



THE UNIVERSITY OF THE THIRD AGE

mkhdu3a.org.uk



NEWSLETTER

No. 70 April 2019

Dear Member

This month we have the first of a new monthly item: “Group of the Month”. Also, you can find what to do if you want to purchase a signed copy of a book by our AGM speaker, Lucy Hawking.

The guest speaker at this year’s AGM will be Lucy Hawking. Lucy is a nationally highly-respected author of children’s books, a populariser of Science and promoter of Science education and a trustee of the Autism Research Trust. She is the daughter of the late, world-renowned Professor Stephen Hawking. Further details on page 3

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April Monthly Meeting:

Police forces are currently running campaigns to raise public awareness about fraud and cyber-crime. There are many different aspects that we need to be aware of, including the dangers associated with shopping on line, email scams, viruses and password protection.

How can we participate in the modern world, but do it safely?

This month we are pleased to have a representative of the West Midlands Police to talk to us about Fraud and Cyber Crime.

The meeting will held in the All Saints Centre, at the junction of the High Street and Vicarage Road in Kings Heath, at 2pm on Tuesday April 9.

Membership Renewals

350 members have already renewed and our Membership Secretary, Jackie, has been working in overdrive for the past few weeks. Our thanks to Jackie!

All memberships of MKHD U3A were due for renewal from April 1st. The fee for the coming year is £14.

If you wish to renew online go to our website www.mkhdu3a.org.uk click on the **Join or Renew button**, then click on **Members' Portal**, where you will be asked to enter your membership number, first and last name, postcode and email address. Although payment is made via PayPal, you do not need to have a PayPal account but can use either your debit or credit card. This option gives you the possibility of printing your own membership card or you can simply collect one from a monthly meeting. Most of our recent new members have joined this way and find it quite straightforward – and it saves your membership renewal volunteers a lot of time!

If you wish to pay in person at the April monthly meeting the hall will be open to you from 1pm. You will not need to complete a fresh Membership form but, if you wish to pay by cheque, it will help if you complete it - £14 payable to U3A MKHD and signed, before coming to the table to collect your new card. Also, if any of your contact details have changed, be sure to tell us. Cash is acceptable although cheques are preferred.

If you prefer to renew by post, send your cheque (not cash) for £14 together with a note of your membership number and an s.a.e. if you wish your new card to be posted to you, to: Jackie Spearpoint, 14 Awdry Court, St Nicolas Gardens, Birmingham B38 8BH. Alternatively your new card can be collected at any monthly meeting.

Our AGM in May

We thank those members who have volunteered to stand for Committee posts or to help out in other ways. There are two specific areas in which we are still looking for support:

- * Firstly, we are looking for a member to organise our programme of monthly meetings. Diane, who has been carrying out this role for the past few years, will pass on her experience and contacts.
- * Secondly, we have no coach trips organised for the coming year. We can only have these trips if members are willing to come forward to do this. One or more members could carry out this role and, again, we have experience which can be passed on to members willing to carry out this role. If you wish to help out with this, please look in the Social Events section on page 6 (coach trips)

Nominations for new committee

Chair/Vice Chair:	Anne Crerar, Sara Meyer
Treasurer:	Tessa Bidgood
Social Secretary:	Julie Alder
Interest Group Coordinators:	Brenda Bingham, Roy Stove
Membership Secretary:	Jackie Spearpoint
Communications Secretary:	Ken Fisher

For members wishing to buy a book by Lucy Hawking:

Lucy will be bringing along a selection of books from her “George” series. These are children’s action books, based on the adventures of George, and introduce children to science through a series of six adventure novels based on real science for young readers. They were co-written with world-famous scientists, including her father Stephen. We think they will make a wonderful present for grandchildren, though perhaps we will enjoy reading them as well!

If you wish to buy a copy of one of Lucy’s books, please let Mike Clark know before the meeting. Members who have said they wish to buy one will be at the front of the queue at the book signing, which will be in the Marjorie Allen room. Please give Mike your name at the April monthly meeting or by email to mikehclark@hotmail.co.uk. You do not need to specify which of the George series you wish to buy, but please bring a cheque made payable to U3A MKHD and fill in the amount on the day.

You can find out more about Lucy and the George series on her website, using the following link:

<https://lucyhawking.com/>

AGM Agenda

1. Minutes of 2018 AGM
2. Report from Chair
3. Financial report from Treasurer
4. Resolution on Membership Fees
5. Approval of Examiner of Accounts
6. Reports from Interest Group Co-ordinators, Social Secretary and Membership Secretary
7. Election of new Executive Committee
8. Talk by Lucy Hawking.

