



• *Chairman's Report*

Hello Everyone,

Your U3A Committee has been extremely busy in the last three months. We are in the process of changing our back office systems and have agreed to adopt the National Organisation's system for recording membership and any associated financial transactions. Like all changes of this nature it involves an initial investment of a lot of time in the belief that the result will be a slick and efficient admin system which will be easily operated by our current team and their eventual successors.

Your Committee are also engaged in updating the existing Purbeck U3A Website. Our aim is to involve all of our Groups in the populating of the new site, but also, to maintain a link with the existing high quality sub sites. There will be more about this in the coming months.

New Group activity is gathering pace as I write this note. There are plans for another Book Group plus a Study Group to examine Old Abbeys and Churches in the near vicinity.

Thank you all for your continuing support.

Jim McGivern



USE OF THE CAR PARKING FACILITY AT HARMANS CROSS

Reprinted below is an extract from a communication recently received by the Committee from the Clerk of Worth Matravers Parish Council.



“Further to the meeting of the Parish Council on the 7 February I have been tasked to contact the U3A in respect of their members regular usage of the HX Car Park The car park as you will be aware is run by the Parish Council and not the village hall yet it is clear that few if any of the U3A members who regularly use the hall make any donation let alone the £1 requested towards the quite large running costs of the car park.

May I seek your assistance in communicating to your members that if this continues there is a strong possibility especially with rental and the council tax revaluation coming in for 2017 -18 of the car park being closed to their and the communities who benefit in the future. The hall is a lovely warm local facility well run by its management committee and it would be a desperate shame if a local what I can describe as mean ness from users of the car park results in the car park closure”.

This applies to the car parking facility across the road from the Village Hall which PU3A members frequently use when the Hall car park is full, not only on Meeting Points days but also by the several other groups who use the Hall regularly.



There is a very polite notice requesting a modest parking contribution - £1 is suggested – and a box provided for

payments.

(If you are among the few honest users who **do make** a contribution, then this notice is **not** for you so please do not take umbrage!)

Your Committee asks that in future all users of the facility make a payment of the not unreasonable amount of £1 per vehicle which will help to ensure that we continue to have use of the car park.



It would be a great shame if the Parish Council was forced to either close the car park completely, or, horror of horrors, ban PU3A members from using it!

Just a thought – if you car share, the charge can be split!

HELP!



**WE NEED SOMEBODY!
NOT JUST ANYBODY – QUITE
A FEW BODIES ACTUALLY!**

Purbeck U3A now has 600+ members and some 50 different groups. There is quite a bit of administration needed to keep this running smoothly. Add to this the introduction of two new software systems, we need help!

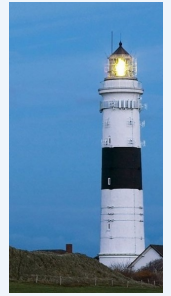
Its very nature means Purbeck U3A has a small but regular turnover of members. Some of the committee have given their time and experience for quite a few years and now wish to step back and enjoy the groups they have kept running.

Most of the necessary work does not take much time, it can be broken down into various tasks that only take a minimal amount of time each month. Members who would like to join the committee are very welcome but not essential, your help with any part of the administration is invaluable.

If you would like to see how we run things or just have an informal talk with me please do contact me, groupscoord@purbecku3a.org.uk or Jim McGivern chair@purbecku3a.org.uk

Whatever our role within Purbeck U3A, we all pay the same membership fee. The U3A ethos is all sharing, learning and enjoying together. Please do think about what you can do to help us keep our constantly growing and developing – and most of all – enjoyable community running .

Chris Bonanni



- *Membership and Finance*

Data privacy

Your membership data is stored on U3A's national online database entitled 'Beacon' and Purbeck U3A's membership data is held securely and separately from other district's data.

Beacon systems may be used to contact you about your membership and emails will always show the name of the sender and reach you via the address of

noreply@u3abeacon.org.uk.

Please add this address to your address book or white list.

Your email address will be only be used by Purbeck U3A to contact you about your membership and other matters that we believe to be of interest to members.

