



This year the u3a movement in Britain is 40 years old !

Those of you who read Third Age Matters or receive the National u3a Newsletter will already know that to celebrate this anniversary, National Office are encouraging u3a groups and individual members to purchase trees to form a u3a woodland which will be planted in the Brecon

Beacons. Below is a resume of the details already published.

u3a Growing the Future

'To mark the u3a movement's 40th Anniversary in 2022, the Trust are creating a u3a anniversary woodland situated in the Brecon Beacons. u3a member's contribution to the u3a woodland will help benefit the environment, wildlife and climate for future generations. The movement's target is for 5,000 trees to be planted between October 2021 and March 2022. This project was launched in members' magazine, Third Age Matters.

u3a groups and individual members can buy single trees or a copse of 100 trees and u3as are also encouraged to plant trees within their own communities. The money for the trees will go towards establishing the trees and part of the cost for each tree is reserved as future payments for maintenance. Once they are fully established, they will be looked after as part of routine woodland management. We are fortunate to have secured the Woodland in an area of outstanding natural beauty and the trees will be expertly looked after by skilled arborists.

Members and local u3as can buy u3a woodland trees to contribute to this project on [the u3a brand centre](#). (You will need to create an account with a password to do this.) May be our group should consider planting trees locally to mark the 40th anniversary?

In the 2021 Winter issue of Third Age Matters (No. 49) Brenda Ainsley, a convenor of the Trust u3a Interest Group, Countdown to COP26, explained why it is important to plant trees.

Why Plant Trees?

Lock up Carbon

Trees are our most powerful weapon against global warming and climate change. They are the ultimate carbon capture and storage machines. Forest absorb atmospheric carbon and lock it up for centuries. The entire woodland ecosystem plays a huge role in locking up carbon including the living wood, roots, leaves, deadwood surrounding soils and its associated vegetation.

Prevent Flooding

Trees hedgerows and woods are a vital part of natural flood management. Strategic planting can have a positive impact in areas experiencing flooding from rivers and surface water. They intercept rainfall, hold banks together and slow the rate at which rain is absorbed into the soil.

Reduce City Heat

Apart from providing much needed shade, trees block pollutants from reaching people. Planting a row of trees between a school playground and a busy road has a similar effect to putting up a brick wall. In the case of particulate matter, trees either disperse it like other pollutants, or they act as a surface for the particles to deposit on.

Make us feel better.

*Certain chemicals released by trees, phytoncides are known to have positive effects on our health, from reducing blood pressure and anxiety to increasing our pain threshold. Research has shown that phytoncides can even increase anti -cancer proteins. The tree huggers were right all along! **Brenda Ainsley***

Do you have a favourite tree?

Please write and tell us about it. Describe how it looks and what is special about it. Tell us where it is, how it makes you feel and your reasons for liking it. Draw, paint or photograph it to share with us. Artistic members might be inspired to use their tree to create a 3D work of art or craft. If enough members contribute, we could mount a display which could feature in an annual u3a Day event which National u3a Trust are encouraging local groups to support.

Many other events are being planned to celebrate u3a's 40th Anniversary. Click here to find out about them [u3a - 40th Anniversary](#).

Maybe you would like to join in. *If you have any ideas about how our u3a might celebrate this anniversary, share them with a member of the committee.*



Windsor and District u3a



Monthly Speaker Meeting
2.00 pm Wednesday, 9th February
The History of Rock & Roll
Howard Slater



Gardeners' Hall, St Leonard's Road, Windsor

Dr Keith Thompson

Dr Keith Thompson, a member of Windsor u3a is a retired anaesthetist who will be the guest speaker at our meeting on 9th March. He may be retired but is a very busy man. Keith is actively involved with the work of Mercy Ships in Africa. His talk is called Africa: Why Bother?

