

News & Views



INSIDE THIS ISSUE

Chairman's Message	1
Monthly Meetings	2
Aviation History	2
Group News	3
Philosophy	3
Family History	3
English Language	3
Groups Co-ordinator	3
Whatton House Talk	4
National U3A News	4-5
Keeping in Touch	4
Learning Updates	5
Beacon Upgrade	6
Arthritis Research	7
Website Feedback	7
Giraffes	8-9
Quiz	10
Newsletter Name	10
Sad News	10
Items for Newsletter	11

National U3A

The Third Age Trust, to which we are affiliated, has a wealth of information and guidance, constantly being updated, on their website: www.u3a.org.uk You are strongly encouraged to pay a visit!

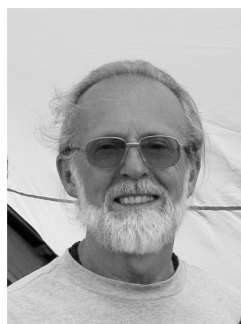
Interest Groups

Details of Groups can be found on the Charnwood U3A website: www.charnwoodu3a.org.uk Contact details of group leaders can be found in the Members' area.

Welcome

This month we're not just welcoming new members, we're welcoming our **new, redesigned website!** Please give it a try at www.charnwoodu3a.org.uk Most pages are accessible without logging in, but to access the members area, you'll need the user name and password which have been supplied to you. As you can see, this newsletter has also undergone a makeover, including a new title 'News & Views' which we hope more accurately reflects the content. Feedback very welcome!

A Message from the Chairman



Here we are, now into our 3rd month of lockdown - and no real signs of it coming to an end any time soon. So how are we "Embracing the new Normal"?

Being (and feeling) able to get out and about, Eleanor and I now start each day (after breakfast of course) with a good walk. We started, at the end of March, with around 2 miles, and are now, typically, up to 4-5 miles, as our strength and stamina has increased. The recent warm, dry weather has helped immensely - I do hope we can keep it up when the rain finally makes a comeback. This and the garden/allotment has been hugely instrumental in helping us maintain our physical and mental wellbeing. How has it been for you? If you have a story to tell, please let me know so that it can be shared with the membership. Fear not, this would be anonymous unless you give express permission for your identity to be disclosed.

Following on from our successful May monthly meeting, I am pleased to tell you that similar delights will be on offer during the coming weeks and months. The June meeting (yes, I know we don't usually have one, but it's not as if many of us will be going anywhere) will see Tony Westaway give his illustrated talk "Weird, Wonderful and Wild". I have had a sneak preview and this is definitely one you won't want to miss. Then in July we welcome Kevin Reynolds, who was scheduled to visit at Emmanuel and has, bravely, agreed to join the Zoom generation! Details of both these talks are on page 2.

So what about the rest of the year? What indeed! One or two of you have already offered to give talks via Zoom. You know who you are - I will be in touch soon! That still leaves 4 or 5 slots to be filled. So, if you have a presentation likely to appeal to our members, do please contact me and let me know. All reasonable offers will be considered!

Finally, Tony Westaway, Peter Reid and their band of editorial elves, have been very hard at it developing and fine tuning our new website which was launched just a few days ago. I think it looks great, but then I am biased. It is you, the membership, that matters - it is YOUR website. Good, bad or indifferent, do please let me know what you think of it. It has been designed to be intuitive and user friendly, even to those who are IT phobic. Has it succeeded? No doubt there will be a few areas requiring a 'final tweak', and we need you to help identify them.

As ever, keep well and keep safe.
Mike Hood, Chairman.

Our Virtual Monthly Meetings

In May we held our first virtual monthly meeting via Zoom, when Martyn Speight gave a very well received talk entitled “Fearon’s Legacy”, telling the story of Loughborough’s water supplies. This highly informative and enjoyable presentation proved a great success, and this has prompted us to arrange further talks to be delivered this way on our normal meeting day of the 2nd Wednesday of the month.

