

News & Views



INSIDE THIS ISSUE

Chair's Message	1
Monthly Meetings	2
Group News	3-4
Outdoor Bowls	3
Theatre Group	3
Latin	3
Painting	3
Group Leaders Meet	3
Days of Interest	4
Meetings Calendar	5
Members' Articles	6-7
Science & Islam	6
Art thru the ages	6
Student Rag	7
Charnwood Museum	7
Thomas Hardy course	8
Musical Memory Box	8
Charnwood Events	9
Poetry Corner	9
Osteoporosis Study	10
Quiz Answers	10
Obituary	11
Elsie Wootton	11
Phil Matthews	11
National u3a News	12
Items for Newsletter	12
Contact Information	12

Interest Groups

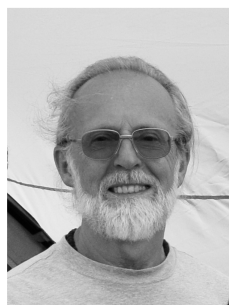
Details of Groups can be found on the Charnwood u3a website:
www.charnwoodu3a.org.uk
 under 'Our Groups' menu.

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.



A View from the Chair



One month on and it is now looking like All Change! In April, I told you about our proposed celebratory event in Queens Park on June 5th. Both the Third Age Trust's 40th birthday and our Queen's Platinum Jubilee celebrations are centred around the first weekend in June. Charnwood Borough Council (CBC) had contacted me early in the year regarding their planned event concerning the latter. I have now been told by CBC that the Queens Park event will be 'low key' – little more than an open invitation to a picnic – and we are not able to take part!!

My initial thoughts centred around changing to a different day over that weekend (we could have Queens Park on Saturday 4th) and/or an alternative venue, e.g. Southfields Park or the lawn just to the side of Emmanuel Church. These ideas were presented to the Group Leaders Meeting on 27th April. The general feeling was that with the targetted weekend being an extended bank holiday, there were a lot of events already happening so not a good time for a Charnwood u3a (Cu3a) 'do'.

It was suggested that our celebration should focus on our 25th birthday. Held in the summer (Queens Park?) this could be an opportunity for us to have our own party. Interest groups would still be encouraged to stage demonstrations, displays, etc. and all members would be invited to come along, with a picnic, to join in the fun. Members would be encouraged to bring along friends and family and, being in a public place, we would welcome any interaction with others in the park. We might even gain a few new members! This year, Leicestershire Schools will be on holiday for most of July and August. Many of us avoid going away during this period, so these would be the target months for our party. I think a Sunday, 12 noon to around 3pm, will be the best time. You may or may not agree. Please let me know when you would prefer.

Does this idea appeal to you? Such an event can only be a success if you, the members, get involved! Please let me know, asap, whether you will get involved, either with its planning and/or by coming along/taking part on the day.

As many of you will already be aware, these are difficult times for our sister organisation Loughborough u3a. This year they will celebrate their 30th birthday, but this will be their last! At their recent AGM, their members voted in favour of dissolution, effective from 31st December 2022. They currently have 121 members and it is likely that many of these will choose to join Cu3a. Several of their Interest Groups are buoyant and active so are likely to transfer. These include subject areas that will be new to Cu3a. Please keep a watch on future editions of *News & Views* for updates on both these matters.

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

Our Monthly Meetings

The monthly meetings of Charnwood u3a are on the **second Wednesday afternoon, 2.15 for 2.30 pm in Emmanuel Church**, Forest Road in Loughborough. The main car park for the church is spacious and to the west of the church. There is a very small parking facility adjacent to the church but please only use that if the main car park is too far away. Our monthly meetings are free to all, and we welcome prospective new members attending a meeting as a 'taster'. If you will need any assistance at the meeting, please contact our Chair in advance on chair@charnwoodu3a.org.uk.

Our Next Meeting Wednesday 11th May

Change of Speaker and Subject

Our intended speaker, on Stilton cheese, is unable to speak to us on 11 May as he has to be at a business meeting up north. Instead, we have Roger Prescott who will host a re-enactment of an old BBC favourite.

