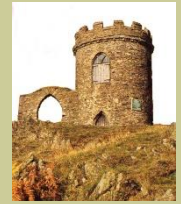


Update



INSIDE THIS ISSUE:

21 st Birthday Celebrations	2
Group Leaders' Meeting	2
Members' Coffee Morning	2
Make visitors welcome	2
Vacancies	2
Group News	3
Walking Groups	3
Activities List	3
Items for Update	4
Bits and Bobs	4

CONTACT DETAILS

Please note that for data protection reasons all Charnwood U3A member's 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

Our reshuffled speaker at the January monthly meeting went down well. Chris Dingley spoke about the necessities of writing a will so that it sends inheritances where they are meant to go, and did it in a very humorous and personable way. Although he didn't do any "selling" of his services a lot of people registered with him for free advice. Vince Eager will be with us later in the year.



The February monthly meeting is on Wednesday 13th February at 2.30 pm at Emmanuel Church on Forest Road, when our speaker will be Steve Lovell. Steve is a self-employed garden designer/soft landscaper of 25 years with a passion for making our gardens and our urban environment more wildlife-friendly.

He is a former chairman of the Lincolnshire Group of the Hardy Plant Society. Over the years he has taught Adult Education classes alongside giving lectures on Horticulture and Natural History. He is a guest speaker for the British Wildlife Watching Club in Scotland and has recently set up Greenspaces which offers a nature guiding service for Lincolnshire as well as organising wildlife Watching Holidays around the UK. Steve will talk about "Our friends outside".

As you will read elsewhere, March sees our AGM and it will be followed by one of our eminent members, Ernie Miller, talking to us about a local celebrity "Robert Bakewell". Local Historian and one-time Amateur Archaeologist, Ernie, having excavated sites during the 1960s and 70s - among others at Garendon Abbey and Grace Dieu Priory - went on to run classes at Loughborough University and local community centres on Archaeology, Local History and Photography.

All members of Charnwood U3A are entitled to attend our monthly meetings free of charge.

Neil Rowbotham

Joint Group Leaders' Meeting

Members' Coffee Morning

Preliminary Notice

The next Members'/Group Leaders' Meeting will be on Tuesday 2nd April 2019 at the Loughborough Indoor Bowls Club

Further details for Members will be in March's Update.

Group Leaders will receive details by email or telephone.

Date for your Diary 21st Birthday Celebrations.

This year Charnwood U3A will have been in existence for 21 years. Therefore, on June 12th we are hoping to mark this occasion with a gathering of members, both old and new.

Further details to follow.

Marilyn Mather



Make Visitors Welcome at our Meetings

When you attend a monthly general meeting at Emmanuel Church, please look out for new members (red badge label) and visitors and make them feel welcome. Make it a goal to speak to one person that you haven't met before and introduce them to someone you do know. We've all been new at some time and we remember how it feels when we don't know anyone.

Helen Davison

VACANCIES

It's our Members who keep Charnwood U3A running. We welcome volunteers and have some jobs that need doing right now:

Monthly meetings:

- Helper to **scan badges** when members come in;
- Two or three people to **get out tables** for the refreshments etc.

Contact any member of the Committee or email

chairman@charnwoodu3a.org.uk

Vacancies: Committee members:

We shall have vacancies for two more committee members at our AGM next month.

We also need members to **shadow the current committee members** with a view to joining the committee in 2020.

If you are interested in joining the committee, either this year, or in 2020, please speak to any member of the Committee.

Or contact Secretary@charnwoodu3a.org.uk (David Gillingwater) or chairman@charnwoodu3a.org.uk (Chairman).

You can come and sit in as an observer at a Committee Meeting to see what it's all about - and what a friendly group we are! Members who serve on the Committee are the Trustees of Charnwood U3A.

Group News for contact details click on Update in the Members Area of our website

Classical Music Enjoyment Group:



meets this month on Wednesday 27th February 2pm to 4pm at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough, when the programme will be given by Roger Willson and is entitled "Through the Centuries with English Song".

Any enquiries concerning the Group to Martin Jones, Group Leader

Architecture Group - Time Change for Meetings

Our meetings will now start at 2.00pm and finish at 4.00pm – i.e. half an hour earlier than before. The dates (4th Thursday of the month) and venue (Gorse Covert Community Centre) remain unchanged.

Avril Wilkinson

Dance Update !!

The **timing** for the proposed **BEGINNERS' BALLROOM SESSION** is being changed from early morning to **11.45am**. Finish will be at 12.30pm. The sessions are held in the Community room at Tesco's Park Road store on Friday mornings. If, after our initial learning, we find we would like a slightly longer session the start can be put back to 11.30am. If anyone else would be interested in joining us at this new time, please contact me as soon as possible.
Beverly Gillman

Pilates Group

The starting time has changed, this group now meets at 1.30pm at Gorse Covert Community Centre.

WALKING GROUPS Contact details are in update in the Members area of our website.

