

Dear Members,

I hope you enjoyed the summer break. There is a lot to catch up on this month, so here goes:

Sue, our web manager, has added a page on the website of Useful Information. This contains contact details of organisations that some of our members (or friends and neighbours) may find useful. If you click on the organisation listed, you will find more info about that organisation.

Should you go onto the national u3a website and then look up u3a Friends Extra, there is a benefits program featuring discounts, offers and additional services. The areas covered include health & wellbeing, shopping savings, travel & holidays, leisure offers, insurance offers and access to financial advice, if you are interested.

Following the vote held by the online questionnaire, there was insufficient support for a monthly meeting to be held in August, so there will be no change .

Just a word of caution about leaving your mobile phone on the table if not in use when out and about. A report has come in from a local PCSO that a suspect put a piece of paper over a mobile phone on the table to make conversation with the victim, the suspect then picked up the paper and phone. This took place in Costa Coffee in Ware.

If I could mention a few points requiring clarification :

Only Ware u3a members may participate in our groups and activities. Certain groups are open to members of other local u3as, to improve the viability of these groups. There is no occasion when non u3a members may attend.

Also, if a member requires a carer, then the carer needs to remain with that member during the activity. Group Leaders should not be expected to step in to act as carer for that activity.

There is no personal accident insurance with the u3a, so it is your responsibility to ensure that you are fit and able to take part in your chosen activities.

In the July newsletter, I promised you exciting opportunities, well here they are!

Those of you who attended the talk given by Pauline Martindale on volunteering for the Olympics may remember the buzz of energetic enthusiasm that the volunteering gave to her. Now, there is an opportunity for some lucky members to feel the same way!

We need to fill a few vacancies on the Committee that are coming up at the AGM in April. I know it sounds a long way off, but believe me it will come around very quickly. This gives you an opportunity to learn a bit more about the role in the meantime. After 8 years of booking brilliant speakers, Penny is stepping down as Speaker Secretary, Pauline G. is stepping down from organising the Tea Rota at monthly meetings and also as our friendly Welcomer, who organises Coffee mornings for our new members and welcomes new members at monthly meetings. (The Tea rota person is not a Committee position). As I am stepping down at the AGM after 9 years on the committee, our present Vice Chair, Keith, is standing for the position as Chair, there is a vacancy for a new Vice Chair, preferably someone who is comfortable with technology. Please remember it is vital to get members willing to help, as without a Speaker Secretary there will be no monthly meetings and without someone to organise the Tea Rota, there will be no refreshments at said meeting, so all roles are vitally important.

Please remember to maintain a thriving u3a, we need volunteers to come forward to do their bit.

If you think that you are willing and able to take on any of these roles, please get in touch with me on chair@wareu3a.co.uk

Many thanks for your attention,

Pauline

The **Creative Writing** Group is looking for a couple more members. They meet on the third Monday afternoon of the month. They are a friendly group, and if you fancy putting pen to paper or on a laptop, why not give it a try. Contact Zara via Debbie on groups@wareu3a.co.uk



Choir

Join our Ware u3a Choir Performance,
with special guest Sarah Ellen Hughes
including some tea and cake

Friday 18 October
2.30 to 4.30 pm

at Southern Maltings, Kibes Lane
Ware. SG12 7BS

*Tickets £8 from Jan Wing in person at
Monthly meeting or book via email to
choir.wareu3a@gmail.com*



Tickets will be on sale at the October meeting. Cash only please.

Concert

The November concert is the LPO conducted by Tianyi Lu and the soloist is Zlatomir Fung on the cello on Friday 29th November 2024 at the RFH at 7:30pm

Programme:

Weber Overture, Oberon

Tchaikovsky Variations on a Rococo Theme

Tchaikovsky Selections from Swan Lake

Cost: £50 includes, ticket, coach and gratuity

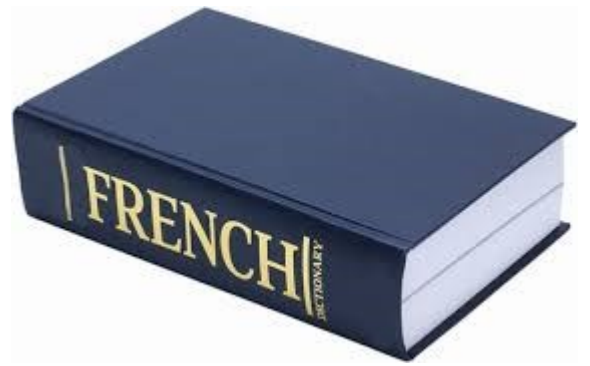
Important notice: Booking closes on the 25th October, so if you wish to come, please let me know as soon as possible.

Please contact Jeff Bergman via Debbie on groups@wareu3a.co.uk

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



French Literature currently has space for more members. They meet on the 2nd and 4th Monday afternoons. They are currently reading *Le Reveil* by Laurent Gounelle. Please contact Vee via Debbie on groups@wareu3a.co.uk if interested.



Pilates 2 is a friendly mixed group who meet at Wodson on Thursdays at 2pm. They currently have space for 2 or 3 new members. Contact Diana via Debbie on groups@wareu3a.co.uk if you would like to join.

Last chance to put your name down for **Seated Cycling/ Seated Tai Chi**, otherwise we shall shelve the idea. If interested, contact Debbie on groups@wareu3a.co.uk



The **MAGI** group is delighted that the Isabel Hospice will be giving a short presentation on Friday 15th November about disposal of unwanted items from their stores. Apologies for the misinformation in the July Newsletter. The Isabel Hospice is still accepting clothes donations.

There will also be a Vintage and New exchange opportunity to buy and/or dispose of those items before Christmas.

Everyone is invited to attend and contribute to this Isabel Hospice event from 2pm at ASSC in Harris Lane, Ware. Start now to declutter by putting aside those clothes and items to be re-loved.



Report from the August Meeting of the u3a **Making A Green Impact Group (MAGI):** “Communicating in the Age of Climate Change”

Ray Bomber’s theme of “Communicating in the Age of Climate Change” was highly thought provoking and stimulated a great deal of discussion. He started by saying that his main aim for us was to agree some guidelines for effective communication in a conversational situation where we can all feel we have some agency: we’re having coffee with a friend and have decided to try to make a green impact on this friend.

We were reminded how much more important non-verbal communication can be in relation to the words spoken.

Small groups were invited to write a few do’s and don’ts to guide an effective conversation – where success is defined as “both people gaining a better understanding of an environmental topic, better understanding of each other, and hopefully a stronger friendship”.

The guidelines coming from the attendees were complemented by a handout with similar guidelines based on a talk given by trainer and coach in leadership and sustainability, Virginia Cinquemani. The conversation was carried further with a further handout carrying Ms. Cinquemani’s guidelines for good listening.

Communicating about climate change brings up many tricky questions once we start looking at what’s going wrong in the clash of opinions between industry, NGOs, scientists, media and politicians. The group was therefore invited to visualise being in rowing boats on the sea of partial information and disinformation; struggling against counter-currents of vested interests; trying to steer a course towards sure information and action for the planet.

Here are three of the Key Do’s of effective communication that the group agreed: Give consideration in advance to your friend’s starting position on Climate Change, and their personal circumstances; work on becoming an active listener; asking open questions to encourage dialogue. Don’t let unsupported statements go unchallenged but always show respect for opposing view-points. Last, but not least, always remember to wear your hearing aids!

