Walks with Dogs

Walks with Dogs has proved to be a popular group with regular participants & those who 'dip in and out' as and when they can. We meet on the second and fourth Wednesdays of the month at various venues in and around Malvern. We try to find a walk that finishes by a dog friendly pub or cafe so that humans and canines alike can enjoy a well earned beverage!



The photo shows the group on one of our recent walks on Bringsty Common, a wonderful walk on a gorgeous day, thoroughly enjoyed by all.

New members are always welcome, just contact the group leader Jules Turner by email at [jules.turner26@sky.com](mailto:jules.turner26@sky.com) or by phone on 07817 - 235 042.

## Recorder Group



### Can You Help?

Do you know of any non-profit making groups, who might be interested in inviting our Recorder Group to perform for them?

If you do, then we'd love to hear from you!

We really want to put on more performances - free of charge - in and around the Malvern area, as it really encourages us and helps us to improve.

Malvern U3A Recorder group has been running for two and a half years and we have around 20 people on our register. We play a wide range of music arranged for descant, treble, tenor and bass recorders.

We play music which spans the centuries. From Renaissance music from the 1500s, through Ragtime, Latin-American and some well known classical pieces like Eine Kleine Nachtmusik and Bach's Air on a G-String to the 1960s Lennon/McCartney pieces – "Yesterday" and "When I'm 64". More recently we have started work on music from shows like Les Miserables.

We perform as a whole group – usually between 12 and 16 of us, and to add variety we also play as an octet, a quartet, and as a group of treble players too.

Please contact me, Annette, by email: [nettm@mail.com](mailto:nettm@mail.com) or tel: 01684 566208.

## Silk Painting Group

The group will continue to meet over the summer and, to be able to fit in our meetings with the Victoria Park Bowling Club's match fixtures, the meetings will take place on the following dates:

April and May we meet, as usual, on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month.

May: Tuesdays: 2<sup>nd</sup> and 16<sup>th</sup> May

Then we swap to 2<sup>nd</sup> and 4<sup>th</sup> Mondays for June, July and August

June: Mondays: 12<sup>th</sup> June and 26<sup>th</sup> June

July: Mondays: 10<sup>th</sup> July and 24<sup>th</sup> July

August: Mondays: 14<sup>th</sup> August and 28<sup>th</sup> August

Then, from September onward, it's back to 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays

September: Tuesdays: 5<sup>th</sup> and 19<sup>th</sup> September

October: Tuesdays: 3<sup>rd</sup> and 17<sup>th</sup> October

November: Tuesdays: 7<sup>th</sup> and 21<sup>st</sup> November

December: Tuesdays: 5<sup>th</sup> and 19<sup>th</sup> December

We have table space for an additional two members during the summer, so if you fancy coming along and finding out more about the lovely, gentle art of silk painting, please contact Lis Dobb-Sandi on 439271 or Marilyn Eardley 439945.

