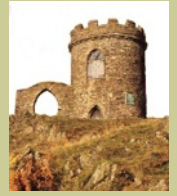


Update Extra



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Activity List

There is an up-to-date Group Activities sheet on the Members' area of the Charnwood U3A website: www.charnwoodu3a.org.uk

Welcome

Welcome to the July 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



Having survived the hottest day of the year (so far) here we are back in the varied English summer we know and love. If you haven't taken your holidays yet, I hope you have a relaxing and enjoyable time.

We had a wonderful celebration for our 21st Anniversary, beginning with performances from the Singing for Pleasure Group, the Drama & Play-reading Group and the Making Music (Great Little Band) Group. We have so much talent in U3A and perhaps we should make more opportunity to appreciate it during the year.

Afternoon Tea went down well, with delicious sandwiches, scones and cakes followed by a toast. Thank you to Peter Mill for taking on the role of MC and Toastmaster. Thanks also to our caterers and all who helped to serve cups of tea and glasses of prosecco. Photos are on the website.

U3A slows down a little in these mid-summer months with many groups taking a break and some taking the opportunity to make excursions further afield. The Third Age Trust Conference and AGM takes place at the end of August. The venue is Nottingham and there are many workshops and seminars to interest members if you fancy taking part. See the national website (www.u3a.org.uk) for details.

However you choose to spend the summer, I hope you enjoy it and find time to relax.

Helen Davison

21st Anniversary Celebration



Our 21st anniversary celebration held at Emmanuel Church in June proved a great success. Excellent entertainment was provided by the Singing Group, the Play-reading group and the Music group (*pictured right*), which nicely showcased the considerable talents of our members, demonstrating what can be achieved when we pool our talents - I found it very inspirational!



The refreshments at the afternoon tea (*see left*) were also first class, and special thanks must go to our Chairman, Helen Davison, for baking the delicious scones! A worthwhile and highly enjoyable event, and thanks to all who worked hard to make the event such a success.

Helen Reid

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 meetings are free of charge, the Church is accessible by bus and there are car parks nearby.

Next Meeting: Wednesday 10th July 2019

"The Last Laugh"

On Wednesday 10th July at 2.30 pm we welcome Jean Townsend who will talk about "The Last Laugh". The talk itself explores how our attitude to church yard commemoration has vastly altered over the years and looks at examples of grave yard humour that are both unbelievable and hilarious. Jean is a social historian and an amateur archaeologist so grave yards are very much her second home!!!



Please note that for this meeting, and this meeting only, we will be in Emmanuel Church Hall which is next door to the church on Forest Road.

Looking Ahead: Meeting on 14th August 2019

"Adventures in the Round the World Yacht Race"

In August, Neville Maggs will sail into view to tell us about his adventures in the Round the World Yacht Race. The BT Global Challenge was set up by Sir Chay Blythe to give adventurous types a chance to experience circumnavigation of the world the wrong way round - travelling around the world against the prevailing winds and currents. Each yacht would have a professional skipper but the rest of the crew would be amateurs with sailing experience who paid for the 'pleasure'.

Neville, with no sailing experience, applied and was not selected but, shortly before the race started, was given a day's sailing on a yacht in the Solent, two books to read on sailing and a piece of rope to learn how to tie knots. Then he got a phone message to be in Boston, USA in 5 days' time as someone had pulled out of the Aviva yacht and they needed a replacement. Two days out of Boston they sailed through a hurricane!



Neil Rowbotham
Programme Secretary

The Importance of CPR Training

Over a year ago we were cross country skiing in Norway when I suffered a cardiac arrest. I was physically fit with no history of a heart problem or associated symptoms. It happened without any warning.

Due to the greatest of good luck my partner was able to attract the attention of a passing skier. She turned out to be an SAS pilot who immediately applied CPR (cardiopulmonary resuscitation) until medical assistance arrived. Air rescue, who happened to be in the area, were called. The paramedics used a defibrillator and I was flown to a hospital in Oslo.

