

News & Views



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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 under 'Our Groups' menu

Welcome

Welcome to the September edition of News & Views, the newsletter of Charnwood U3A. We hope you'll find it both entertaining and informative. The content is written by members, and details for sending contributions can be found at the end of this newsletter.



A Message from the Chair



A review of our finances for the coming year in the Committee meeting for August 2020 has resulted in the following conclusions.

In these uncertain times, it is possible (likely even) that some of our members will decide not to renew their membership in 2021; with the ongoing lockdown concerns, and the reliance on I.T. solutions for group meetings, this, if it occurs, will come as no great surprise. On top of this, some of our fixed costs, including the TAT affiliation fee and Beacon subscription, are due to increase. As ever, we will ensure that all costs ARE kept to a minimum, but as many of these are fixed costs they are unlikely to decrease.

What this means is that, with regret, the 2021 subs will now be set at £7.50, and not £5 as previously announced in News & Views. This subscription is a reduction of 50% from last year and is intended to be a "one-off" event, as in doing so our cash reserves will be very depleted. With luck and a following wind, the next year will see an upturn in all of our fortunes. If so, this will be reflected in the recommended membership subs for 2022 - by which time (fingers crossed) we will be back, more or less, to normal operations.

For nearly half a year many of our normal activities have been seriously curtailed. The Committee, not wanting to sit around twiddling our thumbs, have taken advantage of this unexpected free time (hopefully) to carry out some serious admin.

We have been reviewing and (where considered appropriate) revising ALL of our practices and procedures. This has been done with the mindset of keeping up with the times – not simply change for change's sake.

In no particular order, here are some of the things we have been doing:-

- Updating our Members and Group Leaders Handbooks.*
- Creating a new (and much improved) Website. This now includes a secure repository for master copies of important documents (Constitution, Handbooks, Policies, etc) which were previously held on various personal computers.
- Transferring all members information into Beacon. Most Group Leaders have received Beacon training and many are now using this system to help manage their groups.
- Introducing the on-line forum Charnwood Chat. Sadly this has seen little use of late, so has been temporarily suspended.

Continued...

From the Chair (continued)

- Doing all we can to keep members informed and (hopefully) engaged by means of News & Views, the Website, and occasional emails.
- *The new handbooks are now in final draft and will be made available, via the website, during September.

In addition, here are a few future initiatives to look forward to:-

- New I.T. help desk (*see article on page 5 of this edition of News & Views*)
- Zoom Pro access for groups. (We are currently facing a few teething problems, but hope to roll this out during September).
- Gathering restart information from the venues used for our face-to-face meetings. This will include maximum room numbers, risk assessment criteria and hire costs.

And to think some people have had 'nothing to do' for the past six months!

Mike Hood

Renewal of Membership



It is that time of year, again. This year, I will be sending email/printed copies which will contain your personal information held by the Beacon System. I will be sending this out in the first week of September. After renewing, your membership cards will be sent to you by email, where possible.

Garry Rigby
Membership Secretary

Group News

Local History

The Local History group is planning to meet during the Autumn by Zoom. They will be keeping to their usual 4th Monday of the month and starting at 2pm.

Their programme is as follows:

28th Sep - Welcome back - Local History through the eyes of some group members

26th Oct - World War 1 Quilt - talk by Deborah Moxom

23rd Nov - Public Heath and Archdeacon Fearon - talk by Dr Pamela Fisher from Leicestershire Victoria County History

As there are no room size restrictions - other than the 100 person limit imposed by Zoom - any Charnwood U3A member is welcome to join. If you wish to do this please email Anne on annep.speight@outlook.com and she will send the Zoom link shortly before each session.



