

Update Extra



INSIDE THIS ISSUE

From the Chairman	1-2
National U3A Day	2
Monthly Meetings	3
Group News:	4
Classical Music	4
Dance	4
Walking Groups	4
History 3	5
Beacon information	5
Roving Reporters	6-7
Days of Interest	6
Royal Institution	7
Bits & Bobs	7-10
Mobility scooters	7
E Mids conference	8
Astronomy course	9
Creative writing	10
Quiz answers	10
Items for Update	11
Committee members	11

Details of the full programme of monthly meetings for the year 2020 can be found on our website at www.charnwoodu3a.org.uk by clicking on the 'Monthly Meetings' tab.

Welcome

Welcome to the New Year 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. Access the members' area of our **website** www.charnwoodu3a.org.uk with the username & password.

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



AGM 2020 March 11th

Want to help your U3A?

Want to support the Third Age Movement?

Want to feel fulfilled and use your skills?

Consider Charnwood U3A Committee.....

You won't be bored! You will be welcomed

You won't be on your own! You will be part of a team

Ask a Committee member what's involved

From the Chairman

Hello members,

And a Very Happy New Year to You All.



When I was at school in the 1950's we were encouraged to attend the 1951 Festival of Britain. This was not only in the cause of celebrating British design and invention, but in the expectation that those of us at secondary school at that time were unlikely to be alive to celebrate the end of the century and the start of the second Millennium. So I cannot suppress a slight feeling of surprise that I am here in 2020 with reasonable health and energy. That life expectancy has increased so much (barring accidents, illness and war) is something of a wonder.

(continued on next page...)

From the Chairman (continued)

Now, there are some important matters that I need to mention: firstly, our U3A works so well due to the wonderful members who volunteer their skills and time to facilitating our interest groups, keeping records, looking after money, making refreshments, booking venues and generally 'keeping the show on the road'. They are all in Charnwood U3A New Year Honours List.

Secondly, we are all volunteers. I was recently involved in a conversation where someone mentioned your Committee as holding 'Highfalutin positions in U3A'. I was horrified! The definition of Highfalutin includes: pretentious, affected, high-sounding, high-flown, lofty, grandiose. I challenge every member to find a Committee member who displays any of those characteristics. We are all volunteer members. Perhaps we are a little more willing to understand the U3A movement and enthusiastic to ensure that our U3A continues than some of you. Sadly, there are a few members, not you, of course, who see U3A as simply providing interest and entertainment with no necessity to do anything to help. Fortunately, this is not true of most members.



This leads me on to the topic of 'Succession Planning' both for our Committee and for our Groups. None of us can carry on for ever and all organisations need new people to come forward to help. I will finish my term as Chairman at our AGM in March. So too will David, our Secretary, and Peter our Acting Groups Coordinator. **Without Chairman and Secretary, our organisation will be closed down (Charity Commission regulations). I'm sure you don't want this to happen.** I hope very much that members will offer themselves for the Committee and that we will have enough volunteers to have a full committee of 12, with, hopefully, one or two who will 'shadow' the elected members who will be retiring in 2021. This way, we can plan for succession and the continuation of Charnwood U3A.

Sincerely

Helen, Chairman Charnwood U3A

Wednesday 3rd June

is

!! NATIONAL !!



**U3A
DAY**

All U3As are being asked to join in on this date to help publicise the existence of the U3A movement. I feel sure that you have experienced blank looks or quizzical expressions when you mention being a member of the U3A. If we are to continue and to be successful, both nationally and locally, then we need to advertise ourselves to the wider public.

When I heard about it, I had a vision of hundreds of us, in the Market Square or the Queen's Park, taking part in the activities of walking, dancing, singing, doing aerobics, making music etc., whilst the majority of the more sedentary groups paraded with banners and billboards displaying their individual activities. OK: a pipe-dream, perhaps?

However we are asking every group leader to discuss this matter with, and to encourage you, their members, to think of ways that you can participate in this endeavour. You can even think about this prior to your next meeting.

Please send your ideas to me and I will forward them to the committee. I look forward to being inundated with fantastic, novel ideas.

