

**September 2024**

Hello All,

The weather now seems to indicate that we are moving into Autumn due to the cooler nights and because my autumn raspberries have just about finished, having had a few lovely crops off them.

Some members will be off grandparent duties as the kids are back at school, and so may be off on a well-earned holiday; good for you.

I know it's early in the year, however I've been asked to remind members that positions for the Christmas meal are now being taken as there is a limit on numbers so "1<sup>st</sup> come 1<sup>st</sup> served" as well as a cut off date for the location, so please make a decision on attending. The details about the meal will be later in the newsletter and the application form is a separate attachment to this email.

Stuart.



Keep in touch with your u3a:

<https://u3asites.org.uk/rutland/home>

Facebook

Rutland U3a is also on Facebook: for all the latest news, click [Facebook](#).



This is your newsletter, so if you want to publicise your group and its activities, please let me know. Even if you do not need new members, it may give others ideas for groups they can set up.

Thank you to everyone who contributed to this month's newsletter.

Please send items for October to Jill at [rutlandu3a.info@gmail.com](mailto:rutlandu3a.info@gmail.com) or via the website

**The final date for submissions is 16 October.**

# Rutland u3a newsletter

## September 2024

### Monthly Meeting at the Victoria Hall Thursday 3 October 10 for 10.30am

**Speaker:** Jim Stebbings

After retirement from a professional career in financial management that took him to over thirty countries, Jim has been able to devote much of his leisure time to his musical and entertainment interests. It was through research into the lives of Gilbert and Sullivan and later Irving Berlin that the name Lusitania and the journeys that both Gilbert and Berlin took on a ship of that name came up. Jim's reading and research into

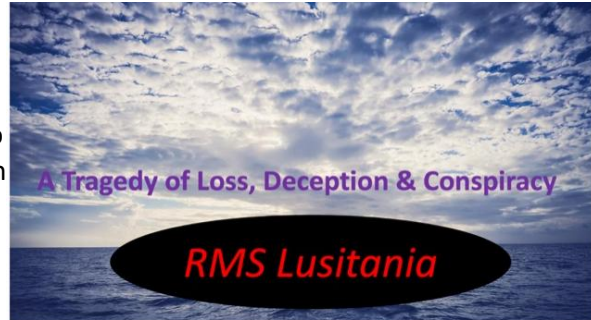
the loss of the Lusitania revealed not just an intriguing story of deception and conspiracy, but also a surprising number of musical and theatrical connections with Lusitania and its last voyage - too good a story not to be told!

**Talk: The Lusitania: the tragic loss of Cunard's great transatlantic ship in an act of war**

The loss of Cunard's RMS Lusitania is a story from WW1 though the victims were innocent civilians, many from what was then a neutral State. We follow the events that led up to its attack in May 1915 and we follow the lives of some of the survivors and victims. We also investigate if a successful attack by a German U-Boat on a civilian ship was a legal act of war and why more wasn't done to prevent the loss of life that followed. As well as a story of war, and a story of deception and possible conspiracy it reveals some interesting aspects of the lives of those onboard, both famous celebrities and ordinary people and how they are remembered today. This is a presentation with interesting images and pictures that will appeal beyond those who might regard it as merely a part of WW1 history.

Coffee is available for purchase from 10am with the talk starting at 10.30am.

The talk is free for members with new members welcome.



### Ad Hoc Dining

Ad Hoc dining continues at the Buttercross in Oakham with the next meeting being on Wednesday 16th October at 6.30pm.....anyone is welcome to join us for a meal and a drink with friends so long as you let us know that you would like to come.

We confirm numbers with the Buttercross so then we can all be seated together!

Contact Diane or Helen if you would like to attend.

Diane Case 07887 990906

Helen Shea 07919 273192



# Rutland u3a newsletter

## September 2024

### Coming up in 2024

#### An interesting programme of talks to look forward to.

The monthly meeting for all members is held on the first Thursday of each month. It is held in the Ballroom of the Victoria Hall, Oakham. Doors open at 10.00am for a 10.30 start. There is no charge to members for attending the meeting, and coffee and tea are available to purchase.

#### 7 November:

Geoff Harris: A toastmaster's tales.

