

News & Views



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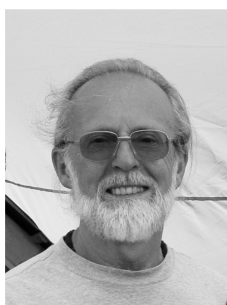
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Welcome

Welcome to the May 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.



Relaunch Day is Thursday 8th July



Fingers crossed, June 21st will see all lockdown restrictions lifted, meaning we can start getting back to 'business as usual'. This, for Charnwood u3a, means ALL of our Interest Groups will, once again, have the opportunity to arrange face-to-face meetings.

To celebrate the occasion it is proposed that we have a Relaunch Day. This is intended to serve two purposes: firstly, for existing members to discover/rediscover what our groups have to offer; secondly, to attract new members. This is so essential to ensure we continue as the vigorous, lively organisation we are today.

The Committee have discussed ways to do this. However, to be truly representative of Charnwood u3a we need you to become actively involved in the detailed planning and to participate at some point in the day.

The lobby area of Loughborough Town Hall has been booked (9am – 3pm) and we would like to see this space being used for displays and demonstrations by as many of our various Interest Groups as possible. The Town Hall booking can, if wished, include an area of the bar being open – but, sorry, only for teas and coffees.

In order to attract as many new members as possible, we would like to have a presence in the Market Place. This might be a dedicated Market Stall, or we could perhaps have a 'stand' at the Town Hall entrance. Both options are being investigated.

For either of these options to be successful, we will need many volunteers to help out, possibly using a rota system. No-one would be expected to give up their entire day - unless you wanted to, of course! We want to stand out, so a range of marketing materials such as posters, banners, leaflets, etc. are being looked at. "Charnwood u3a" T-shirts are also being considered!

SO!

In the first place we are calling for volunteers to make up the Relaunch Day Organising Committee. Then, on the actual day, we want to see as many of our members and Interest Groups taking part as is possible. So come on all of you – let's make it a day to remember!

What can you do for Charnwood u3a?

If you would like to join the Organising Committee, help out on the day, or just offer some ideas for the event, please let me know, either by email (chair@charnwoodu3a.org.uk) or telephone (07703 785832)

Mike Hood

Cu3a Relaunch Day

JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Interest Groups

Details of Groups can be found on the Charnwood u3a website: www.charnwoodu3a.org.uk under 'Our Groups' menu.

Our Monthly Meetings

Last month, we had our AGM. For details of proceedings, see the Draft AGM Minutes linked from the Home page of our website (<https://www.charnwoodu3a.org.uk>). Following this, we welcomed speaker David Skillen who enlightened us on the contributions of the many unsung heroes who played vital roles in the defeat of the Luftwaffe in the Battle of Britain in 1940. It was a fascinating and very informative presentation, and all who attended learnt a lot about this crucial part of British history.

Monthly Meeting Speakers May - July 2021

(always the afternoon of the second Wednesday, starting at 2:30 pm)

- **May 12th:** "Don't Get Hacked off!" - Sam Hancock, Leics Police
- **June 9th:** "A Schoolgirl's War" - Mary Smith
- **July 14th:** "Living the African Dream" - Alison Mee

Meetings beyond July will be announced soon

Our Next Meeting: Wednesday 12th May at 2:30 pm

'Don't Get Hacked Off!' - Speaker: Samantha Hancock



For our next meeting, we welcome Samantha Hancock, Cyber Protect Officer of Leicestershire Police, who will warn us about a variety of current telephone scams and email scams and provide important guidance on how to avoid becoming a victim of such frauds.



For this month's meeting, pre-registration will NOT be required.

The Zoom joining details will be sent to all members who have an email address in our Beacon system. If you haven't received the joining link by **5 pm on Tuesday 11th May**, please email newsletter@charnwoodu3a.org.uk.

Details of how to join the meeting by telephone will be included in the printed copy of this newsletter sent out by post to those members without access to email.

