

Update



INSIDE THIS ISSUE

Chairman's Chat	1
Monthly Meetings	2
Brain Awareness	2
Group News	3-4
Local History	3
Classical Music	3
Walking Groups	3
Singing Pop	4
Dance	4
Pianist needed	4
National U3A Day	5
Quiz	5

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. **Please come along to our monthly meeting (2:30, 2nd Wed of the month) and someone will be there to welcome you!**

Chairman's Chat



How good to see snowdrops and aconites and even some daffodils. Crocus won't be far behind and Spring is on its way.

Our AGM next month is an important part of the CU3A year and decisions taken there will affect every member. Please come along and take part, this is your opportunity to hear what your trustees have been occupied with over the last twelve months and what recommendations they make for the next year.

Over the last year there have been a number of changes with which all U3As in the UK have to comply. These come from the Charities Commission, to which we are responsible since we are a charity, and from Third Age Trust to which we are affiliated. These have included the General Data Protection Regulation (GDPR); a new Safeguarding Policy; a Dispute Resolution Policy; Equality and Diversity; and various Insurance matters and other advice and recommendations for safe running of any organisation. We have no option to ignore these. There is more to come! This is part of modern life and something that we all have to address.



Recently I enrolled on a WEA course, and at our first meeting we were presented with a notice about Safeguarding the Learning Environment and another about Fundamental British Values. It's not just U3A that is having to adjust to new conditions! So we look to you, our members, to support your committee (all of them volunteer members) in this task of implementing such requirements, as they work to guard the ethos of U3A and Life Long Learning.

You will all receive your AGM paperwork during February and I look forward to seeing you at our AGM.

Helen Davison

Monthly Meetings at Emmanuel Church

Our monthly meeting in January was quite different, with Philip Caine regaling us with tales of how his wife kept coming up with new jobs he could do so that he could be home early, and how this resulted in him spending time on North Sea oil rigs and building small towns in Iraq and doing business with KGB mafia. Certainly not a dull life.

Next Meeting: Wednesday 12th February

"The story of 3M in Loughborough"

To our next meeting on Wednesday 12th February we welcome Ros Smith who will talk to us about a worldwide company with 60,000 products but which has a local presence of some importance. Although there are concerns about its future in Loughborough, few of us know much about what the company does and this is your chance to learn more. Ros will speak about "The story of 3M in Loughborough".



Looking Ahead: Meeting on Weds 11th March

AGM & Charnwood U3A Making Music Group



Some of the March meeting, on Wednesday 11th, will be concerned with the very important business of guiding our organisation into the future - our Annual General Meeting. This is not a formality since many of those serving the organisation, this writer included, are coming to the end of their period of service and need to be replaced in a democratic fashion. This gives you, the members, a real opportunity to decide on the direction that Charnwood U3A will travel. After democracy in action we are delighted that we will be entertained by our very own CU3A Music Group under Maggie Chaplin.

CU3A monthly meetings take place in Emmanuel Church on Forest Road at 2.30 pm. All members are entitled to attend free of charge, there are good bus routes nearby and parking within a short distance.

Neil Rowbotham, Programme Secretary

Details of the full programme of monthly meetings for the year can be found on our website at www.charnwoodu3a.org.uk by clicking on the 'Monthly Meetings' tab.

University of Leicester - Brain Awareness Event

This is a free science event at the University of Leicester on **18th March 2020, 6pm to 8pm**, open to anyone who wants to know more about how the brain works and ongoing research into neuroscience, biology, genetics, health sciences, medicine and psychology.

Along with presentations, there will be live demonstrations on many aspects of neuroscience research, including vision, taste, attention and movement, and the opportunity to meet junior and senior researchers.

5.30pm Doors open

6.00pm Talks:

Dr Eleanor Swan - Visual attention declines in older drivers - impact on hazard detection

Dr Ben Warren - Lend me your Locust Ears

7.00pm Demonstrations, posters and refreshments

Several U3A groups have attended in previous years and found it very informative and enjoyable.

More information can be found at www.le.ac.uk/baw

If a group would like to attend, please email Michelle Bingham, mlb43@leicester.ac.uk with numbers, or individuals can register separately of the U3A.



Group News

Local History Group: New Venue, New Members Welcome!

After many requests from people to join this friendly U3A group, we have now moved into larger premises and at last have spaces for new members. We meet on the 4th Monday in the month, 2pm - 4pm. We have three visits during the summer, and the rest of the year meet at Trinity Methodist Church, Royland Road, Loughborough (on the opposite side of the main road between Emmanuel church and John Storer House).

If you want to find out more, please email Anne Speight.

Classical Music Enjoyment Group



meets this month on **Wednesday 26th February** 2pm to 4pm at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough, when the programme will be a "Bring Your Own" session.

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



Walking Groups

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

Parish Walk Group

Thursday 20th February:
Meet as usual at 10.00am at Groby Pool car park (SK 525080) Our Leader will be Marilyn Palmer, walking from Groby Pool to Newtown Linford and back. There will be time for a coffee/loo stop. For more information contact John Harries.

Saturday 5-ish Miles

1st February: 10:00
Outwoods car park. Leader: Barrie

7th March: 10:00
Birstall, Whiles Lane
Leader: Sue.

Enquiries to Sue Griffiths.

Tuesday 6 Plus Walking Group

18th February: Carpenters Arms, Dale Abbey. SK436389. DE7 4PP.
Leader: Mike.

Enquire to Mike Pearson.