The speaker programme may be subject to change. Please check the latest information on the web site or in the monthly newsletter before travelling to hear a particular speaker.



We are already looking forward to 2025 and have a further varied programme of exciting speakers to look forward to:

9 January	Sir Henry Every	The National Memorial Arboretum
6 March	David Smith	The actor as dramatist: a view of the work of John Osborne
3 April	Lucy Lewis	The first female bomb disposal expert
1 May	Nigel Lowey	George Gilbert Scott
5 June	Denis Kenyon	Leicestershire and Rutland 'at risk' war memorials project
3 July	Paddy Lambert	Priors Hall Romano-Celtic Temple
7 September		TBC
4 September	Julie Kinnear	Coco Chanel
2 October	John Thomas	Rutland's Roman Mosaic and Villa - an update
6 November	Susan Gossey	Policing and Financial Crime in Regency London

# Rutland u3a newsletter

## September 2024

**You are cordially invited to the Rutland u3a Christmas Lunch in The Barn Lounge at The Wisteria Hotel from 11:45 on Thursday, 5 December 2024**

**The all inclusive price includes:  
Arrival drink of Bucks Fizz or orange juice**

**Lunch to commence at 12:25**

### **Two courses**

#### **Choice of Mains with a glass of wine or sparkling elderflower**

Stuffed Ballotine of Turkey, pigs in blankets, roast potatoes, seasonal greens, glazed carrots and parsnips braised red cabbage and gravy (GFO)  
Seabass with Bouillabaisse sauce, saffron potato, crispy kale  
Risotto of wild mushroom and Parmesan

#### **Choice of Desserts**

Sticky toffee Christmas Pudding, brandy sauce, rum and raisin ice cream  
Black Forest Pavlova, Kirsch cherries  
Stilton or Red Leicester cheese plate

#### **Followed by mince pies and tea or coffee**

Cash bar available

Vegan menu available on request

Dietary requirements to be included on booking form

All place settings include a chance of winning a bottle of wine in the free raffle.

The booking form is included with this newsletter and is also available at the Monthly Meeting. Please return it online to [sharonpratt10@btinternet.com](mailto:sharonpratt10@btinternet.com),



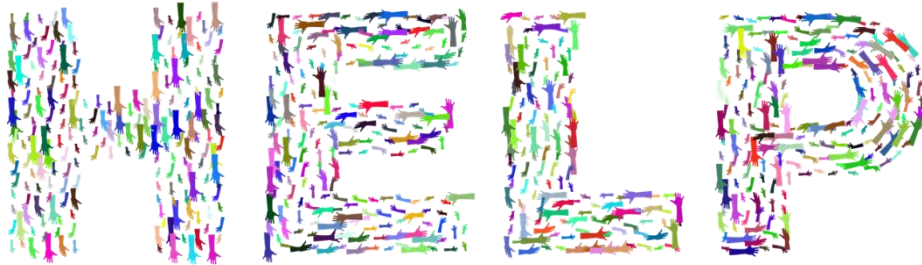
Pay by bank transfer to Ru3a account number: 91196812 sort code: 40-35-21.

Please put: XM and initial and surname as reference.

Or you can complete a booking form and give it to Sharon or Caroline and pay at a Monthly Meeting in Victoria Hall using the card reader. Cost is £39.50 per person.



## Rutland u3a newsletter September 2024



In October at our AGM, our current secretary is planning to stand down after five years in the role.

In order for our u3a to continue to function we need a person willing to join the committee and take on the role of Secretary.

### Could you be that person?

The Secretary is a Charity Trustee and one of the Principal Officers on the Committee whose duties include:

- ✓ Constructing the agenda for Committee meetings and the AGM with the Chairman.
- ✓ Arranging venues and equipment if necessary
- ✓ Dealing with correspondence following discussion with the Chairman.
- ✓ Maintain full and accurate files including minutes.
- ✓ Liasing with the National Office

The Chairman and the Secretary need to be able to work well together and agree upon a course of action. Mutual trust is essential.

He/she needs to be:

- A good organiser.
- Systematic.
- Diplomatic and approachable.
- A clear thinker.
- Calm.

Help, guidance and advice will be given to the person taking on the role.

Want to know more?

Contact: Hedley [rutlandu3asecretary@gmail.com](mailto:rutlandu3asecretary@gmail.com) or speak to any committee member.