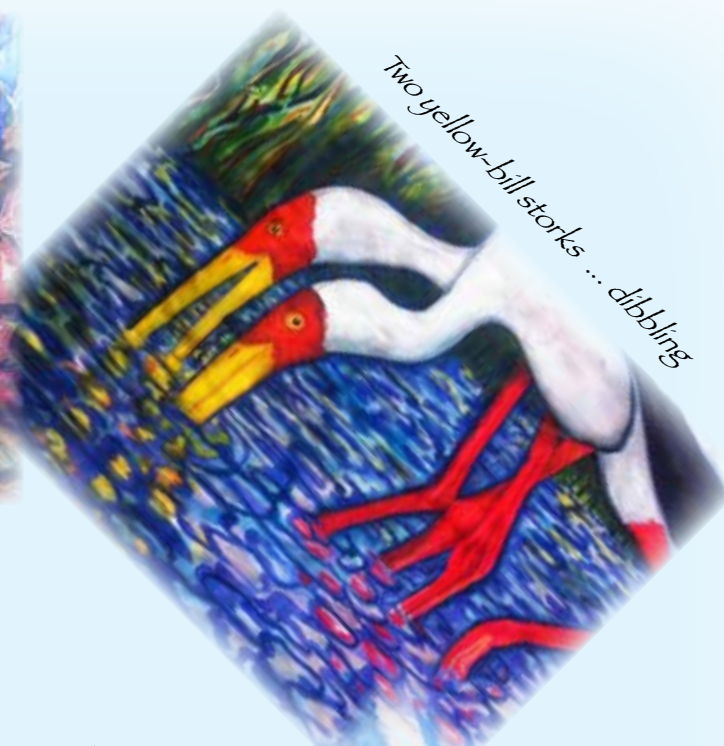


*Giraffe running free*



*Dunnocks and nest*

*Two yellow-bill storks ... dibbling*



# Silk Painting

*Signs of Spring*



*Go on, drop it.  
Three yellow-bill storks with fish*



*For all the calves she ever had*





## Ukulele Strum and Sing Group

What is good for the brain, exercises the lungs and gives you instant street cred?

**Yes, of course, it's learning to play the ukulele with the Strum and Sing Group!**



It's well known that learning a musical instrument - or a new language - is one of the best ways to keep the brain active and to enhance the ability to still learn new things.

Learning the ukulele with our merry band of U3A musicians guarantees you fun, along with the chance to impress all you meet with your prowess on the cheeriest instrument that there is.

The group meets every month on the first and third Wednesday mornings at The Cube. The first half hour - from 10 to 10.30 - is specifically aimed at 'learners' and more experienced ukulele players join the group at around 10.30.

If you look on the group's website - [www.malvernu3a.org.uk/ukulele/](http://www.malvernu3a.org.uk/ukulele/) - you will find songbooks for the sessions as well as notes about buying a ukulele. However, if you want to 'try before you buy' you can borrow a ukulele at your first sessions.

You might even end up with UAS (Ukulele Acquisition Syndrome) and become a ukulele evangelist, but just remember, to paraphrase Mark Twain, 'A gentleman is someone who knows how to play the ukulele and doesn't.'

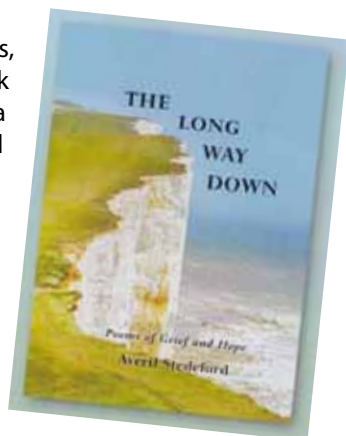
Any questions? Then please call Derek Measure on 07506 - 470 230.

See you at The Cube - 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays - You know you want to come!



## Poetry Please

The Poetry Please group is delighted that one of its members, Averil Stedeford has just published her second poetry book THE LONG WAY DOWN; Poems of Grief and Hope. Averil is a retired psychiatrist who worked for twelve years at the Oxford hospice. Soon after she left there her husband was found to have inoperable cancer and her poems tell how they lived creatively through his illness and how her profound sorrow led to growth. The little book has already moved many readers, with its mixture of joy and humour alongside deep grief. It is available from Aspect Design, 89 Newtown Road Malvern, price £6.00 of which £4.00 goes to hospice and bereavement charities.



## Lawn Bowling Group (Summer season May to August 2017)

The outdoor Lawn Bowling Group will continue with two (2hr) sessions a week (on Wednesday and Thursday afternoons – numbers permitting) over the summer season from the beginning of May to the end of August – using the facilities of the Malvern Priory Bowling Club, Orchard Road. The starting dates are Wednesday 3<sup>rd</sup> May and Thursday 4<sup>th</sup> May at 2pm. Beginners and more experienced bowlers are most welcome to attend. The emphasis is on introducing and extending U3A members' skills through friendly and competitive games. A qualified Coach will oversee the sessions. Bowling equipment can be provided (if needed) and the dress code is informal - the only stipulation is that flat shoes/trainers with soft soles are worn. Attendees can flex between the sessions as required. Details of the dates and times of the bowling sessions will be announced in the online U3A Calendar.

Coaches : Wayne Braddock and Dorothy Keeling

To register your interest, please phone 01684 - 574 025 or 07555 - 388 618 or  
e-mail: [wayne.braddock@btinternet.com](mailto:wayne.braddock@btinternet.com)



## Literature

As a result of the award of the Nobel Prize for Literature to Bob Dylan in December 2016, the Literature Group met to examine a selection of the song writer's work. A lively discussion ensued, on various topics, including poetic style, politics, and recent American social history. After a spontaneous rendition, in song, of 'Blowing in the wind', the meeting concluded with a vote, by a majority verdict, that Dylan's work is worthy of the prestigious award.

