

News & Views


 Newsletter

INSIDE THIS ISSUE

Chair's Message	1
Monthly Meetings	2
Group News	3-5
Sustain the Planet	3
Creative Writing	3
EPC	3
ETHEL	3
Travel Group	4
Tai Chi	5
Meetings Calendar	5
Member Survey	6-7
Covid & Us	7
Members Portal	8
Mushrooms & Sleep	9
National u3a News	10
Trust u3a	10
Quiz	11
Poetry Corner	11
Committee Meeting	12
Items for Newsletter	12
Contact Information	12

Interest Groups

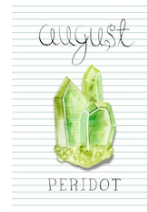
Details of Groups can be found on the Charnwood u3a website:
www.charnwoodu3a.org.uk
 under 'Our Groups' menu.

Other web addresses

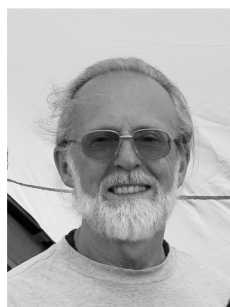
Association of E Mids u3as:
www.eastmidlandsu3as.org.uk
 Leics & Rutland Network:
www.landru3a.org.uk
 Beacon system:
<https://beacon.u3a.org.uk>

Welcome

Welcome to the August 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



Lockdown restrictions have now been lifted – but was it the right thing to do? As ever, there is one group of ‘experts’, media pundits, politicians etc., all in favour of the action. Meanwhile, those with an opposing view forecast doom and gloom. Thus far (fingers crossed) the outcome has been generally positive. Nationally, Covid case numbers appear to have stabilised, and the Charnwood area is no exception. Of course, as we all know, statistics can be manipulated to show a range of outcomes. So there are certainly no grounds for complacency – not that I would accuse Charnwood u3a (Cu3a) members of such.

In our area, 82% of all adults have now had their first vaccination, and 66% their second. Take-up has definitely been stronger amongst the older adults, so I am sure most of you have now taken advantage of this protection. Whether it is due to this, or perhaps the early/mid July heatwave, it is clear that member confidence levels are going up. This is exemplified by the number of our Interest Groups who have been meeting in July and who are planning to do so in August.

The August calendar shows 103 planned meetings amongst 44 of our groups - But is this all? Perhaps some groups are meeting that we do not know about. If your group is meeting, please make Hilary Knowles aware, so that the rest of the membership can then be informed.

As promised, the results of the recent Member Survey can now be shared with you all. You will find a summary on page 6 of this edition of News and Views - which includes a link to the website, where the full survey results may be found. For me, the most interesting, and useful, part of the exercise was your response to survey question 8 “Do you have any additional comments on Charnwood u3a – where we are doing well and where we could improve?” This evoked a wide range of comments, both complimentary and critical, which is precisely what I wanted to happen. It is nice to get the occasional ‘pat on the back’, but it is equally important that complacency is avoided. We, the Committee, will continue to do all in our power to help keep Cu3a running smoothly whilst taking note of, and addressing, your concerns. There were 99 survey returns (none ‘spoilt!’). Some of these were from couples, so this represents somewhere around 10 - 12% of the membership. Thanks to all of you who took part.

The sun is shining so I'm off to the allotment now. Overgrown courgettes (I might just as well call them marrows!), climbing beans and tomatoes to harvest, and leeks to weed. Fingers crossed, the badgers still haven't defeated my sweetcorn defences!

Mike Hood, Chair, Charnwood u3a, chair@charnwoodu3a.org.uk

Our Monthly Meetings

Last month took us to Africa in the company of Alison Mees, who told us of her experiences helping to run safari camps, giving us an interesting insight into her 16 years of 'Living the African Dream'. Her talk was well illustrated with many of her own photographs of African wildlife, especially cheetahs.

Our Next Meeting: Wednesday 11th August at 2:30 pm

'From Leicester to the world via Loughborough' with Robin Jenkins and Jenny Moran

This month's talk is about one of our county's most notable entrepreneurs, Thomas Cook (*pictured right*). Cook was the first person to organise an excursion, in his case a trip of twelve miles from Leicester to Loughborough. From that start, the company "Thomas Cook" grew to become one so familiar on our high streets until a few years ago.