Without the pilot's intervention I would not be writing this today. It was while recovering in hospital that we learned that CPR training is taught as part of the curriculum in schools and is repeated in many work places in Norway.

In the UK we are still largely reliant on volunteers to promote the importance of learning CPR. There is a **40%** chance of recovery from an out-of-hospital cardiac arrest in Norway due to mass CPR training, in the UK there is an **8%** chance. The training not only generates the skills necessary but the confidence and willingness to undertake the task should the need arise.



In the case of cardiac arrest no other intervention will suffice and if nothing is done the person will die within a few minutes.

The importance of CPR training and how it can save lives has already been recognised by Charnwood U3A. In conjunction with Heartwize, a training session was organised for the committee and will soon be offered to group leaders. Details of training sessions will appear in Update.

The aim is to increase the group's self reliance but also to simply increase the number of people in the community who can do this vital act if needs be. It could be on a walk, a trip or at home. So let us get ourselves skilled. It is also important to refresh your skills if you have done your training some time ago. It will again update and improve your skills, readiness and confidence.

There is a saying that 'the only wrong thing to do is do nothing'.

Please be one of those who step forward and help save lives. Get yourself trained in CPR.

Ed Darby and Elspeth Cranston

Calling '999' using a text message: the 'emergencySMS' service

Information regarding this service came to light following a very successful demonstration and training of CPR and the use of defibrillators by Heartwize to a number of Group Leaders and Committee members at the last Group Leaders meeting (see above article).



As the 10+ mile walk co-ordinator, this is of particular interest as this is a text-based way of being able to communicate with the emergency services via satellite in situations where there is no mobile signal, e.g. in remote areas. This, of course, must be of interest to any members who may find themselves in this situation.

However, in order to take advantage of this facility, it is necessary to register your mobile phone. Instructions for registering your phone and using the facility can be found in the members area of the website. We are also sending these instructions to all walking group leaders.

It should be stressed that the emergencySMS system should only be used when there is no other option. This is because it will take longer than the standard voice 999 service.

Peter Mill

Group News

New Meditation Group

Chris North, a new Charnwood U3A member, is setting up a Meditation group for interested members. Meditation is an excellent aid to relaxation, and helps develop serenity and personal insight in everyday life.

Chris has been teaching Meditation and running Meditation groups for 25 years (including years of teaching Meditation for the National Health Service); the Meditation and associated relaxation procedures are easy to learn, suit most people, and do not involve anything strange – there is no chanting and we sit on ordinary chairs. No particular religious or philosophical beliefs are necessary.

If you are interested, please contact Chris to find out more.



Painting Group



We are a very mixed ability group of aspiring artists enjoying each other's company as we face our monthly watercolour painting challenges, chosen by the members:

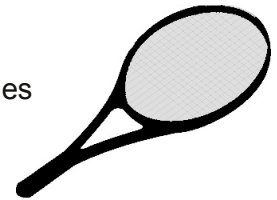
July - In the garden. August - Under the sea.

We meet on the second Monday each month at Gorse Covert Community Centre, 2 - 4pm and warmly invite new members to join us.

For further information, contact Frances Mill.

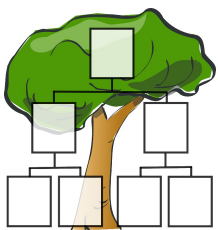
Mini Tennis Group

Mini Tennis Group would like to increase their membership. They meet weekly at the Leisure Centre on Brown's Lane on a Wednesday morning from 10.00 - 11.00. All ages and abilities welcome. For more information please contact Judy Collinson or Pat Foster.



Family History

If you are interested in discovering more about your family history, a series of three sessions is being offered by Charnwood U3A family history group. Tutors are all U3A members - Anne Speight, Brian Waters and Helen Reid. Sessions will be in someone's house, so there is no charge, but a commitment is requested to attend all sessions.



Wed 16th October, 2-4pm – What family memorabilia and information do you already have? What's your motivation to find out more? What can be achieved with your first two hours on the computer?

