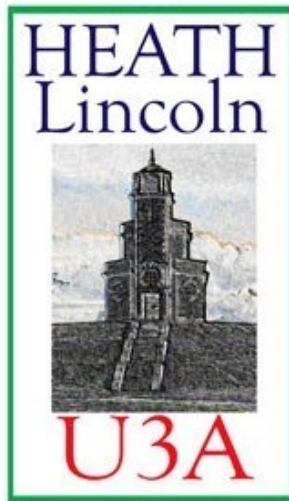




THE UNIVERSITY OF THE THIRD AGE

# **NEWSLETTER SUMMER 2010**



**KEEPING YOU INFORMED ABOUT  
FORTHCOMING SPEAKERS  
EVENTS AND OUTINGS ETC.  
GROUPS AND CONVENORS  
COMMITTEE MEMBERS**

*meet the committee ..*

### Sandra (Sandy) Leech.

When Heath U3A started I found myself volunteering to form part of the Steering Committee not having a clue as to what I was letting myself in for and ending up as Minute Taker/Hostess. I am so glad that I did join the committee and stay aboard for 2010/2011. I have met some lovely people and there is great enthusiasm.



### Fifth Edition

Summer is coming with, hopefully, some good weather to make up for the cold winter. By the time you read this we shall have had the "Learning through Enjoyment Day" at the Grandstand. Hope you enjoyed it, if you went. Jean Clark and Joan Wright resigned from the committee and you will notice from the list on the back cover that we have two new committee members, Vivienne Hall and Elaine Lovell, who are taking over the job of getting speakers for the monthly meetings. Beth Willett is now taking over as a group co-ordinator with Liz Laidler.

### Insurance -Advice from the Third Age Trust

Should a situation arise where a member wishes to attend an interest group or activity but is worried that he/she would not be able to take part fully without help, the Third Age Trust has extended its liability insurance policy to cover the attendance of a companion or carer. It is hoped that by doing this any member in this situation will continue to be able to enjoy the full benefits of U3A membership. If you find yourself in this position at any time please don't stop coming but speak to a member of the committee in confidence and appropriate arrangements can be agreed.

The Computer Group is now to be just on an advisory basis. John Gillespie will help with any problems from members of the group.

The Looking at Churches Group has also closed but anyone wanting to join in with the Cliff Villages group can get details from Diane Oldfield Tel: 853124. A piece about one of their visits and details of the July visit are on Page 5.

### **Josie's Recipe**

#### **Raspberry Meringue Pie**

8 Trifle Sponges

1 lb Frozen Raspberries

3 egg whites

3 oz. castor sugar

2-3 tablespoons of Raspberry Juice

Put the sponges in the bottom of a 3½ pint dish, drizzle on the juice

Add the fruit.

Whisk egg whites in a clean bowl to form peaks.

Gradually whisk in the sugar until the mixture is smooth.

Spoon over the fruit.

Bake for 6 – 8 mins. Oven setting 230° or 210° fan oven.

*Josie Moreton*

### **Did you know:**

It is impossible to lick your elbow.

The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.

The first novel written on a typewriter was 'Tom Sawyer'.

And finally – around 75% of people who read this will try to lick their elbow.

### U3A Travel Writing Competition

If you fancy your hand at writing there is to be the first U3A Travel Writing Competition with the assistance of Bradt Travel Guides with Hilary Bradt as the deciding judge. The theme is: 'My Journey of a Lifetime' - no longer than 800 words and must be your own unpublished work. Typed or hand written and the closing date is 20<sup>th</sup> August 2010. Winners notified in September and result announced in U3A News. The winner will receive two Bradt Travel Guides of their choice and a gift token. Three runners-up will each receive a Bradt Travel Guide.

Entries can be posted to: U3A Travel Writing Competition, The Third Age Trust, 19 East Street, Bromley, Kent BR1 1QU.

E-mail entries to [national.office@u3a.org.uk](mailto:national.office@u3a.org.uk) with the subject line 2010 Travel Writing Competition. It must be a Word document attachment with the title as a header. Your name, address, tel. number and U3A should be stated in the body of the e-mail.

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Speakers for next 3 months are:

12<sup>th</sup> July – The Old Churches Conservation Trust -

Richard Treasure.

9<sup>th</sup> August – Lincoln and role of the Mayor's Officer –

Joe Cooke MBE

13<sup>th</sup> September – St John's Ambulance Organisation in Nepal –

Michael Hurst.