Our speakers for this month's meeting (yes two), Jenny Moran and Robin Jenkins, are with the county's Record Office. They will concentrate on the records held at county level on Thomas Cook, the man and the business.



Graham Cooper, Programme Secretary



IMPORTANT: Places in Zoom sessions are limited, so to ensure your place, **pre-registration is required by Monday 9th August.**

To book your place, please go to the August Monthly meeting page on our website at:

<https://www.charnwoodu3a.org.uk/siteb/MonthlyMeetingAug2021.html>

and complete the registration form before the deadline.

For couples planning to attend the presentation using a single computer, tablet or smartphone, only one of you should submit the form. You will receive an email confirming your booking.

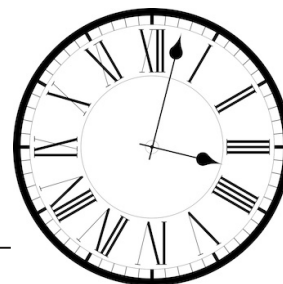
An invitation to join the meeting will then be emailed before the meeting to all those who have pre-registered. Late registrations will be accepted only if there are places still available.

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

For our September meeting, we have a talk entitled '**Time Through The Ages**' when our speaker will be **John Hope**. Further details of this meeting are now available at

<https://www.charnwoodu3a.org.uk/siteb/MonthlyMeetingAugon2021.html#Sep21>

and more about this speaker will be published in next month's newsletter.



Looking Further Ahead:

As reported in July's *News & Views*, all being well, we plan to return to Emmanuel Church in October, when we hope to hold a hybrid meeting i.e. face to face AND Zoom. Further details will be published in the newsletter and on our website in due course.

Group News

Sustaining the Planet

The Sustaining the Planet Group met up in Janet and Brian Waters' garden on the 7th July for the first face to face meeting - fuelled by cake and tea. As well as discussing electric cars and waste collection, we remarked how much younger everyone looked off Zoom. The photo shows some members contemplating global warming whilst sheltering from the pouring rain on the wettest day for weeks!

We are taking a break in August but delving into sewage in September and October, including a visit to Derby Sewage Treatment Works, courtesy of Severn Trent Water.

If you want to find out more, then contact Brian at SustainPlanet@charnwoodu3a.org.uk



Calling Scribblers, Poets, Story-Tellers and Novelists

Would you like to join a small creative writing group? Meeting every two weeks for a Wednesday afternoon of sharing our writing. We've been on Zoom up till now but we're proposing to meet in our garden or round the kitchen table.

Contact Anthony Gimpel by emailing agimpel@btinternet.com or call 01509 265277

English Parish Churches

Visits have been arranged for the EPC groups as follows:

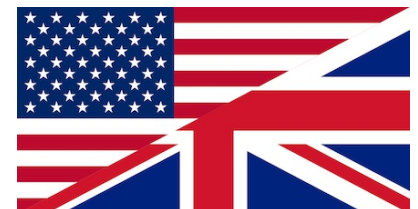
Tuesday August 10th: Staunton Harold, Foremark and Barrow-on-Trent churches.

Tuesday August 31st: Church Langton and Tur Langton churches.

There may be spare places for these visits which will both be by individual cars. If interested, contact Roger Willson on EngParishChurches2@charnwoodu3a.org.uk for further information.

Ethel Crosses the Pond

Inspired by our discussion of U and non-U English and in preparation for July's meeting on American English, a member of the group penned this version of John Betjeman's poem "How to get on in Society". Our poet prefers to remain anonymous. A modest lot our ETHEL members - unless of course he's wary of reprisals from the Betjeman Society!



Call for the check Mr Rockwell.
The waiter's a little too slow.
You guys have squished all the napkins,
We'll just order coffee to go.

Are things okay in the washroom?
The ice in the icebox is hard.
Now the boy has returned from the drugstore,
And the garbage can's back in the yard.

It's real hot out there on the back porch,
We'll take coffee instead in the hall.
Junior is home for Thanksgiving
And staying here all through the fall.

Here's a plate for your danish,
We've jello and cream by the ton,
And cookies and muffins and oatmeal.
I'll see if the pizza is done.

