

Update Extra



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Third Age Trust

The Third Age Trust, to which we are affiliated, has a monthly Newsletter, sent out by email to all who subscribe. It has a wealth of information for U3A members and every member is encouraged to sign up:

www.u3a.org.uk/email

Welcome

Welcome to the April edition of Charnwood U3A Update Extra, a bumper issue of news, views and information which we hope you will find interesting and entertaining. The content of Update Extra is written by the members, and details for sending contributions can be found at the end of this newsletter.



A very 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 need the user name and password which can be found bottom left and bottom right on the back of your membership card.

From the Chairman



As I write this, the sun is shining and signs of Spring are all around. It's a bit unusual for early April but trees are full of blossom and, to my mind, the countryside is looking its beautiful best. England is a wonderful place at this time of year.

At the AGM we welcomed Helen Reid as a member of the Committee. She is also the new Editor of Update, so send in your articles, pictures, stories and reports of group activities so that she has plenty of material.

I want to explain to you how U3A works and how it is part of the Third Age Trust.



Our U3A – What is it; What makes it work?

Well, most important are our Groups, led by our Group facilitators/coordinators (we have started to call them that because 'Group Leader' is a scary phrase if you are being asked to volunteer!) These hard working people provide you, the members, with new interests, new subjects, new friends. U3A is committed to Life Long Learning BUT we don't need to be experts in order to share our enthusiasms with others. Help is available in all sorts of ways both locally and nationally to those who are facilitating a group.



Running our U3A is our **Committee**, consisting of Chairman, Secretary and Treasurer together with Groups Co-ordinator, Programme Organiser, Membership Secretary and three other members taking care of notice boards, website, outreach, new member liaison, booking speakers etc.

Continued overleaf...

From the Chairman (continued)

Monthly meetings

I recommend our monthly meetings to you. We have such a variety of interesting speakers and now we meet at Emmanuel Church Centre we have easy access by bus as well as plenty of parking.

This is the general meeting when we can meet together in a larger group, listen to speakers on different subjects and have a cup of tea together. The meetings are supported by members who set up the notice boards, run the sound system, sign us in (for fire regulations), organise refreshments, greet the speaker and welcome new members. All of this would not happen without YOU the members.



Ongoing tasks

Some of the on-going tasks that keep our U3A going are keeping our website, publishing Update, liaison with Emmanuel Church for room hire, dealing with enquirers, attending Network meetings and making tea!

Your Committee sends representatives to the Network (Leicestershire & Rutland) Group meetings at which our Regional Trustee is present. Information is shared, new initiatives are sounded out and feedback is sent to Third Age Trust (TAT).

TAT also arrange Workshops to support members - our Treasurer is going to a Finance Workshop later this month. We also have the assistance of Trust Volunteers to help set up new U3As where there is a demand. In recent years new U3As have been formed in Ashby, Whitwick and Syston. Now the Network is looking into starting a new U3A in Braunstone. Demand increases and the object is that every older person should live within 5 miles of a U3A.

So that's what it's all about, we need you and your ideas and enthusiasm to keep our brilliant organisation going – come on in, the water's lovely!

Shared learning projects

Some U3As liaise with research at Universities, Libraries etc. and these Shared Learning Projects cover many different topics from Canals, to Industrial Heritage, from Health to Ageing. If you're interested in getting one going, speak to a Committee member.

Third Age Trust

Charnwood U3A is part of a much wider network, the Third Age Trust, with over 600 U3A's in the UK and over 250,000 members – hurrah for grey power! All our members receive Third Age Matters, the national quarterly magazine and the journal 'Sources' is published online.

TAT works hard on our behalf and organizes a **Summer School**, provides **Subject Co-ordinators** to offer advice and ideas to our Group Facilitators, and arranges our Public Liability Insurance. In addition TAT has forged links with the Open University and provides on-line courses for all members (see the TAT website: www.u3a.org.uk). TAT is also able to provide advice and guidance for our committee on matters of finance, constitution etc.

In Conclusion...

All in all, you have made a very wise decision to become an active member of such an organisation. The number of different interest groups and the suggestions for new groups we receive proves this. If you have a passion for a subject why not start a group - help is available from our Groups Coordinator, just ask.



Helen Davison

Other useful U3A web addresses:

The Association of East Midlands U3As: www.eastmidlandsu3as.org.uk

Leicestershire and Rutland Network: www.landru3a.org.uk

Your 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 Church is accessible by bus and there are car parks nearby.

