



Monthly meetings are held at 2.30 pm on the first Tuesday of the month
at The Jubilee Centre, Conway Fields, St Faith's Road, Alcester

Notes from the Chair

Karyl Rees

A HAPPY AND HEALTHY NEW YEAR TO YOU ALL.

As well as the usual greetings, the Committee would like to say a big Thank You to all those members who have helped set out and clear furniture at our recent monthly meetings. This was especially necessary at the last meeting when we needed to put out tables and chairs for over 90 people – and put them away afterwards. One of my wishes for the new year is that the management committee for the Jubilee Centre is able to find a caretaker who will prepare the hall for us, even if it costs us a little more to hire.

Thanks too to Colin Taylor who has brought his own audio equipment to meetings as the audio-visual unit in the Centre has needed attention.

Jan Rowe has asked me to point out that we need more members to sign up to the tea rota. We have found that the system works better with three people in the kitchen, especially as our numbers have increased over the last few months. I believe that February is covered, but she needs more names for the rest of the year.

With there being no general meeting in January, members who wish to pay their subscriptions can post them to Jan Carr at 26 Oversley House, Kinwarton Road, Alcester B49 6PX or hand them to a member of the Committee.

As usual, I will be away for the February meeting, but at our AGM in March, we will again have presentations from some of our interest groups and Bob will soon be asking Group leaders to report back on 2018. Our Regional Representative, Aurol Ainley will also be there to tell us something about the wider world of U3A.

If you can help at meetings, or have an idea for more interest groups, please let us know.



Monthly Speakers December 18 Meeting

Gill Stanley

More than 90 of our members were quite severely tested to remember places, people and music in our pre Christmas Quiz. Working in groups we had to identify pictures and tunes from the past. It was quite challenging but at the end two teams tied so there had to be a decider. After all the excitement we then enjoyed a cup of tea and a mince pie or some shortbread.

January Meeting



Chairman	Karyl Rees
Vice Chairman	John Pickering
Treasurer	Jan Carr
Secretary	Valerie Hamblin
Membership Secretary	John Ruffell
Programme Organiser	Gill Stanley
Minuting Secretary	Lyn Pickering
Archives	Jan Rowe
Groups Organiser	Bob Andrews



THEATRE TRIP REMINDERS

Saturday 23 February 2019, Malvern Theatre
"THE HOUSE ON COLD HILL" by Peter James

Saturday 9 March 2019, Malvern Theatre
"ROUGH CROSSING"
Tom Stoppard's brilliant and hilarious comedy



Both shows are fully booked but members are welcome to sign the reserve lists (available at the February meeting) as places do become available..

Any members who have STILL not paid for 9th March, please submit cheques to Jan Carr right away!

"The Science of Ageing"



Article by Lyn Pickering

Following Karyl's article in the November newsletter regarding the Warwick District group of U3As having close links with Warwick University, John and I attended one of their sessions entitled "Is Aging Inevitable?" at the University's School of Life Sciences on 27th November. We were made very welcome and refreshments were provided.

We enjoyed an interesting evening made up of 3 x 20 minute talks, interspersed with 20 minute breaks to look at the poster displays and demonstrations. I'm pleased to say that there are many areas of research into aging, but one that is extremely relevant to all of us is that social interaction and learning new skills continually stimulates our brains - U3A was actually mentioned as the ideal way to achieve both! Contrary to many beliefs our brains' capacity is never full, so there's always room in there for more information.

1. Research is being conducted into the causes and treatment of dementia and a vaccine is being looked at to prevent the onset. It has been discovered that "dendritic spines" in the brain are associated with dementia (the more you have, the more likely you are to develop the disease), so a breath test was developed to detect these "dendritic spines" and they have been found in children as young as 6 yrs of age.

Another area of research has looked at the aging process and it was predicted that by the end of this Century, people will routinely live to 150 yrs of age! (To which a member of the audience quipped that the Government of the day will probably increase the retirement age to 100!!)

If you would like to attend any future evenings at the Gibbett Hill Campus visit the website to register for a place at any of their Public Science Evenings:

SLS.Outreach@warwick.ac.uk

(the next one is Tuesday 5th February "Evolution", then Tuesday 12th March "Medieval Medicine" 6 - 8 p.m.)

If we can help with any more information, please contact either John or myself
lyn.pickering@gmail.com or johntpickering@gmail.com (Tel 01527 453628)

INTEREST GROUP NEWS

Jazz & Big Band Appreciation

Tony Badham

Next meeting January 8th. 2019.

The group have decided to increase the number of meetings for next year to include February & April.



Music Appreciation

Jan Rowe

The next meeting is January 30th when Tony Ingram presents his programme.



Poetry Too

Bob Andrews

Our next meeting will be at 2.00pm on Friday 25th January 2019 at the Malt Mill Community Centre when the subject will be 'The Sea'.



Pub Ambles



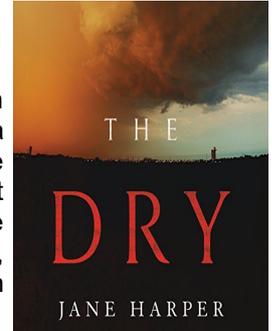
Linda Bradley & Bronwen Bunting

Good fortune provided one of the most fabulous winter days for 12 Amblers to enjoy a walk around Ardens Grafton & Exhall. Crisp and dry underfoot, with wonderful views of the surrounding countryside and even some warmth from the sun. Having broken the Pub Amblers rule of avoiding stiles wherever possible everyone excelled themselves by managing what must be the record of twelve – stile badges all round! Back at the Golden Cross, we were joined by a further 9 not walking on the day and enjoyed a good lunch, despite a somewhat confused staff regarding the order.

