

### • *Chairman's Report*

We have lots of new members and I would like to take this opportunity to welcome you to Purbeck U3A. Our AGM is on 19 May at 2pm in Harman's Cross Village Hall and I am delighted that our new Singing group will entertain us after the business of the day.

We have several new groups starting and this is as a result of the hard work of our Group Co-ordinator team. Meeting Points is becoming increasingly popular; in fact our January meeting with Julian Sawyer saw a full house with us running out of chairs and cups!

All this means more work for your already busy Committee. You will have all heard my mantra of 'sharing the load' and this is becoming increasingly important to your Committee as well as our Group Leaders.

As we all know, we are a self-help organisation run by members who volunteer their time and skills and the larger we become, the more help we need to run efficiently and effectively in order that we can retain our high standards and meet the needs of all our members.

At the AGM I will have completed my 3 years as Chairman and so will be stepping down from the Committee. Ann Churchill, our Secretary, will also have completed 3 years and she too will be stepping down, so we will have 4 vacancies to fill as two other members of the Committee stepped down during the year. We also need volunteers to fulfil roles where it is not necessary to be a Committee member.

We cannot function without more of you coming forward to help with the running of Purbeck U3A. Can you offer your skills to help us? I can certainly guarantee that on our Committee you will experience teamwork, enthusiasm and commitment. Would you like to be part of that? Could you help to move PU3A forward with more members and a wider range of groups on offer to our members?

Do get in touch with any Committee member if you would like more information.

*Julie Seidel*

### • *New Editorial Team*

Many thanks to Vicki Fawke and Janet Clark who volunteered to join Yvonne Hunter on the new Editorial Team.

The Team welcomes your contributions, suggestions and comments on the Bulletin. There were no takers for bog snorkeling following the last edition, but perhaps there are other activities you would like to get off the ground or tell us about.

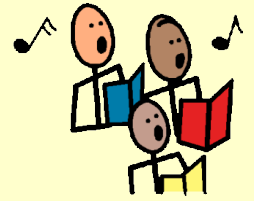
Contact: [bulletin@purbecku3a.org.uk](mailto:bulletin@purbecku3a.org.uk)

<b>Publication Date</b>	<b>Deadline for copy</b>
Late April	30th March
Late June	30th May
Late August	30th July
Late October	30th September

***Please send us your copy in WORD***

# • News From The Groups

## Singing For Pleasure



When John Almond's 'Singing for Pleasure' group came to an end, it was feared that the Purbeck Hills would no longer be alive with the sound of U3A music. But we are pleased to report that a new 'Singing for Pleasure' group has risen, phoenix-like, and is now up and running thanks to maestro Rod Brassington who stepped up to the keyboard last October. Thanks are also due to Roger Free, who played a big part in the group's formation.

The choir – now 30 voices strong – meets fortnightly on a Wednesday afternoon at Carey Village Hall, tackling a variety of music: some unison singing; some three or four part 'rounds'; and more challenging numbers with more complicated harmonies. As with any U3A group, members have different expectations and abilities, and Rod strives to cater for all tastes.

Anyone who has watched the inspirational Gareth Malone on television will be aware of the many benefits – physical and emotional - of singing in a choir. Indeed, scientists have shown that not only does singing make you feel good, it's got health benefits too.



Done properly, the regular controlled breathing needed for singing helps you relax and, combined with the use of core muscles, can have the same effect as a yoga session! Oxygen levels in the blood increase, triggering the release of 'happy' hormones such as oxytocin, lowering stress levels and blood pressure with a positive impact on heart and lungs.

No wonder choral singing has been used as music therapy in hospitals, care homes and hospices for decades. There have even been suggestions that singing should be available 'on prescription'!

Like almost all singing groups, the sopranos and altos currently outnumber tenors and basses, so if there are any men out there who want to exercise their vocal cords – don't be shy! You will be given a warm welcome. You don't need to read music, and you don't need any previous experience.

