

NW U3A NEWS

Issue no 3 November 2009

Diary of Events

We have organised a series of exciting events for the early part of 2010. We very much hope you will make this work worthwhile by coming to as many as you possibly can and encouraging all the other members of your U3A to come along also. Here are the details. Remember we must have applications in advance for all of them.

Future Events

One Day Regional Conference 12 Feb 2010 at St Cuthbert's Church Centre, Fulwood, PRESTON

The idea of this is to have a forum for discussing the medium term future of the U3A movement and to give our NW U3A members an opportunity to influence policy. The new National Chairman, Ian Searle, will give a talk on his vision for the future, concentrating particularly on his aspirations for his period of office. The National Administrator and Company Secretary, Lin Jonas, will talk about the resources available from Bromley to help individual U3As and how she sees these developing. We plan also to have parallel sessions so that as many members as possible will be able to discuss their views and interact at a detailed level with Ian, Lin, Alex and NWREC so as to improve communications in every direction. There will then be a wrapping up session at the end. The day will start at 10.00 for coffee with talks at 10.30 and run till approximately 16.00. We must have accurate knowledge of who is coming so an application form is included as **Appendix 1** of this Newsletter. Lunch and refreshments are included in the charge of £7. Each U3A in the NW Region can send ONE delegate free of this charge. Final details will be sent to those who register as soon as possible

Liverpool Culture Revisited 16th March 2010 various venues in LIVERPOOL

The program is now fixed and full details and an application form are included as **Appendix 2** of this newsletter.

NW Regional Easter School 7th to 10th April 2010, Myerscough College, near PRESTON

We circulated full particulars of this some weeks ago and for completeness the flier is attached as **appendix 3** to this newsletter. Applications are needed immediately as very soon we shall be getting applications from outside the NW and so you may miss out if you do not move very fast.

Distinguished Lecture and AGM 25th May 2010 Friends' Meeting House, Mount Street, MANCHESTER

The speaker at this event will be Dr John Prag who is Professor of Archaeology at the Manchester Museum and who has, with Richard Neave, become world famous for reconstructing lifelike representations of ancient people from skeleton remains. He has a great reputation as a lecturer and we hope that this talk which will be followed by the NW Regions's First AGM will prove very popular. His talk will be entitled "Eyes, Teeth & Arthritis ; Reconstructing Ancient Faces" and is available to all members of NW U3As. The AGM is, of course, free but limited to 2 delegates per U3A. The lecture by Dr Prag together with refreshments will cost something in the region of £10. More details will follow later.

The venue is quite large and is just off Albert Square in the centre of Manchester on the Metro system and a few minutes walk from Oxford Road rail station.

Past Events

Jodrell Bank Visits on 25th September and 2nd October 2009

These were fully subscribed and were very highly praised as we got Prof Ian Morrison to give us a talk and conducted tour around the labs as well as the usual public events, The curator of the Arboretum also gave us a tour. And this also was highly praised. We hope to have a third trip reasonably soon as there were more people who wanted to come than we could accommodate.

News from the National Conference at Edinburgh 3 - 6 September 2009

Six members of NWREC were among the delegates to the National Conference. Most of you will either have been there or will have heard that the lectures at this years conference were outstandingly good. During the conference we also engaged in lots of networking and had several important meetings individually and one collectively to advance the NW's regional interests. There is no need here to elaborate as the various lectures and the AGM have been reported on in the National U3A News.

News from NWREC - 4th Meeting on 26th October 2009

At this meeting we reviewed the various events and planned some new ones. These are covered above.

For this meeting we had invited Terry Hardie, the National Treasurer to be present. We reported in our first newsletter that there were difficulties in accessing the funding promised for the Regions. We stated at the outset when the NW Regional structure was set up that we would not ask U3As for a capitation fee for it. This remains our undertaking and Terry supported this stance. At the meeting Terry Hardie outlined his position re central funding and after a constructive discussion he agreed the proposal put forward by John Ellison and Kathleen Mercier on the way forward for releasing funding for the NW. On our part we agreed to submit a budget covering details and we agreed to organise the One Day NW Regional Conference discussed above which would be funded centrally as far as expenses other than individual travel for a limited representation of each U3A in the region. Additional members of all U3A's would be able to come also but would have to pay the modest additional costs entailed.

