

Welcome to the quarterly edition of the Cheswick Green & District u3a Newsletter. Please forward any news items to me at suewin2002@gmail.com



So with the daffs out and occasional blue skies, Spring is on the horizon and we can live in hope of brighter, warmer days to come. That said, all our u3a activities have got us through the winter months, with warm venues, good company and (often) cake! Numbers at the Core meeting have increased and for the last 3 months we have consistently welcomed around 60 members to enjoy some interesting speaker presentations. It has been really lovely to see people at the monthly meetings who haven't been coming for a while, and to welcome new members. Do come and introduce yourself to me if I have not met you yet.

Thank you to our member John Mellor who co presented last month's talk on bees and bee keeping. Next month another member, Pat Carr, will be sharing her reflections on the work of her friend, Elizabeth. Pat's past talks have been excellent, so please do come and support her.

If you have any recommendations for good speakers or are willing to share something with us yourself, please do let Sue Hurst (Speaker Organiser) or any committee member have the details for us to follow up on.

We have a plan for an event to follow our AGM in June, so look out for more info on this in the next couple of months.

By popular request we have included some non speaker social sessions into our monthly meeting schedule for 2024.

Our monthly raffles have been well supported and we thank you for buying tickets. Each month we have been able to donate around £50 to our chosen charities
Thank you as ever to the committee who work hard to make sure our u3a is an active fun group to be part of.

I hope to see you at an activity or event soon.

Ruth

Ps this was my bee themed outfit for last month!



INSIDE

Chair Report

Core Meetings

Held on the third Thursday
each Month at 2.00pm __

Group Updates

We have over 20 groups you can join for
fun and socialising

Group List

Group Leaders contact details

Core Meetings 2024

Our speaker at **January's** meeting spoke to us from the recollections of a young girl in the 1920's. Fashion and social life were featured and the talk ended with a demonstration of The Charleston. Well done to those who got up and had a go.



At **February's** meeting we had a FASCINATING talk by Bob and John from Solihull Bee Keepers Association. We learnt so much about the lifecycle of bees and about bee Keeping.

Here are 6 facts:

- 🐝 Each colony will have around 50 thousand bees and each colony has its own smell
- 🐝 Queens live on average 3 years
- 🐝 Bees have 5 eyes
- 🐝 There has been a colony in the wall cavity of St Patricks Church for 20 years
- 🐝 The Queen can lay 3000 eggs a day in the spring.
- 🐝 Once a male bee has fertilized the queen, his willy explodes!



Core Meetings Speakers 2024

- **March** Elizabeth Talk about a lady called Elizabeth
- **April** Fire Service and Home Safety
- **May** Food Glorious Food History of and reminiscence of food
- **June** AGM followed by Social Event
- **July** The making of hand woven bags in the Philippines
- **August** Off the beaten track. A talk about drama's and funny stories encountered by the speaker and seven friends during an 8.500 road trip across Europe
- **September** Birmingham Back to Backs (the history)
- **October** Social Event
- **November** Macular Degeneration Society
- **December** Christmas Party

Outings

The Outings Group now meet in the small hall of the Village Hall, so plenty of room for new members. We only ask for £1 contribution to pay the hire charge, but you do get a drink and a biscuit. There is an obligation to make suggestions of places to visit and take a turn to help arrange the logistics for this to happen.

January was very social as 32 of us went to see the Pantomime at the Birmingham Hippodrome. A favourite for many years now.



February we visited the Exchange Building in Birmingham, Centenary Square . A free guided tour around this beautifully restored Art Deco building was enjoyed by 29 of us.

Free train travel and a ride on the

tram made this an inexpensive and interesting day. The cafe now operating in the previous banking hall was a great place to eat and chat .



Further outings are planned to the Royal Albert Hall, Black Country Museum, Ludlow etc we like to travel in style by coach from outside the Saxon Inn.

French Group

French Group continues to meet at 10:30am on Tuesdays at the Beefeater at the top of Creynolds Lane. New members are welcome.

Ring me for further information on 07752473308

Linda Sommer

Cards

(Canasta and Cribbage)

We meet on the 2nd & 4th Monday of each month

2-4pm in the Saxon.

