

Natural History group birdy visit to Bridlington



Eight members of the group went on a birdy holiday to Yorkshire recently where we stayed in Bridlington and visited 3 nature reserves over the 3 days we were away.

We dropped into Potteric Carr nature reserve on the way up, then visited Bempton Cliffs the following day, pulling in Fairburn Ings nature reserve on the way back. All excellent reserves.

The weather on the first day was a bit disappointing after all the lovely sunny days we'd been having but the next 2 days were glorious. We all had an absolutely fabulous time. The bird spotting was brilliant, the company great and the restaurants, on our evenings out, excellent. We spotted and identified 31 birds (+7 heard) at Potteric Carr, 28 at Bempton and 33 (+2 heard) at Fairburn Ings. This totalled an amazing 63 different species (+4 heard) over the 3 days.

Each of us, I'm sure, will have had their own favourite highlights, mine were:

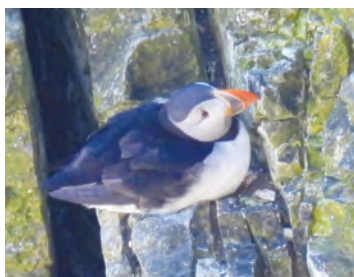
Potteric: Hearing the Bittern booming, a viewing would obviously have been perfect but just hearing it was amazing; seeing the Konik ponies and Highland cattle, both brought in for conservation grazing; spotting my first Swift of the year.

Bempton: We were all keen to spot the Puffins (although this proved to be quite difficult) but such lovely little birds and well worth the effort of scanning the cliffs; I loved watching the antics of the Gannets, flying the thermals and pulling up chunks of grass to line their meager nests and seeing the Tree Sparrows at the feeders was also special as there are now so few places they can still be seen; spotting a Barn Owl hunting along a hedge line, not a common sight in daylight.

One thing we sadly didn't see were the pod of dolphins that had been spotted earlier in the day coming round from the sea off Filey. Shame as that would have been the icing on the cake!

Fairburn Ings: We were aware this was a place where Spoonbills, Cattle Egret, Grey Heron and Cormorants nest so we were thrilled to spot all of these birds. They could only be viewed from quite far away so it was a challenge to even get a recognisable photo. A magical experience to see all of them in such a small area. All in all a very enjoyable few days with some lasting memories.

Sue Black (joint group leader)



Meetings

St. Peter's Church Hall, Glenfield
2.00-4.00

JUNE 25

Geoff Harris - The London you are not told about

JULY 23

Ian Petit - Beautiful Britain

AUGUST 27

Dr Jenny Wilkinson - Victoria Park and the Racecourse

SEPTEMBER 24

Martin Robinson - Hope Against Cancer Charity

OCTOBER 22

Nenette Scrivener - Chocolate Making

NOVEMBER 26

Shetal Jetha - Fraud Protection Officer (Leicestershire Police)

DECEMBER 17

Paul Lillie - Singing and painting of Live musicians



From the top: Friendly Gannets, a Puffin precariously perched on a cliff edge, a Reed Bunting ... and some people!

Card making

The Card Making group meets on the fourth Friday of the month 2-4pm when we share the hall at St Peter's Centre with the Indoor Bowls Group.

This year we have had fun making several very different styles of greetings cards with sessions led by different members of the group. We started the year with Dahlia-fold cards using folded circles of paper to form a design resembling a flower.

February saw us using rubber stamps to make collage-effect cards and in March we had lots of fun making 'cupboard cards' featuring die cut tea sets or garden tools inside.

At our most recent meeting we made humorous cards and cards with butterfly designs. All are welcome to join the group – no experience needed.

Jenny Marriott



Photography



We enjoy photography as a hobby and meet on the 2nd Tuesday of the month to explore different aspects of photography. We have a monthly photo challenge to encourage us to get out and about and use our cameras. One of the most rewarding aspects is to see the wide variety of interpretations of the theme.

The last challenge of 2 Colours caused a few headaches and discussions (are black & white colours? No). But we persevered and here are some of the great shots.

If you have a camera or a smartphone camera you are most welcome to join our friendly and relaxed group. You can contact me via the Glenfield u3a group webpage.

Michael Barbour



Walking 2

Walking group 2 meets on the third Wednesday of each month at 9.45am for a 10am start. The walks are usually 4 to 6 miles, often with a coffee stop half way. All walks are in Leicestershire starting within a short driving distance from Glenfield.

