

Update



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CONTACT DETAILS

Please note that for data protection reasons all Charnwood U3A members' personal contact details have been removed from this version of Update.

Visit the password-controlled Members Area of our website and click on Update to get access to these contact details.

www.charnwoodU3A.org.uk

the username and password are given on your membership card

Welcome

A warm welcome to our **new members**. We hope you will soon be involved in U3A activities and making new friends. To access the members' area of our **website** www.charnwoodu3a.org.uk you will need the user name and password which are bottom left and bottom right on the back of your membership card.

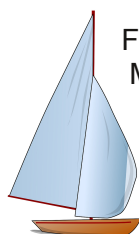
Monthly Meetings at Emmanuel Church

All members of Charnwood U3A are welcome at the monthly meetings on the second Wednesday of the month at **2:30 pm at Emmanuel Church on Forest Road, Loughborough**. The meetings are free of charge, the Church is accessible by bus and there are car parks nearby.

July's monthly meeting (at Emmanuel Church Hall) featured Jean Townsend talking about humorous, and serious, issues of epitaphs. Most people seemed to find something in her well-presented talk which touched on their own experiences and there was a lot of laughter around the room.

Next Meeting: Wednesday 14th August 2019

"Adventures in the Round the World Yacht Race"



For our next meeting, back in Emmanuel Church, we have Neville Maggs who is still making a name for himself in having completed five Tough Guy Challenges and 26 marathons and is now gearing up to cycle from Land's End to John O'Groats. He is older than I am and I have no such plans! In August he will talk to us about his experiences in the Round the World Yacht Race.

Looking Ahead: Meeting on 11th September 2019

"My Life as an Auctioneer"

On Wednesday 11th September, we will welcome Charles Hanson, star of quite a few TV programmes, to talk about "My Life as an Auctioneer" with a particular look at the antiques trade. We are quite fortunate to have him come to us and it should be an interesting experience.



Looking Further Ahead: October and Beyond

Looking ahead, you will find details of the monthly meetings from October 2019 to September 2020 on our website - Tim Coltman, the Rt Hon Nicky Morgan, LSU sings, Paul Newsham, Rosalind Smith, Mark Walsh, Kate Tiler, Kevin Reynolds, Phillip Caine and Jane Fatcher make an interesting mix of Cabinet Minister, best-selling author and theatrical entertainer along with lots of other interesting people. All available at no extra cost to members. We hope to see you there.

Neil Rowbotham, Programme Secretary

Advance Notice - Changes to Membership Cards

Next month, our Membership Secretary will be sending out the renewal forms so that you can renew your membership. As reported in last month's Update Extra, Charnwood U3A has joined many other U3As in adopting the on-line Beacon Database System that has been developed specifically for U3As. As a result there will be new membership cards and these will no longer contain the General Meeting Programme.

Many members have access to the Internet and so we will be sending this information by email and the same information is also available on the website.

For those who cannot access the Internet or who have no printer, we will still ensure that you receive this information in the post. The October issue of Update Extra will contain details of the coming year's programme of monthly meetings.

Quiz Time *(answers in September's Update)*

- 1) Who is the only jockey to have won the Kentucky Derby, Epsom Derby, Irish Derby and the French Derby ?
- 2) With which city is Charles Rennie Mackintosh most closely associated ?
- 3) Which Pakistani bowler was nicknamed "The Burewala express" ?
- 4) Which Bon Jovi song opens with the line: "Tommy Used To Work On The Docks" ?
- 5) Where was the United Kingdom's current Prime Minister born ? (as at August 2019)
- 6) Name the world's only two doubly landlocked countries.
- 7) Who composed the work "Elijah" ?
- 8) What have Grafton, a village in Northamptonshire, Bognor in Sussex and Melcombe, part of Weymouth, Dorset, have in common ?
- 9) Which element is currently the last in the periodic table ?
- 10) Who is the most recent person to have had a state funeral in the United Kingdom ?
- 11) What is the most isolated mainland pub in the UK ?
- 12) Since when has Leicester had an Anglican cathedral ?
- 13) Which Japanese car maker's name means "50 bells" ?
- 14) How many blank tiles are in a Scrabble set ?
- 15) Which numbers are missing from this series....61,53,47,41,37,31,29,23 ?
- 16) Where did Venera 7 land in 1970 ?
- 17) Which well known composer composed the music for the opening ceremony of Loughborough Carillon in the 1920's ?
- 18) What is the "national" sport of the Basque Country straddling Spain and France ?
- 19) Literally translated, the name for which kind of street, common in Britain, means 'the arse of a bag' ?
- 20) What was "Spruce Goose" ?

Inter-U3A Quiz Night

A reminder that the 4th Inter-U3A Quiz Night, hosted by Hinckley U3A, will take place on **3rd October 2019 at 6.45 pm for 7 pm**, at Earl Shilton Constitutional Club, 75 Station Road, Earl Shilton LE9 7EG. Further details of this are available on our website - see the 'What's On' page.

