News & Views



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Interest Groups

Details of Groups can be found on the Charnwood u3a website:

www.charnwoodu3a.org.uk under 'Our Groups' menu.

Welcome

...to the July 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.





Mike Hood



Chair **Business Secretary**

Bob Pyatt Treasurer

Do you recognise these people?

They're your current Committee until the 2023 AGM, when several of them will be standing down. For Charnwood u3a to legally continue, the Committee MUST meet minimum requirements. In future issues, this page will be used for them to explain what their role involves.



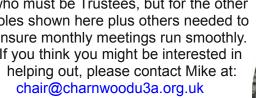
Tony Westaway Web Manager

Geetha Bala

Committee Member

Beverly Gillman Groups Co-ordinator

If you might be interested in joining the Committee but are unsure, there is a 'halfway house' option. You could be a Deputy, ready to step in to cover holidays, sickness, etc. - not for the Officers (Chair, Secretary, Treasurer) who must be Trustees, but for the other roles shown here plus others needed to ensure monthly meetings run smoothly. If you think you might be interested in





Diana Harvey Committee Member



Margaret Kelvey New Members Liaison Newsletter Editor



Helen Reid



Sue Ronald Committee Member



Garry Rigby Membership Secretary

Our Monthly Meetings

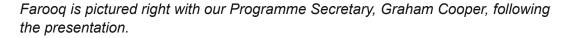
Please note: There is no monthly meeting at Emmanuel Church in July

We will recommence our monthly meetings at Emmanuel Church on 10th August, with a talk on 'Sir Malcolm Sargent, our local musician' with speaker Sam Dobson. Further details will appear in next month's *News & Views* and also on our website at https://www.charnwoodu3a.org.uk/siteb/MonthlyMeetingAug2022.html

Our June Meeting

Last month, we were delighted to welcome **Farooq Murad**, CEO and Director General of The Islamic Foundation at Markfield, who gave us a fascinating talk on 'What is Islam?' As a former Secretary General of the Muslim Council of Britain, he is clearly a leading representative of the Muslim community and also has a strong local connection, being a graduate of Loughborough University.

Farooq spoke in an interesting and engaging manner, telling us something of the history and practice of Islam, and carefully explaining the meaning of many terms which are often misunderstood by non-Muslims. Judging by the many questions posed by our members at the end, the audience clearly engaged with the presentation and I think we all learned quite a lot about this major religion.





Visit to the Islamic Foundation

Following the talk we had at our monthly meeting in June on the Muslim religion by Farooq Murad (see above), he invited Charnwood u3a, through me, to visit the Foundation at Markfield. Farooq is the Chief Executive of the Foundation. The visit is open to any Charnwood u3a member.

I have agreed **Wednesday 13th July 2022 at 2.15 in the afternoon**. Our u3a has no monthly meeting in July so it would seem to be an ideal date.

We are limited to twenty-five members and I imagine the visit will take about two hours.

Details are as follows*:

Islamic Foundation, Ratby Lane, Markfield LE67 9SY

Date and time: Wednesday 13th July 2022 at 2.15

To ensure we are at or below twenty-five in number please contact me, Graham Cooper, Programmme Secetary BEFOREHAND on:

programmesec@charnwoodu3a.org.uk OR gccooper@tiscali.co.uk OR 01509 213675

Graham Cooper, Programme Secretary

*Dress code: Men and women should both dress modestly, in looser-fitting clothing that covers the arms and legs - no shorts or sleeveless shirts for either gender. Women should also bring a head covering which they will be expected to wear during the visit.

Looking Ahead:

For details of planned speakers and topics from August onwards, please see our website (https://www.charnwoodu3a.org.uk/) under the 'Our meetings' menu - Monthly Meeting...