# Rutland u3a newsletter

## September 2024 - News from the Groups

Here is a list of Groups seeking new members. If you wish to join a group please send a message to the Group Leader by 'clicking' on the highlighted text below. Detailed Information about all our groups is available on the Groups page on the Rutland u3a website: <https://u3asites.org.uk/rutland/groups>

**Church Visits Group.** Please contact the Group Leader, [Mary Wright](#)

**English Country Dancing.** Please contact the Group Leader, [Pam Hornby](#)

**Friday Scrabble Group.** Please contact the Group Leader, [Debbie Rose](#)

**Indoor Bowls.** Please contact the Group Leader, [John Wilson](#)

**Mah Jong.** Please contact the Group Leader, [Alan Costello](#)

**Mindfulness.** Please contact the Group Leader, [Sushila Raja](#)

**Ravens Walking Group.** Please contact the Group Leader, [Helen Czasznicka](#)

**Scrabble Group 3.** Please contact the Group Leader, [Sue Powers](#)

**Striders Walking Group.** Please contact the Group Leader, [Stewart MacDonald](#)

**Sunday Lunch 2.** Please contact the Group Leader, [Madeleine Fenton](#)

**Tai Chi.** Please contact the Group Leader, [Julia Haynes](#)

**Tuesday Morning Walks.** Please contact the Group Leader, [Ros Kenny](#)

Requests have been received to set up the following new Groups: -

A Bridge beginners Group

A third Spanish Group

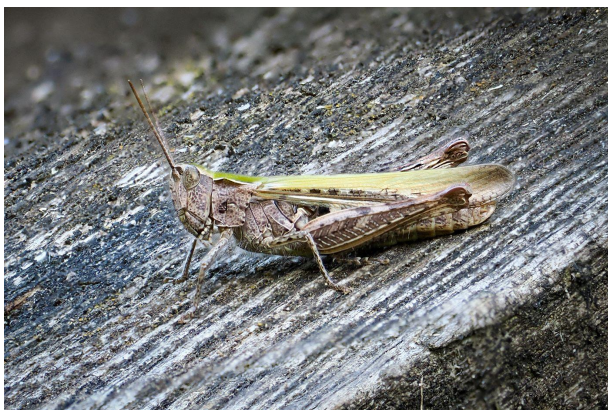
A second Photography Group

If you are interested in setting up one of these groups then please contact [Christopher Clark](#), the Groups Co-ordinator.

# Rutland u3a newsletter

## September 2024 - News from the Groups

This month we have some interesting photographs from the photography group.



# Rutland u3a newsletter

## September 2024 - News from the Groups



# Rutland u3a newsletter

## September 2024 - News from the Groups

### News from the Church Visits Group - Somerby

We all had a fabulous look around Somerby Church, hosted by Pauline. What an interesting church this is. Bullet holes in the ornaments, doors flying high in the church tower and crumbling stonework on the outside and yet cosy within.

It is made of ironstone, whatever that may be. I am no geologist.

The interior is a mixture of different dates as ever, all intertwined with obvious connections and yet some details lost to eternity. The central tower was fun to view, for it had a door halfway up with no obvious access today but to scale the wall [see photo]. A member suggested that a removed reredos is probably the answer. Who knows!



u3a group outside All Saints Church, Somerby

These old churches are quirky. And that is the fun for me. The stained glass was glorious too.



The church has a connection to the 10th Parachute Regiment, and that is why there are bullet holes in a golden cockerel. It is their mascot. (See picture.)

We ended the visit by invitation to take tea and cake back at Richard's house. He is in the green, red and white shirt here. Tea was scrumptious with home-made chocolate cake and coffee and walnut.

A choice! A rather good ending to our day. And needless to add here, we all made a donation to the church funds.

Mary Wright



# Rutland u3a newsletter

## September 2024 - Community News



### Walk Together Oakham

Walk Together Oakham is a beginner friendly walking group, led by insured and trained walk leaders. It is a free local short walk to help you be active at a pace that works for you. Walking is great for your physical and mental health, a great way to stretch your legs, explore what's on your doorstep and meet likeminded people. No booking needed, just turn up on the day. Walks will take approximately 1 hour followed by a social element with refreshments available afterwards.

