

Salisbury & District December 2011

Newsletter

Number 72



THE UNIVERSITY OF THE THIRD AGE

From the Chairman



As your Chairman I am delighted to report that Salisbury and District U3A continues as vibrant and interesting as ever, which, of course, is due to you, the members, and thanks to your generous support I now feel much more comfortable in my role as Chairman. I represented you at the Bath and Wilts Network meeting in Rowde, Devizes last September where I was accompanied by John Cole, our Membership Secretary, and went to the Regional Conference in Sturminster Newton in November with Bernice Range, our Secretary, and Alwyn Jennings-Bramly, our Vice Chairman. Catherine Dyer, our Speaker Secretary, represented us at the National U3A AGM and Conference in Nottingham last September and found it an interesting experience. Her report is on page 4.

2012 is a busy year for U3A in general as it will be 30 years since the starting of U3A in the United Kingdom and, of course, it will be our 25th Anniversary too. Arrangements for our celebrations for November 2012 are in the capable hands of Daphne Ince and her sub-committee and will be grateful for any ideas relevant to the celebration. Catherine Dyer is editing a book about our U3A and any archive material or general information will be received gladly by Catherine.

At this time of year all our courses have recommenced, much to all our enjoyment and interest, I am sure, and may I again thank all Group Leaders for their hard work on our behalf. The Joint U3A Shared Learning project under Adrian Green, Director of Salisbury Museum, has started at the Museum. I am sure that if you are not already involved and wish to be, contact Adrian and he will be delighted to hear from you. The main focus of the project will be the research and preparation of objects and information for 'object drawers' in the new gallery. The length of the project is likely to be up to 12 months.

Two new committee members will be required at the AGM in March. Ideally these new members will shadow Bernice Range and John Cole, who retire in 2013. Please do consider putting your name forward for these posts. There was an article in the summer edition of U3A News called "action learning" by Dr Chivers whereby he advocates retiring without replacement and throwing the problem onto the local U3A membership as a whole. He sees this as something called "action learning". In other words either the branch closes or a replacement is found!! I am not sure I want to go down that route, so do please consider joining the committee at the AGM in March.

Gillian Gailey

Salisbury & District December 2011

Newsletter

Number 72

Outings News

Cruising in 2012? If you are considering a cruise in 2012 why not join us aboard BALMORAL (the flagship of the Fred Olsen fleet) for a cruise leaving Southampton on 13 Oct 12. This will include visits to Gibraltar, Palma de Mallorca, Barcelona and Lisbon. The cruise will last 15 days. The cost is from £1239 per person inclusive of coach transfer to and from Southampton, a Welcome U3A Cocktail party and On Board Credit of £120 per cabin. In addition, those who have travelled with Fred Olsen previously will receive a further 5% discount. Collect a Cruise Pack at the monthly meeting or request one by post. Prices are guaranteed until 31 Dec.

John Ewington

Speakers at Monthly Meetings

Walking Groups

There are three U3A groups who carry out walks. These vary and exact details are not always available for publication in the Newsletter. The only firm information is the date of each walk. Further information is available from the Group Leaders. In every case you are advised to wear stout shoes or boots, to bring a waterproof and a drink and to share cars where possible. The Leader will e-mail details of each walk to the group in good time. Walks are between 5 and 7 miles, except for the Shorter Afternoon Walk Group, with a coffee/tea stop. There could be a pub at the end.

The **Fortnightly on Thursdays** Group is led by Maggie Hunter. The next walk is on 19 Jan and they continue fortnightly thereafter. Please let the leader or Maggie know if you are **NOT** coming.

The **Mini Walks** Group is led by David Wilson. The next walk is on 15 Dec and the walks continue on the third Thursday of every month.

The **Second Wednesday** of the Month Group is led by Helga Burt (who sometimes uses public transport to get to and from the walk). The next walk is on 14 Dec and the walks continue on the second Wednesday of every month.

The **Shorter Afternoon Walk Group**, led by Helga, is up and walking. The next walk is on 22 Dec and the walks continue monthly thereafter.

A Little Thoughtfulness, Please

We are not all aware of other people's situations, especially with regard to health issues. Those with health problems often do not wish to broadcast that information.

It may not have come to your notice that a cold or any other infection could cause serious trouble to an immunocompromised person (one who has an impaired immune system). Such people tend to avoid large close groups, such as the monthly meetings. Joining in the courses is, for some, an opening to the 'outside world' and should be a safer option.