Steve Alwyn



*Rhoda Foster  
for Camera Group theme  
'Change'*

## Spanish Improvers Plus

The group has been looking at poetry and in particular that of Pablo Neruda, the Chilean writer. They used his poem 'Juventud' (Youth) as inspiration to write their own poems.

### Poemas

Desde las altas montañas,  
Hasta las charcas pequeñas,  
Las aguas bajan corriendo.  
Por riachuelos pedregosos,  
Formando ríos serenos,  
Las aguas pasan cantando.  
Susurrando al ver el océano,  
Viendo al cielo, su destino,  
Las aguas llegan riendo.

*From the lofty mountains  
To the tiny pools,  
The waters come down, running.  
Through stony streams,  
Forming tranquil rivers,  
The waters pass, singing.  
Sighing at sight of the ocean,  
Reaching to the sky, their destiny,  
The waters arrive, laughing.*

Margaret

Cuando ando sola en la playa,  
Cuando miro el mar y marchó en la arena  
Me siento como una niña pequeña.  
Por la mañana miro la capa del cielo rojo.  
Mi corazon piensa solamente al recoger de conchas.

*When I'm walking alone on the beach,  
When I gaze at the sea and stroll in the sand  
I feel like a little girl.  
In the morning I watch the cloak of red sky -  
My heart thinks only of the shells I collect.*

Catherine



*Yasin school by Janet Farnes  
for Camera Group theme 'Elementary'*



*Jeni Chesney  
for Camera  
Group theme  
'It's all in the  
detail'*



## Juventud

Los años del colegio son cerca terminados,  
Los días grises, lentos y pesados,  
Autobuses atestados, mal ventilados,  
Chicos crudos y descarados.

¿Qué va pasar mañana?

¿Dónde iré yo y como sabré?

El baile de sábados ahora,  
Trompetas quemando mi alma,  
Pasos perfectamente juntos,  
Por favor, no terminar.

¿Qué va pasar mañana?

¿Dónde iré yo y como sabré?

La vida es una montaña rusa, (?)

Una subida optimista a la cima,  
Una zambullida a las profundidades  
Maravillosos, (?) muy pronto, fin.

¿Qué va pasar mañana?

¿Dónde iré yo y como sabré?

## Youth

*Schooldays are almost over,  
The days grey, slow and heavy;  
Packed, ill-ventilated buses,  
Crude, insolent boys;  
What will tomorrow bring?  
Where shall I go and how shall I know?  
Now, the Saturday-night dance –  
Trumpets searing my soul –  
Steps perfectly matched,  
Please – don't end!  
What will tomorrow bring?  
Where shall I go and how shall I know?  
Life is a roller-coaster –  
An optimistic climb to the top,  
A plunge into the depths.  
Marvellous; over too soon.  
What will tomorrow bring?  
Where shall I go and how shall I know?*

Win

## Camera Group

As we near the end of another U3A year for the Camera Group, it seems like only yesterday that we started the year. The group regularly sees over forty members at our meetings at Manor Park, and as well as the regular sessions on photography skills and techniques we have had talks from Ian Thompson (Chair of The Beacon Camera Club) and Chris Baddiley (who runs the U3A Astronomy Group). Ian's was a return visit and this year he looked at 'fakery' in photography, showing us some quite astonishing images from the pre-digital age. In April, Chris talked about photographing the night sky and brought some amazing images taken both from his observatory at Mathon and from around the world. In August there will be an eclipse of the sun that will be visible in all its glory in America; Chris will be going and so will Roger Dixon from the Camera Group. We look forward to seeing the images they bring back.

We have looked at a range of topics including 'rescuing old photographs' and 'portrait and group photographs'. There are just two more meetings this season - on May 19<sup>th</sup> and June 16<sup>th</sup>. If you are interested in joining the group please contact Richard Owen at [camera@malvern3a.org.uk](mailto:camera@malvern3a.org.uk)

At each session we look at the images that members have submitted on the theme for the month and some of those are shown in this edition of the Newsletter.

## Cryptic Crosswords

### The answers ...

- a) JOHN F KENNEDY.