Next Meeting: Wednesday 10th April 2019

"You're never too old to rock and roll"

I am pleased to report that Vince Eager is well enough to be our speaker at our monthly meeting in April. You will remember that he was due to be with us in January but had to change the date. Vince will try to convince us that "You're never too old to rock and roll".

Vince became a household name in our youth with over 100 TV appearances on shows such as "Oh Boy" and "6-5 special" and touring with Gene Vincent, Eddie Cochran and Billy Fury. He was prolific on the cabaret circuit before he moved to star in the West End hit "Elvis" before re-inventing himself as a cruise ship Cruise Director. Recently he has formed the Memphis Tones and built another career on the nostalgia circuit.



As I wrote last year - we are not expecting a sedate history lecture! Vince will be with us on Wednesday 10th April at 2.30 at Emmanuel Church.

Looking Ahead: Meeting on 8th May 2019

"Unlikely positions in unlikely places; a yoga journey around the UK"



Our May meeting will see Elizabeth Gowing telling the stories from her explorations of yoga. She tells us that "I am not a likely yogini; I am too fond of chocolate and To-do lists, and sometimes fall over on my 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 her dripping day of 'hot yoga' to yoga in prisons.

Neil Rowbotham
Programme Secretary

Group News

Social Dance Group

HELP! HELP!! HELP!!! PLEASE!!!!

The Social Dance Group is seriously in need of a few more members in order to function at its best. Surely, within the 900+ members there must be some more who would enjoy an afternoon of good music and having a bit of a dance. That's on top of all the laughter when we go wrong; all the chat & witty comments, plus tea & biscuits.

I am asking for the sake of the few very friendly people who do attend regularly; enjoy themselves; and would be disappointed if the group was to fold.

Everyone is welcome! Let me re-assure you, again, that no skill is required. If you can walk you will be able to participate in the types of dancing that we enjoy. These include what is often referred to as Ceilidh dancing – aka Folk/Country dance; some easy Line dances; a little Modern Sequence at a very basic, simple level; partner dances of differing types including Classical Sequence – known to most of us as Old Time. No-one is compelled to dance for the entire session; it is quite acceptable to sit out for a rest if required.

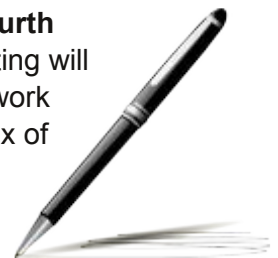


Our next sessions take place from **2 pm – 4 pm on Tuesday 9th April and 14th & 28th May**. The venue is the Church Hall of the Good Shepherd on Park Road. There is parking, but should we be deluged by hordes of new-comers, Tesco car park is just across the road. There is normally a charge of £1.50 – to cover the cost of the hall – but the tea & biscuits are included. **HOWEVER**, we will welcome you all with open arms and not charge any new dancer on their first visit.

Should you try our group and decide it is not for you, we will not be offended. But, PLEASE, PLEASE come & have a go. You can simply turn up on the day or, for further information contact Beverly Gillman. The Line Dance group still meets every Friday morning in the Tesco Community room on Park Road at 9.45 – 11.45 am; followed by the Ballroom for Beginners group for the following hour.

Creative Writing Group

The group is up and running. We are meeting in the Library on Granby Street on the **fourth Wednesday afternoon of each month**, though, as luck would have it, our March meeting will not have enough people to make it viable. We are still in an experimental stage as we work out what we want to do, what we each want to get out of meeting together. There are six of us and we will happily invite two or three more people to join us. So if you would like to come to the **next meeting on April 24th** do please email or phone Anthony Gimpel.



Classical Music Enjoyment Group



meets this month on Wednesday 24th April 2pm to 4pm at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough when the programme will be given by Graham Cooper and is entitled "Czechmates".

Any enquiries concerning the Group to Group Leader, Martin Jones.

More Group News

Outdoor Bowls Group

After the winter break, the Outdoor Bowls Group will start again on **18th April** and run through the summer, meeting once a week on a **Thursday at 2 o'clock** for a two hour session at the **Brush Bowls Club** green on Watermead Lane (off Nanpantan Road). New members will be very welcome to come along and join us for a fun afternoon of gentle exercise with tuition and guidance provided. No previous experience is necessary. Please contact Dave Saunders for further information. If any U3A member has bowls that they no longer need and would like to lend or donate them to the Group, please let Dave know.