Since retiring he has taken up song writing. You will remember hearing some of them on YouTube links included in our lockdown newsletters. Keith feels strongly that vaccination is the only way to protect ourselves from Covid and its variants. He **has been working as a vaccinator at a GP's surgery in Bracknell** and has written a song to publicise the need to be vaccinated and to persuade and encourage anyone who is doubtful. It is called 'Vaccin8ed' To listen to the vaccination song, visit: www.youtube.com/watch?v=WfCXX7VNfCg&feature=youtu.be.

Keith writes, *"I'm the lyricist, I cannot sing as I have a paralysed vocal cord after major surgery some years ago. I took up learning the guitar about 18 months ago with a guitar I bought for £5.00 from a local hospice shop. Dean, my 32-year-old guitar teacher sung and composed the music and Mercy Ships in the USA made the great backing video."*

[Click here](#) to read an interview with Keith published in the Basingstoke Gazette.

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Interest Group News

Please follow Government and our u3a guidelines when attending meetings in private houses and in halls. Do not attend meetings if you are in any doubt about your own health or that of anyone in your household.

Both of our jazz groups are now up and running. '**Jazz**' which meets on the second Friday of the month in The Hope pub, Alma Road, Windsor and '**Tea and Jazz**' which meets on the fourth Tuesday of the month in Datchet Village Hall.

The Jazz Group: The Hope pub is a new venue for this group. We have had 4 sessions there now, in the pub's music room. The staff are friendly and have made us very welcome. Members can buy a coffee (biscuits provided), or a drink at the bar. The pub is a local music venue, which has its own sound system and also a big screen for showing videos or dvd's. We have a welcomed back Bob, our own sound man, who gave a presentation on Ted

Heath for the January session. There is some parking in the car park behind the pub and on the roads nearby. The next session will be on Friday, 11th February, when there will be a presentation by Andy, from The Hope. Andy has generously offered his services. His father was a jazz pianist and Andy has been interested in our sessions. We are looking forward to hearing his musical memoirs.

New members are welcome. We are a very friendly group, and our sessions are very informal. Please come along and give us a try. Enter by the back door at the rear of the pub. We mostly listen to jazz presentations by members who volunteer to lead a session, but we may organise some sessions of live music later in the year.

Tea and Jazz: We plan to show another of the History of Jazz videos this month as members have been enjoying them very much. The videos are part of a series originally shown on BBC 4 about 15 years ago. The excellent cinema equipment and big screen available in Datchet Village Hall are ideal for this.

Pre Covid, some members enjoyed making cakes for tea in the interval, but for time prewrapped cakes and biscuits will be served rather than homemade cakes and tea/coffee will be served in disposable cups. Members of the audience are welcome to bring their own mug.

Last month, the audience was treated to a celebration of Burn's Night. Peter Cheeseman assembled film footage of Scottish jazz musicians. To enjoy it, click here.

<https://drive.google.com/file/d/1AUxTDxUZvi-9v2Jyk2-SRsS0CqtxxoSh/view?usp=sharing>

All are welcome - just turn up, no need to pre-book. There is a charge of £3-00 pp to cover the cost of hiring the hall. We recommend warm clothing as the hall may be a bit chilly with the ventilation needed as a precaution against Covid.

Walking: We now have **two walking groups**. One which meets once a month on **Friday morning** and one which meets once a month on **Wednesday morning**. The Friday group walk about 4 - 5 miles. The Wednesday group walk shorter distances at a gentle pace.

Shorter Walks Group: A circular walk in Windsor Great Park on 23rd February 2022. This walk is just over two miles and is on paved or gravelled pathways. It takes between one to one and a half hours depending on pace. It is a mostly level walk, but there are some gradual inclines and declines. There is plenty of time for getting your breath back! It takes us past part of the main lake, Wick Pond, through Virginia Water and Egham Wick Plantations and back via the Totem Pole. There is a café, gift shop and toilets at the entrance to the park. Car parking is free to members and £6-00 for two hours (£9-00 for three hours).

