

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

using the username and password supplied.

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 have been supplied to you.

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.

At our last meeting in August, **Neil Maggs** treated us to a very interesting and eye-opening account of his adventures in the Round the World Yacht race. His vivid descriptions and many photographs gave us a good idea of what it must have been like on the high seas!

Next Meeting: Wednesday 11th September 2019

“My Life as an Auctioneer”

I feel confident that **Charles Hanson** will be informative and entertaining when he talks about his life as an auctioneer. Having begun his career at Christies, he established Hanson Auctioneers in 2005 going on to open 3 salerooms. Along with sales of items from Historic Houses such as Kedleston Hall and Sudbury Hall, Hansons have experienced many interesting sales such as £650,000 for a Chinese Qianlong vase and £58,000 for a letter from Nelson. Charles can frequently be seen on The Antiques Road Show, Celebrity Antiques Road Trip and Bargain Hunt but he also presides over many prestigious celebrity and fund-raising auctions. He is reported as believing an auction to be a place of theatre and entertainment with high excitement, drama and tension - so our monthly meeting is just the place!



Looking Ahead: Meeting on 9th October 2019

“A Tale of Two Crosses”



The first talk of our new year traces the life of William Coltman who went to WW1 as a stretcher bearer, refusing to fight but going to war to save life not to take it. As a result he was awarded the VC, MM & bar and DCM & bar and described as the highest decorated non-commissioned officer of the British army. **Tim Coltman** is William's grandson and we are delighted to welcome him.

Neil Rowbotham, Programme Secretary

Membership Renewals

If you receive your Update by post you will also receive a Membership Renewal Form. Members who receive Update via email will receive a second email with the Membership Renewal Form attached.

This year the membership subscription has increased to £15 so please update any Internet Banking payments.

We have adopted a new database system called Beacon which has been specifically designed for U3As. Membership cards will be different and will no longer contain the Main Meeting Programme.

Membership cards and programme details will be sent via email but for those without Internet access or access to a printer, your membership cards will be printed together with a copy of the programme.

I would also be grateful if members will inform me if they do not wish to renew. It will save me sending out a reminder letter in November.

Garry Rigby, Membership Secretary

Answers to August Quiz

- 1) Who is the only jockey to have won the Kentucky Derby, Epsom Derby, Irish Derby and the French Derby ? **Steve Cauthen**
- 2) With which city is Charles Rennie Mackintosh most closely associated ? **Glasgow (notable architect)**
- 3) Which Pakistani bowler was nicknamed "The Burewala express" ? **Waqar Younis**
- 4) Which Bon Jovi song opens with the line: "Tommy Used To Work On The Docks" ? **Livin' on a Prayer**
- 5) Where was the United Kingdom's current Prime Minister born ? (as at August 2019) **New York**
- 6) Name the world's only two doubly landlocked countries. **Liechtenstein and Uzbekistan**
- 7) Who composed the work "Elijah" ? **Felix Mendelssohn**
- 8) What have Grafton, a village in Northamptonshire, Bognor in Sussex and Melcombe, part of Weymouth, Dorset, have in common ? **Full names have "Regis" as suffix, accolade of monarch**
- 9) Which element is currently the last in the periodic table ? **Organesson**
- 10) Who is the most recent person to have had a state funeral in the United Kingdom ? **Winston Churchill, in 1965**
- 11) What is the most isolated mainland pub in the UK ? **The Old Forge, Inverie. Accessed by an 18 mile hike over Scottish mountains or a 7 mile boat ride. The writer has drunk in it!**
- 12) Since when has Leicester had an Anglican cathedral ? **1927**
- 13) Which Japanese car maker's name means "50 bells" ? **Isuzu**
- 14) How many blank tiles are in a Scrabble set ? **Two**
- 15) Which numbers are missing from this series....61,53,47,41,37,31,29,23 ? **43, 59. Prime numbers**
- 16) Where did Venera 7 land in 1970 ? **Venus**
- 17) Which well known composer composed the music for the opening ceremony of Loughborough Carillon in the 1920's ? **Edward Elgar, Memorial Chimes**
- 18) What is the "national" sport of the Basque Country straddling Spain and France ? **Pelota. They won an Olympic medal in the sport in 1900. No other country entered a team!**
- 19) Literally translated, the name for which kind of street, common in Britain, means 'the arse of a bag' ? **Cul de Sac**
- 20) What was "Spruce Goose" ? **An aeroplane**

Inter-U3A Quiz Night

There is still time for us to enter another team (or two) for the 4th Inter-U3A Quiz Night, hosted by Hinckley U3A, on **3rd October 2019** (6.45 pm for 7 pm, at Earl Shilton Constitutional Club). Further details are available on the 'What's On' page of our website. If you are interested, please contact Helen Davison, chairman@charnwoodu3a.org.uk before **15 Sept.**

Group News



Classical Music Enjoyment Group

meets this month on Wednesday 25th September 2pm to 4pm at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough when the programme will be given by Ian Proctor-Blain and is entitled "Heroes and Villains".

Any enquiries concerning the Group to Martin Jones, Group Leader

YOGA!

DOES NOT HAVE TO MEAN TYING YOUR BODY IN KNOTS.

IF YOU CAN BREATHE, THEN YOU CAN DO YOGA.

I AM PLANNING TO GET A GROUP STARTED IN

SEPTEMBER; IF YOU ARE INTERESTED AND

WOULD LIKE TO GET INVOLVED, PLEASE

CONTACT MIKE HOOD

FOR MORE INFORMATION.