We can teach you, Just come along and join in the fun.



Garden Visits Group

The "Gardening" group has been re-named as the "Garden Visits" group, to better reflect its purpose and activities. Dave Willis is now the group leader, having taken over from Bev Prater, who is taking a well-earned rest after 4 years in the role.

The group has a full schedule of visits for this year, which started this month with a trip to Charlecote Park. The borders there were alive with snowdrops, crocus, hellebores and other early-flowering plants, providing an enjoyable excursion despite

sections of the deer park being closed due to the flooding of the adjacent River Avon.



The visit schedule is available from the Group web-page.

Spring Newsletter

Striders

The Striders group has been out for two very different walks so far this year.

We were lucky with the weather for our 5 mile January walk and 17 of us strode out along footpaths, canal towpaths and through parks in Shirley, all admirably led by Peter.



In contrast, our February walk was a city walk in Birmingham, very different to our usual country surroundings. There were problems with the trains at the start of the day and some of us had to catch a bus, a train and a tram to get to the starting point of the Jewellery Quarter station. From there, Piers led 14 walkers along a route that visited cemeteries, churches and many hidden canal towpaths with Piers giving us explanations of many points of interest along the way. Refreshments included a stop for coffee at The Exchange in Centenary Square and a stop for a drink and a cob at The Prince Of Wales, a characterful pub behind the ICC convention centre.



Our next walk is on 8th March.

Chair Exercise

A combination of Dance and Pilates all done with the aid of a chair

We now have a new Teacher who will help us exercise in a fairly gentle way to help boost our fitness levels without too much pain, we only do what we are able to manage.



We also do quite a bit of singing, chatting and laughing!!!

30 minutes of dancing on the chairs to get you warmed up and that blood pumping and have some fun.

All songs are familiar so you can also sing along if you want to.

30 minutes of chair-based



Pilates. Gentle Pilates exercises on the chair or using the chair for support.

When do we meet? - Weekly on Monday mornings from 9:30 – 10:30 am.

Where? Cheswick Green Village Hall.

Cost £10 to join group. £7:50 per week.

Not sure if it's for you?

Come to first session and pay the £7:50 class fee, if you want to continue you pay the joining fee at your next session.

Contact Jacky Nolan, Group Leader
jacky.jnolan@gmail.com 01564 702753

Games Group

The new GAMES group got off to a good start.

With 9 attendees at the inaugural session and a few more expressions of interest.

It was agreed that the 4th Thursday afternoon (2-4pm) of each month suited everyone and so that will be its regular slot.

There was expression of interest in a number of games and at any session we anticipate that several games might be in play. We decided that a free community venue would minimise admin tasks and pay per play costs.

This group is available to everyone and occasional attendance is welcome, a regular commitment is not essential.

So, If you would like company for an afternoon of any game, or are willing to introduce /teach a favourite game, then do come along to our sessions. It will be best to check in with our admins for details of venue etc.

If demand is expressed, we can establish a 2nd group on a different day & time, or specific game sessions may develop.



Kath Kinsella (07891 718231) and Di Howe (0121 246 0595) agreed to be the initial points of contact for anyone interested in finding out more.

For our first session, Ruth and Di taught everyone how to play the domino game, MEXICAN TRAIN and we will be revisiting this next month to see if we can remember how to play.

In the spirit of u3a, we laughed and learnt and met new people..

We will address the lack of cake at future sessions!

Theatre Group

Theatre group meet bi monthly to review shows we have seen and plan what we would like to go and see.



We like to support as many amateur dramatic productions as possible.

If you would like to join our meetings or just be included in our updates , contact Ruth on rhubble8@gmail.com

Badminton

We pay when we play, so if you can't commit to every week but would like to join us occasionally, and have some prior experience, you would be very welcome to come along.

We play on Thursday mornings we have welcomed a couple of new players to our badminton group and they have fitted in very well. And thankfully, this means that we mostly get a break between playing! The off court chat and laughter, is as much a part of the session as the play.

10-12 at Earlswood village hall. £5 per session.



