

Update



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.

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Monthly Meetings at Emmanuel Church

If you missed the April monthly meeting then you will have to enquire about the story of Vince Eager and the table lamp!

At our **May monthly meeting** we welcome **Elizabeth Gowing**. Resident in London, we have made special arrangements for her to be with us on **Wednesday 8th May at Emmanuel Church at 2.30 pm** - although we may be slightly late starting if the roads are busy.

Elizabeth is the author of four books about the Balkans, a frequent lecturer to groups in the UK and a regular contributor to Radio 4's "From Our Own Correspondent". She has translated two books from Albanian to English and divides her time between Albania, the UK and Kosovo, where she co-founded the Ideas Partnership charity. The last few years have also brought speaking engagements at the Albanian Presidency at the invitation of the First Lady, in London at the Royal Anthropological Institute, at the London Book Fair and the American Embassy, Prishtina, a lifeboat station and a jazz club.



photo credit:
Paddy McEntaggart

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



She is probably best known for her book "The Rubbish Picker's Wife" but for us she is featuring her latest book. **'Unlikely positions in unlikely places; a yoga journey around the UK'** tells the stories from her explorations of yoga. She says that she is not a likely yogini; too fond of chocolate and To-do lists, and sometimes she falls over on her mat. So this is not a 'how to' talk - it's given by an explorer rather than an expert. Sometimes funny, sometimes touching, it evokes the characters and communities met along a fascinating journey, from doga (yes, yoga with your dog) to her dripping day of 'hot yoga', hanging upside down in aerial yoga, to yoga in prisons and with asylum-seekers, children and Stand-Up Paddleboards.

It will be of interest to those who love Britain – its quiriness and multi-layered communities, from inner city community centres to exclusive spas. It will also be loved by the 'armchair yogini' and the armchair traveller. It's a light introduction to some mind-bending ways that ancient positions can find new homes, and ordinary and extraordinary people in crisis can find peace and a sense of belonging.

June & July Meetings

June will see our 21st Anniversary Meeting with entertainment by three of our groups: Drama & Playreading, Singing and the Music Makers. Do come along to hear them, at Emmanuel Church on **Wednesday 12th June at 2:30 pm.**

The meeting is followed by our Anniversary Tea, a ticket only event. Please ask a member of the committee if you still haven't got your ticket.



Looking forward to July, we have "The last laugh" and Jean Townsend - more details later.

All members of Charnwood U3A are entitled to attend the monthly meetings free of charge. Emmanuel Church is accessible by bus and there are car parks nearby.

Neil Rowbotham
Programme Organiser

Quiz Time *(answers in July's Update Extra)*

- 1) Where in the British Isles can one see all four home counties on a clear day?
- 2) It is as flat as a leaf, round as a ring, has two eyes but cannot see a thing. What is it?
- 3) A bus driver was heading down a street in Loughborough. He went right past a stop sign without stopping, turned left where there was a "no left turn" sign, and went the wrong way on a one-way street. Then he went on the right side of the road past a police car. Yet, he didn't break any traffic laws. Why not?
- 4) Which Leicester businessman, the father of the modern tourism trade, chartered a train from Leicester to Loughborough and for what purpose?
- 5) John Gosden and Mark Johnston are prominent names in which sport?
- 6) Which Leicester-born footballer was a regular striker in the International England squad 2001?
- 7) What name links parliament in the 13th century with a Leicestershire university?
- 8) Link the following pop song lyrics with the song's title: "When they said you was high classed, well, that was just a lie."
- 9) To which three Cathedrals does "The Three Choirs Festival " refer?
- 10) Of which profession is St. Apollonia the patron saint?
- 11) Which specific event links Brighton and the "Wombles"?
- 12) Who said he was going out for a walk in the snow and might be sometime?
- 13) What are the names of the three 'Darling' children in J.M. Barrie's 'Peter Pan'?
- 14) Name all four European countries where people drive on the left.
- 15) Where in the solar system can a two faced god be found?
- 16) What is the current name of Idlewild Airport?
- 17) Which English county has a flag entirely in Black and White?
- 18) Which period drama was set at 165 Eaton Place, London?
- 19) Who painted 'The Conversion of St. Paul'?
- 20) John Taylor's bell foundry is one of only two such foundries in England. Where is the other?

Group News

New Pilates group ready to start soon!

We have a new tutor/instructor who is qualified in both Pilates and Physiotherapy. The group size will be limited so everyone is able to receive individual attention to ensure they will really benefit from the classes.

The group will run on Tuesdays from 9.30 -10.30 at Gorse Covert Community Centre (next to Morrisons). Each class will cost £7 per person payable 4 weekly in advance. There will be a free taster class for anyone interested.