Juke Box Jury **A Televisual Musical Experience** **with Roger Prescott**

Be taken back to Saturday evenings in the 1960s when those lucky enough to have a black & white television eagerly awaited the iconic JBJ theme tune and for David Jacobs to utter those familiar words "Good evening and welcome once again to another session of Juke Box Jury". Your Saturday teatime highlight was underway.

Roger will simulate the programme and requires four volunteers from the start. So please be prepared.

We'll hear some familiar and some forgotten songs from the 1960s. The panel will give some comments about the songs and then vote whether they should be a **HIT** or **MISS**. Whatever the outcome, the host will provide some facts about each song. The emphasis throughout will be on fun and laughter.

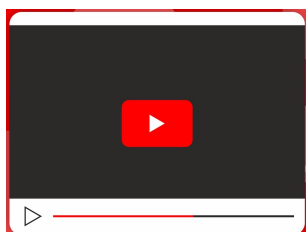
I look forward to meeting members again, at the normal start time of 2.30 pm.

Graham Cooper

To attend this meeting:

If you wish to attend the meeting in person, no pre-booking is required - just turn up on the day, with your Cu3a membership card. **Please do not arrive before 2 pm**. Risk Assessment guidance is at:

https://www.charnwoodu3a.org.uk/siteb/pdfdocsPrint/Risk_Assessment_monthly_meeting.pdf



Alternatively, we are hoping to set up a live stream of this event via YouTube. If we are able to arrange this, details will be posted on our website on the May meeting page at:

<https://www.charnwoodu3a.org.uk/MonthlyMeetingMay2022.html>

and members should also receive an email with relevant details in advance of the meeting.

Looking Ahead:

At our meeting on **8th June**, we welcome Farooq Murad, Director General of The Islamic Foundaton in Leicester, who will present his talk **'What is Islam?'**

After a break in July, we recommence our monthly meetings in August. For details of planned speakers and topics, please see our website (<https://www.charnwoodu3a.org.uk/>) under the 'Our meetings' menu - Monthly Meeting...

Group News

Outdoor Bowls

The outdoor bowls season has now started and the u3a Outdoor Bowls Group is meeting every Thursday afternoon at the Brush Bowls Club.

There is still room for new members so, if you've ever had an inkling to give it a try, why not come along. There's no commitment and the Brush Club can provide everything that you need except a pair of flat soled shoes and your enthusiasm.



Alternatively, The Brush Club is holding **two Open Days this month, on the 1st and the 29th**. These are open to anybody and there is no need to book; just come along anytime between 1000 and 1500 and join in the fun. Refreshments will be available throughout the day and the bar will be open from midday.

For more information contact Dave Saunders, Group Leader, at BowlsOutdoor@charnwoodu3a.org.uk.

Theatre Group - News Update



A big thank you to all the Theatre Group members for your patience. We are attempting to get a u3a credit card in order to pay for the tickets "upfront", but this appears to be a stumbling block at the moment. If we are successful in obtaining this card we are hopeful of resurrecting the group for the end of autumn.

However, if this does not materialise we see no viable way of starting up again post pandemic.

Gillian Ablethorpe

Latin

The Latin group, which meets on the first Monday of the month at 10 am, is now having Beginners' Latin for the first half and translation-aided more advanced original Latin in the 2nd half. There is always room for new members, so if anyone is interested in joining the group, please email Latin@charnwoodu3a.org.uk



Painting



The Painting group is restarting in the Tesco Community room on the 3rd Monday of the month from 2 pm till 4 pm. If you are interested in joining the group, please email the address below for more details:
painting@charnwoodu3a.org.uk

Angela Cantrill

Group Leaders Meeting

A Group Leaders meeting was held at Emmanuel Church on 27th April, the first such meeting held face-to-face since before the pandemic.

A number of issues were discussed including risk assessments, associate members, banking arrangements (including some positive news on charge cards - see the Theatre Group piece above), Beacon, Equality/Diversity/Inclusion and anniversary celebrations.