Anne Speight

What's Zooming and Meeting Outdoors

Details of which groups are meeting via Zoom or outdoors, and when - along with current Covid guidance from the Third Age Trust - can be found on our website at:

<https://www.charnwoodu3a.org.uk/siteb/WhatsZooming.html>

Our Monthly Meetings

I enjoyed giving my talk last month on some of the characters in my family history, and I hope those who attended enjoyed it too. If anyone would like a reminder of topics covered in our past monthly meetings in 2019-2020, these are now listed on our website (under 'Past Monthly Meetings') under the Our Meetings menu. Details of upcoming meetings can also be found via this menu.

Next Zoom Meeting: Wednesday 9th September, 2:30 pm

Queen Victoria's Coronation - an eye-witness account

with Sue Easton

At our next meeting, another of our members, Sue Easton, will present a talk about Queen Victoria's coronation in June 1838, based on an account written by her great great grandmother Anna Baines, who was in Westminster Abbey. Sue will describe this event in the context of the UK in 1838.



IMPORTANT: Zoom sessions are limited to 100 participants and therefore **pre-registration is required. To book your place, please go to the September Monthly meeting page on our website at <https://www.charnwoodu3a.org.uk/siteb/MonthlyMeetingSep2020.html> and complete the registration form. For couples planning to attend the presentation using a single computer, tablet or smartphone, only one of you should submit the form. You will see an instant 'pop-up' acknowledgement. An invitation to join the meeting will then be emailed the day before the meeting to all those who have pre-registered.**

Looking Ahead: Zoom Meeting on 14th October, 2:30 pm

A talk by James Hassall, RNIB (Royal National Institute of Blind People)

James will talk about conditions that may affect your eyesight and about devices that assist those who are visually impaired.

More details will be available on our website at:

<https://www.charnwoodu3a.org.uk/siteb/MonthlyMeetingOct2020.html>



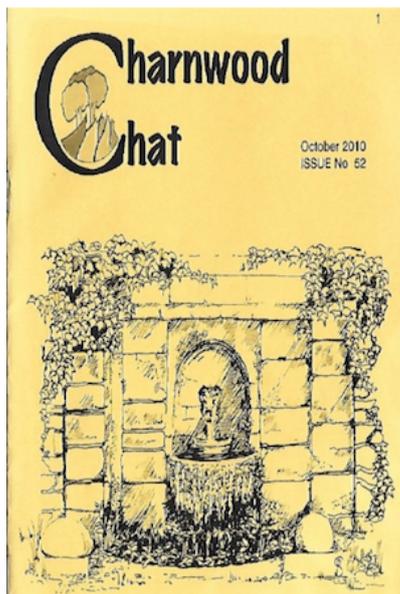
Looking Further Ahead:

Monthly Meetings via Zoom will continue for the foreseeable future, and details will appear on our website and in this newsletter in due course. For our November meeting, we look forward to a talk entitled 'As Mad as a Hatter' by Sandy Leong on the origins of sayings, and on 16th December (*note the 3rd Wednesday of the month*) we will be entertained by Andy Smith who promises a fun talk with songs and anecdotes. Please keep an eye on the website for details.

Helen Reid

Who's for a bit of nostalgia?

We are lucky to have been given copies of 51 of the first 52 issues of Charnwood Chat, our first newsletters. At the beginning, the newsletter was published quarterly with Issue 1 hitting the press in Autumn 1997.

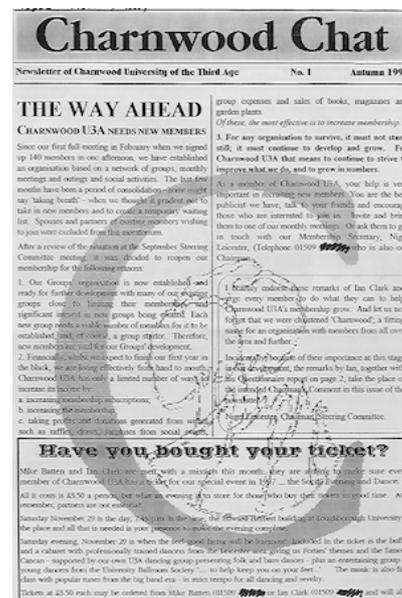


We are missing one issue, and so if anyone has a copy of issue no.26 please let Mike Hood, our Chair, know by email at chair@charnwoodu3a.org.uk. Hopefully we can then scan it and complete the set.