Walking Groups

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

Strollers & Amble Groups

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

Parish Walk Group

These walks are at a leisurely pace and cover about 3 miles. The group meets every third Thursday of the month.

Thursday 18th April:

The walk will be from Frisby on the Wreake starting at 10.00. Park in Mill Lane, grid reference 697177

If interested contact Elizabeth Steel.

'Les Sportives'

9.45 am meet for 10 am start:

Thursday 11th April

Meet: The Greyhound, 25 Melton Road, Burton On the Wolds LE12 5AG
Lead: Helen

Thursday 25th April

Meet: The Bricklayers Arms, 213 Main Street, Thornton LE67 1AH
Leads: Bren & Angela

Enquiries to Janet Butlin.

Saturday 5-ish Miles

6th April, 10 am, Zouch car park.
Leader: Ruth.

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

Enquiries to Sue Griffiths.

Little Xtras

Little Xtras Thursday walks scheduled for April - prompt 10.00 am start as usual:

11th April - To the woods, to the woods...

Meet at the Staff of Life pub in Ticknall - Grid Ref. SK351238; Postcode DE73 7JH

Via Scaddows Wood to Foremark Reservoir and Foremark Hall.
Leader - Marilyn Palmer

25th April - Classic Charnwood

Meet at the Wheatsheaf, Thurstaston - Grid Ref. SK567111; Postcode LE7 7JN
Leader - Mary Edmunds Otter

Any questions, please contact Malcolm Otter.

Tuesday 6 Plus Walking Group

16th April

The Griffin, Swithland. LE12 8TJ.
Ref SK552129. Leader: Chris.

Enquiries to Mike Pearson

10+ Mile Walk

7th May. Leader: Chris Rimbault. The walk will start at **10.30** from Monyash. Use the car park or park nearby in the road at SK149666.

The route follows the Limestone Way, so expect a steep descent in Cale Dale with a short tricky section where poles are recommended. Could be slippery after rain.

Lunch will be at The Lathkill Hotel in Over Haddon with the return via Lathkill Dale.

Note the later start time for this walk.

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

Roving Reporters

Days of Interest

January Musical

We began 2019 with our, now traditional, trip to the Town Hall – this time to see 'Grease' as performed by the Christchurch Theatre Group. As in previous years, it proved a very enjoyable afternoon.

February Lunch

In February we had another traditional event, a lunch together at Longcliffe Golf Club. The food, service and company were again excellent.

March Visit to Worcester

Our first coach trip for the year was to Worcester. We were blessed with better weather than 2018, when it snowed, but it was definitely a windy day.

Luckily there is lots to do in Worcester even in winter weather. I think most of us began at the cathedral. The coffee shop certainly had a lot of our members starting the visit with a refreshing drink.

The cathedral itself is an immensely impressive building, especially known for its ancient cloisters and stained glass windows. Other highlights included the tombs of King John, of Magna Carta renown and Prince Arthur, Henry VIII's elder brother.

Some of us were lucky enough to be in the cathedral when the organ was being played, which added to the atmosphere.

Some of us visited the Worcester Porcelain Museum, housing the world's largest collection of Worcester porcelain – much of which was very ornate for today's taste.

Others went to Greyfriars House (NT) – built in the 1490's and since then the home of various gentry, shopkeepers and merchants.

Another option was The Commandery, where you can find out about Worcester's place in the Civil War.

Many of us also visited the Tudor House – a small museum, with almost no flat surfaces to be seen. The museum documented some of the uses of the building from Tudor times to now – the exhibits included replica military uniforms as you will see from the photograph.



Inside Worcester Cathedral



In the Tudor House, Worcester

If you are interested in joining the Days of Interest Group please contact Pauline May.

Travel Group Summer Sun Holiday in Tenerife

Anyone for karaoke?

But more of that later. Eleven single ladies and one married couple met up at a very cold East Midlands Airport at 6 am on Monday 14th January for a flight to a relaxing week in the sun.

We were staying at GF Fanabe hotel in Cost Adeje, which provided us with comfortable, clean rooms, plenty of delicious food and swimming pools galore.

Five ladies braved the local buses for a day in Santa Cruz, and had a great time exploring the old town and discovering (or rediscovering) the joy of tapas in a friendly little bar.



Another day was spent on a coach tour of the island where we discovered there was more to Tenerife than just hotels and holiday homes.

We visited the towering cliffs of Los Gigantes (The Giants), were taken to see the ancient Drago Tree and marvelled at the Church of the Black Madonna.