For further details of this and previous meetings, see our website at:
<https://www.charnwoodu3a.org.uk/GLMeeting.html>



More Group News

Days of Interest

Our first real outing of the year was to Shrewsbury in March. We had managed to arrange for perfect weather in which to enjoy the sites of the historic market town and birthplace of Charles Darwin. There were lots interesting historical buildings to see in addition to



a lively town centre with a good mix of independent and national stores. We were free to explore those parts of the town which most appealed to us individually, and I understand that we took full



advantage of this. Among the attractions that members visited were: the Museum and Art Gallery (*left*), the Market (*above right*), the Abbey, the Regimental Museum, the old school and at least one member made it to the top of Laura's Tower at the castle. There were even boat trips taken. A great start to our 2022 trips.

Our second outing in April was a bit different. We started off with a visit to the Kidderminster Carpet Museum, where we were first greeted with a welcoming drink and an introductory talk on the museum, which seeks to show how carpets were made before and after the industrial revolution. Members were then taken on a guided tour of the museum, where some



of the machines were demonstrated. Many were complicated and many were noisy (*see picture, right*).



After visiting the museum, we took a trip on the picturesque Severn Valley Railway from Kidderminster to Bridgnorth – back in time to the steam railway era. The very enjoyable journey was broken at Highley where we all had an opportunity to see the rolling stock in the engine shed (*pictured left*). Some of us even managed to find time for a piece of cake.

We have some spare places on our May & June trips: open to all u3a members

In **May** we are going to **Haworth** for their annual 1940s weekend. In 'Bronte Country', we can step back in time and enjoy a nostalgic wartime theme, with characters dressed in the costume of the era, with 1940s singing and dancing, military vehicle and living history displays and a fly past - weather permitting.

The trip departs from Tesco Extra car park on Saturday 21st May at 8:30 am. We leave Haworth at 4:30 pm. The cost of the trip is £16 per person.

In **June** we are off to the seaside to visit **Llandudno**, the largest seaside resort in Wales. The attractions include the longest pier in Wales, with a great scenic view and plenty of opportunities to buy ice-cream and freshly made doughnuts. The wide curving Victorian promenade of the North Shore has lots of seats, and you can admire the scenic headlands of the Great and Little Orme.

The trip departs from Tesco Extra car park on Saturday 18th June at 8:00 am. We leave Llandudno at 5:00 pm. The cost of the trip is £19 per person.

For more information on the May and June trips (with pictures), see [April's News & Views](#) (page 4). If you are interested in joining us on either trip, please contact Pauline May at ppc.wat@ntlworld.com, 01509 552834 or 07455 167929 for details.