More Group News

Travel Group's Welsh Weekend

Eighteen members of the Travel Group set off for North Wales on Friday 23rd July. We broke the journey in Northwich to ride on the Anderton Boat Lift, a 50ft vertical link between river and canal, built to speed up the transportation of goods. We spent lunchtime in the historic city of Chester before heading to Caernarfon.



Saturday's two hour cruise on the 'Queen of the Seas' boat took us along the Menai Strait with stunning views of Snowdonia and Telford's Suspension Bridge before returning to Caernarfon for lunch. In the afternoon we made the scenic coastal drive to Anglesey to visit Plas Newydd which houses an exhibition of some of Rex Whistler's collection. The gardens displayed the most enormous hydrangea bushes while the formal flower borders of the Italianate Terrace were arranged in hot and cold colours – just beautiful!

Sunday saw a return to Anglesey to, first of all, visit Beaumaris. We were drawn to the beach with a walk along the pier (*pictured above*), discovered an art exhibition tucked away along a side street, as well as a weekend Craft Market. I think most of us returned to the coach carrying some form of purchase from here!

Before leaving Anglesey we made an obligatory photo stop at Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch, (*right*) then travelled back into Porthmadog for a trip on the West Highland Steam Railway. Lack of time meant a dash to buy lunch from Spooner's Cafe at the station. The choice was limited, the shelves almost bare! Most of us managed to buy sandwiches but a very frustrated Malcolm joined us with a meagre offering of one cereal bar, one cake and one bottle of Coke to share with Ann who had waited patiently by the train to 'keep' a block of seats for us. Sandwiches were shared but



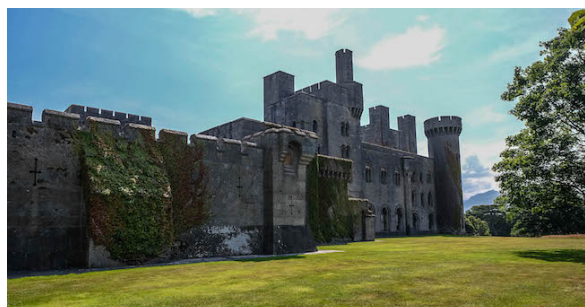
how would Ann and Malcolm share the one drink? Ann manufactured a vessel from the wrapper of the cereal bar, poured in Coke and, surprisingly, managed to drink.



The train (*pictured left*) set off for Beddgelert. Towards the end of the journey, it slowed to an unexpected halt, metres short of our destination. Apparently the engine had lost steam pressure but with "reverse and a run up", enough power was restored for it to reach the station. The crowds at Beddgelert, with its

picturesque bridge crossing the River Colwyn, reflected the significant tourist attraction the village has become. The return journey went smoothly.

On Monday we followed the coastal road to visit Penrhyn Castle (*pictured right*), its gardens set against the dramatic backdrop of Snowdonia. We could only explore the ground floor of the castle but were impressed by the walled garden and its variety of plants including monstrous Gunnera. Finally we enjoyed a peaceful stroll through the woods before making our homeward journey. A two hour delay on the M6 called for a diversion but we finally reached Loughborough a little later than planned.



Our trip to North Wales had been much anticipated after being cancelled last year because of the pandemic and all really appreciated the change of scenery.