Rod is also looking for a keyboard accompanist to play for the singers, leaving him free to conduct. If you have the necessary skills, then do contact Rod to find out more:

email [rodbassington@talktalk.net](mailto:rodbassington@talktalk.net)

## Philosophy Group



The philosophy group which has been running for a number of years is interested to hear from any members who might wish to join.

To find out more contact [alan.bagley1@gmail.com](mailto:alan.bagley1@gmail.com)

# Walking

All walks start at 10:00 am on the 2nd Monday in the month.



Starting points for the coming months are shown below:

14th March: **Ame RSPB** Reserve car park.

11th April: **East Burton** church car park (off Burton Road - next to the big roundabout leaving Wool in Dorchester direction).

9th May: Sunnyside Farm car park, **Ridge**.

For more information on the walks, see the Walking Group web page, which you will find by selecting GROUPS from the Purbeck U3A Website at [www.purbeckusa.org.uk](http://www.purbeckusa.org.uk)

*John Kirwin*  
[walking@purbecku3a.org.uk](mailto:walking@purbecku3a.org.uk)



# Astronomy



We at Purbeck U3A are lucky to have persuaded Graeme Nash to present his astronomy course to us.

Graeme is an ex-Winfrith Nuclear Physicist and Open University lecturer who has had a lifelong fascination with astronomy. We are fortunate that he is more than willing to share his enthusiasm.

Graeme has presented his astronomy course to numerous U3As and local science groups over the years, always to high acclaim.

The course is a series of 28 meetings/lectures/demonstrations spread over 3 academic terms. It is pitched to cater for participants with a wide range of background and experience.

Topics covered are far ranging and structured, for example, the history of astronomy from the dawn of civilization to the present day, including, interestingly, the personalities and political intrigues that influenced it. He covers the origins, formation and structure of our own planet and the solar system, followed by discussions of stars and galaxies. This leads on to a series of talks on Cosmology describing the structure, development and origins of our universe and finally speculative theories of the end scenario.

Meetings are much more than a formal lecture format. Graeme welcomes and encourages audience interaction, willingly going over difficult aspects when asked.

In short, Graeme entertains us all with his wit, erudition and above all his abundant infectious enthusiasm. *Alan Bagley* [alan.bagley@gmail.com](mailto:alan.bagley@gmail.com)



## Tales from the Memoir Group

The Wareham based group has been running for almost a year now and is a great success.

We meet once a fortnight at the Scout & Guide HQ which is easy to get to and has plenty of free parking. We each bring along our latest writings and take turns to read them. It's a simple formula which works really well. We share snapshots of family life lived out in an amazing array of settings.

Our stories take us up and down the decades, all over the country and around the world. Each of us has our own style of writing and way of telling our tales and we celebrate each and every one.

Having a fortnightly deadline and an eager audience helps to spur us towards our goal. We are each creating a personal memoir for future generations.

If there is enough interest we could try a second group based in Swanage.

Lyn McGivern, who facilitates the Wareham one, is willing to set one up and then hand over the running.

If you are interested please contact [groupcoord@purbecku3a.org](mailto:groupcoord@purbecku3a.org)  
*Lyn McGivern*

## Gardening Group And The RHS

The ever growing Gardening Group now has RHS Accreditation!



This has a lot of benefits for our members including reduced entry fee to RHS and its partner gardens.

We are also – as a bona fide gardening club – allowed to display this rather impressive logo.

Thanks go to Patrick Webb, our treasurer, we will all benefit from this.

New members are very welcome.

Please contact Chris at [chrisbonanni@hotmail.co.uk](mailto:chrisbonanni@hotmail.co.uk).

## Poetry Group

The poetry group has run successfully for more than five years; they also are keen to hear from individuals who may wish to join.

To find out more contact [groupcoord@purbecku3a.org.uk](mailto:groupcoord@purbecku3a.org.uk)



## Beginners Italian 2



A new group is starting after Easter and there are a few places remaining. Day and venue will be decided based on members' availability.