May 2022 Meetings

MON	TUE	WED	THU	FRI
<p>2 May</p> <p>09.30 Yoga 10.00 Latin 11.00 Table Tennis 1 15.00 Current Affairs</p>	<p>3 May</p> <p>09.30 Pilates 2 10.00 10+ Walks 10.00 Spanish 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Sing4Pleasure</p>	<p>4 May</p> <p>10.00 Classical Greek 10.00 German 10.00 Golf 10.00 JigsawBookEx 10.00 Mini Tennis 10.00 Scottish Dance 11.00 Table Tennis 3 14.00 Sustain Planet</p>	<p>5 May</p> <p>10.00 Sci & Tech 10.00 Spanish Conv 10.30 Amble/Strollers 11.00 Table Tennis 4 14.00 Bowls Outdoor 14.30 French Conv</p>	<p>6 May</p> <p>09.00 Badminton 10.00 German: RTC 10.00 Line Dance 10.00 Mah Jong 10.00 Table Tennis 7 10.30 Photography 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Lunch Club 1 12.00 Table Tennis 6 13.30 Pilates 1</p>
<p>9 May</p> <p>09.30 Yoga 10.00 Poetry 1 11.00 Table Tennis 1 14.00 Archaeology 14.00 Chess 14.00 Digital Imaging</p>	<p>10 May</p> <p>09.30 Pilates 2 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1</p>	<p>11 May</p> <p>10.00 Committee 10.00 Golf 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet</p>	<p>12 May</p> <p>10.00 Les Sportives 10.00 Thurs 6 Milers 10.30 Amble/Strollers 11.00 Table Tennis 4 14.00 Bowls Outdoor 14.00 Making Music</p>	<p>13 May</p> <p>09.00 Badminton 10.00 Classical Civ 10.00 Line Dance 10.00 Mah Jong 10.00 Needlecraft 1 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 13.30 Pilates 1</p>
<p>16 May</p> <p>09.30 Yoga 11.00 Table Tennis 1 13.00 Quiz group 13.30 Canasta 2 14.00 Gardening 14.00 Painting</p>	<p>17 May</p> <p>09.30 Pilates 2 10.00 6+ Walks 10.00 Spanish 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Philosophy 2 14.00 Sing4Pleasure</p>	<p>18 May</p> <p>10.00 German 10.00 Golf 10.00 Mini Tennis 10.00 Poetry 2 10.00 Scottish Dance 11.00 Table Tennis 3 14.00 Family History 14.00 Italian Conv</p>	<p>19 May</p> <p>10.00 Parish Walks 11.00 Table Tennis 4 13.00 French Conv 14.00 Bowls Outdoor 14.15 Scrabble 4 18.30 Supper Club 2</p>	<p>20 May</p> <p>09.00 Badminton 10.00 German: RTC 10.00 Line Dance 10.00 Mah Jong 10.00 Table Tennis 7 10.30 Photography 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 13.30 Pilates 1 14.00 Art Apprec'n 15.00 Mac Users</p>
<p>23 May</p> <p>09.30 Yoga 11.00 Table Tennis 1 14.00 Chess 14.00 Digital Imaging 14.00 Local History</p>	<p>24 May</p> <p>09.30 Pilates 2 10.00 ETHEL 10.00 Needlecraft 2 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Philosophy 1</p>	<p>25 May</p> <p>10.00 Golf 10.00 History 10.00 Mini Tennis 11.00 Table Tennis 3 14.00 Classical Music</p>	<p>26 May</p> <p>10.00 Les Sportives 10.00 Thurs 6 Milers 10.30 Amble/Strollers 11.00 Table Tennis 4 14.00 Architecture 14.00 Bowls Outdoor 14.00 Making Music</p>	<p>27 May</p> <p>09.00 Badminton 10.00 Line Dance 10.00 Mah Jong 10.00 Needlecraft 1 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 13.30 Pilates 1 19.30 Wine Apprec'n</p>
<p>30 May</p> <p>09.30 Yoga 11.00 Table Tennis 1 13.30 Canasta 2</p>	<p>31 May</p> <p>09.30 Pilates 2 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1</p>			

PLUS on Saturdays: Saturday Walks; Days of Interest trip to Haworth (21st May)

For more information, visit our **website** (<https://www.charnwoodu3a.org.uk>) for the interactive calendar. Please send any amendments for future calendars to the Editor at newsletter@charnwoodu3a.org.uk

Members' Articles

Science and Islam

I've been fascinated by Jim Al-Khalili's documentaries about the golden age of Islam which are being shown on iPlayer. Within a hundred years of the birth of Islam in Medina in the middle of the 7th century, a Muslim, Arabic caliphate and empire was established across a vast area from Andalusia in the west to central Asia in the east. In the 8th, 9th and 10th centuries huge energy was devoted to exploring the world around them. Driven by a thirst for knowledge, Greek and Indian texts were translated into Arabic. Advances flourished in a wide range of Mathematics, Astronomy, Chemistry, Medicine, Optics and Mapmaking.

The three documentaries are fascinating. But they have raised a question, two questions. Why did it take so long for European Christendom to adopt the ideas and practice? And related to it, why is modern Islam now out of it? In the first programme Jim Al-Khalili gave what may be the answer. The impetus for the Muslims came from an understanding, written in the Quran, that God has given us this world and it is given to us to explore.

Is it something as simple as this: that a belief occupies your time? If you believe the world is there for you to explore, like the Golden Age Muslims, that's what you do. If you believe that God has given you commandments on how to live your life and those orders require interpretation and study then, like Orthodox Jews, that's what you will do.

If you believe that Christ will come again to establish the Kingdom of Heaven and it requires your prayer to hasten this event then, like monastic Christendom, that is what you will do. If, like modern Muslims, you believe that your faithfulness to Allah means that your reward will be in Heaven then you will focus all your attentions that way.