Group News

Scottish Dancing

Come for a (free!) taster session of Scottish Dancing on Wednesday, July 6th

Did you know that Scottish Country Dancing is an enjoyable pastime and great exercise for mind and body? Although originating in Scotland, you will find clubs and classes in most countries around the globe. Scottish Country Dancing is very much a social activity, and, unlike many other types of dancing, dancers are encouraged to dance with different people, and it is therefore most definitely not a requirement to come to a class with a partner. There are three basic types of dances: reels and jigs which are fast dances and strathspeys which are slower and have different steps. There are thousands of dances, with more being written every year, but the vast majority are made up of



combinations of a small number of basic formations. Once you have mastered these, you are in a good position to learn to dance a large number of reels, jigs and strathspeys.

Our new Charnwoodu3a Scottish Dancing group has been meeting since the beginning of March this year and is about to start its second eight week series. Come and try it for yourself, and if you decide you'd like to join the group, the fee is £20 for the eight week series. We meet at Loughborough Baptist Church, Baxter Gate at 10-12pm on the first and third Wednesdays of the month. Send me an email at ScottishDancing@charnwoodu3a.org.uk if you're intending to come for a taster or would like more information.

Sue Ronald, Group Leader

Latin and Classical Greek

There will be no meetings of either the Latin or Classical Greek groups in July or August. Meetings of these groups will resume in the first week of September, with new beginners very welcome.

Latin

From Monday September 5th onwards:-Beginners' Latin will resume for at least the first hour. Beginners' CGreek will restart for at least the first In the 2nd part, there will be a mix of language, literature and context drawn in part from Augustus 'Res Gestae' (parallel Latin text and English translation - can be supplied to those without them).

Classical Greek

From Wednesday September 7th onwards: hour, before the break. In the 2nd half, there will be a mix of language, literature and context, according to participants' choices,

Anyone interested in joining either of these groups - which both meet once a month - should contact either Latin@charnwoodu3a.org.uk or ClassicalGreek@charnwoodu3a.org.uk as appropriate.

Tony Payne

Gardening Group Coach Trip to Trentham Gardens

The Gardening Group's trip to Trentham Gardens, Stoke-on-Trent on Monday 18th July, as featured in last month's News & Views (page 10) has spare places, now open to any member of Charnwood u3a.

See the **Gardening Group page** on our website at https://www.charnwoodu3a.org.uk/siteb/Gardening.html for more information and booking details.

Roving Reporters

Travel Group Trip to Puglia, 21st -26th May

After almost 3 years of waiting, 32 members of the Travel Group set off for Puglia in southern Italy at 6:30 in the morning of Saturday 21st May. The early start was essential, as we were travelling to Gatwick in the middle of air travel chaos... which is exactly what we encountered at check-in. Hundreds were eager to get away...once they had negotiated the zig zag queues to deposit their cases and get their boarding pass. Thanks to a miniature female employee, impersonating an intimidating sergeant major, the queue began to move faster and we made embarcation on time. Our guide for the week, Kristina, was waiting for us at Bari airport, and after a short drive, we arrived at our spacious hotel, situated in glorious countryside, surrounded by flourishing olive groves.

For the next five days, we visited some of the prettiest towns and villages Puglia has to offer in brilliant sunshine throughout:

Monopoli, a town situated on the Adriatic coast, first settled in 500BC and an important fortified seaport throughout the centuries.

Alberobello, a unique town made up of trulli buildings (*pictured right*), once humble farm huts scattered randomly in fields used to house grain or to shelter animals... but now over 1500 of these whitewashed buildings, each topped to a point with flat grey limestone slabs.

form a magical sight, and were recognised as a UNESCO World Heritage site in 1996. As well as private dwellings, the main area has lots of trulli shops selling olive oil, crafts and local produce.

Lecce, a city of rich Baroque architectural monuments, commonly nicknamed The Florence of the South. Narrow streets with grand, ornate palazzi, constructed using a particular local limestone, with elaborate colonnades, doorways and balconies. There was also a sunken amphitheatre.



Matera

Matera originally a prehistoric troglodyte settlement, dug into one slope of a rocky ravine. Many dwellings were small caves, inhabited by the poorest with no water or sewage, which earned the area the title *The City of Shame*... until 1980 and regeneration by the local administration. It is now promoted as a picturesque tourist attraction, named European City of Culture in 2019.