In outline our agreed funding proposals that were:-

1. We need under our own control - not organised by central office or the national officers or the regional rep - a budget for carrying out our statutory duties. This to include money for
 - (a) AGM - hall hire and refreshments
 - (b) expenses for NWREC to attend AGM;
 - (c) expenses for say 3 other committee meetings to keep things moving.
 - (d) planning meetings for a rolling program of self funding events which needs initial pump priming but thereafter could be covered by charges for events themselves.
 - (e) as TAT has actively encouraged regional structures they should give funding to avoid the region having to increase the costs of events in order to cover expenses of AGM's and meetings to promote of the concept of the U3A movement.

2. Initial extra funding to get the system up and running involving some reserve cash available as of right, sufficient funds to pay travel expenses and simple buffets at houses or at worst very small room hire costs. (Currently NWREC members are carrying these costs themselves.)

3. Accounting to be done by local treasurer through examined accounts and Regional AGM – National Office could have a copy of these accounts to show the Auditors.

4. Total allowed expenditure (as proposed) of £30 per U3A for period up to and including AGM after a full year of operation is workable. This comes to somewhat over £2K for the NW Region. Thereafter order £1.2K for AGM and a minimum number of committee meetings say an additional £0.7K for a meeting with National Officers. It should not be necessary to lay down whether to mix AGM with say a distinguished speaker or with a visit from National Officers. So in summary £30 per U3A from Centre for first year and £25 per U3A per year thereafter should be

workable but may be tight for the future. (All at current cost basis of course.)

The meeting also looked at the development of the U3A movement in the NW and pinpointed the areas for possible new U3As. Terry Hardie raised the desirability of having NWREC and the EDO team working together. This was generally agreed although the feeling was that there was a need to avoid some of the difficulties that can arise by non-local people making mistakes.

Website - Several options proved unsuitable for our needs. A workshop is being organised in the near future to progress the setting up of the website.

The NW Trustee reported through Kathleen that only one NEC meeting has taken place since the Edinburgh Conference when Ian Searle became Chairman. At this meeting Ian began to allocate tasks to the Trustees. Alex McMinn will head the Research Committee. TAT have rejoined the Association for Education for the Ageing. The Trustee has visited many U3As over the last few months.

John Ellison
Newsletter Editor and NWREC Secretary

APPENDIX 1

APPLICATION FORM

NW REGION U3A CONFERENCE - 12th FEBRUARY 2010 St Cuthbert's Church Centre, Fulwood, Preston

I wish to attend the above event.

NAME

Address

Phone

Email

Your home U3A

Are you likely to be your U3A's official delegate? **If not please enclose a cheque for £7 payable to "NW Region of U3As"** to cover lunch and refreshments.

Please return form to John Ellison, 4 Crag Bank Crescent, Carnforth LA5 9EQ by **15th January 2010**
Any queries to j.ellison521@btinternet.com or 01524 733400

LIVERPOOL
THE CAPITAL OF CULTURE REVISITED
BY THE U3A NORTH WEST REGION
16TH MARCH 2010

Liverpool offers a wide range of cultural activities including museums, galleries and the Philharmonic concert hall. There are fine buildings to see and strong maritime, scientific and technological traditions to explore as well as the darker history of the slave trade. You are invited to select one of the options listed below:

<u>Group</u>	<u>Time</u>	<u>Activity</u>	<u>Time</u>	<u>Activity</u>	<u>Cost</u>		
1	11.30 AM	Slavery Walk	2.00 PM	Slavery Museum Transatlantic Slave Trade	£10		
2	11.30 AM	Walker Art Gallery	2.00 PM	Architecture Walk	£10		
3.	11.00 AM	Tate Art Collection	2.00 PM	Tate - The Building and its History	£10		
4.	11.00 AM	Maritime Museum - The Sailors Tale	2.00 PM	St. Georges Hall - Tour and talk	£10		
5.	11.00 AM	Slavery Museum - Destination Freedom	2.00 PM	Maritime Museum - Victorian public health	£10		
6.	11.00 AM	Science Walk	2.00 PM	The Cathedrals	£10		
7.	11.00 AM	Anglican Cathedral	12.30 PM	Philharmonic Hall & Rehearsal	3.30 PM	Metropolitan Cathedral	£15

DETAILS OF VISITS

SLAVERY WALK – Takes just under 2 hours and is led by Eric Lynch, an Afro-Caribbean Scouser. This is a walk and talk viewing areas and buildings with a strong connection to the slave trade. It takes in many central areas of the city. Wear comfy shoes!