Wed 20th November, 2-4pm – Making sense of your initial findings and taking the next steps. Births/Marriages/Deaths and Census returns, old maps, newspapers, parish records etc.

Wed 18th December, 2-4pm – Additional sources to find out more. County Record Offices, National Archives, and Museums. Introduction to family history web sites e.g. Ancestry and Find My Past. What a DNA test might reveal.

Each participant will be offered a buddy-up partner from members of the existing U3A family history group. You will be encouraged to meet with that person between group sessions to talk through your individual research and any particular issues that you experience.

If interested please contact Anne Speight. Closing date for enquires is **31 August 2019**, but places are limited and will be offered on a first come, first served basis.

More Group News



Classical Music Enjoyment Group

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

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

Creative Writing Group

The Creative Writing group is up and running. We meet every fourth Wednesday afternoon of the month at Granby Street Library. We have space for a couple of new members to join us. We welcome all sorts of writing - poetry, short stories, autobiographies, anything that means putting words on paper, or into the computer screen! We are there to help each other, to offer support and encouragement in what is sometimes a lonely path. Please contact Anthony Gimpel.



Walking Groups

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

Parish Walk Group

18th July: Meet at the carpark on the right of A6006 just before you get to Zouch (grid reference 505234) by 10:00. The walk will be along the River Soar to Dishley Pool and back through the fields.

Enquiries to Elizabeth Steel.

Saturday 5-ish Miles

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

3rd August 10:00, Dimminsdale, Severn Trent car park. Leader: Ursula.

Enquiries to Sue Griffiths.

'Les Sportives'

11th July: Meet Public Car Park, High St, Ibstock, LE67 6LS Nigel to lead.

25th July: Meet Packe Arms, Rempstone Rd, Hoton, LE12 5SJ Hugh & Elisabeth to lead.

Start time 10:00. Enquiries to Janet Butlin.

Little Xtras

Little Xtras Thursday walks - prompt 10:00 start as usual:

11th July - Wreaking Havoc

Meet at the Blue Bell, Hoby. Postcode LE14 3DT; Grid Reference SK669174. A summer walk along the Wreake Valley. Leaders: Maggie & Steve Johnson

25th July - Home and Hosed

Meet at The Nags Head, Harby. Postcode LE14 4BN; Grid Reference SK744310 A walk to the Harby Hills in the Vale of Belvoir and back via Hose. Leader: Malcolm Otter

Any questions, please contact Malcolm Otter.

Tuesday 6 Plus Walking Group

16th July

Smisby Arms, Smisby, near Ashby. LE65 2UA. Ref SK348191. Leader: Mike.

Enquiries to Mike Pearson.

10+ Mile Walk

6th August:

Leader: Marie Kennedy.

The walk will start at 10:30 am from the car park near Darley Bridge at SK269623 (nearest SATNAV DE4 2JY). Travelling from Matlock towards Bakewell on the A6, turn left in Darley Dale on to the B5057 towards Winster. Continue past the railway line and a minor cross roads until the road starts to bend to the left. The car park is on the right (brown picnic sign) next to the cricket club.

The walk includes Birchover and Robin Hood's stride with lunch at the Miner's Standard in Winster.

Note the later start time for this walk.

Enquiries to Peter Mill.

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

Strollers & Amble Groups

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

Roving Reporters

Days of Interest

April: National Memorial Arboretum & Lichfield

Our trip in April was to the National Memorial Arboretum (at Alrewas in Staffordshire) and then on to Lichfield. The 150-acre site is a living, growing tribute to those who have served and continue to serve our country. It has 30,000 trees and a vast collection of memorials. Despite the inclement weather during our visit – it was cold, wet and windy – I think we were all moved by the monuments and the lists of so many names. I suspect many of us searched the various monuments looking for our own surnames. We all braved the wind and rain to see the site using the Land Train, also celebrating one of our member's birthday - with smiles (see picture, right).