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On Saturday, 26<sup>th</sup> June there is to be an open afternoon on the Bracebridge Heath Allotments from 2-4p.m. Plant stalls, raffle, produce for sale, and refreshments. The allotments are on Grantham Road . The proceeds will go to The Nomad trust.

## Just for Fun

1.

**Count every ' F ' in the following text – how many??**  
**FINISHED FILES ARE THE RESULT OF YEARS OF**  
**SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE**  
**OF YEARS...**

2. What can be found in the centre of Paris that cannot be found in London or Milan

3. What form of transport has eight wheels but carries only one passenger?

4. Two's company, three's a crowd. What are four and five?

Answers to 1 to 4 on back cover

### The £2.99 Special

Mr. & Mrs. Brown went to breakfast at a restaurant where the 'senior special' was two eggs, bacon, hash browns and toast for £2.99.

'Sounds good,' said Mrs. Brown, 'But I don't want the eggs.'

'Then, I'll have to charge you three pounds and forty-nine pence because you're ordering a la carte,' the waitress warned her.

'You mean I'd have to pay for not taking the eggs?' asked Mrs. Brown incredulously. 'YES!!!' stated the waitress.

'I'll take the special then,' said Mrs. Brown

'How do you want your eggs?' the waitress asked.

'Raw and in the shell,' she replied. She took the two eggs home and baked a cake.

**DON'T MESS WITH SENIORS!!! WE'VE been around the block!**

**Exploring churches** is a group based on Cliff Villages U3A but members from several neighbouring U3As attend. The group leader is Diane Oldfield but monthly visits are arranged by different members of the group. There is not a set day for the meetings. You don't have to say prior to the visit but just make yourself known to Diane at the start of the tour and sign the appropriate form.

On 26th March the group visited St. Swithin's Church at Lincoln. It was built in the 19th Century to serve a large and densely populated parish thanks to the generosity of Joseph Shuttleworth and Nathaniel Clayton.



The spire and tower were paid for by Alfred Shuttleworth in memory of his father Joseph.

The Church is the work of James Fowler and is reputed to be his most important church. Now it is far too large for the congregation it serves.

The Vicar spoke to the group about the building and made special mention of how cold it is -

- we found this for ourselves and were pleased to have a hot drink provided by a small number of devoted people who cater for visitors and help with the upkeep of this large building."



The July tour is at Bassingham on Wednesday 7<sup>th</sup>

July, starting at the Methodist Chapel at 10.30. The Chapel is closing in August. The second part of the tour will be to St. Michaels Church.

*Helen Ash*

## **Raise your Voices**

Six sessions of singing for pleasure resulted in a repertoire of rounds, three-part harmony, English songs and those from around the world too. Some were humorous and some reflective - all giving us great enjoyment in creating beautiful sounds. Hopefully we can meet again for more singing next winter. Listen out for details and do let us know if you are interested. You do not have to be able to read music to join this group.

*Robert and Beth Willett*

## **Groups**

Week 1	Monday a.m.	Committee Meeting.
	Tuesday a.m.	French, Theresa Field.
	Wednesday a.m.	Strolling, Sandra Gregory.
	Thursday p.m.	Poetry, Josie Moreton.
	Thursday	Transport History, John Gillespie.
	Friday a.m.	Art, Elaine Lovell.
Week 2.	Monday a.m.	Branch Meeting, Methodist Hall.
	Monday Lunch	Contact Joan Wright.
	Tuesday a.m.	French, Theresa Field
	Wednesday a.m.	The Ramblers, Mike Field
	Thursday p.m.	Gardening, Pam Holden.
	Friday p.m.	Book Club, Jane Hansford.
Week 3	Monday p.m.	Digital Photography, Tom Mowbray.
	Tuesday a.m.	Getting to know Lincoln, Keith Laidler.
	Tuesday a.m.	French, Theresa Field.
	Wednesday a.m.	Walking, Alan Mayo.
	Friday a.m.	Art. Elaine Lovell.
	Friday p.m.	Card Making, Eve Toyne.
Week 4	Tuesday a.m.	French, Theresa Field.
	Wednesday a.m.	The Way We Were, Barbara Varlow.
	Thursday p.m.	Gardening, Pam Holden.

If you wish to join a group either sign up at a Branch Meeting or contact Liz Laidler.

## **Committee**

<http://www.heathu3a.org.uk/ctee.htm>

## **Website**

<http://www.heathu3a.org.uk>

Just for Fun answers

1. How many F's did you find, if you found 3, try again there are 6.
2. The letter R.
3. .Roller Skates
4. Numbers \_