Overlooking the azure waters of the Adriatic, **Polignana a Mare** is home to dramatic cliffs and lovely beaches. The old town has a maze of tiny streets with a mishmash of whitewashed buildings and spectacular views of the sea. The Roman Bridge takes you across to the new town with impressive modern buildings.

Seen from a distance, **Locorotondo** is an amazing sight, being perched up on a large hill surrounded by dramatic countryside. Once again, the centre is a whitewashed maze of little lanes with historic buildings, some humble and faded, others retaining grand baroque archways, with floral pots ornamenting external stone staircases and balconies.

The old town of **Ostuni** is built on top of a hill fortified by ancient walls. It is known as The White City for its narrow alleyways of typical white painted architecture. The main piazza is dominated by the 20m baroque spire dedicated to Sant Oronzo.

Puglia turned out to be a fantastic area to visit and was well worth the wait!!



Group photo taken in Alberobello

Roving Reporters Continued...

Days of Interest Trip to Llandudno

In June we took a trip to the seaside and went to the North Wales resort of Llandudno. Although the sun didn't exactly shine on us, we happily escaped the rain and were able to enjoy the sights of the town without the need of umbrellas.

Some of our members used the Great Orme Tramway to make it up to the top of the Orme, although I believe it was rather windy when they reached the summit. Lots of us spent time walking along the promenade and making our way to the end of the pier. Doughnuts were purchased and eaten, ice-creams were purchased and some were stolen. The seagulls have developed quite a clever snatch and grab technique. Some of also took in the sights of Llandudno from the big wheel. Lots of cream teas were eaten in Llandudno's many cafés.



We have some spare places on our August trip, which is now open to all u3a members



Kenneth Allen / Althorp House, Northamptonshire / CC BY-SA 2.0

In **August** we are off to **Althorp House** and the **Heart of the Shires Shopping Village**. Our first stop is the shopping village, which boasts a range of independent shops and the all-important tea shop. We then make the short journey to Althorp House, a Grade I listed stately home, held by the prominent aristocratic Spencer family for >500 years and also the childhood home of Lady Diana Spencer.

The trip departs from Tesco Extra car park on Saturday 20th August at 9:30 am. We leave Althorp at 4:00 pm. The cost of the trip is £31.00.

If you are interested in joining us on this trip, please contact Pauline May at ppc.wat@ntlworld.com 01509 552834 or 07455 167929 for details.

History Trip to the Museum of Timekeeping

On 25th May, the History Group visited the Museum of Timekeeping at Upton, near Southwell, Notts. Housed in Upton Hall, an early 19th C building owned by the British Horological Institute, this unusual museum is home to a fascinating collection of clocks, watches and timepieces.



After a welcoming cup of tea/coffee and biscuits, accompanied by an introductory talk on the background to the collection, we enjoyed a guided tour of the main ground-floor galleries of the museum. Two very knowledgeable volunteers explained the history and workings of a number of the exhibits, including early long case clocks, a 1730 musical clock featuring 'japanning' (pictured right), and the GPO's famous 'speaking clock'.



There was also plenty of time to explore other areas at our leisure and see many impressive exhibits. These ranged from small pocket watches to large timepieces which were really 'works of art' - including a large wooden clock (pictured above, left) which recently featured on BBC TV's Repair Shop.