Next Zoom Meeting: Wednesday 10th June, 2:30 pm

Tony Westaway, our Webmaster, will present a talk which despite his current CU3A role is not about the fascinating **World Wide Web** but about the

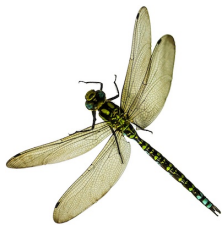
Weird, Wonderful and Wild

Tony is an amateur wildlife photographer who will take you around the world from the comfort of Lockdown to look at weird and wonderful wildlife and anything else that begins with W. (Also see *Tony’s article on ‘Weird, Wonderful and Wild Giraffes’ on page 8 of this newsletter*).



Augrabies Flat Lizard
photo © Tony Westaway

IMPORTANT: Zoom sessions are limited to 100 participants and therefore **pre-registration is required. To book your place, please email newsletter@charnwoodu3a.org.uk, by MONDAY 8th JUNE.** For couples planning to attend the presentation using a single computer, tablet or smartphone, only one of you needs to email. An invitation to join the meeting will then be emailed to all those who have pre-registered.



Looking Ahead: Zoom Meeting on 8th July, 2:30 pm

For our July talk, Kevin Reynolds will examine the life of dragonflies in “**The Devil’s Darning Needle**”. Dragonflies are the essence of summer and a source of beauty and inspiration. They are some of the largest insects alive today: masters of the air and supreme predators. This is a ‘light’ introduction to the life cycle of these fascinating and captivating insects and uses many of Kevin’s own photographs.

Lockdown Lectures on Aviation History

The Army Flying Museum at Middle Wallop in Hampshire is currently running a series of free “Lockdown lectures” online from their website. They currently have local U3A members viewing to ease the lockdown burden, but are now publicising these lectures to U3A members across the country. This information recently came to us via the Leicestershire & Rutland U3A network.

Now in its fifth week and after a very successful lecture last Monday, these lectures have been viewed by over 4,500 people worldwide. The lectures have been available to watch via the museum website each Monday and via the latest webstream technology, the audience is able to attend a live Q&A with aviation historian and broadcaster, Paul Beaver. The Museum is proud to be one of the only military Museums offering this technology to their audience. Viewing is very easy with no apps to download.

The upcoming lecture on Monday 1st June will feature the world’s most iconic aeroplane, the Spitfire. Here is the link that will take you directly to this lecture:

<https://tinyurl.com/y7bftjhu>

You can also view the whole series of recorded lectures here:

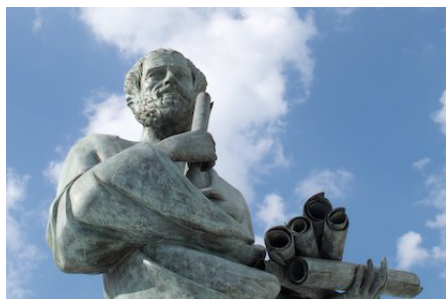
<https://tinyurl.com/y7h9p8eg>



Group News

On-Line Group Meetings

Philosophy



Both Philosophy groups are now meeting on Zoom fortnightly. We are still continuing to manage lively discussions on a range of diverse topics, from individual philosophers' views to the purpose of moral philosophy and even the role of government (an interesting one at the moment). There are lots of Philosophy resources available on podcasts and YouTube, so we have changed our approach a little, and now do some pre-meeting preparation on the chosen topic – hence the lively discussions. If anyone would like to join us, we do have some spare places in the second group.

Pauline May

Family History

The Family History Discussion group met for the first time via Zoom last week, to share discoveries made during lockdown and discuss new ideas. The dozen or so participants made many interesting contributions in an enjoyable and wide-ranging discussion. Another meeting is planned for next month to include a presentation from one of our members on managing a family tree using a web browser.

Helen Reid



Exploring the English Language

Zoom was also the venue for the first virtual ETHEL (Exploring the English Language) meeting last month, which featured a lively discussion on members' experiences of learning grammar at school. Next month we'll be exploring the origins of words.

Pam Upton

A Few Words of Thanks from the Groups Co-ordinator

Now the new website is up and running, Webmaster Tony Westaway can finally breathe a sigh of relief, sit back and begin to reclaim his life. I hope you agree that the Group Pages now look much brighter and more attractive and I look forward to lots more photos and news about individual Groups appearing as the weeks go by. (This is, of course, a big hint.)

