



www.penrithandnorthlakesu3a.org.uk

Newsletter 173

August / September 2020

---

## News and Views

---

### CHAIRPIECE AND AGM MATTERS

---

Due to the situation over the pandemic with the Playhouse being closed, this year's AGM is on Zoom, the video conference platform. At the same time people can vote by email, letter or by proxy. The relevant forms accompany the newsletter. Postal votes will be sent only to those who receive newsletters by post. Those who receive the newsletter by email will get a Word document they can download, fill in and send in. Those opting to attend the Zoom meeting will be sent an invitation. All this was discussed in committee and it was agreed that this was the best and fairest way to cater for everyone.

This has been a strange year and we are grateful that people have continued to be members and support us through these difficult times. Many groups have been unable to meet during the current crisis but most have kept in touch with each other in particular with the more vulnerable members.

Some groups have managed to continue. Some have been able to meet by Zoom or other video platforms, some have met in gardens after the lockdown eased and the rules allowed it. The cycling group have been meeting in small groups and adhering to social distancing.

As the Playhouse has had to close to the public, there will be no more monthly meetings this year. All being well they can start again next year.

The lockdown did allow us to study privately a bit more and consider our places in the world. I am sure when we meet again after this is all over we will have a lot to talk about.

**Mike Head**  
**07963 904925**

---

### Renewals

Thank you, again, to everyone who has renewed their membership this year despite the lack of meetings.

Normally we would hope that everyone would renew by the end of June, but 108 members remain on the renewal list. Beacon will automatically lapse these memberships after 12 weeks, which will mean newsletters and TAM will no longer be delivered.

If friends complain to you that they have stopped receiving these, failure to renew may be the reason.

If you wish to renew by cheque, BACS or Standing Order, please get in touch with Lesley Hall by e mail on [lesley\\_hall79@hotmail.co.uk](mailto:lesley_hall79@hotmail.co.uk) or by phone 017684 83394.

Because of the exceptional circumstances we will be sending out the AGM paperwork to those whose membership has lapsed this year.

**Lesley Hall**



Penrith and North Lakes U3A is a Registered Charity, No.1073281

---

## CHAIRMAN'S REPORT

---

The year I have to cover in my report finished at the end of March 2020, before things became difficult. We have had another successful year. We currently have 618 members and there are 51 groups. Ian Forrest has overseen the groups successfully for several years and is standing down this year. I am grateful to him for all his work on this.

The annual membership fee of £13 has remained unchanged. Members continue to enjoy the regular monthly meetings with a good mix of interesting subjects covered by various speakers. Sue Tomlinson is to be praised for all her work on this. Saturday English literature sessions were also well attended. The newsletter published every two months continues to be sent by email post or collection to all members. Chris Wilkinson and Robin Acland have done great work on this. The annual summer event was a coach trip to Holker Hall in July arranged by Sue Tomlinson.

We had a very successful open day in November. I have always felt this is one of our best occasions when we can showcase what we do.

Our finances have been kept in good order thanks to our treasurer, Denise Walker. Other members of the committee have ensured that the organisation runs smoothly and I'd like to thank them for their efforts.

This is my last year as chairman and indeed on the committee. I'd like to thank all those I have worked with down the years for their support and commitment. Few people will realise what goes into making Penrith and North Lakes U3A such a good organisation.

**Mike Head**  
**07963 904925**

---

## NOTICEBOARD

---

### Help wanted

Were you a sixth-former at a Cumberland grammar school between 1944 and 1958 and, if so, did you attend one of the International Youth Camps organised by the County Education Committee during that period? I'm helping to research these, our aim being to produce a local history booklet, and would like to hear from you if you have any personal memories or other information (e.g. about family members or former classmates who attended) that you're willing to share.

Please contact Sue Dunlop by email (s.dunlop@pt.lu), phone (00352 43 85 22 – I'll ring you back) or snail mail (173 rue de Kirchberg, L-1858 Luxembourg).

### A new online study on everyday memory in general population

- Do you know how good is your memory in everyday life?
- Can you tell us how often you forget to do things (e.g., make a phone call) or facts and episodes from your past?
- Do you know how good are people in other age groups, than yours, at these tasks?

Research team at the University of Hertfordshire (UK) invites you to take part in a new online survey that focuses on people's everyday memory errors and their knowledge and beliefs about the frequency of these errors in different age groups.

The study can be completed from a laptop or mobile phone and takes about **30-40 minutes** to complete. **No identifiable information will be collected.**

**The link to the survey can be accessed by clicking on the link below:**

[https://herts.eu.qualtrics.com/jfe/form/SV\\_3eZn0v07OxIj2fP](https://herts.eu.qualtrics.com/jfe/form/SV_3eZn0v07OxIj2fP).

This study has received ethical approval from the UH ethics committee. Protocol Number: **LMS/PGT/UH/04180**

---

## NEWS FROM GROUPS

---

The current Covid19 statistics suggest it is unlikely that groups will be able to meet indoors in the normal way before Christmas, particularly in light of the age distribution of our members. However, many groups are keeping in contact through email and Zoom, and by phone, and a few are pursuing their particular passions one way or another.

The last newsletter described German, Italian and Spanish continuing on line and garden meetings are now planned when weather conditions allow. Book Circle 4, Sketching and Philosophy have also used Zoom and Sketching has taken advantage of fine weather to work with suitable social distancing in a village centre.

Architecture and Art Appreciation groups, Geology and Industrial Archaeology have exchanged ideas, personal research and favourite pictures and articles using email. The Birdwatching group members have been unable to have their usual visits but members have been reporting their individual sightings and communicating by sharing photos by email. Cycling has resumed by dint of dividing into small groups.

Some groups such as Badminton rely on village halls and are enquiring about re-opening while others such as Table Tennis eagerly await news from Penrith Leisure Centre, which is open but with a limited capacity in order to ensure social distancing.

For many groups meeting electronically is simply not feasible because of the nature of what they do, so many of our U3A groups are likely to be laid low by this virus for some time to come.

Ian Forrest

---

**Copy Deadline for next issue - Monday 5th October**

**If you would like any part of the Newsletter in LARGE PRINT, please contact the editors**

### Editorial Team

Groups sheet, also the Monthly Meeting and Short-run/One-off Programmes:

Robin Acland, Chapelside, Mungrisdale,  
Penrith CA11 0XR, 017687 79672 rtacland@googlemail.com

Remainder of News and Views:

Chris Wilkinson,  
10 Hall Grange, Bolton, Appleby CA16 6WA 01768361819,  
07986003551 Cwilkins0n@aol.com  
(Please note the '0' in Chris's surname is a zero!)  
Or Chriswilkinson48@gmail.com

### Contents

Chairpiece and AGM Matters, Renewals	1
Chairman's Report, Noticeboard	2
News from Groups	
Contents	3