July 2022 Meetings

MON	TUE	WED	THU	FRI
				1 Jul 09.00 Badminton 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
4 Jul 09.30 Yoga 11.00 Table Tennis 1 13.30 Canasta 2	5 Jul 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	10.00 Mini Tennis 10.00 Scottish Dance 11.00 Table Tennis 3	7 Jul 10.00 Spanish Conv 10.30 Amble/Strollers 11.00 Table Tennis 4 14.00 Bowls Outdoor 14.00 French Conv	8 Jul 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
11 Jul 09.30 Yoga 10.00 Poetry 1 11.00 Table Tennis 1 13.00 Quiz group 14.00 Chess 15.00 Current Affairs	12 Jul 10.00 Scrabble 3 11.00 Table Tennis 2 14.00 Canasta 1	13 Jul 10.00 Committee 10.00 Golf 10.00 Mini Tennis 11.00 Table Tennis 3	14 Jul 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	15 Jul 09.00 Badminton 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 14.00 Art Apprec'n 15.00 Mac Users
18 Jul 09.30 Gardening 09.30 Yoga 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Painting	19 Jul 10.00 6+ Walks 10.00 Spanish 11.00 Table Tennis 2 14.00 Canasta 1 14.00 Philosophy 2 14.00 Sing4Pleasure	20 Jul 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 14.00 Scrabble 2	21 Jul 10.00 Parish Walks 11.00 Table Tennis 4 14.00 Bowls Outdoor 14.00 French Conv 14.15 Scrabble 4 18.30 Supper Club 2	22 Jul 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
25 Jul 09.30 Yoga 11.00 Table Tennis 1 14.00 Chess 14.00 Local History	26 Jul 10.00 ETHEL 10.00 Needlecraft 2 10.00 Scrabble 3 11.00 Table Tennis 2 14.00 Canasta 1 14.00 Philosophy 1	27 Jul 10.00 Golf 10.00 History 10.00 Mini Tennis 11.00 Table Tennis 3 14.00 Classical Music 14.00 Travel Group	28 Jul 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	29 Jul 09.00 Badminton 10.00 Line Dance 10.00 Mah Jong 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6

PLUS at Weekends: Saturday Walks; Sunday Lunch Club (10th July); Days of Interest trip to Snowshill Manor (16th July)

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

Notice Board: For information about upcoming events in the local area, and other matters that might be of interest to you, do keep an eye on the Noticeboard page on our website at: https://www.charnwoodu3a.org.uk/NoticeBoard.html

Charnwood u3a - 25 This Year!

Being born at the end of 1952, the Queen's Accession to the Throne predates me.

I do, however, have distinct memories of her Silver Jubilee. In June 1977 some friends and I had just completed our final year university exams, so were in the mood for celebrating. We had, at great expense (to poor students), purchased some enormous Union Flags which were draped from first floor windows, and we proceeded to herald the day by playing (as loud as possible!) Aaron Copeland's 'Fanfair for the Common Man', after which we sang all five verses of the National Anthem. Oh happy, carefree days!



Well that was then, and now, in 2022, Charnwood u3a are gearing up for our own 25th Anniversary Celebration.



ALL of our members are invited to pack a picnic and join us in Queens Park between 2pm and 6pm on Sunday 7th August.

Group Leaders have already been contacted, inviting their group(s) to, in any way they deem appropriate, put on a show for the benefit of all members. Early feedback indicates a lot of positive response so don't miss out, make sure your group is joining the party.

Our 'performing' groups are likely to do just that, i.e. perform. The Yoga group will go through a short routine; this will be standing postures so no mat required, meaning all members are welcome to join in. Other such groups are also making positive noises.

If your group is a little more sedentary, you need not be excluded. Displays (e.g. Photography) and Demonstrations (e.g. Painting) are just as valid, and may be just the ticket to attracting a few new group members!

It promises to be a great day – see you there!

Mike Hood, Chair Charnwood u3a

Check Your Spam!

Have you ever found that you haven't received an important email message because instead of coming into your Inbox, it has disappeared into your Spam folder? Judging by comments from our members, and from my own experience, this seems to be a very common occurrence. Internet Service Providers, in trying to filter out spurious messages, often filter out legitimate messages along with the spam.

An easy way to counteract this is simply to check your Spam box regularly and move genuine messages to your Inbox. I check mine daily and often find legitimate messages in there, including from people in my 'contacts list'. This seems to happen no matter what settings I have in my email system.

So, to make sure you don't miss anything important - Check your Spam regularly!

Helen Reid

Something to make you smile...

Anthony Gimpel sent in the following joke he read in a French cookery book years ago:

If the soup had been as hot as the wine and the wine as old as the goose and the goose as fat as the host and the hostess it would have been a lovely dinner.