For further information on the topic of this month's meeting, see the 'Be Safe' page of our website (<https://www.charnwoodu3a.org.uk/siteb/BeSafe.html>) - under the 'On-line info' menu, where you will find lots of useful links, including a booklet from the Metropolitan Police entitled 'Little Book of Big Scams'.

Group News

Walking Back On

The Little Extras 6 mile walking group, who meet on Thursday mornings, has got walking restarted in Charnwood u3a. Arrangements are being made in Covid compliant ways, with walkers having to pre-book and numbers being restricted (initially to 12). The first outing was around Woodhouse Eaves which successfully tested the arrangements. This has been followed by a walk from Sutton Bonington and the group is now planning their programme for the months ahead.



Members of the Little Extras group, pleased to be back walking on 8th April.

One way in which walking differs from other outdoor activities is that use is made of space which is shared by others. So a key aspect of planning walks under Covid protocols is to use paths where there is always room to safely pass others and not cause them any concern. This slightly restricts routes, but as there has been no u3a group walking for over 12 months, there is a lot of countryside waiting to be visited afresh!

The photo, from the Woodhouse Eaves walk, captures the group's enjoyment to be back walking again.

Martyn Speight

Outdoor Bowls - Open Day

Have you ever thought about bowls but weren't quite sure?

If so, why not come along to an **Open Day** which will be held at the **Brush Bowls Club, Watermead Way** (off Nanpantan Road) on **Sunday 16th May**. Turn up at any time from 11 am onwards. All equipment will be provided; just wear a pair of flat soled shoes and comfortable clothes. Refreshments and a bar will be available.



Why not give it a go?

For more details, contact Dave Saunders, Group Leader, on BowlsOutdoor@charnwoodu3a.org.uk

May 2021 Meetings

MON	TUE	WED	THU	FRI	SUN
					2 May
3 May 10:00 Latin	4 May 09:30 Pilates 2 10:45 Gym Fitness 10:00 Spanish 14:00 Singing for Pleasure	5 May 10:00 Classical Greek 10:00 German 10:00 Golf 14:00 Sustaining the Planet	6 May 10:00 Science + Technology 1&2 10:00 Spanish Conversation 14:00 Bowls - Outdoor 14:00 French Conversation	7 May 10:00 German Advanced 11:00 Photography	9 May
10 May 09:30 Yoga 14:00 Archaeology	11 May 09:30 Pilates 2 10:00 English Parish Churches 1 10:45 Gym Fitness 11:00 Italian - Parlate Italiano 14:00 English Parish Churches 2 14:00 Philosophy	12 May 10:00 Golf 14:30 Monthly General Meeting	13 May 10:00 Committee Meeting 10:00 Little Extras 10:30 Travel Group 14:00 Bowls - Outdoor	14 May 10:00 Classical Civilisation	16 May 11:00 Outdoor Bowls Open Day
17 May 09:30 Yoga 14:00 Gardening	18 May 09:30 Pilates 2 10:45 Gym Fitness 10:00 Spanish	19 May 10:00 German 10:00 Golf 14:00 Family History Discussion	20 May 14:00 Bowls - Outdoor 14:00 French Conversation	21 May 10:00 German Advanced 14:00 Mac Users Forum	23 May
24 May 09:30 Yoga 14:00 Local History	25 May 09:30 Pilates 2 10:00 ETHEL 10:45 Gym Fitness 11:00 Italian - Parlate Italiano 14:00 Philosophy	26 May 10:00 Golf 10:00 History 3 14:00 Classical Music Enjoyment	27 May 10:00 Little Extras 14:00 Bowls - Outdoor	28 May	30 May
31 May 09:30 Yoga					

Note: Saturday has been omitted from the above calendar for reasons of space; no Saturday meetings in May have been notified to the Editor.