Marjorie Sebastian

August 2021 Meetings

MON	TUE	WED	THU	FRI
2 Aug 09:30 Yoga 11:00 Table Tennis 1 14:00 Chess	3 Aug 10:00 10+ Walks 10:45 Gym Fitness 10:00 Spanish 11:00 Table Tennis 2 14:00 Canasta 1 14:00 Philosophy1 14:00 Sing4Pleasure	4 Aug 10:00 German 10:00 Golf 10:00 Poetry 2 14:00 Meditation	5 Aug 10:00 Spanish Conv 11:00 Table Tennis 4 14:00 Bowls Outdoor	6 Aug 10:00 German Adv 10:00 Line Dance 10:00 Mah Jong 2 10:00 Table Tennis 7 10:30 Tai Chi 12:00 Table Tennis 6 14:00 Book Group 2
9 Aug 09:30 Yoga 10:00 Poetry 1 11:00 Table Tennis 1	10 Aug 10:00 Eng Parish Ch 10:45 Gym Fitness 11:00 Parlate Italiano 11:00 Table Tennis 2 14:00 Canasta 1	11 Aug 10:00 Golf 10:00 Poetry 2 14:30 MonthlyMeet	12 Aug 10:00 Les Sportives 10:00 Thurs 6 Milers 11:00 Table Tennis 4 14:00 Bowls Outdoor	13 Aug 10:00 Line Dance 10:00 Mah Jong 2 10:00 Table Tennis 7 10:30 Tai Chi 12:00 Table Tennis 6
16 Aug 09:30 Yoga 11:00 Table Tennis 1 14:00 Chess 14:00 Gardening	17 Aug 09:30 Pilates 2 10:00 6+ Walks 10:45 Gym Fitness 10:00 Spanish 11:00 Table Tennis 2 14:00 Canasta 1 14:00 Sing4Pleasure	18 Aug 10:00 German 10:00 Golf 10:00 Poetry 2 14:00 Italian Conv 14:00 Meditation	19 Aug 11:00 Table Tennis 4 14:00 Bowls Outdoor 18:30 Supper Club 2	20 Aug 10:00 German Adv 10:00 Line Dance 10:00 Mah Jong 2 10:00 Table Tennis 7 10:30 Tai Chi 12:00 Table Tennis 6 13:30 Pilates 1 15:00 Mac Users
23 Aug 09:30 Yoga 11:00 Table Tennis 1	24 Aug 09:30 Pilates 2 10:00 ETHEL 10:45 Gym Fitness 11:00 Parlate Italiano 11:00 Table Tennis 2 14:00 Canasta 1 14:00 Local History 14:00 Needlecraft 2 14:00 Philosophy1	25 Aug 10:00 Golf 10:00 History 3 14:00 Classical Music	26 Aug 10:00 Les Sportives 10:00 Thurs 6 Milers 11:00 Table Tennis 4 14:00 Bowls Outdoor	27 Aug 10:00 Line Dance 10:00 Mah Jong 2 10:00 Table Tennis 7 10:30 Tai Chi 12:00 Table Tennis 6 13:30 Pilates 1
30 Aug 09:30 Yoga 11:00 Table Tennis 1 14:00 Chess	31 Aug 09:30 Pilates 2 10:00 Eng Parish Ch 10:45 Gym Fitness 11:00 Table Tennis 2 14:00 Canasta 1			

PLUS on Saturdays: 7th and 21st August - Saturday Walks, meeting at 10 am.
28th August - Days of Interest trip to Rutland Water & Gates Nursery

Please Note: Some of these meetings *may* be open to non-members of the group. Please check with the Group Leader if interested. For more information, visit our **website** (<https://www.charnwoodu3a.org.uk>) for the interactive calendar which is regularly updated, with direct links to the group pages for more details. If there are any errors in the above calendar, or any additions for future months, please send details to the Editor at newsletter@charnwoodu3a.org.uk.

Tai Chi

The Tai Chi group continues to meet on Friday mornings through the summer. This popular group is currently full, with a waiting list. However, both Jon Ivins and Char March are very happy to have a Zoom meeting with anyone who may be interested in starting up another Tai Chi group. Char and John can advise you on venue choice, how their finances work and introduce you to both their tutors to get you started.

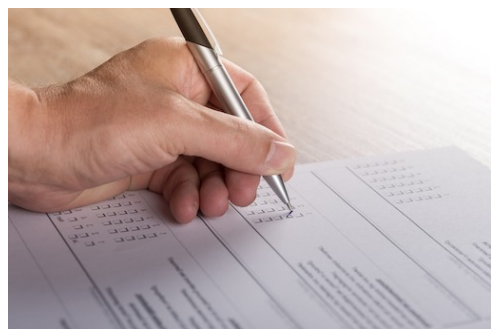
If you are interested in this offer of support to start a new Tai Chi group, please contact Jon or Char on TaiChi@charnwoodu3a.org.uk for further information and advice.

Member Survey May 2021

The full report is available on our website at <https://www.charnwoodu3a.org.uk/siteb/MembersAreaPublic/MembersSurvey.html>

Background

As Covid restrictions began to be relaxed, the Committee wanted to know how members felt about re-starting face to face meetings and to ask their views on how things had gone over the past months and how our u3a could move forward. We know that it hasn't been possible for everyone to meet, so when renewal time came, it was good to see that membership numbers had held up well, thanks to group leaders' efforts and to those who manage our several communication channels. But the survey was also driven by the need to broaden recruitment and to canvass ideas for additional groups, both to attract new members and to widen opportunities for existing ones.