I'd like to say a very big Thank You to all Group Leaders who responded to my request for facts, figures and updated group descriptions. Your help made my task of compiling this information so much easier, not least because it significantly reduced the number of times I had to enter passwords, in order to access different areas of the website and Beacon.

If passwords have become the bane of your life (as they certainly have mine) you'll be pleased to know that you now have one less to worry about. As we discussed the layout of the new website, we realised that we could locate the Group Leaders' Area within the Members' Area, thus doing away with the need for an additional log-in and also making life simpler for those groups which are managed by more than one person.

I think the new layout makes it much easier to locate the information, forms and guidance relevant to Group Leaders. I hope you agree and will join me in another big Thank You – this time to Tony! ...and also thanks to Peter Reid who has given welcome technical help on the website upgrade.

Hilary Knowles

History of Whatton House and Gardens

Anne Speight is offering a 2 part Zoom presentation about the 'History of Whatton House and Gardens' (4 miles north of Loughborough) for all CU3A members.

Learn about the Dawson, Martin and Brooks families who have each called the house 'home'. Watch out for connections with Garendon Hall, the Quorn Hunt, Launde Abbey, Mountsorrel Quarry, and a calico print works in Lancashire. What feature of the garden was first mentioned in the 1831 'Gardener's Magazine' and who attended the 2009 Re-union?



The sessions will be:-

Part A - Tuesday 2nd June, 2.15pm

Part B - Monday 8th June, 2.15pm

If you are interested please email Anne on annep.speight@ntlworld.com
Also contact Anne should you want further information or IT support.

News from the National U3A



U3A: Keeping in Touch on Facebook

The Facebook group **U3A: Keeping in Touch** at <https://www.facebook.com/groups/U3AKeepingInTouch/> is well worth a look. This was created by the National U3A for members to stay in contact with each other and also a place to share ideas that U3As are using to maintain learning and interests and to keep in touch. There are some good posts on there.

One member's appreciation is summed up in the following post:

Well done everyone for sharing such wonderful stories, photos, videos, quizzes, tips etc and entering into the various debates on this site. I was just thinking that this site has done a marvellous job of bringing U3As and members together and sharing in the spirit of the U3A ethos. I've learned a lot, had some laughs and enjoyed the daily banter. Long may it continue and we have some long term good come out of COVID-19. Thanks everybody. 🍷

The National U3A Newsletter

The National U3A produce a monthly newsletter: the latest one can be found at:

<https://tinyurl.com/y84dpkwq>

if you haven't already done so, you are encouraged to sign up to receive this directly by email by going to:

<https://www.u3a.org.uk/newsletter>

...and a new Bitesize Edition

For the small number of members who don't have email, there is now a bite-sized edition in PDF form that members who are signed up can download, print off, and pop through a friend's door. This PDF version - available at <https://tinyurl.com/ydaqzghs> - has selected highlights and any important notices. So, if you know someone who cannot receive email, please download it, print it and pass it on to them.

A Note from our Insurers

All U3A activities should have an appropriate risk assessment / checklist to ensure they are safe for U3A members to participate in. Government input about Covid19 is central to any risk assessment and given the advice remains "stay at home as much as possible" and "limit contact with other people" it follows that face-to-face U3A activity should not be undertaken at present. The government reasons for leaving home remain very limited and do not include for leisure activities such as provided by the U3A.

Despite the restrictions, everyone in Charnwood U3A has been wonderful about keeping in touch with each other - well done everybody, and keep it up!

Learning Updates from the National U3A website

A ray of brightness during the last few months has been the wealth of free online activities and entertainment. Our own CU3A website On-line Ents pages are full of suggestions to banish boredom, while the national U3A's weekly Learning Updates (<https://tinyurl.com/yc3p49jo>) is another great source of good ideas, including some excellent and mind-boggling quizzes.