Some of the above meetings may be open to non-members of the group. Please check with the Group Leader if interested. For more information about these meetings, please see the Group News and Our Monthly Meetings sections of this newsletter and also visit our **website** (<https://www.charnwoodu3a.org.uk>) where late changes to meetings will be posted. Note: you can access the latest calendar of meetings directly from the Home page without needing to log in.

If Group Leaders would like to send dates/times of their planned meetings in June to the Editor at newsletter@charnwoodu3a.org.uk, these will be included in next month's calendar both in News & Views and on the website. As groups start to open up to face-to-face meetings, the calendar will include these meetings, so please let us know your plans through the summer and beyond.

A Gradual Return to 'Normality'

The 10+ Walking Group will be restarting their walks from Tuesday 1st June, following the Ramblers guidelines. Yoga and Pilates 2 hope to restart meetings at Gorse Covert in the weeks beginning 10th and 17th May respectively. Spanish Conversation will be recommencing at Gorse Covert on Thursday 1st July, whilst the Chess group plan to reconvene in the Group Leader's house on Monday 21st June.

It is good to see face-to-face meetings recommencing, even if only for limited numbers initially. Hopefully all these planned restarts can go ahead, subject to restrictions being eased, and that more groups will be able to join them as the summer progresses.

Help with Our Website

Would you like to help Tony Westaway, our web manager, with our website?

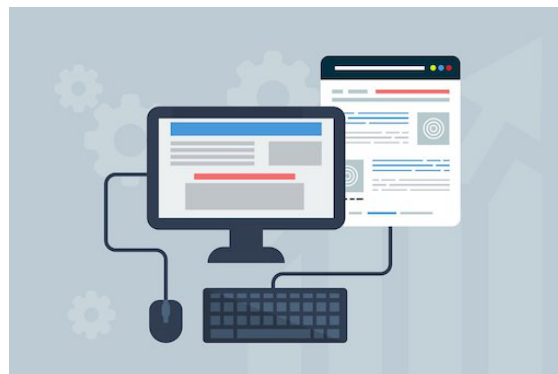
We are looking for a Charnwood u3a member to support Tony. No prior knowledge of web design is required as plenty of training will be given. A willingness to 'give it a go' and basic IT literacy are the key ingredients.

When Tony first took on the role, he had no experience of using a web design program but was a basic IT user. One of his first tasks was therefore to find a web design program that was easy to use and required no technical knowledge.

Eventually he settled on a program called Hazel Pro which makes it very easy for anyone to build amazing websites without having to write any complex computer codes. You literally type information into a box and click a button. Images are also very easy to add as are links to other webpages. The only problem is that the program is designed to run within the Windows 10 operating system. At the moment it is not possible to share the role with someone who uses a Mac.

From Tony's personal experience it would take less than an hour to learn the basics of the program and how to transfer pages onto our website.

If you think you might be interested, please contact Tony by email in the first instance. His email address is webmanager@charnwoodu3a.org.uk



Network News

Slow Ways Shared Learning Project

There are National Walking Trails throughout the UK – but NONE in the East Midlands – YET! The Slow Ways Project is a national initiative to walk, map and record as many walks between places as possible. The Project started in 2020 during lockdown and is picking up speed during 2021 with Phase 2, now some of the COVID restrictions are being relaxed.



Hundreds more volunteers are needed, and this could be of interest to Walking Groups, History Groups, Archaeology and Geology Groups, Photography and other groups and individual members who like walking and want to achieve something constructive at the same time. The time to act is NOW!



This is a Shared Learning Project between Slow Ways, u3a and others and is fully supported by u3a Chairman, Ian McCannah. The onus will be to walk and review walks between two centres with an average distance of 12 km (7½ miles), some longer, some shorter. They are not usually circular walks, so don't forget to work out how to get back!