There were 99 survey returns, around a tenth of the total membership, so this could only give a snapshot of members' views, but it did generate some interesting suggestions for future activity groups, many (mostly positive) comments about our performance over the past year and some useful suggestions for future improvement.

Apologies to those members who were unable to complete the survey in Word and returned it in the body of an email. While this is testimony to the resourcefulness of our members, it does mean that we will need to revise our methodology for future surveys.

Summary of findings

- The majority of those responding had been members of Cu3a for six years or more and the majority were over seventy. Aware of the age profile of our membership, the Committee is currently exploring how we can reach out to those no longer in full-time employment or retiring early.
- The overwhelming majority had found out about us by word of mouth. Again, the Committee is considering alternative ways of promoting Cu3a.
- Only sixteen members said they hadn't participated in Cu3a since the start of the pandemic, mainly because their groups were not running. This is clearly not an accurate picture of overall participation but it was good to find that 78% of those responding said that they would be happy to meet up again once restrictions were lifted.
- There were ten suggestions for additional group activities, though no one offered to help run one. Ideas included jazz appreciation, improving computer skills, quilting and beading. Suggestions for new language groups were Brazilian Portuguese, Dutch or German for beginners and Russian.
- Only nine of those responding said that they had needs that restricted their participation in Cu3a. This clearly this does not mean that the majority of our members (and their partners) are able-bodied or in good health. A future survey might give us fuller information about members' health and mobility issues, so that we can do as much as possible to ensure inclusivity and equality of access.
- The question 'Do you have any additional comments on Charnwood u3a' – where we are doing well and where we could improve?', yielded forty positive and ten negative comments. While several members simply said they were 'happy' with Cu3a, a number specifically mentioned the Committee, the Chair or Group Leaders. Ten members praised the way our organisation had been managed during the pandemic, eight commenting on the effectiveness of communication. Thirteen gave positive comments about Zoom meetings, while eight specifically mentioned the monthly general meetings held via Zoom.

Continued on next page...

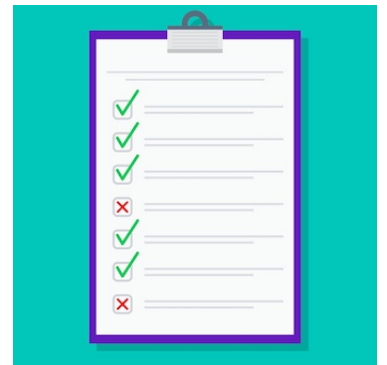
Member Survey Continued...

- Of the ten negative comments, four referred to group finances, one to the booking of Leisure Centre activities and one to the onus on group leaders rather than individual members to comply with Covid regulations. One member mentioned persistent problems with Zoom, another disliked Beacon, while a further two comments were directed at the Third Age Trust.
- Suggestions for improvements included making it easier for new members to get to know people at monthly meetings and making the rules on group 'taster' sessions clearer. After some initial hesitation, it is clear that Zoom has become a valued resource for many of our members and there is some support for continuing online or 'hybrid' meetings.

Whether you were able to complete the survey or not, if you have any suggestions for improvements to Cu3a, please let the Committee know. Tributes to the efforts of the Committee and group leaders are much appreciated, but we are fully aware that none of it would be possible without the commitment, the resourcefulness – and often the patience! – of our members.

Thanks to everybody for your support.

Pam Upton



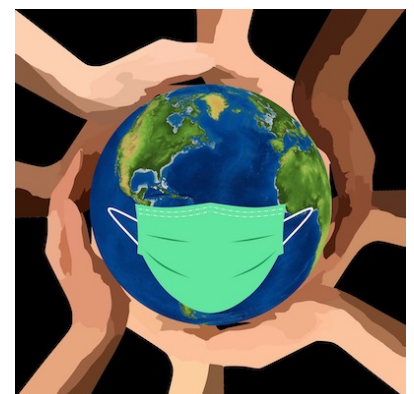
Covid: Our Selfishness and Our Generosity

Dr Narinder Saund, a local GP, gave a talk at the AGM of Loughborough Council of Faiths, held on 30th June, on how people have responded to the pandemic. Below is a precis of his talk by Cu3a member Anthony Gimpel.