SLAVERY MUSEUM - DESTINATION FREEDOM

This museum is based inside the Maritime museum. Opened in August 2007 on the bicentenary of the abolition of the British slave trade. It was created to promote understanding of transatlantic slavery and its enduring impact. A drama and discussion session on the issues raised in the presentation.

SLAVERY MUSEUM - TRANSATLANTIC SLAVE TRADE

Charts the evolution of the slave trade from its African roots. Presentation in the Slavery Museum lasts about 90 minutes. After this there will be time to browse around the museum.

WALKER ART GALLERY – A guided tour with Dr Paul O’Keefe who is a lively and enthusiastic guide. The Walker holds one of the finest collections of fine and decorative art in Europe. There are paintings and sculptures from the Renaissance to the 21st century, including Tudor, Victorian and Impressionist art as well as paintings inspired by Greek mythology.

ARCHITECTURAL WALK – Starting from St George’s Plateau and viewing the Walker Art Gallery, The Museum of Liverpool Life, passing along Dale Street and the Town Hall and making its way to the Pier Head with the

Liver Building , the Cunard Building and the new World History Museum which is due to open in 2011; thence to the Albert Dock where former warehouses have been restored to Museums , shops, cafés and up market apartments.

TATE – Tate Liverpool is situated at the Albert Dock. The gallery opened in 1988 and presents displays of work from the Tate collection alongside special exhibitions of modern and contemporary art. It has established an international reputation for working with and touring exhibitions as far afield as Korea and Japan as well as with European countries. Talk entitled the DLA Piper series: This is Sculpture. Opportunity to look round the Gallery.

TATE – The Building and its History. There will be time to look around the Albert Dock and surrounding area and buildings afterwards.

MARITIME MUSEUM – THE SAILORS TALE

This museum is situated at the Albert Dock and provides an excellent insight into Liverpool's port and its maritime history. Also inside the building is the HM Customs & Excise Museum which explores the work of this department. Displays include drugs, firearms and counterfeit smuggling, the protection of endangered species and revenue collection. This presentation is based on maritime objects and stories of a nautical nature which have given rise to familiar sayings.

MARITIME MUSEUM – VICTORIAN PUBLIC HEALTH

The presenter plays the part of Dr. Duncan who was the first public health inspector in the country and was based in Liverpool. He will talk about Victorian diseases and the work of the public health inspector in that era.

SCIENCE WALK – Liverpool has played a major role in many scientific and technological developments. This accompanied walk of about 90 minutes visits a number of sites and buildings where some of the developments were made, or where astronomers, engineers, medical doctors or scientists worked, lived or were born.

THE CATHEDRALS – At opposite ends of Hope Street. The Metropolitan Cathedral, often known as Paddy's Wigwam, with its unusual exterior and modern internal layout was built in the early 1960's to the design of Sir Frederick Gibberd. It is the fourth Roman Catholic Cathedral to have been built in Liverpool. The Anglican Cathedral, the masterpiece of Sir Giles Gilbert Scott was begun in the first decade of the 20th Century and took seventy years to complete. Two very different and fascinating buildings.

THE PHILHARMONIC HALL AND REHEARSAL OF THE ORCHESTRA – There will be a guided tour of this Art Deco hall led by a Blue Badge Guide, followed by tea and biscuits with a chance to meet the staff. For the music lovers you will be able to watch a rehearsal of the renowned Royal Liverpool Philharmonic Orchestra. (Hopefully with the principal conductor Vasily Petrenko)

This visit will last approx. 3 hours

USEFUL INFORMATION

REASONABLY PRICED HOTELS.

NEAR TO THE ALBERT DOCK:-

Dolby – 0151 708 7272 Rooms approx £40

Camponile - 0151 709 8104 Rooms from £59

Hanover Hotel – 0151 709 6223 Rooms from £53

Novotel, Hanover Street – 0871 663 7816 Rooms inc breakfast from £60

Ibis – 0151 706 9800 Rooms from £55

Premier Inn at the Dock – 0870 990 6432

Express Holiday Inn – 0151 709 1133 Rooms from £55

Travelodge at Brunswick Dock 0871 984 6030

NEAR TO LIME STREET AND HANDY FOR THE CATHEDRALS, UNIVERSITY AND PHILHARMONIC HALL
Feathers Hotel on Mount Pleasant 0151 709 9655 Rooms approx £54
Lord Nelson 0151 709 5161 Rooms from £39
Premier City Centre - Ring premier Inns for current prices. Has been £65 per room
CENTRAL
Sir Thomas Hotel 0151 236 1366 Rooms from £42.50

The above prices are not guaranteed nor is the quality of the accommodation.

