



NEWSLETTER NO 43 OCTOBER 2016

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The University of the Third Age



NW Region

Newsletter

Issue 43

CHAIRMAN'S MESSAGE



Hello,

My name is Neil Stevenson and I am Acting Chair of The North West Region of U3As. The role of chair of our region became vacant when Gill Russell was elected North West Regional Trustee at the National AGM on 25th August. As I was Vice-Chair of the Region, I will now act as Chair until our next AGM on 7th June 2017. I offer my congratulations, best wishes and support to Gill in her new role.

I have been a member of Upholland and District U3A for seven years where I have served as Chair and as a Committee member. I am the group leader for Egyptology and Heritage Railways. My present task is to help my U3A implement the Beacon Management System.

As Acting Chair of the Region my first duty was to attend our regional Summer School at Newton Rigg, at the end of August. I did my best to support our treasurer, Peter Monaghan, ensuring that everything went as smoothly as possible. Once again, the Summer School proved very popular with over ninety U3A members attending a choice of seven courses. It was pleasing to see that attendees came from across the UK and not just our region. Your Regional Committee is presently working on our programme for the coming year including next year's Summer School, a series of training events and study days. More details of the programme appear elsewhere in this newsletter.

A handwritten signature in black ink that reads 'N. D. Stevenson'.

Best wishes

NeilStevenson

Trustee News

In your last newsletter you received the last words of the retiring Trustee, Jenny Carley.

So it's probably appropriate that I offer you my first words here. Mind you they won't be very wise yet – I am still on a very steep learning curve!

Having been voted into this position at the national AGM in August I resigned from the Regional Committee, although I will still attend meetings as an ex officio member. I would like to take this opportunity to thank the members of the NWREC for their support. It has been a privilege to work with them over the past few years.

But then, it's a privilege to meet so many people in U3As around the Region. I especially enjoy meeting people and have already had the pleasure of being invited to networks, open days and special anniversaries. It's a real inspiration to see how the U3A enriches so many lives.

Being involved is what makes it worth getting up in the mornings. Thank you for giving me the opportunity to support the North West Region of U3As.

Gill Russell

NW Regional Trustee



Networks



Networking is proving to be a very useful tool for many U3As. It's a way to discuss problems, develop ideas, offer expertise and – above all – share good practice. It can provide opportunities to look beyond what one U3A offers to develop broader horizons and offset the tendency to become inward-looking and isolated.

Networks are not secret societies. Nor are they another level of bureaucracy. They are open forums for discussions. U3As are not obliged to belong to any. Some U3As belong to more than one. Some are large, some quite small but whatever their size, they are groups of U3As who have chosen to meet together for the support and mutual benefit of their members.

The structure of a network might be very informal but some networks develop a more formal structure with a small committee in order to open a bank account and take advantage of funding, which is available for the development of certain types of events.

The Third Age Trust is very supportive of Networks and recognises the important

role they play. Most networks invite the Regional Trustee so that they can receive up to date information and this a great way for the Trustee to offer advice and support as well as keeping in touch with developments around the Region. Some develop their own workshops and study days. They may develop links with outside organisations, share resources and develop reciprocal agreements. The possibilities are numerous.

Currently, the NE Cheshire Network is holding a Committee forum; Deeside and Wirral network is organising a workshop for language groups; Cumbria Network is busy planning another Energy Conference and the new Lancashire/Merseyside Network will be holding an event based around Family History and Liverpool heritage walks.

The North West Region has nine networks of varying sizes. You are not obliged to belong to one but if your U3A is not already a member, consider getting involved.

NWREC

The North West Regional Executive Committee is not a governing body. It is a group of members who help to support the Region and the Trustee. Since it formed few years ago the members have become more involved in planning events around the area. Our Summer School has become very successful and is now attended by members from outside the North West as well as those from our own U3As. Later you will see some small

poems which were created as a result of this year's Sumer School.

The Committee creates workshops and seminars in addition to those organised by the Regional Trustee and the National Training and Development Team. They also organise an AGM and Conference. This year's was held in Liverpool and was attended by more than 100 members. Planning for next year's AGM is already well underway.

The NWREC meet six times a year, usually in Warrington, to discuss planning and review events. The Committee will be looking for new members next year. If you want to know more please contact one of the Regional team.

Gill Russell

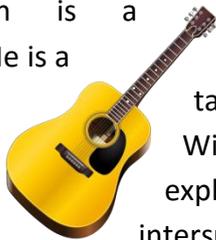
CONFERENCE AND AGM 2017



Following the very successful Conference and AGM in Liverpool this year, a similar plan will be used for 2017. This time venue will be the Quaker Meeting House in Manchester. As you know we try to move the location around each year so that people from around the Region have an opportunity to attend.

The breakout groups will be in the morning and the topics for those are currently being planned. In the afternoon the AGM will be preceded by a presentation by a guest speaker.

Neil Smith is a musician and raconteur. He is a classical guitarist and his talk, entitled 'Have Guitar Will Travel', is based on his exploits as a professional musician interspersed with musical performance.