Of course, not everyone in a culture or civilisation is engaged in such single minded pursuit, but the movement, driven by belief, takes time and energy and money, above all, money, which has to be provided by those not practically engaged. This means that whole cultures can be bound into the activities of a small proportion of the people.



Page from Al-Khwarizmi's 'Algebra', ca. 863 AD

I'd like to think that I'm not one with a single purpose driving belief. But, unfortunately, that's not true. I am. I may not be a fanatic or a fundamentalist, well not a religious one: my belief about who I am takes me into the world, not out of it, which matches with the activity of most of the world's people. It also coincides with the dominant force of neoliberal economics and philosophy, which makes me a hypocrite when I profess that we should stop wrecking the planet. But I do thoroughly enjoy the fruits of the Muslim Caliphate. Fancy not having zero to do arithmetic. Fancy being without modern medicine and surgery. Fancy a world without Google maps.

Anthony Gimpel

Even if you think you're not interested in art through the ages...



You may like this 'Art That Made Us' amazing series on BBC TV: <https://www.bbc.co.uk/iplayer/episodes/p0bvgs3f/art-that-made-us>

And this one from 2018 that's from BBC Sounds: <https://www.bbc.co.uk/sounds/brand/b09w070t>

I've written three articles for our u3a now on radio progs I've enjoyed and wanted to share with you all. I hope you've found something to enjoy within the links. I'd love it if other u3a members sent in a brief plug for a good programme (or series) you've spotted – either telly or radio – and that's still available free (i.e. that we don't need a paid package like Netflix or Sky to see/hear).

It's great to get recommendations cos that way we all have our ears/eyes opened to stuff we'd not have spotted ourselves. Which is one of the aims of u3a after all.

Char March

Student Rag - Magical Times

It was October 1971 and I had just arrived in Sheffield, to become a university student, the first person in my family to go to university. There were other firsts at this time: the first time I had travelled “up North”, the first time I'd had to look after myself, the first time I'd had to budget my income and expenditure, and the first time I'd had a great big hairy bus conductor asking “Where are you going Luv?” I was very aware of how differently they spoke up North, with me being a Londoner abroad!

However, before we wander off track about life, the universe and everything Northern, this tale is about Rag Week, with various activities designed to extract money for charities from the local population.

At Sheffield, events started with a rowdy parade of students making their way from the University to the City Hall. Tradition had it the Rag Fairy would demand a kiss

from the Mayor as he bought the 1st copy of the rag magazine, T'Wicker. It's worth noting that the sweet sounding Rag Fairy was a 6-foot plus rugby-playing bloke whose voice had clearly broken many years ago!

The real fun with Rag Week was to be had by getting involved in one of the special events. I joined a group from my hall of residence, Tapton, who were planning to construct a float to participate in the parade at the end of the week.

A TV series that was very popular then was The Magic Roundabout. Given its popularity, we agreed we'd build a Magic Roundabout float. All we needed were a flatbed lorry, some model characters, some dressing up, a recording or two of the show and its characteristic signature tune, etc.

We needed a centrepiece for the display, something



eye-catching? Someone mentioned that the Physics Department had a large block of polystyrene near the entrance. Perhaps this could be “liberated” one evening, to be carved into a major character from the show?

You might have a picture in your mind of the blocks commonly found as packaging. Not very impressive eh? Well this block of polystyrene was the size of a 3-seater settee and needed 4 people to carry it

relay-fashion. It was surprisingly heavy, and getting heavier all the time as we carried it up the significant, unbroken incline we had to walk up from the University, up to Tapton Hall at the top of the hill.

Once back at Tapton, the more artistic members of the group got to work carving the polystyrene block with a heated knife. As ever, with any bunch of students, there was a certain amount of messing about. At one time the carving

knife got stuck in the nice wooden floor of the common room we'd taken over as our studio. We managed to tidy/hide the damage.

After many hours we managed to get everything done - Dougal the dog (unrecognisable as a polystyrene block), costumes for the rest of the team, etc. We'd recorded 20 mins of the sound-track of the TV show and made a tape loop so it played continuously. And off we went to join the slow moving parade of floats.