In the afternoon we moved on to Lichfield. The cathedral with its three spires is especially impressive, and there were plenty of tea rooms and shops to explore. For those of us interested in quirky museums there was also Erasmus Darwin's (Charles Darwin's grandfather) house to see.

May: Stow on the Wold & Chastleton House

In May we went first to Stow on the Wold and then on to Chastleton House in the afternoon. Despite some showers we all enjoyed looking around Stow, which is a beautiful small town, crammed with lovely buildings. There were lots of places to have a coffee and many independent shops. I am not sure if anyone tried the stocks, but many of us visited the church, where the north door which is flanked by yew trees is particularly impressive.



In the afternoon we went on to Chastleton House, a National Trust property nearby. It has remained in the same family for around four hundred years and as their fortunes declined the building became a little worn. A fascinating house with very few signs of the 21st century. Not even a coffee shop, but luckily the very interesting church next door opens its doors for refreshments.

The picture on the left shows a group of us at Chastleton House.

June: Warwick Castle

Our third trip, in June, was to Warwick Castle. The castle itself is an astonishing building, set beautifully alongside the river. Due to the inclement weather, (the rain gods have really taken against us this year), the river was really high.

Besides the interior and exterior of the house there were various exhibitions and displays to see, including a talk on the trebuchet siege engine, and archery and birds of prey demonstrations. Many of the group were so impressed by the birds of prey display that they watched it twice.

Some of us then made the short walk to Warwick itself. As you will see in the picture (right) there were also knights in shining armour on hand.



If you are interested in joining the Days of Interest Group, please contact Pauline May by email or by telephone.

U3A Beacon Management System

Your committee have decided to move the Charnwood U3A database to the Beacon System during this summer.

U3A Beacon is an on-line facility for managing local U3As, underwritten by Third Age Trust, particularly with regard to membership, finance and groups. It is a secure system accessed by username and password, allocated by each U3A site administrator.

Charnwood U3A's Site Administrator is our member **John Bell** who has been co-opted as a Trustee and who will oversee the management of passwords etc.

Beacon is widely used by U3As in Great Britain (over 100 currently use the system with many more waiting to join).

All U3As are co-hosted on the same server, with comprehensive security arrangements to ensure that the data of each U3A is effectively isolated from that of all others. Moreover, the encryption key used to encrypt sensitive data fields is different for every U3A. The system is fully compatible with the current General Data Protection Rules (GDPR).

U3A Beacon simplifies management of the membership database, which becomes increasingly more onerous as membership grows. It also facilitates reclaiming of Gift Aid from HMRC as all information about subscriptions and date of signing Gift Aid declarations will be held in the one secure place.

The system is accessed by an internet browser and can therefore be used on most computers, tablets and smartphones. Recommended browsers are Firefox and Chrome but other browsers are also generally compatible.

Access initially is limited to Committee Members. In due course Group Leaders and members will be able to access their own data so that they can change their email address, phone number etc. and in time may be able to renew on-line (if desired).

Beacon will help Group Leaders manage groups and our calendar of events. Another advantage is that a change of personnel on the Committee will no longer need the transfer of records, they will all be on the Beacon system and a simple password change will enable the new post-holder to access the necessary information.

U3A Beacon will be used for distribution of mail (primarily but not exclusively email) to members of groups and to the membership as a whole.

We hope to have the Beacon system installed at Charnwood U3A by the time you read this. Those Group Leaders who wish to use the system will be offered training to familiarise them with the system. In time, we hope that all groups will be able to use the new system.

The main change for members is that membership cards will not be printed and will be emailed to be printed out by the member. Our Programme of speakers - previously printed on the membership card - will be available on the website: www.charnwoodu3a.org.uk. Printed copies of the programme will be posted (together with the membership card) for those who currently have a postal copy of Update.

It's Quiz Time Again !

The 4th Inter-U3A Quiz Night, hosted by Hinckley U3A, will take place on
3rd October 2019 at 6.45 pm for 7 pm

Venue: Earl Shilton Constitutional Club, 75 Station Road, Earl Shilton LE9 7EG.