Your email address will be added to our Broadcasts distribution list with Broadcasts sent intermittently but on average number less than 3 per month.

Please add

broadcasts@purbecku3a.org.uk

to your address book or white list.

You may unsubscribe from these Broadcasts at any time.

Your email address will not be passed on or used outside U3A.

Clive Bacon



What is I C E ?

- It's not what you drop in your drink on a warm summer's evening!
- It's not what you scrape off your windscreen in winter!

It is **In Case of Emergency**. This is a nationally recognised and very much encouraged system which will help others – first responders - help you in the event of accident, illness or any other incident when someone in your family, a friend or other nominated person can be contacted. Full details of how it works and how you can set it up can be found on Wikipedia – just Google it – there are also apps you can download to your phone.

The reason we are featuring it in the Bulletin is because all Group Leaders are being asked to record this information about group members. All groups are different and some may, because of group size or activity, wish to create a more detailed record of members. This could be for medical reasons or because some members on their own may not have anyone known well to them in the group.

We are all guilty of thinking 'I must do that' and don't get around to it. Others think it won't happen to them – it never doesuntil!

Please help your Group Leader, they do have a responsibility for you, and do think about it for yourselves.

If you would like someone to explain the system to you in detail, including the jam jar in the fridge, please contact chrisbonanni@hotmail.co.uk .

Chris Bonanni

- *News From the Groups*



Garden Group

SPRING IS ON THE WAY AND YOUR GARDEN IS WAKING UP!

The Gardening Group are pleased to welcome Reverend Stewart Timbrell to our March meeting. He was a very popular speaker at Meeting Points a few months ago and we are delighted that he will be with us to talk on Herbs and their Medicinal Uses. This is on Monday 20 March.

We meet on the 3rd Monday morning each month at 10.30 am at Stoborough Village Hall . Please do contact us to ensure we still have some places available.

Our Garden Visits programme for 2017 is now in place. We sometimes have a few seats available and U3A members with family or friends are welcome to join us.

Jill Benwell is the organiser for the visits and can be contacted on jill.benwell123@btinternet.com.

Full members of the Gardening Group will be able to read more on our new Facebook page - " Over the Garden Fence ". (<https://www.facebook.com/groups/378277089210629/>)

Hopefully members will access the page to tell us of specimen plants that can be seen from path, roadway or '**over the garden fence**'.

Keep us up to date with the best places to see wild flowers, local gardens that are open to the public, the dates of NGS properties and other local gardens that are open.

We will try to keep it up to date with lists of local nurseries with new plants in and the dates of local Horticultural shows.

So come along and see what we do!
gardening@purbecku3a.org

Chris Bonanni



Nordic Walking

During our first full year, the Nordic Walking Group has gone from strength to strength. After a few early changes we have settled to 18 members of which only 22% are male! Nordic Walking is growing in popularity, as evidenced by a recent letter in one of the broad sheet newspapers which drew a favourable comparison with running (see below).

We hold two regular walks each month on the first and third Friday. Walks are organised, by members on a rotational basis, in the Purbeck area. About 90 minutes in duration, walks are designed to enhance fitness within a friendly and sociable atmosphere. Walks are free.

In 2016, twenty three walks have been held with an average attendance of 7 members. To join the group, members must have undertaken formal training held under the auspices of Nordic Walking UK. Within the group we have two trained NW instructors, John Challis, our Group Leader, and Shirley Cannon who are both qualified to give formal NW training. Free 'taster' sessions are available for those contemplating formal training.



A walker sets out on the English Coast Path from Seaton Carew beach, Co Durham

A vigorous walk will always beat a run

SIR - While I do not wish to deny the potential benefits of running (Features, December 26), the high profile it enjoys can mean that people overlook the benefits of less strenuous exercise, such as walking. When out with my Nordic walking poles, I often pass red-faced, uncomfortable-looking runners. I'm

confident that they would discover a more enjoyable - and therefore more supportable - form of exercise in vigorous walking.