All Saints Parish Church Loughborough Ratcliffe Chorale

present

Music for a Summer's Evening Saturday 9th July 2022 7.30pm



Conductor - Simon Lubkowski

Organist - Ron Berry

Free entry – retiring collection in aid of Church Funds

ALL WELCOME

Research Study

Cameron Johnson, a Master's student at Loughborough University, is looking for **healthy participants aged 50 to 75** to take part in a study to test breathing patterns during different cycling exercise modes. This research will help develop a potential exercise rehabilitation programme.

One health screen visit and three exercise tests are involved. Upon completing the study, participants will be given information on their breathing pattern and exercise capacity.

Cameron would be happy to discuss this further with you if you have any questions. Feel free to contact him at C.Johnson-21@student.lboro.ac.uk or his supervisor Dr Samantha Winter at S.L.Winter@lboro.ac.uk

Further information about this study and associated research at the National Rehabilitation Centre can be found on the University's website via https://tinyurl.com/5t4tj95w



Other local events during July:

Leicestershire and Rutland's Festival of Archaeology, 2nd - 31st July: https://leicsfieldworkers.org/festival-of-archaeology/

Global Bird Fair at Rutland Showground, 15th - 17th July: https://globalbirdfair.org/

News from the National u3a



Free On-Line Events this Month include:

- · Science Network 40th Anniversary meeting, Tues 26 July see next page for details
- Cu3a Radio podcasts this month featuring a u3a member who has taken in Ukrainian refugees see https://www.u3a.org.uk/news/u3a-radio-podcast for links
- Secret History Deciphering Disinformation with journalist Steven Davis, Thurs 14 July, 2 pm
- Cryptic Crosswords Explained with Henry Howarth, Subject Avdvisor, Thurs 28 July, 10 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.

For details of two upcoming national u3a events, please see the following page...

u3a Science Network Anniversary Meeting 26 July 2022

The u3a Science Network are holding an Anniversary meeting by Zoom on Tuesday 26th July starting at 10:30am and finishing around 3:00pm.

This is a science-based learning event with 3 main presentations of 45 minutes by different u3a members followed by questions after each, with a break for refreshments and for lunch. The meeting will start at 10:30 (doors open at 10:15) and will end with a short Summary and Thanks session, at 3 o'clock.

Programme

Time	Speaker	Chair
10:30	Welcome and Introduction Leigh Edwards Science Subject Adviser	Michaela Moody
10:35 – 11:35	John Marriage Lyme Regis u3a Blowing Hot and Cold in the 1980s	Michaela Moody
11:35 – 11:45	Break	
11:45 – 13:00	Mike Perry Tring u3a The Carbon Imperative	Leigh Edwards
13:00 – 13:30	Lunch	
13:30 – 14:30	Leigh Edwards Exeter u3a Human colonisation of Space	Jane Tietjen
14:30 – 15:00	Plenary session for feedback and announcement of details of October meeting	Michaela Moody

The meeting will conclude with a Plenary session, addressing general questions posted in the Chat and announcing details of the October meeting.

To book a place on this **Free** event, please go to Events on the u3a national website at

https://www.u3a.org.uk/ events/educational-events and click the registration option for the u3a Science Network anniversary meeting on 26 July or directly via https://tinyurl.com/2cusyhjs (Eventbrite)

u3a Research & Shared Learning National Conference

The 2022 conference will be a hybrid meeting allowing anyone wishing to attend in-person to do so but also providing access by Zoom to those unable to be there for whatever reason. The date is **Wednesday 3rd August 2022** and the venue is **The Exchange, County Hall, Fishergate, Preston PR1 8XJ**. The conference starts at 10:30am with hot drinks available from around 9:45am.

From archaeology to urban sketching, there will be displays of members' work to inspire, handouts to take away, presentations by project leaders and opportunities to ask questions.

The conference is open to those already involved in u3a research/shared learning projects, and also to **any u3a member who wants to know more.** For more details and to book - either in-person or via Zoom - go to https://forms.gle/gUxvQcEecF7KJTW46



Lunch will be provided. The venue is directly opposite Preston mainline station. If driving to the venue, Fishergate Shopping Centre Car park offers 24-hour parking for £8.50 and is a short walk from the venue.