For further information, go to the Slow Ways website : <https://slowways.uk/supporting-slow-ways/>

u3a Network Zoom Quiz

WEDNESDAY 2ND JUNE 2021

STARTING AT 7:30PM FOR ABOUT 1½ HOURS

Open to all u3a Members (& prospective members) in
LEICESTERSHIRE, RUTLAND & NORTHAMPTONSHIRE

**BOOK EARLY
AS PLACES
ARE LIMITED**

To register:

Send an email with your name and the
name of your u3a (actual or intended) to:

coordinator@landru3a.org.uk

as soon as possible

If places are still available, you'll receive an email confirming
your place in the quiz (normally within 24 hours)

Joining instructions will be emailed to you
a few days before the Quiz

*Part of the national
u3aday celebrations*



This will be a

FUN QUIZ

*Not to be taken too seriously
Specially created for
Singles and Couples
to take part by Zoom*

Organised for your enjoyment by:

u3a Leicestershire &
Rutland
Network of u3as

& u3a Northamptonshire
Network of u3as

Also see:

https://youtu.be/7H_n67A9UEc

A Memory

I have an abiding memory which is symbolised by this picture. It's a magnificent family feast, full of fun. You can just see me in the picture. I am 8 years old, on the left, turned away from the camera. We are in Kilburn in London. It is 1955. My whole close family. A celebration meal, the return of the prodigal son.



***The front row
(left to right):***

me, Grandma, Grandpa, my mother Margarete, my sister Josephine, my uncle Gerd, his wife Penina, my two cousins Ingrid and Sylvia.

At the back:

my aunt Elli's mother and my father Jo.

My uncle Henry is taking the picture. Elli must be in the kitchen.

Before the war the family had lived in Berlin, under the Nazis. Gerd the eldest son had escaped and emigrated to Palestine in 1935. My mother had come to London on the Kindertransport in 1939. Grandpa had survived the war and come to London in 1947. In 1955 Gerd had come to visit. Father and first born son see each other for the first time in 20 years. The family hugs itself. So much joy, such an intensity of happiness. It floods over, obliterates years of sorrow, covers up decades of destruction.

But I was 8 at the time and I didn't know what it was all about. What I actually remember is the table covered with so much fabulous food to eat. The photo is not my memory. I didn't even know we were Jewish. That came much later, when I was 12, a teacher told me.

As a footnote, nearly everyone is now dead - all except me, Ingrid and Sylvia.

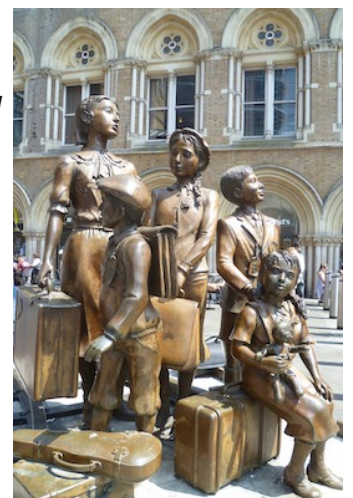
Anthony Gimpel

Talk on The Kindertransport

Following on from the above story, you may be interested in attending a talk on the Kindertransport by Steve Williams, a member of Arun East u3a (*as mentioned in News from the National u3a, On-Line Events on page 9*) which is being delivered by Zoom to u3a members on **26th May at 2 pm**.

For more information and booking details, please see:
<https://tinyurl.com/538hvkdh>

Kindertransport - The Arrival - a bronze memorial sculpture by Frank Meisler, in the forecourt of Liverpool Street Station, London.



Let Me Shake Your Hand

In the mid-to-late 1970s I was in the research team that developed the first CT body scanners. We were based at the EMI Central Laboratory in Hayes. I spent three years working on developments for the scanners. During this time there was one month of work that stands out. Keep reading to find out why.

A known side-effect of the way X-ray readings were captured was the issue of noise. This noise obscured subtle changes in the images, making it hard to see slight differences in the density of some body tissues. There were techniques that could be used to reduce it. However there was a tradeoff: we could sacrifice fine detail for greater visibility of slight differences in tissue density.