Covid has exposed our excellence and our vulnerability, our greed and selfishness, our compassion and generosity, our extraordinary scientific skills and knowledge, our desperate search for a cure. We've lost many of our communal values and we've done so well reading the virus and developing vaccines. We've tried all sorts of drugs but where is the holy grail of a cure?

We've all felt the challenge to our values, and all sorts of professionals have felt it too: sociologists, counsellors, teachers ... We've all had to adapt and we've done so with our technology, but even so we still need that human contact, the hugs and the warm hands.

In all our faith traditions, in mosques, temples, synagogues and churches we have invented ways of maintaining communal prayer but the crisis has exposed many theological divisions. The Mahabharata is a story of the self overcoming ego. It is the story of two armies of princely cousins in battle. The virus is like one of those cousins. The Sikh tradition is about Seva, selfless service, providing Langar is part of this Seva. But how do Sikhs maintain it?



For all our traditions, what are our beliefs? Could we follow the Christian way of Lamentation in which Humankind and God grieve together? Or do we understand the crisis as a punishment for our sins? Judaism stresses that the protection of human life is more important than anything else, more even than following the strict laws of the Torah. The Dalai Lama says it affects everyone. No-one, no matter how high and mighty, can escape it. Buddhists ask do we go down the path of carelessness or craziness?

Let us stay connected. Let us keep generosity. We are one global community.

The Beacon Members Portal

As I'm sure you know, Charnwood u3a uses the Beacon online membership management system, which must comply with General Data Protection Regulations (GDPR), whereby users should be able to access and correct their personal information held by the system. Beacon has a Members Portal that enables any member of Cu3a to see their membership record and update it through a simple web page. You can access this via: <https://www.charnwoodu3a.org.uk/siteb/MembersAreaPublic/BeaconMemPortal.html>

Logging In

You don't need to create another user name or password to access the Members Portal - you log in using your membership number, first and last name, postcode and email address. The login screen looks like that shown on the right.

This screenshot shows what Bertie Beast, a member of the U3A Doc Team Demoton U3A would see - your name and the name of your u3a will be different of course. Note that all fields must be entered and the information must match what is already in Beacon. In particular, the *Forename* and *Surname* fields are case sensitive (*Postcode* and *E-mail* fields are not).

Having logged in, you will see three options: *Charnwood U3A Groups*, *Calendar of meetings and events*, and *Update your personal details*. For details of the first two options please refer to the Beacon User Guide at <https://tinyurl.com/e7kaje5h>

Your Personal Details

Clicking on the personal details button displays a page as shown below. All fields on this form can be changed (Note, however, that the NL Delivery Round field is intended for committee use and should not be changed.) The Cu3a

Committee currently recommends you record emergency contact details on an 'In Case of Emergency' card and always carry it with you. But you may also record them in your Beacon membership record if you wish.

When you have finished editing, click the Update Personal Details button to save your details. Finally, click the Return to Charnwood U3A website button to log out of the portal and return to the Cu3a website.

Full details of the Members Portal are given in section 10.2 of the [Beacon User Guide](#) and the Beacon Administrator can help if you have any problems.

Phil Bass, Beacon Administrator,
beaconadmin@charnwoodu3a.org.uk

Members' Memories

Mushrooms and Sleep

In the mid 80s I worked for a company collaborating with Strathclyde University who invited me to visit and present some research to staff and postgrads.

I travelled up from home in Macclesfield to Glasgow, and stayed overnight. I was to give my presentation and travel home later the following day. To develop the relationship between my group and Strathclyde, the Glasgow team arranged for us to meet at a local restaurant for an evening meal. The evening went well; the meal was very pleasant.

Unfortunately I woke early the following morning with severe stomach cramps. Thankfully none of the other people at the meal suffered any ill effects. By comparing our meals, we narrowed down the likely culprit to my starter, "mushrooms in garlic sauce". Knowing the probable cause didn't help with how I was feeling. However I was determined to have a go and told my hosts that I'd try to give my presentation anyway. Despite my stomach's attempt to spoil things I managed to get through the presentation.