Below are a few ideas we've picked out for you to try. Hopefully you'll find something of interest here - when you aren't out in your garden or taking a walk in the countryside enjoying the sunshine of course!

Chris Wright, the subject adviser for quizzes, has compiled six themed weekly quizzes, including Quotations, TV Programmes Anagrams and First Lines of Songs (the latter guaranteed to get you singing and humming all day long!) Try these at <https://tinyurl.com/y6v6krkb>

Or why not go upmarket with the **National Theatre online pub quiz**, featuring guest hosts Lenny Henry, Helen Mirren, Ian McKellen and Lesley Manville. These can be found at <https://tinyurl.com/y7woeddp>

The Lowry has produced some free colouring-in sheets, based on some of the most famous paintings by LS Lowry. Ideal for several people to download and colour in as a virtual group activity, for comparison when it's finally possible to get together to enjoy tea and biscuits and a good laugh with friends. Go to <https://tinyurl.com/y9fkw5gv>

A good laugh with friends is what many of us have been missing. If you're feeling a bit glum, do prescribe yourself a dose of **Pam Ayres**. Her deadpan delivery of A Poem About Physical Exercise is the perfect tonic to beat the blues. Enjoy Pam's performance at https://www.youtube.com/watch?v=V7b_GleX0EQ

On a more serious note, the **National Archives at Kew** are making their digital records available on their website free of charge for as long as the site is closed to visitors (which seems likely to be until the end of June.) An ideal opportunity for anyone interested in historical research. Plenty to get your teeth into here: <https://tinyurl.com/y8vhqacl>

And talking of Kew, **Kew Gardens** has launched a range of virtual tours with the enticing invitation "If you can't get to the gardens, let us bring the gardens to you." Learn about the work of the arboriculturalists who look after the 14,000 trees in the arboretum, or take a tour of the Palm House with expert horticulturalist, Solène Dequiret, at <https://tinyurl.com/ybdkmjkt>

Hilary Knowles & Helen Reid

National U3A Short Story Competition

A reminder about the National U3A writing competition, as advertised in our May newsletter (*see page 6 of May Update*) and to confirm that the submission portal is now open for all budding writers who would like to see their story published in Third Age Matters magazine. I understand two members of the Creative Writing group are planning to submit entries, but it could potentially be of interest to any Charnwood U3A member. To summarise the details:

- The basic rules are a theme of "Time" with a maximum of **1500 words**.
- The deadline for submission is **12 noon on 19 June 2020**
- You can download the full rules here:
<https://tinyurl.com/yaocn7kw>
- And submit your piece here:
<https://u3auk.wufoo.com/forms/z13mss1n09i5ahw/>



Beacon Upgrade - Status Report

Preliminary Note

John Bell came to the end of his one-year term as the Beacon Administrator in the middle of May and chose not to continue in that role. Phil Bass has stepped in to take his place; emails to beaconadmin@charnwoodu3a.org.uk will now go to him.

Status Report

The current Beacon membership management system works well but it is looking rather tired and it was becoming increasingly difficult to keep it up to date. Last year, therefore, the Third Age Trust embarked on an upgrade programme that will move the software to a more flexible platform managed by a company that specialises in online membership management systems.

The vision of the Beacon Upgrade Project is to give the U3A movement a system which is...



- Designed with the needs of the whole U3A movement in mind
- Capable of being used across the movement
- Based upon up-to-date, secure and reliable technology
- Supported by the volunteer Beacon Team
- Cost-effective

The schedule for the development of the Beacon Upgrade has been one of the minor casualties of the Covid-19 pandemic. The new Beacon system was originally expected to be ready for piloting in April and rollout from June, as you can see from this timeline published early last year:



February - April 2019	Consultation
May - September 2019	Procurement
October 2019	Kick-off with partner
November 2019 - January 2020	Gap analysis and discovery
February 2020 - April 2020	Build
April - June 2020	Pilot
June 2020 onwards	Rollout

The schedule has slipped a little. A preliminary version of “Beacon 2” is now being tested and the development team is seeking permission from those U3As already using Beacon to transfer their data to APT Solutions, the company building the new system. After further testing with real data, Beacon 2 is expected to be ready to go live around the end of September. Charnwood U3A will be considering how to participate in the testing phase and when to switch over to the new Beacon at its next committee meeting on 11th June.