Poetry Corner

This poem was submitted by **Victor St. Denis**, a relatively new member of our u3a.

Victor writes:

"My late wife and I enjoyed walking especially the Beacon and Outwoods. She loved the bluebells in the spring. This year was a good year for the bluebells and it reminded me of a birthday card she gave me a few years ago with the following poem she wrote..."



Spring by Sue St. Denis

One morning when the sun was high, I gazed into a cloudless sky, And wondered if the woods I love. Reflected colours of above, The time was right, the air was still, Last week I spied one on the hill, Standing tall among the leaves. Where the bramble winds and weaves, I took the well trod woodland track. The earth was damp and rich and black, Where through the Autumn trees had shed, Their leaves of russet, gold, and red, When all at once the fragrance filled, The glades wherein the breeze had stilled, And just one flower became a few, Then seas of softly scented blue, It really is a wondrous thing, To see the bluebells in the Spring.

Answers to Last Month's Quiz:

- 1) Name the only two sovereign states in the world to have square national flags. Switzerland and The Vatican City
- 2) Which large mammal's name comes from the Greek for 'nose horn'? Rhinoceros
- 3) The name of the constellation Caelum is Latin for which cutting tool? Chisel
- 4) York is the home to the national museum for which form of transport? Rail
- 5) The Weber test is a screening test for hearing performed with what device? Tuning Fork
- 6) "Who will buy?" is a song from which 1968 musical? Oliver!
- 7) The Golden Gate Bridge connects San Francisco to where? Mann County
- 8) Where in the world was singer Rhianna born? Barbados
- 9) To date, Queen Elizabeth the Second has been served by how many Prime Ministers? Fourteen
- 10) What is "The Best a Man Can Get" according to advertisements? Gillette
- 11) Who or what is responsible for maintaining the Periodic Table? The International Union of Pure and Applied Chemistry
- 12) Which animals have 3 hearts, 9 brains, and blue blood? Octopus
- 13) Which Spice Girl was the first to release a solo track? Melanie B
- 14) As at early June 2022, who is the UK Secretary of State for Justice? Rt. Hon Dominic Raab MP
- 15) The nursery rhyme Little Miss Piggy mentions which meat? Roast Beef
- 16) Which shipping forecast area comes first alphabetically? Bailey
- 17) What is Loughborough's oldest church? All Saints
- 18) Proverbially one should have a long spoon to sup with whom or what? The Devil
- 19) Which is the world's only country (as recognised by the United Nations) to have three capital cities? South Africa: Pretoria is the executive capital, Cape Town the legislative, Bloemfontein the judicial.
- 20) What long walking trail in England was the first to be recognised and named?

 The Pennine Way, from Edale in Derbyshire to Kirk Yetholm just over the border in Scotland





All u3a members in the East Midlands can take part: Singles ©

Couples © ©

Teams (up to 4) © © © ©

A handicap system makes it fair for all

No limit on the numbers from each u3a

To Register send: Your name & email address Name of your u3a Team name (if any)

To: u3alatesummerquiz@gmail.com

You'll receive a confirmation email within a couple of days and Zoom details on Sept. 16th

REGISTER NOW – PLACES ARE LIMITED!

The quiz will start promptly at 7:00pm – login from 6:45pm

We aim to finish around 8:45–9.00pm

There will be a 10-minute comfort/drinks top-up break after Round 4

Answers will be given after Rounds 4 and 8



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 August issue of News & Views will be <u>Saturday</u> 30th July (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 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.

Committee Meetings

Don't forget that members are always welcome to attend any of our Committee meetings on the **second Wednesday of the month** (10 am - noon), by prior arrangement, as observers. If you would like to attend one of these meetings and see what we do, please contact our Chair on chair@charnwoodu3a.org.uk

Some other useful u3a web addresses:

National u3a: https://www.u3a.org.uk

The Association of East Midlands u3as: www.eastmidlandsu3as.org.uk

u3a

Leicestershire and Rutland Network: www.landru3a.org.uk

Beacon system: https://beacon.u3a.org.uk