The scanned copies of Charnwood Chat are in the Archive Area of our website which can be accessed by entering the password-controlled Members Area, but you will need to enter your username and the password to view them. The webpage address is given at the foot of this piece.

We really hope you enjoy reading these newsletters from the early days of Charnwood U3A and that they bring back happy memories.

<https://www.charnwoodu3a.org.uk/siteb/MembersArea/CharnwoodChatOld.html>



News from the National U3A



The Third Age Trust (TAT) produces a **monthly newsletter**: if you haven't already done so, you are encouraged to sign up to receive the newsletter directly by email by going to:

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

Previous issues can be accessed from the archive section at <https://www.u3a.org.uk/about/newsletter>

There is also a bitesize edition in PDF format which is easily printable; the latest one (August) can be found at: <https://tinyurl.com/y5ylrwqw>

AGM

The 37th Annual General Meeting (AGM) of the Third Age Trust will be held online on **29th September** and all U3A members are welcome to attend. See <https://www.u3a.org.uk/events/agm-2020> for details.

On-Line Learning Hub

TAT are encouraging U3A members to complete an on-line survey about a planned online Learning Hub - see the panel below. Note that you don't need to answer all the questions, and you should skip the questions aimed at Group Leaders if these don't relate to you.

Have your say! We are looking for your ideas to help us develop the new Online Learning Hub. This is going to be an online collection of all of the resources and tools you may need to support learning across your interest groups and U3A.

This short questionnaire will give us valuable information about what's important to you, and what we need to consider in the design and implementation of this Online Learning Hub. None of the questions are compulsory and your response is anonymous. Click here to participate: <https://www.surveymonkey.co.uk/r/RFZYSMK>

When you've submitted your answers you may be offered another survey – this has nothing to do with TAT/ U3A and can be ignored!

Computer Says, “No!”

We've all been there. You are reading your emails as usual or you're browsing your favourite website - things you've done a thousand times before - when, for no reason, the computer refuses to do what you want. The email attachment doesn't open, the link doesn't work or the login screen rejects your password. If you are a fan of *Last of the Summer Wine* you may be tempted to mutter “Chuffin' Nora!”



Nora “Batty” Mouse (photo by Sean Ganann, licensed under [CC by-nc-sa 2.0](https://creativecommons.org/licenses/by-nc-sa/2.0/))

In these days of Covid restrictions we rely on our electronic friend more than ever and it's frustrating when she throws a tantrum, but there are a few things we can do to placate her. Here are some tips from the experts:

1. Rule number 1 is, “Never argue with Nora”. She is never wrong, no matter how unreasonable she seems. If you ignore this rule you may find yourself on the hard end of a broomstick.
2. Remember that the machine doesn't understand your intentions, only what you tell it to do. If you ask it to do the impossible it can only say, “Sorry, I can't do that”. If you misspell a file name or a website address, for example, Nora can't guess which document or website you had in mind.
3. Be careful with characters that look very similar. My favourite example is a band called “Ill Considered”. That first word is spelled with a capital 'I' followed by two lower-case 'i's but in many fonts those two different characters look identical.
4. Beware the Caps Lock key when you type in a password. Sometimes Nora will accept either uppercase or lowercase letters but passwords are always case-sensitive - 'A' and 'a' are not interchangeable.
5. Copy & Paste is very useful but be sure to copy the right thing. It's very easy to get an extra space either at the beginning or the end of a word, especially when using a touchscreen. A password with an extra space won't satisfy a recalcitrant Nora.

Almost all everyday problems like this can be sorted quickly and simply with a few clicks of a mouse. Most U3A members are familiar with at least some of these pitfalls but no-one can be expected to know all the tricks of the trade. So, the Charnwood U3A committee would like to put a human face on the technology beast by setting up an I.T. Help Desk.