To keep up to date with the Upgrade Project you can visit this page on the Beacon website:

<https://beacon.u3a.org.uk/upgrade/>.

Phil Bass
Beacon Administrator

University Research - Participants Needed

Dr Katherine Brooke-Wavell, a Senior Lecturer in Human Biology and researcher in the National Centre for Sport and Exercise Medicine at Loughborough University, has sent the following appeal for participants in a current study, of particular relevance to our members at the present time.

Katherine and her team are concerned about the effect of the Covid-19 restrictions on osteoarthritis risk, as there is some evidence that changing activity, or inactivity, could exacerbate joint pain or osteoarthritis risk. They thus want to do an online survey to assess how changes in physical activity are related to changes in joint symptoms. **They need anyone over 60 - with arthritis or not, active or not.**

To find out more details of the study, contact Katherine's PhD student Ben Boxer on b.boxer@lboro.ac.uk (Note: If you try the link in the poster, you'll probably find it doesn't work!)

How have the coronavirus restrictions affected your physical activity and joint health?

- **Who we are looking for?** Anyone over the age of 60.
- **What you will be asked to do?** Complete a survey, online, examining how a period of restriction imposed by the coronavirus outbreak is affecting your physical activity, mobility and joint symptoms.
- **If you would like any further details please:**
 - Follow this link
https://loughboroughssehs.eu.qualtrics.com/jfe/form/SV_6YdfwReixqP04f3OR
 - OR
 - Contact Ben via email: b.boxer@lboro.ac.uk



**CENTRE FOR SPORT, EXERCISE
& OSTEOARTHRITIS RESEARCH**
VERSUS
ARTHRITIS



Our New Website - Feedback

As mentioned earlier in this newsletter, our new-look website was only launched a few days ago, but already we have received some very positive feedback. One member has commented:

"Most impressed with the U3A website, it's a pleasure to peruse. Even though it reminds me of all the things we're missing at the moment You've all put in a lot of work, well done"

Other reviewers have also been very complimentary:

"I like it so much more than the old one - cleaner, fresher, easier to find your way around."

"Cheers and trebles all round for the new website. Much cleaner, much nicer, big improvement."

"It feels overall more modern, much cleaner, clearer and easier to navigate. The choice of illustrations and the odd bits humour make it feel friendly and inviting."

Do you have any comments or suggestions for improvement? If so, please contact our Chairman or Webmaster (chairman@charnwoodu3a.org.uk, webmaster@charnwoodu3a.org.uk) with your views.

Weird, Wonderful & Wild Giraffes

Short Quiz – read on for the answers

- 1) What is the collective noun for giraffes?
- 2) Why do giraffes have a long neck?
- 3) Does a giraffe have more, less or the same number of vertebrae as humans?
- 4) What makes a giraffe's heart stand out from the crowd?
- 5) Are they in danger of extinction?

Giraffes are weird, wonderful and wild!

They are the world's tallest land animal and are normally between 4.6m and 5.5m (15-18 ft). South African giraffe, shown below, are the most common with 37,000 in the wild. They also have the palest and most regularly shaped patches.



The dark patches on a giraffe are full of tiny blood vessels which release the heat and allow the giraffe to cool during the heat of the day. It is the shape and colour of these patches which allow you to tell the differences between the species of giraffe.

Their long necks have 7 vertebrae, the same as a human neck!

Giraffes were originally thought to have long necks so that they can reach young tender leaves that other mammals can't reach. This theory has recently been challenged. Their long necks mean that they need to eat more than

most mammals as extra energy is needed to pump blood to their heads. This means that fewer giraffes than other species survive in times of drought when trees die, and food is scarce.

An alternative theory argues that giraffes have long necks as this helps in fights between males for territory and mates. Those males with the largest necks win the fight, collect more females and thus create even longer-necked giraffes. These fights can be vicious and can lead to serious injury or even death.

