



NESTON



THE UNIVERSITY OF THE THIRD AGE

NEWSLETTER

Issue No.7

NOVEMBER 2009

FROM THE CHAIRMAN

Welcome to the seventh issue of the Neston U3A Newsletter

I hope that members by now have fond memories of their holidays, grandchild care etc. We are back to “business as usual” in Neston U3A. Those interest groups that took a summer break are meeting again. I did manage to attend all my activities in the week that contained a “second” Tuesday and Wednesday followed by a “third” Thursday. I must confess that without Alan’s masterly chart and a few ‘phone calls, I might have missed something interesting.

Can I take this opportunity to congratulate the newly formed Heswall U3A committee and Mel, their chairman, (one of our members of course)! A number of you have joined them at their monthly meetings at Heswall Hall and at their interest groups. I am told that close to two hundred people attended their meeting in October.

I am very pleased to report that our links with the Deeside and Wirral Network and with the North West Region are, as predicted, extending our opportunities for additional activities. Members of Neston U3A, including myself, spent two nights in London with members of Oxton and Prenton U3A. We toured the Houses of Parliament with Mr Frank Field M.P.

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CHAIRMAN continued

The North West Region has already organised two one-day visits to Jodrell Bank with a talk by a senior Jodrell scientist. Kate and I went on the second visit, which was absolutely excellent - one of our party was even allowed to press the computer key that started the dish moving following a recent repainting: something to tell the grandchildren! We were also shown their arboretum (a lovely facility) by its director.

The North West Region's residential school has moved forward to 7th-10th April, 2010 and will now be held at Myerscough College, Bilsborrow, Preston. Details and an application form are on the Neston U3A website in the "bulletin board" section. Thanks to Sheila for this. (See also page 7 - Ed)

Nearer to home, I would also like to thank Kay and Pat for the active programme of visits that many of you have been enjoying recently. All have been very successful. So keep on enjoying U3A; lots to do; it's finding the time to do it isn't it?

Dave Starling.

BARN DANCING

'It is enjoyable and it is good exercise'. This remark was made to me by one of the members of our barn dance group. I knew about enjoyment because when everyone is dancing I notice that they are also smiling. I had not really thought about the exercise connection. That is the best sort of exercise the sort you do not notice that you are doing.

The dance dates up to Christmas are:- Friday, Oct 30th, Nov 13 & 27th, Dec 11th.

If you would like to join us just turn up at 2.15 pm in Willaston Memorial Hall. You do not need to be an experienced dancer and you do not need a partner. You can have the first session free to see if you like it. Most people do!

Ann Taylor

Why not blossom like a flower?

This space could have been filled by your 'magnum opus' or at least your 'parvum opus'. If you have an urge to write, why not send a short article for the next edition of the Newsletter?

Research suggests that writing for pleasure can stave off dementia. See the item on page 8. As a guide, this square will hold about 250 words.

Don't leave it all to the Group Leaders.

Family History

We now have three groups - for beginners that started this month, meeting on a Tuesday, and the other two on a Wednesday.

The next dates are :-

Tuesday 10th November, 8th December and 12th January. For this class only the start time is 10 am.

Wednesday 11th and 18th November, 2nd and 9th December, 13th and 20th January.

There are NO vacancies at the moment. I do keep a waiting list so if you wish to be on that list get in touch with me at the monthly meeting or ring me on 342 2589.

Pat Rosser

Photography



Our trip to New Brighton in August was very successful. To everybody's surprise New Brighton was packed with people and finding car space to park turned out to be quite difficult. Perhaps the international financial depression is having its impact on the British public and people once again are holidaying in the U.K. At any rate the weather was good and we were able to photograph interesting views of Liverpool as well as numerous local shots including a curious man standing in the water presumably looking for cockles or other shellfish. Afterwards we gathered at the new Floral Pavilion for a welcome cup of tea or coffee.

We decided not to meet in September, so the next event is a trip once again to Greenfields in North Wales. This time we want to explore the top end of the park nearest to Holywell. In the past we have inspected the Abbey and other features nearby but it appears there is a lot more to see and photograph up the hill. We shall see!

Peter Roca

Open Meeting Programme

*We hope to see a large number for **Frank Milner, from Walker Art Gallery**, showing slides of Venice, including Canaletto & Monet..in **November***

*The **Christmas Meeting** will be **The Deeside Singers**, with a programme of Christmas Madrigals.*

*The New Year brings the popular speaker, **Michael Murphy** "**Great Houses & Private Palaces of London**" to our **January meeting**.*

Theatre/Concerts



Advance bookings are being taken for :-

"Peter Pan", Empire , Saturday, 19th December 09. Evening, Les Denis as the Dame. £17 stalls.

"Abba", Empire, Thursday, 29th April 2010. £16, one night only.

"Carmen", Una Voce Opera Company, at Neston Parish Church, July 2010.

