



Aston Clinton U3A

Charity Number 1115424

Information

September 2013

Visit to Sulgrave Manor & Canons Ashby - 18th September 2013.

A reminder to everyone coming to Sulgrave & Canons Ashby. We shall depart from the layby by the Bell in Aston Clinton at 9.am. If you are a National Trust member please bring your membership card as this will be required for entry to the house at Canons Ashby. Non-members wishing to visit the house will have to pay the fee of £6.70 which I will collect from you on the coach. Shirley M

Mela Evening, Monday 28 October 2013. Balance for this evening is £11.50 each. I will NOT be at the September General Meeting but please be sure to have your cheques available at the 15 October meeting. If you are not attending please could you post to me atbefore 15 October, or give to someone else to hand in at the meeting. The evening will start at 7.30. Please do not arrive at the restaurant before 7.15 as our entertainer has to "set up". Don't forget no drinks are included in the price paid. Maggie E

Coffee Morning

The coffee morning will take place at Terry and Marie Jones', on Thursday 26th September, from 10 am till midday. If you wish to attend, please sign up for it at the next monthly meeting.

Family History. The Group have changed their meeting time to afternoon 2 -4 in the Hub still on the first Tuesday of the month. The next meeting will be on 1st October. We shall be discussing family history data storage among other matters. Gill A

Museums/Shopping Trip on Monday 18th November. We have had a good response and there are a few places left, so please sign up at the next General meeting if you would like to go.

Or you can ring Chris or Gloria. Cost for the coach - £10. Chris B

Strolling Group A message from Ralph W. I have been busy with the horticultural Show and on holiday so we have not met for some time. I have not forgotten you and hopefully I shall get a bit more support now that the autumn season is here. If any of my strollers wish to lead a walk just let me know and I will circulate.

If there are more members who wish to join the Strollers group, please let me know. When we meet we usually gather at the Hub car park first. Our strolls are never too long, generally on the level and hopefully without stiles. We stroll for about 2 hrs max and include a cup of tea. The pace is determined by our members. The important thing is that we get exercise to keep us well and enjoy the company of fellow U3A members. Contact: Ralph W. email: muchpottering@btinternet.com

Science and Technology Group Autumn programme.

Wednesday, September 25. 10.00 at Erica's. Mark Rogers. Weather for Local Authorities

Monday, October. 7. Mary Rose. Meet at the Bell at 8.15 A few places left; open to anyone. £32

October. Recycling at Cupids Green, Hemel Hempsted. They will only take 15 at a time so 2 visits booked

- 1) Wed. October 23.
- 2) Wed. October 30.

Both groups leave the Hub at 9.30 to arrive at Cupids Green at 10.00. Please sign the lists at the General Meeting.

Wednesday, November 27. 10.00 at Erica's. Keith Carpenter. Maintaining Bucks Roads

Tuesday, December 10. Christmas Dinner at the Oak. £19. 12.00 for 12.30. Names to Ron B

Information

U3A Trips, Outings and Holidays 2013

<u>Destination</u>	<u>Date</u>	<u>Transport</u>	<u>Price</u>	<u>Group Leader</u>
Visit to Sulgrave Manor and Canons Ashby	Wednesday 18 th September	Coach	£30	Shirley M
Visit to the Mary Rose and Portsmouth Dockyard	Monday October 7th	Coach	£32	Colin T
Meal and Entertainment at Mela Indian Restaurant	Monday October 28th		£15 deposit Balance £11.50	Maggie E
Visit to Museums (South Kensington) or Westfield Shopping Centre, West London	Monday November 18th	Coach	£10	Chris B Gloria C

MONTHLY MEETINGS at ANTHONY HALL 2.30 till 4.30

September 17 th	Bill George	Tales of a National Service Pilot
October 15 th		The Germaines Male Voice Choir
November 19 th	Michael Leach	A Funny Way to make a Living

A message from Mid Bucks (Aylesbury) U3A

We have vacancies on our **Play Reading Group** and members of other U3As are invited to come along. We have a fun 2 hours reading a light-hearted play with a minimum cast of 6. If any of your Members are interested to learn more about the Group, please contact Jackie A.

Weston Turville U3A are organising a trip to **Cadbury World** nr Birmingham and **Severn Valley Steam Railway** on Thursday 19th September. Contact Carol T. for more Information.

NEUROPATHY Do you suffer from peripheral neuropathy or neuropathy due to diabetes? It is a progressive complaint for which, at present, there is no cure.

The John Radcliffe Hospital (Oxford), together with Kings and Imperial Colleges, are carrying out a study to look in detail at the changes in sensation occurring as a consequence of having neuropathy. Two of our members have already taken part in this research. If you think you, or someone you know, may be eligible and would like more details then please contact John B (Secretary) or Elaine S.

WANTED! Your photographs!

Have you been on a trip with ACU3A or one of its groups in the last couple of years?

Would you like to share some of your photographic memories with members of Aston Clinton U3A?

We will soon be able to display them on our new web site. If you have any such photographs, please e-mail them to acu3a.web@outlook.com or contact Geoff