A giraffe's heart weighs in at 11 kg (25 pounds) almost 40 times the size of a human heart BUT it is not the size that gets the blood all the way to a giraffe's head. It is the extremely strong heartbeat.

There are currently less than 97,000 giraffes in the wild which is a staggering fall from about 150,000 in 1985. This decline in numbers has been called a 'silent extinction' and some sub-species are now considered to be close to extinction.

Are giraffes in danger of extinction? There is a continuing debate about the number of species and sub-species of giraffe. Traditionally there was thought to be one species of giraffe and up to eleven sub-species. However, recent research based on DNA analysis, published in *Current Biology* in 2016, suggested that giraffes can be categorised into 4 distinct species.

These could be further split into 7 or maybe 8 sub-species. The Giraffe Conservation Foundation conducted the DNA sampling and testing with its partner, Senckenberg Biodiversity and Climate Research Centre (BiK-F). Why does the number of sub-species matter?

The potential 8th sub-species is Thornicroft's giraffe. Thornicroft's giraffe are the shortest giraffe sub-species. They are recognised by their small stature, irregular dark patches, long dark tongues, whitish faces and dark horns.



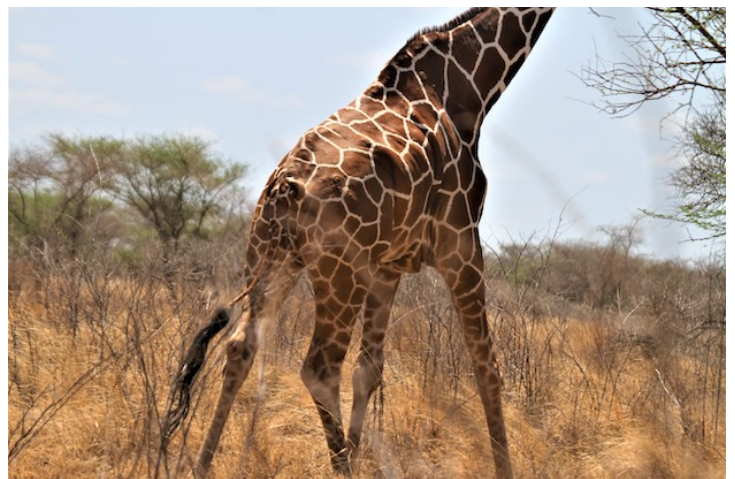
Thornicroft's giraffe (*pictured left*) could soon be subsumed into Masai giraffe, as their DNA is very similar, but the tallest giraffe that has been measured is a Masai bull giraffe. He was 5.8m (19ft) at the age of nine. Male giraffes normally live for 22 years and females for 28 years. This has led scientists to wonder whether they really are the same species and further DNA studies will be done.

There are around 32,000 Masai giraffe in the wild but less than 550 Thornicroft's giraffe with none of the latter in captivity. Their territory is restricted to a small area in the South Luangwa Valley, Zambia where they are protected. The small numbers make them special which means locals are keen to help protect them. They are seen as an iconic species in Zambia and attract a lot of wildlife tourists like me! This all means it becomes easier to raise funds for their conservation.

Rothchild's giraffe (found in Kenya) used to be considered a 9th sub-species. With around 1,500 in the wild, these too are considered near to extinction. They are now considered genetically identical to Nubian Giraffe (found in Ethiopia) of which there are only 500 in the wild. These giraffe types have white ears and their dark markings are more regular and do not extend below the knees. They are, therefore, often described as having white knee socks!

Removing the classification of these rarer sub-groups of giraffe leads to an interesting conservation / fund raising challenge. If I told you there were nearly 100,000 giraffe left in the world would you be less worried about their extinction than if I said there are only 550 Thornicroft and 500 Nubian giraffe fighting for survival?

Twycross Zoo has three giraffes, of which the two females are Rothschild's giraffe. The male is a Reticulated giraffe. The Reticulated giraffe shown in the photo to the right is the most amazingly marked of the lot. There are around 16,000 of these left in the wild. This one was photographed in Kenya.



Finally, the collective noun for giraffes is a Tower of giraffes.

I hope you agree giraffes are weird and wonderful!