Rees Reading

Members enjoyed 'The Dry' by Jane Harper. It was a thriller set in a small town in South Australia during a drought which has lasted over two years. Policeman Aaron Falk, a former resident of the town, returns to attend his friend's funeral. It appears that Luke Hadler has shot his wife and son then turned a gun on himself. However, all is not what it seems. It also brings back memories of a previous death in the town - that of a teenage friend of Aaron and Luke years earlier. A death which was never explained at the time, though the young Falk and his father were hounded out of town because of a note found in the victim's pocket.

Karyl Rees



January meeting at Stratford Road.



Spanish

From January, the Spanish group will hold their meetings on the second and fourth Tuesdays of the month at Jubilee Court, starting at 10.00 a.m. The first meeting is on 8th January.

We look forward to welcoming new members with little or no knowledge of the Spanish language.

Contact John Douglas on 01789 750704

John Douglas

Holiday to Norfolk 2019

(Organised by John Pickering, Alcester U3A)



I'm pleased to be able to report that the details of the holiday to Norfolk have now been finalised and, hopefully, they include something for everyone! Details as follows:

Dates: 2nd – 5th September 2019. **Hotel:** Holiday Inn North, Norwich on a half board basis.

Itinerary:

Day one: we will stop en-route for a comfort break then re-commence our journey arriving in **Bury St Edmunds** in time for lunch followed by a guided tour of the Cathedral. We arrive at our hotel late afternoon.

Day two: we depart to visit **Langham Glass** for a glass making demonstration, followed by a visit to the **Thursford Collection**, which boasts the largest collection of steam engines in the world, including a Wurlitzer organ recital and a "behind the scenes" tour of the costumes and scenery from the Thursford Spectacular Show, which is presented every November/December. After lunch (not included) we depart to **Sheringham**, where we board a **steam train to Holt**, then return to the hotel.

Day three: we start the day with a guided coach tour of the ancient city of **Norwich** to learn its fascinating history from a "Blue Badge Guide". This is followed by an optional walking tour and free time for a little retail therapy and lunch. We depart after lunch to **Horning**, where we board the "**Southern Comfort Paddle Boat**" for a 2 hour cruise, whilst being entertained by a jazz band, returning to the hotel in time to prepare for the evening meal.

Day four: We check out of our hotel after breakfast and journey to **Sandringham** for a visit of around 4 hours, which will allow time for a tour of the House and lunch. We depart mid-afternoon for our return journey to Alcester, stopping for a comfort break at Peterborough Services.

COST: £325.00 per person. Which includes coach travel, 3 nights hotel accommodation on a half board basis, and ALL ENTRANCE FEES. There is a single room supplement of £45.00.***

***PLEASE NOTE: We have a maximum of only 10 single occupancy rooms, so I would urge as many of you as possible to consider sharing, both to reduce the cost and provide as many members as possible with the chance to join us. As with last year's holiday, we're happy for you to bring a partner/friend to accompany you who is not a U3A member.

If you would like more details or would like to join us, please contact me by email (johnpickering@gmail.com) or phone (01527 453 628). Would those of you who put your names on the list for this holiday, please confirm, now that you know the price and itinerary, that you still wish to join us and if so the type of room you require/if sharing, with whom.

PRINTED BROCHURES & BOOKING FORMS WILL BE AVAILABLE AT THE FEBRUARY MEETING.

I really hope you will like the programme I've put together and look forward to welcoming you on this trip!

John Pickering.

Alcester U3A Interest Groups

Group Coordinator: Bob Andrews

If you would like to join a group, please contact the group organiser

Group	Meeting	Time	Venue	Organiser
Beginners Family History	Various Monday	2.00 pm	37 Station Road Alcester	Linda Cooper
Church Visits	4 th Tuesday	11.00 am	Various Recommencing May 2017	John Cooper
Computer	Free email Computer Newsletter (Circulation 40 members)			John Ruffell
Crafts	1 st & 3 rd Wednesday September to March	10.00 am	Alcester Methodist Ch. Hall	Linda Bradley
French	3 rd Tuesday	2.30 pm	The Library, Oversley House	Brian Titterington
Garden Lovers	2 nd Thursday April – October To be confirmed	2.30 pm	Various	Janet Alleley Kath Lloyd-ajones
History	3 rd Wednesday	10.15 am	To be confirmed	Paul Brenda
Jazz & Big Band Appreciation	2 nd Wednesday bi-monthly	2.00 pm	Malt Mill Community Centre	Tony Badham
Keep Fit	Every Wednesday	11.45 am	Alcester Baptist Church Hall	Norma Haigh
Music Appreciation	Last Wednesday	2.00 pm	Malt Mill Community Centre	Jan Rowe
Outings	As Advised		Various	Joe White
Philosophy	3 rd Tuesday	2.00 pm	Malt Mill Community Centre	Adrian Madge
Poetry too	Last Friday	2.00 pm	Malt Mill Community Centre	Bob Andrews
Pub Ambles	2 nd Friday 3 rd Tuesday	10.30 am 10.30 am	Various Various	Linda Bradley Bronwen Bunting
Pub Walks	3 rd Friday	10.00 am	Various	Trevor Wraight
Rees Reading	2 nd Monday	10.15 am	Various	Karyl Rees (GROUP FULL)
Reading 2	Commencing in March		Various	Linda Jennings
Science	1 st Wednesday	2.00 pm	1 Henley Street	Bill Bayley
Spanish	2 nd & 4 th Tuesday of the month	10 am	Jubilee Court Community Room	John Douglas
Strolling Group				Jane Sergeant
Theatre Visits	As Notified			Joe White
Yoga on Monday	Every Monday 2 groups	10.30 am 1.00 pm	Alcester Methodist Ch. Hall	Karyl Rees (GROUP FULL)