NB The walk may be cancelled the day before **if** heavy rain or snow and ice are forecast.

Walking Group: Meet on Friday, 25th February at The Beehive, White Waltham. We will walk westwards to Shottesbrooke Park and then in a loop over the fields to the edge of Waltham St Lawrence returning to the Beehive via Shottesbrooke (about 4 miles). Waterproof footwear is advised. Coffee/drinks/lunch will be available at The Beehive afterwards.



Geocaching: This month the Beginners' group searched for caches around Holyport Green. It was a bright crisp morning and we set off with our usual enthusiasm. The plan was to practice solving Puzzle Caches. This one involved locating and collecting names from all the memorial benches and then adding all the vowels to give a code. A= 6, E=14, I=4, O=8, U=4. This code then had to be used to calculate the co-ordinates.... N51 29. U(E-A) (U+1) W000 43. (U/I)A(O/U) to locate the cache. We made our way to the final co-ordinates, hoping our Maths had not let us down! After a short search, the cache was found, and we signed the small logbook inside. We moved onto more traditional caches which involved muddy footpaths and a variety of hiding places ... under a bridge, in the top of a signpost, in a tree, attached to a road sign with a magnet. A grand total of 6 added to our total of 88 finds. Lunch at Thames Valley Hospice Cafe afterwards made for another fun morning with the added bonus of nearly 4 miles walking without even realising and a good chat on the way! Beginners are always welcome if only for a try out.

Local History: The guest speaker on Monday, February 28th, will be Windsor u3a member John Holdstock, who will talk on the development of Ascot Racecourse. Our u3a's Local History group meets in Windsor Methodist Church, Alma Road, SL4 3HH, at 2.30pm. (Apologies for my mistake in January, advertising the wrong time. Ed.)

Music for a Desert Island. This popular group came into being during the lockdowns and helped keep us in contact with each other. It is still going strong.

The castaway in December was Brenda Evans. Most of Brenda's music dates back to the 1930s when she was a young girl growing up in Wordsley, a small village in Staffordshire. This was a very special time and place for her. Brenda's family got together for a barbecue and put together her selection of music as part of that day. Her grandsons researched and found the music on YouTube.

The January castaway was Pauline Thompson, convenor of the Walking Group. She is a northern lass. Her choices hark back to her early days on Tyneside.

Who will be the castaway this month? To sample the musical reminiscences of previous castaways [click here](#). To become a castaway, please contact the convenor.

Interest Groups of the Month: David Oldcorn's Music Groups



David owns an extensive collection of music cd's and superb equipment on which to listen to it. He runs 3 listening to music groups for our u3a – Classical, Ballet and Showtime music. Members join him at his home to enjoy each other's company and appreciate music. On the 7th February, David is planning to show DVDs of the ballet *The Corsaire* and then *Elite Syncopations* (with music by Scott Joplin). On the 21st February the group will listen to the superb musical, *Titanic* (NOT the film!) and the 24th February he plans a concert of Scandinavian music. During the lockdowns David discovered much music new to him on YouTube and enjoyed the visual dimension this offers. In March, he is planning a special event to share some of this music with his groups. He writes, *"I would like to observe International Women's Day by hosting a special meeting at my house and playing some of the beautiful music that I had not heard previously, all composed by women and much of it performed by them, too. Much of the music will be classical music, but there will also be some songs from musicals composed by women. (I have managed to move all the usual obtrusive advertisements!) I hope that this special concert will be of interest to members who do not usually attend the three music groups, as well as those who do.*

International Women's Day is celebrated annually on March 8th across the world, to commemorate the cultural, political, and socioeconomic achievements of women.

Did you know?

- Nearly 60 per cent of women around the world work in the informal economy, earning less, saving less, and at greater risk of falling into poverty.
- Women earn 23% less than men globally.
- Women occupy only 24% of parliamentary seats worldwide.
- 1 in 3 have experienced physical or sexual violence and 200 M of girls-women have suffered genital mutilation.