The answer is the name of a president. The final letters of Bush Written Off gave me H N and F, plus "KEN " for knowledge; plus "DEN" as a synonym for study, reversed ( which I got from "turned" so had "NED") all inside JOY

- b) INSOLVENT: a word for a bankrupt.

SOLVE is what you do, as if the crossword compiler was speaking to the solver; inside INN (a synonym for pub) plus the last letter ( the "close") of Despondent

- c) SCHOOLTEACHER: Another word for a mistress

An anagram of "her chocolates". The words that suggested an anagram (the "anagrind") were "toying with" .

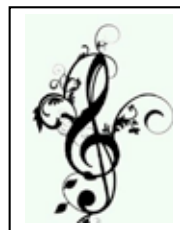
**FOR YOUR DIARY NOW .....**

**2017/18 Groups Fair**

**Monday 4<sup>th</sup> September 2017**



*Stan Hubbard for Camera Group theme 'Change'*



## COTSWOLD LINK

www. u3asites.org.uk/cotswold-link

### Special Interest Day

## "If Music Be the Food of Love ..."

Thursday, 6 July 2017

Cropthorne Village Hall, Main Street, Cropthorne, Near Pershore, WR10 3NH

10.00am	Arrival, registration and tea / coffee	
10.30am	Introduction	
10.35am	David Curtis	Artistic Director, Orchestra of the Swan
11.35am	Dr Jonna Vuoskoski	Researching and teaching in music cognition and music psychology
12.30pm	Lunch	
2.00pm	Paul Farrer	Composer of many film, TV and radio themes
3.00pm	Anne Denholm	Official Harpist to HRH the Prince of Wales



The Special Interest Day fee of £18 for Cotswold Link members, £20 for non-Link members includes participation in the full programme, free car parking, coffee/tea on arrival and lunch. For further enquiries please contact Ann Williams, telephone number 01452 -723 901 or email [AWI1510@aol.com](mailto:AWI1510@aol.com).

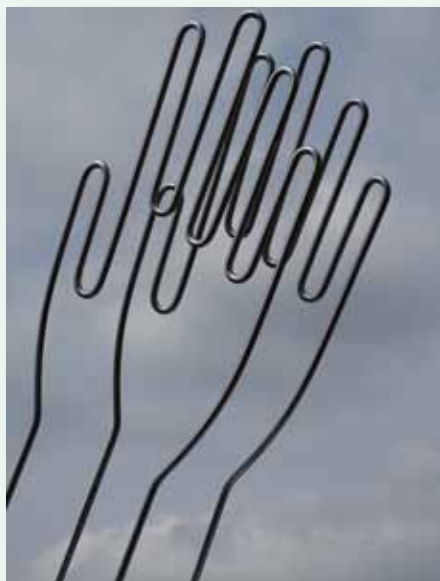
Applications will be processed on a first come, first served basis. Last year's Science Day was very popular so please don't leave it too late to apply.

To see the full flyer for the event go to ...

<https://u3asites.org.uk/files/c/cotswold-link/docs/musicdayflyer.pdf>

For a booking form email Ann Williams at [AWI1510@aol.com](mailto:AWI1510@aol.com)





*Images by Mary Geffen and Caroline Grundy for Camera Group theme 'Join'*

### **Speaker's topics for our Monthly Meeting - 2pm at The Cube**

- |                            |  |
|----------------------------|--|
| 30 <sup>th</sup> May       | <b>African Animal Encounters</b> with Fran Sandham             |
| 27 <sup>th</sup> June      | <b>The Great Stink</b> by Mike Hayes                           |
| 25 <sup>th</sup> July      | <b>Elizabeth Barrett Browning</b> by Jan Long                  |
| August                     | <b>No monthly meeting</b>                                      |
| 26 <sup>th</sup> September | <b>The liner of the Skies – the Hindenburg</b> by Andrew Lound |

**Come along for inspiration, and a chat with friends old and new.**

The Cube Cafe is open for refreshments after the meeting.

## **NEWSLETTER**

We are always looking for contributions from groups or individual members for the Newsletters which are published in October, February and May.

All contributions should be e-mailed, (preferably as a Word document), to

**[newsletter@malvern3a.org.uk](mailto:newsletter@malvern3a.org.uk)**

Photographs should be sent as .jpg files

Please note the deadline for the October edition is

**Monday 25<sup>th</sup> September 2017**