How did we do? We won! And we gained bonus money for our charity collection. Overall it was very tiring but great fun. However, you didn't need to hear very many loops of the sound-track before the “magic” wore off and you'd do almost anything to get further away from Dougal and his friends!

Peter Reid

Friends of Charnwood Museum

On **Thursday 19th May**, there is a talk at **Charnwood Museum** by **Dr Carol Beardmore** who will speak about the experiences of a 19th Century doctor in Baslow and specifically at Chatsworth House, Derbyshire. This will be at **7 for 7.30 pm** at the museum with refreshments served before the talk. As before, the cost will be £3 per person.

Booking and more information is available via <https://tinyurl.com/49vb6d8z> and you are requested to book for the talks, to help museum staff with setting up and also to ensure a safe environment for everyone. If you have difficulty using this booking system, please telephone the museum on 01509 233754 during opening hours (Wed - Sat, 10 am - 3 pm).

WEA Literature course: Thomas Hardy: A Life in Poetry and Letters with Paul Jarman

Thomas Hardy is chiefly remembered for his great novels depicting with stark realism the social contradictions and injustices of mid-late Victorian England. Hardy's poetic output was prolific, so we will be exploring some of the most important themes and issues in his poetry (such as his acute observation of and deep affection for the natural world around him), while also drawing upon his personal letters in order to illustrate how such issues mattered to him.



Monday 9 May to 13 June

10.30 – 12.30 pm: 5 week course

at Gorse Covert Community Centre, Loughborough

Fee: £41.00*

(*or FREE if you are in receipt of an income related benefit. You could also apply for Learner Discretionary Fund for a fee waiver if your household income is less than £21,000 a year).

You will need your own personal email address so that you're able to login to the WEA's digital learning platform: WEA Canvas. You will need to be able to understand how to follow URL links to pages on the internet. If you want to understand more about Canvas please visit: <http://bit.ly/WEAonline>

To enrol online please ring 0300 303 3464 with course ref **C2347162** or visit our website wea.org.uk

For further details, please contact the WEA Leicester/Leicestershire branch on 0116 255 6614 or email leics@wea.org.uk

Leicester Musical Memory Box 'Making a difference with music'



What do they do?

Leicester Musical Memory Box (LMMB) help people with memory loss and dementia and their carers. They deliver interactive group sessions using singing, a wide range of music and gentle seated exercises to help stimulate memories, reduce loneliness and social isolation, and improve well-being and communication.

Who are they?

LMMB is a Community Interest Company (not-for-profit organisation) established in 2018 by Kyle Newman and Christina Birkby. Kyle is an experienced singer and facilitator of groups, both face-to-face and online. She also teaches singing to individuals and tutors sessions using music to enhance well-being. Christina trained and worked for many years as an Occupational Therapist and brings a wide range of experience working with people with a wide range of abilities. They also have a great team of friendly and enthusiastic volunteers who provide support in a wide range of ways.

What does it cost?

The suggested donation is £3-£5 per session.

Where and When?

Charnwood MMB: John Storer House, Loughborough – 2nd & 4th Tuesday 2 - 3.30 pm.
There are also regular meetings on Zoom – details on the website.

Contact Details

Website: www.leicestermusicalmemorybox.co.uk Email: lmmbox2018@gmail.com

Phone: Kyle: 07736 841558 Christina: 07752 82622

Mental Health Awareness Week, 9th - 15th May



Events in Charnwood during Mental Health Awareness Week include a host of activities throughout the week, including several health walks, groups for board games, needlecrafts, dancing for Parkinson's, yoga/mindfulness, women's swimming, and others. Most are free, though a few have a nominal charge.

A detailed timetable can be found at:

https://www.charnwoodu3a.org.uk/siteb/pdfdocsMain/MHAW_Charnwood_2022.pdf

For information about other local events, see: <https://www.charnwoodu3a.org.uk/siteb/NoticeBoard.html>

Poetry Corner

Here is another poem by Cu3a member **Martin Litherland**, written during his six-month geological exploration in South America whilst working for the British Geological Survey.