Tony Westaway

Editor's note: Tony will have many more Weird Wonderful and Wild stories to delight us in his talk on Wednesday 10th June. Don't forget to pre-register for this by emailing newsletter@charnwoodu3a.org.uk before Monday 8th June.

Quiz Time: (answers in next month's News & Views)

- 1) The four great inventions of ancient China are paper making, the compass, printing and which other?
- 2) Methaemoglobinemia is caused by the blood's reduced ability to carry which gas around the body?
- 3) Of the traditional English counties with no coast-line, which is the largest by area?
- 4) L A Woman was the final Doors album to feature which soloist?
- 5) Which Blackadder actor played Lord Percy Percy and Captain Kevin Darling?
- 6) Beethoven dedicated his third symphony to whom and then withdrew the dedication?
- 7) The speed skater A J Hackett popularised which extreme "sport" ?
- 8) Which clear spirit made from sour cherries is traditionally added to Black Forest Gateau ?
- 9) In which novel did Humpty Dumpty celebrate his unbirthday?
- 10) After whom is named the law that states "Anything that can go wrong will go wrong" ?
- 11) How many cities are there in Northern Ireland (Ulster)?
- 12) Which Swedish player won his second Wimbledon singles title in 1990 ?
- 13) The Italian company Gaggia manufactures machines that make which drink?
- 14) In which English county is England's oldest brewery in continuous production?
- 15) "Fatherland" is a novel predicated on what occurrence?
- 16) With which twentieth century creative genius is Aldeburgh closely associated?
- 17) What is the alternative name of the Millenium Stadium in South Wales?
- 18) Which animal name describes a pessimistic investor who believes the market will decline?
- 19) Which scientist stated that no "alleged" scientific discovery has merit unless it can be explained to a whom?
- 20) Tullus Aufidius leads the Volscian army against Rome in which Shakespeare play ?



Newsletter Name Change

Many thanks to those of you who responded to the question about changing the name of our newsletter from 'Update' to something more indicative of the content.

It seems from the very limited response received that most of you do not mind what the newsletter is called, but of the few who responded, a majority were in favour of a name change and 'News & Views' was the most popular. Hence the new name. If anyone objects strongly to this, please let me know!

Helen Reid

And Finally, Some Sad News...

It is with great sadness that we pass on the sad news from the Travel Group that their former Group Leader, Ruth Muldoon, died on Friday 22nd May.

After a sudden diagnosis of cancer and a very brief illness (unconnected to Covid19) she passed away at home with her son and daughter-in-law and close friends beside her.

Our condolences go to her family and all who knew her.

Items for News & Views

Do you have an announcement, story - or even a short comment - to share with your fellow U3A members? All contributions are very welcome, and we can preserve your anonymity if you prefer that your name does not appear in the newsletter.

There is a limit of around 500 words per item, and photos are very welcome.

To enable the newsletter to be compiled in time for delivery to members at the start of each month, the deadline for receiving items will normally be the last day but one of the previous month. The deadline for the July issue of **News & Views** will be **Monday 29 June (12 noon)**.



Please send your contributions to the Newsletter Editor at: newsletter@charnwoodu3a.org.uk

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.

The Editor reserves full editorial rights as to length and suitability and the Editor's decision is final.

News & Views is sent to all Charnwood U3A members by e-mail link (or by post in normal circumstances) before the monthly meeting. It is also available to read on the Charnwood U3A website each month at www.charnwoodu3a.org.uk under the News menu.

Thank You!

Helen Reid
Newsletter Editor
Charnwood U3A

Contact Details for Committee and Group Leaders



Names and photographs of the Committee and their generic emails ending @charnwoodu3a.org.uk are available on our website under Contact Us - Committee Contacts.

The names of Group Leaders for each group can be found on that group's dedicated website page, accessed via Our Groups - Groups Listed...

Personal emails and telephone numbers of Committee members and Group Leaders can be accessed from the Members area of the website, using login details previously supplied.

Some other useful U3A web addresses:

National U3A Newsletter: <https://www.u3a.org.uk/newsletter>

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>