Over the following months I got to know the Strathclyde people better. As a result, they encouraged me to consider returning to academia (I had lectured in Computer Science some years previously). This led to me attending a job interview for a lectureship at Strathclyde. Towards the end of the interview, the chairman of the panel said they would normally ask to see a sample lecture from the applicant. However several of the staff, including the chairman, had attended my guest presentation so nearly ruined by rogue mushrooms. They decided I had done well, despite my stomach upset. So this had been sufficient to satisfy the interview's requirements. I was offered the job; it seemed the mushrooms had helped me get it!

An unusual aspect of the offer was a free long weekend for me, my wife and our 18 months old son, so that before making our decision we should have a taste of life in Scotland, and Glasgow in particular.

We drove up, allowing us to see some of Scotland. We were booked into a hotel in central Glasgow, just off George Square, where we could get to see things very easily. Whilst the long weekend proved successful (both of us happy to accept the job offer), the long weekend didn't go as smoothly as we'd hoped...

Firstly, when we made the arrangements, we didn't realise that it was the weekend of the Scotland vs. England football match at Hampden Park. The centre of Glasgow was heaving with football supporters and our hotel was full of noisy English fans. Fortunately, all the supporters were friendly despite England losing and everyone having the odd drink or three.

Secondly, it rained all weekend, which turned out to be quite normal for Glasgow, as we discovered once we'd moved there.

However, the thing that really threatened to disrupt our weekend was our son Colin. He'd had a good journey up to Glasgow, sleeping all the way. Unfortunately, this meant he was wide awake throughout the night. Colin had a cot in our room, where he had a clear view of us, available for conversation and entertainment. We were very tired from the drive etc. but nothing would persuade him to settle down for the night. Somehow we and Colin made it through the night, but it was a close run thing!

So some mushrooms helped me get a job, but there were times during that night in the Glasgow hotel that I would have stuffed mushrooms or anything else into my ears to quieten Colin and get some sleep!

Peter Reid



News from the National u3a



AGM 2021

The AGM of the Third Age Trust is taking place on **26 August 2021 at 11am**. Delegates from u3a committees can vote, but all our members - both voting and non-voting - are welcome to join the AGM online. If you are interested in attending, just go to <https://www.u3a.org.uk/advice/agm-2021> for details.

On-Line Events this Month:

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

- **'Wellbeing in Nature'** with Susan Collini, u3a Subject Adviser (Thur 5th August, 2 pm)
- **'Leonardo da Vinci - Would he have made a good u3a member?'** with Catherine Stevenson, Newcastle u3a (Tue 10th August, 10 am)
- **'Friday Watercolour Painters'** with Tony Burke, Huddersfield u3a - a series of interactive painting sessions on Fridays from 20th August at 2 pm.

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>

Virtual Running Event:

Run for the World is holding a special charity event for the u3a movement. You can choose from 3km, 5km, 10km or 21.1km to complete in a single activity anytime before the end of 2021. Best of all, 25% of the entry fee will go to the u3a movement to help provide equipment and opportunities for exercise and sport groups. Find out more about how to take part at: <https://u3a.org.uk/learning/national-programmes/run-for-the-world>



National u3a Newsletter and More:

To register to receive the National u3a newsletter, go to: <https://www.u3a.org.uk/newsletter> where you will find a link to previous issues (including the latest one).

Also check out the u3a journal **Sources** at <https://sources.u3a.org.uk/> and the u3a National programmes page at <https://www.u3a.org.uk/learning/national-programmes> for more news and ideas.

Trust u3a

Trust u3a is an online u3a set up at the beginning of the pandemic to enable people to join if their local u3a was temporarily closed to new members and to offer online groups, talks and courses to existing members whose face to face groups were not operating.



While at Cu3a we are always looking for ideas for new groups (and people to help run them!), if we're not at present running the group you want - or if you still prefer 'Zooming', Trust u3a might have the answer. The joining fee is just £5 for existing u3a members.

There are waiting lists for some groups, but those available range from Armchair Archaeology to Countdown to Cop26, Elementary Japanese, German, Science in the News and Smartphone Photo Art. Check them out online at <https://u3asites.org.uk/trustu3a/groups>

But do also let us know if you have an idea for a new Cu3a group. Suggestions in our recent member survey included Jazz Appreciation, Russian, improving computer skills and quilting. We have nearly 1000 members and there may well be people who are thinking exactly the same!