10+ Mile Walking Group

3rd March:
Leader: Mike Hill.
The walk will start at 10.00am from Blackfordby. Follow signs to the village hall and park considerably nearby in Sandtop Lane or Ashby Lane. SK330178. The nearest SATNAV is DE11 8AL but this is only approximate and will take you further away from the start point. The walk takes in Moira and Hick's Lodge with lunch at the Halfway House in Donisthorpe.

Enquiries to Peter Mill.

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

'Les Sportives'

Details of walks will be e-mailed out to members.
Enquiries to Janet Butlin.

Strollers & Amble Groups

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

Little Extras

Thursdays - start 10.00 prompt.

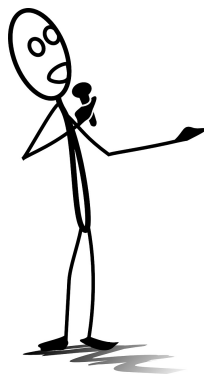
12th February: Soar into Space
Meet: car park at The Old Plough, 18 Front Street, Birstall, Postcode LE4 4DP; Grid Ref SK 596087. Exactly 6 mile walk starting in Watermead Park, along a new flood-resistant path by River Soar, past the National Space Centre to historic Abbey Park. Halfway stop by statue of Cardinal Wolsey, who died in Leicester Abbey in 1530. Back through Old Belgrave.
Leaders: Kate and Dave Watson

27th Feb: Into the Fiery Furnace
Meet at free car park close to the Measham Medical Unit, Postcode DE12 7HR (SK333120). Good track through to Moira Furnace and back (no hills or stiles - so no excuses). Directions: Take the A42 towards Birmingham and leave at A444 junction. Take Tamworth Rd (1st exit), cross set of traffic lights and at a mini-roundabout turn left and into the car park on the left.
Leader: Malcolm Otter

Enquiries to Malcolm Otter.

More Group News

New Group: Singing Pop



Whether you like 40's or present, ballads or country, 60's and 70's, if you enjoy singing just for the fun of it, this new group could be just what you are looking for!

The group members will choose a favourite song in rotating order, that we will sing the following week along with the song CD, and using lyric sheets.

No experience is necessary, just learn as we sing, and I shall give some basic tuition on warming up, body posture and breathing etc.

Provisional Venue: Rosebery Community Centre, Storer Road, Wednesdays 2 - 4 pm.

If you are interested in joining this new group, please contact Mick Voss.

NEW!

Dance Groups

LINE DANCING - Room for another 6 dancers only, so don't miss your chance!

Come & get fit: the best form of exercise for the slightly older person. Sitting down for a rest is quite acceptable until your fitness levels improve.

More importantly: come and enjoy yourself in an extremely sociable group!

Beginners welcome: mistakes are a cause of laughter, not embarrassment!

Tesco Community Room, Park Rd, Loughborough.
Every Friday 9.45 am – 11.45 am with a break for FREE tea or coffee – courtesy of Tesco. Easy Parking. No charge!

SOCIAL DANCE - We would love to have a few more members to fill the Hall!

Simple group and partner dancing – Classical Sequence (known to most of us as Old Time!), Modern Sequence, Folk/Caleigh Dancing. No previous knowledge or skill required.

The Good Shepherd Church Hall, Park Road, Loughborough. 2pm - 4pm on the 2nd & 4th Tuesdays of the month. Next session will be 11th February.

First session free: thereafter £2 per meeting, which includes tea/coffee & biscuits. It's a bargain!! Some Parking: or use Tesco – just across the road.



Pianist Needed To Accompany U3A Singers

We need a pianist once a month, on a **Tuesday from 2pm - 3pm**. We meet at the Good Shepherd Church in Park Road. Our repertoire is varied consisting of songs from the shows, spirituals and traditional.

If you are tempted to offer but need more information, please contact Brenda Cox.



Items for Update

The deadline for publishing is normally the last day of the previous month. The deadline for the next issue of Update will be **Saturday 29th February**.

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

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!



NATIONAL U3A DAY

So, either you don't have any ideas, or you are not interested. Please ask your group leader to let me, Beverly Gillman, know which of the above applies. May I just point out that it doesn't have to be the whole group involved: individuals would be welcome.

It's Quiz Time! (answers in next month's Update)

- 1) Which British unit of weight is about 6.35Kg?
- 2) Which woman became leader of the Labour Party on the death of John Smith in 1994?
- 3) Based in Norfolk, Virginia, what is the world's largest animal rights organisation?
- 4) The "Wiener" in Wienerschitzel refers to which Capital?
- 5) Which Swedish pop group featured "Crucified" in their album Massive Luxury Overdose?
- 6) Which cellulose derived textile was the first man-made fibre?
- 7) Bronchioles end the alveoli in which organ of the human body?
- 8) In terms of pensions what is a Sipp?
- 9) What was/still is The Montreal Protocol?
- 10) What in terms of clothing is a patka?
- 11) What is the parliamentary constituency of the Foreign Secretary (as at early January 2020)?
- 12) Correos is the State owned company responsible for providing what in Spain?
- 13) From which novel is the name of the television programme Room 101 sourced?
- 14) What specifically, but not uniquely, do Vaughan Williams' third and Beethoven's sixth symphonies have in common?
- 15) Bocconcini are egg sized balls of which Italian cheese?
- 16) What in the context of U3A is TAT?
- 17) The Church of England cathedral in Liverpool is based on the design by which architect?
- 18) The National Tramway Museum is in which Derbyshire village?
- 19) Which English film maker directed Bend It Like Beckham?
- 20) 3, 4 & 5 are the smallest trio of whole numbers for the lengths of the sides of a right-angled triangle. What is the next trio of such numbers?