This may be something to consider before rashly declaring a New Year's resolution.
Harvey T Dearden
Llandudno, Caernarfonshire



**A summer walk in
Wilkswood,
Langton Matravers**

**Our Christmas
walk on the
Jurassic Coast**



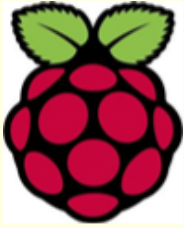
A warm and supportive welcome awaits new members.

Anyone interested should, in the first instance, contact John Challis (john@jchallis.plus.net) or Ian Vaughan-Arbuckle (ian@ianva.co.uk).

Ian Vaughan-Arbuckle

Secretary Nordic Walking Group.

- *New Groups*



PIES AND PICS

New Workshop Group?



Have you in the past played with Meccano?

If so would you perhaps be interested in a modern digital version?

It uses small computer boards like Raspberry Pi (RPi), Arduino Uno, and Sparkfun 'Thing' (just to mention three!) to control small lamps, read temperature and light levels and communicate with the internet - the 'Internet of Things' (IoT).

Ian gave a small demonstration of what's possible in the interval at the Science and Technology talk on Dec 21st last. Here are links to two videos of what can easily be done:

https://www.dropbox.com/s/pzovq4jjrphe7e1/20161121_171045.mp4?dl=0

https://www.dropbox.com/s/49loei52c6vzqx3/20161121_170546.mp4?dl=0

There already exists a U3A RPi Group at Somerton near Yeovil that meets monthly. But they work on programming a buggy as a single group project. My intention is for a Purbeck group with monthly workshop mornings at which we could bring along individual small projects that we had been working on at home.

You might think that programming and connecting electronics bits and pieces is rather intimidating. But really the advice, learning and coding (programming) is all on the internet - a few mouse clicks away! And we can all share the challenges as well as the small learning triumphs!

Several Purbeck U3A members have already expressed an interest.

If, with them, you would like to know more and/or meet together for an exploratory meeting do contact:

Ian Mackenzie (swanboots@macks.org.uk.)

or Paul Lurie (paulfjr@hotmail.co.uk.)

P.S. Unfortunately Ian will be out of UK 9/2 to 6/3 - but will respond to e-mails!



New Book Group

Do you love reading? Maybe you are already on the waiting list of an existing book group. Due to popular demand, we are starting a fourth book group which will explore the world of literature across a wide range of genres.

We aim to operate on democratic principles where every member gets to choose a book – and host a meeting!

The first meeting will be held on Thursday, 30th March at 10.00 a.m. with monthly meetings thereafter on dates to be decided at the first meeting. For further details, please contact books4@purbecku3a.org.uk.”

We haven't been able to 'firm up' on future dates although meetings will be once a month on a Thursday morning. We need to avoid the fourth Thursday (Meeting Points), so we may go for 2nd or 3rd Thursday of each month – to be confirmed!

Barbara Bennett & Veronica Ryder



THE CAMERA YOU ALWAYS HAVE WITH YOU !



Tony Smith has run the popular and very successful photography group for a number of years and, sadly, he has decided to stand down at the end of March.

His technical expertise means no one feels they can step into his shoes and I'm sure this is true.

The very good news is he is developing a new group which I feel sure will be a great success and prospective members will be queuing up to join!

Many of us have a smart phone and use the camera a lot. Most of us are probably 'point and push' photographers.

Tony is planning a new group which will demonstrate and teach us just how much can be done with this type of camera. This sounds very, very interesting and I'm first in line.

The proposed start date is September – the start of the U3A academic year.

Tony would like an idea of how many people would be interested in joining this group.

Please email him so he has your name and means of contacting you closer to the date to confirm that it is going ahead.

Don't delay in doing this – not enough people means no new group!

What I think is more likely is a lot of people will be keen and it may well be first come, first served.

Please email Tony at photography@purbecku3a.org.

Website www.purbecku3a.org.uk

General Enquiries info@purbecku3a.org.uk

or 07564 937871

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