Bev Gillman

Your Monthly Meetings at Emmanuel Church

Weren't the young people good in December!

LSU Sings gave us an hour of very enjoyable entertainment with some lovely vocal pieces and so much enthusiasm as well as talent. (picture courtesy Diane Harper).



Next Meeting: Wednesday 8th January 2020

“Barrow to Baghdad and Back”



We begin, what I hope will be a Happy U3A New Year, with a visit from Philip Caine for our monthly meeting on Wednesday 8th January at 2.30 pm in Emmanuel Church on Forest Road. Author of “To catch a Fox”, “Picnic in Iraq”, “Breakfast in Beirut”, “The Hollow President”, “American Ronin”, “Poseidon’s Ransom” and “Silk Roads” - all Jack Castle novels - Philip was born in the Lake district and began working in the hotel business before moving to oil rigs. The latter took him all over the world as well as the Middle East. On retiring he used his knowledge of the world to start writing adventure novels and Jack Castle hit the bookshelves.

Looking Ahead: Wednesday 12th February 2020

3M have occupied a large site in Loughborough since 1969, moving some of it recently to the Charnwood Campus, but few of us know exactly what either site does and what role 3M plays in the world. Minnesota, Mining and Manufacturing doesn't lead us to easily see a business grounded in the delivery of pharmaceutical solutions to health problems. We are, therefore, delighted that Rosalind Smith, Reputation Communications Manager for the company, has agreed to talk to us about many aspects of 3M's work.

The following month is our AGM - **on 11th March** - and our own Music Group will entertain. I look forward to seeing many of you at one or more of these meetings.

Neil Rowbotham, Programme Secretary

Planning ahead... I shall be taking over as Programme Secretary with the December 2020 monthly meeting, though my preparation and bookings need to commence well before that date. My thanks to Neil who has had this responsibility for a number of years. We have known each other for ages and my thanks and those of all Charnwood U3A members are due to him, a well earned retirement Neil!

I currently have some twenty speaker possibilities or subject areas to take further; they may not all materialise. I cannot have too many options and this is where I seek your suggestions. Ideas do not have to be specific speakers, just subject areas or organisations that might offer a speaker on an engaging subject. Politicians and those providing a religious leadership role are welcome but U3A is always non-partisan in both politics and religion. We seek speakers who can engage the audience for up to 50-60 minutes and possibly take questions afterwards. We have all the audio/visual facilities that might be needed. I can discuss a fee payment or charity donation for those speaking or entertaining us.

December 2020 is currently presenting a problem for me since I have no one with a "seasonal" subject, not vital but expected. We can, of course, have a musical Wednesday afternoon but I do not guarantee the quality of the piano at Emmanuel Church! Also the acoustics of the church are no more than OK.

Only about 12% of the membership of Charnwood U3A currently come to our monthly meetings (second Wednesday of each month except June, 2:15 for 2:30). I would make a plea for that percentage to increase, it is a rare opportunity for meeting and exchanging with members who you would not otherwise interact with. Monthly meetings are free to all members, there is no charge even for the important cup of tea afterwards. There is good disabled access with parking close to the church entrance. A large car park is a little further away. The church is on Forest Road in Loughborough and is close to buses.

I NEED YOUR HELP. IDEAS, HOWEVER APPARENTLY OUTLANDISH OR ECCENTRIC, TO ME PLEASE. PUT YOUR THINKING CAPS ON! THANK YOU

Graham Cooper

Group News



Classical Music Enjoyment Group

meets this month on Wednesday 22nd January 2 pm to 4 pm at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough when Roger Willson will be presenting a programme entitled "Last things".

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

Dance Group News

If you can Walk, you can Line Dance!

Traditional Line Dance Sessions

Community room; Tesco, Park Rd;
Every Friday 9.45 - 11.45 am.

No charge: free coffee, tea!

Everyone welcome!!

Begins 10th January!



If you can count to 4, you will enjoy our dances!

Social Dancing sessions

Including Old Time Dances, Folk dances & simple
Ballroom dancing.

Good Shepherd Church Hall, Park Rd.; 2 - 4 pm.