EATING PLACES :-

LIVERPOOL IS WELL SUPPLIED WITH THESE, ESPECIALLY SINCE LIVERPOOL ONE OPENED.

At the Albert Dock itself there are cafes around the dock as well as at each venue - Maritime Museum and the Tate. Across the main road is Liverpool One with many coffee bars and eating places including the stores like John Lewis and Debenhams.

Going into the central area you have M&S, BHS, The Bluecoats Chambers for sandwiches and snacks. On Wood St (Parallel to Bold St) there is Villa Romana and on Bold Street itself there are several cafes. Near to Lime Street is Caesars Palace. Towards the Philharmonic each Cathedral has a cafe and the Phil has its own cafe. There are many restaurants on Hardman Street and Hope Street.

Don't forget the famous Philharmonic Pub for an odd drink. The Gents loo is worth a visit! (Ladies just check its unoccupied before going in!!)

APPLICATION FORM
CULTURE REVISITED, LIVERPOOL
16TH MARCH 2010

Please return this form indicating your choice of option with a cheque for the appropriate fee made payable to '**NW Region of U3As**' and send it to
NWREC, C/O 18 Davenport Road, Lower Heswall, Wirral, CH60 9LF.

CLOSING DATE FOR APPLICATIONS JANUARY 22ND 2010.

Name

U3A

Address

Post code

Email address

PLEASE SELECT ONLY ONE OPTION BY TICKING IN THE BOX FOR THE APPROPRIATE GROUP

1. £10	2. £10	3. £10	4. £10	5. £10	6. £10	7. £15
--------	--------	--------	--------	--------	--------	--------



NORTH WEST REGION
RESIDENTIAL SCHOOL
MYERSCOUGH COLLEGE, BILSBORROW, PRESTON
7TH—10TH APRIL 2010

Myerscough College, Bilsborrow, just off the A6 between Preston and Garstang, is a very attractive venue with first rate facilities on a big rural campus. There are extensive gardens of high quality. All this is offered at a very good price. The School will start late morning on Wed 7th April, and run till after lunch on Saturday 10th April.

Accommodation will be in modern en-suite single rooms very close to the lecture theatre and a suite of study rooms which are very flexible



and are fully equipped with facilities for presentations (e.g. power point type).

The all inclusive cost for full board (including lunch on both Wed and Sat), morning and afternoon refreshments and the study courses will be £215 (except for the Golf option which will require a supplement and will cost a total of £260.) Day participants can attend with lunch, dinner and refreshments at £160 (or £215 for the Golf option). **NOTE** All trips and admission prices are included in the above costs.

Courses on

Archaeology	Family History	Local Geology
Improving your Golf	History of Art	Memory & Mental Wellbeing
Photography	John Ruskin	Wordsworth

Many courses will include an excursion. Most will be by coach, but a few will use cars and in this latter case drivers will be reimbursed a modest mileage rate.

In addition to the courses during the day, there will be various activities in the evenings including a talk and a horticultural event which are included in all costs.

If we have a good response it is possible that we could arrange additional study topics. So if you are interested please indicate your particular interest.

Details of Courses

Reconstructing the Past - An Introduction to the ARCHAEOLOGY of the British Neolithic and Bronze Age –

Carol Allen

The archaeology of Britain from the early Neolithic to the later Bronze Age will be explored, using the excavated evidence from sites to build a picture of the lifestyle of early people. We start by examining evidence from the first farmers in Ireland and Orkney, and continue by discussing excavations throughout Britain which allow us to piece together how people lived and died. Henges and stone circles including Stonehenge, and the ceremonies connected with these sites will be investigated, and by examining Bronze Age settlements and burials the developments of daily life and social networks will be seen.