Contact [chrisbonanni@hotmail.co.uk](mailto:chrisbonanni@hotmail.co.uk) for further information



## Nordic Walking Group

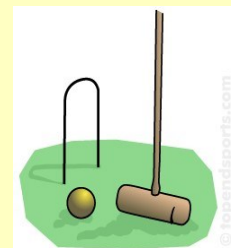
The group will meet twice monthly on a Friday morning and walk for about an hour and a half in the Purbeck area.

If you would like to hear more about this contact the [groupcoord@purbecku3a.org.uk](mailto:groupcoord@purbecku3a.org.uk)

## Golf Croquet

We plan to conduct a taster session of about three meetings to measure interest in this informal version of the game.

The meetings will take place in Wareham and if you are interested contact the [groupcoord@purbecku3a.org.uk](mailto:groupcoord@purbecku3a.org.uk)



## Buildings And Places In Wareham Town



A small group of about ten members who will meet for three two hour seminars in the centre of Wareham town to study the environment and the buildings.

The meetings will start after Easter and conclude in early May.

If you are interested contact the [groupcoord@purbecku3a.org.uk](mailto:groupcoord@purbecku3a.org.uk)

## The Future

We always take note of members' wishes for new groups. In order to start these, we need enough people and a leader!

The following activities have been requested – please let us know if you would like to be part of any of these:-

**Angling / fishing, boules, more bridge groups – beginners or experienced, film appreciation, Strictly Purbeck (dancing) and, lastly, ukulele.**

Please e-mail [groupcoord@purbecku3a.org.uk](mailto:groupcoord@purbecku3a.org.uk) to register your interest.

We will keep you updated on progress.

## • Membership Matters

It may be obvious, but good practice dictates that we inform members that their membership records are held on a computer. Furthermore, although Purbeck U3A's records do not fall within the scope of the Data Protection Act we do endeavour to hold members' information secure and observe the Act's principles.

Patrick Webb, our Treasurer, is required by HMRC to keep subscription information for a minimum of 7 years and I will keep member' records only for as long as they may be useful. To protect membership information still further the email addresses that are used to send out Broadcasts to you are held completely separately from the membership records.

I don't wish to be alarmist but despite those measures as well as your own and your Internet Service Provider's best security measures there is a strong likelihood that sooner or later you will receive unsolicited and unwanted emails. Most of these are probably harmless but unfortunately it's virtually impossible to tell the innocent from the malicious.

During January I received over 20 emails to my memsec@ email address that were scam emails. Three of them appeared to have come from members and simply said "greetings memsec" or similar and contained a link which I could have clicked on if I didn't know better.

The moral of this story is not to click on links or open attachments in emails from people you don't know and to be similarly cautious with links and attachments in emails from people or financial institutions you do know ! – especially if they are unexpected or in some way unusual -- and don't be tempted to: "Click here if this has been sent to you in error".

Scam emails are a regular occurrence for me and I'm always on my guard, but I have to admire the skill and psychology that has gone into the creation of some of them which appear on the face of it to be completely authentic. I can understand why newcomers to emails will innocently do the wrong thing.

**Clive Bacon, Membership Secretary**      [memsec@purbecku3a.org.uk](mailto:memsec@purbecku3a.org.uk)

*A very warm welcome to our new members who joined in the past few months*

### **Corfe Castle**

Chris Millar  
Steve Millar

### **Langton Matravers**

Tracey Chapman  
David Pearson  
Sue Spilling

### **Puddletown**

Peter Redman

### **Ridge**

Tim Deacon  
Karen Wright

### **Swanage**

Marion Carle  
Tim Inchley  
Richard Jacobs  
John Law  
Robert Seal  
Gloria Warrington

### **Sandford**

John Selby

### **Stoborough**

Sharon Smith  
Chris Smith

### **Wareham**

Margaret Bibby  
Gwen Stokes

## **Allen Morgan**

We were very sorry to hear of the death of **Allen Morgan** who used to run our Tai Chi group and who was an active member of our Painting Group.