There is a licensed bar, free car park, disabled parking, and disabled access to the first floor via a stairlift. Drinks and snacks will be available at the bar, but a supper of fish and chips or chicken and chips can be ordered in advance at a cost of £5.50 per person; supper will be served at 8pm and the evening will end at 9:30 pm.

This promises to be a fun night for everyone, the only rule being: no electronic gizmos!
Charnwood needs one or two teams, each of 4 people.

If interested, contact chairman@charnwoodu3a.org.uk
by 1st September 2019

Answers to May Quiz:

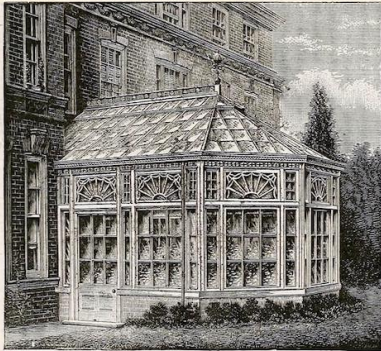
- 1) Where in the British Isles can one see all four home counties on a clear day?
On the top of Snaefell, Isle of Man
- 2) It is as flat as a leaf, round as a ring, has two eyes but cannot see a thing. What is it?
A button
- 3) A bus driver was heading down a street in Loughborough. He went right past 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?
He was walking
- 4) Which Leicester businessman, the father of the modern tourism trade, chartered a train from Leicester to Loughborough and for what purpose?
Thomas Cook. To attend a temperance meeting
- 5) John Gosden and Mark Johnston are prominent names in which sport?
Horse Racing
- 6) Which Leicester footballer was a regular striker in the International England squad 2001?
Dennis Wise
- 7) What name links parliament in the 13th century with a Leicestershire university?
Simon De Montfort
- 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."
Hound Dog
- 9) To which three Cathedrals does "The Three Choirs Festival " refer?
Those of Gloucester, Hereford and Worcester
- 10) Of which profession is St. Apollonia the patron saint?
Dentistry
- 11) Which specific event links Brighton and the "Wombles"?
Eurovision Song Contest
- 12) Who said he was going out for a walk in the snow and might be sometime?
Captain "Titus" Oates. He never returned
- 13) What are the names of the three ‘Darling’ children in J.M. Barrie’s ‘Peter Pan’?
Wendy, John and Michael Darling
- 14) Name all four European countries where people drive on the left.
United Kingdom, Republic of Ireland, Cyprus, Malta
- 15) Where in the solar system can a two faced god be found?
Janus, a satellite of Saturn. So called because it catches light on two sides
- 16) What is the current name of Idlewild Airport?
John F Kennedy Airport
- 17) Which English county has a flag entirely in Black and White?
Cornwall
- 18) Which period drama was set at 165 Eaton Place, London?
Upstairs Downstairs
- 19) Who painted 'The Conversion of St. Paul'?
Caravaggio
- 20) John Taylor's bell foundry is one of only two such foundries in England. Where is the other?
Abingdon, Oxfordshire

Bits and Bobs

New Exhibition at Loughborough Library

Morris's & Messenger's Industrial Loughborough

An Exhibition by
Loughborough Library Local Studies Volunteers



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Teamprint Volunteers Needed!

Teamprint is looking for volunteers. Could you give a regular Thursday or Friday morning?

We print all sorts of magazines, posters and fliers for voluntary and charitable groups, including **U3A Update**. We are a friendly bunch, and we'll give you all the training you need.

If you are interested, please talk to Anthony Gimpel. Or on a Friday morning, 9 till 12, call in to the printroom which is based at Trinity Methodist Church, LE11 2EH.

Some other useful U3A web addresses:

Third Age Trust Newsletter: www.u3a.org.uk/email

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

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

Beacon system: <https://beacon.u3a.org.uk>

Items for Update

The deadline for publishing is normally the last day of the previous month. The deadline for the August issue of **Update** is **Wednesday 31st July**

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.



Items for Update Extra

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.

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.