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

- 1) Matthew Hancock is M.P. for which constituency?
- 2) With which sporting event were a lion named 'Willie' and a dog named 'Pickles' linked?
- 3) Orchestra is an anagram of which creature?
- 4) What is the traditional title of a British Monarch's second son?
- 5) Which cricketer made his 150th ODI appearance for England in June this year?
- 6) Which religion was founded by Guru Nanak?
- 7) Which Mediterranean island was awarded a George Cross?
- 8) Which is the least populated state of the USA?
- 9) Who scored the only goal in the 2021 Cup Final?
- 10) Who was the lead singer of The Who?
- 11) Where is the Dad's Army Museum?
- 12) Which is the longest bone in the human body?
- 13) When was Sputnik 1 launched?
- 14) Who succeeded Stephen Dorrell as MP for Loughborough?
- 15) Who was the only child of Mary, Queen of Scots?
- 16) The term 'antediluvian' refers to which event in the Old Testament?
- 17) Poulet is the French word for which domestic bird?
- 18) Born in Ulm in 1879, who won a Nobel prize in 1921 for his services to Theoretical Physics?
- 19) The Trojan princess Polyxena was sacrificed on the tomb of which mythical Greek warrior?
- 20) Which chemical element has the symbol Pb?

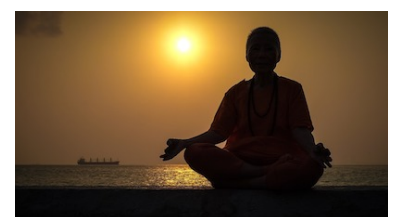
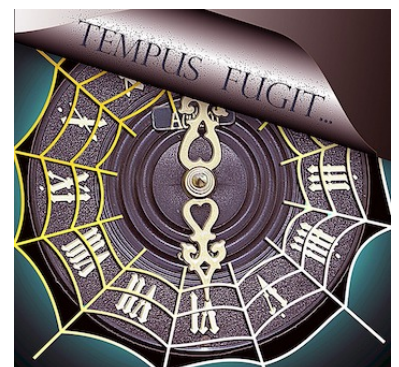


Poetry Corner

A DREAM

Tell me, am I normal, or is my head up in the clouds?
 I know my eyes are dimmed by age, and most unfortunate shrouds
 And my ears are not much better, they need N.H. hearing-aids
 But they have managed to inform me of things these last decades
 I have long wished to join a Group, that I really do admire
 While I was still working I thought, 'When I Retire'
 I didn't retire till I was sixty-five, quite fit and well, and able and sane
 But then it comes as a bit of a shock, to reconstruct one's life again
 The Retirement Dream you dreamt of, with 'Spare Time A-Plenty'
 Is filled with all sorts of Happenings, some glad, some sad, some trendy
 So Time goes on and you're not aware, of it quietly passing by
 It doesn't give the slightest hint, not even a gentle sigh
 Right now, I find it hard to believe, I'm nearing Ninety-Four
 And that long held Yoga Dream of mine, must be hovering by the door
 I still would if I could, but the chance must be non-existent
 I must stick to the Exercise-Bike, my Ever-ready Assistant
 It chases away the aches and pains and makes me feel quite trim
 And at Ninety-Three I'm sure you'd say 'That's not a bad state to be in!'

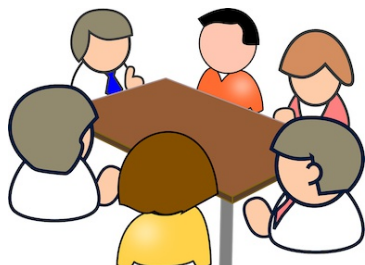
Sheila Bokor



Invitation to a Cu3a Committee Meeting

Have you ever wondered what goes on at a Committee Meeting of Charnwood u3a?

If so, you may be interested in attending our next Committee meeting, which is due to be held on **Wednesday 8th September at 10 am in John Storer House in Loughborough**, for what will be our first face to face meeting since March 2020, having held monthly Zoom meetings throughout the pandemic.



Members are always welcome to attend these meetings, by prior arrangement, as observers, though for reasons of space, numbers of 'visitors' for any particular Committee meeting will be limited.

If you would like to come and see what we do, please contact our Chair on chair@charnwoodu3a.org.uk

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 **September** issue of **News & Views** will be **Monday 30th August(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.

Note: Where personal contact details appear in News & Views, these are included with permission.