In the first instance the Help Desk will be run by myself (Phil) and Garry Rigby. Give one of us a call on the telephone numbers below or contact us at one of our email addresses. Don't argue with Nora any more; let us negotiate with her on your behalf.

Phil Bass

tel: 01509 889338
email: beaconadmin@charnwoodu3a.org.uk

Garry Rigby

tel: 01509 213655
email: grigby56@gmail.com

Leicestershire & Rutland Network of U3As



Quiz by Zoom

Wednesday 23rd September 2020 – 10.30am start
*No prizes – it's just for **FUN!***

Open to all members of all U3As in the Network
You take part as individuals/couples rather than teams
No problems with social distancing!

10 Rounds of 10 Questions each round
1 point per answer – no bonus or double points
Mark your own answers after each round

To take part send an email with your name, the name of your U3A
& your email address to: coordinator@landru3a.org.uk
no later than 6pm on Wednesday 16th September 2020
Numbers are limited so secure your place now!

You'll receive a confirmation email (if places are still available)
followed by a further email on Monday 21st September
with details of how to join the quiz
The quiz should finish by 12noon with a 15-minute coffee/comfort break

Don't be put off if you've never used Zoom before
We'll send you full instructions on what to do
It's actually quite straightforward!

Go on – secure your place NOW

Arranged by Leicestershire & Rutland Network of U3As
LEARN, LAUGH, LIVE

Leicestershire Shared Reading

One of our members, Char March, would like to draw your attention to Leicestershire Shared Reading (LSR), a voluntary scheme run in partnership with Leicestershire Libraries and The Reader.

Char is a Reader Leader with LSR; her group normally meets in Loughborough Library, but are now meeting via Zoom every Tuesday at 2 p.m. LSR are now setting up new virtual groups, as described in their recent **Press Release** (below). The new groups launched in mid-August, they meet every week and new members can join any time. The Loughborough group is also happy to welcome new members if people prefer to join an established group (and one with a few Charnwood U3A members already!).



Press Release: **Shared reading, in the comfort of your own home**

We are excited to announce the launch of **two new shared reading groups** that are open to all. The success of the virtual groups set up to replace some of our library groups during lockdown has encouraged us to set up new ones, allowing us to offer the Shared Reading experience to a wider audience.

At a time when many people are still shielding or anxious about leaving their homes, virtual shared reading offers a powerful sense of connection with other people and with great literature. Shared reading brings great poems and stories to life through reading aloud and discussion, and we have found that it works well in video and phone meetings. Our groups are a place to relax, make new friends and share stories with others, every week.

The beauty of a virtual group meeting is that it doesn't matter where you live: anyone who has a phone or computer can join in.

Two sessions will be available: **Wednesdays, from 1.30-2.30pm, and Thursdays, from 5.00-6.00pm.** The groups will launch on Wednesday 19th August and Thursday 20th August and will then take place at the same time each week. The meetings will use the Zoom video platform which also allows audio calls.

To join, just contact us via our website www.leicestershiresharedreading.org and we will send you a code and password or a telephone number so that you can access the meeting.

Who can join?

Anyone who has a phone or internet access can join. These groups will be ideal for anyone who might want a taste of Shared Reading just to see what it's like. They will also appeal to current members who do not have access to a virtual group, people who have not been able to access a local group previously because their local group was full or wasn't convenient, or because there wasn't one operating in their locality.

How much will it cost?

Joining with video on a computer or other internet-connected device is free; audio calls into a meeting from a mobile or landline telephone will be charged at the normal national call rate. For many customers this will mean that their call is free, as packages tend to include free calls of up to an hour's duration, for example.

For more information please contact us via our website www.leicestershiresharedreading.org.