We also spent some time in Porta de la Cruz, where a local lunch and home-made ice cream were enjoyed.

A third day included a visit to a thriving local market just behind our hotel, where a few unnecessary Euros were spent on bags, sun dresses and other knick-knacks.

On the final day almost everyone went on a visit to the active volcano (El Teide) in the centre of the island, and four ladies were tempted to get closer to the top in the cable car.

If this sounds like an idyllic winter break, you would be right. There was only one fly in the ointment – across the road from the hotel was a karaoke bar, which had a licence to operate 5 nights a week until midnight. Each evening the “singing” became more and more loud and raucous and even my trusty earplugs were no match for it. However, the rest of the holiday more than made up for our sore ears, and we all had a wonderful time.

Three cheers to Sue Unsworth who organised the whole thing, and to her able assistant Ann Maddocks. We can't wait for the next episode of “Travel Group Summer Sun”.

Linda Lawson



Proposed day trip to St Neots and Ely Cathedral, 29 August 2019:

There are a number of places left to fill on this trip, being organised by the Architecture group in conjunction with the Archeology, History 1 and Parish Churches groups. The cost is £25 per person, and booking is required by **19th April**. All U3A members should receive full details and a booking form by e-mail, and details of this interesting trip will also be posted on the U3A website.

Melitta Leicester - a Special Celebration!



Melitta Leicester has led the German Advanced Group for over 20 years, right from the inception of Charnwood U3A. She is (we think!) the only original Group Leader who is still in post – an amazing achievement. Melitta recently celebrated her 90th Birthday. She hates fuss, and would much rather just get on with her busy life, but group members were determined to mark this occasion. Two of our regular meetings were hi-jacked for this purpose.

We calculate that there have been over 400 meetings of this Group, almost all of them at the home of Melitta and her husband Nigel, another stalwart of this U3A. One can hardly imagine how much time they have spent in preparation for these meetings, not just putting together interesting topics to improve our language skills, but also brewing thousands of cups of coffee, offering us tasty biscuits and cakes, etc. In January, we surprised her with a card, and Jenny Nash, one of our members, provided a home-made cake from a German recipe. Melitta was delighted! She and Nigel were then persuaded to tell us a little more on how they met and eventually married. They were

living at that time on different continents, but the relationship blossomed; they finished up in Loughborough – generations of German learners are very grateful for that!

At a later meeting in February, each member of the Group paid tribute to Melitta by explaining, in German, how much the group had meant to them over the years. Melitta is a very caring person and many people commented that Melitta had supported them through difficult times. Melitta has never been content to stand still in life, and the activities of the Group have also evolved. We have read challenging books, discussed a variety of topics, and performed short plays – all in German. We have also had a lot of fun. Melitta is always cheerful and welcoming, and she has only been known to get exasperated when we lapse into English; she insists: "Auf Deutsch, bitte!"

The photo below, taken in late 2018, shows group members (and also husband, Nigel, back left). In future, Melitta is contemplating stepping back from the Group leadership, but we all hope that she will continue as a member. Whatever the future holds, the German Advanced group will always be known as Melitta's Group!



A Big Little 2-Year Old!



The Charnwood U3A Making Music group was two years old last month. And, like any excited little child, we had a party to celebrate. We had a big cake, candles, plenty to drink (non-alcoholic, of course) and music to suit every taste, as you can see from these photos.

For various reasons the Making Music group, first proposed in October 2016, took a while to get started. Our first meeting was on 9th March 2017, round at the organiser's house for introductions and refreshments. Our leader, Maggie Chaplin, had been a music teacher in schools and the leader of her own jazz band. She had to give up playing the piano because of arthritis but her unquenchable enthusiasm is an inspiration to us all.

At our first rehearsal we had one flautist, four recorder players, a clarinetist, a trombone player, a pianist, a guy with an African drum and myself. (I have probably forgotten one or two aspiring musicians.) Rummaging around in Maggie's collection of odd instruments brought for us to try, I settled on an old acoustic guitar and, delving deep into the memory banks for chord shapes, strummed along as best I could.

Almost all of us had learned an instrument in the past but not played for years. At that first rehearsal we stuttered and stumbled through a few simple tunes and the best you could say about the performance was that it was bound to improve. Maggie, however, could see our potential. She told us how pleased she was with how it went and we went away full of enthusiasm and determined to be better next time.