I ask all course leaders to ascertain as far as possible if any of the students are at risk. If there is an at risk student, request that anyone attending a session does not come if they are suffering from or likely to be harbouring any infection such as a cold. This action could save someone from a very traumatic bout of illness.

Lorna van Zyl

Salisbury & District December 2011

Newsletter

Number 72

SALISBURY & DISTRICT UNIVERSITY OF THE THIRD AGE

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the above organisation will take place in the Salvation Army Hall, Salt Lane, Salisbury on Wednesday 7 Mar 2012 at 10.30 am.
Please be seated by 10.15 am.

AGENDA

1. Apologies
2. Minutes of AGM held on 3 Mar 2011
3. Treasurer's report
4. Chairman's report
5. Election of Committee members
6. Appointment of an Independent Examiner
7. Any other business

Please note that only fully paid up members are permitted to attend.

All members should ensure that they have renewed their membership by the end of February 2012.

Please submit items for AOB to the Secretary by 17 Feb 2012.

Bernice Range, Hon. Secretary. u3asalisburysec@live.com

Please consider if you, or someone you know, would be willing to stand for election to the Committee. Two new members are required. Contact any member of the Committee for details of how to submit a nomination.

MEMBERSHIP RENEWAL

Your committee hopes that you enjoyed the breadth of activities and U3A companionship during 2011. The subscription for 2012 is now due at £15 per person. To take advantage of the 2012 programme, please pay at the desk at monthly meetings or complete and return the slip below, together with your cheque and a stamped addressed envelope (SAE) as soon as possible. There will be no reminders. If payment is not received by 2nd Mar 2012 (AGM) your membership will have lapsed.

You will find your membership number on your name card

Some things I learned at the U3A National Conference....

We are an anarchist organisation!!! Do I detect a shiver of horror at such a suggestion? Yet, as Eric Midwinter, one of the founding fathers of U3A in the UK told us at the National Conference in September, U3A is an anarchic network in the proper academic sense of the term. For anarchism is the belief that social harmony is achieved by free agreement.

This conference was celebrating 30 years of U3A in the UK. Eric Midwinter, in his talk entitled Look Back in Wonder, was delighted to tell us that today the U3A Network is the largest movement for libertarian education in Europe. Along with pre-school playgroups (how many of us were involved with them 30 years ago?) the U3A movement is the most effective example of social co-

Salisbury & District December 2011

Newsletter

Number 72

operation since WW2. We are now close to achieving the aim of a U3A within five miles or a 20 minute journey of every third-ager, offering stimulus and companionship for older people.

But an oft-repeated concern during the conference was a concern that older people have an undeserved negative image. Professor John Benyon, of the Institute for Lifelong Learning at the University of Leicester, quoted Age UK: 'Age discrimination is the most widely experienced form of discrimination across Europe.' On the other hand Estelle Morris told us that childhood dreams need not be abandoned once we hit sixty. She praised U3A for pushing the boundaries of learning, and asserted that we have the capacity to learn and teach all our lives. If we are serious about education for all it must embrace all, from those who hated formal schooling to the very old. She told us of the remarkable achievements of a charity she works with in Derbyshire to provide learning opportunities for the residents of care homes – the need for medication and incontinence pads has been significantly reduced. The biggest hurdle, she said, is making the decision that you want to do something.

I came away from the conference wondering how we older people can become more effective at mobilising to counteract the negative image that we are a burden to society – at least no more than the young. We need to work at putting over a positive image of ourselves, confident in the many and varied ways in which we continue to contribute to society. What role might the U3A Network have in this?

It was a privilege to represent Salisbury & District U3A at the conference and AGM of the Third Age Trust.

Catherine Dyer

Age UK – what it has to offer us

If you attend the monthly meeting you may well have met Pippa Webster from Salisbury Age UK at the help desk set up a few months ago. Do talk to her or call in at the Age UK Salisbury office in Brown Street, open Monday – Friday 9.30am to 4pm. They have advice leaflets on just about everything you might need as well as a few things you didn't know you might need. They cover things financial and practical. In addition they have designed folders with pockets to store important documents and information about yourself – for example where is your will kept (and have you got round to making one yet?). They have lists of local people offering domestic help, gardening and most trades, who you can be confident will do a competent job at a fair price – if there are well-founded complaints they will be struck off the list.