How does it work in practice?: Char tells me that the groups work like this: The Reader Leader chooses a short story and a poem or two that are linked in some way. These are read together - out loud - and then discussed. You don't have to have any literary knowledge - it's not about that, it's about how you personally relate to the different stories and poems and what you do (or don't) get out of them. It's relaxed and friendly, and her group have had all sorts of interesting chats about all sorts of aspects of life, death and the universe as a result. Group members take it in turns to read out sections of the story or poem, but people don't need to read out (or comment) if they don't want to.

Transformation - a New Music Video



Following on from his 'Earths Angels' piece, as mentioned last month, and in response to requests for more compositions, Charnwood U3A member Ian Maber has published a new musical video. Entitled '**Transformation**', it shows how he and his wife transformed their garden during lockdown. The 'before' and 'after' shots are really effective in illustrating what they have achieved - and the music is beautiful too! See and hear it on YouTube at <https://www.youtube.com/watch?v=EiKD8tx7q94>

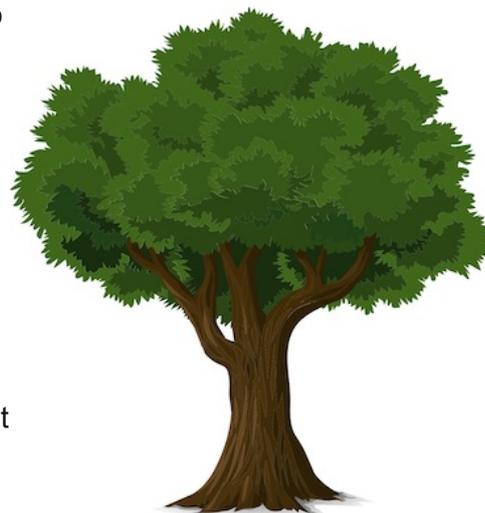
Why Not Sponsor a Tree?

Why not sponsor the planting of a single tree in memory of someone who has passed away or a grove of trees as your own memorial?

Trees are vital for our world. Firstly, to fight climate change we need to act fast for the future; trees are the ultimate in carbon capture and storage and also release oxygen. Secondly, trees are very beautiful, from afar and up close. Thirdly, trees encourage birdlife and other wild life and protect nearby crops.

We are extremely lucky that near to where we live is The National Forest and some woods of The Woodland Trust. You can dedicate trees through both charities. You can visit and walk in both. You can find their woods online.

The Woodland Trust is the largest woodland conservation charity in the UK. It has planted 43 million trees since 1972. The Woodland Trust will sell single trees for your garden from £8.95 by post or shop. You can dedicate In Memory of a dear departed one or others in a quarter acre of woodland from £250, with posts and benches as extras.



The National Forest was begun about twenty years ago as the first large-scale forest to be created in England for over a thousand years. Because Leicestershire is a highly agricultural county, there is a lower tree count than in other counties so The National Forest was chosen to be here. Large swathes of the landscape were scarred by coal mining and the project turned the landscape from black to green. The National Forest asks for £15 for each single tree. If you dedicate a grove then you can have a brass plaque from £1500 and there is a short waiting list. You may be able to attend the planting.

HOW TO DO THIS TREE PLANTING (without getting your boots muddy):-

- Contact THE NATIONAL FOREST or THE WOODLAND TRUST online via their websites.
- Complete your application including details of your choice of tree and what you choose the tree(s) for
- They will send you a certificate electronically and plant the tree(s) for you.
- Planting is in November and March for both The National Forest and The Woodland Trust.

You can visit! Great places for an outdoor visit close to home!

Diana Harvey

Memory Research

The logo for the University of Hertfordshire, featuring the text 'University of Hertfordshire' in white on a black background, followed by the letters 'UH' in a large, bold, white font.

The Leicestershire and Rutland Network of U3As have sent us this request from a PhD student at the University of Hertfordshire. It looks to be an interesting study.

A new online study on everyday memory in the general population

Invitation to take part in a survey about everyday memory errors across the lifespan

- ❖ Do you know how good your memory is in everyday life?
- ❖ Can you tell us how often you forget to do things (e.g., make a phone call) or facts and episodes from your past?
- ❖ Do you know how good people are at these tasks in age groups other than yours?