The poem describes an incident in the Rio Verde, the Lost World, in 1980.



*Pictured right:
Sampling a Rio Verde sandbank
with Brazil on the right
and Bolivia on the left*

Footprint in the Sand

"No hay ¹salvajes aqui doctor?"
"Claro que no." said I.

As we chugged away up the Verde,
Through jungle dank and high.

With Brazil there on our left bank and
Bolivia on our right.
We could choose a different country,
For making camp at night.

The Pope had arrived in Sao Paolo.
I heard it on the ²News.
So we spent that night on the left bank:
A deep religious snooze.

Then, an anaconda, giant and coiled,
Wakened by our clatter,
Fell from its high perch with a splash, and
Made the jungle chatter.

Then one day we beached on this sandbank,
To sample its chemistry.
And there was the footprint on its own,
Like Crusoe's by the sea.

"Salvajes, doctor! Son salvajes!"
The men cried out in woe.

"We've got to escape from here right now,
As fast as we can go!"

Then for the only time in my life,
Leadership was the key.
I examined the print and chose my words,
With a calm certainty.

"Now, see how together the toes are.
This foot uses a shoe.
Savages wear nothing on their feet.
This chap's like me and you"

Innocent smiles now greeted my words
What a relief to see.
"You know it all and are always right."
Putting their trust in me.

¹Salvajes = savages

²BBC World Service

Women aged 50-70:

Are you willing to take up exercise to help Loughborough University with osteoporosis and osteoarthritis research?

Participants are needed for a new study led by Dr Katherine Brooke-Wavell and Professor Jonathan Folland from the University's School of Sport, Exercise and Health Sciences. The study will look at how exercise may help prevent conditions such as osteoporosis and osteoarthritis. The REPROOF project will investigate the possible benefits of resistance exercise on bone and joint health and physical function.

Most women will be asked to come to the campus twice a week for eight months to carry out supervised exercise (< 1 hour per session), using resistance training machines and body weight. Some in a control group will carry on as usual. Measurements of muscle function and bone health will be taken at the beginning, middle and end of the study.

If you are interested in joining the study and would like more information, please get in touch with Ogulcan Caliskan (o.caliskan@lboro.ac.uk) or Dr Elisa Marques (e.marques@lboro.ac.uk), phone 07543302354 or see the study webpage www.lboro.ac.uk/reproof.



CENTRE FOR SPORT, EXERCISE & OSTEOARTHRITIS RESEARCH
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WORKING FOR HEALTH & WELLBEING



Answers to Last Month's Quiz:

- 1) Which is the longest month of the year? **October (by 1 hour after end of BST)**
- 2) Where was the 1922 FA Cup Final played? **Stamford Bridge**
- 3) In the Periodic Table, which element is atomic number 2? **Helium**
- 4) In which year did Cliff Richard represent the UK with *Congratulations*? **1968**
- 5) Which parliamentary office was held by Disraeli, Gladstone, Churchill and Gaitskill?
Chancellor of the Exchequer
- 6) Who wrote the *Nimrod*? **Edward Elgar**
- 7) By what name is *The Town of Pitipu* better known? **Mikado**
- 8) Who won the 2020 Grand National? **No-one. It was not run because of Covid, although there was a virtual running.**
- 9) To which island was Napoleon exiled in 1815? **St Helena**
- 10) In which famous painting by John Constable of 1821 does Willie Lotts' house appear? **The Haywain**
- 11) Which author describes a famous joust in Ashby after seeing the castle from Smisby?
Sir Walter Scott
- 12) Which English writer, philosopher, art critic and polymath of the Victorian era lived at Brantwood, Coniston? **John Ruskin**
- 13) Who wrote the *Dam Busters March*? **Eric Coates**
- 14) Which is the highest mountain in England? **Scafell Pike**
- 15) Which is the third book of the Bible? **Leviticus**
- 16) How long is a marathon race? **42.195 kilometres (26 miles 385 yards)**
- 17) Who was Prime Minister in 1972? **Sir Edward Heath**
- 18) Where is the 'notional centre of London'? **Charing Cross**
- 19) Which Loughborough road is named after the first mayor of the Borough in 1888? **Griggs Road**
- 20) In which film do we learn that "A kiss is still a kiss"? **Casablanca**



Obituary

Elsie Wootton

Long-term member of Cu3a Elsie Wootton sadly passed away on 6th April. She was a very active member of a number of groups including Books 2, Canasta 2, Days of Interest, Mah jong and Scrabble 1&2.