Most of Age UK's work is done by volunteers, both in the office and outreach to other organisations (like our U3A). Some volunteers also undertake to befriend isolated older people, especially in rural areas. Is this something you might be able to do? Have a word with Pippa.

Catherine Dyer

From The Group Organiser

New Groups All Starting after Christmas. Peter Curbishley is offering a group called 'Can you turn your hobby into a business?' Peter is an experienced professional and can help anyone with dreams in this field.

Yvonne Weir-Willats, a French speaker, offers 'Practising and maintaining French' for those who have a knowledge of the language and would like to keep it up and improve it.

Paula Horton offers two chances to practise your language skills and enjoy a lunch at the same time at an 'Informal French or German Lunch'. Conversation will be entirely in the stated language. No beginners.

Salisbury & District December 2011

Newsletter

Number 72

Please apply to me for details of these groups either by e-mail, when the sheet will be sent by e-mail, or by phone or post when it will be sent by post. Please include your e-mail address or postal address.

Chris Dickson

The Three Guiding Principles of the U3A

Transcribed from 500 Beacons, The U3A Story by Eric Midwinter. (Third Age Press)

The Third Age Principle

The U3A in the UK is open, without any other condition, to all those in the third age. Third Agers may be defined, not by birthdays, but as those who have ceased full time employment and/or completed their mainline parenting duties in that their children have reached years of (notional) independence.

The Self Help Learning Principle

The U3A in the UK is devoted to self help learning. Its members gather and mobilise themselves into learning circles, utilising as broad a selection of themes as they think fit, with intellectual, artistic, recreational, physical, technological, research and social elements intermingled according to taste. No tests or qualifications will be offered or sought, with all agreed to learn together in concert. Although there may be interest-group convenors and facilitators, it is recognised that all members are on an even footing, with the traditional distinction of teacher and student shelved.

The Mutual Aid Principle

The U3A in the UK is organised on the co-operative precept, with each local U3A group autonomous of itself, within the greater circle of and enjoying a confederate relationship with the national body, the Third Age Trust. According to choice, a local U3A group and its members might participate in regional groupings or subject networks and other such activities. As benefits a basically decentralised, mutual aid organisation, the normal tenets of popular democracy shall be sovereign in all times and at all levels.

This self help principle requires that, ordinarily, no payments will be made to members for services rendered or local level, acceptance of outside financial or allied assistance should not be contemplated where it imperils the integrity of the mutual aid principle.

Lost

Mrs Eileen Parkins' coat was taken in error after the meeting on 7 Sep. Eileen has a similar coat in her possession, an Ensign make, size 10, beige in colour with a broad check lining. Eileen's coat is a Dannimac, size 12 – 14, beige in colour.

Gillian Gailey

Salisbury & District December 2011

Newsletter

Number 72

IT Snippets

In the last Newsletter I reported that the Government had withdrawn the funding for our computer courses at South Wilts Grammar School. The school offered free use of the facilities but we would have to pay the Tutor's wages and any photocopy costs. We opted to accept these conditions. We have had difficulty in getting enough students to make it pay and we have been running with low numbers. We have received great help in the administration of the course from AgeUK. The school will review the situation in July 2012. Meanwhile, I encourage anyone who needs instruction in the use of a computer to apply for these courses.

History and Archaeology groups may like to look at The Encyclopaedia Mythica, an award-winning internet encyclopaedia of mythology, folklore and religion. There is also an image gallery. The U3A Online GEMS Newsletter from Dr Richard Swindell in Australia continues to inform and amaze.

Neville Jennings

Change of Group Organiser

As this is the final newsletter before the next AGM in March your Committee would like to inform you, our members, that after many years as Group Organiser, Chris Dickson will be retiring from that role in March and Chris Lincoln will be taking her place.

Gillian Gailey

Newsletter Deadline

The deadline for submitting material for the April Newsletter is 7 March

John Dickson

SALISBURY & DISTRICT U3A COMMITTEE

Chairman:	Gillian Gailey
Vice Chairman:	Alwyn Jennings-Bramly
Secretary:	Bernice Range
Treasurer:	Brian Nunn
Membership Secretary:	John Cole
Outings Organiser:	John Ewington
Members:	Christine Lincoln Catherine Dyer Judy Thompson Daphne Ince Margaret Banwell