Schedule on Tuesday May 14:

- | | |
|-----------------------|------------------------------------|
| 1.05 – 1.35 | refreshments |
| 1.40 – 2.10 | AGM |
| 2.15 – 3.15 (approx.) | talk by Lucy Hawking and questions |
| 3.30 – 4.00 (approx.) | book signing |

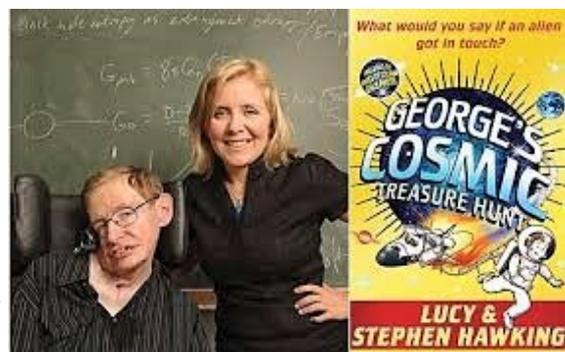
Lucy Hawking initially trained as a journalist, but then moved into writing books. She is best known for her George series of six adventure books, which are based on real science for young readers. They were written in collaboration with world-leading scientists and have been translated into over 40 languages.

A trustee of the Autism Research Trust, Lucy has developed a new virtual reality film that allows people to experience the world through the eyes of someone with autism. She developed the concept for the film and worked with the Guardian and writer Sumita Majumdar, who drew on her own experiences as a person with autism in similar social situations.

Lucy has not only won prestigious awards for popularising science, but recently become chair person of the Stephen Hawking Trust.

In addition to telling us about her adult life and work, we are sure that Lucy will also tell us what it was like growing up in the household of Professor Stephen and Jane Hawking. It will be interesting to hear what she thinks of the film “The Theory of Everything”.

Lucy with her famous father and one of the “George” series books on which they collaborated.



Social Activities

This is a summary of events in the coming months which are already planned. New arrangements are made frequently and if you want to be kept updated on any activities please contact the co-ordinator, (at the end of this Social Activities item) or check the monthly newsletters.

Lunches

An outing for a buffet lunch at Ming Moon in Hurst Street has been arranged at fairly short notice (so wasn't in last month's newsletter). It's at 12.30 on Thursday April 11 and the cost is £9.99 per person, plus drinks and service. If you would like to come to this and/or be notified of future bookings please contact Carey Baff.

Concerts

There are no more outings to concerts this season. When the next season's CBSO programme is published we will look for further possible bookings. If you want to be kept updated of concerts please contact Carey Baff.

Cinema Trips

A trip is being planned to go to see [The Passenger](#) at the MAC on Saturday 20 April at 5.15pm. The film is 125 minutes long. More information is available on this film on the MAC website:

<https://macbirmingham.co.uk/event/the-passenger>

If you would like to go, please can you let Roy know by Sunday 14 April

If you would like to join cinema group or would like to know more, please contact Roy Stove.

Theatre

Tickets for the following performances have been booked and paid for:

- 4/4/19 [Taming of the shrew](#), 13.15 performance at the RSC Stratford
- 2/5/19 [As you like it](#), 13.15 performance at the RSC Stratford
- 18/7/19 [Measure for measure](#), 13.15 performance at the RSC Stratford

We usually meet in the theatre foyer close to the Box Office half an hour before the performance and tickets are left at the Box Office for those arriving late.

These tickets were booked many months before the performances were due to take place. We are currently looking at productions being performed in Birmingham theatres and will notify theatre group members of proposed trips.

If you would like to join the theatre group or would like to know more, please contact Julie Alder.

Quiz

The U3A quiz returns on Wednesday 15 May 2019 – again at the United Services Club on Church Road, Moseley from 7.00 pm (we'd expect to finish by 9.30 at the latest).

Team sizes will be strictly limited to 6 people. The entry fee is once again £2.00 per person.

It helps to know in advance how many will be coming – so if you want to come please let us know. You don't have to be part of a team from the outset - we have made up teams from people who have come in ones and twos before and some teams have spaces. In fact it can make for an even better evening to meet different people.

So do put this in your diary and please let Carey, Julie or Roy know if you plan to come along.