The research team at the University of Hertfordshire (UK) invites you to take part in a new online survey that focuses on people's everyday memory errors and their knowledge and beliefs about the frequency of these errors in different age groups.

The study can be completed from a laptop or mobile phone and takes about 30-40 minutes to complete. No identifiable information will be collected.

The link to the survey can be accessed by clicking on the link below:

https://herts.eu.qualtrics.com/jfe/form/SV_3eZn0v07OxIj2fP

This study has received ethical approval from the UH ethics committee. Protocol Number: LMS/PGT/UH//04180

If you have any questions regarding this study, please contact the principal investigator below:

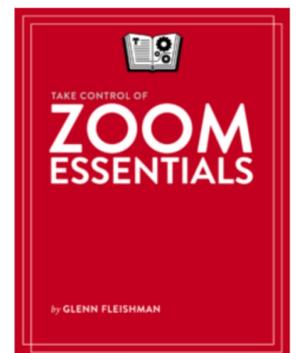
PhD Student Brigita Brazauskiene at b.brazauskiene@herts.ac.uk

Thank you.

Free e-book: Zoom Essentials

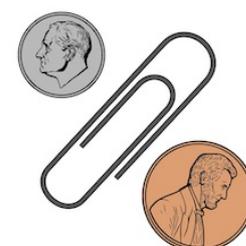
Take Control of Zoom Essentials is a short and sweet, 39-page book that helps you use Zoom as a participant. You'll learn how to download and configure the Zoom software (or use it in a browser, without downloading anything), improve your audio and video, arrange your workspace for better results, join a meeting, share your screen, and deal with privacy and security concerns. If you're new to Zoom and just want a quick introduction to the basics that will help you feel comfortable and confident using the app, this book may be just what you need.

You can download this free ebook from Take Control Books via the link <https://www.takecontrolbooks.com/zoom-essentials/> though you will need to register with the supplier to access it. I've bought many of their ebooks, they are well written, thorough, accurate and updated regularly (often freely).



Answers to last month's Quiz:

- 1) What is the connection between Handel's Messiah and the tune to Rejoice the Lord is King?
Gopsall
- 2) Ernest Gimson built Stonywell Cottage. What was his profession?
Furniture designer and architect
- 3) Which is the last element (number 103) in the Periodic Table?
Lawrencium
- 4) Which record was Number 1 on the first Top of the Pops in January 1964?
I want to hold your hand
- 5) Blondie and Atomic Kitten both had No.1s covering which 1967 song by the Paragons?
The Tide is High
- 6) Whose statue was recently toppled in Bristol?
Edward Colston
- 7) Which Anglo-Saxon King is thought to have been buried at Sutton Hoo?
Rædwald
- 8) Which animal guarded the corpse of St Edmund?
Wolf
- 9) In which county is Jodrell Bank telescope?
Cheshire
- 10) Who wrote the poem The Lake Isle of Innisfree?
W. B. Yeats
- 11) Which two rivers flow through Lyons?
The Rhône and the Saône
- 12) Who composed Siegfried Idyll as a gift to his wife on the birth of their child?
Richard Wagner
- 13) Which is the largest British mammal?
Red Deer
- 14) Who discovered that cholera originated in contaminated water?
John Snow
- 15) Who identified the force of gravity?
Isaac Newton
- 16) Which is the only non-English football team to have won the F.A. Cup?
Cardiff City
- 17) What sport do Loughborough Lightning play?
Netball
- 18) Which French cathedral suffered a major fire in July 2020?
St. Peter and St. Paul, Nantes
- 19) How much in cents is one dime worth in the U.S.A.?
10
- 20) Who was the Chinese doctor who first discovered the Coronavirus?
Dr. Li Wenliang



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 October issue of **News & Views** will be **Tuesday 29 September (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 and generic email addresses 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>