Officially recognised by the United Nations in 1975, it has become a focal point in the women's rights movement, drawing attention to issues such as gender equality, reproductive rights, and violence and abuse against women. The theme this year is "Gender equality today for a sustainable tomorrow"

Click her to find out more at [International Women's Day | United Nations](#)

A challenge: Write a brief account about the life and work of a woman you admire and share this in the March newsletter. The person may be alive or dead. Maybe you have a personal acquaintance who you would like to celebrate?

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Ukulele Beginners' Taster Session Tuesday 22nd February at Gardeners' Hall

Why learn the ukulele?

Ukuleles are cheap. Lots can be found in charity shops!

Ukuleles only have 4 strings, so much easier to learn than guitars.

No need to read music (Ukulele music only uses the names of chords e.g. C F G) If you can play the chord that's all you need. The C chord (most used) only needs one string pressed down.

A lot of popular songs only have 2 chords e.g. Drunken Sailor, Banana Boat Song, Jambalaya It is good fun and really lifts spirits.

It's not all 'George Formby!' We sing anything we like.

Ukes will be provided, but if you have one, bring it with you.

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u3a Online

Third Age Trust Diary of Learning Events

The Third Age Trust's offers selected national events online to u3as and their members. This includes events with the National Gallery, Royal Institution, Guildhall Art Gallery, and the British Library (for which there may be a charge). It also offers a number of workshops, webinars and interactive sessions delivered by members for members, which are free to join. These are in high demand and spaces are limited, particularly for those with an interactive element. please ensure that you. When you boo, please make sure you are committed to attending to avoid other members missing out on places. If you are unable to attend, please cancel your place through Eventbrite. These talks and workshops get booked up very quickly. If you would like to be the first to know about them, click here <http://eepurl.com/hLjqR9> to sign up to receive regular monthly updates on upcoming events:

Many online events are now being delivered via the Zoom video conferencing/webinar platform. The Third Age Trust has some '[How to Guides](#)' and are offering '[Online Tutorials](#)' for using Zoom that may assist you if you are not familiar with this tool.

Thames Valley Network (TVN) Diary of Study Days

You must book online for these talks. If you would like to receive information directly from TVN with details of Study Days and Workshops, or If you have any ideas or suggestions for more study days or bite size Zoom events, then please email the Events Coordinator at events@u3atvnetwork.org.uk

Wednesday 2nd February – T. E. Lawrence, The Man behind the Myth. A talk by Bjorn Watson. There is no charge for this event

Wednesday 9th February – The posters of fin de siecle Paris. A talk by Graham Twemlow

Trust U3A Interest Groups <https://u3asites.org.uk/trustu3a/groups>

There are over 80 online interest groups. There is something for everyone! Click the above link to find out about them all.

Contributions to the Newsletter

Interest Groups

I have written to all convenors asking them to regularly advertise and report on Interest Group activities in our newsletters. Please support them by taking photographs and taking turns in writing brief accounts about your activities. It interesting for existing and potential members to read about what is happening in Interest Groups other than their own. If you are not comfortable using a computer, please give me a handwritten account or a telephone message. Please make sure the people you photograph have given consent for their image to be used.

Individual Contributions

These are always welcome. This month I have suggested contributions based on a favourite tree, the work of a woman you admire and ideas for celebrating u3a's 40th anniversary. If there is something else you wish to write on, please do so. There is room for letters giving your opinions about topical issues, travel logs, book reviews, poems, photographs, etc. The newsletter is yours.

Please send your contributions to me for the March newsletter, by February 14th.
Thank you. Jackie Wiggins

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Membership Renewal

If you have not yet renewed your membership, please do so by the end of February. Thank you.

[Website](#)

Don't forget to check out the gallery of members photographs taken this month

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