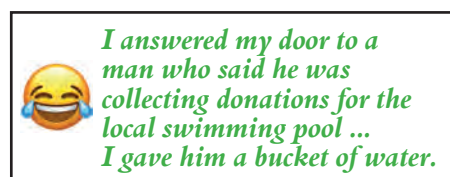
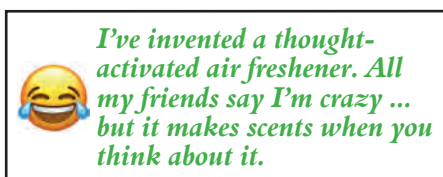
We are a friendly group and, although we have 25 members, less than half of that number attend each walk. We would therefore welcome additional people to join us.

If you are interested, you can contact me (Chris Collins) via the Groups page on the Glenfield u3a website.

Members of the group take it in turns to plan and lead a walk but there is plenty of help and support from other members, if you don't feel confident in taking a turn to lead.

Please note: dogs are not allowed on this walking group.

Chris Collins



Cycling

This year it's been an interesting Spring with challenging, wet and generally very windy weather. We've had fun cycling through flooded lanes, mending punctures and a broken gear cable which could not be fixed on the road. Well done Michael for cycling up the hills with limited gears.

In April as a diversion from our usual Thursday rides, six of us had a great two days adventure cycling from Hartington YHA, Derbyshire. In plenty of sunshine and chilly winds we cycled to Hume End by road and Manifold Trail to Waterhouses and back, with refreshment stops and sightseeing.

Next day we had a big road climb of about 1000 feet to Biggin for the Tissington and High Peak Trails before a splendid lunch at the sunny Church Inn, Chelmorton. Then returned for the drive home from Hartington.

We all had a great time, the YHA was very comfortable and I'm pleased to tell you they have come a long way since my stay in one on a school holiday in 1960.

June Randall



What it's really all about is enjoying yourselves.



Audax cycling event

On Saturday 16 May I completed my first 200k Audax event. Although I no longer ride with the u3a cycling group it was joining them that got me onto the slippery slope of cycling! When I retired and joined the group I wouldn't have believed that I'd be writing about a ride of over 141 miles in a day (less than ten hours actually in the saddle).


I set off from Aylestone at 8.00am with a core group of around 8 riders (there were more than 60 taking part) and took a meandering route out of Leicestershire encountering some fabulous scenery. It felt like the route climbed just about every hill in the Midlands (over 8,000 ft of climbing).


The rules of the event stated we had to make 4 mandatory checkpoints and get timed receipts as proof of passage including a welcome stop at Great Harwood Farm Shop for lunch. Our group speedily made our way North West towards Cheadle, most taking a turn to lead before making the turn south towards home.


Throughout the day the camaraderie was great and the weather although cold at the start was reasonably good and even returning with soggy shoes after a late afternoon downpour couldn't dampen my enthusiasm. Roll on next year.

I finish with one more plug for the Glenfield u3a cycling group, I feel certain that I wouldn't be doing this sort of mileage or maybe cycling at all without their early influence.

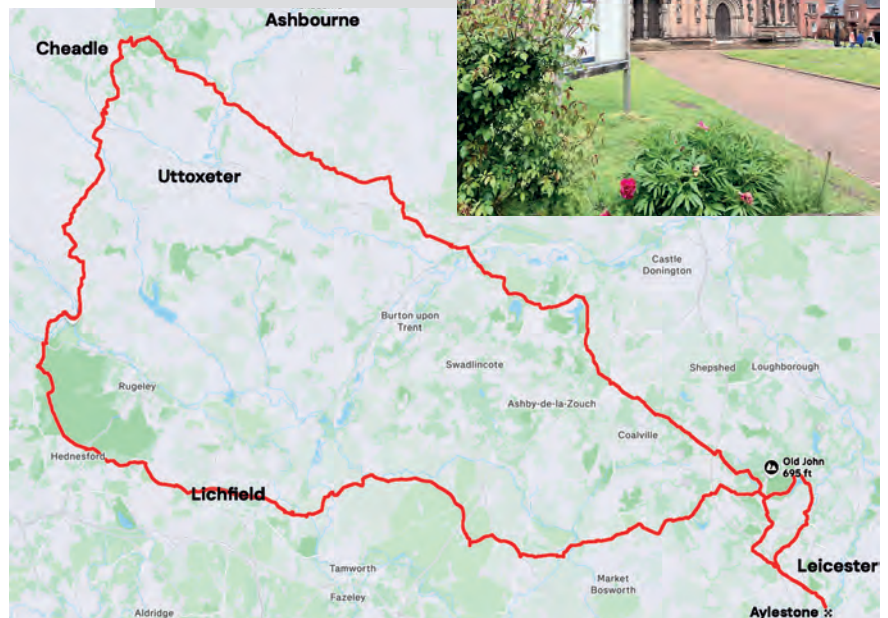
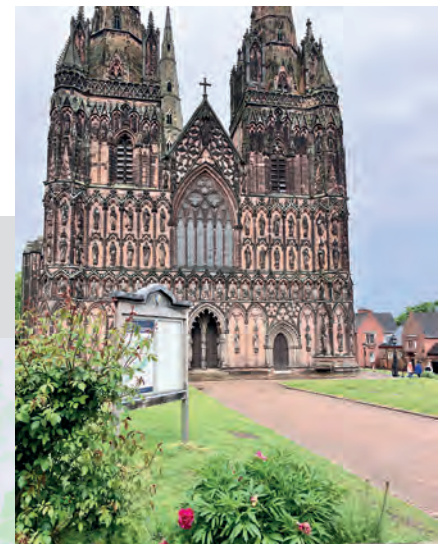
Colin Sage