I was asked to design and develop a computer program that could apply the technique. In a few days, I had a prototype program which could take up to 10 minutes to reprocess an image, even though we were using the best micro computers available in the mid-late 70s.

When we showed the processed images to the medics we were working with, they were very keen to have the program installed on their equipment. They wanted to process 200 images as soon as possible as they could significantly change the treatment being given to a number of patients. I offered to install the program there and then. However they needed the program to take no more than 30 seconds, certainly a lot faster than 10 minutes. This was the start of the month I mentioned earlier. It took me a month to get the processing time down to 10 seconds!

The program was successful and was installed as an urgent upgrade to scanners around the world...

... but what about the handshake?

The story continues some 6 years later. I had just started a new job and I was being introduced to some senior sales staff. One of them commented that he couldn't hear in one ear due to surgery following scanner investigations.

I had mentioned my work on the scanners and the technical issues I had worked on. At this point the salesman recounted his experience with a scanner. He was a fan of orchestral classical music and noticed a change in his hearing whereby the musicians sounded as if they were out of position. He saw a doctor and had a series of scans of his head. The standard images didn't show any difference between his ears. However they then applied a new process that would enhance the images. These images revealed early signs of cancer, rarely caught this early. The medics operated, removing the nerve to one of his ears, leaving him deaf in that ear, but alive.

From his description of events and the timing of them, it was clear that this chap had benefitted from the program I'd developed. We looked at each other and after a moment's pause he held out his hand and said "Let me shake your hand, you may be one of the reasons I'm still here!"

I have been programming for over 45 years but if I think of everything I've been involved in, that one month was probably the best of my work.

Peter Reid

A Cautionary Tale

Thanks go to Cu3a member Pat Foster for providing the following information, which I think you'll agree is worth knowing about:

My neighbour shopped at Wilko's and presented her card for payment. The till rejected it, and the assistant said "we have had problems with this till". She then paid by cash. She later went to another shop, where her card was rejected again.

She had to go to the bank to sort the problem out. The bank stated that Wilko's & Argos have a system that once the till breaks down and your card is in the machine, your card will become null & void, rendering it unusable.

So be aware of this potential problem should your card be rejected by a faulty till!

News from the National u3a

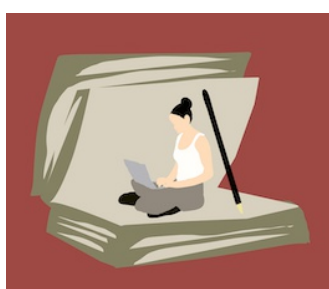
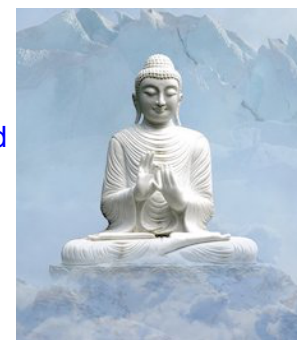


Yoga Spotlight:

This month, the National u3a learning team are throwing a spotlight on Yoga as part of their *Learn, Laugh, Move* initiative. Yoga teachers and group leaders from across the u3a movement are sharing their experiences and expertise to help you build yoga into your own health and wellbeing self-care. See <https://tinyurl.com/m5358w6d> As part of this initiative, Peter Burton, u3a Subject Adviser for Yoga, is holding a participative workshop via Zoom entitled:

'Everything and Anything you would like to know about Yoga in the third age' on Friday 14th May at 10 am

Interested? If so, you can book your place at: <https://tinyurl.com/4w63pssh>



Creative Writing Competition:

The Creative Writing Competition is back. Given the popularity and success of last year's competition, members are being encouraged to get writing again.

The theme for 2021 is **'Unexpected'**. The deadline for submission is **28th May 2021 (12 noon)**. Be sure to read the competition rules fully, including deadlines and information about the judging process, before submitting your entry online. You can also read last year's winning entries for inspiration. See <https://tinyurl.com/jd44f8ea> for full details.