Our repertoire has now expanded to nearly 20 pieces ranging from classical to dance band tunes and songs from modern musicals. Our performances have improved beyond measure, too. We even gave ourselves a name as part of our birthday celebrations. We can't claim to be as good as the famous dance bands of the 40's and 50's but we are proud to honour them by calling ourselves **The Little Big Band**.



The band will be playing at Charnwood U3A's 21st birthday meeting on 12th June when we will entertain you with some familiar songs. But, if you have a musical instrument in the attic or under the bed and you would like to start playing it again, you don't have to wait until June. We meet in the Gorse Covert Community Centre on the second and fourth Thursdays at 2 pm. Come along and say hello or contact Maggie Chaplin for further details.

Phil Bass (guitarist)

Millie Middleton

Millie, one of the original members who helped to start Charnwood U3A, died on March 19th, aged 91. She had very recently moved into a care home near her son Bill who says 'The U3A was a huge part of her life from its formation until she could no longer take part.'

Millie's funeral will take place on Thursday, 11th April, at St. Peter's Church, Mountsorrel, at 12.00. U3A members and friends welcome. Flowers are - of course! - welcome, as are donations to Water Aid.

Items for Update

The deadline for publishing is normally the last day of the previous month. The deadline for the May issue of **Update** is **Tuesday 30th April**.

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.



Items for Update Extra

The next issue of **Update Extra** will be published in July and the deadline for items is **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.

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!

Contact Details

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

Visit the password controlled Members Area of our website and click on Update to get access to these contact details, including a list of the Charnwood U3A Committee and their contact details.

www.charnwoodu3a.org.uk

The username and password are given on your membership card.

Answers to March Quiz:

- 1) If one travels to Birmingham from Loughborough via the A42 and M42, the only place in the country is passed where four counties meet at one point. Name the four counties.
Derbyshire, Staffordshire, Leicestershire, Warwickshire
- 2) What number do you dial from a BT telephone for the speaking clock? **123**
- 3) With which rapper did Ed Sheeran provide vocals to briefly score a UK No.1 in January 2018?
Eminem
- 4) She became the first American woman to earn an international pilot's licence and went on to stage the first public flight by an African-American woman in the US. What was her name?
Bessie Coleman
- 5) Who was the first English ruling queen to be crowned? **Mary I**
- 6) In which year was the Technical Institute, forerunner of Loughborough University, established? **1862**
- 7) Mount Denali was previously named after which politician? **McKinley, in Alaska**
- 8) Who in October 2016 said to the US talk show host that he was looking forward to working in an office with corners? **President Obama. His office as President was oval.**
- 9) Each of the four contestants in a round of Mastermind shakes hands with each of the other contestants once. How many handshakes are there? **Six**
Each contestant shakes hands three times. $3 \times 4 = 12$. However each handshake involves two people. Therefore $3 \times 4 = 12$ divided by $2 = 6$
- 10) Name the only country in the world to have three capitals. **South Africa**
Cape Town, Pretoria and Bloemfontein
- 11) Schubert's "Unfinished" symphony is well known. Which Russian composed a symphony also called "Unfinished"? **Alexander Borodin**
His third and final symphony. Many symphonies were left incomplete, no others are called "Unfinished"
- 12) Name the only English county whose centre of administration is outside the county. **Surrey**
The county's administration centre is Kingston upon Thames in Greater London
- 13) The Bennett family appear in which Jane Austen novel? **Pride and Prejudice**
- 14) George Stubbs is best known for his paintings of what? **Horses**
- 15) The Third Age Trust in the United Kingdom is loosely based on a model from which country? **France**
- 16) In polo, what is the name given to a period of play in a match? **Chukka**
- 17) How many towns or cities in the United Kingdom have tram or light rail transport systems? **Ten:**
Nottingham, Manchester, Newcastle upon Tyne, Sunderland, Edinburgh, Birmingham, Wolverhampton, Sheffield, London, Llandudno (tramway to Great Orme)
- 18) Which Nordic country does not consider itself to be Scandanavian? **Finland**
- 19) Why is there no explosion if a match is lit in a closed room full of methane? **Any flammable gas requires an oxidising agent, typically oxygen in the air, to ignite. The person holding the match would suffocate!**
- 20) What is the smallest double digit prime number which, when its digits are reversed, produces another prime number where the difference between the two numbers is a square? **37**
Reverse the digits...73, also a prime number. $73 - 37 = 36$ which is 6 squared. No smaller number than 37 fits the criteria.