2nd & 4th Tuesdays of the month. **Begins 14th January.**

First session free; £2 per afternoon thereafter, including
tea/coffee & biscuits.

Walking Groups

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



Parish Walk Group

Thursday, 16th January

Elvaston Castle Country Park,
starting as usual at 10:00 am.
SK 413 332. DE72 3EP (this may
not be accurate past Thulston)

www.derbyshire.gov.uk/elvaston

There is a cafe at the castle.

Directions; M1 to A50. Take Derby
turn, A6, left at roundabout past
park gate then left to Thulston.

Continue on the Borrowash Road
B5010, through Elvaston village,
entrance to park signed on left.

Spacious parking: Pay&Display
cost £3 for 4 hours.

Enquiries to John Harries.

Saturday 5-ish Miles

4th January: 10:00 am,
Swithland Wood South car park.
Leader :Sheila.

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

Enquiries to Sue Griffiths.

Tuesday 6 Plus Walk Group

21st January: Swithland Wood
South (Bradgate side). Small
parking charge. SK537118. LE12
8TN. Leader: Gordon.
Enquiries to Mike Pearson.

Little Extras

Thursday walks - prompt 10:00 am
start as usual:

9th January - It's a Steel

Meet at Wymeswold Village Hall
Car Park. Grid Reference:
SK603234; Postcode LE12 6TY
Leader: Elizabeth Steel

23rd January -Send 'em Packing

Meet at Packington - Measham
Road Play Area - plenty of off-road
parking on the right just past the
church, on the West side of
Packington.

Grid Ref is SK358144, nearest
post code LE65 1WP.

Leader: Mike Pearson

Enquiries to Malcolm Otter.

10+ Mile Walk

4th February:

Leader: Elizabeth Steel. Walk will
start from the Brush/Charnwood
Sports & Social Club car park off
Nanpantan Road, Loughborough
SK516175 SATNAV LE11 3TN.

The walk will include The Beacon,
Woodhouse and Woodhouse
Eaves with lunch at Beaumanor
Hall.

Enquiries to Peter Mill.

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

'Les Sportives'

Thurs 9th January: NO WALK

Thurs 23rd January: Meet at
Bricklayer's Arms, 213 Main St,
Thornton, Coalville, LE67 1AH
Leaders: Brent & Angela

Enquiries to Janet Butlin.

Strollers & Amble Groups

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

Beacon Induction for Group Leaders/helpers

To date we have given induction tuition to 26 Group Leaders. All Group Leaders need to be able to use the system and induction sessions are available in January:

Monday 13th January 2.30 pm	All take place at Loughborough Library and last for up to 2 hours (depending on when you feel confident with the system).
Wednesday 15th January 10.00 am	
Monday 20th January 2.30 pm	Please let me know which session you will attend.
Friday 24th January 10.00 am	

Helen Davison

Beacon and emails

As leader of one group and membership secretary of another, I occasionally need to send out group emails. This, for me, is much simplified now that I do so via Beacon. The system automatically sends all emails Blind Carbon Copy (bcc) so no risk of breaching data protection regulations and, as all email addresses are already loaded into the central database, the risk of mails going astray is minimised. It is of course important that any change of address is notified, or mails will not be received. This **MUST** be done via the CU3A Membership Secretary, Garry Rigby.

Having sent an email, Beacon allows you to check whether and when it has been received and opened by the recipients. Note: some systems allow mails to be opened without sending this message to the sender, so it is not failsafe.

If you are the recipient of a group mail, Beacon has been set up to minimise the risk of emails being classed as 'spam' so they **should** come straight into your in-box. Just how reliable this is we wait to see, so probably wise to keep an eye on your spam folders. You will see that the sender is shown as 'no reply'. This is not the case - a reply can be made in the usual manner. Hopefully this Beacon glitch will be rectified soon.