Our condolences go to Allen's wife Jessie and his family and friends

## • Dates for Meeting Points

### **25 February 2016** You be the Judge

*Heather Lowe, Poole Probation Service*

The aim is to give a better understanding of the criminal justice system and how it works locally.

The talk is presented by a Magistrate and Probation Officer and you will be given the opportunity to be **'the judge'** in a very realistic case.



You will get a good insight into the process of court sentencing, including how and why decisions are made in local courts and the provision of sentencing options in the community.

### **24 March 2016**

*Howard Nichols*

### **The Longest Journey**

How far can you get by train without changing stations?

### **28 April 2016**

*David Knott*

### **Beautiful Bali - The Island of the Gods**

### **26 May 2016**

*Dr Peter Down*

### **Dorset County Museum**

Past, present, and future

### **23 June 2016**

*Rev. Stewart Timbrell*

### **Discovering Dorset**

*A humorous insight into Dorset*

## • A plea to all car drivers for



## Lifts to Meeting Points

Might you be willing to give a lift to someone living in your area to Meeting Points?

We have some members who no longer drive but would like to attend the talks.

If you volunteer, you would be put on a list of such helpers.

Anyone needing a lift would contact an intermediary and they would be put in contact with a possible driver.

You would be under no obligation to attend every meeting or to give a lift every time you do come.



If you feel able to help, please give your details to any member of the Committee or sign up at the next Meeting Points.

## • ICE (In Case of Emergency)

Do you have your contact details for your nearest and dearest entered under **ICE** on your mobile phone?

**ICE** is an initiative that enables first responders, such as paramedics, fire-fighters, police officers as well as hospital personnel to contact the next of kin of the owner of the mobile phone to obtain important medical or support information (the phone must be working).

The phone entry should be supplemented by written information (such as in a wallet card, U3A key ring). The initiative was conceived in 2004 by Bob Brotchie, a British paramedic. It encourages people to enter emergency contact numbers in their mobile address book under the name **'ICE'**. A person can list multiple emergency contacts as **'ICE1'** **'ICE2'** etc. This initiative has taken off across Europe and Australia and now in North America.

## ● *The Third Age Trust*

The great majority of U3A organisations in the UK are supported by the Third Age Trust. It offers services and advice not just to Committee Members and Group Leaders but to individual members as well.

If you go to [www.u3a.org.uk](http://www.u3a.org.uk) you can log in to the members' area and visit the Events page to view all current events organised by National Office.

The Trust also runs **Residential Summer Schools** where you can spend a few days in pleasant surroundings with like minded people doing some in depth study on anything from architecture to singing for pleasure.

This year the courses take place at the Royal Agricultural University Cirencester from the 8th-11th August and 15th-18th August but places are filling up fast.

For Group Leaders or anyone who is just thinking about starting up a group, there is a subject adviser for just about any subject you can think of, whose contact details can be found on the National Office website and who are happy to give the benefit of their experience. There is also a Resource Centre where books, DVDs etc. are available to borrow.

Did you know there is a legal helpline provided by Arc Legal Assistance in partnership with Irwin Mitchell Solicitors available seven days a week to all U3A members at no charge? To access the legal helpline call 0344 770 1040 and quote U3A legal helpline.

## ***Purbeck U3A Facebook Page***

We now have our own **Facebook** page.



The link is <https://www.facebook.com/Purbeck-U3A-1089781254366021/>

and this can be viewed by all members.

As this is a public page, there is an obvious need to limit access and for this purpose, authorisation is needed for site editors.

So plans are in place to encourage those group leaders who use Facebook to register to post text and pictures of their group activities and inform members of forthcoming events.

It is seen as an addition to existing methods of communication and as such may only be of interest to members who are already Facebook users; however, the page is available for viewing by anyone so why not have a look!

Website [www.purbecku3a.org.uk](http://www.purbecku3a.org.uk) General Enquiries [info@purbecku3a.org.uk](mailto:info@purbecku3a.org.uk)  
or 07564 937871

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