Walking Groups

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

Parish Walk Group

Thursday 19th September:

Start 10.00 Moat Road car park, 525176. Distance approx. 4 miles
Leader: Ursula

If you wish to be on the mailing list, do let John Harries know.

Saturday 5-ish Miles

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

5th October 10:00 Queniborough Main Street. Leader: Derek

Enquiries to Sue Griffiths.

Tuesday 6 Plus Walking Group

Details of September walk will be sent out shortly via email.

Enquiries to Mike Pearson.

10+ Mile Walking Group

1st October:

Leaders: Betty & Paddy McGhee.
The walk will start at 10.00 am from the car park at Sutton Bonington Playing Fields, Main Street, Sutton Bonington (approx grid ref SK504252. Nearest SATNAV LE12 5PF).

The car park is signposted "Bottle Bank" and "Playing Fields".
Lunch will be at Maxwell's near Morrison's.

The walk follows the river in part and borders on Shepshed.

Enquiries to Peter Mill.

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

'Les Sportives'

Thursday 12th and 26th Sept:

Details of walks will be emailed out to members. Enquiries to Janet Butlin.

Little Xtras

Thursday walks for September:
All walks start at 10:00 am prompt.

12th September:

Going down the 'pool...

Meet at Groby Pool Car Park, Newtown Linford Lane. Grid Ref: SK525080; Postcode: LE6 0FF
Leader: Marilyn Palmer

26th September:

On with the motley...

Meet at The Plough Inn, Burroughs Road, Ratby. Grid Ref: SK510059; Postcode: LE6 0XZ
Leader: Cliff Knowles

Enquiries to Malcolm Otter.

Strollers & Amble Groups

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

Bits and Bobs

Places Available on Coach Trips

Days of Interest Group: Spare Places on our October and November Trips

Stamford and Woolsthorpe Manor on Saturday 19th October:

Price per person National Trust member: £11.00
Price per person Non-NT member: £19.50
Depart Nanpantan sports ground car park 9:00 am
Leave Woolsthorpe Manor 4:30 pm

York Christmas Festival on Saturday 16th November:

Price £17.00 per person
Depart Nanpantan sports ground car park at 8:30 am
Leave York at 4:00 pm

If you are interested in joining us please contact Jill Strachan.

Soar Valley U3A Coach Outing to Avoncroft Museum of Historic Buildings

Visit to Avoncroft Museum on Thursday 19th September:

Price per person £22
Depart from Sutton Bonington Playing Fields at
9:00 am
Leave Avoncroft at 4:30 pm, arrive Sutton
Bonington about 6.30 pm

To book places, please contact Roger Golds,
Soar Valley U3A

Cheques payable to 'Soar Valley U3A'.

***Full details of all three of the above trips are on the Charnwood U3A website on
the "What's On" page, linked from the home page.***

Please remember everyone on each trip must be a U3A member.

Loughborough University Public Lecture

**Tuesday 24th September, 6 pm in Room 1.39, National Centre for Sport and Exercise
Medicine, Loughborough University.**

Exercise and cardiovascular health in South Asian vs European populations

Matthew Roberts, PhD student, Loughborough University



Matthew's research investigates the role of exercise in the prevention and management of diabetes, cardiovascular disease and blood vessel health in high risk populations for a range of diseases.

This free lecture will start with an overview of ethnic differences in cardiovascular health, followed by a more detailed examination of Matthew's research into the influence of exercise on cardiovascular health in South Asian and European women and obese South Asian and European men.

For further information, see the "What's On" page of our website.

Items for Update

The deadline for publishing is normally the last day of the previous month.

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 have been supplied to you).

Thank you!

2019 Christmas Tree Festival at All Saints Parish Church

Is there anyone out there who would you like to express their artistic talents and volunteer to dress our U3A Christmas Tree?

The tree and decorations are provided.

For more information, please contact groupscoordinator@charnwoodu3a.org.uk

Dates: Dress: Mon 25th or Tues 26th November
On show: Wednesday 27th November – Sunday 1st December
Dismantle: Monday 2nd December

Place: All Saints Parish Church

We would like to say a big **THANK YOU** to Wendy Hout for all her wonderful efforts over the past few years. They have been much appreciated.



A Year in The Life of:

The Groups' Co-ordinator (GC)

What a lot of Groups! What a lot of Group Leaders! That was the first thing that hit me when I took on the role of GC. It seemed like a daunting task. However I needn't have worried. Unless there is a change in local or national policies, the established groups look after themselves and require very little external input. Being involved in the formation of a new group is quite exciting though; watching an idea develop into a new group.



The main administrative duty is updating the Group Leaders Activity Sheet. This occurs on a regular basis when new groups are formed and groups change their leadership. Sadly some groups close due to dwindling numbers. Once a year the two Handbooks are updated. It's at times like this you really appreciate computers – as long as they do what they're supposed to!

The two New Members/Group Leaders' Meetings are the highlights of the year when faces can be put to names and voices. Organizing these has become a lot easier since moving to the Bowls Club as the staff set out the room and provide the catering. After meeting potential new members, the Group Leaders have a chance to chat to the Committee and to each other over an endless supply of tea and coffee and an excellent buffet lunch.

The one important thing to remember is that if there are any queries that seem unanswerable then the Committee is always there to offer their support and advice.

Marilyn Mather