

Please have a think if you would like to join the groups listed this month. They would all benefit from a few more members. If in doubt, why not give them a go, you may really enjoy them!

Also, if you would like me to include news of your Group's activities, please send me a report. I know our members would be really interested.

Thank you to those who came along for the AGM, the numbers were amazing. (I know you only came for the talk really!)



This is a reminder of who's who on our Committee following the AGM

Pauline Petty (Yours truly)

Chair Contact : chair@wareu3a.co.uk



John Hammond

Treasurer Contact: treas@wareu3a.co.uk

Beacon Administrator Contact: beacon@wareu3a.co.uk



Margaret Davis

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Anna Hardy

Membership Secretary

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Keith Pullinger
Vice Chair/Archivist
Contact: it@wareu3a.co.uk



Penny Warner
Speaker Secretary



Pauline Glenister

New Members

Contact: newmembers.wareu3a@viginmedia.com



Marilyn Walker

Secretary



Marion Mountjoy

Assistant Membership Secretary

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Kathryn Pullinger

Minutes Secretary

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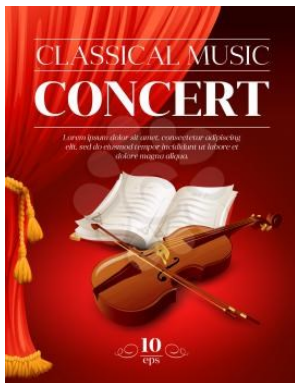
Aviation Talk: The Flight

Inspirations group is organised by Don Mobley of Stowmarket u3a and Barbara Cordina of Lea Valley u3a. The zoom meetings are held on the first Tuesday of every month. The next



meeting will be held on the 7th May from 10-12, including presentation, Q&A and discussion. The topic will be 110 Years of Aviation History in Hertfordshire 1913-2023. The speaker will be Guy Thomas.

This event is open to all u3a members and is free of charge. To register please email the following, details of the zoom link will be sent to you nearer the date: barbaracordina@btinternet.com or oneisbingo@gmail.com (Don Mobley) These talks are part of the u3a educational programme so you can also book directly with Eventbrite via the national website – www.u3a.org.uk/events/educational-events



Concert on Sunday 23rd June at the Barbican at 7.00pm with the London Symphony Orchestra

Programme: Dmitri Shostakovich Symphony No. 3

Carl Orff Carmina Burana

Cost £55 inclusive Booking closes on 20th May.

Please book ASAP

Contact Jeff Bergman via Pauline on chair@wareu3a.co.uk if you would like to attend.

Please note that seats can only be confirmed on receipt of payment

Creative Writing sounds difficult, but they are a friendly group who enjoy writing something on a suggested topic at our meeting It is held in the afternoon of the third Monday of the month in a different member's house each time. We try to encourage each other's efforts before finishing with tea and cake. There are two vacancies at present. If interested, contact Zara Kimber via Debbie on groups@wareu3a.co.uk





The **Croquet** season has started and they would love to welcome more members to join them on Wednesdays In particular, and also on Thursdays. They have great facilities at the Allenbury's Sports & Social Club, in Ware, where they play on full sized lawns and enjoy a social teatime at the end of each session. The first session is free. Sessions start at 1.15pm.

If interested, contact Ann Neuff via Debbie on groups@wareu3a.co.uk

The **Thursday Simply Fit** class has spaces available.

They meet at Riverside Hall at 11am every Thursday. The cost is £5 per session. Contact Annette O'Neill via Debbie on groups@wareu3a.co.uk if interested in joining.



Tai Chi 2 would welcome a few more participants.

They meet on Mondays 12.30-1.30pm at Wodson Park. This is a wonderful form of exercise, and calming the mind and improving balance are just a few of its benefits. Contact Dawn Cruse via Debbie

on groups@wareu3a.co.uk if you would like to join.

Would you like to improve your posture and increase your flexibility, reduce stress and lower your blood pressure? Then why not give **Yoga for Beginners** a try?

Join the friendly Yoga class on Wednesdays 11-12 at the Isobel Adams Room at Leaside Community Centre. If interested in joining contact Heather Lovegrove via Debbie on groups@wareu3a.co.uk



Thursday All-day-walking-group. 15 of us had a very good day's walking in April. This was an additional, extra-long walk for our group as we normally only walk 10/11 miles. We walked the Letchworth Greenway a 13 mile circuit around Letchworth. The photo shows us after 8 miles arriving in the lovely village of Willian ready for a pub lunch. We were very lucky that it was a lovely warm dry day. The paths being very good we managed to make excellent progress arriving for lunch about half an hour earlier than we expected. We were all very proud of ourselves for completing this challenge and ending with smiles on our faces.

Maurice Newman



An enthusiastic group of **Making A Green Impact** members were recently joined by two representatives of the EHC Climate Change & Sustainability Project to visit a Passivhaus that is under construction locally. They found the visit enlightening and would like to see the Passivhaus system more widely used for new homes.

Passivhaus construction is one solution to high energy consumption as it provides a high level of occupant comfort while using very little energy for heating and cooling.

(www.passivhaustrust.org.uk) With energy prices as high as they have been in recent years, the technology of a clean low-energy consumption home is compelling. Figures released by the International Energy Agency in January show that the UK generated only 41.5% of its electricity from renewable sources in 2022 compared to seven countries that now generate 100% of their electricity from renewable energy.

The house is still under construction and the family are building it in their land adjacent to their own home. It will be the home of a much loved grandparent who embraces the environmental aims. A photograph of the exterior as it is at present shows the solar panels of the wood-frame building. The whole process of bringing the house to fruition had overcome many challenges, for instance, the process of gaining Council approval was difficult, with appeals having to be made before the planning process was approved. Removing of the existing barn with its asbestos roof and thick concrete floor was another major operation as was digging down to reach a firm base for the required insulation below the flooring. All this before the factory-made structure could be installed.



The family have enlisted the expertise of architectural practice AD Practice, (www.adpractice.co.uk) who have considerable experience in the design and construction of passive houses. David Parry (pictured below) enthusiastically described to us the need to create a property that is airtight. The building requires no heating whatsoever in order to maintain a pre-set temperature in both winter and summer. The windows are triple-glazed and the heat pump exchanges cold air whilst retaining the heat in the house. When completed it is hoped that the solar panels will generate enough electricity to supply both houses. David hopes that ultimately we might see social housing constructed according to Passivhaus principles which would reduce the heating costs for their occupant. Unfortunately, there are too many loop-holes in our planning laws that allow new houses to be constructed without the basic heat pumps, solar panels, double glazing and thicker insulation. The quality of our housing stock is sadly far behind the standards being achieved by that of other countries.



In the meantime, a wonderfully creative home is under construction that meets environmental standards and provides a home to be proud of..

Ann Neuff