#### Contact

[activerutland@rutland.gov.uk](mailto:activerutland@rutland.gov.uk)  
07765 770930  
[www.activerutland.org.uk](http://www.activerutland.org.uk)

#### When

Mondays at 11am  
Starting Monday 8<sup>th</sup> July

#### Where

St John & St Anne's Common Room  
South Street  
Oakham  
Rutland  
LE15 6BG



Rutland u3a newsletter  
September 2024 - Community News

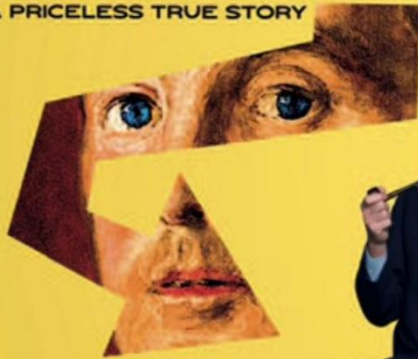
# Cinema for Rutland

## Rutland County Museum

Thursday 3 October 2024

# THE DUKE

A PRICELESS TRUE STORY



JIM  
BROADBENT  
HELEN  
MIRREN



"A RIDICULOUSLY CHARMING  
BRITISH COMEDY"  
THE PLAYERS



"THE DUKE WILL STEAL  
YOUR HEART"  
DAILY MAIL



"JIM BROADBENT  
IS ASTOUNDING"  
THE TIMES

"HELEN MIRREN  
IS MARVELLOUS"  
THE I

1 hr 

Doors and bar open at 7 for 7.30 pm



Tickets £7.50 from Oakham Wines,  
[www.wegotickets.com](http://www.wegotickets.com)  
and on the door if available.

# Rutland u3a newsletter

## September 2024 - Community News



Age UK is seeking a couple of volunteers to help with a regular Tuesday Dementia Support group called Maintenance Cognitive Stimulation Therapy .

The aim of the group is to provide short sessions that offer encouragement, strengthening, maintaining and stimulating activities to those living with mild to moderate dementia.

Would you like to join a small friendly team offering group sessions supporting those living with mild to moderate dementia.

Activities include, discussions of past and present events, topics of interest, games., puzzles, music and more.

Specific volunteer role includes helping with tea/coffee, conversation and support with activities.

Essential requirements, a calm caring approach.

Want to know more?

Contact:

Yvonne Rawlings

Dementia Support Worker

**Age UK Leicester Shire & Rutland**

13, High Street East.

Uppingham.

LE15 9PY

Mobile: 07738820910

Email : [Yvonne.rawlings@ageukleics.org.uk](mailto:Yvonne.rawlings@ageukleics.org.uk)

# Rutland u3a newsletter

## September 2024 - Community News

Join with us to sing, activate and create musical memories at

# RUTLAND MUSICAL MEMORY BOX

**@ OAKHAM BAPTIST CHURCH,  
MELTON ROAD, OAKHAM LE15 6AY**

**on the first Wednesday of each  
month 10.30am - 12 noon**

Contact Christina for more information on  
07752826228

Lmmbox2018@gmail.com

[www.leicestermusicalmemorybox.co.uk](http://www.leicestermusicalmemorybox.co.uk)

Suggested donation £5  
Refreshments included

*"Making a difference with music"*



Leicester Musical Memory Box is registered as a Community Interest Company Reg 11468520

# Rutland u3a newsletter - July 2024

2023/24

## Committee Members

### Chairman

Stuart Mason

### Company Secretary

Hedley Greaves

### Treasurer

Keith Townsend

### Data Protection

Caroline Henry

### Groups Coordinator

Christopher Clark

### Membership Secretary

Janice Ferguson

### Speaker Secretary

Wanda Allen

### Shadow Speaker Secretary

Caroline Henry

### Social Secretary

Vacancy

## Committee advisers and helpers

### Publicity

Jill Stacey

### Minutes

Flic Brewster

### Website

Phil Grimley

### Hall set up and AV

Michael Seccombe

### IT

Mike Shea

Mike Pearson

Ted Philips

### Noticeboard

Caroline Stark

### New Member Support

Jane Gillon

### Printing

Margaret Macpherson