FAMILY HISTORY - John Harman

Have you thought it would be interesting to investigate your family history but are not sure how to begin? We will explore the sources of information to help you get started, for example, civil registration, census returns and parish registers – and where to find them. Other key and accessible sources such as wills, commercial directories and military records will be identified to provide more information about your ancestors and “bring them alive”. There will be an introduction to significant family history web sites and we will look at relevant software to help you store your information and write up your family history. The course will include formal inputs, practical exercises and perhaps a visit to the local County Records Office (in Preston) – all designed to give you the tools and confidence to start your own family history project.

Local GEOLOGY – Chris Arkwright

Rocks in the NW are mainly of the Carboniferous Period when, initially, limestones were deposited in warm shallow seas near the equator. In mid-Carboniferous times, a vast delta was built out into the sea covering the limestones with a great thickness of Namurian Millstone Grits and shale brought down by mighty rivers from the Caledonian Mountains to the north east. Eventually land plants flourished resulting in the Upper Carboniferous Coal Measures. We shall investigate sedimentary rocks and processes using hand specimens and geological maps of the area, before visiting sites in the Ribble Valley and around Morecambe Bay to examine the rocks and structures in situ.

Improve Your GOLF - John Barclay

This course will include : a) The Golf putting clinic – aim and alignment b) Golf swing lesson with video analysis in the Academy covering swing dynamics c) Chipping- learning the different shot types – lob, chip & bump'n'run. d) Driving range – short and mid iron target awareness. There will also be 3 sessions on the 9 hole golf course.

HISTORY OF ART - Phillip Hutton

General topics of landscape, beauty and art will be covered as well as a presentation on Cumberland artists such as Brough who was a landscape artist and Arthur Ransome and Beatrix Potter as illustrators. It is hoped to link in with the Ruskin group to visit Brantwood where three generations of the Seven family were artists. The first Seven was a friend of John Keats and nursed him during his final days whilst the son can be described as a ‘hanger on’ to John Ruskin

MEMORY & MENTAL WELLBEING

This will include a video presentation of a lecture by Baroness Professor Susan Greenfield who is a world acclaimed expert in the maintenance of the healthy mind in older people and a session entitled ‘memories are made of this’ by Dr. Sylvia Dillon – a consultant Clinical Psychologist. There will also be other sessions on mental and physical wellbeing.

PHOTOGRAPHY – Keith Brownlow

This course is for those who want to get the most out of their digital compact cameras. There will be background on the development of the digital camera and its uses. The course will be largely practical and cover pictorial photography, portrait and record pictures. It will include the use of computers to aid improvement and to demonstrate how to enhance photographs.

The Legacy of JOHN RUSKIN - Meg Shaw

We will investigate the life and work of John Ruskin paying attention to his role as an influential thinker. The course will be a mix of presentations and discussion, and it is hoped to visit the John Ruskin Archive at Lancaster and his home on Coniston Water. A preparatory reading list will be available on application.

WORDSWORTH - Mary McGreggor

'She gave me eyes, she gave me ears'. We will look at Wordsworth's poetry mainly through one of the greatest of all literary collaborations, that of Wordsworth and his sister Dorothy. The approach will be thematic, with themes such as: landscape, travel, education and ideas and there will be opportunities for active participation from the group. It is hoped to include an excursion.

APPLICATION FORM
NW U3A RESIDENTIAL SCHOOL
7th - 10th APRIL 2010 AT MYERSCOUGH COLLEGE

Please return this page giving your preferred course (at least both first and second preference please) **as soon as possible** together with a cheque for deposit of £35 payable to '**NW Region of U3A's**' and send it to: Kathleen Mercier, 9 Pipers Ct., Caroline Pl., Oxtou, PRENTON, CH43 1TR.

Name

U3A

Address

Post code

Email address

Any special dietary requirements?

Do you want overnight accommodation or only meals (excluding breakfast)?

Any preference for accommodation (eg ground floor required)

Preferred courses (indicate preference number)

Archaeology	
Improving your Golf	
Photography	

Family History	
History of Art	
John Ruskin	

Local Geology	
Memory & Mental Wellbeing	
Wordsworth	

Additional information

It is possible that participants may be able to stay over the Saturday night for an additional cost. If you wish for this please indicate on this form.

If additional topics become available we will let all registered people know. Almost all courses have limits on the number of participants. Allocation will be on a first come first served basis.

kathleenmercier @talktalk.net