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

Strollers and Amble Groups
Details of next walks will be sent out on e-mail. Chris Brown,

Tuesday 6 Plus Walking Group
19th February - Carington Arms, Ashby Folville LE14 2TE. Ref SK706121.
Leader Elizabeth.
Enquiries to Mike Pearson

'Les Sportives'
Enquiries to Janet Butlin
01509 504726.

Parish Walk Group
These walks are at a leisurely pace and cover about 3 miles. The group meets every third Thursday.

Thursday February 22nd.
Meeting in the car park by Cossington Church, grid

reference 605133, to start walking at 10.00.
Leader John Harries.
If interested contact Elizabeth Steel

Little Xtras
These are the scheduled Little Xtras walks for February - 10.00 am start as usual.
February 14th - There's always Hope (and Anchor). Meet at Watermead Park - northernmost car park in Watermead Country Park (TURN LEFT immediately after entering the barriers - do NOT go straight ahead). Grid Reference: SK608113.

The postcode of the Hope & Anchor Pub, which is 100yds from our car park on foot, is LE7 1PD. Walk is 8.4km long (5.2miles).

Parking is £2.50 per day and coins for the automatic machine will be needed.
Leader - Gordon Murray.

February 28th - Watch your Tonge.

Meet at the Bulls Head in Wilson, Grid Ref: SK403246, Postcode: DE73 8AE. Climbing Breedon Hill, towards Worthington and return via Tonge on the paved Cloud Trail. Distance about 5.8 mile.
Leader - Phil Denniff.

Any questions, please contact Malcolm Otter

Saturday 5-ish Miles
2nd February, 10 am at Quorn & Woodhouse Station car park. Leader Sue.

2nd March, 10 am at Copt Oak Church car park. Leader Diana.
6th April, 10 am at Zouch car park. Leader Ruth.
Enquiries to Sue Griffiths

10+-Mile Walk
5 March. Leader: Bob Baker. Walk will start at 10.00am from Wilne Lane Public Car Park in Shardlow, Ref SK445304. Nearest SATNAV DE72 2HA but continue to Car Park on right-hand side before bridge over the canal. Lunch will be at The Plough Inn in Diseworth. Enquiries to Peter Mill

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

Activity List

There is an up-to-date Group Activities sheet on the Members' Area of the Charnwood U3A website

www.charnwoodu3a.org.uk

Items for Update

The deadline for publishing is normally the last day of the previous month. The deadline for the March issue of Update will be **Thursday 28th February**.

Please send your contributions to: newsletter@charnwoodu3a.org.uk or to Update Editor Linda Lawson, See Update in Members Area for contact details

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.

The next issue of **Update Extra** will be published in April and the deadline for items is **Sunday 31st March**. 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.

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 new user name and password which are bottom left and bottom right on the back of your membership card to enter the Members Area). Thank you!

BITS AND BOBS

Seminar - Geology Under the Sea

The Geology Section of the Leicester Literary and Philosophical Society are holding a Saturday Seminar on 9th March on "Geology Under the Sea" at the Bennett Building, Leicester University. Coffee will be available from 10am. The speakers will be:

Prof. Bridget Wade (University College London) on palaeoclimates and palaeoenvironments;

Dr Rebecca Bell (Imperial College London) on seafloor tectonics and hazards;

Dr Cris Little (University of Leeds) on vents and seeps;

Dr Steve Rippington (Astute Geoscience Ltd.) on "Sub-terra incognita: exploring the UK Atlantic Margin";

and there will be an introductory talk from Prof. Sarah Davies and Prof. Mike Lovell on the history of IODP (International Ocean Discovery)

In addition, we will have demonstrations of replica drill-cores and core-logging equipment, courtesy of IODP.

The talks are generally not too technical but aimed at the interested public.

Tickets: £17.50 available from the Treasurer, Email roger.86latham@btinternet.com or visit <https://www.charnia.org>

Free Lecture – Brain, Behaviour and Beyond



Wednesday 13th March from 5.30pm - 8pm at the George Davies Centre, Lancaster Road, LE1 7HA.

This is a free science event at the University of Leicester on 13th March, 6pm to 8pm (doors open 5.30pm).

If a group would like to attend please email mlb43@leicester.ac.uk with numbers.

Refreshments are available.

Several U3A groups attended last year and found it very informative and enjoyable.

Women's Aid Leicestershire Ltd

I am a trustee of Women's Aid Leicestershire Ltd which has refuges in Loughborough, Leicester and Hinckley offering safe accommodation and support for women and children fleeing domestic violence in the county. We also provide refuge for women and their families who need to move out of county for their own safety.

Often the women will only have the clothes they are wearing and children will have left behind toys and all that's familiar.

Last year for the first time we arranged a few coffee mornings during the week of International Women's day, 8th March, and we would like to make this an annual fund-raising event.

If any members feel they would like to host a coffee morning please contact me at pat.scholesnoble@gmail.com.

With thanks,
Pat Scholes-Noble