If you want to know more about our group, email Ruth on rhubble8@gmail.com

** we have all been playing for a few years so this group would not suit beginners.

Curry Club

What a great start we have had to 2024. With visits to DAWAAT and MONSOON. We are soon heading out to a new (to us as Curry Club) venue, LAVANG on Old Lode Lane.

Turn outs have been in the high teens, which could be a challenge if we weren't all experts at managing large group bookings! and having rules in place that make the execution of bill paying smooth to manage.

Our group is at maximum capacity but we would be happy to get another group up and running if there is a demand.



Rummikub

After 12 years of teaching and leading our RUMMIKUB group Brenda Brown has handed over the responsibility of this group to Cally Honour and Kath Kinsella.

We thank Brenda for bringing this game into our lives and for all her hard work over the years. She even kept the games going throughout the Covid years.

Going forward:

RUMMIKUB will be played on

The FIRST MONDAY of the month

Starting at 2pm

In THE SAXON

If you would like to learn this number tiles game then come along."

Tuesday Bridge Club

The Tuesday bridge group continues to thrive with an afternoon of cards, coffee and cake. It certainly keeps our brains ticking over. We play seriously but never too seriously. We are a social group who like a giggle and a chat. We currently have 3 members of the group enjoying separate antipodean adventures. We'll be back to a full complement in March with plenty of stories to share.

| Group | Contact Person | Phone number | E mail address |
|------------------------------|-------------------------------|------------------------------|--|
| Badminton | Ruth Hubble | 07576181260 | rhubble8@gmail.com |
| Book Club | Marian Burrows | 07929793204 | marianburrows@hotmail.com |
| Bridge- Monday | Denise Cooper | 0121624 9218 | denisecooper49@hotmail.co.uk |
| Bridge- Tuesday | Julie Cunningham | 07966204002 | juliec58@icloud.com |
| Cards (Canasta and Cribbage) | Barbara Hunter | 01564200077 | barbarahelenhunter@hotmail.com |
| Chair exercise | Jacky Nolan | 01564702753 | Jacky.jnolan@gmail.com |
| Computer skills | Bob Ireland | 01217456471 | rjireland.ri@gmail.com |
| Curry Club | Ruth Hubble | 07576181260 | rhubble8@gmail.com |
| Dining Out Group | Barbara Hancock | 01216034064 | barb21@live.co.uk |
| Family History | Pauline Pedersen | 01564703100 | pauline.pedersen@btinternet.com |
| French | Linda Sommer | 07752473308 | Lindasommer@hotmail.com |
| Games | Kath Kinsella Di Howe | 07891718231 0121 246 0595 | kathleen.kinsella@hotmail.co.uk burt48@live.co.uk |
| Garden visits | Dave Willis | 07875-016138. | dave@davewillis.me.uk |
| Going Places | Di Howe | 0121 246 0595 | burt48@live.co.uk |
| Outings | Pat Carr Margaret Daniels | 01564700039 01564703298 | patgcarr1973@gmail.com dan.line@virgin.net |
| Real Ale Tasting Group RATS | Piers Cockroft | 01564703091 07740839678 | jpcockroft@yahoo.co.uk |
| Rummikub | Cally Honour Kath Kinsella | 0777997 1942 07891718231 | callyhonour@gmail.com kathleen.kinsella@hotmail.co.uk |
| Table Tennis | Roy Holloway | 01564823959 | royholloway@btinternet.com |
| Theatre | Ruth Hubble | 07576181260 | rhubble8@gmail.com |
| Walking (4 miles and over) | Janet Clifford | 01564200222 | jclifford@blueyonder.co.uk |
| Wine Tasting | Richard Duffill | 01564703264 | r.duffill@blueyonder.co.uk |
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ASSOCIATED GROUPS

| Group | Contact Person | Telephone Number | Email Address |
|--------------|-----------------------|-------------------------|--|
| Line Dancing | Janice Kenrick | 07865999841 | Jkenrick25@gmail.com |
| Tai Chi | Judith Vernon | 01564 702008 | Judith.vernon@btinternet.com |