Quick tutorial on sending group emails via Beacon:

- 1) From home page, double-click on 'groups' tab. Scroll to and double click on the name of your group.
- 2) Double-click the 'member' tab, which will bring up a list of all members within the group.
- 3) Select (from left hand column) names of required recipients. If sending to the entire group, click on the 'select' tab at the bottom of this column, then click on 'select all' from the drop-down box. Ticks will now appear against names, in the left hand column.
- 4) Ensure that the box just below the 'name' column reads 'send E-mail' (if not, click on the up/down arrow box, and select it from the list), then click on the adjacent box 'do with selected'. This will then open an email window which, whilst it may look a little different from what you are used to, you complete in the usual way.
- 5) Return to the Beacon home page, and double click 'E-mail delivery', which will list your last 50 emails sent via Beacon.
- 6) Selecting any mail shown will bring up a list of all recipients, and whether/when it was delivered or opened.

If you have difficulties with any of the above please do contact the Beacon Administrator - their details can be found on the last page of this Update.

Mike Hood

History 3 Group - A Thank You

On behalf of the members of History 3 group, I would like to say a big 'Thank You' to David Brown for all his hard work over the past 12 years. He recently stepped down as Group Leader (ably assisted by his wife Stella), having seen the group grow from only 7 members when the group started in September 2007, to the current membership of 70. Talks have been varied and enjoyable, as have the day trips. Many memories of these were recalled at the recent Christmas party, where a 'David and Stella' themed quiz also went down well. Enjoy your 'retirement' David, you've earned it, and we hope you continue to enjoy being a member of the group - without all the responsibility! - going forward through 2020 and beyond.

Helen Reid

Roving Reporters

Days of Interest

October: Stamford and Woolsthorpe Manor

In October we stayed fairly local and visited Stamford and Woolsthorpe Manor. We all spent a very pleasant morning wandering through Stamford. For any of you who don't know the town it is full of beautiful 18th and 19th century stone buildings. It seems to have escaped the worst of the 20th century architectural trends – mainly because in 1967 it was the UK's first town to create a conservation area. There were plenty of tea shops to choose from, along with many other independent shops and a Craft Fair. Some early Christmas purchases were made.

In the afternoon we moved on to Woolsthorpe Manor, the childhood home of Sir Isaac Newton, to which he returned in 1665 to escape the plague in London. The 17th century manor house, which is managed by the National Trust, is small but there is still evidence of Sir Isaac's time there, including writing on the walls, believed to be his. (This was apparently acceptable in the 17th century.) Most



notable however is the apple tree from which he saw apples drop and wondered why they always fell downwards. On the right you can see Pauline Barritt and Glen Johnstone pictured with the tree. (See more about Pauline and Glen below.)

The science on show is not only historical. We visited on "Dark Matter Day", and there were lots of simple demonstrations trying to explain the concepts. In addition there was a Gravity Light on display – a self-powered light made as an alternative to kerosene powered lights. We also saw a full size Lego replica (*pictured left, with Rita*) of the Soyuz TMA-19M Orbital Module in which Tim Peake travelled to the international space centre.



November: York

Our November Christmas themed trip was to York – a romantic city I am told - but more of that later. There was a lively seasonal market selling Christmas gifts and festive food. There were also craft markets, plus the normal range of small independent shops and the big stores. All set in the very picturesque city. Many of us also visited the Minster, a most imposing building both from inside and out. In the city we were serenaded by various bands and street buskers. Many Christmas purchases were made, teas and coffees drunk and lunches eaten. Given how wet the autumn has been, we were also lucky to have only the occasional shower of rain.



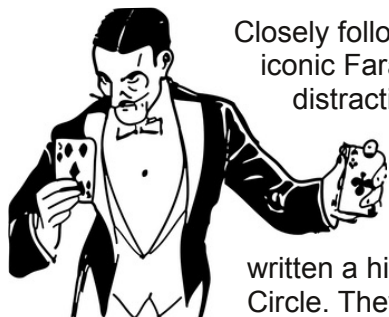
However I think the most unusual part of the trip was the opportunity we were given to congratulate the newlyweds Pauline and Glen Johnstone, who were returning to York only a short time after eloping there to be married. This is the couple who are pictured together on the October trip beside Isaac Newton's apple tree. They told us that their Days of Interest trip was booked way before their wedding was arranged. Our best wishes to them both.