See activity table for details and to book

Doreen Grey

336 6109

Walking Group

The short walks meet on the first Tuesday of the month. November's walk will be led by Jill Carlson and leaves from Hadlow Road Station in Willaston 10 a.m., December's will be led by Mel & myself and leaves from Royden Park car park at 10 a.m.

I am hoping to arrange a pre Christmas get together on the morning of Friday 11th of December where we can exchange views on this year's programme, talk about next year's walks and have a drink and a mince pie. Further details at November's monthly meeting.

Marjorie Bevan

342 1744

WORKSHOP FOR ACTUAL OR POTENTIAL
U3A Group Leaders

A Study Day at Lancaster Friends Meeting House on **4 November 2009**

The cost including Lunch and Refreshments (morning & afternoon) will be £12 per person and the meeting is expected to run from refreshments on arrival at about 10.15 a.m to immediately after refreshments at about 4.15 p.m.

What Liverpool has to offer following its Capital of Culture year 2008.

March 16th 2010

A selection of guided tours and presentations to include the Art Deco Philharmonic Hall and a rehearsal of the Liverpool Philharmonic Orchestra, The Walker Art Gallery with Dr Paul O'Keefe, The Art Collection tour and the History of the Building Tour at the Tate, two presentations at the Maritime Museum, two presentations at the Slavery Museum, St Georges Hall with a talk by Steve Binns MBE, the Liverpool community historian, A Slavery Tour taking in many important locations in the city and a Science walk with a possible visit to the University science museum. The cost is likely to be in the region of £10-£12 per head.

Some alternative medical definitions:

ARTERY the study of paintings.

BENIGN what you do after you be eight

CAESAREAN SECTION a neighbourhood in Rome

CATSCAN looking for kitty

DILATE living a long time

FIBULA a little lie.

OUTPATIENT a person who has fainted

RECOVERY ROOM a place to do upholstery

And a thought for today

'Granny, do all fairy stories begin with "Once upon a time"'. 'No, darling, there is a whole series which begin with "If elected, I promise....."'

(With thanks to Doreen Grey)

7TH–10TH APRIL 2010

Myerscough College, Bilsborrow, just off the A6 between Preston and Garstang, is a very attractive venue with first rate facilities on a big rural campus. There are extensive gardens of high quality. All this is offered at a very good price.

The School will start late morning on Wed 7th April, and run till after lunch on Saturday 10th April.

Accommodation will be in modern en-suite single rooms very close to the lecture theatre and a suite of study rooms which are very flexible and are fully equipped with facilities for presentations (e.g. power point type).

The all inclusive cost for full board (including lunch on both Wed and Sat), morning and afternoon refreshments and the study courses will be £215 (except for the Golf option which will require a supplement and will cost a total of £260.) Day participants can attend with lunch, dinner and refreshments at £160 (or £215 for the Golf option).

NOTE All trips and admission prices are included in the above costs.

Courses on Archaeology - Family History - Local Geology - Improving your Golf -History of Art - Memory & Mental Well-being - Photography - John Ruskin -Wordsworth.

Many courses will include an excursion. Most will be by coach, but a few will use cars and in this latter case drivers will be reimbursed a modest mileage rate.

In addition to the courses during the day, there will be various activities in the evenings including a talk and a horticultural event which are included in all costs.

More details and images and an Application Form can be found on the Neston U3A website Bulletin Board for this and the events on page 6.

SCRABBLE can be good for your health

“**TO LEXICOGRAPHERS**, "ablaut" means "a vowel change, characteristic of Indo-European languages, that accompanies a change in grammatical function; for example, i, a, u in sing, sang, sung." To **Scrabble** players, it's a word that eats up six low-point-score tiles (including two a's) that you probably need to get rid of. And adults who know its definition, or its use in **Scrabble**, or both, may just be warding off the onset of dementia, including Alzheimer's.



Researchers are learning that such activities as board games or cards, playing a musical instrument, reading, writing for pleasure, doing crossword puzzles, and even ordinary social interaction increase mental function. A 21-year study published in the *New England Journal of Medicine* in 2003 found that performing one such activity—**playing Risk or Scrabble**, for example—just once a week is associated with a 7 percent reduced risk of dementia, including Alzheimer's. Performing more activities more frequently may cut risk as much as 63 percent.” Newspaper report

Join Scrabble 2 1st and 3rd Wednesday Pamela Wren 336 1095

*Parking: Please note the **British Legion Car Park** now charges after three hours there,(in case you are going shopping as well) on Meeting day.*

EDITOR'S NOTES

Many thanks to those few who have contributed items for this issue. Contributions are not confined to Interest Group Leaders. If you have an urge to write, prose or poetry, please send it in for the next issue.

Interest group leaders' telephone numbers may be found on the meetings schedule which is available on a separate leaflet.

The closing date for contributions for Issue 8 is Tuesday 19th January. Contributions before that day would be very helpful and welcome. The next issue will cover the months of February, March and April 2010.

Contributions may be e-mailed, ideally as a Word attachment, but will be welcomed in any format. For postal or email address, ring 336 1095 if you need help.