On-Line Events this Month:

Various free on-line events are on offer in May. These include:

- **'The Role and History of the National Trust'** - talk by Paul Boniface (Wed 5th May, 10:30 am)
 - **'Bad King John'** - presented by Carolyn Clarke, Worcester u3a (Tue 11th May, 10 am)
 - **'The Kindertransport'** - talk by Steve Williams, Arun East u3a (Wed 26th May, 2 pm),
- ...and many more. Booking is essential for all these u3a events.

For details of these and other upcoming on-line events offered by the National u3a, including how to book, go to: <https://www.u3a.org.uk/events/educational-events>

Other Initiatives:

Grow Your Own (<https://tinyurl.com/29snhcwk>) invites green-fingered members to share images and gardening tips for growing delicious fruits and vegetables.

Upcycle Your Wardrobe (<https://tinyurl.com/h3az5pf4>) is a challenge for the resourceful and the stylish alike to share how you have turned tired old fabrics into fresh new garments.

National u3a Newsletter:

To register to receive the National u3a newsletter, go to: <https://www.u3a.org.uk/newsletter>

The latest issue (April) is available at: <https://tinyurl.com/44jh9e7z>

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 (April) can be found at: <https://tinyurl.com/dknww8xc>

National Programmes:

Check out the page on the National u3a website to find ideas to keep learning - a mixture of suggestions from members and quizzes, challenges and projects from subject advisers, members and other Trust Volunteers at <https://www.u3a.org.uk/learning/national-programmes>

Answers to last month's Quiz:

- 1) Which football club gave Arsenal their biggest defeat? **Loughborough FC 1896**
- 2) Who was the first Mayor of Loughborough? **Joseph Griggs**
- 3) Who wrote the music for the Finnish National Anthem? **Jean Sibelius**
- 4) Founded in March 1831, the *Légion Étrangère* is known by which English name?
French Foreign Legion
- 5) Who wrote *The Thursday Murder Club*? **Richard Osman**
- 6) *Galanthus nivalis* is the Latin name for which flower? **Snowdrop**
- 7) Which town is the county town of Suffolk? **Ipswich**
- 8) Which saint's body was moved from Lindisfarne to Durham by monks? **St. Cuthbert**
- 9) What was the Beatles' first Christmas number one? **I want to hold your hand**
- 10) Which was the first European town to 'twin' with Loughborough? **Epinal**
- 11) Which Prime Minister lived at Drayton Manor? **Sir Robert Peel**
- 12) Laika, a stray mongrel from Moscow, was the first dog to do what in 1957?
First dog to orbit the Earth
- 13) Who sang about crossing the Mersey? **Gerry Marsden (Gerry and the Pacemakers)**
- 14) Which soap opera was set in Kings Oak? **Crossroads**
- 15) Which is the largest lake in the Lake District? **Windermere**
- 16) Who made his debut in *The Mysterious Affair at Styles*? **Hercule Poirot**
- 17) Who is the patron saint of horticulture, brewers, brides, florists, and gardeners? **St. Dorothy**
- 18) In which children's television programme was one of the principal characters a weed?
The Flowerpot Men
- 19) Who was the first actor to play Doctor Who? **William Hartnell**
- 20) Who is the Prime Minister of France? **Jean Castex**



Poetry Corner

EAU-DE-VIE

Softly close the bathroom door.
Turn on the shower. Its healing power
Washes away yesterday,
Releases dreams, plans and schemes.
Some are drowned! Others float around
As shampoo and soap foster hope,
Body and soul are cleansed and made whole
By wonderful, life-giving water.

Copyright Louie Carr, 2005.

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Items for News & Views

Do you have an announcement, story, poem - or even a short comment - to share with your fellow Cu3a 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 **June** issue of **News & Views** will be **Sunday 30th May (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 email link (or, for those without email, by post) 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...

Telephone numbers of 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: <https://www.u3a.org.uk>

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>