Leader of Books 2 Val Hopwood, writes: "Elsie was the leader of the book group over 20 years ago. She has battled through a lot of illnesses in the time I have known her but never complained. Altogether a lovely lady who was still driving competently up to her sad death. We will all miss her."



The Mah jong group remember her fondly: "Elsie filled her retirement years with several activities including Mah jong, being a keen player for many years. As Mah jong is a game of mixed fortunes, Elsie took the highs and lows with her usual fun sense of humour. She hosted sessions on a regular basis and everyone was very warmly welcomed to her beautiful home. The enjoyment of life, travel and socialising that Elsie displayed was uplifting and admired by all who knew her. She was a shining example of a u3a member and will be sadly missed by all who knew her."

According to the Scrabble 2 group (*pictured above, with Elsie 2nd from left*) "Elsie was a very vibrant and well loved member of our group, full of wit and wisdom and with a wonderful sense of humour ... She was determined not to miss out on any opportunity to meet up, enjoy our company and play Scrabble. A lovely lady and a great Scrabblor - we shall miss her smiling face, enthusiasm and love of life."

Elsie 's funeral will be held on **Tues May 3rd at Loughborough Crematorium at 1.15 followed by buffet at Longcliffe Golf Club**. The chosen charity for donations is Age UK. All are very welcome to attend. Elsie will clearly be greatly missed and our condolences go out to her three very caring daughters.

Phil Matthews

It is with sadness that we report that Phil Matthews passed away on 3rd April after a long illness. He belonged to the History and Science & Technology groups.

His friend David Brown has written the following tribute:

"We became friends some 10 years ago and discovered that we both enjoyed classical music and that we were members of the Leicester Philharmonic Choir, Charnwood U3A and also members of History Group 3. Phil spent a period of time as a member of the U3A Committee, offering his expert advice as a highly qualified accountant on financial matters.

Phil was someone for whom I had the highest regard and our regular conversations covered many varied subjects and were always constructive but with various and challenging opinions between us with respect shown on each side.

What impressed me more than anything was that with the time he had left his resolve in dealing with his illness and his understanding of what he knew would be the inevitable outcome showed incredible courage. He was most certainly a gentleman and a close friend and someone who I will miss."

Phil 's funeral was held on 21st April and those friends who were unable to attend or watch the live stream can watch the playback on <https://watch.obitus.com>, with the user name muzu3032 and password 998126; the link will be available until 31 May.

Phil will be greatly missed by his friends and family and our condolences go to his widow, Alison Sainsbury.



News from the National u3a



Free On-Line Events this Month include:

- **Pre-War Blues; 4 week course on the origins of Blues music** with Lee Wellbrook, Ilkley & District u3a, Thursdays in May, 10 am (*Post-War Blues to follow in June*)
- **Cryptic Crosswords for Beginners** with Henry Howarth, 6-week course, Thurs, 5 May - 16 June, 10am
- **How To Reduce Your Carbon Footprint - and Your Energy Bills**, Weds 11 May, 10 am
- **Japan, Lasting Impressions** with Hilary Jones, Flintshire u3a, and her son Dan, Zooming in from Japan, Tues 24 May, 10:30 am.

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

National u3a Newsletter and More:

To register to receive the National u3a newsletter regularly, go to: <https://www.u3a.org.uk/newsletter> where you will find a link to recent issues (also see our Cu3a website under 'News' - National u3a Newsletters...). The u3a National programmes page has more learning initiatives to get involved with at <https://www.u3a.org.uk/learning/national-programmes>, and the u3a learning blog **Sources** has more articles you may find of interest at <https://sources.u3a.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 **June** issue of **News & Views** will be **Monday 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 <https://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 email addresses 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.