To register your interest and receive more information please email Lynne Peebles as soon as possible.



Walking Groups

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

Little Xtras

2nd and 4th Thursday of each month starting at 10.00 prompt.

9th May: Sculptures in the Outwoods
Meet at the Pear Tree Pub in Woodhouse Eaves. Postcode: LE12 8RT; Grid Ref: SK531142. Into the Outwoods for a peek at the sculptures then over to Buck Hill and the Beacon (steep climb but we'll take it easy).
Leader - Malcolm Otter

23rd May: Groby Baby
Meet at the Stamford Arms, Groby
Postcode: LE6 0DJ; Grid Ref: SK524075. Via Groby Pool to Newtown Linford
Leaders - David and Kate Watson

Walk co-ordinator - Malcolm Otter

Tuesday 6 Plus Walking Group

21st May: The Star, West Leake.
LE12 5RQ. Ref SK 523261.
Leader: Peter.

Enquiries to Mike Pearson.

Saturday 5-ish Miles

4th May: 10:00 Ratby, Burroughs Wood car park. Leader: Sue.

1st June: 10:00 Birstall, Whites Lane. Leader: Helen.

6th July: 10:00 Loughborough, Moat Rd car park. Leader: Barrie

Enquiries to Sue Griffiths.

Parish Walk Group

The next Parish Walk starting at 10:00 on Thursday **16th May** will be from the Cossington Church car park, grid reference SK604136 or postcode LE7 4UU. The walk will be down to the river Wreake, along the Soar to Cossington Mill and then return across the meadows. Leaders: John Harries and Rob Harding.

If interested contact Elizabeth Steel.

'Les Sportives'

Enquiries to Janet Butlin.

10+ Mile Walks

4th June:
Leader: Gordon Murray.
Walk will start at 10:30 from Black Rocks Car Park SK291557 (nearest SatNav DE4 4GT) although considerate parking on the approach road is recommended to avoid the £4.80 car park charge. Lunch will be at the "Bear Inn" near Alderwasley. **Note the later start time for this walk.**

2nd July:
Leader: Elizabeth Steel. The walk will start at 10.00 from a lay-by on the approach to Rotherby at SK674164 (nearest SatNav LE14 2LQ). Park in the lay-by or considerately nearby in Rotherby. Lunch will be in Ashby Folville.

Enquiries to Peter Mill.
New members must make contact prior to joining either of these walks.

Strollers & Amble Groups

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

Items for Update

The deadline for publishing is normally the last day of the previous month. *Please note, there is no Update in June.* The deadline for the July issue of **Update Extra** will be **Sunday 30th June**. 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 (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.

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).

Thank you!

Group Leader's Alert!!

Is your group low in numbers?

Without members with a particular expertise?

Even without members willing to do anything!

Over one hundred of our U3A's members come to the monthly meeting each month. Many rendezvous in the foyer of Emmanuel church and read the noticeboard.

PUBLICISE YOUR OWN INTEREST GROUP ON THAT BOARD

NOW BEFORE YOU TELL ME THERE ISN'T MUCH ROOM ON IT, WE HAVE ANOTHER OF THE SAME SIZE. I WOULD LOVE TO BE IN THE POSITION OF USING BOTH NOTICEBOARDS, THE SECOND REMAINS EMPTY !

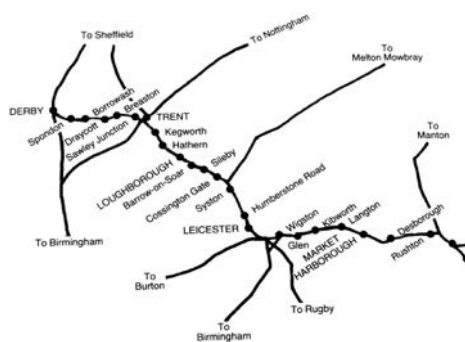
Not just the noticeboard ! The foyer is large, there are plenty of tables. The Textile Group recently put on a worthwhile display of their work in the foyer - they thought it was very useful.

CONTACT ME, GRAHAM COOPER, COMMITTEE MEMBER. WE CAN TALK ABOUT YOUR REQUIREMENTS.

WE DO NOT WANT TO SEE A GROUP CLOSE WITHOUT HAVING PUBLICISED ITSELF, DO WE ?

Bits and Bobs

New Exhibition at Loughborough Library



Loughborough Library Local Studies Volunteers have mounted a new exhibition entitled 'The Midland Mainline - Then and Now: 1840 to 2019'. It runs from **6th MAY to 28th JUNE 2019** at Loughborough Library. Entry is free.

Library opening hours are Monday, Tuesday, Thursday & Friday 10:00 am - 12:00 noon & 2:00 pm - 4:00 pm