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

U3A at the Royal Institution

Twice a year U3A Science & Technology buffs meet at the Royal Institution in London to hear from scientists about recent developments in their fields.

In September, **Linda Geddes** - a cell biology graduate and award-winning freelance scientific journalist - talked about the effects of light on the body. Unbelievable, keep out of the sunshine.



Closely following was **Dr Gustav Kuhn** who began with a display of conjuring (in the iconic Faraday Lecture Theatre?) - the disappearing card trick, a masterpiece of distraction. He went on to describe his work in researching (scientifically) characteristics of human anatomy and physiology which conjurers – wittingly or unwittingly – utilise, in performing seemingly magical tricks. This was serious stuff. Dr Kuhn is a Reader in Psychology at Goldsmiths College University of London, has authored over 70 scientific articles in the area, written a highly acclaimed book on the Science of Magic and is a member of the Magic Circle. They hate him!

But the star turn was **Dr Harry Cliff** a particle physicist at Cambridge University, currently working at CERN on the Large Hadron Collider. Dr Cliff's research is focussed on searching for signs of new particles and forces, and for the past seven years he has held a joint fellowship with the Science Museum, where he has curated exhibitions on physics and astronomy. We were rapidly, enthusiastically and almost magically, transported to the borders of knowledge of the structure of matter – quarks, gluons, photons and all – and, via the Higgs boson, to plans for a further even more immense Collider (the current one is circular and 4 miles in diameter), planned to replace the Hadron machine.

This is a science heaven for S&T enthusiasts. Take the 10 o'clock from Loughborough Station, good time for a snack at St Pancras, then the Tube to the RI (Green Park and 5 minutes' walk) for a 13.45 start. An afternoon of great science, make new U3A friends from other groups in the UK – extended tea break, of course. And still time for dinner at your favourite restaurant before the 20.30 back home.

Next meeting in March.

John Bell

Bits and Bobs

A request for help from a Loughborough University research student:

My name is Wei Zhou, a PhD student from Loughborough School of Design and Creative Arts. My research aims to improve the quality of life of mobility scooter users through redesigning the product and use environment, so that they can live a more convenient life and integrate into society more harmoniously. Now my study requires participants who use a mobility scooter in daily life. If you or someone you know is using a mobility scooter, I sincerely hope to get your help. Thank you very much!

About My Study:

My study is to explore the interaction between mobility scooter users and others in the shared space as well as the obstacles and conflicts encountered by users in the use of their mobility scooter.

Who I am looking for:

Mobility scooter users who live in the Leicestershire area and would like to share mobility scooter using experience.

What you will have to do:

One-to-one interview (45-60 mins)

I would really appreciate your help. If you are interested, please contact me at W.Zhou@lboro.ac.uk





Learn Laugh Live

East Midlands Regional Conference

MAKING A DIFFERENCE

**Eastwood Hall Conference Centre
Mansfield Rd Eastwood
NG16 3SS**

Tuesday 21st April 2020

Speakers:

**Prof Chris French: The psychology of False
memory**

Sam Mauger: CEO of the Third Age Trust

+ break out groups

Put the date in your diary now!

WEA Astronomy Course in Loughborough

This 10 week evening WEA course, which starts on 16 January 2020, is available to adults, and may be free of charge if the learner is in receipt of a benefit. See details below, with contact details if interested.

Stars and Planets of the Winter with Ann Bonell

A clear winter's night provides the opportunity to view some of the most interesting objects in the sky. Learn how to recognise constellations and explore the nature of stars and planets.
No meeting on 20 February.

Location

Gorse Covert Community Centre
Maxwell Drive
Loughborough
LE11 4RZ



7 pm – 9.15 pm

Beginning Thursday 16 January 2020

10 sessions of 2¼ hours

Course fee £90.00

If you receive certain benefits you may be entitled to a free course.

To enrol please quote the course reference **C2342712** online at **wea.org.uk** or by ringing **0300 303 3464**

For further information, please contact us on 0116 255 6614 or email leics@wea.org.uk

Supported by



The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).