Reading my home insurance policy, I discovered that if a burglar steals my duvet while I'm asleep ... apparently I'm not covered.


What do you call a woman who puts her bills in the fire? ... Bernadette.


What do you get when nine ants move in with a friend? ... Tenants.

Lichfield Cathedral: One of the landmarks we had to record as proof of passage.



The Weekenders

The Weekenders group has been going for a number of years with over twenty members, unfortunately it hasn't been particularly well attended.

We have been to the cinema a few times, Groby Club tributes and bus pass trips. However we also have two splinter groups; Pie Sunday and Around the world dining which are both doing well and are full.

We are hoping this summer to do a few free bus pass trips and hope more folk will join us.

Rita Morley



Tai Chi

The new Tai Chi group meets weekly on Monday afternoons at Gynsill Lane Sports Pavillion under the guidance of tutor Kumiko Richards. The one hour session includes warm up and stretching exercises, Qigong and Tai Chi, to gradually improve postures, balance and coordination, joint flexibility and muscle strength. These exercises are also perfect for relaxation and suitable for absolute beginners. New members welcome.

Dawn Cox, Group coordinator



Indoor bowls

We usually have about a dozen people every Friday afternoon at St Peter's Church hall for a great game of bowls, very sociable and only £4 per session, you are welcome to come along and try it out.

Peter Knill



From the Chair

It has now been just over a year since I was elected as Chair and the time has flown by.

At the AGM on 26 March most committee members were elected to serve for another year and I would like to thank those members who took the trouble to vote either online or in person at the AGM. Gill Speechley had been Membership Secretary for six years and, under our constitution, had to step down from that role. I would like to thank her for the hard work she has done in that time and also for the help and advice she has given me since I became Chair. Carol Knill has taken on the role of Membership Secretary and Peter Knill has also joined the committee, and so we now have a full complement of twelve.

We currently have 372 members, with 55 groups ranging from activity groups like walking, cycling, pilates and yoga to hobbies groups including arts appreciation, ethnic eating, Mah Jong, philosophy and poetry. In April a new Tai Chi group started with a class on Monday afternoons. If anyone has an idea for a new group you think our u3a should start, you can contact Kim, the Hobbies Groups Secretary, or Andrew, the Activities Groups Secretary, via our website.

We have had a variety of speakers at our monthly meetings, subjects including hearing issues, Rockingham Castle, electric cars, Leicester Cathedral and our Christmas story. Talks coming up for the rest of this year include the Royal Yacht Britannia, Victoria Park and Racecourse, Chocolate Making and Fraud Protection.

We are hoping to run a couple of coach trips this year – one to Newark in August, and the other to the Houses of Parliament in September.

I hope you all have a good summer, which I am sure will be warm and sunny!

Paul Linnett – Chair

Playing on regardless

Four members of Glenfield u3a petanque group, who despite a rainy morning turned up and played regardless. That's commitment!

Famous for a day, as printed in a recent 'u3a Matters'.



Contact with any member of the Committee can be made through our website, which also carries lots of current news and information:

www.u3asites.org.uk/glenfield

It's updated continuously, so please check it regularly.

You may prefer to send an email. If you have anything to say, or any items of interest or events you wish to publicise, please let us know:

glenfieldu3a@gmail.com