Details of the event will be available on the Regional website early in the New Year.



(N.W. REGIONAL SUMMER SCHOOL)

As we've already mentioned, this year's Summer School was a great success. Feedback shows that 96% thought it was value for money; 98% thought the material and delivery were suitable; 94% said they would definitely or probably come back next year.

People thought the event was very well organised and they enjoyed the food, the location, the entertainment and the extra theatre outing.

Provisional dates for the 2017 event have been booked and we hope they will be close to the previous one. Tutors are all U3A members and we are always looking for new people to offer courses. Suggestions for the future include 'Science for All', local history, bird watching, art, music (practical or otherwise) and courses which explore the local area. If you feel you could provide a course please contact Neil or Peter.

Neil: ndstevenson@hotmail.com

Peter: petermonaghan20@btinternet.com

Further details will be on the Regional website as soon as they are available.

REGIONAL WORKSHOPS

The 'Different Approaches to Learning' workshop, held in Liverpool on October 13th, was very successful and we will try to repeat this in a different area later in the year. It focused on research, projects and SLPs, different styles of learning and different types of groups with a presentation by the guest speaker, Sean Orford who offered a light hearted look at the psychology of learning entitled 'You are as young as your brain'.

'Inclusiveness Awareness' workshop will be held on November 4th. This will provide discussion for some of the physical problems our members might face and how we might be able to help them to stay involved. Places are still available and you can sign up online or contact Gill on gillruss71@gmail.com or 0151 633 2796.

Understanding Tomorrow's World is a more detailed version of the very successful breakout group from this year's Conference. It will explore ways in which science and technology can change our lives. The study day will take place in 2017 on Wednesday 18th January in Warrington from 10.00am – 1.00pm and on Wednesday 8th March in Lancaster from 1.00pm – 4.00pm. Details and booking arrangements are on the website. A paper copy of the registration form can be provided. Contact Neil for more information. ndstevenson@hotmail.com

Cumbria Network is organising another Energy Conference on March 31st which will be looking at the changing face of energy and changing attitudes to energy through a series of talks.

NATIONAL EVENT

Celebration of 1000 U3As to be held in London on November 22nd. Details have been sent to U3As and are also on the National

AND LASTLY

PLEASE ENJOY BELOW SOME OF WHAT WE SHARE FROM OUR SUCCESSFUL



We didn't have a creative writing group at this year's Summer School but that didn't stop some of our members from trying their literary skills....

Written in the style of haiku by
members of the 'Japanese
Encounters' group 2016

Swirls raked in the stones
Bring a sense of lasting peace
And calmness to all



Ishi no uzu

いしの うず

Heiwa to shizukesa

へいわと しずけさ

Tsurete kuru

つれてくる

Lynne Gilmour: Hoylake, West Kirby & District
U3A



Garden walk of peace

in fragrant space surrounded. Colour for the
soul. Niwa deno heiwa na sanpo

にわでの へいわな さんぽ

li kaori ni tsutsumarete

いにかおりに つつまれて

Tamashii ga irozuiteiku

たましいが いろづいていく

Anne Kirby: South Lakes U3A

Days become shorter,
Golden leaves fall softly down.
Winter's sleep beckons



Hi ga mijikakunaru

ひが みじかくなる

Kin'iro no ha ga sotto ochiru

きんいろの はが そっとおちる

Fuyu no nemuri ga yondeiru

ふゆの ねむりが よんでいる

Nigel Price: Ambleside & District U3A

Inspired by Chris Arkwright's Geology
class 2016



Rock on Tommy!

Gracefully, Sinuously

Silkily, Windblown

Dinking down

Steeply sloping mountainsides

Slinking lynx-like

Softly, Slowly

Sometimes slipping

Sometimes gliding

Gliding down

Soggy banks by mountain streams

To strains of squelching.....

Sounds like belching
Sinking deeper, yet deeper still
Patella deep in quicksand soft

Soaking stream-side
Sandstone
Sediments.

Pants dragged down
His pockets filled
With ample samples
And
Interesting examples
Of
Lake District Rocks.



Ordovician, Silurian, Devonian
Permian, Carboniferous,
Cretaceous, Triassic, Jurassic

Granite, gabbros, lavas,
Slates and phyllites;
Schists and gneiss,
Mudstones, siltstones,
Sandstones, Limestones,
Transported by the wind,
Water, gravity and ice
Over millions of years.
Rock on Tommy!

Rowland Hill: Whitley Bay U3A



*A REMINDER THAT THE NORTH WEST
REGION WEBSITE HAS INFORMATION
WHICH MAY WELL ASSIST YOUR LOCAL
U3A, FOR EXAMPLE IDEAS FOR
SPEAKERS*

**PLEASE CHECK OUT THE WEBSITE AT
www.u3a.org.uk/north-west**

*For more detailed information, and if you can
recommend a speaker then please contact
rosalie92white@gmail.com*

Shared Learning Projects

Note: A database of over 500
research projects including SLPs
can be found at research website
www.u3aresearch.org.uk