Coach Trips

Sadly no one has volunteered to organise coach trips this year.

If you would you like to volunteer, or you and others, or would like more information, please contact Julie Alder.

Contacts

Carey, careybaff@live.co.uk or 0121 472 6535

Julie julieallder@yahoo.co.uk or 07506720756

Roy jroystove@googlemail.com

Interest Group Information including details of new group

Book Group 4 has a space for another member. Please contact Angela Crawshaw on:

angelacrawshaw@gmail.com

Attention Twitchers and Tweeters:

Following the success of last month's talk on birdwatching, we are pleased to announce that we have access to a birdwatching interest group.

It is the birdwatching group run by Kings Norton U3A and they have kindly invited our members to join them.

The group meets monthly and is led by John Langford. It examines birds in a variety of habitats and at different times of the year through walks and field trips to reserves, local and afar.

The principal aim is to improve members' bird recognition skills, but it is also aimed at studying habitat and bird song, and taking photos where possible.

Members' birding skills vary widely: some are expert, some novices, but all are very welcome.

All group communications are by email. There is no regular cost for joining the group, just the transport costs for getting to the chosen venues.

If you are interested, please contact their Interest Group Co-ordinator Beryl Blood on blood.bj@blueyonder.co.uk

She will liaise with the group leader who will contact you and make the necessary arrangements.

Interest Group of the Month

It is our intention to focus on one of our Interest Groups in each issue of the newsletter. If you would like it to be your group, please put together an item like that below and send it to Mike Clark (in the short term) before the end of the month on: mikehclark@hotmail.co.uk

Our first focus is on Circle Dancing and the following item has been submitted by Jackie Spearpoint, Circle Dancing group leader:

We meet on the 2nd, 4th and 5th Fridays of the month in the afternoon at Cotteridge Friends Meeting House in a lovely, light room overlooking a garden.



Circle dance is rooted in traditional dances from the Balkans, Greece and Israel etc. However over the last 40 or so years it has developed and now includes many dances choreographed to a great variety of music from Bob Marley to Bach. Don't be put off by the word 'choreographed'! It just means steps have been arranged to the music. We dance to a great variety of music with different paces and moods, from the energetic to the meditative. Mostly we dance in a circle with joined hands, with occasional partner dances – but you do not need to come with a partner – the whole circle is your partner!

I'm sure you will have recently read how beneficial dancing is for us as we age; it certainly exercises our bodies and our minds. It may come to feel like a spiritual practice further along the way, but, in any case, it's an excellent way to leave any worries behind you.

The group has been running for six months now, with most participants being new to dance. When I asked if they could summarise their experience in one sentence, here's what some of them said:

- * Good exercise for the mind as well as movement for the body
- * It makes me move and think – but not too much of either!
- * I like the music and the challenge of the more 'bouncy' and complicated dances!
- * Enjoy the music, the meditative dancing - learning something new and meeting new people.
- * Love the music in Circle Dancing – so calming and uplifting.
- * Keep connected with rhythm and folk cultures of the world.
- * Loving circle dance, but challenging at times.
- * Very therapeutic.

I hope you're tempted!

Any questions or just to let me know you'd like to come along:

jackiespearpoint@gmail.com
or 0121 439 5824.

Public Meeting at Birmingham University

Beauty, Bodies and Social Justice: a free public lecture by Professor of Global Ethics, Heather Widdows, exploring the radical transformation of the status of beauty, of the beauty ideal and of what this means for how we understand human beings.

Thursday 30th May 17.00 to 18.30pm

Tickets from EventBrite webpage

Picture of the month



Thanks to Surinder Punn, who submitted this photo of Julia Francis' Tuesday walking group. The photo was taken during a refreshment break on a glorious warm day in March during a walk near Kidderminster. We are not convinced that all those photographed are members of our U3A!

Forthcoming Members' Meetings

Date	Time	Venue	Topic	Speaker
Tuesday April 9	2.00	All Saints Centre	Fraud and Cyber Crime	Tbc
Tuesday May 14	2.00	All Saints Centre	AGM	
Tuesday June 11	2.00	All Saints Centre	'Skulduggery at Soho'	Mary Bodfish
Tuesday July 9	2.00	All Saints Centre	"A Virtual Tour of the Outer Circle" (no.11 bus!)	David Humphries

If members have any suggestions for future speakers, please contact Diane Worland at a monthly meeting or on 07940 546361.

