

U3A East Lothian Newsletter

Winter 2011

Scottish Charity Number SC 028953
Supported by East Lothian Council

Group news

For information on individual Groups contact the Group Leader. For general Group information contact Edna Milne, Groups Coordinator - groups@eastlothianu3a.org.uk or telephone 01620 820835. See also the yellow 'Leisure and Learning' booklet and the website www.eastlothianu3a.org.uk for latest Groups information and updates between newsletters.

Folk music singing and playing meets on the second Tuesday and fourth Thursday of each month at 2pm in the Upper Hall of the Bridge Centre. We sing/play for about two hours, with a tea-break in between. Musicians and singers are always welcome, and we have a range of songs in our repertoire, from different countries. Robert Russel, Group Leader 01620 860 702.

What's 'IT' all about?

The National Silver Surfers Day is Fri 20th May. If there is sufficient interest amongst our members we will consider holding our usual IT Day at Musselburgh East Community Learning Centre. It is an opportunity for members who are hesitant or reluctant to get into new technology to find out about some of the things a computer can do for you. *Names or further enquiries by March 31st to:* Margaret Gordon 01620 842363 (agordon@tollymore.fsnet.co.uk)

Ceilidh Dancing has grown to the extent that it is now full to capacity and can no longer take on new members. If any new members want to apply then a waiting list can be started but it may be some time before there are spaces.

Sheila Sergeant 01620 825127
sheilasergeant@hotmail.com

Museum Visits

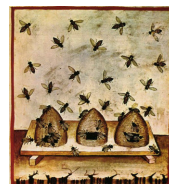


IN the summer this group joined up with Edinburgh U3A on a coach trip to Eyemouth. We were met by members of East Berwickshire U3A and had a most enjoyable time visiting a Smugglers' Exhibition and the newly renovated Gunsgreen House. Some members joined a coastal nature walk and some a guided tour of Eyemouth. The photo was taken outside the Golf Clubhouse where we all had lunch and enjoyed the view across the bay



Members of the **Opera Group** enjoyed a backstage visit to the Festival Theatre in November. Of particular interest was the opportunity to explore the set of Scottish Opera's critically acclaimed production of *The Marriage of Figaro* which many had recently enjoyed.

The **Wednesday Walkers** are looking forward to celebrating their 400th walk in February with a morning walk around Gifford followed by lunch in a local hotel. New members can contact Ken Stirling 01620 82 9642 or lingrist@btinternet.com



A Short History of Beekeeping

On 17th November 2010 Mike Bain, an experienced beekeeper from Pencaitland gave an interesting and enjoyable talk on how bees have helped man over the centuries with illustrations of various types of hives and other equipment. Bees play an invaluable part in nature and there was no mistaking the respect that beekeepers have for their hives. The roles of the Queen Bee (the only breeding female in the colony) the workers (female) and the drones (male) were described over the annual cycle. Bees go where they want to so there is no such thing as organic honey. Mike had brought generous samples of fourteen different types of honey for the audience to taste. These were passed round and appreciated. My favourite was the French sweet chestnut which looked like varnish but had a very unusual and delicious flavour. Much sticky-fingered applause ensued.

King's Theatre Offer

The King's Theatre would like to continue our support for The U3A by giving you up to 50% off theatre tickets! U3A members can get a special £12.50 ticket price on our King's Spring 2011 Drama Season.

Shows included are: *Masterclass* starring Stephanie Beacham (Tue 8 – Sat 12 February), *Richard III* and *The Comedy of Errors* presented by all- male company Propeller (Tue 22 – Sat 26 February), Charles Dickens' *The Haunting* (Mon 28 Feb – Sat 5 March), *Yes, Prime Minister* (Tue 8 – Sat 12 March), R.C. Sherriff's *Journey's End* (Tue 15 – Sat 19 March) and Tom McGrath's *The Hard Man* (Thu 31 Mar – Sat 9 April). Offer excludes Friday and Saturday evening performances.

This offer is available to book in person at the Festival Theatre box office or by phone on 0131 529 6000 – just quote "U3A Offer".

For more info. on these shows and others please pop in to the Festival Theatre for a brochure or check out our website www.fctt.org.uk.

Course Feedback

We attended the course on 'Mental Health First Aid' over two days, a week apart, and found it thought-provoking and supportive. The course has been taught to a wide variety of audiences and these sessions were specifically aimed at - and tutored by - 'older people'. We both feel that the course has given us a greater understanding of mental health problems and increased our confidence that we could offer reliable and useful help to those experiencing them.

For information about attending a course contact Marie Sutherland who is the NHS Lothian Co-ordinator of Suicide Prevention Training.

Her e-mail address is:

marie.sutherland@nhslothian.scot.nhs.uk

or phone 0131 537 6985

Andrew and Celia Coulson

Diary Dates

Coffee Morning Saturday 19th March 10:00 - 12:00
Trinity Centre, Haddington

The Duke of Buccleuch's Head Gardeners

David Affleck

East Linton Local Historian

2:30pm Wed 9th February Town House, Haddington



Two Scottish Study Days

On April 30th the border village of Chirnside is hosting a *Philosophy Festival* to celebrate the 300th anniversary of the birth of David Hume. The day will end with an *Enlightenment Evening* and *Georgian Banquet* in Paxton House. Offers of help or research on Hume welcome at

sandy.neil@scotborders.gov.uk.

Full details of the day will be available at the beginning of March at www.chirnside.org.uk.

Banquet tickets £20, all else free.

On June 8th a study day will focus on *The Living Forest*, organised by Penicuik and District U3A.

It will take place in Edinburgh Zoo and consist of a combination of lectures and guided walks.

Applications open at the end of March and should be made to fionau3a@live.co.uk. Further details available from Liz Lockwood at

liz_lockwood@btinternet.com or on 01620 826320.

Price £40 but £36 if made before April 1st

Committee Membership

Gabriele Smith has resigned from the Committee due to pressure of other commitments. We would like to express our thanks to Gabriele for her hard work in arranging many memorable talks.

We are pleased to announce that Rosemary Brannan has agreed to join the committee. Rosemary will be well-known to most of the membership through her leadership and membership of many Groups.

Public Talks

The Committee are always pleased to receive suggestions from members for speakers on topics likely to interest the membership. Dates planned for talks are 20th April, 22nd June (AGM) and 14th September.

Internet connection Groups meeting at the Bridge Centre, and at some other venues, can now connect to the internet using our newly acquired mobile internet dongle. Please contact Richard Morton (ramorton@f2s.com) if you would like to make use of this facility.