Astronomy

WEA
Adult Learning
Within Reach

LU Arts Creative Writing Evening Class

Those who wish to develop their creative writing skills may be interested in this course of evening classes being run by LU Arts, starting on **22nd January**. Details are as follows:

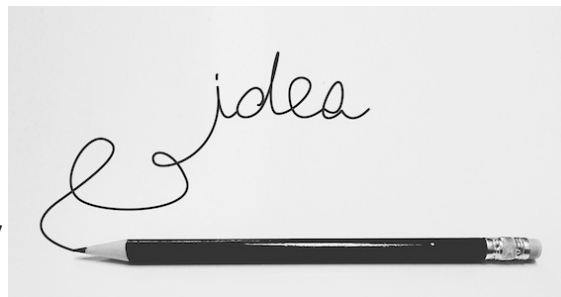
Tutor: Alison Mott

Date: Wednesdays, 7-9 pm (starting 22/01/20)

Duration: 10 weeks

Where: MHL0.07, Martin Hall Building, Loughborough University

Cost: £100



More information and booking:

<https://www.lboro.ac.uk/arts/get-involved/tuition-classes/evening-classes/creative-writing/>

Description:

A mixed ability creative writing class for those wanting to learn new skills as well as more accomplished writers who are looking to polish their existing talents. The course focuses primarily on fiction but the topics covered are applicable to poetry and writing for stage and screen.

Tutor Alison Mott is a writer and story collector with many years' experience leading creative activities in the community. She writes memoir, historical fiction and non-fiction, children's fiction and educational materials. She has a Master's degree in Creative Writing and is accredited as a writing coach through the Arvon Foundation and the National Association of Writers in Education.

Christmas Quiz Answers:

- 1) Where did Jimmy Boyd see his Mommy kissing Santa Claus? **Under the mistletoe**
- 2) Who is the patron saint of repentant thieves? **St. Nicholas**
- 3) On which day is Christmas day celebrated in the Russian Orthodox Church? **7th January**
- 4) What is special about the match between Preston North End and Aston Villa in December 1889? **First Football League match to be played on Christmas Day**
- 5) How many gifts did my true love send to me over the Christmas period? **364**
- 6) How are flying fish linked to Christmas? **Flying Fish Cove is main settlement on Christmas Island**
- 7) Which space crew issued a Christmas message in 1968? **Apollo 8**
- 8) Whose wife Nance died on Christmas Day? **John, the pauper in The Workhouse Christmas Day**
- 9) Who manufactured the first Christmas crackers? **Tom Smith**
- 10) What seasonal drink is traditionally made from mulled ale, curdled cream, roasted apples, eggs, cloves, ginger, nutmeg and sugar? **Wassail**
- 11) Which saint's day is celebrated on December 26th? **St. Stephen**
- 12) Which Christmas tradition was started by Sir Henry Cole in 1843? **Christmas cards**
- 13) Who was home alone for the Christmas holiday? **Kevin McCallister**
- 14) When was the first Royal Christmas Message? **1932**
- 15) What does 'Epiphany' mean in religious terms? **An appearance or manifestation, esp. of a deity**
- 16) From which area of France do santons originate? **Provence**
- 17) Which pop group first wished it could Christmas every day? **Wizzard**
- 18) What did Protestant Germans post Reformation introduce into their homes instead of the Catholic crib? **Christmas Trees.** 19) What is a 'stirrup cup'? **A "parting cup" given to guests, esp. when leaving with their feet in stirrups. Also traditional drink (usu. port or sherry) served at meet prior to a foxhunt**
- 20) What you will is the alternative name of which Shakespeare play? **Twelfth Night**

Items for Update

The deadline for publishing is normally the last day of the previous month. The deadline for the February issue of **Update** is **Friday 31st January**.

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 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.

Update/Update Extra is sent to all Charnwood U3A members by e-mail link 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 have been supplied to you with 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 will have been supplied to you at the same time as your membership card (either via e-mail or by post, as appropriate).

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>

Activity List

For an up-to-date Group Activities sheet see Members' area of: www.charnwoodu3a.org.uk