Each U3A can enter up to 3 teams; we only have one team so far, so it would be nice if we could get together at least one more team for what promises to be a fun night. If you are interested, please contact chairman@charnwoodu3a.org.uk by early September.



Group News

New Yoga Group

I am proposing to set up a Yoga Group. The group would operate using a 'SHARED PRACTICE' model, i.e. members would be invited to lead sessions based on their personal knowledge and experience.



In the vein, I would kick things off by sharing Astanga Yoga, which I have been practicing daily (well, mostly!) for nearly 20 years. This is a "strong" form of yoga but, as all postures can easily be modified, a worthwhile practice is accessible to all.

If you would like to be involved please contact me, Mike Hood. If there is enough interest I would hope to get the group started mid September. Meetings (1hr, weekly) will most likely be held at Gorse Covert Community Centre.



Walking Groups

In the first instance, please contact the Walking Groups Co-ordinator Elizabeth Steel.

Tuesday 6 Plus Walking Group

20th August: The Green, Walton on the Wolds, LE12 8HT, Ref SK592198
Leaders: Anne & Martyn

Note the Anchor pub does not open Tuesdays. Those requiring lunch could try the Greyhound in Burton on the Wolds.

Enquiries to Mike Pearson.

Parish Walk Group

Thursday 15th August, starting 10.00 from the overflow carpark at the pub by the river/canal at Mountsorrel.
Leader: John Harries
If interested contact Elizabeth Steel.

10+ Mile Walks

3rd September:
Leader: Ted Wells.
Walk will start from Foxton Locks Upper Car Park (£2 charge) at SP693891 (nearest SATNAV LE16 7RR - warning very approximate) with lunch at "The Bell" in Gumley.

Enquiries to Peter Mill.
Any new members must make contact prior to joining a walk.

Little Xtras

Note that there are no 'Little Xtras' walks scheduled for August.

Enquiries to Malcolm Otter.

Saturday 5-ish Miles

3rd August: 10:00 Loughborough Moat Road car park.
Leader: Ursula

7th September: 10:00 Swithland Reservoir. Leader: Jenny

Enquiries to Sue Griffiths

'Les Sportives'

Thursday 8th and 22nd August:
Details of walks will be emailed out to members.
Enquiries to Janet Butlin.

Strollers & Amble Groups

Details of walks notified by e-mail.
Enquiries to Chris Brown.

Revised Guidelines for Group Leaders and Members arranging Day Trips

Following discussions and correspondence with group leaders, it was generally agreed that the liaison requirements for trips, which did not involve an overnight stay, were proving onerous for organisers and unnecessarily bureaucratic.

A new set of more simplified guidelines is now available in the members' area of the website. Would members participating in day trips organised by Charnwood U3A please note that **the onus is**

now on members to let their next of kin know where they are, and to ensure they carry ICE (in case of emergency) details. For those not already in possession, a handy credit card size ICE card can be obtained when signing in for Monthly Meetings. For those members with smartphones, ICE information can be stored on a smartphone and can be accessed even if the phone is locked.

Peter Mill

Items for Update

The deadline for publishing is normally the last day of the previous month. The deadline for the September issue of **Update** will be **Saturday 31st August**.

The next issue of **Update Extra** will be published in October and the deadline for items is **Monday 30th September**. There is a limit of around 500 words per item, and photos are welcome.

The Editor reserves full editorial rights as to length and suitability and the Editor's decision is final. Update Extra is published quarterly.

Please send your contributions to: newsletter@charnwoodu3a.org.uk or to Update Editor Helen Reid.

Please make sure you include your contact details with your item, and try not to leave it until the last minute if at all possible.

Update is sent to all Charnwood U3A members by e-mail or by post before the monthly meeting. It is also available to read on the Charnwood U3A website each month at: www.charnwoodu3a.org.uk

(you will need the user name and password which are bottom left and bottom right on the back of your membership card).

Thank you!

Bits and Bobs

U3A Bridge Workshop in Market Harborough:

**Leicestershire & Rutland
Network of U3As presents:**

A Workshop "A Day for BRIDGE"

The Angel Hotel, 37 High Street,
Market Harborough LE16 7AF

**Saturday 23rd November 2019
10am – 4.30pm**

Expert tuition, discussions and opportunity for playing

Tickets £5 per table

(preference will be given to teams of 4 players)

To include coffee/tea, biscuits

Lunch can be bought separately from the hotel bar, snacks to full menu if required.

Numbers are limited for space reasons:
please book tickets as a pair or group of four soon!

Mobility:

The hotel has disabled access and facilities
Parking nearby, disabled parking available

Contact details and a booking form for this workshop can be found in the 'What's On' area of the Charnwood U3A website

